Hasselvander, Dale selected for HEADWAE event this weekend at Carey
River Community College will observe Black History Month with a special program on Feb. 18.

**Dental students make plans for Dental Health Month**

**Enrollment at all-time high**

**Pearl River Community College**
February is heart month; know specific risk factors

By BONAIRE KIBELA

Parents often have the last say in our lives. They guide us as we make choices and help us avoid important mistakes. However, there are some facts that are true about this. Smoking negatively affects your body and can have lasting effects on your health. Knowing the risk factors for heart disease can help you make better choices about your health.

Smoking not only affects your heart, but also affects your overall health. By KATIE DAVENPORT

February is a month in which we celebrate all things health-related. Heart disease is the leading cause of death in men and women and a major cause of disability in the United States. It has been estimated that one out of every four deaths in the United States is due to heart disease. Risk factors for heart disease may vary depending on your age, gender, and lifestyle choices.

Coronary artery disease occurs when plaque builds up on the inside of your arteries. The plaque is made up of cholesterol, fatty substances, and calcium. When this plaque builds up, it can cause narrowing of the arteries. This narrowing can make it difficult for blood to flow through the arteries. If plaque breaks off, it can cause a blood clot to form. This blood clot can block the blood flow to your heart muscle, leading to a heart attack.

Chest pain may be mild, severe, or not at all. It can last from a few minutes to several hours. It may be felt in the chest, jaw, arm, stomach, or back. It may last longer than a few minutes. It may be worsened by exertion or relieved by resting or taking nitroglycerin.

The main risk factors for heart disease are age, sex, family history, smoking, diabetes, high blood pressure, high cholesterol levels, and physical inactivity. Some risk factors can be changed, such as smoking, high blood pressure, and cholesterol levels. Other risk factors are fixed, such as age and sex. The best way to reduce your risk of heart disease is to make healthy lifestyle choices, such as eating a heart-healthy diet, getting regular exercise, controlling your blood pressure and cholesterol levels, and not smoking.

Some parents find ways to deal with the empty nest syndrome

By BIANCA KUBELKA

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Just where is the money spent

When the New Orleans Saints go marching into the Super Bowl this Sunday, one fortuitous New Orleans community will march along with them, every step of the way.

This year’s poster child, a former Pearl River Community College student from Canton, is about to participate in sessions on quality of life, education, health care and government, five areas that come your way and always put forth your best effort.

The event will be the Leadership Mississippi Conference in the Super Bowl. It also allows us to eyes to what we do here at Community College,” Breerwood said, “It’s a great opportunity to stress our agenda and to really learn the different industries. It’s a chance to get a real glimpse into the future of Mississippi.

Leadership Mississippi is a very important experience for me to establish some important business connections around the state for the betterment of Pearl River Community College,” Breerwood said. “We’re learning from other parts of the state as we relate in so many ways. It’s a chance to build relationships with state leaders, legislators and other stakeholders, and our members.

Revenue by source is stated in the first chart.

For FY 2009, the community and junior colleges expanded a total of $535,395,372 with $254,407,561 of that amount provided by state sources. The state community and junior colleges have consistently expanded a majority of their budgets on student aid (58 percent as seen in the second chart).

Cuts in state funding and fringe benefits account for approximately 70 percent of the major operation expenditures in FY 2009.

Community and Junior College Expenditures by Program for FY 2009

EAC Expenditures by Program

Program

Amount

Percent of Total

Instructional/Department

$1,071,508.98

38.6%

Career-Technical Education

$92,122.65

3.9%

Other Instruction

$65,328.12

12.3%

Total Instruction

$510,322.36

56.0%

Instructional Support

$59,604.06

1.1%

Student Services

$61,917.00

1.4%

Student Support

$75,469.90

1.4%

Physical Plant Operation

$69,175.39

1.3%

Total EAC Expenditures

$585,395,372

100%

Revenue by Source

Program

Amount

Percent of Total

Competition

$1,085,605

26.8%

Education/Training

$33,972.06

9.9%

Budget Contingency

$7,553,921

1.4%

Indirect State

$51,643,714

9.6%

Federal

$48,776,283

8.6%

Student Fees

$143,870,846

25.8%

District Taxes

$84,109,277

9.0%

Community and Junior College Expenditures

Program

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Instructional/Department

$1,071,508.98

38.6%

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1.4%

Physical Plant Operation

$69,175.39

1.3%

Total EAC Expenditures

$585,395,372

100%

For FY 2009, the community and junior colleges improved a total of $351,395,372 with $124,407,561 of that amount provided by state sources. The state community and junior colleges have consistently expanded a majority of their budgets on student aid (58 percent as seen in the second chart).

Cuts in state funding and fringe benefits account for approximately 70 percent of the major operation expenditures in FY 2009.
Instructor Benny Hornsby earns 10th degree, working on his 11th

Social studies instructor Dr. Benny Hornsby recently earned his tenth college degree - a Master of Arts in Sociology from New Mexico State University in Las Cruces.

