A Funny Thing Happened On the Way to the Musical

Grievance process available to unhappy students

By MICHelle GLENN

A grievance process is available to unhappy students who have complaints with their professors, their courses or the college. Said Jennifer West, dean of instruction, "we try to get the grievances solved at the informal level."

We have a six step procedure. First, the student will file the grievance with the instructor. If the instructor is not satisfied, the student can then file a written statement with the dean. Then the dean will make a decision after hearing both sides of the complaint and make a decision. If the party is not satisfied with the dean's decision, there is an appeal to the college president. If the party is not satisfied with the president's decision, there is an appeal to the board of trustees.

We try to get the grievances solved at the informal level, but we need to be open to the idea that sometimes it can't be solved. The students have a right to file a grievance and we will follow through to the end. We can also help them with how to do it if they don't know how."

Benefit staged for Stanley scholarship

By MICHelle GLENN

A benefit will be held on July 26 to raise money for the COM summer musical student scholarship fund. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent.

The event will feature food, drinks, and entertainment. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent. The event will be held at the COM summer musical tent.

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Brother’s graduation sparks ray of hope

I wasn’t going to graduate. I really wasn’t. I just didn’t want to do it, period. The first weekend in May, my older brother graduated from college. And the next day I had to sit through my own graduation and the same nonsense. I thought about all I had done to get to that point. I had taken out loans to pay for college, gotten a degree and get a job. And now I was just going to sit on the side. Watching my brother and his classmates receive their degrees. It was ridiculous.

I thought about my family. My parents had been through a lot with me. Getting through college, moving degrees and all. And then they had to go through school and graduation. I had been there, I knew what it was like. And now I was going to just sit there and watch.

So, I went to bed that night. I didn’t want to sit there and watch the whole thing. I didn’t want to do it. I wanted to do something. I wanted to do it for my parents. I just didn’t want to do it, period.

I decided that I was going to start going to school. I was going to start doing it. And I was going to graduate. And I was going to do it for my parents.

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Astros pay big price for not paying stars

By Matt Todd

The Astros paid the price for not paying their stars in the 1999 season. The team finished with a record of 83-79, the worst record in the National League West.

The problem started in the 1998 season when the team was in the thick of the playoffs. The team was able to make it to the playoffs for the first time in 14 years. However, the team was unable to hold on and lost to the Arizona Diamondbacks in the National League Division Series.

The team was one game away from making it to the World Series. The team was led by stars such as Craig Biggio, Jeff Bagwell, and Jose Cruz Jr. However, the team was unable to put together a consistent offense for the entire season.

The team was unable to pay their stars and as a result, the team was not able to compete for the championship.

InterCOM staff stars in college commercial

By E. R. McSwain

The InterCOM staff stars in a commercial for the college. The commercial aired on local TV stations.

The commercial features the InterCOM staff promoting the college's programs and services. The commercial is aimed at prospective students and features the staff discussing their experiences at the college.

The InterCOM staff is excited to represent the college and hope that the commercial will help attract more students.

New chemistry professor comes to COM

By Michelle Fender

Dr. Thomas Johnson, a new chemistry professor, has joined the College of the Mainland (COM) faculty.

Johnson is a highly accomplished researcher and has published several papers in the field of chemistry. He has also taught chemistry at other universities and has received numerous awards for his teaching.

Johnson is excited to join the COM faculty and hopes to contribute to the growth of the chemistry program.

Join the InterCOM:
see your name in print

Are you interested in writing? Do you have an idea for a story or an article that you would like to see published? If so, the InterCOM staff is looking for writers.

We are looking for articles on a wide range of topics, including sports, entertainment, and student life. If you are interested in writing for the InterCOM, please contact us at (409) 938-1211 or 1 (888) 258-7667.

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Fall evening child care offers convenience

In 2000, the United States Defense Department contracted with the College of the Mainland to provide child care for active-duty military personnel. The child care is administered by the Child Development Lab Evening Care Program and provides an opportunity for parents to attend classes, take advantage of the evening workshops, or pursue other personal goals.

The Child Development Lab Evening Care Program is temporarily housed in Suite B of the COM Math/Science Building. The lab is open from 5:30 to 8:30 p.m., Monday through Thursday, except holidays, and is open 24 hours during the day. The lab is available to any student not taking a class, and any student can enroll.

Humanities to continue writing tutorials

Internship at the University of Houston-

In 2000, the University of Houston offered an internship in their writing program to a student from the College of the Mainland. The student was able to work with the faculty at the University of Houston and gain valuable experience.

Living standards in Army not as great as promised

By MICHAEL MARIA

In 2000, the United States Defense Department contracted with the College of the Mainland to provide child care for active-duty military personnel. The child care is administered by the Child Development Lab Evening Care Program and provides an opportunity for parents to attend classes, take advantage of the evening workshops, or pursue other personal goals.

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Experts predict active hurricane season

By MARK S. COHEN

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PTK participates in beach cleanup

By ROBERT TAYLOR

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Living standards in Army
not as great as promised
By MICHAEL NAVARRO
Managing Editor

After writing an article in the World Today issue of the COM 3524 student newspaper, the editor-in-chief of the newspaper, Marla Garcia, phoned to inform me that he was going to be in Houston this week and that he wanted to meet with me. He said that he was interested in talking about the Army and its benefits.

I asked him what he meant, and he replied, "I want to talk to you about what it's like being in the Army. I've served there for four years and I've seen things that I never thought would happen. Everything is different in the Army — the people, the food, the weather..."

I thanked him for his time and said goodbye. As I hung up the phone, I thought about my own experiences as a soldier. I had been in the Army for almost two years, and I knew firsthand what life was like inside of a military base.

When I received the call from the editor, I didn't realize that he was going to be in town. I was excited to have this opportunity to share my experiences with someone who was interested in hearing about them. I made sure to get dressed up and go to the meeting on time.

As I entered the room, I saw that there were about ten people there. The editor was already there, looking very composed and professional. He introduced himself and began talking about his experiences in the Army.

He spoke about how he had been stationed in many different places, including Afghanistan and Iraq. He talked about the challenges he faced as a soldier, and how he managed to overcome them. He also shared some stories about his time in the military, such as the time he helped rescue a child from a burning building.

After the editor finished talking, he asked if anyone had any questions. I raised my hand and asked him what it was like being in the Army. He looked at me and smiled, saying, "It's a tough life, but it's worth it. You get to see things that you never thought you would see. You get to meet people from all over the world, and you get to do things that you never thought you could do."

I was very impressed by what the editor had to say, and I realized that I had a lot to learn about the Army. I decided to keep in touch with him and learn more about what he had to say.

As I left the room, I felt very grateful for the opportunity to meet with the editor. I knew that I would be able to use what I had learned from him in my future writing assignments.

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PTK participates in beach cleanup
By SOUTH TANGER
Staff Reporter

The Student Chapter of the Texas A&M University at College Station in the Science, Tech, Engineering, and Mathematics Initiative (STEM), PTK, participated in a beach cleanup effort last weekend. The chapter, led by President, Matt Smith, organized the event and recruited volunteers from the local community to help pick up trash from the beach.

The beach cleanup was held at the Galveston Beach, and the volunteers were able to remove approximately 200 pounds of trash from the area. The chapter was able to recruit volunteers from all over the community, including local students, teachers, and parents.

According to Smith, the chapter is always looking for ways to give back to the community, and the beach cleanup was a perfect opportunity for them to do so. He said, "We want to make sure that our community is a safe and clean place for everyone to enjoy. This beach cleanup was a great way for us to do that."

The chapter plans to organize more events like this in the future and hopes to continue to make a positive impact on the community. They are always looking for volunteers and encourage anyone interested in helping to contact them at their website, PTK.tamu.edu.
Astros pay big price for not paying stars

Matt Tinker

If the Houston Astros want to have one of the better teams in the league, they need to pay a lot more to the players they already have. The average salary for a player is $1.9 million, but the team's owner wants to keep the budget roughly the same for this season.

New chemistry professor comes to COM

By MICHELLE FERRARE

The College of the Mainland (COM) has hired a new chemistry professor, Daniel Johnson. Johnson is a native of New York and has previously taught at Hofstra University in Hempstead and Pace University in New York City.

Join the InterCOM:
see your name in print

For more information contact Lowery at (409) 938-1211 or 1 (888) 258-8859, Ext. 314.
To me, school was a joke. It was something that I could go to college. I didn't want to do it for myself. I didn't want to go to college, obtain a degree and get a job. Which world, or l could go to college, obtain a degree and get a job.

The first weekend in May, my older brother graduated from college. I thought about my brother, Joe.

It was a hard struggle, raising a family and going to school, but I was going to graduate with a degree and enter the world of college graduates.

The issue as well as links and pictures are available on the election websites of both candidates: georgewbush.com andDemocratic.com. The families of our governor are an idiot. I was absolutely furious when I read an article in the Houston Chronicle (Sunday, June 18) about 10 people were in the room, mainly those with crying children. However, for next year's graduation ceremony, the graduation will be held at COM Convention Center. However, for next year's graduation ceremony, the graduation will be held at COM Convention Center.

Wrestling craze takes nation by storm

If you look on the election websites of both candidates: georgewbush.com andDemocratic.com, you will find that the two have comic appeal. The catch phrases that wrestlers use are probably more important to some and long overdue. Take a guess which side Ron Paul or a Moonlight Madness in the COM weight room is open Monday through Friday, 7:30-9 a.m. For more information, call the Gym front desk at (409) 757-8252.

Each conclusion of a wrestling show makes the viewer resist smiling and laughing when you hear one of the WWF announcers, J.R., mention the words slobberknocker and bloodbath. I'm sure the aged Mae Young probably doesn't go to college anymore. It's true; it's true. Ask the Olympic hero Kurt Angle about his job. Joe and the other 149 graduates had a proud feeling that Joe and the other 149 graduates had a proud feeling that.

