



# THE GROWL

Holmes Community College  
Goodman – Ridgeland – Grenada  
www.holmescc.edu

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May 11, 2015

## Ballou to serve as 2015 commencement speaker

*From Staff Reports/Photos*

Local TV personality Howard Ballou will be the commencement speaker for the May 15 commencement ceremonies at Holmes Community College. The Associate of Applied Science degree and certificate ceremony will be held at 10 a.m. with the Associate of Arts degree ceremony at 3 p.m., both in Frank B. Branch Coliseum.

Ballou has been in the broadcast journalism profession for more than 20 years. He has won several awards of excellence in his field, including United Press International's "Best Documentary" category for a report he did on Tennessee Drunk Driving Legislation.

In 2007, Ballou was inducted into the Mississippi Associated Press Broadcasters Association Hall of Fame hav-



Pictured is local TV personality **Howard Ballou** who will be the commencement speaker for the May 15 commencement ceremonies.

ing anchored and reported for the top rated six and ten p.m. newscasts since 1984.

He is the former president of the local chapter of the National Association of Black Journalists and is former regional director for the Society of Professional Journalists/Sigma Delta Chi. He is also very active in the community serving on boards of directors for numerous charitable and civic organizations.

This is his second stint as primary anchor for the 6 and 10 p.m. newscasts at WLBT. Ballou also worked in broadcast journalism in Texas, Tennessee, South Carolina and North Carolina. In addition to his anchoring at WLBT, he is currently a general assignment reporter and has served as producer and executive producer for the station.

Ballou is married to the former Deb-

orah Thomas and is the father of three sons -- Brandon, Brian, and Blair. He is an avid fisherman and loves to read good books and listen to good music (jazz and classics).

### Graduation 2015

**When: May 15**

**Where: Frank B. Branch Coliseum on the Goodman Campus**

**Time: 10 a.m. for AAS degrees & certificates**

**3 p.m. for AA degrees**

## Indoor percussion wins state title at event in Jackson

*From Staff Reports/Photos*



Pictured is the 2015 Holmes Community College **Indoor Percussion Ensemble**, directed by Jeffrey Brown, Jr., percussion and assistant band director, which won first place at the Mississippi Indoor Association (MIA) State Championship held March 27-28 at the Mississippi Coliseum in Jackson.

The Holmes Community College Indoor Percussion Ensemble, directed by Jeffrey Brown, Jr., percussion and assistant band director, won first place at the Mississippi Indoor Association (MIA) State Championship held March 27-28 at the Mississippi Coliseum in Jackson. In addition to winning first place overall, they also placed first in the General Effects and Visual category. The MIA Indoor Percussion Competition portion of the championship was held from 5-10 p.m. on March 27.

The group spent the first part of the 2015 spring semester working on

their show, titled "Secret Agent," and traveling to exhibitions and contests across the state.

"During this time, the group was constantly working to improve to the show," Brown said. "From musicality to showmanship, they worked to perfect every aspect of the performance, evaluating themselves after every single contest."

Members of the indoor drumline include Taylor Cade of Ackerman, cymbals; Kyle Alderman of Kosciusko,

*See Indoor Drumline, Page 5*

## PTK shines at Nationals in San Antonio

*From Staff Reports/Photos*

Twenty-four advisers, students and administrators attended the 2015 Phi Theta Kappa International Convention Wednesday through Sunday in San Antonio, Texas.

The Kappa Alpha Chapter from the Goodman Campus brought home four awards during the Hallmark Awards Gala on Saturday night. The awards included: Beta Alpha Continued Excellence Award (given to a chapter receiving a Distinguished Chapter Award for three straight years); Top 100 Chapter; Distinguished Honors

*See PTK Nationals, Page 6*



Pictured are members and three of the advisers for the **Kappa Alpha Chapter Chapter of Phi Theta Kappa from the Goodman Campus.**



Pictured are members and two of the advisers for the **Alpha Lambda Sigma Chapter of Phi Theta Kappa from the Ridgeland Campus.**



Pictured are members and advisers of the **Alpha Mu Beta Chapter of Phi Theta Kappa from the Grenada Center.**

### WHAT'S INSIDE...

- SPORTS UPDATES
- 5 K IN MAY PHOTOS
- SPRING FLING PHOTOS
- YEARBOOK INFORMATION
- SPORTS HALL OF FAME 2015 AND MORE!



**HOLMES COMMUNITY COLLEGE WILL HOST THE ANNUAL FOUNDATION GOLF CLASSIC ON JUNE 11 AT DEERFIELD COUNTRY CLUB IN MADISON. SEE PAGE 13 FOR MORE DETAILS.**





## Ridgeland's Chief Johns recognized by state peers

From Staff Reports/Photos



Pictured is (left) Chief Jeff Johns, director of public safety for the Holmes Community College Ridgeland Campus, receiving a certificate of appreciation from (right) Jesse M. Bingham, law enforcement coordinator for the U.S. Department of Justice Southern District of Mississippi. The award was to show recognition and appreciation to Chief Johns and the Holmes CC police department for their outstanding help and support provided to the U.S. Attorney's Office law enforcement coordinators.

Chevy Police Vehicle, Xtreme Green Vehicles, The Southern Connection Police Supply, Blauer Uniform Manufacturing, United Security Associates, and Glock USA. Xtreme Green Vehicles provided breakfast catered by Chik-Fil-A and Allied Baron Security Services and United Security Alliance jointly provided lunch catered by Mama Hamil's. Each vendor brought this partnership and the use of your facilities has enabled law enforcement officers throughout the Southern District of Mississippi to receive invaluable training at no cost which probably wouldn't have otherwise been possible," Bingham said.

For more information on events and training sessions sponsored by the Holmes CC's police department, contact Chief Johns at (601) 605-3363 or jjohns@holmescc.edu.

## Goodman and Ridgeland Campuses announce 2015 Literary Contest winners

From Staff Reports/Photos



Pictured is (back row, third from left) Chad Moorer, Goodman Campus English instructor, with Goodman Campus Literary Contest winners (front row, left to right) Cheyenne Childs, Teri McKibben, (back row, left to right) Miranda Burchfield, Chris May, and Kim Peterson.

### Goodman

Chad Moorer, English instructor on the Goodman Campus, recently announced the winners of the 2015 Holmes CC Goodman Campus Campus Literary Contest.

Winners of the Poetry category included: Kim Peterson, first place, "Autumn;" Stephen Wozencraft, second place, "Quipu," and Caree Gammill, third place, "The Way." Winners in the Creative Nonfiction category included: Fatima Perez, first place, "Under Pressure;" Miranda Burchfield, second place, "My Typical Summer Saturday," and Teri McKibben, third place, "Mystery Revealed."

Winners in the Short Story category included: Chris May, first place, "To Beat the Rain;" Caree Gammill, second place, "The Little Old Lady and the Sunbeam," and Stephen Wozencraft, third place, "Bus Ride." Winners in Literary Essay category included: Cheyenne Childs, first place, "A Valediction: Of Weeping," and Brooke Pullen, second place, "Exploring the Love of a Shepherd."

The competition was open to all students on the Goodman Campus of Holmes, regardless of their major, and entries were judged by the English faculty members. Contests are held on the Ridgeland Campus and at the Grenada Center, as well. First and second place winners in each category will appear in the campus literary magazine Reflections and are sent to the statewide contest.

