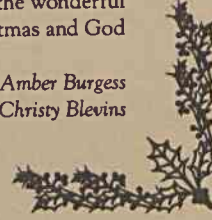


The signs are all here: displays in department store windows are showing elves playing peek-a-boo behind lavishly wrapped gift boxes; kiddies are forming long lines in order to whisper their heart's desires in Santa's ear; and lights of red, green, and gold are adorning most people's homes. Yes, we would have to say it's beginning to look a lot like Christmas. This is supposed to be a joyous season but sometimes this, along with what the true meaning of Christmas is, can be forgotten as we rush from store to store looking for the perfect gift. Giving presents and trimming trees are great ways to celebrate Christmas, just as long as we keep in mind the reason for our celebration--the birth of Christ.

All of us on the "Cougars Cry" staff would like to wish everyone here at Wilkes Community College a very Merry Christmas and a Happy New Year! Working for this newspaper all this year has been a very rewarding experience, and we would like to thank all of our readers for the wonderful support we have gotten thus far. Merry Christmas and God bless!

-Amber Burgess  
-Christy Blevins



## Wellness Fair Coming to WCC

Wilkes Community College will hold its annual wellness fair on Tuesday, January 23, 1996 from 12:00 pm to 1:00 pm in the Commons Area of Thompson Hall. This year's theme is FITNESS FOR THE FUTURE. Representatives from various service organizations will distribute free materials on fitness, nutrition, and other wellness issues. The event is open to all students and college employees. Stop by, browse, and get some refreshments at the wellness fair.

## Shoebox Drive Successful

Thanks goes out to everyone who participated in the Operation Christmas Child campaign. Because of your donations, Alpha Kappa Omega was able to deliver forty-six shoe boxes filled with toys, clothes, books and candy to Samaritan's Purse ministries in Boone on November 16, 1995. These boxes will be given to Bosnian children who really have very little to call their own. Everyone who helped, whether it was by giving money, bringing donations, or taking the time to wrap boxes, should feel good inside knowing that they helped to bring a smile to some child's face this Christmas. Donations and gifts to send the filled boxes amounted to \$230.00. The chapter expresses thanks to all that participated.

## Why We Lose Jobs

There are three students in my classes who have lost their jobs because of imports. The students I speak of, Hal, Don, and Michael, are very fortunate because they are continuing their education. They had the misfortune of losing their jobs, but they have been blessed with an educational opportunity to build a stronger foundation for their future.

Where did their jobs go? I read an article in the November 1995 issue of *Awake!* entitled "So Many Live and Die in Crushing Poverty!" and I believe that I had located my classmates jobs. A young Asian girl named Yati works in a factory sewing leather and lace for shoes. Yati works 250 hours a month - that is 62.5 hours a week and she earns a grand total of \$80 a month. She is forced to live with two other people in a 10-by-12 foot shack with no furniture whatsoever. Yati sleeps on a mud and tile floor in the fetal position. She is malnourished as most of her people are.

The company that Yati works for sell their shoes in the United States for more than \$60 a pair. Yati and other employees who helped make that shoe were paid approximately \$1.40.

Our great nation supports the grandeur of the United States and the indignities of other countries. "It is a price the companies are willing to pay for their greed. So as the profits mount, so do the heartbreaking casualty figures" (p. 3). We lose our jobs at an alarming rate and Asians lose their lives in an appalling manner.

Who is to blame?

-Christine Boulton

## Attention Financial Aid Students! 1995-1996 Calendar

Dec. 18	Monday	Federal Pell Grant Payment Date Federal NCSIG Payment Date
Dec. 21	Thursday	Federal Work Study Payment Date
Dec. 21- Jan. 1		NO CLASSES!
Jan. 2	Tuesday	1996-1997 Federal Student Aid Applications and 1996-1997 WCC Scholarship Applications Available
Jan. 19	Friday	Federal SEOG Payment Date
Jan. 31	Wednesday	Federal Work Study Payment Date
Feb. 2	Friday	Last Day to withdraw from a class Last Day to apply for a Winter Quarter Loan
Feb. 6	Tuesday	No Classes--Spring Quarter Registration and Advisement Day
Feb. 6-9	Tues.-Fri.	Early Registration for Spring Quarter
Feb. 23	Friday	Last Day of Classes Winter Quarter Last Payment Date for Federal Pell Grant, SEOG, NCSIG, Loans and Scholarships, Winter Quarter

## The New Generation

Cerebrovascular accident or stroke is the primary neurologic problem in the United States and in the world. It is also the third ranking cause of death.

Having a stroke is an after effect of one of the following events: a blood clot within a blood vessel of the neck or brain, a clot or foreign material carried to the brain, or a rupture of a cerebral blood vessel causing bleeding into the brain tissues. Any of the above can cause an interruption in the blood supply to the brain and cause temporary or permanent loss of movement, sensation, memory, speech, or thought process.

Myocardial Infarction or heart attack is another increasing problem in our country. Myocardial Infarction refers to myocardial tissue that is destroyed in regions of the heart by being deprived of adequate blood supply due to decreased coronary blood flow. The reduction of blood flow is either from a narrowing of a coronary artery or a complete occlusion of an artery. In the United States, well over a million heart attacks occur annually.

The best way to prevent a stroke or heart attack is knowledge. Knowing the risks and taking steps to alter the factors that predispose a person to having a stroke or heart attack may save a person from having an early, untimely death or permanent lifetime disability.

Although there are certain causes of a stroke and or a heart attack that a person can't change, such as age or gender (Heart attacks are seen more in males over forty years of age). A big risk factor that one can change is in his or her diet. A person can make a big difference by controlling his or her blood pressure and cholesterol by decreasing fat intake.

A few months ago while working, a conversation was about how we usually see strokes and heart attacks in the elderly patients. We are now seeing twenty-, thirty-, and forty-year old patients with heart attacks and symptoms of strokes. A doctor sitting at the desk commented, "This is the beginning of the McDonald generation." After thinking about it, I realized what he meant. The age groups that we are seeing have such an increase in cardiovascular disease and strokes are age groups that grew up during the time fast food restaurants moved into our country.

If this is the beginning of the McDonald Generation, I encourage you to think of the end results and what we are doing to our children and the future generations. It's fast and it's quick. It only takes a minute. If you have to choose food, ask for a nutrition guide and choose healthy. Remember, knowledge and the use of it is your best tool to a long, healthy, and happy life.

-Pamela Rhoades