Presidential candidates lack basic intelligence

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Summer 2000 InterCOM staff

The summer 2000 InterCOM staff members are (front left to right): Tanya Jarkesy, Michelle Cloe, Matt Tasler, Glenn Fichem, and Assistant Editor Jennifer Golte. The first weekend in May, my older brother graduated from college. I thought about my brother, Joe.

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COM Arana Theatre Costumer, Landis York, works on one of the costumes for the musical "You Can't Take It with You." Her phone number is 403-599 Ext. 345 for tickets.

Managing Editor, Michelle Westin, and Professor Stan Koerner will be directing the musical "You Can't Take It with You." Larry L. Stanley will be doing the vocal direction as Jack Westin directs the music. Andree Newport, the first recipient of the Pat Darde Memorial Scholarship, will be performing in the production.

The COM Foundation is sponsoring a special production of the musical "A Funny Thing Happened On the Way to the Forum." The play opens July 27 and runs through Aug. 20. We have a very energetic group of singers and dancers, and there should be a lot of fun.

The COM Foundation is also sponsoring a special performance by a local band. The concert will be held on Aug. 10 at the COM Arena Theatre. Tickets are available at the box office or online.

The Admissions Office will be open for Summer II registration on July 6. On-campus registration will be held in the temporary Admissions Office. Renovation, are scheduled for the summer, but it will be completed by next year.

A benefit performance of "A Funny Thing Happened On the Way to the Forum" is being held to raise funds for the Larry L. Stanley Scholarship. The show will be held on July 26 at the COM Arena Theatre. Tickets are available at the box office or online.

The COM Foundation is offering a permanent scholarship to students who specialize in music. The scholarship will be awarded to one student each year, and the amount will be determined by the foundation. The scholarship will be administered by the Office of Student Financial Aid.

During the summer term, the Admissions Office will be open for registration. The office will be located in the temporary Admissions Office. Renovation, are scheduled for the summer, but it will be completed by next year.

For more information, contact the Admissions Office at (409) 938-1211 or 1 (888) 258-8859.
**Beach clean up successful this fall**

By **Staff Reporter**

The next Adopt-A-Beach clean up will be held in the Texas coastline. All shows are Thursdays through Saturday in November, and once in the fall. Volunteers are assigned to specific beaches on a first-come, first-served basis. Volunteers must be at the UHCL environmental association told Dr. Cennon T. Allen, InterCOM's dean of Enrollment, new president's top priority.

**PTK to restore marshlands with Marsh Mania**

By **SHEILA STUDENT**

To PTK officers for 2000-2001 are Sifuentes, Carlin, West, Mort, and Helmersson. Westin, director of COM Theatre, is the world's largest one-day marshland conservation event.

**Enrollment new president's top priority**

By **MICHELLE PICHERA**

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**Other People's Money to open Oct. 26**

By **SHEILA STUDENT**

The audience observed an old woman, conspicuously dressed in black, who walked the audience through a presentation of life. The woman used humor and sarcasm to entertain the audience, who laughed and applauded throughout the presentation. The presentation was light-hearted and enjoyable, and left the audience feeling uplifted and entertained.
Letters to the Editor

Student, police discuss smoking issue

Student: "I often hear the complaints of students who have trouble smoking in their dorms. I really like the idea of having a special area for smokers so we can all do what we want."

Police: "We have just issued a new policy that will take effect in the spring semester. The new policy states that smoking is to be limited to the designated smoking area on the south side of the Student Center."

Child mirrors society

"Parents can be proud of their children's efforts to help others in need. "

President wants to recruit high school students

"We are looking for bright, energetic students who are interested in higher education. "

Williams excited about helping students

"I am pleased to announce the opening of the new student center. "

SNAP offers two-for-one special for dogs in October

"We are offering a special discount for dogs in October."

COM offers 5-week classes

"Our 5-week classes start next week."

"Please contact the Registrar's Office for more information."

"If you have any questions, please call 555-1234."

"InterCOM October 2000, Page 7"
Career Services ready to assist students

By Staff Reporter

College of the Mainland Career Services is ready to assist students, staff and the public. Among those who attended was new Career Services director, Templer and Dean of Student Services Pam Davenport. With the purpose of Career Services, "the students, staff and faculty are geared up to interact with the students," Davenport said. The staff gathered outside the Learning Resource Center to welcome the students to the Fall 2000 Sports Day to be hosted by San Jacinto Central College of the Mainland will participate in the Fall 2000 Sports Day to be hosted by San Jacinto Central College. The event will begin at 10:30 a.m. and end at 2:30 p.m. There will be music and food, and people can watch the games being played. There will also be a number of games to play, including volleyball, baseball, basketball, soccer, and tennis. The sports day will take place on the college campus, and everyone is welcome to attend. If you are interested in participating in the sports day or just want to watch, be sure to mark the date in your calendar. It's going to be a great day! Sports Day is a fun way to get some exercise and compete with others. It's also a great opportunity to meet new people and socialize. So whether you're a sports fan or just want to have some fun, Sports Day is the event for you.


**Assistance offered in Writing Center**

By APPEL BRANDON

The College of the Mainland Humanities Team offers English Language Acquisition and Developmental Writing Lab assistance to students in L-248.

Developmental Writing Lab hours are Mondays and Wednesdays 12:30-1:50 p.m. with Clint Flowers, and 1:30-2:50 p.m. with Dr. Gilchrist White; 1:30-2:50 p.m. with Jonathan Steele, College Senate representatives.

By APRIL BRANDON

New officers elected to Student Government

Self Warren, secretary; Michele Nguyen, treasurer; Katina Iiams, vice president; Diann McCall, president.

1900 Storm demolishes the stability of an unprepared island

By MICHELLE FICHERA

On the morning of Sept. 8, 1900, as the water began to rise, the people of Galveston were unprepared for the storm that was to hit them. The storm, known as the Great Galveston Hurricane, was one of the worst natural disasters in United States history.

By 6 p.m. the wind speed was higher than 100 miles per hour, and the water from the Gulf of Mexico filled Galveston Bay. Residents were climbing into second stories of their homes, and boats were washing up against buildings.

The wall bad been made and reinforced with concrete, but it was not enough to withstand the force of the storm. The water kept rising, and people were forced to abandon their homes.

The storm swept over Galveston, leaving destruction in its wake. The city could withstand severe storms, but the 1900 Storm was too powerful.

Police emphasize importance of reporting incidents

Students who are lost or in need of assistance can call the police department at 458-2181 during regular hours, or 458-5999 after 5 p.m.

Young and Restless

Continued

By MICHELLE FICHERA

Young and Restless

continued

She finds out she is pregnant and tells...
Soap operas provide escape from horrors

By April Brandon

In the busy world we live in, soap operas have become a popular form of escape. For many, they are a way to disconnect from the stresses of daily life and immerse themselves in a world that is often different from their own. Soap operas have been around for over a century, with some shows still running today. Whether it's the original Dallas, or the more recent Bold and the Beautiful, these shows offer a variety of stories and characters that capture the attention of viewers.

New officers elected to Student Government

By April Brandon

The College of the Mainland Student Government elected five new officers last Thursday at 4:30 p.m. in the Student Center's Reading Room. The election was held in the Developmental Writing Lab, located in L-248 of the LRC. Computer aided instruction also is available at the lab.

Writings from students and other faculty are featured in the Writings Center, located in L-248 of the LRC. The Writings Center is open Monday through Thursday from 9 a.m. to 5 p.m. and Tuesday from 9 a.m. to 2 p.m.

Police emphasize importance of reporting incidents

By April Brandon

The College of the Mainland Police have a new policy in place for student officers and security personnel to report any crime or incident. The policy states that any officer who witnesses a crime or incident must report it immediately to the proper authorities.

1900 Storm demolishes the stability of an unprepared island

By April Brandon

The 1900 Storm, which struck Galveston on September 8, 1900, caused widespread destruction and loss of life. It was one of the most devastating hurricanes in U.S. history, with winds estimated at 130-140 miles per hour. The storm caused widespread damage to the city and surrounding areas, with many structures destroyed and thousands of people displaced.

Byline

By April Brandon

Editor

Leeann Steele, College Senate representatives.

The College of the Mainland Student Government elections were held Sept. 26 in the Student Center from 8 a.m. to 4 p.m. The elections were open to all students who are registered to vote for Student Government. The College of the Mainland Student Government elections are held in the Developmental Writing Lab, located in L-248 of the LRC.

Byline

By April Brandon

In the past, only about 10 percent of students have voted in Student Government elections. This year, the Student Government surpasses that number.

Byline

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Career Services ready to assist students

by William Jost

Staff Reporter

The College of the Mainland Career Services held an open house on Sept. 21 to meet the career needs of students, faculty and the public. Among those who attended was new Career Services Coordinator, Carla Boone and student Jonathan Williams.

To find out more or to sign up for a workshop, stop by the Career Services Office in A-127 of the Mainland Center.

Games turn tragic as parents’ anger grows

by Michelle Fletcher

All the fun started to go out of the Fall 2000 Sports Day to be hosted by San Jacinto Central College of the Mainland, when one family witnessed the scene and screamed in horror.

To raise funds for the Cure Cancer Fund, San Jacinto Central College of the Mainland will participate in the San Jacinto Central College of the Mainland Cancer Walk, which will be held Sept. 28, 2000, at 9 a.m. at San Jacinto Central College of the Mainland.

Bookstore cashes checks

by Jennifer West

The College of the Mainland Bookstore will now cash checks drawn on your checking account. In order to cash a check, you must have a valid ID and your account must be in good standing. A 1% handling fee will be charged for every check cashed.

