Groundbreaking in Hannibal

The Groundbreaking ceremony for new Hannibal campus marks the beginning of a new and exciting time for students and staff.

By Nathan Smith
Express Staff-Hannibal

Students and faculty at the MACC Hannibal campus have been looking forward to a permanent campus since the satellite campus’ establishment in the HROCK building 12 years ago. MACC Hannibal, now in its third location, is looking to build a more permanent campus.

Groundbreaking for the new campus was Nov. 7 at the campus’ new location at the corner of MM and Shinn Lane, south of Hannibal Regional Hospital. The move-in date is tentatively slated for Christmas break 2013. The date is dependent on weather and other obstacles.

According to Wendy Johnson, MACC was looking to move from the old AT&T building.

Johnson stated, “This has always been a temporary facility; Affordable Community Education has been raising funds to build a new building from the start.”

This project has been a community effort for a number of years. Along with funds raised by Affordable Community Education, MACC also received a grant from FEMA. Classrooms in the rear of the building will be in concrete and will double as a community storm shelter.

The new Hannibal site will offer all the services they currently have and a new resource center.

Hannibal freshman Kaitlyn Melloway remarked that it will be nice to have a bigger campus and parking lot. The new location will also mean that students will no longer have to share classrooms.

If work in the coming months goes quickly, students at the MACC campus in Hannibal will soon have a new home.

Participating in the groundbreaking ceremony at the new Hannibal site are Mayor of Hannibal, Roy Hark; Director of Hannibal Area Chamber of Commerce, McKenzie Desselhorst; ACE Board member, Sally Poole; MACC Board of Trustees, Rodney Loesh; MACC President, Evelyn Jorgenson; Board of Trustees President, Greg Walker; MACC-Hannibal Asst. Director, Charlotte Maddox, Director of Off campus Studies, Michele McCall; Director of MACC Hannibal, Wendy Johnson; and MACC Student Government Rep. Olivia Hays.
Weatherize YourSelf

By Katy Thompson
Express Staff

You know winter is coming and want to be as prepared as possible. Fresh tires, battery, and anti-freeze in the car? Check. New furnace filter installed and plastic for windows? Check. New snow shovel and salt for driveway and sidewalks? Check. Are you prepared? You personally, your self? The harsh clime of winter takes its toll on more than house and car; we need to personally prepare as well.

It is always advisable to get the latest flu vaccine, but there are several other ways to ensure a healthy winter season.

Wearing appropriate clothing to cover skin and protect it from extreme temperatures and wind is not the only consideration our skin needs. Our skin requires more moisture to counteract the low humidity of winter, but that doesn’t mean more time in the bath. Hot soapy water depletes natural oils from your skin. Keep bath time between 4-5 minutes, particularly in winter. According to the WebMD Health News article, Winterizing Your Skin Boosts Natural Defenses, Chérie Ditre, MD, assistant professor of dermatology at the University of Pennsylvania, recommends “taking lukewarm showers, patting the skin gently afterward with a towel, and applying a moisturizer within three minutes of stepping out of the shower to lock in moisture.”

Using a cool mist humidifier in the room where you sleep is also beneficial to skin, especially tender noses and lips. If your hands and fingers are prone to dry, cracked skin, the eHow-Healthy Living website offers a “handy” tip as an ounce of prevention. Before extended time in the cold, lavish your hands with lotion and then put on your gloves. Antibacterial soaps, gels and wipes usually contain alcohol which is drying to skin. These types of products should be followed with a light moisturizer as well.

Mary E. Neil, fitness columnist of the Gaston Gazette, reminds us to drink extra water. “Water hydrates your skin from within and keeps it smooth and healthy. It is one of the most important things you can do for your health.”

Warren Wolfe of the Star Tribune offers similar advice. “Drink lots of water, eat more whole grains and a rainbow of vegetables, eat within an hour of waking, control portions and stay physically active.” He warns us to “eat slower and eat smarter. … Holidays, high-carb comfort foods and hibernation mean weight gain. And you’re right, it is getting harder and harder to shed weight because each year you tend to lose half a pound of muscle mass and add a pound of fat.”

Eating a “rainbow of vegetables” and fruit also provides us with vitamins A, C, D and nutrients essential for a healthy immune system. The shorter hours of available sunlight also may lead to a lack of vitamin D which can contribute to the “winter-blues” or the more serious seasonal affective disorder (SAD). Occasional grumpiness or sadness may come with lack of sunlight and decreased outdoor activity, but if you feel really depressed consult your doctor; help is available. The National Institute of Mental Health (www.nlm.nih.gov) provides more information.

Managing your day to be sure of seven to nine hours of sleep each night also elevates mood, enhances our immune systems, aids in weight control, and improves our ability to deal with stress according to How Much Sleep Do You Need?, an article on the Helpguide.org website.

Exercise can also improve your mood, boost the immune response, control weight, and reduce stress. Winter time doesn’t need to be so stressful to our bodies. If we maintain our healthy habits with these extra considerations, we can enjoy the special activities of winter – fully weatherized.

