

"Editor's Corner"

Editorial

Find Out For Yourself

The escalated interest in predicting the future has never before reached such an enormously widespread level, and with good reason. Never before have we lived in a time besieged with such huge futuristically problematic issues.

Two major groups of future predictors hold the two differing, generalized philosophies of today. They are the gloomers and doomers, and the overly optimistic. There opposing arguments probably took form a short time after creation, and they became louder with each passing day. The continued shouting of both sides at once is deafening. They appear to have quite a lot to say, but cannot be heard, because neither side can both listen and talk at the same time. So, the argument continues, while the casual, average citizen apprehends only the tiny fragmental pieces of a very large, broad, complex, pertinent, personal issue leaving no questions answered, but contributing to the confusion. The questions remain: Is the world really going to end, or does peace and prosperity really just linger around the corner?

Of course no single answer should resolve a persons question im-

mediately. We should ingest a multitude of information from any varying sources, on both sides before formulating an individual opinion. Reviewing the facts and combining them with your own insight are two necessary steps to answer this question.

The best source available for attaining information concerning the end of time, or beginning of time, depending on your specific belief is the Bible. The best source for evidence concerning peace and prosperity is the Bible. Matthew:24 describes both, and is a fundamental beginning point for someone searching for an unbiased presentation of both sides.

I challenge people to see what this says for themselves. To evaluate, analyze and conclude, relying totally on your own mind, instead of succumbing to the pressuring influence of all the "authorities on the subject."

It may or may not make a difference in your future, and if you don't see anything that validates a decision, you are no worse off than you were before you read this; except maybe a little more confused.

... Matt Cashion

Crime and Punishment - W.C.C.

by: Martin Joines

There are many choices of curriculums at Wilkes Community College, one of the most popular areas of study is the Criminal Justice program. In order to receive a degree in the criminal justice field at W.C.C., a student must successfully complete a two year program in the Criminal Justice department. After completing this course, an Associate of Arts and Science degree will have been earned.

A portion of the students that graduate from Wilkes Community College with a Criminal Justice degree go on to receive Basic Law Enforcement Training (BLET) and take a state test in order to become law enforcement officers. A high percentage of students graduating from W.C.C. with a Criminal Justice degree continue their education at a four year college. The Criminal Justice department has good transfer agreements with such schools as Appalachian State University and the University of North Carolina at Charlotte. Many former students at W.C.C. have earned Bachelors and Graduate degrees, including Law degrees and Masters degrees.

The students currently enrolled in the Criminal Justice program have an excellent opportunity to learn under the tutorage of Professors Steve Gambill and Wes Scroggs. Steve Gambill has received an Associate of Arts degree at W.C.C., a B.S. in Criminal Justice from A.S.U., and a Law degree from North Carolina Central University. Mr. Gambill has also received experience in the Ashe County Sheriff's Department and at the New River Mental Health Center as well as being a practicing Attorney. Wes Scroggs earned an Undergraduate degree from Lenoir Rhyne and also a Masters degree from Appalachian State University. Mr. Scroggs has also been active in law enforcement for approximately seven years, including work with the Wilkes County Sheriff Department and the Wilkesboro Police Department.

Mr. Scroggs and Mr. Gambill would like to stress that the Criminal Justice program is not just for those who wish to become involved with law enforcement. Criminal Justice has become a valid area of study for those interested in any

aspect of the Criminal Justice System including the courts, correction, probation, parole, social services, and mental health counseling.