Dr. Laura’s views jaded, chauvinistic

by Jennifer West

Dr. Laura is the name that was given to show host Dr. Laura Schlessinger after a radio show, tells us that we are not good mothers if we want to work outside the home.

For more information about serving on a grievance committee, contact the Grievance Coordinator, Dr. Jennifer West, at (409) 938-1211.

College Hour devoted to activities, special events

by Jennifer West

Dr. Laura, a radio show host, was invited to the College of the Mainland Career Services to help students find out what they want to do with their lives.

College of the Mainland is looking for students to serve on grievance committees.

Renovated Admissions Office ‘customer friendly’

by William Jost

Staff Reporter

The Renovated Admissions Office is located in A-127 of the Mainland Center.

If a decision cannot be made by the ombudsman, the complaint is taken to the appropriate dean: the Dean of Instruction James Costin. If a decision cannot be made by the dean, then the hearing goes to the COM Board of Trustees. The college president. If the complaint is still not satisfactory, then the hearing goes to the board.

College of the Mainland has established an Office of Ombudsman to handle student complaints. The ombudsman is in the Renovated Admissions Office located in A-127.

Career Services office is a success

by William Jost

Staff Reporter

Career Services Coordinator Carla Boone and student Jonathan Williams, who were involved in the open house, said "It was a success. We had a lot of people come in and sign up for the workshops." Carla Boone said that the Career Services office is "customer friendly."
Letters to the Editor

Student, police discuss smoking issue

President Linda L. McNeir announced today that Student Affairs is scheduled to meet with a group of students who are concerned about the College's policy on smoking. The meeting is set for Thursday, Oct. 19. The vice president for Student Affairs, Dr. Kathy Kershaw, will lead the meeting.

The College has a no-smoking policy, but there are designated smoking areas on campus. The students are concerned that these areas are not being enforced and that smoking is taking place in areas where it is not allowed.

President McNeir said, "We understand the concerns of the students about the smoking issue. We will work with the students and the police department to ensure that the smoking policy is being enforced."
**Beach clean up successful this fall**

**Other People's Money**

*By DANA SPARLING*

The College of the Mainland Phi Theta Kappa chapter members concern­ning the foundation's Marsh Mania Thursday, Sept. 14. The Phi Theta Kappas came from Alvin Community College and the University of Houston-Downtown's InterCom Editor.

**PTK to restore marshlands with Marsh Mania**

*By SORIANA SIFUENTES*

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What's Happening

Karaoke highlight of COM Halloween party

Each year, InterCOM and the Developmental Reading Department sponsor a Halloween party, and this year it included a karaoke contest. The contest was held in the Student Center, and students were encouraged to dress up and participate. The evening was filled with music, fun, and a lot of laughter.

Students for Christ, OAAC sponsor food drive

Students for Christ, the campus religious group, has been sponsoring a food drive for several years. This year, they are working with the Office of Academic Affairs and Culture to organize an annual food drive. The food will be gathered and donated to local shelters, and they are asking for the help of the campus community.

Upcoming Events

- Hispanic Heritage Month: Focuses on culture, values, and history.
- InterCOM Party: The annual InterCOM party will be held on October 31st, with music, food, and fun.
- Developmental professor honored: Dr. Janith Developmental professor will be honored for her dedication and service to the college.

People Speak Out

"This is a lot of fun and the pizza is awesome," said Emily Hawkins of the InterCOM staff. "We really enjoy these events because they bring us together and give us a chance to unwind.

COM police escorts to vehicles available

The College of the Mainland Police Department has announced that they will be providing police escorts to vehicles on campus. This service is available to anyone who requests it, and it is a way for the police to ensure the safety of the campus community.

Attack on campus prompts second police alert

The campus police have issued a second alert after a second attack on campus. The incident was reported to the police, who are currently investigating the situation.

Hispanic Heritage Month focuses on culture, values

The Hispanic Heritage Month celebration will focus on celebrating Hispanic culture and values. The festivities will include events such as music, dance, and food.

Developmental professor honored

Dr. Janith Developmental professor has been honored for her dedication and service to the college. She has been a leader in the development of the college's academic programs and has provided excellent instruction to her students.

InterCOM Party

The InterCOM party will be held on October 31st, with music, food, and fun. This is a great opportunity for students to socialize and have a good time.

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Letter to the Editor

Student agrees with Dr. Laura

Our high school English and social studies teacher, Dr. Laura, has written a number of books, including some that have been controversial. I have read many of her books and find that she has a great deal of wisdom. As a student, I support her views.

Voters should take rights more seriously

Sharon Online

Editorials/News

In the presidential election, it is important for all age groups to vote. The youth have the most to lose from poor government. The youth should take their right to vote seriously and not just vote for someone because they like the candidate. They should vote for someone who will impose change.

Teacher proud to be among those honored

Teacher proud to be among those honored

Sue Larson

My parents were teachers and had a significant influence on me. I have always admired my mom for her dedication and hard work. She was a role model for me and I have tried to follow in her footsteps.

60 new voters signed up by OAAC voters drive

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Student Activities Board Welcome Kickoff was held this week. The Student Activities Board is encouraging students to get involved in campus activities and to vote for officers in the Student Activities Board.

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Depression, suicide focus of seminar

**By RAMONA BENTON**

October 26 was designated as Suicide Awareness Day at the College of the Mainland by the Student Government of College of the Mainland. Anne Stewart, a counselor at the Counseling Center, turned the auditorium into a workshop-style seminar on the topic of suicide awareness.

Stewart explained the risk for suicide among young people, especially girls. She spoke of the increase in suicide within these groups. For people who are thinking about killing themselves, she relayed the warning signs of suicide, suggestions of intervention and procedures for reporting when there is an immediate threat.

Ramona Benton, director of Consumer and Family Education for the Gulf Coast Center, discussed some of the variables of suicide. She stressed the increased risk of suicide for recent movers, especially for those who have moved to College Station.

She also stressed the importance of recognizing and responding appropriately to the warning signs of suicide, which may include a sudden increase of mood, social withdrawal, sudden disappearance, increased irritability, changes in appetite, changes in body weight, and changes in sleeping patterns.

She also spoke of the importance of building a support system of people who can help in times of crisis. She stated that people who have a history of suicide should be referred to a mental health professional for treatment.

Benton explained that the grief process is a complex and individual experience that can be reactivated by significant events such as the anniversary of the loved one's death.

She encouraged people to seek help for any feelings of sadness or depression.

She also discussed the importance of taking responsibility for one's own health and the health of others.

She explained that suicide is often a result of a lack of communication and that it is important to talk about feelings and concerns with others.

She ended her presentation with a reminder to everyone that suicide is never the answer and that there is always help available.

She also expressed her gratitude to the attendees for their interest in the topic and for their commitment to preventing suicide.

She also thanked the Student Government for their support and for their commitment to the prevention of suicide.

She also expressed her appreciation to the members of the College of the Mainland Counseling Center for their dedication to helping others.

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Student Government hosts luncheon

By DANA SPARLING

Galveston: A History.

Honor society inducts 47 new members

Captivating comedy charms COM critic

TNSA sponsors two events

New pop stars lack talent, personality
Annual College Day set for Dec. 6 in Gym

By BPM Publications & Information Office

San Jacinto College will host its annual College Day which will be held in the gymnasium on Dec. 6 from 9:30 a.m. to 1:30 p.m. Open to high school students throughout the area, the College Day provides a hands-on, interactive look at the educational opportunities that are available at the college.

More than 120 students attended the College Day in 2000, and this year it is expected that several hundred will take advantage of the opportunity to learn about San Jacinto College's programs.

During the College Day, students will have the opportunity to enroll in classes and apply for financial aid. San Jacinto College counseling staff and representatives from fire science and law enforcement programs will be present to answer questions about classes and careers.

The College Day will also provide an opportunity for students to interact with others who have similar interests and goals. The college will provide transportation from several high schools, including San Jacinto College Central.

Orientation set for December

The College of the Mainland Counseling Team will be holding an orientation on Tuesday, Dec. 11 for students who are interested in attending College of the Mainland.

The orientation will be held in Room 210 of the Student Center and will be from 2 to 4 p.m. The orientation will cover information about College of the Mainland, including the application process, financial aid, and the college's programs.

The College of the Mainland Counseling Team is also hosting an information session on Tuesday, Dec. 18 from 2 to 4 p.m. in Room 210 of the Student Center.

Students address concerns at forum

By BPM Publications & Information Office

On Oct. 20, the Board of Trustees of the College of the Mainland held a Student Concerns Forum to hear from students about their concerns.

The forum was held in the Student Center Sun Room and was open to all students. Students were encouraged to bring their concerns to the forum and to ask questions of the Board of Trustees.

The forum was moderated by Dr. Henry D. Pope, dean of College and Financial Services, and was attended by several students.

Some of the concerns that were raised at the forum included: parking, cafeteria service, and the cost of textbooks.

The forum was a good opportunity for students to express their concerns and for the Board of Trustees to hear from them.

Students were encouraged to continue to bring their concerns to the Board of Trustees and to attend the next Student Concerns Forum, which is scheduled for Jan. 28.
PTK president focuses on increasing diversity

By MICHELLE FICHERA

PTK president Jeremy Robinson posts a flier in the COM staff room to recruit new members. The college's junior honor society is made up of students who have a 3.0 or higher cumulative GPA. Robinson is the newly elected president of Student Government, which is responsible for organizing events for the COM staff. The group is expected to help increase diversity on campus.

SAB President Robinson aims high for success of club

SAB President Robinson is a senior at COM and has served as the club's president for two years. He is an active member of the Student Activities Board and serves as a president of the Student Government. The club is responsible for organizing events for the COM staff. Robinson is the newly elected president of Student Government, which is responsible for organizing events for the COM staff. The group is expected to help increase diversity on campus.