Reducing Test Anxiety

By Kaylee Spotswood
Express Staff

It’s the big day; it is the day of the much anticipated test that you’ve been studying for all week. You walk into class, confident and feeling prepared. The teacher lays the test in front of you; you start to read the first question and it happens. Your mind goes blank. You sit there trying to remember what you spent hours and days studying, but it’s not coming to you. Your heart starts pounding a little harder, your body starts to become tense as you try to think about the answer to the question. Negative thoughts start to creep into your mind, and now you’re thinking, “I’m going to fail this test if I don’t remember anything.” The rest of the test goes exactly like this. If you have ever experienced this situation or have experienced it multiple times, you may have a case of test anxiety.

Test anxiety is when a person physically or emotionally experiences distress before, during, or after a test. Feeling a little nervous before a test is normal, but feeling stressed and so nervous that it makes it hard to concentrate on the test is a whole other level. Symptoms of test anxiety include headache, shortness of breath, rapid heartbeat, panic attack, muscle pains, difficulty concentrating, lack of confidence, and blank recall of information. Also, skipping class because of fear of not doing well on a test is a sign that a student may have test anxiety.

Students on the Moberly campus took a test anxiety survey. The top three reasons that students don’t do well on tests was reported to be because their minds go blank, difficulty concentrating, and lack of self-confidence. Professor Jane Roads, a math professor on the Moberly campus, has done research related to test anxiety. She worked with Professor Alberts, a statistic professor at Truman University, and Professor Voss, a psychology professor on MACC’s campus, to conduct an experiment that involved both professors teaching relaxation and anxiety reducing exercises. Would these strategies help students in Professor Road’s class perform better on tests?

Roads explained that “Math is no different than any other subject. If your mind works, you can learn math just as well as anything else. Students tend to think math is somehow different so they can do everything else fine except for math, and that’s not true.”
Mansion on the Mississippi

By Nathan Smith
Express Staff

The name John Cruikshank may sound more like the villain in an episode of Scooby Doo, but he was the lumber baron who built Rockcliffe Mansion in 1900. It was the dream house for his second wife and their four daughters. This mansion showcases grand halls, large rooms, and 10 carved fireplaces made of imported marble and wood that Mr. Cruikshank hand-picked specifically for his house.

When he moved to Hannibal from Scotland, Mr. Cruikshank saw the spot where he wanted his house, so after moving the house that was currently there 300 feet to the side, construction for his mansion started; the construction would take two years.

The family lived in Rockcliffe until Mr. Cruikshank’s death in 1924. His wife moved in with one of her daughters, and his mansion sat empty until 1967. The city of Hannibal asked the family to do something with Rockcliffe, so they arranged for the house to be pushed into the basement.

Ten days before demolition was to begin, three residents of Hannibal, who couldn’t stand the thought of losing the landmark, bought and restored the house turning it into a museum. Rockcliffe went up for sale again and was bought in 2010 by the Cuban diplomat, Juan Ruiz. Ruiz, who moved to Florida, has already restored two other mansions in that state. After hearing about Rockcliffe, he started working on restoring what will be his third.

The entryway facing the grand staircase displays great copper chandeliers. Mr. Cruikshank loved to show off his electricity, saying, “It wasn’t going to be around long.” Mr. Cruikshank’s house also included a replica of the Turkish Ballroom in the Waldorf Astoria in New York, a music room for his wife who was a concert pianist. On the second floor was a playroom for his daughters that doubled as a ballroom. Next to it was the schoolroom where the children were taught for several years before the teacher returned to France, and the children returned to public school.

In 1902, during Mark Twain’s last visit to Hannibal, 300 people of Hannibal came out to Rockcliffe to a party and hear Mark Twain speak. Twain was known for walking around as he spoke, so a platform was built on the landing of the grand staircase to increase the area to prevent him from falling down the stairs. Twain was also known to love to drink.

The night of Twain's speech was very hot, so he was asked to keep his address under 20 to 30 minutes; he spoke for an hour and a half.

Gaining a reputation as being haunted, Rockcliffe looks like a smaller version of Stephen King’s Rose Red.

Ruiz said, “While I have not had any experiences in the house, it all depends on what you’re open to. Mary has had experiences in the house.”

While giving a tour, the guide Mary McAvoy, remarked that for years the smell of cigar smoke emanating from one of the bedrooms would cause one to move into the hall until, after a few minutes, the smell would disappear as quickly as it had come.

The fourth floor of this nine-bedroom, seven-bath mansion is being finished. The other three floors are open and have tours running at the top of every hour between 10 a.m. and 4 p.m.

One couple from LaGrange Illinois said, “We loved learning about the history of the house during the tour of the home.” The house is also open as a bed and breakfast. Information can be found on rockcliffemansion.com.
Fearless Quality

By Katy Thompson
Express Staff

“Spontaneous,” “enterprising,” “eccentric,” are just a few words that friends use to describe Dustin McGary. “Helpful, thorough, and considerate” are from students who rely on his tutoring skills in the Learning Center. “Thoughtful, talented and resourceful” are adjectives used by his instructors. His easy smile and beguiling wit are familiar to many on campus, even though few may realize just how multi-faceted McGary is.