State-level winners receive monetary prizes and publication in the literary magazine of the Mississippi Community College Creative Writing Association.

### Ridgeland

Dr. Andrew Kelly, English instructor, recently announced the winners of the 2015 Holmes CC Ridgeland Campus Literary Contest.

Winners of the Personal Essay category included Erin Palmer of Clinton, first place, "An Unexpected Friendship;" Dominique Butler of Brandon, second place, "Gone But Not Forgotten," and Alice Kromholz of Madison, third place, "To Ride the Sky."

Winners of the Literary Essay category included Connor Brown of Madison, first place, "The Ebb and Flow of Poe;" Briana Hearn of Madison, second place, "Katniss Everdeen and George Taylor," and Rachael Packer of Madison, third place, "Succumb or Overcome."

Winners of the Poetry category included Glenneasha Brown of Jackson, first place, "The Class with the Coffins;" Dee Wayne Jolly III of Lena, second place, "Neurotic Poet," and Breia Armstrong of Jackson, third place, "Broken-hearted Girl."

Winners of the Short Story category included Hannah Wingard of Jackson, first place, "Gone Fishing;" Packer, second place, "Fight or Flight," and Brown, third place, "Sky's Cactus."

The competition was open to all students on the Ridgeland Campus of Holmes, regardless of their major, and entries were judged by the English faculty members. Contests are held on the Goodman Campus and at the Grenada Center, as well. First and second place winners in each category will appear in the campus literary magazine Reflections and are sent to the statewide contest. State-level winners receive monetary prizes and publication in the literary magazine of the Mississippi Community College

Not only is their health affected but also their grades suffer.

Consequently, when students do not have the energy to function properly in everyday life, the results are irritability and mood swings. Many students may suffer from fits of anger and not be able to explain why, the reason being stress. As a result, these students are not able to manage their day as well as they possibly could. Besides anger, a student may also experience depression, causing that student to withdraw from school or work and from associating with family or friends. They may experience fatigue or cry uncontrollably, unable to acknowledge stress as the problem. Additionally, a student's social life may be affected by altering moods. Whether they are angry or depressed, many students may lose

friends or hurt their loved ones, losing interest in all that matters to them.

Essentially, a student becomes a total wreck, succumbing to daily stress, unable to deal with the simplest of problems, and thus a student may display anger toward family, friends, or even strangers. If a student does not find the proper means of reducing his or her stress level, the most drastic outcome can be suicide.

Obviously, the effects of stress can be critical to a student's life. After students understand how to recognize the symptoms of stress, they can effectively manage whatever stresses them in their lives. Although students often experience negative effects from stress, stress does not doom students to being unable to find a positive solution for the effects from stress in their lives.

## Could 2016 bring another Clinton into the White House?

By Joshua Dilmore  
Staff Reporter

On Sunday, April 12, former Secretary of State Hillary Clinton announced in a video posted online, "I'm running for president [of the United States of America]" in 2016. Clinton ran for president in 2008 but lost to current U.S. President Barack Obama. She is the first Democratic candidate to enter the presidential race. If Clinton was to win the election, not only would the United States have its second President Clinton in the White House, since her husband Bill Clinton was elected first in 1992 and again in 1996, but the United States would also have its first woman president. With no other Democrat having announced his or her run for presidency, will Clinton have a leg up on other candidates? According to an article posted on the Guardian website, GOP candidates such as Rand Paul and Ted Cruz have already launched various smear campaigns. Still, polls show



that Clinton has a good chance of being elected over Republican hopefuls.

## Holmes announces new Dazzlers

By Cassie May  
Staff Reporter

Holmes Community College held the first round of Dazzler dance team tryouts on April 21 and the second on April 29. The 2015-2016 Dazzlers selected were: Kayla Collum, Jessica Grace, Keely Herbert, Anna Littlejohn, Kayla Neal, Haley Pate, Kelli Rae, and Kaitlyn Wright. Amber Brown and Sara Grace Weaver have been chosen as managers for the upcoming academic year.

Tina Boyette is the sponsor, and the Dazzlers are a part of the Fine Arts Department. This team is made up of dedicated and talented dancers who wish to represent the college in a positive and spirited manner.

Through their performances, squad members act as ambassadors of goodwill and entertainment at various school and community functions including parades, sporting events and pep rallies.

Boyette has been the Dazzler sponsor since the fall of 2009. She informed me that 15-30 girls

typically try out of the squad and only about eight-15 girls will be selected as dancers, along with three managers. These girls don't just provide school spirit for the Bulldogs; they also provide service to the community. The Dazzler squad has donated water and clothes to tornado victims and recently participated at the Natchez Trace Festival.

Boyette is looking forward to the upcoming year, with lots of new faces and new dances. The Dazzlers hope to have some exciting new moves for the crowd. If you are interested in becoming a Dazzler you can contact Boyette at tboyette@holmescc.edu or 662-472-9003.



Pictured is the 2014-2015 Dazzler Dance Team.

## American Literature class takes field trip to the Eudora Welty House

By Joshua Dilmore  
Staff Reporter

Holmes Community College English teacher Mary Brantley's American Literature II class was in for quite the treat on Friday, April 17, when the class took a field trip to the Eudora Welty House. Pulitzer Prize-winning author Eudora Welty was born and lived in Jackson at 1119 Pinehurst St. Upon her death, Welty bequeathed her home to the State of Mississippi, and it has since been opened as a museum of the Mississippi Department of Archives. Brantley says that she has been taking her students to the Welty House since it first opened. "In fact, the first year we went only the garden was open [to tour]," Brantley says. Since then, a tour of the home, a film on Welty, and a visitors center have been added

to the tour.

Today Welty's house remains one of the most intact literary houses in America. Brantley, as well as many other students have said that touring the house makes Welty as well as her stories come alive. "I cannot think of a single student who did not feel Eudora Welty's presence in the house," Brantley adds. "Many students tell me that they almost feel as if Ms. Welty will step out and greet them with cookies and iced tea." When asked why she planned a field trip for her students, Brantley said, "I want them to see how humble and delightful a person Eudora Welty [was] and how in touch she was with ordinary people."

Tours are offered Tuesday through Friday and hours are subject to change. Admission is \$5 for adults. For more



Pictured is the Eudora Welty House, where Mary Brantley's American Literature II class visited on April 17.

information, call the Eudora Welty House Education and Visitors Center at (601) 353-7762 or visit them online at eudorawelty.org.

## PTK Nationals (continued from Front Page)

in Action Project Award; and Distinguished College Project Award.

Students from Ridgeland and Grenada also made the trip. The Ridgeland Chapter was named a five-star chapter while Goodman and Grenada were named four-star chapters.

Students, advisers and administrators toured San Antonio and visited the Alamo, Sea World, Six Flags, Louis Tussaud's Wax Works, Guinness Book of World Records and other sites.

Grammy award-winning artist John Legend spoke and performed on Thursday night while well-known futurist, theoretical physicist and pop-

ularizer of science Michio Kaku spoke on Friday night.

Former Holmes Academic Dean Joyce Jones was recognized with an Outstanding Administrator Award during the convention. Jones, who retired from Holmes in late 2014, is now the dean of instruction and workforce development at Shelton State Community College in Alabama.

Former Mississippi-Louisiana Regional Coordinator Amy Wolgamott was presented a service award during the MSLA Regional Meeting prior to open session. She served as regional coordinator from 2008 through 2014.