New academic adviser ready to help students

Michelle Kettler is the newest academic adviser at COM. Kettler speaks both Spanish and English, and can assist students with a variety of needs. She is available in the COM Student Government Office to help students with their academic needs.

Sparling emphasizes importance of Student Government

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Sparling is the newly elected president of Student Government, and she is responsible for organizing events for the COM staff. She is also a member of the Student Activities Board. The group is responsible for organizing events for the COM staff.

Faces to Know

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PTK president focuses on increasing diversity
BY MICHELLE FICHERA
Student Government already has accomplished many things this semester. More students voted in Sept. 26 Student Government officer election than in any other election. The officers also organized a Meet the Officers Luncheon, which was held in the Administration Building on Oct. 15.

SAB President Robinson aims high for success of club
BY APRIL BRANDON
The Student Activities Board (SAB) is a recognized student organization that provides leadership opportunities for student members. It is a non-profit student-run organization with the mission of providing activities on the college campus, fostering a sense of community among students, and enhancing the college experience.

New academic adviser ready to help students
BY MICHELLE FICHERA
The College of the Mainland (COM) has added a new academic adviser to its team. The new adviser, Jason Sparling, is a composer and music teacher who specializes in music education. He is a member of the American Society of Composers, Authors, and Publishers (ASCAP) and has been teaching at COM for over 20 years.

Sparling emphasizes importance of Student Government
BY ROBIN)
The College of the Mainland (COM) is a public community college located in Texas City, Texas. It is part of the Texas Public Education System and offers associate degrees, certificate programs, and continuing education courses. It is the second-largest community college in the state of Texas.

Student Government President Jason Sparling views his position as a role model for students. He encourages students to participate in Student Government and to develop their leadership skills.

PTK chapter adviser and math professor. "He always goes the extra mile on our projects and programs."

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**COM students participate in Sports Day**

**By MICHELLE FICHERA**

Several College of the Mainland students participated in the annual Gulf Coast Intramural Tennis tournament held Oct. 18 at the San Antonio Tennis Center. With the stiff competition from other schools, the COM players included Sylvester Daniels, Joe Hughes and Bill Scros. With the strong performance from this team, COM won the championship. The tournament is one of the events included in the overall Sports Day activities.

**Annual College Day set for Dec. 6 in Gym**

**By COM Public Affairs Information Office**

COM officials announced that Annual College Day will be held on Dec. 6 from 10 a.m.-3 p.m. in the College's gymnasium. The event is free and open to students and the public. In addition, COM officials announced that Sports Day activities for Oct. 26 will also be held in the gymnasium.

**COM provides jobs for students**

**By MICHELLE FICHERA**

COM provides work opportunities for its students. Many COM students work in the cafeteria, as student assistants, in the administration building, or in various other departments. These positions help students earn money to support their education and also provide valuable work experience. At the end of each semester, students are given the opportunity to apply for full-time positions in these departments. The work experience gained through these positions helps students develop their skills and prepares them for future employment.

**Students address concerns at forum**

**By DANA SPARLING**

Dr. Henry D. Pope, dean of College and Financial Services, and James Templeton, vice president of student affairs, held a forum to discuss Concerns about College Services. Participants addressed various issues, including student concerns, faculty and staff concerns, and overall college operations. The forum was an opportunity for students to voice their concerns and for faculty and staff to listen and address them. The forum was held in the Student Center Sun Room.

**Ceramics exhibit captures everyday life in artwork**

**By LETROISE BENSON**

The exhibit displays everyday items immortalized for posterity by Dennard. The exhibit will be on display through Dec. 18. The exhibit is open Mondays and Thursdays from 9 a.m.-2 p.m. and Tuesdays through Fridays from 1-4 p.m. The exhibit will also be open to the public on Saturdays from 10 a.m.-2 p.m. The exhibit will be located in the College's Fine Arts Building.

**COM offers 6-week classes**

**By DANA SPARLING**

The College of the Mainland offers 6-week classes for students who need to complete a course in a shorter period of time. These classes provide an opportunity for students to complete a course and earn credits in a shorter time frame. The 6-week classes are available in various subjects, including math, science, and humanities. Students interested in enrolling in a 6-week class should contact the appropriate department for more information.
TNSA sponsors two events

Student Government hosts luncheon

The Student Government at College of the Mainland held a Meet the Officers Luncheon for the officers and their guests. The luncheon was held in the Sun Room. The luncheon was attended by the Student Government officers and their guests. The luncheon was a great way to introduce the Student Government officers to the students during the Student Government meetings. This is the second event that TNSA sponsored.

International students share heritage, culture

The International Students Association hosted a Multicultural Lunch Fest for international students to share their heritage and culture. The event was held in the Sun Room and was attended by a diverse group of approximately 30 people, including students from Japan, Columbia, and Mexico. The event was a great way to introduce the students to the diversity of cultures on campus.

Galveston Seawall provides protection against flooding

Galveston Seawall provides protection against flooding. The Seawall was built in 1916 to protect Galveston from the storm surge caused by the 1900 hurricane. The Seawall was extended in 1968 to provide additional protection. The Seawall is the most extensive seawall in the United States. The Seawall is approximately 10 miles long and is 20 feet high. The Seawall is built of concrete and is designed to withstand the force of a hurricane.

New pop stars lack talent, personality

Captivating comedy charms COM critic

The Texas Nurses Student Association will have a Thanksgiving luncheon on Nov. 20. The luncheon will be held in the Sun Room. The luncheon will be attended by a diverse group of approximately 30 people, including students from Japan, Columbia, and Mexico. The luncheon will be a great way to introduce the students to the diversity of cultures on campus.
I've tripled. Symptoms of depression, warning signs of suicide, and attempted death, or on the verge of suicide? Cope & How to Help Others, at 12:30 p.m. in the College of the Mainland Learning Resources Center Auditorium.

Police Team considers RAD classes

This is the second article related to COM police team considering adding a rape prevention class to their curriculum. The article discusses the importance of addressing the issue of sexual assault and the potential benefits of offering such a class as a component of the police training program.

Depression, suicide focus of seminar

The seminar focused on depression and suicidal prevention. Key points included the signs and symptoms of depression, warning signs of suicide, and the importance of seeking help. The seminar aimed to educate attendees on recognizing the signs and taking appropriate action to support those in need.

Police Team considers RAD classes

This article continues to discuss the Police Team's consideration of adding a rape prevention class (RAD) to their curriculum. It highlights the importance of such a class for training police officers on how to prevent and respond to sexual assault.

PTK Ducktober Fest makes a big splash

PTK Ducktober Fest was a success, with a large turnout and enthusiastic participation. Key highlights included the costume contests, water experiments, and face painting activities that were held throughout the day. The event also featured a photography contest, where participants could showcase their creative photography skills.

COM students help make blood drive a success

The bi-annual blood drive in the College of the Mainland, organized by the Gulf Coast Regional Blood Center, was a success. The drive demonstrated the importance of community involvement in supporting blood donation efforts. Key highlights included the large number of participants and the successful collection of blood units.

Costume contests were held every hour as well as water experiments for the children, conducted by the Texas City Police Department. The children were given the results of the blood drive lottery, which included a ceramic platter, handmade by Michael Anthony Zaragoza, who has been the DARE coordinator for the Texas City Police Department since 1996.

When you register, you get a chance to win a $50 gift certificate for books, which can be used at COM and at 7 p.m. at the Student Center. Reahad Hudson (right) accepts the Estrella书法 student award for making the blood drive a success.

Every student registered for the blood drive would get a stamp in their blood drive coupon, and the more stamps you got, the bigger the prize. The prizes ranged from gift cards to books, with the grand prize being a $50 gift certificate for books. The event was well-attended, with a large number of participants actively participating in the activities and contributing to the success of the drive.
Letter to the Editor

Student agrees with Dr. Laura

Voters should take rights more seriously

Teacher proud to be among those honored

Lecture, art celebrate Hispanic Heritage Month

Student agrees with Dr. Laura

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30 new voters signed up by OAAC voters drive

60 new voters signed up by OAAC voters drive
Karaoke highlight of COM Halloween party

Students for Christ, OAAC sponsor food drive

People Speak Out

Dr. Mark Sanders: Recent events have increased my awareness of how much we are at risk of terrorist attacks. I believe we need to turn fear into a motivating force to take action in order to protect ourselves and keep our communities safe.

Dr. Gilberto Hinojosa: I think that the U.S. would have learned its lesson and not have been so arrogant about our actions overseas.

Kristin Catching: I think that the U.S. should embrace it and take some responsibility instead of trying to hide behind a wall.

James McGarvey: The U.S. should be more proactive instead of sitting back and doing nothing.

Blaylock: I think that the U.S. should have taken action against the perpetrators of the attacks on the USS Cole.

Sitting by passively will not allow us to control the situation. We need to act against anyone who threatens our security. It is crucial that we cooperate with other nations to prevent such events from happening.

The U.S. should not only act against those who instigate terrorism, but also those who support them. This approach will help to reduce the likelihood of future attacks.

About Developmental Educator of the Year

On the evening of Nov. 1 at 8:30 p.m., a young female student was walking in the southeast corne of the Tech/Voc Building. The area was well lit, but she was alone. Suddenly, a figure emerged from the shadows and rushed towards her. The student screamed and tried to run away, but the attacker caught her.

The police were called immediately and arrived on the scene within minutes. They found the student unharmed and the attacker nowhere to be seen. The investigation is ongoing, and the police are seeking any information that could lead to the identification of the suspect.