At first glance, his glib, easy-going manner belies the earnestness with which he approaches most subjects. A fervor that Joyce Pauley describes as a “fearless quality” in his interpretation of the many characters he has portrayed. McGary approaches each character with the same diligence he would put into a research paper, a dedication appreciated by Pauley who says “the hardest aspect for drama students is to get to the point of expressing true emotion. You have to be fearless. Dustin has that fearless quality.”

You may recognize him as Doug Pemberton, from the cast of “Town Full of Heroes”; as Uncle Stanley in “Smoke on the Mountain”, the Mad Hatter in “Alice in Wonderland”, a prince from the Christmas Madrigal, Jedidiah Schultz, Harry Woods, Matt Galloway or Shadow in the Laramie Project. He has added his voice to several concerts in his previous three semesters at MACC but now prefers to focus on acting as he plans to transfer to the Stephens College Theater program.

McGary is comfortable with competition. Barbizon, Wilhelmina and John Casablanca modeling agencies have utilized his talents since he was 13. While attending Glasgow High School, McGary went to state conference in choir, as well as participated in track as a long distance runner and pole-vaulter. He credits his drive to keeping one of his father’s sayings in mind. “Never let anyone do something for you, that you could do ten times better if you try.” That may explain his fearless attitude.

MACC's Theatre Department Presents A Town Full of Heroes

Desperate moves filled the stage as the cast gave a hilarious performance.

Dakota McWorter’s character, Nikolai, attempts to teach State Department agent Andrew Nixon, played by Alex Houston, how to fence. Victoria, the debutant actress, played by Shana Roads, watches the spectacle unfold.

The cast of A Town Full of Heroes poses back stage before heading out to perform. Shannon Grenke, Matt Ward, Charles Jackson, Dakota McWorter, Dustin McGary, Shana Roads, Alex Houston, and Professor Joyce Pauley.

Snannon Grenke’s character, Jenny, found herself in a difficult situation when Nikolai, a member of the Dystopian Olympic fencing team, decided to defect in her living room.
Desperate Moves: Hilarity and chaos ensued at MACC’s theatre production, A Town Full of Heroes

By Donna M. Monnig
Express Staff

The play takes place in L.A. during the 1982 Olympics. Comical desperation kept the characters moving.

A movie producer who’s ready to move, his high school friend and pseudo psychiatrist who he’d like to move, his wife who doesn’t want to move, his celebutante boss who won’t move on, a tourist from Dystonia who’s moving in, a Dystonian spy who’s moving about, a Dystonian defector who wants to move out, and a State Department agent who must not move. Add it all together and you get… a Town Full of Heroes. Or in this case, a house full of hijinks.

MACC’s Theatre Department performed A Town Full of Heroes to perfection.

“As I was watching the play, it was as if I was reading a book, and it was coming to life in front of my eyes,” said attendee Kayla Starks. “I’ve never seen such a professional college play done so well before. You couldn’t tell that it was done by college students. It was as if professional actors were there.”

Joyce Pauley, Associate professor of Theater at MACC, directed the production.

“I read this play back in the '80s, and I just thought it was so cute,” said Pauley. “It’s got just enough silliness with the characters. You’ve got the spies, the sword fighting, that little twist at the end. It had the kind of thing that I thought people around here would enjoy.”

Doug and Jenny Pemberton plan to rent their house to a tourist during the Olympics while they go out of town. You know what they say about the best laid plans. Doug’s best friend, who lives in his driveway, and Doug’s debutant boss, disrupt his plans to leave.

Jenny is attacked inside the house by a member of the Dystonian fencing team, Nikolai, who has decided to defect so he can go into advertising. State Department agent, Andrew Nixon [no relation] arrives to debrief the Pemberton’s that the tourist renting their house is arriving two days early and is a Dystonian beet farmer – and possibly a deadly spy working for the Dystonian secret police. With everyone trapped, and hiding, under the same roof, chaos ensues.

The hardest part of the play for actress Shannon Grenke was the choreography of one of the scenes in which she was bound and gagged.

According to Grenke, “Getting prepared and into position to be thrown over the couch while trying not to break any bones” was also difficult.

“Poor Shannon, we threw her around about 40 times,” remarked Pauley.

Many of the cast’s favorite aspects of the play was the physical comedy.

“Getting to throw Dakota (aka Nikolai, the defector)” said Grenke. “Where I got to hit Doug and Nikolai in the head,” stated Charles Jackson. He also liked the “sword fight scene, where we find out Nikolai is the spy.”

“Appreciably people like beating me up,” Dakota McWhorter [Nikolai] said. “No concussion, no broken bones, I’m still here.” McWhorter described his character Nikolai as “scandalous.”