## Stress (continued from Page 2)

stress. The majority of the time, these uncaring students choose not to put forth the effort in studying for a test or simply doing their homework. Ultimately, stress can be avoided if a student learns to balance a workload and puts forth the effort to earn a passing grade.

Along with grades, stress can have a drastic effect on a student's health. More often than not, a student's ailments are blamed on allergies or some common illness. Rarely is stress blamed for what seems to be a common headache or stomachache. Often stress can cause severe headaches and sometimes migraines, lasting several days or weeks. Easier than a visit to the doctor, students take medicines such as Tylenol to "take the edge off." By the same token, stress can cause

stomachaches or irritable bowels. Although these symptoms often are attributed to a stomach bug or virus, stress is the real issue. If stress is the problem, these symptoms can easily be resolved if a student knows how to efficiently deal with stress. Weight loss or gain and fatigue are also effects of stress. Students may be so stressed and consumed with excelling in their studies that they may neglect their own health, lose or gain weight, and act sluggish. Many students may stay up late, disregarding a sleep schedule, and suffer from lack of sleep. These students may also eat fatty snack foods, causing them to gain weight, or these students may not have the time to eat and choose to skip meals, causing them to lose weight. All of these issues lead students to act lethargic.

## Biology Students take learning outdoors at the Natural Science Museum

By Chynna Courtney  
Staff Reporter

On April 22, Dr. Consuella Davis' Biology II Lab students got to take class outdoors when they went on a site visit to the Mississippi Museum of Natural Science. The class met up at Mayes Lake, which is located in LeFleur's Bluff State Park behind the museum. There they met Dr. Heather Sullivan, an esteemed biologist at the museum who talked to them about the environment and the different day-to-day responsibilities of a field biologist.

The students learned how field biologists take samples of wildlife from the environment and also how to measure the coverage of trees as well as the height of the trees. Dr. Davis' class has been learning about ecology and the different biomes that organisms live in. They have also been dissecting organisms of all the kingdoms such as fungi, plantae, protista and animalia. By having the opportunity to go on this site visit, the students were allowed to see the real-life application



Pictured is Dr. Consuella Davis' Biology II Lab Class on April 22 at LeFleur's Bluff State Park behind the Mississippi Museum of Natural Science in Jackson.

of all that they have learned in class, outdoors.

## Joe Collins Retires

From Staff Reports/Photos

On May 8, Holmes Community College held a retirement party for Joe Collins, who served as a proctor on the Ridgeland Campus. The event was held in the Adcock Library Conference Room, and included cake, punch, other refreshments, and a time of fellowship for Ridgeland Campus faculty and staff. Dr. Don Burnham, vice president of the Ridgeland Campus, thanked Collins for all of his hard work and presented him with a plaque and gift certificate.



## Ridgeland ADN nursing students/instructor praised for community volunteer work

From Staff Reports/Photos



Pictured are Holmes Community College ADN students (left to right) **Zach Yaman, Mary Katherine Lampton, Jasmine Phillips, and Kayla Kabbes;** Mayor **Tony Yarber**, City of Jackson; ADN students **Tangela Evans** and **Katrina Cockroft**, and **Dr. Timothy Quinn**, owner and provider at Quinn Healthcare.

Holmes Community College Ridgeland Campus Associate Degree Nursing (ADN) sophomore students and ADN Assistant Director Alice Austin recently put their nursing skills to good use to give back to the local community.

Through a connection with Dr. Timothy Quinn, owner of and provider for Quinn Healthcare, Inc., the students did blood pressure screenings and checked vitals for members of the community in the Metro-Jackson area. They volunteered these services at various local churches and the police department.

The students worked with medical students from University of Mississippi Medical Center on this project, and when they found a patient to have high blood pressure, they would refer them to see Dr. Quinn who would treat them free of charge. The ADN students completed this project from February to April under Austin's supervision.

Mayor Tony T. Yarber sent Austin a letter thanking her for her on behalf of the City of Jackson.

"I would like to thank you for your

support and your work with us on our project to help screen Jacksonians and build a healthier state," Mayor Yarber said. "I sincerely appreciate your efforts to support us and hope to continue this bond to develop a healthier community.

"As a leader, I have always been a large proponent of collective genius and collaborative impact. Your involvement and support has helped make this project a success. Holmes Community College volunteers, through the Mayor's Healthcare Taskforce, have helped screen hundreds of people within our communities.

"Holmes Community College is actively seeking to make a positive impact in the lives of the citizens of our city and our great state. Please pass my gratitude on to all who have helped to make the Mayor's Healthcare Taskforce a success by volunteering through Holmes Community College."

For more information about the ADN program on the Ridgeland Campus, contact Alice Austin at 601-605-3419 or [aaustin@holmescc.edu](mailto:aaustin@holmescc.edu).

## Hall of Fame taps Holmes alumnus Rozzell for induction

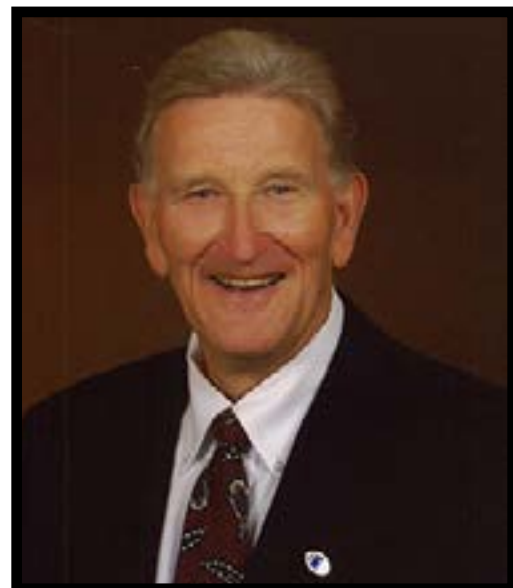
From Staff Reports/Photos

Holmes Community College alumnus Aubrey Rozzell will be inducted into the Mississippi Community College Sports Hall of Fame at Hinds Community College's Rankin Campus at the Muse Center.

Rozzell spent his early years of schooling in Rome, Miss. from first through fourth grades, moving on to attend Sunflower Consolidated High School by way of Rena Lara for three years. After which, he transferred to Friars Point High School to play football. His last year of high school, Rozzell transferred to Holmes Agricultural High School and played first team tackle on the college team (Holmes Junior College) and also lettered on the college's baseball team all while still being a high school senior.

Rozzell was offered a baseball and football scholarship to the University of Mississippi but decided to stick close to home and accepted a football scholarship to Delta State University, where he lettered four straight years in football, baseball and track. Rozzell later made Little American in 1955 and signed a professional football contract with the Chicago Bears as a middle linebacker. He was then traded to the Pittsburgh Steelers and as a rookie made the starting roster as outside linebacker. Rozzell injured his back his second year with the Steelers and signed with the Montreal Alouettes as middle linebacker. The following year, Rozzell had a career-ending back operation.

After retiring from professional football, Rozzell began his coaching and teaching career back where it all began at Holmes Junior College and his career took off from there. Coaching took Rozzell to Belle Glade, Florida, Delta State University, and Pascagoula High School, where he was the assistant principal and head football coach. After ending his coaching career, Rozzell became the executive director of Mississippi State Parks in 1978 working under



Aubrey Rozzell

four governors and remained there for 15 years. He was also the president of the State Parks Directors Association, sat on the 50 States National Outdoor Recreation Association Board, and was appointed to the World Fair Committee by William Winter in 1984. Upon his retirement in 1989 with an impressive 34 and half years of service to the state of Mississippi, Rozzell enjoyed being a motivational speaker and being involved with the jail and prison ministries.