Hornsby currently teaches marriage and family counseling courses at PRCC’s Forrest County Center where he also sponsors the Education Club and is considering working on six as 15th degree at Jackson State University.

“Hornsby misses classes, but he’s never a problem,” said PRCC math instructor Lonnie Bufkin of Petal, who is assistant director of the mathematics program at PRCC. “He and his students are active participants in the college’s activities, and they are always available to help others.”

The American Lung Association in Mississippi recently named Lori Gregg Development Volunteer of the Year for her voluntary service over the past year.

“We are/are active participants in the Lung Association’s mission of saving lives through preventing lung disease and promoting world-class care for all Mississippians,” said Jennifer Cofer, executive director of the American Lung Association in Mississippi.

“Our volunteers play a vital role in helping the thousands of volunteers at numerous events and were the top fundraisers for the Mississippi AAA teaching certificate. They also earned their tenth college degree - a Master of Science degree in counseling from Jackson State University. Hornsby also earned a Master of Arts in Sociology from New Mexico State University.

“The American Lung Association in Mississippi recently named Lori Gregg Development Volunteer of the Year for her voluntary service over the past year.

“Mr. Hornsby has been a member of the American Lung Association in Mississippi’s Corporate Sponsor Committee for the past two years, and he has volunteered his time and talents to further the Lung Association’s mission of saving lives through preventing lung disease and promoting world-class care for all Mississippians.”

For more information about Lung Association volunteer opportunities, call 1-800-LUNG-2-Know or visit www.alams.org.

The American Lung Association in Mississippi recognized PRCC’s Corona Technology students for designing a new therapy system to help people with lung disease andIMPIK 0315.2010

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Program gives nurses jump start to jobs

Thorton assistant to PRCC dean

Dr. Janet Thornton has been named assistant to the dean for evening programs at the Forrest County Center of Pearl River Community College. The move begins immediately.

The post after serving 10 months as GED Success Counselor and five years as GED instructor at PRCC. She also has many years of experience as a public school teacher and administrator.

Dr. Thornton acknowledges: “So much of it is strictly personal; my density, my family, my faith...”

One of her new roles will be as a counselor to students, commuter and student coach.

In addition to overseeing the dental hygiene program, Thornton sees her new role as a combination of administrative, commuter, counselor and student coach.

That’s the one place where we have a lot of control,” she said.

Thorton mentioned the importance of having a counselor for students. “Two students call us in as a combination of administrative, commuter, counselor and student coach.”

The dental hygiene program is currently operating at PRCC’s Forrest County Center.

The dental hygiene program at the Forrest County Center is open to students, full-time and part-time, who have finished high school or GED and have a minimum score of 18 on the ACT.

For more information, go to prcc.edu/dentalhygiene or call 601-554-5509.
Traveling exhibit brings POW story to PRCC

By Court Jarrell

"There was one old gentleman, every day when they ate their lunch, he'd take some- thing out of his pocket and look at it. ‘’One day I asked what it was. It was a picture of his wife and child.”

Jarrell reminisces about the POWs he worked with during World War II.

The branch camp was at a dairy farm between Carriere and Picayune near the present-day Carriere Harbor. As manager of a tung oil farm in the area, Jarrell hired prisoners at harvest time and when workers were needed. He paid the government $2 a day and the prisoners got 60 cents. The prisoners were never paid more than $1.30 a day, and when they left the camp, they were allowed to keep only 80 cents.

The prisoners brought their own food, but there were restrictions on what they could buy. They could spend only $0.80 of their 80 cents at the PX or store. They could buy two eggs for 10 cents, but they could not keep them, as the eggs were donated by the government.

Jarrell said that the prisoners would bring their own food and make sandwiches with their own bread. They would then buy one egg and one sandwich for lunch. The prisoners were not allowed to have meat or cheese, as these items were not available at the PX.

Jarrell remembers that the prisoners were allowed to keep only 80 cents of their money. They would then use this money to buy their food and supplies. The prisoners would then return to the camp with their vegetables and fruits. They would then paint the prisoners’ tents and clean the camp.

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**Women's Health Symposium a success**

By DOUG ROWELL

For The DRAWL

The Pearl River Community College Women’s Health Symposium a success

Nursing student Meriann Harris of Picayune does a vital role in the success of Saturday’s annual Women’s Health Symposium, which drew 100 attendees.

“I really enjoyed it,” Harris said of the event’s focus on community health.

Harris, 21, was one of several PRCC students who volunteered to help at the event, which was held in the PRCC Student Union from 10 a.m. to 2 p.m.

The event featured presentations by local doctors, nurses and other health care professionals, as well as a variety of hands-on activities and demonstrations.

Dr. Mark Moten, former director at PRCC, provided breakfast pastries.

If you are uneasy about walking to your vehicle or dorm room after dark, you may call us for assistance.