The cast had a certain chemistry. They were as entertaining off-stage as they were on.

“When you watch a movie, that movie is going to be the same every single time,” said Pauley. “But a live play is always different, and there’s just something about that that makes it more exciting.”

This was clearly illustrated on the first night of the play. Minor mistakes, such as a picture flying off the wall when a door was slammed and the gag refusing to remain tied around Grenke’s mouth made the play all the more entertaining. The cast handled the mishaps well, incorporating them into the dialogue.

“The first night was the roughest. Things went wrong, but we made it work,” stated Matt Ward, who played Barry Keller, the pseudo psychiatrist.

“Seeing Dustin in all of his costumes, that was hilarious!” Ward stated, referring to Dustin McGary’s character Doug, who underwent “costume therapy” at the suggestion of Barry [Ward]. McGary dressed first as a firefighter, followed by one of the three musketeers.

Charles Jackson’s character, Dimitri Kuchevsky, reacted to American psychology’s “costume therapy” by concluding that psychology takes a man who is a little crazy, makes him act very crazy, so that when he goes back to a little crazy, things seem much better. Who knew a Dystonian beet farmer would have such keen insights?

Pauley was very pleased with how the play turned out and said that she had a wonderful cast to work with. She was, however, disappointed with attendance.

“It can be really disappointing to work on a play for eight weeks and have, maybe, 150 people total see it. I would just like to see more students give it a try, to come and see the shows because I really think they’d have a good time.”

While students and faculty won’t have another opportunity to see A Town Full of Heroes performed at MACC, there is sure to be an exciting new play to attend next semester.

As Pauley stated, “Students and faculty get in free. You know, you don’t get free entertainment anywhere anymore.”
Gangnam Style has shifted the planet

By Michelle Frueh
Express Staff-KV

It seems every decade there is a new dance craze. Remember the Waltz, the Twist, the Hustle, and the Macarena?

Now there is a new craze sweeping the nation, Gangnam Style; this off-the-wall dance is a big hit. Psy, the Korean creator of this new dance, has taken his #1 hit song and has everyone dancing to it. At the 2012 American Music Awards MC Hammer said, “Psy has shifted the planet with the Gangnam dance.”

He also said: “That has only been done four times--with James Brown, Michael Jackson, Hammer Time, and Gangman Style.”

What is it about this dance that seems to have people jumping out of their seats to partake in it? Everywhere you see someone doing it: Ellen, Dancing with the Stars, and even on stage with Madonna. With over 7 million hits on YouTube, it holds the number one spot for most watched video. So what do people think of this new Korean pop sensation? Psy has hit the U.S. with a new dance craze that has everyone hopping out of their seats to join in.

Scott Shaffer, a freshman student at MACC, wasn’t quite sure what to say about it.

“I just heard about it a few weeks ago. A friend of mine showed me the video; I had never seen it before. I haven’t seen dancing like that before. I think it looks dumb, but it seems catchy and fun. I have done the dance. Everyone was doing it; I felt stupid. We were all talking about the dance after we were done and said we would never do it again.”

Courtney Ross, a sophomore at MACC in Kirksville has this to say about this zany new dance. “It’s hilarious, I myself would never do it in public. Everyone needs to know what it is. It’s just that entertaining. It’s just one of those dances that you can watch or do, and it will put you in a good mood. No one would listen to the song if it wasn’t for the dance. The dance is why it’s so popular, not the song.

Sherry Todd, an English Professor at MACC said the dance reminded her of the Pony from the 60’s. “I remember the Twist and Chubby Checker. It seems like he has incorporated old dance techniques (The Pony). It is funny, but I don’t think it will be around for a long time.”

The Gangnam style dance is becoming more popular every day. People in dance clubs line up to act like they are riding their horse and are ready to lasso the air. It’s a catchy dance number. Like every other dance that has hit the nation, will this one also be replaced with something else? Guess we will have to see.

"I remember the Twist and Chubby Checker. It seems like he has incorporated old dance techniques (The Pony)." -Sherry Todd

Hannibal MACC staff, students and families joined with Hannibal Regional Hospital Foundation in an effort to raise awareness in the fight against all forms of cancer by participating in the 2012 Kickin’ Cancer Kickball Tournament.

Among the staff and students that entered were Advisor Amy See, with her husband; Assistant Director Charlotte Maddox, with her husband and two sons; Front Desk staff, Jessica Heintz; Technician, Robert Wideman; MACC student Rosa Parks; and Philosophy instructor, Cole Williams.

Funds raised from this event went to the James E. Cary Life.Light.Hope Fund, which helps cancer patients with transportation, nutritional supplements, and other expenses that occur in their fight against cancer. The tournament was held on Oct. 6 at Bear Creek Sports Park in Hannibal.

Hannibal MACC advisor, Amy See, stated that it was a rewarding experience even though it landed on the first cold morning of the fall. See also shared that the MACC team took last place but still found the tournament to be a lot of fun.