Among many awards and acclamations, Rozzell has been the recipient of the Mike Campbell Lifetime Achievement Award, received resolution from the Mississippi Legislature for Top Agency in Energy Conservation, keynote speaker at the International Recreation Conference in New Brunswick, Canada, and recently inducted into the All-American Football Foundation, along with Walter Peyton as Little All-Americans throughout the nation. Rozzell was inducted into the Delta State University Hall of Fame in 1977 and the Holmes Community College Sports Hall of Fame in 1996.

He and his wife, Denece, reside in Quitman and attend First Baptist Church of Quitman.

## Anglers compete to raise funds for scholarships

From Staff Reports/Photos

Fifteen teams participated in the Holmes Community College Open Crappie Tournament held at Grenada Lake on Saturday, April 4.

Tucker Tims and J.D. Staten adapted to the high winds while fishing one small area off the main lake taking their seven fish total to 14.12 pounds. Tyler Angle and Josh Branscome finished second with a total weight of 12.49 pounds. Angle also took the tournaments big fish award of 2.49 pounds while partner Branscome had one fish close to Angle's fish of 2.42 pounds.

Last year's championship team of Dean and Chris Savage gave another run for the top spot with the tournament's third place finish of 11.01 pounds.

Phi Theta Kappa and Health, Physical Education and Recreation Department students at the Grenada Center participated in the event.

Proceeds from the tournament went to the Holmes Community College Development Foundation, Inc. The contributions support scholarships, provide for instructional equipment, library resources, faculty development and other activities that enhance the instructional program of the college. Sponsors for the event included:

Crappie.com, Entergy Corporation, 333 Restaurant of Grenada, and Bain Manufacturing Company.



Pictured are **Tucker Tims** and **J.D. Staten** after winning the 2015 Crappie Tournament on April 4.



Pictured are **Josh Branscome** and **Tyler Angle** showing off two of their fish that earned them second place in the 2015 Crappie Tournament on April 4. Angle also took the tournaments big fish award of 2.49 pounds.

## Two ADN students shine at Scholars Bowl

From Staff Reports/Photos



Two of Holmes Community College's Associate Degree Nursing (ADN) students recently participated in the annual Scholars Bowl at the Mississippi Organization of ADN Student Association (MOSA) convention held at the convention center in Vicksburg on March 26.

**Brandon Smith** (right) of Montgomery county is a student at the Grenada Center of Holmes and **Justin Bowser** (left) of Warren county is a student at the Ridgeland Campus. Both competed against and were victorious over other ADN nursing programs throughout the state.

## John Wayne Vanhorn Retires

From Staff Reports/Photos



On May 8, the Holmes Community College Grenada Center held a retirement party for John Wayne Vanhorn, who served as an engineering technology instructor. Vanhorn's family, alongside faculty and staff at the Grenada Center, enjoyed a time of fellowship as they honored the 19 years he served Holmes CC. Dr. Jim Haffey, president of Holmes, presented Vanhorn with a plaque for his dedicated service to the college.

## eLearning alumna says online learning not a disconnect

From Staff Reports/Photos



Amber Benghe

Amber Benghe of Pearl, a seventh-grade physical science teacher at Southeast Middle School in St. Louis, Missouri, graduated from Holmes Community College in May 2008 – even though she only lived in Mississippi for four months during her time as a student. Holmes CC's eLearning program made it possible for her to complete her degree despite being far away.

Amber and her husband, Buddy, a human resources director and Cornell University graduate, moved five times during the two years she was a Holmes student. Every six months his company re-located the couple; taking them from Pearl, Mississippi, to New York, New York, to Phoenix, Arizona, back to Mississippi briefly, then to Dallas, Texas, to Washington, D.C., and back to Dallas again.

"My path online at Holmes Community College allowed me to access my education in five states over two years," Amber said. "Although I was 100 percent an online student, I never felt disconnected from the college. I always felt like a part of the Holmes family, and that my instructors really knew me."

Amber said that she had one online instructor at Holmes who lived in Virginia whom she could really relate to, as they were both living in areas



completely different from the other students. She noted that she was nothing short of impressed that all of her instructors were understanding about her unique situation and the fact that she was in different time zones than the others during certain periods.

"Being far away and in all different states never stopped me from having wonderful interactions with my fellow students," Amber said. "The instructors would set up forums, allowing us to reach out to one another, and they would always respond to inquiries within 30 minutes to an hour, if not sooner. I really appreciate that my teachers were kind enough to accommodate me, allowing me to turn in assignments early or have an extension when I was in the moving process. If you are accustomed to texting and using social media, Holmes CC eLearning is so easy and convenient."

Upon completing her associate's degree at Holmes with a 3.89 GPA, Amber attended The University of Texas at Dallas, the institution that began as a research arm of Texas Instruments (T.I.). As a Holmes CC student, Amber was inducted into Phi Theta Kappa na-

tional honor society for two-year college students, which gave her a large scholarship to University of Texas and waived her out-of-state tuition.

"Having the opportunity to be a part of PTK helped me immensely with getting into and paying for the rest of my higher education," Amber said. "We were worried about the costs of a four-year university, and especially a prestigious school like UT Dallas, but Holmes CC and PTK made it possible for me to afford a quality education. I proudly finished my bachelor's degree in elementary education with a 3.4 GPA, and all without drowning in debt."

Amber credits her success at UT Dallas, as well as her strong organizational skills as a teacher to her experience as a Holmes eLearning student. She said that as a full-time online student, she had to have self-motivation and drive, and be very regimented so she wouldn't miss a deadline.

"One semester at Holmes I took 19 hours, and during that time, we were in the process of moving from Washington, D.C., to Dallas, Texas. I was dealing with realtors in D.C., realtors in Dallas, we were traveling to look at

houses, and on top of all that, my dad got sick, so we were traveling to St. Louis to check on him, as well. The eLearning program allowed me to stay in school while life was chaotic, and though I had to really work hard to stay organized, my instructors kept me motivated, and learned true discipline."

Amber said that learning to be structured has been one of the greatest benefits of being a full-time online student. She also noted that she was pleasantly surprised by the tremendous number of eLearning courses available in numerous areas of study, and how easy it was to access assignments and grades.

"Completing my associate's degree through eLearning successfully prepared me to be a better teacher and instill those values in my students," Amber said. "While on my path with Holmes eLearning, life took me from Mississippi to Texas with a lot of stops in between and after, and I can honestly say, I couldn't be prouder to claim Holmes as my alma mater."

For more information on the Holmes Community College eLearning program, contact Tish Stewart at [tstewart@holmescc.edu](mailto:tstewart@holmescc.edu) or 662-472-9162.