The police are asking anyone who witnessed the incident to come forward and provide any information they may have. They are also urging anyone with information to call the police hotline at Ext. 14.

Approximately 320 students attended the event and enjoyed pumpkin pie, music, and face painting. It was a fun and festive way to celebrate the holiday.

COM now has boxes around campus for the donation of non-perishable items. Bins are located in the lobby, the Student Center, the top floor of the Learning Center, the Administration Building and in the Mainland Developmental Education Center. The donated food will be given to shelters or needy families.

Approximately 320 students attended the event and enjoyed pumpkin pie, music, and face painting. It was a fun and festive way to celebrate the holiday. People spoke out about their thoughts on the current political climate.

The winners of the pumpkin pie eating contest were announced. The first place winner was Jenna Contenta. She ate the pie in 14 seconds.

Dr. Michelle Stephenson was selected as the Developmental Educator of the Year at a conference in Houston. The award was presented by Dr. Stephenson's colleagues.

The Hispanic Heritage Month was celebrated with an Assimilation showcase. The event featured Hispanic artists, culminating with the presentation of the Heritage Award to the student who wrote Jimenez's essay. The award was given to Assimilation, the COM Learning Advancement Program's Listserv, a program sponsored by COM and moderated by Dr. Stephenson.

The Listserv provides a forum for faculty, staff, and students to discuss issues related to the educational advancement of students. It is especially beneficial for students who are enrolled in developmental education programs through the Texas Developmental Education Commission. The Listserv is a valuable resource for those who are interested in staying informed about the latest news and developments in the field.

The winning essay was written by Michelle Carr. She was recognized for her insightful piece on the theme of Hispanic culture.

The event was attended by a large crowd of students who were eager to learn more about Hispanic culture. The evening was filled with music, dance, and food, creating a festive atmosphere.

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SAB packs 'em in at AMF Star Lanes

By JON NELSON

In recent weeks, AMF Star Lanes in Bay City, which is the closest bowling alley to the College of the Mainland, has been bustling with activity. In the past few weeks, the bowling facility has been hosting several events, including a bowling tournament for students and a charity event for local organizations.

PTK honors students' academic excellence

By FABIAN SIFUENTES

The College of the Mainland Student Activities Board (SAB) recently held a bowling tournament for its members. The event was held at AMF Star Lanes and was open to all SAB members. The tournament was a great opportunity for students to compete with each other and have fun.

People Speak Out

By APRILL BRANDON

The Student Government (SG) recently held a meeting to discuss various topics, including the upcoming Domestic Violence Awareness Month. The meeting was attended by several members of the SG and was an opportunity for students to voice their opinions and concerns.

COM emphasizes Black History Month

By SPENCER LEWIS

The College of the Mainland (COM) has been emphasizing Black History Month this year. The college has organized various events, including a speech by former COM professor Dr. Lee McGriggs, and a workshop on violence prevention. The events have been well-received, and students have expressed their appreciation for the college's efforts.

Domestic violence results in death of three children

By MATTHEW JONES

The North Texas Review reported that recent domestic violence cases have resulted in the deaths of three children. The report stated that the children were killed by their parents, who were involved in a custody dispute. The report highlighted the importance of addressing domestic violence and ensuring the safety of children.

Spring break almost here

By JOHN MURPHY

Spring break is just around the corner, and many students are eagerly anticipating the break. The college has scheduled various events to celebrate the occasion, including a concert and a dance. The events are expected to be well-attended, and students are looking forward to some well-deserved time off.

PTK invites 250 students

By FABIAN SIFUENTES

The PTK Honors Society recently invited 250 students to join its membership. The invitation was based on students' academic excellence, and the college hopes that the new members will contribute positively to the community.

PTK membership requirements

By FABIAN SIFUENTES

PTK membership requires students to maintain a minimum grade point average of 3.600 and complete a certain number of credit hours. Students must also be enrolled in a college-level course.

Student Art Competition 2001

By FABIAN SIFUENTES

The Student Art Competition 2001 was recently held at COM. The competition was open to all students, and the college received numerous submissions. The submissions were evaluated by a panel of judges, and the winners were announced at a ceremony.

Student Government allows students to voice opinions

By FABIAN SIFUENTES

The Student Government (SG) recently held a meeting to discuss various topics, including the upcoming Domestic Violence Awareness Month. The meeting was attended by several members of the SG and was an opportunity for students to voice their opinions and concerns.

GCIC accepts 8 art pieces from 7 students

By FABIAN SIFUENTES

The GCIC (Gulf Coast Intercollegiate Conference) recently accepted 8 art pieces from 7 students. The pieces were accepted into the art exhibit, which opened on February 11.
Writing Center open to all COM students
By ROBIN LARSON

The COM Foundation offers scholarships
By SARAH RYAN

Blood donors rewarded with T-shirts
By APRIL BRANDON

COM Foundation offers scholarships
By SARAH RYAN

Runners partake in fund-raising event
By SARAH RYAN

SAB hosts domestic violence seminar
By ALISON ORLOWSKI

Black History Month full of activities
By LINDA KAPLAN

Teams compete in sex bowl gameshow
By SARAH RYAN

COM deans ready to hear students' opinions of college
By SARAH RYAN

Blood donors rewarded with T-Shirts

The Writing Center is open to all COM students, as stated by Assistant Editor Jill R. Jon Nelson. The Writing Center at the Mainland Student Center offers free instruction from Dr. Gilchrist White and is available 24 hours a day. To contact the Writing Center, one can call (409) 938-1211 or 1 (888) 258-8859.

The COM Foundation offers a variety of scholarships, as stated by Assistant Editor Jill R. Jon Nelson. The COLF Foundation offers an array of scholarships including non-credit and credit scholarships, as stated by Assistant Editor Jill R. Jon Nelson. The deadline to apply for scholarships for next year is March 31. Applications may be picked up in the Writing Center. The Writing Center is open from 8:30 a.m. to 9:30 p.m. on Tuesdays; 1:30 p.m. to 2:50 p.m. on Wednesdays; 8:30 a.m. to 12:30 p.m. on Thursdays; and 8:30 a.m. to 12:30 p.m. on Fridays. The Writing Center is also available on the COM campus and the surrounding west Texas City neighborhood.

SAB hosts domestic violence seminar

SAB hosts a domestic violence seminar, as stated by Assistant Editor Jill R. Jon Nelson. The seminar on domestic violence will be held on March 22 at 11 a.m. in the Writing Center.

Black History Month full of activities

Black History Month will be full of activities, as stated by Assistant Editor Jill R. Jon Nelson. The activities include an exhibit of African-American art and a presentation of African-American history.

Teams compete in sex bowl gameshow

Teams compete in the sex bowl gameshow, as stated by Assistant Editor Jill R. Jon Nelson. The gameshow will be held on February 26 at 11 a.m. in the Writing Center.

COM deans ready to hear students' opinions of college

COM deans are ready to hear students' opinions of college, as stated by Assistant Editor Jill R. Jon Nelson. The deans are ready to hear students' opinions on March 6 at 12:30 p.m. in the Writing Center.

The Writing Center is open to all COM students, as stated by Assistant Editor Jill R. Jon Nelson. The Writing Center at the Mainland Student Center offers free instruction from Dr. Gilchrist White and is available 24 hours a day. To contact the Writing Center, one can call (409) 938-1211 or 1 (888) 258-8859.
Basketball players prep for Sports Day

By APRIL BRANDON

The College of the Mainland Sports Day will be held March 22. The day is designed to celebrate the year's athletic successes of the college's sports teams. The day will feature games, activities, a cookout, and music. The day will begin at 1 p.m. with activities and end at 5 p.m. with the annual staff vs. student basketball game.

Galveston hosts Mardi Gras parades

By JEN VAUGHN

Galveston hosts its annual Mardi Gras parade on March 22. The parade will feature floats, marching bands, and college students from the local community. The parade will begin at noon and end at 2 p.m. The parade will take place along the historic Strand and is open to the public. For more information, contact Student Life at (409) 797-3900.

Clubs on campus offer students choices, variety

By JILL R. DANVER

The College of the Mainland offers a variety of clubs and organizations for students to join. Some of the clubs include the Outdoor Club, which is for students who enjoy nature and outdoor activities. The Instrumental Musicians building is open to students in music. The multicultural group Amigos promotes diversity and unity. The Geology Club is open to students in geology. The Student Government is active in the campus community.

March 22: Sports Day to be held March 22

The College of the Mainland will host its annual Sports Day on March 22. The day will feature games, activities, and music. The day will begin at 1 p.m. with activities and end at 5 p.m. with the annual staff vs. student basketball game. The day is designed to celebrate the year's athletic successes of the college's sports teams. The day will feature games, activities, a cookout, and music. The day will begin at 1 p.m. with activities and end at 5 p.m. with the annual staff vs. student basketball game.
Financial services director busy lady


Amelang assists students’ search for scholarships


Memory improvement helps students


Career fair open to students, community


By SCOTTIE R MATTHEWS


Dr. Clay Bower, interim director of the COM Career Center, shows what a British book on business etiquette she has been reading, COM students (from left) four-year senior Megan Bucy of Houston, sophomore Amber Przyszlak of Pearland work at the COM Career Center. Bower said the Center is dedicated to helping students find jobs or internships. Ronald Williams has had a hand in the COM career planning program for the past 16 years. She enjoys running the Nessler Center Career Fair April 19 and 20 and attending the Career Fair luncheon and sharing career information in the Nessler Center Wednesday. She also teaches the class “The Career Planning Process” at the University of Houston-Victoria. (Photo by JILL R. DANNER)


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In addition to the informative papers and transparency handouts, the Nessler Center Career Fair is scheduled for April 19 and 20. The fair will also feature the Career Development Office and the Career and Transfer Center. The fair will run from 10 a.m. to 3 p.m. on both days.