For Hannibal students who want to participate in events that benefit the James E. Cary Cancer Center and help those who are fighting cancer, search Hannibal community events online at hannibalhealth.org/Event-sandNews/Calendar.
Everyone has something in their lives they love to do, something they just can’t get enough of. Some people like to dance, and some like to relax in a hot bubble bath at the end of a long day. But some people like to sit on a bank and listen to the waves hit the rocks and the birds chirp in the trees and smell the great outdoors.

One person like that is Kandi Jo Small, a sophomore criminal justice major at MACC in Kirksville. Small plans to transfer to St. Joseph when she completes her AA at MACC. “I am going to be a criminal photographer, and St. Joe has a state ranked Criminal Justice program.

“When I was younger, I used to go fishing with my family. It was something we all enjoyed doing together. My dad said when I was three years old I could carry a huge tackle box by myself. When I was six years old, I caught the biggest fish I have ever caught. It was a three-foot 30 pound channel cat.”

Small said, “I like the new Memphis (MO) Lake; you can catch 20 croppy in no time.”

Small comes from a very close knit family. They have several and have always enjoyed doing together. In the summer you can find them out on the pond every weekend.

When Small was asked what fishing did for her she said, “It teaches team work, patience, and relaxation, it’s like being out of your comfort zone.”

Her favorite memory was “last year when my mom caught a fish and just a few seconds later I thought I had also caught one, but I soon found out it was just a branch.”

Her siblings were all out in the water trying to untangle her line from the branch it got caught up in. Small said it is one of those “have to be there kind of memories.”

A common solution offered by adults to college students worrying about the price of school is “Get a job.” More and more students are trying to juggle their school work and earn a paycheck to help pay for rising tuition, books and other expenses.

Many students choose a community college like MACC because of lower tuition and fees than universities. Students can save on the cost of the first two years of their education. Many also choose to work.

Data from the U.S Department of Education shows almost 40 percent of all college students between the ages of 16 and 24 work some hours during the week. Putting more hours in at a job leaves less time for homework and studying. Jennifer Hannold, a student at the Hannibal MACC campus, balances her school work and a job by working on the weekend at Swiss Colony, a catalog call center.

She said, “There are [times it’s hard to get everything done]; however, that is due to my procrastination tendencies. I do get the homework done at any cost.”

To balance work and school, Hannold suggests that a student “start assignments as early as you can. Procrastination scares me whenever I do it. It’s better to be more relaxed and comfortable than tense and frantic.”

Another student taking on work and school is Eli Burch, who works an average of three days a week at Yancey, an automotive parts place. For students to accomplish their work, he suggests that students “allow at least an hour after your class to start on your work.”

If you’re looking to work while going to school or are already working and taking classes, it is important to use your time wisely. Successful students plan out their week and create a plan for getting their work done.
Movies:

Breaking Dawn Part 2 breaks records on opening night

By Mariah Maiden
Express Staff-Hannibal

Stephanie Meyer’s Twilight series released their last movie, Breaking Dawn Part II on November 16. Its reported earnings on opening night was 141.3 million domestically and 199.6 million overseas, taking the total sales for the series hit to over 340 million dollars worldwide (moviefone.com).

As many know, Stephanie Meyer’s Twilight story is about young Bella falling in love with Edward Cullen, who has a shocking secret; he is a vampire. As the previous three films have shown, Bella and Edward fall in love and have nothing but troubles along the way.

In Breaking Dawn Part I, Bella and Edward get married and enjoy a luxurious honeymoon. Everything seems to be going perfectly as Bella realizes she has become pregnant with a half human, half vampire baby. Throughout the first half of the story has a shocking twist as Bella and Edward fall in love with Edward Cullen, who has a shocking secret; he is a vampire. As the previous three films have shown, Bella and Edward fall in love and have nothing but troubles along the way.

Breaking Dawn Part II blew away the previous three movies. It was filled with mystery, new discoveries, action, Bella’s new life as a vampire and mother. Everything seems almost perfect until another vampire catches sight of Renesmee, Bella and Edward’s daughter, as she is hunting. The vampire immediately reports to the vulturi claiming that the Cullen’s have committed the ultimate crime and changed a child into a vampire. Alice, who is well known throughout the series to see the future, has a vision of the vulturi coming to punish them for the crime committed.

This sends instant panic throughout the Cullen household. They began to find every vampire with special powers to show them the child and share the truth about Renesmee. Every vampire to meet the young child who grows at a rapid pace is astounded and vows to fight against the vulturi to protect Renesmee. Even the werewolves agree to stand up and fight with the Cullen’s and their vampire friends.

The final battle scene of the movie took many by surprise as a vicious battle begins to take place taking out some of the main characters; however, there is always a twist.

Twilight has always been a female based franchise; however, this movie had more male fan base than any of the previous three Twilight movies. People all over the world have stated that Twilight Breaking Dawn Part II is a must-see and the best of all three previous films in the series (moviefone.com).