## Holmes holds 2nd Annual 5K in May

From Staff Reports/Photos

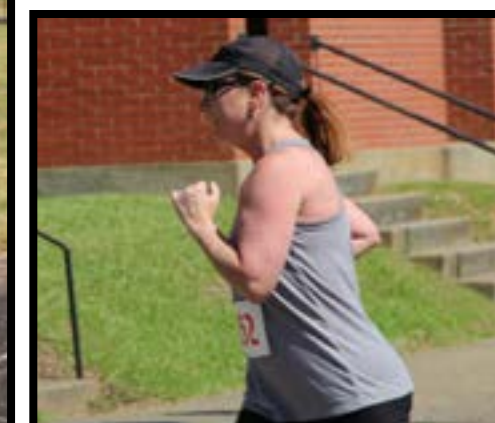
On May 1, Holmes Community College held its 2nd Annual 5K in May on the Goodman Campus. Faculty and staff from all three campuses, along with some of their families, joined together to walk and run, celebrating the healthy accomplishments made by the Holmes family this year.



Pictured are (left to right) **Matt Surrell**, Third Place; **Courtney Sparks**, Second Place, and **Dr. Jim Haffey**, First Place - Running Division.



Pictured are (left to right) **Jamilah Andrews**, Second Place; **Michael Pawlik**, First Place, **Chanda Sykes**, Third Place - Walking Division.



## A Future not far, but around the corner

By **Glennasha Brown**  
Staff Reporter/Photographer

As the spring semester comes to an end, graduation creeps right around the corner for students at Holmes Community College. Many students gaze beyond the corner in curiosity, wonder of what is to come of their bright, impending future. Others press themselves close against the wall to only sneak a peek, nervous about the ambiguous opportunities the future holds. A few students on the Holmes's Ridgeland Campus collectively expresses their excitement for their final semester at Holmes, emphasizing how the school is instrumental toward their educational careers.



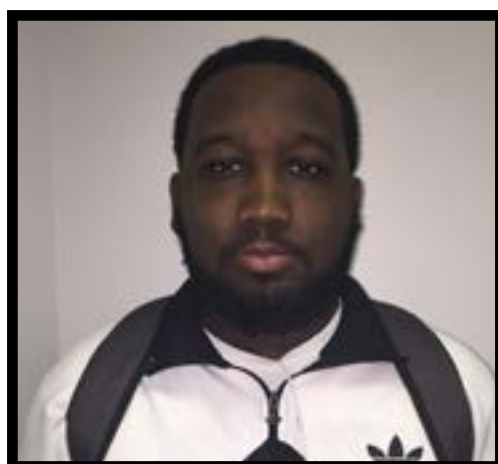
Alexandria Paige

"I'm excited about graduating with my first degree, which is an Associate of Arts in Business Administration," Paige said. "It makes me feel great to know that I've accomplished yet another milestone in my life. As my road ends at Holmes it's bittersweet, but I'm excited to see what the future holds. The experience here at Holmes has been fun. I've met new friends, connected with great teachers and joined a club that grabbed my attention. I will be furthering my education at The University of Southern Mississippi in Hattiesburg in the fall of 2015. The next degree I am seeking is a Bachelor of Arts in Business Administration - Entrepreneurship, with a minor in marketing. I'm hoping to further my education as far as I can go."



Amanda Dent

"I'm super excited! Holmes helped me grow a lot, and I met some really amazing people," Dent said. "Once this chapter is over, I'm going to Millsaps where I will major in psychology, and from there, will complete post-graduate work at Mississippi State University."



Anthony Vaughn

"I'm excited to go to a university," Vaughn said. "Holmes has been great. I got to know some awesome people and made connections that will last a lifetime. I was also able to learn from my teachers a skill set for life and for preparation for a university. After Holmes, I plan on attending Jackson State University and continue to work in secondary education English."



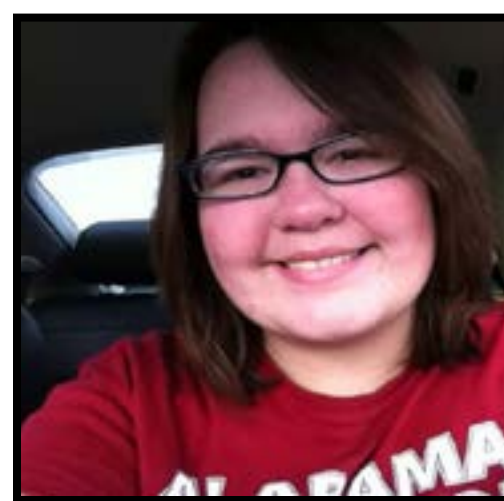
Shan Alexander

"I feel both excited and sad at the same time," Alexander said. "My experience at Holmes has been so amazing! I've learned how to be more diligent in my studies, and how to become a better leader also. After Holmes, I will attend Mississippi State University and major in social work."



Jordan Lindsey

"Holmes has been a valuable part of my education," Lindsey said. "I've been dual-enrolled since my junior year in high school, and every second has been a blast. It's been hard at times; balancing normal schoolwork and college life has been difficult, but I wouldn't trade it for the world. I still have professors from my first semester who call me by name in the halls. Dual-enrolling here has allowed me to get ahead of the game in a way I never could have otherwise. I'll graduate high school this year, with nearly 30 credit hours under my belt. I've made so many great friends that I never would have met had I not taken this opportunity. Even though I'm younger than most of the people on campus, everyone has made me feel like I belong here. Next year I'll be attending Mississippi State University to pursue a major in chemical engineering and hopefully begin a career in the oil industry or medicine development after completing my degree. I'll miss Holmes and all the wonderful people I've met, but I'm excited to see what's in store."



Kristin Moore

"Holmes has been great!" Moore said. "I entered as a scared freshman wondering how college would really be and almost knowing for certain I would not meet any new friends. I did my work and was amazed when people came up to me and would have friendly conversations and then would continue to talk to me throughout the school semester and the next. I ended up having a few new friends and then I joined ICREATE and made a whole new mess of friends. It was fantastic! Going in to Holmes I felt like I was going to be alone again and I was just going to drift through quietly and unnoticed. Holmes helped me get friends and helped me find a voice. The teachers at Holmes are also very wonderful! I loved all my teachers and, even though I changed my major like a zillion times, everyone was patient and helped me figure out what I want to do in my life. I will be sad when I leave Holmes but I will also be grateful for everything the school and everyone in it has done for me. I will leave stronger and more courageous than that scared freshman who entered the doors two years ago. I will be going to The University of Southern Mississippi to chase my dreams to become a director, producer, and writer for the entertainment industry. I also want to help others chase their own dreams. Holmes is a good place to start for those who aren't afraid to try!"

## Snacking Right

By **Rebekah Holden**  
Staff Reporter

For many college students it is very rare to have the opportunity to sit down at a table and enjoy a whole meal. With all of the assignments and deadlines, the average student receives much of their nutrition from eating snacks on the go. While this is not ideal, if it must be the case then it is important to snack right. To some, "snacking right" may mean grabbing an easy-access, packaged, processed treat before heading to school. These snacks are fine occasionally, but certainly do not need to be eaten on a regular basis. For the student who wishes to start making healthier snack choices, there are some easy-to-grab snacks that offer a great source of vitamins to help nourish as well as energize you to make it through day.

is often what comes to mind, and lot of people are either allergic to, or do not like peanuts. That is okay! Try something different such as cashews or almonds. Local grocery stores usually have a large assortment.

2. The second food choice is fruit. Bringing a banana to eat midday can be a great way to re-energize. Packing a bag of carrots can be a good idea as well because they stay fresh longer, which is important if when packing snacks to last through the day. Dried fruit is another good snack choice that will also keep longer than fresh fruit.