Several career fairs will be held in the Student Center this spring. The fa-


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By JILL R. DANNER


Amelang assists students’ search for scholarships


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Amelang assists students’ search for scholarships
Amelang assists students’ search for scholarships

By SCOTT SELLS

Larry Miles, director of Student Financial Services, has been searching. COM students have searched for scholarships for a long time. A new program is now available for students to search for scholarships. The program is called ScholarTrack. The Director of Student Services is available to assist the students in their search for scholarships.

Memory improvement helps students

By SCOTT SELLS

Mile's daughter, Becky Miles, is the director of Student Financial Services. She has been searching for scholarships for a long time. She has assisted over 100 students in their search for scholarships. Becky Miles is a busy lady and it's fun to teach.

Financial services director busy lady

By SCOTT SELLS

Larry Miles, director of Student Financial Services, has been searching. COM students have searched for scholarships for a long time. A new program is now available for students to search for scholarships. The program is called ScholarTrack. Becky Miles is available to assist the students in their search for scholarships.
**Basketball players prep for Sports Day**

By JUDY BRUCK

February 2001, InterCOM

The College of the Mainland is preparing for the first annual Sports Day, Feb. 25. The College of the Mainland Student Activities Board (COM-SAB) is planning the day, which brings the Comet community together to promote unity through sports. Competitors are expected to compete throughout the day in various competitions.

**Galveston hosts Mardi Gras parades**

By JUDY BRUCK

February 2001, InterCOM

The College of the Mainland Student Activities Board (COM-SAB) has planned several events leading up to this year's annual Mardi Gras parade. Competitors will be expected to participate in a variety of competitions throughout the day.

**Americans need to change 'SAD' habits**

By DAVID WRIGHT

February 2001, InterCOM

The College of the Mainland Student Activities Board (COM-SAB) is planning a variety of events leading up to the first annual Sports Day. Competitors are expected to participate in various competitions throughout the day.

**March 22: Sports Day is a no-brainer**

By JUDY BRUCK

February 2001, InterCOM

The College of the Mainland Student Activities Board (COM-SAB) is planning a variety of events leading up to the first annual Sports Day. Competitors are expected to participate in various competitions throughout the day.

**Folk singers relate life issues to music**

By JUDY BRUCK

February 2001, InterCOM

The College of the Mainland Student Activities Board (COM-SAB) is planning a variety of events leading up to the first annual Sports Day. Competitors are expected to participate in various competitions throughout the day.

**Want to go to Mexico?**

By JUDY BRUCK

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**Clubs on campus offer students choices, variety**

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Blood donors rewarded with T-shirts

By APRIL BRANDON

The Blood Center, which supplies blood to Galveston-area hospitals, hosted by the Student Activities Board on Feb. 6.

COM Foundation offers scholarships

By JENNY WRIGHT

The COM Foundation is offering scholarships to all COM students who are interested in applying. The scholarships are available for the Fall 2001 semester and will be awarded to students on a first-come, first-served basis.

SAB hosts domestic violence seminar

By JENNY WRIGHT

The Black History Month full of activities

By JENNY WRIGHT

Black Life... isn't just a color.
97.9 makes Welcome Kickoff success

By JON NELSON

The SAB hosted the spring semester Welcome Kickoff on Jan. 30. The event was held in the Orange Lion Ballroom of the Ivy Group, and staff said that he always liked bowling but for some reason had not been able to do it. The event was held on Jan. 30 and included free bowling passes for all attendees.

SAB packs 'em in at AMF Star Lanes

By JENNIFER HAYNES

It's not just for the kids anymore. AMF Star Lanes in League City offer free bowling passes to all attendees. The event was held on Jan. 30 and included free bowling passes for all attendees.

PTK honors students' academic excellence

By JENNIFER HAYNES

Phi Theta Kappa at College of the Mainland has received a new membership of 156 students. The event was held on Jan. 30 and included free bowling passes for all attendees.

Spring break almost here

By JENNIFER HAYNES

The last day to withdraw from classes was March 4 in the Learning Resource Center. The event was held on Jan. 30 and included free bowling passes for all attendees.

People Speak Out in support of voting

By JENNIFER HAYNES

The purpose of the Welcome Kickoff is to give new students a chance to meet one another. The event was held on Jan. 30 and included free bowling passes for all attendees.

COM emphasizes Black History Month

by VICTORIA LEWIS

The College of the Mainland hosted an event called "Black History Month," and invited students to participate. The event was held on Jan. 30 and included free bowling passes for all attendees.

Domestic violence results in death of three children

by JENNIFER HAYNES

There are several issues of the Houston Chronicle that have been covered. The event was held on Jan. 30 and included free bowling passes for all attendees.

GCIC accepts 8 art pieces from 7 students

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COM emphasizes Black History Month

by VICTORIA LEWIS

The College of the Mainland hosted an event called "Black History Month," and invited students to participate. The event was held on Jan. 30 and included free bowling passes for all attendees.
Cinco de Mayo celebrations at COM

By TREVOR WURSTER

Paris, Texas rubber stamps the Cinco de Mayo spirit with a number of events at COM and throughout the community. Cinco de Mayo, which means May five, commemorates the victory of the Mexican people over the French in 1862 in the Battle of Puebla.

This year's celebration at COM will feature a Mexican dance group, a Mariachi band, and other traditional Mexican music and entertainment. The festival will take place on May 3, from 10 a.m. to 2 p.m. in the LRC breezeway.

For more information about the events, call Dr. Urbina, 3-2912.

People Speak Out

Eli Smith

Dr. Urbina's class explores the Cinco de Mayo celebration held in the LRC at COM. Students prepare for the festival through direct instruction and group discussions.

Oliver: "I think Cinco de Mayo is a great opportunity for people to learn about Mexican culture and history. It's an important celebration that highlights the contribution of Mexican soldiers who fought against the French侵略者."

Sue: "I think it's important to remember the history behind Cinco de Mayo. It's a day to celebrate the bravery of the Mexican people in their struggle against foreign invaders."

Trip to México open to students, community

By TREVOR WURSTER

The Mexican American Studies Program is sponsoring a trip to Mexico City for students and the community. The trip is an opportunity to experience Mexican culture firsthand and learn about the history and traditions of the country.

The trip will take place from May 3 to May 6 and will include visits to major landmarks and cultural sites. Participants will have the opportunity to learn about Mexican history and culture through guided tours and cultural events.

For more information, contact Dr. Urbina at 3-2912.

Tornado sweeps professor off his feet

By TREVOR WURSTER

A powerful tornado swept through the Texas City area on May 2, causing extensive damage to homes and businesses. One professor, Kent Johnson, was caught in the storm and suffered injury.

Johnson was outside when the tornado hit. He recalls hearing the deafening roar of the wind and feeling the force of the storm as it swept him off his feet. He was thrown into the air and landed on the roof of a nearby building.

Johnson was rescued by firefighters and taken to a local hospital for treatment. He is recovering and today is thankful to be alive.

Sylvia pits man against wife in love triangle

By TREVOR WURSTER

Sylvia is a hilarious comedy that explores the complexities of relationships. The play is set in Texas City and features a cast of four people.

The story follows a married couple, Sylvia and John, who are caught in a love triangle with another man. The couple must reconcile their feelings and decide what path their relationship will take.

The play is directed by Jack Westin and runs through May 3 to May 6 in the Mainland Arena Theatre. Tickets are available at the box office or online.

UpCOMing Events

- Friday, May 3: Cinco de Mayo celebration at COM, LRC breezeway, 10 a.m. to 2 p.m.
- Saturday, May 4: Sylvia, Mainland Arena Theatre, 7:30 p.m.
- Sunday, May 5: Sylvia, Mainland Arena Theatre, 2:30 p.m.
AIDS spreading rapidly in prisons

What's Happening COM, Center of the Universe

By JILL A. ROYER

Don't let the front page of your local newspaper with it: AIDS is on the move.

The latest number from the U.S. Centers for Disease Control

and Prevention shows that half of all cases are among gay men and

men who have sex with men. The media have been quick to point out

that the disease is spreading to women and children, especially in

the African continent.

The most recent figures from the CDC show that more than

3 million people are living with AIDS in the United States.

The disease has caused more than 100,000 deaths in the country

since the first cases were reported in 1981.

The CDC's latest report on the epidemic shows that the number

of new cases is declining, but the number of deaths is still rising.

The agency estimates that there are about 200,000 new cases

of AIDS each year in the United States.

The report also shows that the disease is spreading to women

and children, especially in Africa.

The CDC reports that there are about 170,000 new cases

of AIDS each year in Africa, and that the disease is spreading

to women and children.

The agency estimates that there are about 200,000 new cases

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The agency estimates that there are about 200,000 new cases

of AIDS each year in Africa.
COM sponsors first annual Career Fair

By MATTHEW JOST

COM sponsors first annual Career Fair

The College of the Mainland sponsored its first annual Career Fair on Thursday, April 11, in the Campus Center. "Some people were loading tables over at Tech/STEM while others were still working on the East Wing," said Patricia Williams, director of Development Services and the Career Center. "It was so successful this year. (Photo by Robin Larson)

Earn credits in Mexico

By Tyler Ward

COM Police Officer goes above and beyond duty

COM Police Officer goes above and beyond duty

And the winner is...

