

Fighting obesity

Christian Keitt and J.C. Derrick
Editors

By all accounts, Americans are becoming overweight in record numbers. Countless people are waging the "battle of the bulge," with 66 percent of the population either overweight or obese, according to the Centers for Disease Control and Prevention.

Being overweight is just as prevalent on the local level as it is nationally.

"It's getting worse," said Derrick Adams, assistant manager and wellness director at the Parks Fitness Center. "Students come in -- even in our exercise and fitness classes -- they come in wearing jeans and put together a haphazard workout."

Though "overweight" and "obese" are both synonymous with an unhealthy lifestyle, the two terms have different meanings. Overweight is defined as a body mass index (BMI) of 25-29; obesity is defined as a BMI of 30 or greater. BMI is calculated from a person's weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems.

Obesity not only wreaks havoc on one's self-esteem, it's also a major risk factor for cardiovascular disease, certain types of cancer, Type 2 diabetes, hypertension (high blood pressure), liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis and gynecological problems (abnormal menses and infertility). Some health issues are more common in the East Texas area, according to Adams.

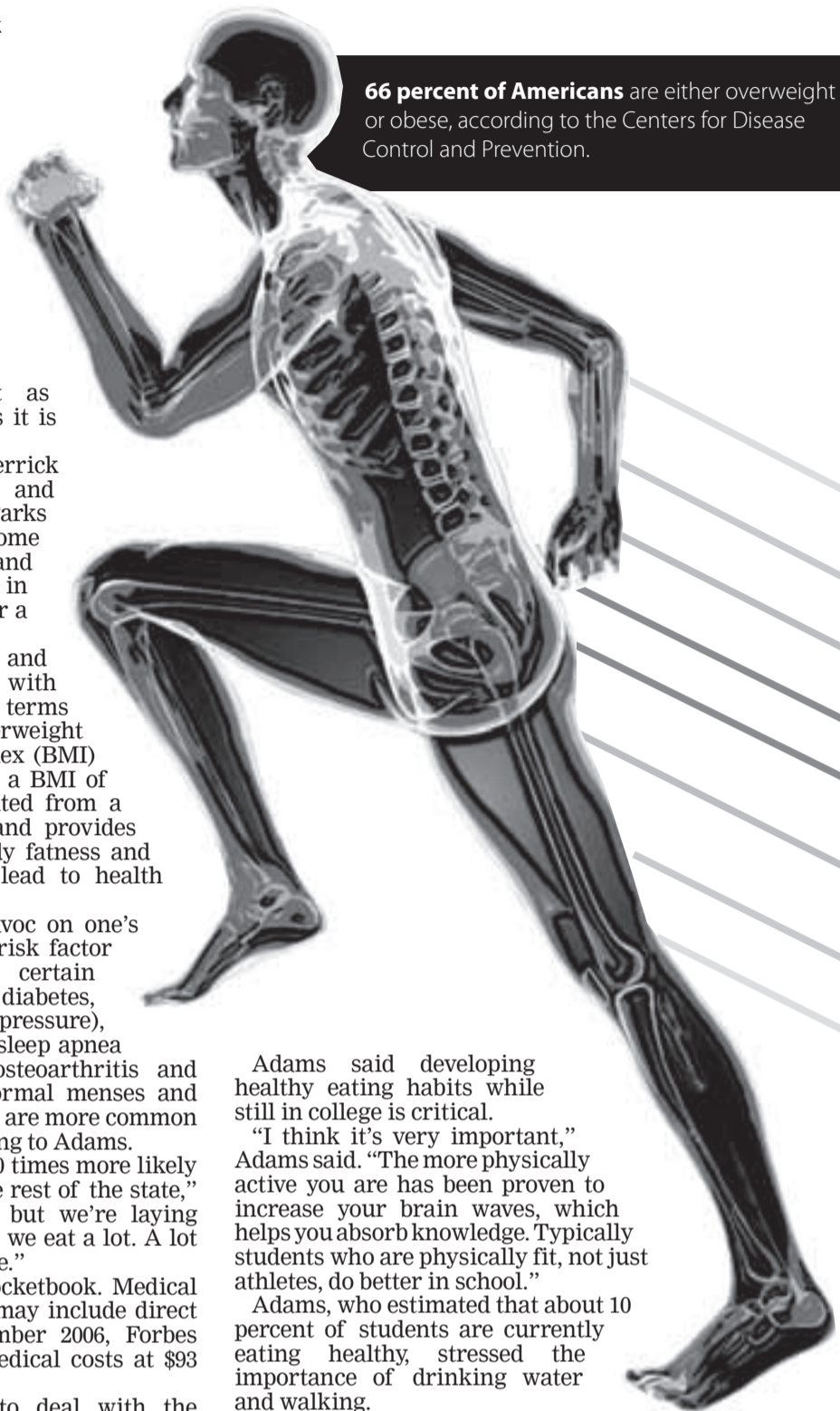
"People in East Texans are 10 times more likely to have a heart attack than the rest of the state," Adams said. "We're outside, but we're laying around, cooking barbecue and we eat a lot. A lot of it has to do with our heritage."