Laugh and Be Well



1. If stress and negative emotions can suppress the immune system, why can laughter and feelings of trust and hope promote healing, even prolong life?
2. The experiment by David McClelland, Psychologist from Boston University indicated laughter brought about brief changes in the immune systems of his subjects. But no one knows whether brief immunological changes can exert lasting health benefits. The important thing these researchers suggest is an *enduring sense of humor*.
3. Laughing 100-200 times a day is equal to about 10 minutes of rowing. (William Fry, psychiatrist at Stanford Medical School)
4. Fry says enough laughter may reduce the risk of heart disease, depression, and other stress-related conditions.
5. Sabina White of University of California, Santa Barbara has studies the calming effect of laughter. Results: anyone can use relaxation techniques to reduce stress but humor is different. Using laughter to relax seems to be a learned skill.
6. When you laugh you let go of anxiety, fear, embarrassment, hostility, and anger.
7. Laughter gives people a better perspective on life.
8. Laughter heals hurt, releases tension.
9. Creativity and humor share a common root - the ability to see and appreciate the incongruities of life.
10. People who take themselves and their situation too seriously have trouble laughing.
11. Don't try to be funny - just enjoy life's inconsistencies.
12. Exercise your imagination - mental pictures and creating humorous situations in your mind.

In Search of St. Valentine's Day

Feeling Guilty?

On February 14, of this year, millions of us will once again be consumed in our St. Valentine's Day rituals without realizing the true historical significance of the holidays origin, its early customs, and the route it has taken, to evolve into its modern form which we all take for granted today. An evaluation is in order.

Most all historical evidence contends that not one, but two St. Valentines are responsible for having this holiday named after them. One was a priest living in Rome, the other a bishop living sixty miles away at Interamna. They were both martyrs belonging to the early Roman Church who apparently lost their heads on the same day (February 14).

Identity Crisis

Some historians believe that only one Valentine lived. Some believe that only one lived, but was confused to be two, since he travelled and was well known in both cities. Some believe Valentine(s) never existed. Some believe he (they) existed, but made no contribution to the development of what we now know to be "Valentine's Day." Some believe he's (they) a (are) mythological God(s) seeked upon to induce fertility. Some believe St. Valentine to be the little short, fat winged guy that shoots the arrows. (Valentine was tall and slim.) In any case stories have endured to indicate a logical connection between the saints and their holiday.

Alleged Contributions

Around the A.D. 200's, the Roman Emperor Cladius II imposed a law forbidding young men to marry. He realized that once a soldier gave himself to a wife, it made him soft, weak, compassionate, and full of love. This he thought would ruin his army. Well, the priestly Valentine secretly married all the young couples, providing the first link to the holiday as well as the 'Fall and Decline of the Roman Empire.'

The other Valentine, who was very popular among the children, was imprisoned for failing to worship Roman Gods. The children, having missed him began to slip notes of encouragement through the cell window. Valentine was tried, judged by the jury and executed, via Roman legal system. Here we have the first connection of message sending with courting.

But Did It Work?

Around the 16th century many women across Europe would get up before sunrise, stand at their window, and wait for the first man to pass. This man would supposedly ask for the lady's hand in marriage within one year. Single women practiced this for years.

In the 17th century an innovative breakthrough was discovered: Transformation of subconscious elements into reality. A woman would pin five bay leaves to her pillow to induce a type of magical charm while sleeping. If successful, her dreams would hold the images of her future husband. She would then awaken, find her husband, and partake in her long-awaited dream-wedding.

The men used more conventional methods, such as drawing names from jars. The woman picked would be the recipient of unwavering adoration.

Gift giving came to be accepted as the customary tradition of St. Valentine's Day. Most gifts were candy, flowers or a poetic verse for that 'special one.' The later popularized, and standardized cards were eventually invented, and has now become a flourishing enterprise for Hallmark, among others.

Feeling Better?

Hopefully this small amount of information has aided to alleviate the suppressed guilt for celebrating St. Valentine's Day without giving regard to its history. Just think of the terrible mess the world would be in today if we didn't give sufficient regard to the history of Christmas Day.

... Matt Cashion

From the Newspaper's Advisor

Choose Wisely

A recent graduate, eager to find a comfortable niche in the world, investigated a number of different career opportunities. The graduate wanted to make the best choice, realizing that one spends almost a third of one's life working.