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Sluggish economy forcing local pet shop to downsize

By Monique Cole
Express Staff-Col

COLUMBIA, MO – Paradise Pets of Fulton is having a downsizing sale for the month of November due to a lack of sales over the past year.

“People just can’t spend. We’ve become the local zoo,” said the owner of Paradise Pets, Racheal McDowell.

McDowell said that some people regard her store as a petting zoo. She overheard two children talking about the store who said, “This is the petting zoo. You get to pet everything here.”

To make ends meet they have been relying on the sales of merchandise that some pets can’t live without.

“Our bread and butter are basically our feeder rats and mice, goldfish and birds,” McDowell said.

The items that will be on sale in November include a lot of dog and cat items at fifty percent off, with other items ranging between forty and fifty percent in the small animal department.

Paradise Pets is currently the only pet store within Callaway County, and often work at events around the area showcasing the pets that people love.

“I come to you and do the presentation at your location. I do birthday parties, schools, Kiwanis, Rotary, Boy Scouts, and Girl Scouts. Usually it’s fifty dollars, and then another dollar per mile,” said Tom McDowell, co-owner and husband of Racheal McDowell.

The owners do not advertise their store, but rely on word of mouth from customers. They are popular on social media and hope that people see how much they love their job and animals.

“We’re in this business as a hobby. We love our animals, and we love our customers, and we try to match them,” said Mr. McDowell.

Paradise Pets works with customers and their needs including pet sitting services, questions, and even helping with payment plans.

“We do layaway. We do payments. You can make payments over a six week period on the payment plans,” said Mr. McDowell.

For more information about Paradise Pets you can visit their website: http://paradisepets.webs.com or by visiting them at their business, located at 858 South Business 54 in Fulton.

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“I come to you and do the presentation at your location. I do birthday parties, schools, Kiwanis, Rotary, Boy Scouts, and Girl Scouts. Usually it’s fifty dollars, and then another dollar per mile,” said Tom McDowell, co-owner and husband of Racheal McDowell.

The owners do not advertise their store, but rely on word of mouth from customers. They are popular on social media and hope that people see how much they love their job and animals.

“We’re in this business as a hobby. We love our animals, and we love our customers, and we try to match them,” said Mr. McDowell.

Paradise Pets works with customers and their needs including pet sitting services, questions, and even helping with payment plans.

“We do layaway. We do payments. You can make payments over a six week period on the payment plans,” said Mr. McDowell.

For more information about Paradise Pets you can visit their website: http://paradisepets.webs.com or by visiting them at their business, located at 858 South Business 54 in Fulton.
Fairest of Them All?

Book Review: Snow White and the Huntsman by Lily Blake

By Donna M. Monnig
Express Staff

“By fairest blood it is done... And only by fairest can it be blood undone...” is the basic theme behind the newest retelling of the classic fairy tale Snow White.

The novel, Snow White and the Huntsman, by Lily Blake is based on the recent motion picture of the same name.

The evil Queen's power comes from sacrificing the fairest maidens: “Snow White looked at the ground. She takes from all the young women in the kingdom. She steals their youth and beauty... I've seen what happens to them.” Queen Ravenna's power can only be undone by the fairest maiden of them all. Instead of Prince Charming saving the day, it has to be Snow White.

While much darker than the contemporary tale of Snow White, this version is nonetheless interesting. Much like the evil Queen, the book is fair, but it is not the fairest of them all.

The problem is the speed in which the story is told. It jumps from one scene to the next so fast that it's difficult to know where one begins and the other ends.

It's also missing crucial details, such as why the king's men attack the gypsy village in the first place?

How did young Ravenna come to create/possess her shadow army? Who orchestrated Snow White's escape from the evil Queen Ravenna? Who sent the magpies to lead Snow White on the right path to the horse waiting to carry her away? These are some fairly large holes in the plot.

The poisoned apple – one of the most iconic parts of any Snow White tale – barely played any role at all. When it finally came into play, there was no explanation for what it did to Snow White, forcing the reader to rely on prior knowledge of the fairy tale to understand what was happening.

The dwarves, while present, were also in short supply. The story simply moves too fast.

Its faults aside, Snow White and the Huntsman did have its merits. The huntsman, Eric, was hard not to like despite the fact that everyone regarded him as a detestable drunkard.

“He [Eric] was feeling utterly useless these days. There were cows that were more productive than he was. If the Queen needed someone's help, it couldn't be his.”

Snow White learning how to fight instead of relying on a prince to save her was also a plus. The layout and design of the book gives it a fairy tale feel, as well as the poem at the beginning.

“Who will you be when faced with the end? The end of a kingdom. The end of good men... When the vultures are circling and the shadows descend. Will you cower? Will you fight? Is your heart made of glass? Or a pure Snow White?”

Snow White and the Huntsman is a fresh take on an old tale. Many things in the story differ from the average Snow White story, making it interesting. The book had great potential, but like the evil Queen Ravenna, falls short of being the fairest of them all.