Obesity also affects one's pocketbook. Medical costs associated with obesity may include direct and indirect costs. In November 2006, Forbes magazine calculated direct medical costs at \$93 billion.

Employers lack incentive to deal with the expanding waistlines of their workers because the average employee only stays at a job for four and a half years, and it actually takes much longer for health problems due to being overweight to emerge. Unless a company holds onto its employees for decades and gives them good health benefits, it won't reap the benefits of helping employees lose weight.

"If all, if not most, of corporate America will take hold to wellness programs offered on site for their employees, I believe the obesity epidemic will decrease tremendously," said Temeka Jeter, employer relations specialist at Good Shepherd Medical Center in Longview.

66 percent of Americans are either overweight or obese, according to the Centers for Disease Control and Prevention.



Adams said developing healthy eating habits while still in college is critical.

"I think it's very important," Adams said. "The more physically active you are has been proven to increase your brain waves, which helps you absorb knowledge. Typically students who are physically fit, not just athletes, do better in school."

Adams, who estimated that about 10 percent of students are currently eating healthy, stressed the importance of drinking water and walking.

Many students find their schedules overloaded and opt for the quick fix for food.

"My schedule is very busy most of the time," said Isabelle Ichoueffe, Austin sophomore. "Most of the time I'm in class or studying in the library, so when I'm hungry I usually grab something to eat at a fast food joint like Whataburger or Chicken Express."

Mario Schill, Kilgore sophomore, said maintaining a healthy body is too important to ignore.

"Eating healthy is important for a successful and active lifestyle, not only physically but also mentally."

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Career Services

Free job fair to assist job-hunting students

*Event scheduled
April 1 in the Devall
Student Center*

Kelley Shorette
Page editor

At a time when jobs are being cut and departments downsized, KC is helping out by bringing the prospective employers to its students.

KC's annual Spring Job Fair is slated 1 to 3 p.m. Wednesday, April 1, in the Ballroom at Devall Student Center.

The event is free; no pre-registration is required.

According to Patty Bell, career services and job placement coordinator, 25 to 30 companies are expected to attend.

These include businesses from the manufacturing, banking, retail and service fields, among others.

A complete list of the companies registered for the fair is available at collegecentral.com/kcjobfair.

The Web site also has company profiles, and advice on how to get the most out of the job fair.

Ebony Dennis, administrative assistant, urges students to use that list to learn more about the businesses they may

be interested in. Dennis says the career fair is not so much a time for student questions as it is queries from employers.

She stresses the importance of being prepared.

"This is not a time to say 'tell me more about your company,'" Dennis said. "Students should already know about the companies they're interested in."

Bell agrees that preparation is the key to doing well.

She recommends that students come to the job placement office for help with their resume and interview tips.

"They (students) will need to bring many copies of their resume with them to the job fair," Bell said.

"They will also need to be dressed professionally and be prepared to fill out applications. They also need to be prepared to be interviewed."

Students should call 903-983-8678 to make an appointment for help with preparation; they can also contact the office by going to jobplacement@kilgore.edu

The job placement office is located in Rooms 111 and 112 of the Student Support Center.