3. Many people give fat a bad rep, and yes, too much fat is not good for the body. However, natural fats that are found in things such as organic butter is very good for the body. When heading out for school in the morning, rather than leaving without breakfast, butter a piece of toast. The natural fat from the butter is a much better alternative than grabbing a sugar-filled snack such as pop-tarts.

1. Nuts are a great source of protein, protein is a great source of energy, and what student doesn't need more energy? Make sure the kitchen is stocked with nuts to bring with you to school. When people think of nuts, peanuts



4. Another good snack choice is yogurt. Yogurt is a pro-biotic and full of the good bacteria that the body needs to fight off sickness. Eating yogurt has also been linked to weight loss, unlike eating another snack that is full of saturated fats and will only make jeans harder to fit into. It is important to keep your body up to par for what you are doing. If you are

slacking in other areas such as sleep, it is good to put the right foods in your body to help pick up the slack. Making healthy eating choices can be difficult at first, but after sticking with it for a while it becomes a way of life.

## Don't be a bum, get up and run

By **Cassie May**  
Staff Reporter

I can't think of a better way to end another school year than to do something that not only helps you but helps others as well. What am I referring to you ask? A 5K of course! There



are so many 5K opportunities in our area this summer. Don't get lazy just because school is out. Get out and get moving. These races usually have a method to the madness. Most of them serve a purpose and the funds raised for the race and participation are donated to worthy causes. How long is a 5K you might ask? A 5K is 3.1 miles. Not anything you can't handle, especially when you are running for a cause. The 5K for the Fatherless is May 23 in Ridgeland helping foster children in Mississippi find forever families. Magnolia Meltdown is May 9 in Jackson proceeds support St.

Dominic's Community Health Clinic. The list goes on and on. Don't worry you don't have to run them you are welcome to walk and even bring your family as most of them have fun runs for the kids. Many of the 5K races in our area charge a small fee of around \$25-40 to sign up, but you get a t-shirt. We all know how you college girls love a big t-shirt. So I am challenging Holmes Community College students to not only exceed academically, but to thrive and reach out and help yourself and your community this summer. Stay smart. Be active. Get fit. And come back next year better than ever. You can find more information about local 5Ks at the following website: <http://www.letsgowalkinms.com/>

## Forgotten Dog Art (continued from Page 3)



(left) Demurely looking beyond her glass, this woman draped in purple and gold with lilac, flame-like hair is the main character's (creator) best friend.



(right) Pedestalizing a dog above her head, Iris is the main character's other right hand. Styling a hoodie as her canine counterpart, she exudes a lively, sensual appeal.

## Tips For A+ Vacation Planning

By **Rebekah Holden**  
Staff Reporter

With summer quickly approaching, many are getting a headstart on planning the perfect summer vacation. From choosing the perfect destination, to deciding what the budget will be, planning a trip can be more stressful than it seems. However, it does not have to be hectic! When it comes to preparing for a vacation, there are a few simple steps to follow

that will ensure things run smoothly. 1. The first thing to do when planning a vacation goes without saying. Pick out a few destinations, and depending on how many people are going, set it to a vote to see which destination is preferred by the majority.

2. The second thing that needs to be checked off of the list is the length of the trip. Once the destination has been picked, how much time will be spent there is the next question. This factor depends entirely on individual budgets as well as flexibility.

3. Once the destination has been decided on, a budget can be set. The reason it is best to set the budget before comparing prices on restaurants, hotels, and flights is so that there is no question about the pricing and compromising your budget is not as likely.

4. Now that the budget has been set, the next step is to begin saving. A good



way to save for a trip is to place jar or piggy bank that is designated for loose change in the house. Whenever anyone has any change, it goes in the jar. It can be surprising how quickly change will add up!

5. Step number five is one of the most fun. Do some research on the destination of choice, and find some fun activities, historical landmarks, or natural parks that can be visited during the trip or on the way there! Remember to factor in plenty of down time as well. A vacation is a good way to relax, and when everyone is too busy

the trip can become more stressful than relaxing.

6. The final step to planning a vacation is to book hotels, flights, or any other activity that will require registration in advance. It is good to start comparing prices ahead of time so that the budget is not compromised. Also, checking for last-minute deals can be a huge money saver!

7. Enjoy the trip! Whether it's a beach trip with girlfriends, or a family vacation, having a set budget and plan can relieve a lot of the stress that comes with planning trips as well as make for an overall more enjoyable experience! For more tips on planning a trip visit <http://www.nomadicmatt.com/travel-blogs/planning-a-trip/>



## Healthy Eating Tips for College Students

By **Chynna Courtney**  
Staff Reporter

For the busy college student, eating healthy can get pretty difficult, especially with studying, keeping up with a job, and trying to maintain a social life. It becomes easy to grab fast food or skip meals with so much going on and it gets frustrating when you start to see those numbers on the scale go up, and the numbers in your bank account shrink. This is a problem for just about every college student and in order to fix this problem, we need to

become aware of how we can change it. Here are some healthy eating tips to follow that will not only promote your health, but will also cut back on how much you spend on your meals. • Eat a good breakfast- Breakfast is probably the most skipped meal of them all. It is easy to just wake up and go to class and forget or just decide to skip eating. Having a good breakfast not only keeps your stomach from growling in the middle of your

morning class, but it also provides the nutrients you need to focus and learn every day. • Carry healthy snacks- When on a college campus, grabbing a snack from the vending machines is a temptation we must all battle when hunger strikes. To combat this, keep healthy snacks such as unbuttered popcorn, pretzels, or yogurt with you for when you get hungry throughout the day. This will also save you from spending

money on those unhealthy, expensive snacks. • Drink plenty of water- This is one you've probably heard a lot, but that's because it is so important. Eight glasses is recommended, and although most of us probably don't get that much, carrying bottles of water in your backpack to drink throughout the day works just as well. Water keeps you hydrated, healthy, and even keeps your skin clear of breakouts!

## The Gift That Keeps Giving

By Rebekah Holden  
Staff Reporter/Photographer

Whether it is required at school, a means of extra credit, or just something that is truly a joy, volunteering is always a good choice to fill up your time. Many people enjoy using their time to help out a local business or charity free of pay, as a means to give back to the community. Often people are interested in volunteering, but do not know where to begin. For someone living in the Jackson Metro area this does not have to be a problem, and many students at Holmes are being proactive and sacrificing their time to help others.

If you are musically talented, or just enjoy conversing, the local nursing homes are always happy to have people come and spend time with the residents. It can be anything from playing card games to putting on a



Shan Alexander

performance, but more often than not, they are just happy to sit and talk. A sophomore at Holmes, Shan Alexander, enjoys spending her time

volunteering at the Waterford Nursing Home. "I play the piano and sing for them," Alexander said. "They love singing hymns and telling me different stories about their lives. They are all amazing and I learn so much from them."

Volunteering does not only benefit the people being served, but the person serving as well. However, not everyone prefers to volunteer at nursing homes.

For some, it is easier to serve children, whether that be helping children with homework in an after school pro-



Paulette Vargas

gram or just interacting with them.

Holmes student Paulette Vargas said, "I volunteer at Christ Life Church of the Highlands because I love teaching children about God." She continues to say that, "Money cannot always make one happy, but the love of people can."