Light work on campus

**Faculty profile**

**NAME:** Jennifer Laborde

**FAMILY:** Divorced, one daughter

**RESIDENCE:** Purvis

**EDUCATIONAL BACKGROUND:** University of Mississippi, B.A. Psychology; University of Southern Mississippi B.S. (2002), Mexico (hard to choose)

**TEACHING EXPERIENCE:** 6 years

**POSITION at PRCC:** Associate Professor of Education

**ADVISE FOR STUDENTS:** Ask Jesus to be your Savior; He loves you.
President’s list announced for 2009 fall semester

Dean’s list announced for 2009 fall semester

The DRAWL February 2010 • Page 8
By CANDACE HARPER
Coordinator of Alumni Affairs

We want to invite all faculty, staff, and students to take part in a 5-day vacation filled with lots of fun activities! Here is a sample of activities that will be included. Welcome dinner at the Sheraton Hotel in Savannah's Historic District, a private walking tour of Savannah's Historic District, a tour to Charleston's Magnolia Gardens, escorted tour to Charleston's Battery, Evening Ghost Tour, stroll through Freetown's Shopping and Entertainment area. Everyone is invited! This is going to be a great trip for our community and we want everyone to be part of this exciting adventure.

Our “Make a Stand, Lend a Hand” Campaign.

The Alumni Association hopes to continue this effort throughout the years. For information, call me at 601-403-1193 or email at charper@prcc.edu.

Deadline to register is March 20.

Blood drive on campus

Approximately 51 faculty and staff members at the Forrest County Center have signed up for the PRCC Development Foundation and Alumni Association's blood drive for the month of November right here in our own communities. Over 200 food items were collected along with some toys and come for the drive.

The Alumni Association hopes to continue this effort throughout the years. For information, call me at 601-403-1193 or email at charper@prcc.edu.

Deadline to register is March 20.

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We all must aggressively fight against the words: ‘I can’t’

By Dr. Jim Moore

This morning as I approached the weight bar last 11:30 into my workout, I heard the voice. You know the voice.

If you are studying human behav-

iour and working in the psycholo-

gical field too, you might recognize it. I heard that same voice as I prepared for my second weight bar session. I don’t know what slow starts do to the brain, but I believe that slow starts can, in fact, combat stress and anxiety.

I definitely felt it this morning. I felt it as I lifted the weight bar all the way to the top. It felt like the voice was in my head, whispering, “I can’t.”

“I can’t” is the voice that has just as

much truth in it as it does falsehood. It comes from within—stolen from the depths of your soul. It is the voice of doubt.

I want to say that ‘I can’t’ is a voice that we all hear. It is a voice that we all struggle with. It is a voice that we all struggle with sometimes.

But, you know what? It doesn’t have to be that way. It doesn’t have to be that way.

You have heard the ‘I can’t’ voice. You know what the voice sounds like. You know what it feels like. You know what it means. You know that it can be a voice that is just as loud as it can be.

But, you also know that it doesn’t have to be that way. It can be a voice that is soft and gentle. It can be a voice that is gentle and kind.

So, I ask you this morning: What are you going to do with the ‘I can’t’ voice?

Do you listen? Do you let it control you? Do you let it dictate your actions? Do you let it shape your future?

Or do you ignore it? Do you push it aside? Do you ignore it until it becomes too loud to ignore?

For me, I am making a conscious decision to let the ‘I can’t’ voice be a voice that I ignore. I am making a conscious decision to let the ‘I can’t’ voice be a voice that I push aside. I am making a conscious decision to let the ‘I can’t’ voice be a voice that I ignore.

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SPORTS

Wildcats put themselves in JuCo playoff battle

Men win, women lose vs. Jones JC

PPLAUSVILLE – Pearl River's River's Wildcats are in a two-way tie for first place in the MACJC South Division after handing Jones County a 74-63 defeat Thursday night in the MACJC South Division opener. PRCC outscored the Bobcats 20-10 in the first half to build its lead to two-digit stature.

The Wildcats, who led by as many as 15 points, were ahead 37-21 at the half. Jones was able to cut the lead to 12 points on a three-pointer by Tyler Brinson with 4:46 left in the half. The Bobcats cut the lead of 15 points to 38-33, but PRCC pushed it back to 12 points on a three-pointer by Thomas Clifton with 2:36 left, and the lead wouldn't be threatened from there.

Prall River Community College's basketball was snatched back to Taliasco Springs by the Bobcats on a late three-pointer and 5-1 voting in the MACJC South Division. The Wildcats led by a two-digit margin in the second half.

The Bobcats cut the lead to 17 points on a three-pointer by Tyler Brinson with 4:46 left in the half. The Bobcats cut the lead of 15 points to 38-33, but PRCC pushed it back to 12 points on a three-pointer by Thomas Clifton with 2:36 left, and the lead wouldn't be threatened from there.

The Wildcats led by as many as 15 points, were ahead 37-21 at the half. Jones was able to cut the lead to 12 points on a three-pointer by Tyler Brinson with 4:46 left in the half. The Bobcats cut the lead of 15 points to 38-33, but PRCC pushed it back to 12 points on a three-pointer by Thomas Clifton with 2:36 left, and the lead wouldn't be threatened from there.

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