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Admissions

Preview Day opens KC to prospective students

*Program to provide
enrollment information,
meeting with instructors*

Nastashia Stokes
Staff Writer

KC will be hosting its second Ranger Preview Day Saturday, April 4. Preview Day gives prospective students and their families the opportunity to view what Kilgore College has to offer.

Participants will receive step-by-step information about the enrollment process and also meet with instructors of the majors they are interested in.

"Ranger Preview Day is an excellent way for prospective high school students, both junior and seniors and their parents, to become familiar with Kilgore College. It is a wonderful opportunity for them to experience our campus and become acquainted with our programs and services," said Eloise Ashley,

associate director of admissions.

Workshops will be given on admissions, financial aid and housing. Students will also have the opportunity to explore campus organizations and academic departments during an academic and activities fair. Several departments will be having an open house.

KC Ambassadors will be leading tours of the campus and residence halls throughout the afternoon.

Each participant will receive a free KC T-shirt as well as a 15 percent discount from the bookstore for items purchased on that day.

Prospective students may register for Preview Day online at [www/kilgore.edu/previewday](http://www.kilgore.edu/previewday).asp or send an e-mail to recruitmentservices@kilgore.edu

For more information, contact Ashley at 903-983-9198.

stoknast2056@go.kilgore.edu

Early Registration

Students encouraged to meet with counselors

*Meetings to help
students prepare for
early registration*

Taylor Cammack
Co-executive editor

In order to make the registration process more efficient, students are being encouraged to schedule meetings with counselors or faculty advisers before early registration begins.

Early registration for summer and fall semesters for current and returning students begins Monday, April 13.

"What were wanting to do is have people come

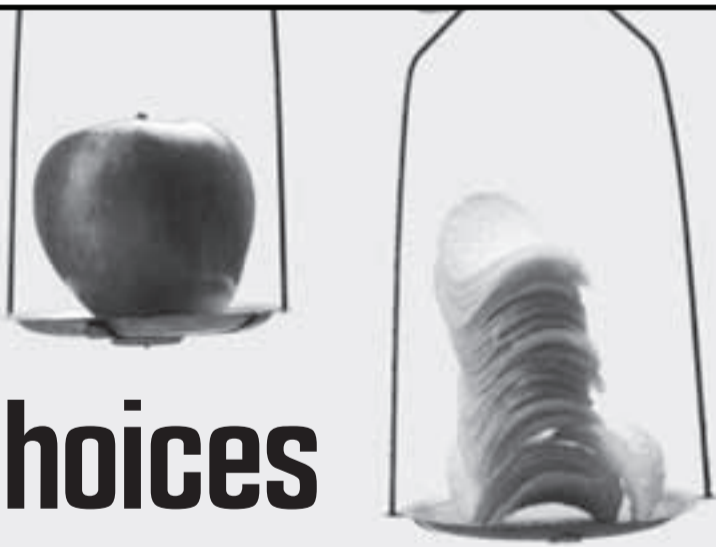
by the counseling office, if they have questions about transferring, about what courses they have to take; anything that would facilitate their registering themselves starting on April 13," said Dr. Mike Turpin, dean of institutional planning.

Students who have not yet completed developmental requirements must register with a counselor or a faculty adviser.

However, students who have completed all developmental requirements by April 13, are encouraged to register online.

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Making healthy lifestyle choices



In today's fast-paced society, developing healthy eating habits has become increasingly difficult.

Conversely, whether you are working full-time at school, a job or both, eating junk food takes no special effort. It's typically cheaper, too.

The biggest hurdle to achieving a healthy lifestyle is planning. To that end, The Flare has assembled some quick tips for healthy living to help our readers fight "the battle of the bulge" effectively.

TOP 5 REASONS TO WALK

1. Improves physical fitness
2. Strengthens your heart
3. Helps alleviate symptoms of depression.
4. Reduces risk of Type 2 diabetes and breast and colon cancer.
5. It's good for your brain and bones.

TOP 3 SHOPPING TIPS

1. Don't go to the grocery store hungry!
2. Don't shop during peak times. (5 to 7 p.m.)
3. Don't shop without a plan of attack. Make a list of what you need and visualize where it is so you can get it and get out.