With that in mind, the graduate asked these professionals what they liked best about their jobs. This is how they answered:

Teacher - "One of my greatest satisfactions is preparing young people to learn how to make a good living and how to make a good life."

Lawyer - "My greatest kick is proving why my client is innocent of some crime."

Carpenter - "There's nothing like helping build houses for families to live in. Help build stores and churches, too."

Doctor - "Best thing I like is curing my patients and seeing them smile when they're healthy."

Baker - "There's nothing like the smell of fresh bread. Wouldn't give that up for anything."

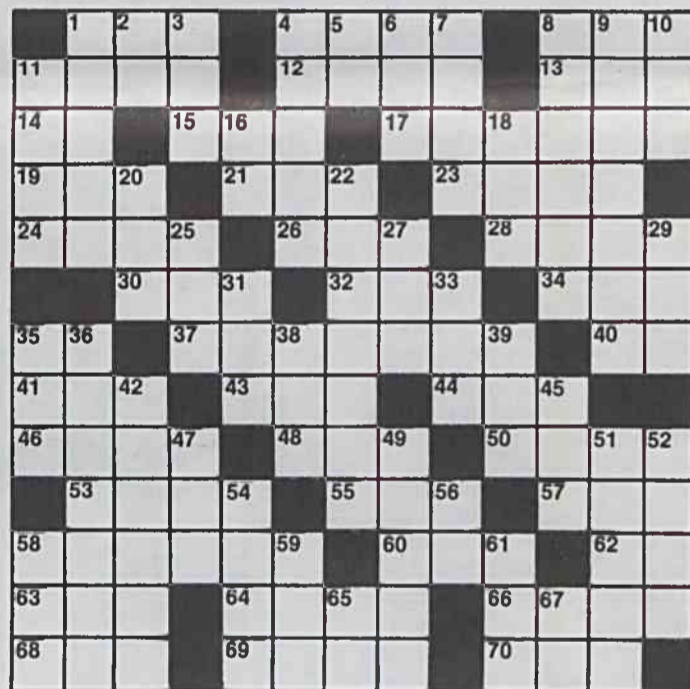
Actor - "Hard work though it is, my greatest joy is breathing life into a character, making him real."

Salesperson - "Just plain service. I like people, you see; and when I sell a customer that just-right suit, he or she appreciates it as much as I do."

There were others with whom the recent graduate spoke and each liked a different something best about their individual jobs.

The graduate, then, had only to decide which career suited best. With adequate preparation, the graduate could then choose wisely.

Crossword Companion



ACROSS

1. Able
4. Pop
8. Ocean
11. Lady
12. Former Russian Emperor
13. Small bug
14. Article
15. 7th Greek Letter
17. Elater
19. Make tatting
21. Old
23. Hymn
24. Expression of sorrow
26. Dine
28. Mistakes
30. Scar
32. 17th Greek Letter
34. Self
35. Atop
37. Tongue
40. Prefix meaning in
41. Sack
43. Done
44. Haul
46. Tehran is the capital
48. Gang
50. Substance
53. Iran's monetary unit
55. Angry
57. Peak
58. Park police
60. Help!
62. Exist
63. N. American Indian
64. Bright star
66. Aid
68. Ever (Poetic)
69. Freshwater duck
70. Each

DOWN

1. Water channel
2. Form of be
3. Born
4. Old
5. Bone
6. Bit
7. Region
8. Irony
9. Grow
10. Eat (p.t.)
11. Information
16. At
18. Before (Poetic)
20. Cap
22. Territory of an earl
25. Unhappy
27. Article
29. Father's boy
31. Free
33. Fall month (abbr.)
35. Sash
36. Tell
38. Focus
39. Clothes
42. Type of dive
45. Sage
47. Gripe
49. Lowest
51. Serious
52. Allowance
54. Season of fasting
56. Achieve
58. Woe
59. Fish eggs
61. Sucker
65. Eastern State (abbr.)
67. Exist

Answers on page three