Test anxiety
Continued from pg 2

Professor Roads stated that she can tell when a student is stressed during a test. “If they fidget, lose focus, daydream, and look pale or flushed, or unhappy.”

Most students who took the survey also stated that they think the causes of their nervousness is because they feel pressured because of the time, and sometimes they aren’t as prepared as they should be.

There are several ways to lessen or eliminate test anxiety. Professor Roads explained ways that could help students manage their test anxiety.

“Talking out loud to someone else works for some students. If you work better on your own, use highlighting to help yourself prepare. The day of the test you should take a walk before the test. During the test, stop, put your pencil down, and take a few breaths because that physically forces your body to relax. When you’re relaxed, that opens up your mind so your mind doesn’t go blank. Sometimes walking up and down the hall helps dissipate that anxiety.”

Roads also stated that using something like a stress ball that doesn’t make noise could also help reduce the anxiety and help a student focus on what he or she needs to.

According to the Educational Testing Service, if you tend to have negative thoughts before, during, or after a test, try replacing those thoughts with positive thoughts. For example, if you tell yourself that you always do poorly on tests and you’re going to fail, try saying, “I’ve got a better study plan for this test than I’ve ever had before and I will pass this test” instead. Try to be confident in yourself that you will do well and pass the test.

According to information provided by Southwestern College in California, eating healthy, exercising, getting enough sleep, and taking care of yourself will also help better your test performance.

Professor Roads stated, “I read a study recently that there are chemicals in an apple that also help reduce anxiety and sharpen your thinking.”

Although she is unsure whether the information about apples is accurate, it is proven that having a healthier diet, along with sleep and exercise will improve test anxiety.

Students have used other methods to prepare for their tests. Making flashcards, studying early, looking over notes, and reading the chapters in the textbooks are all ways students review the material before taking a test. Students who feel unprepared for a test should choose study methods that best suit them. Students can also ask professors for guidance or advice. To help her students prepare for tests, Professor Roads encourages her students to take advantage of the conferences she holds, review material, ask other students questions, use Interact Math (a helpful math website), and review chapters in the textbooks.

Whether a student has severe or mild test anxiety, just remember to stay confident and think positively. For more information on test anxiety, log onto www.ets.com or www.adaa.org.
Around campus

Student Profiles:  What does the end of the semester mean to you?

Chad Monnig, Sophomore
Hometown: Glasgow
"It can be stressful and exciting at the same time."

Ellen Castillo, Sophomore
Hometown: Moberly
"It means that I'm done with MACC, and I'm going to Columbia College."

Brennan Bogeart, Freshman
Hometown: Clarence
"I'm looking forward to Christmas and a break from school."

Jacque Carothers, Freshman
Hometown: Shelbina
"Tests are over! I am excited that I don't have to take anymore exams."

Chelsea Jennings, Freshman
Hometown: Clark
"A lot of stress, but it's closer to Christmas break."

Shelby Shives, Freshman
Hometown: Clark
"It means a lot more studying, realizing how much I don't know, and the excitement of Christmas break is around the corner."

Jeff Griffin, Sophomore
Hometown: Moberly
"A time to slow down and reflect, then gear up for next semester."

Amanda Thelen, Sophomore
Hometown: Moberly
"No homework and a chance to be with my family."
On Nov. 11, 1912 the “Mother of Greyhounds Basketball” was born. Mabel (Poe) McCormick turned 100 years old this past November.

Her husband Dr. Harold McCormick, affectionately known as “Doc,” died Dec. 29, 1986, but was the team physician for the Greyhounds for many years. “Outside of my family, Greyhounds basketball is my greatest joy in life. I’ve always loved basketball since I was a little girl,” said Mabel McCormick. McCormick added that she has seen more than 2,000 Greyhounds games and went to Hutchinson, Kan. every time the team qualified for the national tournament. McCormick has made 27 NJCAA National Championship Tournament appearances.

She and Doc often provided transportation for some of the boys to the away games. One day the coach asked McCormick if she would keep score for the team, after being taught how to keep a scorebook, McCormick became the team’s official keeper for many years.

“I ended up keeping the scorebook for Cotton Fitzsimmons (1958-67), Richie Daly (1967-72), Charlie Spoonhour (1972-74), Lee Kariker (1974-83), Dana Altman (1983-86) and Dan Callahan (1986-91) and went to most all their out of town games too,” stated McCormick.

McCormick even had a hand in getting Cotton Fitzsimmons hired as the Greyhounds coach. She enlisted the help of Moberly Monitor Index sports reporter Stan Isle, and together they convinced the school board that Fitzsimmons was the man for the job.

In 1955 McCormick and her husband built a house on the corner of Burkhart and College Ave., only a block away from the college so that they could be closer to the Greyhounds. For years their home was open to the players and coaches to stop by and chat or share a meal.

The McCormick’s, known as the “Parents of Greyhounds Basketball,” were inducted, as charter members, into the Greyhound Hall of Fame in 1978.