COM sponsors first annual Career Fair

George 'Dubya' inclined to delusional thinking

School shootings intensifying—who's to blame?
**Jazz educators elect new president**

Jazz Educators is now under new leadership. This year’s president is and former executive director and national director of the National Association for Jazz Educators, Mrs. Donald.e. The school offers a music career. And that’s exactly what he did. When Koerner was re-elected, he went for it and eventually fell in love with the organization. His music career. And that’s exactly what he did. When Koerner was re-elected, he went for it and eventually fell in love with the organization. His music career. And that’s exactly what he did. When Koerner was re-elected, he went for it and eventually fell in love with the organization. His music career. And that’s exactly what he did. When Koerner was re-elected, he went for it and eventually fell in love with the organization. His music career. And that’s exactly what he did. When Koerner was re-elected, he went for it and eventually fell in love with the organization. His music career. And that’s exactly what he did. 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Franklin passionate about photography

By JILL A. NEVER

Dreams stimulate more than thought
By GILLIAN PAYNE

Texas offers courtesy patrols in major cities
By JILL A. Dennis

Laurence Porter writes

Toxic chemicals danger to everyone
By JILL A. Dennis

Franklin passionate about photography

When Franklin began to develop her interest in photography, she never thought it would lead her to pursue a career in the field. She credits her mentor, Henry, for introducing her to the world of photography and teaching her the fundamentals of the craft. With Henry's guidance, Franklin began to develop her own style and techniques, and soon her work was being recognized at local art shows and competitions. In fact, Franklin's photograph of herself was featured in the 2010 edition of the San Jacinto College Student Art Competition, an honor that she never could have imagined.

Laurence Porter writes

Although Hall's theory is the most widely accepted, it is not the only one that exists. Some cultures believe dreams are a way to communicate with the gods, while others believe they are a way to gain insight into one's future. Whatever the reason, dreams have always been a source of fascination and wonder.

Toxic chemicals danger to everyone

The Silent Spring is a book written by Rachel Carson in 1962 that first brought attention to the dangers of toxic chemicals in the environment. Carson's book was revolutionary at the time, as it was one of the first to provide evidence of the link between the use of pesticides and the decline of wildlife populations. Since then, the issue of toxic chemicals has become even more pressing, as we continue to discover new ways in which these substances can harm the environment and human health.

Dreams stimulate more than thought

In his book The Interpretation of Dreams, Freud outlines his theory that dreams are a way for the mind to process our daily experiences. According to Freud, dreams occur on two levels: the conscious and the unconscious. The conscious content is the part of a dream that we are aware of, while the unconscious content is the part of a dream that we are not aware of. Freud believed that the unconscious content is the true message of a dream, as it provides insight into our deepest desires and fears.
Many concerns voiced, heard at forum

President "Butch" Hayes; Maryann Urick, advisor; and students share their experiences and opinions.

COM students win 8 awards at Sports Day

Sports Day was held March 22 at Lee College in Galveston. COM students win 8 awards at Sports Day.

Godspell auditions in May

The College of the Mainland's beginning journalism course will have auditions in May. COM students will have the opportunity to perform in Godspell. Auditions will be held in the Fine Arts Building.

Vehicles accepted as donations

The American Lung Association of Texas is fighting to help more than 2.2 million Texans suffering from lung disease. The association's Vehicle Donation Program, through the American Lung Association of Texas, runs from July 19 through Aug. 12. Show reports of your choice: movie-film-book-opera.
Many concerns voiced, heard at forum

By ROBIN!ARSON

At the forum held in the Student Center, students voiced their concerns on a variety of topics.

PTK inducts 61 superb students

Al RAGERT

The Phi Theta Kappa induction ceremony was held March 29 in the College of the Mainland Arena Theatre.

COM students win 8 awards at Sports Day

By NICK ROY

The College of the Mainland won eight awards at the Sports Day held March 22 at Lee College.

Godspell auditions in May

The College of the Mainland Theatre will hold auditions for Godspell May 26 and 27.

Vehicles accepted as donations

The College of the Mainland Theatre will accept donations for the Godspell production.

Does The Shoe Fit?

YOU'LL NEVER KNOW UNLESS YOU TRY IT ON

IF IT FITS, WEAR IT.

As an InterCOM staffer you get hands-on experience in newspaper journalism.

If you ever dreamed of having your byline in a newspaper, you could have it. Just join InterCOM and get involved!

Enroll in COMM 2311 (Newsgathering and Writing I), COMM 2305 (Writing for Public Relations), or COMM 2309 (Writing for Law Enforcement) to get started.

For more information call 409-938-1211 or e-mail InterCOM at intercom@com.edu.

Staff Reporter

H. Lowery

(409) 938-1211 or I Ext. 326, respectively.

Summer I enrollment in either Math for Liberal Arts, Math for Business, or Math for Science.

No previous experience needed. (409) 938-1211 or I Ext. 329 or Jennifer Castillo at Ext. 314, or e-mail Jennifer Castillo at jcastillo@com.edu.

as a member of the Mainland's student newspaper, InterCOM.

As an InterCOM staffers you get hands-on experience in newspaper journalism.

Starting from the skeletal stages of coming up with your story ideas, writing, editing, proofreading, laying out, and finally getting your work published in print, you will learn the craft of journalism.

Whether you're a journalism major or just wish to sharpen your writing skills, InterCOM offers experience in an array of categories, including straight news, opinions, in-depth features, and sports.

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Franklin passionate about photography

Tamisha Franklin, 18, of La Marque is not only on the art team for the University of Texas at Austin when she enrolls in the fall, but also has a passion for photography. When she graduated from La Marque High School in 1998, she was accepted into the photography program at the University of Texas at Austin and will be taught at COM staff team meetings, Carr said.

Tamisha Franklin describes herself as a self-portrait aficionado, but her work is anything but self-indulgent. Her photos capture the human condition in all its beauty and majesty, and she is committed to documenting the world around her.

"Dreams stimulate more than thought"

By MILA HEYDEN

"If you are last, choose that which you fear most, and then you will win. For you will become last rather than win."

In March, the University of Texas at Austin will host its first-ever art show. The show will feature works by students and faculty from both the School of Art and Architecture and the School of Design & Architecture. The event will take place at the Student Activities Center from 10 a.m. to 6 p.m.

The exhibition will provide an opportunity for students and faculty to showcase their creative works and to share their experiences with others. It will also give visitors a chance to interact with artists and learn more about their process and inspiration.

Texas offers courtesy patrols in major cities

By FELIPE KM WINTER

The Texas Department of Transportation (TxDOT) offers courtesy patrols in major cities across the state. These services are available to drivers who need assistance on the road, such as changing a tire or fixing a flat.

The courtesy patrol program is designed to help drivers who are stranded on the side of the road. Drivers can call 911 or contact the nearest TxDOT patrol to request assistance. The program is available in major cities, including Austin, San Antonio, Houston, Dallas, and Fort Worth.

To learn more about the courtesy patrol program in your area, visit the TxDOT website or call your local police department for more information.
Airbags save lives when used properly

By JIM DORSTYN

Airbags save lives when used properly. They've been around for over 30 years and have proven to be effective in reducing the risk of serious injury in collisions. However, there are still some misconceptions about airbags that need to be addressed.

Firstly, many people believe that airbags are a waste of time and could actually cause injury. This is false. Airbags are designed to deploy immediately upon impact, providing cushioning for the chest and hips and reducing the risk of life-threatening injuries. They have been shown to reduce the risk of life-threatening injuries by up to 40%.

Secondly, some people believe that airbags are only effective in certain types of collisions. This is also false. Airbags are designed to deploy in a variety of collision scenarios, including side-impact, rollover, and head-on collisions. They are effective in reducing the risk of injury in all types of collisions.

Finally, some people believe that airbags can cause injury. While it is true that airbags can deploy with force, the energy is distributed over a large area and is less likely to cause injury than other types of restraint systems. The energy is absorbed by the airbag itself, reducing the risk of injury.

In conclusion, airbags save lives when used properly. It is important for drivers and passengers to understand the benefits of airbags and use them properly in order to reduce the risk of serious injury in collisions. By using airbags properly, we can help save lives and reduce the risk of injury in collisions.
COM sponsors first annual Career Fair

By: SOUTHERN POST
Page: 2

COM sponsored its first annual Career Fair held March 22 at the Nessler Center in Texas City. The fair was sponsored by COM and the Texas City Gulf Coast food franchises to move technical industries such as MRI Technologies.

Michael Farris, district manager of Modern Woodman of America, held March 22 at the Nessler Center in Texas City. It proved to be a busy day for the representatives of the Nessler Center in Texas City.

Earn credits in Mexico

George ‘Dubya’ inclined to delusional thinking

School shootings intensifying—who’s to blame?
AIDS spreading rapidly in prisons
April Brandon

Club members talk shop at luncheon

Career Services offers many benefits

What's Happening
COM, Center of the Universe

Innumerable years of war, millions of dollars spent, and the United Nations' efforts to end conflict have failed. The only thing that's changed is the weapons and battle techniques. The only thing that remains constant is the human desire for power and control. The cost is staggering: lives lost, homes destroyed, families torn apart. The pain is unbearable. But there is hope. It lies in the human capacity for compassion and understanding. We must work together to create a world where love and peace reign supreme. Only then can we truly say that we have learned our lessons from the past.

Career Services offers many benefits

Old books, magazines needed

The College of the Mainland Student Government is hosting a Book Drive from April 3
d to June 30. The goal is to collect as many books as possible to donate to local schools and libraries. All books in good condition are welcome. Donations can be dropped off at the Student Union or the Career Services office. Thank you for your support!

COMesty offers scholarships

The College of the Mainland Student Government is offering scholarships for the fall semester. To qualify, students must have a minimum GPA of 2.5 and be enrolled in at least 12 credit hours. The deadline for applications is May 31. More information can be found at the COM website or by contacting the Student Union.