TOP 5 TIPS FOR HEALTHY EATING

1. Plan your meals
2. Be accountable with someone
3. Learn to read labels and know what they mean
4. Find healthy substitute for the unhealthy foods in your diet
5. Controlled portions

TOP 5 NUMBERS TO KNOW

1. Weight
2. Body fat percentage
3. Blood pressure
4. Cholesterol (HDL and LDL)
5. Blood sugar/glucose levels

KC Calendar

March 27- April 3

Friday, March 27

• **NTCCC Clara program** 8 a.m. - 4 p.m. Devall Student Center Ballroom

Sunday, March 29

• **Pool party** 2 p.m. - 4 p.m. Parks Fitness Center pool

Monday, March 30

• **Theatre dept. presents "Wait Until Dark"**
7:30 p.m. Van Cliburn Auditorium

Tuesday, March 31

• **"Wait Until Dark"**
7:30 p.m. Van Cliburn Auditorium

Wednesday, April 1

• **KC job fair** 1 p.m. - 3 p.m. DSC Ballroom
• **KC Fire Academy graduation** 6:30 p.m. Woodruff Adult Education Center
• **"Wait Until Dark"** 7:30 p.m. Van Cliburn Auditorium

Thursday, April 2

• **UT Tyler - Longview visiting recruiter** 9 a.m. - noon DSC
• **"Wait Until Dark"** 7:30 p.m. Van Cliburn Auditorium

Friday, April 3

• **"Wait Until Dark"** 7:30 p.m. Van Cliburn Auditorium
• **Next issue of THE FLARE**

POLICE BEAT

6 - Assists of other law enforcement
6 - Doors unlocked
5 - Jump starts
12 - Vehicles unlocked
1 - Burglary of habitation
1 - Assault (unfounded)
2 - Possession of drug paraphernalia
1 - Public intoxication and criminal trespass
1 - criminal mischief

-Jacob Minze

FACE IN THE CROWD



Mercedes Sepaugh/THE FLARE

Hometown: Big Sandy
Classification: Sophomore
Major: Retail Management

MEGAN FORE

Favorite television show... "George Lopez"

Favorite Web site... mediatakeout.com

If I could change one thing about myself, it would be... holding grudges so long, it's a disgusting habit

If I could travel through time, I would go to... the 70s. It just seems as if it was so much fun and I would love for the afro to be in style so I could say goodbye to my flatiron

My hidden talent is... I can write poetry

Right now, I would rather be... on a beach with no worries.

If I could have one superpower, it would be... reading people's minds

If I could attend any university, it would be... the University of Texas at Austin

One book I would recommend for everyone is... *To Kill A Mockingbird*

Name something people would be surprised to know about you... I collect all of the teddy bears I have ever been given and even take them on Spring Break with me.

TSF summer workshop offered

Bridget Ortigo
Staff Writer

The Texas Shakespeare Festival is offering summer acting workshops the weeks of July 11-19 and July 25 - Aug. 2.

The workshops are open to all sophomore and above high school theatre students.

Professional actors are in charge of the workshops which will feature modern and classical plays. The classes run from 8:30 a.m. to 5:30 p.m. every day and include instruction

on scene work, audition monologues, voice and speech, stage combat, musical theatre and work on five professional productions.

The TSF workshops are sponsored by the Texas



Commission on the Arts. Cost is \$500 which includes tuition, room and board, as well as tickets to five TSF shows. For those unable to make a one-time payment for tuition, an installment plan is available with a \$100 non-refundable deposit.

Applications can be downloaded at www.texasshakespeare.com/workshop.htm, or obtained by calling 903-983-8117.

Applications are due by June 13.

ortibrid2314@go.kilgore.edu

TRIO gears up for food, clothing drive

Payton Spencer
Staff Writer

KC TRIO Club will be sponsoring a clothing drive Tuesday, March 31, and Wednesday, April 1, in Lee Mall between the Watson Library and the Ivan Liberal Arts building.