Another local place that involves serving children in need is at Blair E. Batson. The hospital welcomes stu-

dents and adults who are interested in reading to and interacting with some of the patients. Alyse Axley is a Holmes student who has a passion for serving



Alyse Axley

at Batson, and volunteers there on a regular basis. "I enjoy being with the children and playing with them," says Axley. "The most important thing to me is bringing them joy and brightening their day." Blair E. Batson has a volunteer service that requires 30 hours of service in the span of one year. Axley is proud to be involved with this program.

The next option to add to the list is for the animal lover. Local animal shelters are often overlooked, but they play a big role in finding good homes for abandoned animals. These shelters can often become crowded, and the staff appreciates when people are able to come and walk the dogs, or even just play with the animals. Holmes student Laurie Alvis has a heart for animal shelters that relates back to personal experience. "I love animals and



Laurie Alvis

enjoyed getting to walk the dogs and play with the cats," Alvis said. "We got our dog Fergie from the shelter and that has turned out really great."

Many of the animals in the shelter are cooped up in pins most of the day, so any loving care is appreciated.

When one volunteers, the main focus is to help someone else, but this act of selflessness often impacts the person who is serving as well. Modern society is fast-paced and many complain not having enough time to enjoy things that they want to do. Volunteering is the act of sacrificing time and giving it to someone who needs it more. Monetary gifts are important, and many organizations appreciate them, but when one gives up of their time, it is a service of humility and love.

There are many more ways to volunteer, and <http://volunteermississippi.org/> has a great list to choose from. Get involved and become proactive!

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*Pinning Ceremony*



*You are cordially invited to attend the Pinning Ceremony for the Holmes Community College Graduating ADN Class of 2015*

*Wednesday, May 13, 2015  
Ridgeland High School Auditorium  
586 Sunnybrook Road - Ridgeland, MS  
10:00 a.m.*



**Practical Nursing Program  
Holmes Community College**

The Administration and Faculty of the Practical Nursing Program of Holmes Community College, Ridgeland cordially invite you to the

**Pinning Ceremony**

Recognizing the Graduating Class of 2015  
At 2:00 p.m., on Friday, June 19, 2015.

*First Baptist Church of Ridgeland  
302 West Jackson Street • Ridgeland, Mississippi 39157*



**DEERFIELD GOLF CLUB, MADISON, MS  
THURSDAY, JUNE 11, 2015  
11:00 A.M. REGISTRATION AND 11:30 A.M. LUNCH  
12:30 TEE TIME**

**LUNCH \* PRIZES \* AWARDS  
BEVERAGE TICKETS \* PUTTING CONTEST**

**Corporate Sponsor \$500**  
Includes 4 player team, green fees, cart fees, lunch and hole sign.

**Team Sponsor \$400**  
Includes 4 player team, green fees, cart fees, and lunch

**Hole Sponsor \$100**  
Includes a hole sign showing your support.

**Prize Sponsor**  
Support the Foundation by donating a raffle or prize item.

**Please submit all entry forms with payment to Allison DeWeese by June 5, 2015**  
By email: [adeweese@holmescc.edu](mailto:adeweese@holmescc.edu)  
By fax: 601-605-3411 attn. Allison  
By mail: 412 West Ridgeland Ave., Ridgeland, MS 39157  
Make check payable to: Holmes Community College Development Foundation.



Contact Allison DeWeese at 601-605-3430.  
You may also access information and an entry form by following the link on our website at [holmescc.edu](http://holmescc.edu)

**Thank you for your support! All donations are tax deductible.**

## Did you know?



**HOLMES COMMUNITY COLLEGE'S CASSANDRA JANETZKI, CRIMINAL JUSTICE INSTRUCTOR ON THE GOODMAN CAMPUS, GOT MARRIED THIS SPRING! HER HUSBAND, BEN MARTIN, LIVES IN MADISON. WE WISH THE TWO OF THEM A LIFETIME OF HAPPINESS!**

# Spring Fling: Grenada

From Staff Reports/Photos

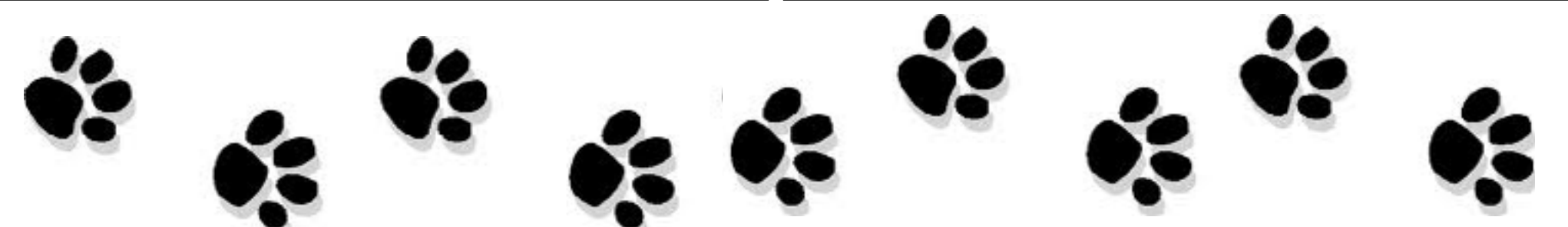
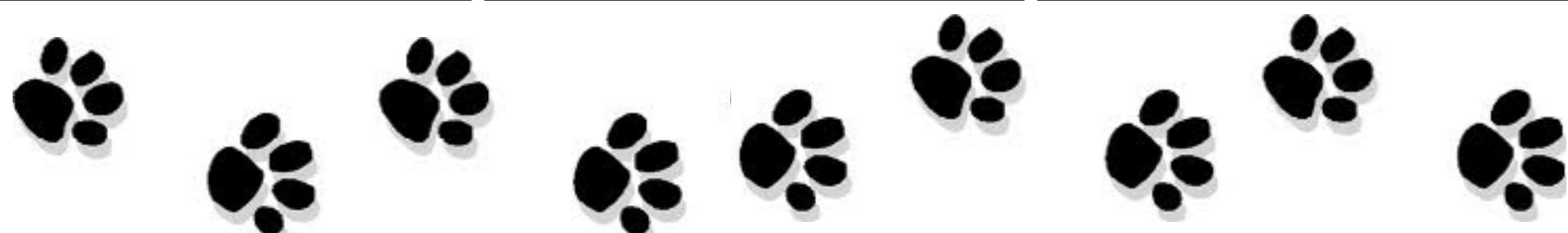
On Wednesday, April 15, the Holmes Community College Grenada Center held its 2015 Spring Fling, complete with a mechanical bull, crawfish, burgers, volleyball, karaoke, raffles, and prizes.



# Spring Fling: Goodman

From Staff Reports/Photos

On Wednesday, April 22, the Holmes Community College Goodman Campus held its 2015 Spring Fling, complete with crawfish, mud volleyball, jummies, music, raffles, and prizes.