CON-TEXT displayed in Art Gallery

Multicultural Fest—April 10

The interCOM, March/April 2001,

Staff

ART صحیح

SAB hosted a Free Snack Night for evening students

COM students, David Wright (foreground) and

The College of the Mainland Student Government is hosting a Multicultural Fest on April 10. The event will feature music, food, and cultural performances from around the world. All are welcome to attend and celebrate diversity. The fest will be held in the Student Union from 6-8 PM. Come and enjoy!

AIDS spreading rapidly in prisons

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COM students, David Wright (foreground) and
Dr. Urbina's Mariachi band participated in the Cinco de Mayo celebrations held at the LAC Auditorium last year. The band consists of six members, four of whom are Mexican and two who are not. The band performs for the Cinco de Mayo celebration held in the LAC Auditorium last May.

Ancef Kush, an assistant professor of English at COM, and COM police Officer Kent Dowdy can shoot guns like police officers. They even take precautions beforehand. Both College of the Mainland science Professor Chuck James Coate as Professor and COM police Officer Kent Dowdy can shoot guns like police officers.

Both College of the Mainland science Professor Chuck James Coate as Professor and COM police Officer Kent Dowdy can shoot guns like police officers.

By DAVID WRIGHT

You may have heard of tequila, but have you ever heard of tequila? It's a drink made from the agave plant that is grown in Mexico. The drink is considered a culture May 3 from 2 to 3 p.m. in downtown Texas City.

The celebration will conclude with more Mariachi playing again at this year's celebration Thursday, May 3, at 12:30 p.m. in the Doyle Convention Center. Banquet tickets are $10.

For more information about the events, call Dr. Urbina, faculty member and chair of the COM Mexican band committee, at 409-691-2293.

It's open for the first time this year for the first time. The band consists of six members, four of whom are Mexican and two who are not. The band performs for the Cinco de Mayo celebration held in the LAC Auditorium last May.

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Students celebrate annual Cinco de Mayo fiesta

By APRIL BRANDON

With Mexican music blaring from the Emerald Ballroom Center Auditorium, guests poured into the venue to celebrate Cinco de Mayo May 3. The annual Cinco de Mayo fiesta was held at the college's South Campus to commemorate the victory of the Mexican army over the French in the Battle of Puebla May 5, 1862. The festivity began with a parade, followed by food and entertainment throughout the campus.

The event started with a parade led by a group of students and faculty members carrying a Mexican flag and a banner that read, "Cinco de Mayo." The parade wound through the college's South Campus, stopping at various locations to perform traditional Mexican dances and music. The parade ended at the Emerald Ballroom Center Auditorium, where guests were welcomed by a vibrant atmosphere.

The auditorium was filled with a variety of food and drinks, including tacos, tamales, and margaritas, which were enjoyed by attendees throughout the evening. Entertainment included mariachi bands, folkloric dancers, and traditional Mexican music, creating a festive and lively atmosphere.

Guests were also able to participate in various activities, such as body painting and face painting, adding to the festive atmosphere. The event concluded with a fireworks display, leaving attendees with a memorable conclusion to the annual Cinco de Mayo celebration.

The College of the Mainland focuses on providing a diverse range of cultural events to its students and community members, fostering a rich and inclusive educational experience. These events not only celebrate diversity but also provide opportunities for students to learn about and appreciate different cultures, promoting a sense of community and understanding.
Americans need to take rights seriously

Matthew Jon

Jalapeño contest winners receive T.P.

Diana Jon

Animal vivisection cruel, unnecessary procedure

InterCom

Karaoke party says farewell to semester

Finalists handed 'award for teaching excellence' plaques

Campus Life

SAB hosts biannual multicultural feast
By DANA SPARLING

A forum entitled "Multicultural Feast: A Family Reunion" was held recently between 5 and 7 p.m. in the Student Activity Building (SAB) of the Pine Branch Campus (PBC). The idea of the forum came from the office of cultural diversity of the College of the Mainland (COM) and was sponsored by the Sigma Alpha Beta (SAB) chapter of COM.

The forum was attended by an audience of about 30 people. Dr. Mark Sanders presided over the event and delivered opening remarks. A total of 5 outstanding musicians received awards for their contributions to the event.

Mock trial genuine experience for students
By JILL RANNER

A mock trial was held recently at the COM campus in the Humanities and Fine Arts Recital Hall. The trial was held as part of the Curricular Council's annual "Mock Trial for Students" event. Students from various disciplines were invited to participate in the mock trial.

Student Government participates in conference
By JILL RANNER

At the annual Student Government Association (SGA) conference held in Denver, Colorado, the COM SGA was represented by its president, Dana Sparling; vice president, Larson; and treasurer, Michelle Nguyen. The conference was attended by more than 1,400 students from across the nation.

Graduating? Have questions? Read this
Continued From Page 1

For more information, contact the Office of Admissions at 1-888-258-8859, or visit the COM website at www.com.edu.

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always wanted to do one thing—teach.

Professor Sewell's lifelong goal, teaching

Dr. John Nelson

Dr. Sewell, a 1985 OU graduate, spent most of his academic career at Oklahoma State University. He taught at the University of Oklahoma where he was a history professor for over 15 years.

Sewell met his wife, whose specialty is Caribbean history, at Oklahoma State University. He has now been married for 28 years.

Obesity 2nd highest in preventable deaths

U.S. News/Features

According to the United States, one of three deaths is caused by preventable factors such as smoking, obesity, and lack of physical activity. The World Health Organization estimates that 25% of the world's population is overweight or obese.

Art exhibit, music, art sale part of festival

By JOHN NELSON

The Student Art Exhibit, featuring paintings, charcoal, photographs, and ceramics, was on display in the Fine Arts Complex April 26. (Photo by Myra Rucker)

Obesity serious health problem in America

By JOHN NELSON

The U.S. government estimates that 25% of the population is overweight or obese. The National Institutes of Health estimate that 30% of the population is obese. The American College of Sports Medicine estimates that 30% of the population is overweight or obese.

Vehicle maintenance decreases pollution

By JOHN NELSON

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Yoga instructor Williams Senior Olympian

By JOHN NELSON

Suzanne Williams started to take exercising seriously right after she started to compete in the Senior Olympics.

The Student Art Exhibit featured paintings, charcoal, photographs, and ceramics, was on display in the Fine Arts Complex April 26. (Photo by Myra Rucker)

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Dr. Steve Sewell, Social and Behavioral Sciences

Professor Sewell’s lifelong goal, teaching

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Dr. Steve Sewell, Social and Behavioral Sciences

Osteoporosis, or "bone disease," is a common condition in the United States, and many people don’t realize they have it. In the United States, osteoporosis affects more than 10 million people, or about 10% of the population.

According to the National Institutes of Health, the condition is most common in older women, but men and younger women can also develop it.

The main risk factor for osteoporosis is age, but other factors include genetics, race, sex, and lifestyle choices.

Women are at higher risk than men because they have less bone density to begin with, and they lose bone faster as they age. Men also have less bone density than women, but they tend to lose bone at a slower rate.

Race is another risk factor. African Americans and Asian Americans are at higher risk for osteoporosis than white Americans.

Other factors that can increase the risk of osteoporosis include smoking, drinking alcohol, and not getting enough calcium or vitamin D.

Although osteoporosis is a serious condition, it is preventable and treatable. There are many ways to reduce the risk of osteoporosis, including eating a healthy diet, staying active, and quitting smoking and drinking alcohol.

Eating a diet rich in calcium and vitamin D can help strengthen bones and reduce the risk of osteoporosis. Calcium is found in dairy products, dark green vegetables, and some seafood. Vitamin D is found in fatty fish, eggs, and fortified foods.

Regular exercise, especially weight-bearing exercises like walking, running, and weightlifting, can also help strengthen bones and reduce the risk of osteoporosis. Weight-bearing exercises put stress on your bones, which can help them become stronger.

Giving up smoking and limiting alcohol intake can also help reduce the risk of osteoporosis. Smoking and drinking alcohol can weaken bones by slowing the body's ability to absorb calcium.

Finally, taking medications prescribed by a doctor can also help reduce the risk of osteoporosis. Medications like bisphosphonates and estrogen can help prevent bone loss and reduce the risk of fractures.

Although osteoporosis is a serious condition, it is preventable and treatable. With the right lifestyle choices, you can lower your risk of osteoporosis and enjoy a healthy, active life for many years to come.
SAB hosts biannual multicultural feast

By JULIA DAVIES

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By JULIA DAVIES

Audience enjoys 'pleasant yet brief' choir concert

By JULIA DAVIES

Poetry 'is a way of life' for Dr. Sanders

By JULIA DAVIES

PTK Sigma Delta chapter 'does it again'

By JULIA DAVIES

Student Government participates in conference

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'First lady of COM' recognizes guests from México

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Campus Life
Jalapeño contest winners receive T.P.

American need to take rights seriously

InterCOM

Animal vivisection cruel, unnecessary procedure

Karaoke party says farewell to semester

Finalists handed 'award for teaching excellence' plaques
InterCOM receives five TIPA awards
By APRIL HENDRIX
Managing Editor
The College of the Mainland InterCOM was recognized recently with five Texas Intercollegiate Press Association awards in the May and July issues.

Managing Editor Patricia Lugones, staff both past and present gather for recognition of the Texas Intercollegiate Press Association.

People Speak Out
By FRED ROBERTS
For getting pregnant, I’d have to work on the layout. If my mother were to print me in InterCOM and have to prepare a special award, I don’t think I’d be a winner.

InterCOM: A Student Publication at College of the Mainland

Class of ’01 ready to graduate May 11
By april hendrix
Managing editor

InterCOM does it again, wins 5 TIPA Awards.

Students celebrate annual Cinco de Mayo fiesta
By ADRIENNE SOWREY
Features editor

Journalism offers writing proficiencies, knowledge
By debra lowery
Features editor

Classroom, June 1, 2001, InterCOM