TRIO is accepting new to slightly used clothing which will be donated

to the Crisis Center of Kilgore.

"Our goal is to help anyone in need of clothes, toys and everything; it's not just a clothing drive," said Rhonda McTyre, TRIO officer. "We want to help others so they can help themselves."

TRIO will also be selling popcorn and drinks during the two-day event to raise money for its

own benefit while also collecting items for the crisis center.

McTyre said the idea to combine the fundraiser and community project came from secretary Courtney Parker.

For more information, contact McTyre at 903-742-1566 or call the TRIO Office at 903-988-7592

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Wednesday's Rangerette Revels free for students with ticket

Christian Keitt
Assistant Editor

Tickets for Rangerette Revels are on sale for \$20, but students may attend the Wednesday night performance free. Students must have a ticket in order to be admitted.

Student tickets may be picked up through April 15 at the Revels Box Office downstairs in the Rangerette Gym at the south entrance or at the box office in Dodson Auditorium on the Wednesday evening prior to the show.

Revels is set for April 15-18, with shows starting at

7:30 p.m. The KC Jazz Band will open the show with several musical selections at 7 p.m.

A matinee performance will also be held at 1:30 p.m. Saturday, April 18, with the jazz band opening at 1 p.m. All performances will be in Dodson Auditorium.

The theme for this year is "Revels on the Runway," showcasing fashion throughout the decades.

Box office hours are 8 a.m. - 4 p.m. Monday through Friday.

Tickets may also be purchased by telephone (with a credit card) by calling 903-983-8179.

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Students' work on exhibit

Jacob Minze
Staff Writer

More than 100 pieces of art will be featured in the Turk Fine Arts Center for the final student art exhibit of the year.

Students from sculpture, photography, painting, drawing, Design 1-2 and graphic design will be displaying their best

work from the fall and spring semesters.

"We've all worked hard all year on our projects that reveal our imagination to the public," said Tony Gomez, Longview freshman, "and we're all very excited about it."

The exhibit will be presented through May 1.

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Annual piano festival slated April 4

Ashley Austin
Staff Writer

The 16th annual David Karp Piano Festival will be held Saturday, April 4, in the Turk Fine Arts Center. Auditions are scheduled from 8 a.m.-1:30 p.m. with a final recital at 2 p.m. in Van Cliburn Auditorium.

The annual event was established in 1993 in honor of Dr. David Karp, a nationally renowned pianist, composer, educator, lecturer and author.

Karp, who is currently a professor of music and director of the National Piano Teachers Institute

at the Meadows School of Arts, will serve as a judge for the festival. He also teaches courses in piano performance, composition, theory and aural skills, improvisation and class piano techniques for the college teacher at Southern Methodist University in Dallas. Karp's former students teach and perform at college campuses throughout the United States.

Each year more than 200 area high school students come to KC to perform and be judged on Karp compositions.

Students may enter in one

of four soloist divisions as well as one duet division. Required solo pieces are performed for judges from memory. After performing, each student receives an adjudication sheet with a rating and a ribbon. Finalists from these performances are selected to perform in the final recital Saturday afternoon.

At the recital, Karp will award trophies to the first, second and third place winners in each division. After the recital, Karp will be available to autograph music for students and spectators.

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Rick Gray/THE FLARE

Danny Freeman and Cassie Bennet rehearse the upcoming play "Wait Until Dark." The production runs March 30 through April 3, beginning 7:30 nightly in Van Cliburn Auditorium.

COFFEE



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Featuring:

Noisy Kang Fu



Services held for employee

Christian Keitt
Assistant Editor

Frieda Green, a front desk worker at the Gussie Nell Davis Rangerette Residence, died Saturday, March 21, following complications from heart surgery.

Funeral services were held Wednesday afternoon at Rader Funeral Home in Longview, followed by interment at Rosewood Park Cemetery.

Green worked at the residence hall almost three years.

"She worked a lot in the afternoon, and she was always there to greet the girls when they came back from practice," said Erin Oian, residence manager.

Green was born April 18, 1940, in Jacksonville. She was a member of Spring Hill Baptist Church in Longview.

"She will definitely be missed," Oian said.