Among Mabel McCormick’s numerous accomplishments and services to MACC, she and some friends were largely responsible for the college adopting the colors red and grey and the Greyhound as the mascot.

Quotes were contributed to the Greyhound Express from Chuck Embree. Mabel McCormick’s quotes first appeared in an article in the Nov. 9 issue of the Moberly Monitor Index.
While students take a break, student/athletes take on the competition...

Greyhounds and Lady Greyhounds compete in the Bone & Joint Clinic Classic, Nov. 23-24

Lady Greyhounds vs. Rend Lake Warriors
By Vince Smith
Express Staff

The Lady Hounds tacked on another victory onto their 9-0 winning streak last weekend during the Midwest Bone and Joint Classic invitational tournament matchup with the Rend Lake Warriors at the John-Fitzsimmons Arena Activity Center.

The Lady Hounds were down a starting player, Morgan Vetter, who is out with an ankle injury until sometime after Christmas. Replacing Vetter in the starting lineup is Kelsey Williams, Shenevian Holden, Marida Lewis, Britany Rowell, and Kenyada Brown.

The (Team) took the tip-off...? Each team started with a turnover. It was close in the first quarter, The Lady Hounds scoring 7 to the Warriors 6, but their game was soon underway after some major lead changes...(? Quote?)

The Lady’s got the jump in the second quarter going on a 11 point run with 12:29 left on the clock leaving the Lady Warriors behind to catch their breath at 18-6. With 8:00 left of the first half a Lady Warrior was taken out with a bloody nose. At halftime the game was pretty well won, after 9 turnovers, with the Lady Hounds at 41 and the Warriors at 14.

The third quarter started out much the same. After a brief timeout and some turnovers the Lady Hounds led the Warriors 56-24 with 12.33 left on the clock. The injured Lady Warrior was allowed back into the game during the fourth quarter with a score of 65-31.

The Lady Hounds ended the game victorious with 86-39.

The scoring roster was led by Michelle Wright with 21 points. Followed by Shanevian Holden 15 points, Kelsey Williams with 11 points, Alira Mohocic with 7 points, Kenyada Brown with 6 points. Marida Lewis, Britany Rowell and Alexis Newbolt each scored 5 points, Angel Woods and Teeria Vaughan with 4 points, Lizzie Nessling scored 3 points and Teeria Vaughan scored 4 of 4 from the free throw line.

Greyhounds

Freshman Trent Washington set the tone early with two 3-point plays in a hard-fought battle against the Howard College Hawks of Big Springs, TX during the Midwest Bone and Joint Classic at John-Fitzsimmons Arena on Saturday, Nov. 24. The Greyhounds entered the game with an 8-1 record. The Hawks took the floor undefeated and ranked 3rd nationally.

The Greyhounds took the early 6-0 lead and battled to the end.

The Hounds in red, the Hawks gray, ran the floor exchanging the lead throughout the first several minutes of the game. The Hawks scored on a layup bringing the score to 9-2 at the 17:30 mark. They led at the 15:05 mark 10-9. The Hounds replied with a 9-0 run only to be out maneuvered by a 9-0 run by the Hawks.

The score was tied at 11 when Washington sank a 3-pt shot. The Hounds led 15-12 with yet another 3-pt play by Washington at the 13:30 mark.

The Hounds trailed 29-24 with 4:30 left in the first half and closed by gap to one point after a Hamilton layup. As the first half neared an exciting end, T.J. White sank two free throws. With seconds left in the first half, Mike Anderson made a 3-pt play but the tough Hawks managed a last second shot as the buzzer sounded at the half.

Although the Hounds committed a detrimental nine turnovers in the first half, the rebounding was balanced. Neither team was in the bonus; team fouls were nearly even at six and five. The teams went into the locker rooms with the score at 43-33 in favor of the Hawks.

Zeke Williams sank the first two points in the 2nd half for the Hounds, and the Hounds continued to tighten the score with another two. The Hounds kept chipping away at the Hawks lead and were as close as six since the Hawks first took the lead at the 6:00 in the first half. But the Hawks never let the Hounds gain the advantage.

The Hounds, down 11 points by the 3:17 mark cut it to a 9-pt game when Mike Anderson shot for two and was fouled. He missed the second free but scored on his own rebound. Hamilton cut the lead to 8 when he was fouled and scored a +1.

The Hounds hit their free throws down the stretch but lost to the Hawks 85-76. The Hawks finished with an unblemished 9-0 on the year.

The Hounds are 9-2, with their only losses at the hands of the highly ranked Columbia College team early in the year and the Hawks. In a Kwix-Kres radio interview, head coach Pat Smith stated that the Hawks were by far the best team they have played, and they have played good teams. The Hawks deserve their #3 ranking.

Scoring for the Greyhounds was Trent Washington, 19; Mike Anderson, 18; Hamilton 14; Pearson 11; Williams 6; White 4; and Simmons and Jordan with 2 each. High scorers for the Hawks were Cameron Forte with 23, Phillip Miller with 26, and Jacob Thomas with 25.