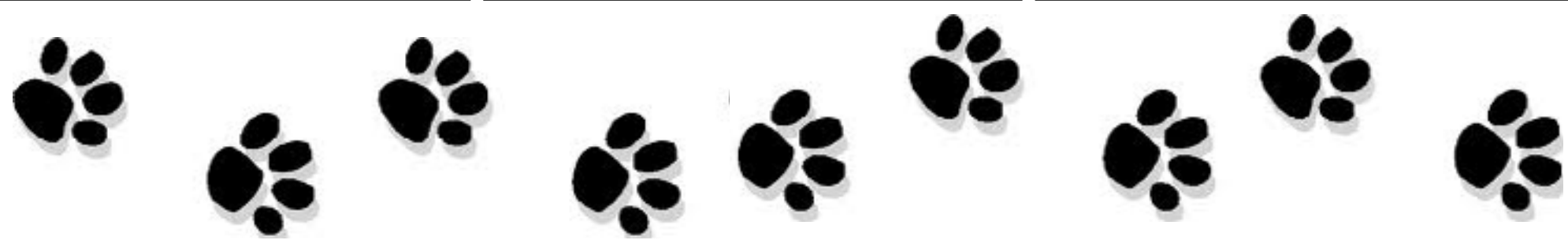




# Spring Fling: Ridgeland 16

From Staff Reports/Photos

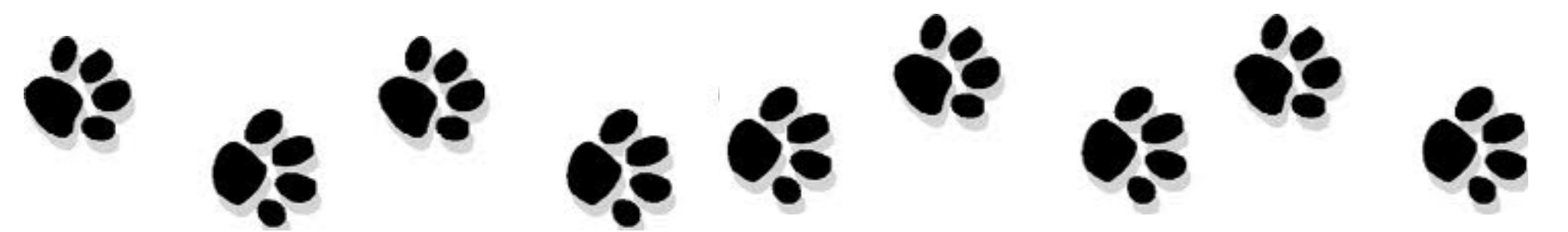
On Wednesday, April 22, the Holmes Community College Ridgeland Campus held its 2015 Spring Fling, complete with burgers, volleyball, tug-o-war, corn hole tournaments, karaoke, trivia, and live music from the Creative Arts Club band.



# May Hillbilly Day: Goodman 17

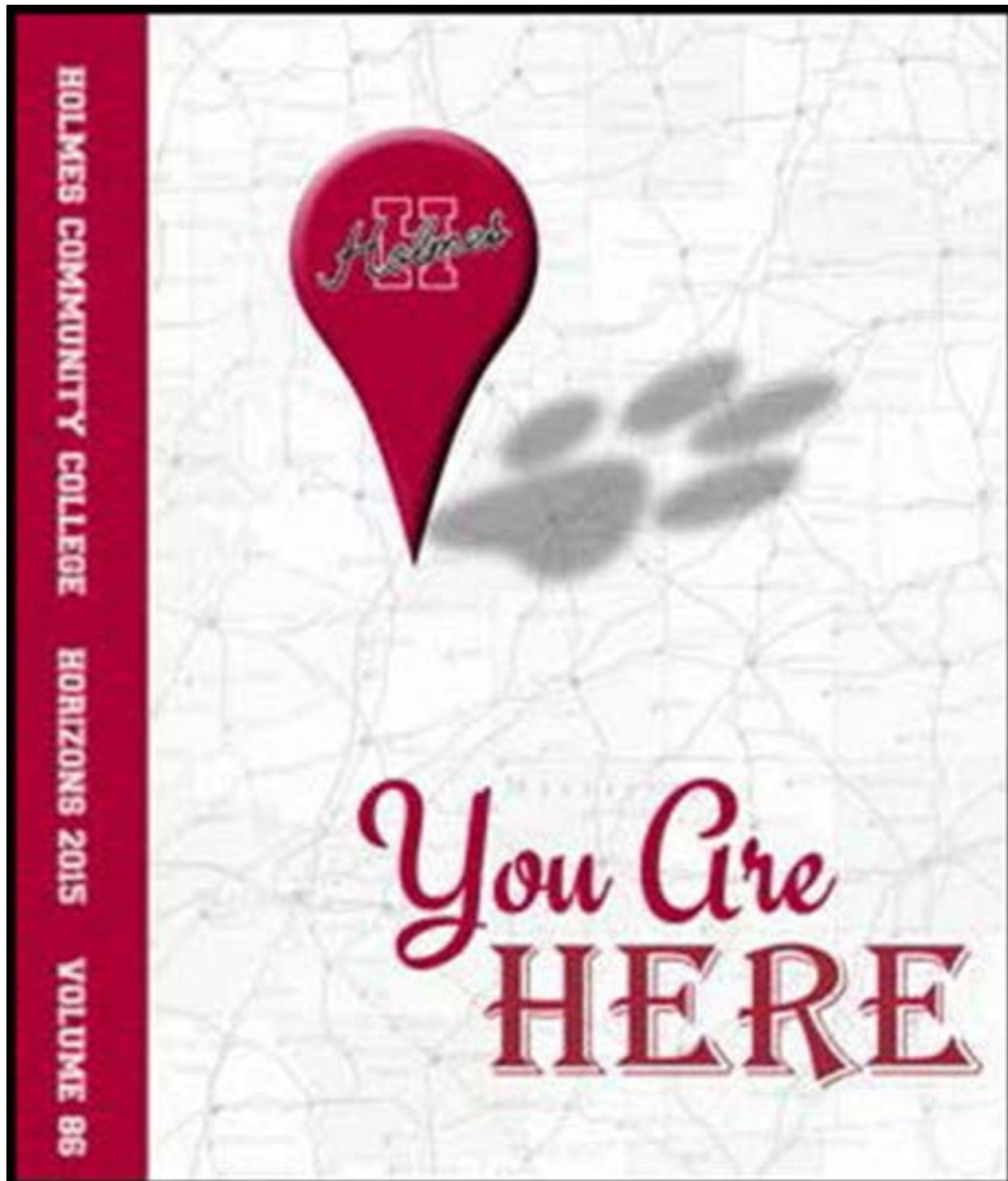
From Staff Reports/Photos

On Tuesday, May 5, the Holmes Community College Goodman Campus held its 2015 May Hillbilly Day, complete with mud volleyball, rock climbing, a mechanical bull, food, and fun.





# BUY A YEARBOOK TODAY!



**Don't miss a chance to own a piece of history! These glossy, 208-page books are available for purchase for \$30.**

You may pay by check, credit card, or cash. On the Ridgeland Campus, see Mary Margaret Turner in Ridgeland Hall 100G, behind Admissions. Email [mturner@holmescc.edu](mailto:mturner@holmescc.edu) if you need further assistance.

On the Goodman Campus, go by the Business Office to make your payment, and bring your receipt to Steve Diffey in Donald E. Phillips Business Building, Room 4 to pick up your book.

At the Grenada Center, go by the Business Office to make your payment and pick up your book.

**The online version of the yearbook is on the Holmes home page at:**

**[http://www.holmescc.edu/student\\_life/clubs/studentpub/](http://www.holmescc.edu/student_life/clubs/studentpub/)**

*Are you interested in having your work published? Do you love to take photos? Have a passion for writing? We need some good creative writers and photographers! We would love to have you join our staff by signing up for JOU 1111 for the fall of 2016. For more information, contact Mary Margaret Turner at [mturner@holmescc.edu](mailto:mturner@holmescc.edu).*