Green is survived by a son, Les, and daughter, Teresa, along with nine grandchildren and one great-grandchild. Green was preceded in death by her husband, Edward.

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Steve-o Tant (drums)

Eric G. (bass)

Tony "Maniac" Addie (backup vocals)

www.NoisyKungFuOnline.com

www.myspace.com/noisykungfu

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Saturday, March 14 at 9 a.m. - 3:30 p.m.

Saturday, March 28 at 9 a.m. - 3:30 p.m.

Sunday, March 29 at Noon - 6:30 p.m.

Classes cost **\$25 &**

Lunch is served!

Walk-ins are welcome!

Instructors are Britt Davis

& Lane Brown

Classes will be held at the Tri-C:

803 Nolen Street

For more information call

903-984-3700 or 903-812-9090

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Room 120 SS Building

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Hurry! Applications Due Back by April 9th



Defensive driving set Saturday

Tiffany Moore
Staff Writer

The Tri-C is offering defensive driving classes this weekend for students and members of the community.

Classes are scheduled from 9 a.m. to 3:30 p.m. Saturday and noon to 6:30 p.m. Sunday at the Tri-C, 803 Nolen St.

"The defensive driving school will be a real positive opportunity for

students and others in the community to come in and take advantage of discounts on their insurance," said Britt Davis, Tri-C director. "Those who may have been unfortunate to be ticketed can have that dismissed in the comfort of the [KC] campus."

A \$25 fee is required and up to 30 students may be enrolled for each class. The course is six hours, and a free meal will be provided.

If removing a ticket, permission from the judge

is required. To earn credit to reduce insurance, participants will have to stay the full six hours of the course and pass a 25-question test to receive the certificate.

"The six-hour course is very interesting," Davis said. "It is state approved, but we have great extras that make it more interesting."

For more information, contact Davis at 903-812-9090.

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Spring Break across the pond



Carolyn Fox-Hearne/Special to THE FLARE

Some KC students got a glimpse of Europe during Spring Break, with theatre and art students taking separate eight-day tours.

Art students led by Carolyn Fox-Hearne take a tour of the Colosseum in Rome. (From left) Tracey Markl and Amanda Edwards take a photo.



Kathy Barber/Special to THE FLARE

Theatre students led by instructor Kathy Barber stop in front of Buckingham Palace in London for a group photo. (From left) Stacey Guillen, Drew Smith, Paul O'Connor (tour guide), Rebecca Stiewe, Chris Dawson, Breanna Herriage, Jeremy Crumpton and Cassie Bennett

hungry?



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BUSINESS



TEACHER EDUCATION



ENGINEERING



Lady Rangers fall in Championship

Ryan Griffin
Sports Editor

TYLER – With a berth in the national tournament in Kansas on the line, the Lady Rangers fell short Monday, March 9, against No. 23 Trinity Valley Community College, 58-46, in the Region XIV Championship Game at the University of Texas at Tyler's Herrington Patriot Center.

Much like the final regular season contest between the two teams, TVCC raced out to a double-digit advantage, 23-8, midway through the first half.

KC got as close as eight points with four minutes to go in the

half, but the Lady Cardinals took a 14-point lead into halftime, 38-24.

Trailing 18 points with eight minutes remaining in the game, the Lady Rangers mounted a 10-0 run over the next four minutes to pull within eight points, 50-42.

However, KC could not pull any closer, and the 2009 campaign came to a close.

The Lady Rangers played in the championship for the first time since 1997. TVCC beat KC then as well, 87-77.

One bright spot on the game for the Lady Rangers was the rebounding category. KC out rebounded TVCC, 50-30. Five

players grabbed at least five rebounds.

As a team, the Lady Rangers shot just five free throws the entire game, all coming in the second half.

Denetra Kellum recorded a double-double in her final game as a Lady Ranger, scoring a team-high 15 points and grabbing 10 rebounds. Freshman Danyell Oliver tallied 10 points.

The tournament's Most Valuable Player, and LSU-signee, Jasmine Nelson scored 16 of her 18 points in the first half for TVCC, shooting 8-8 from the field.

Following the game, Kellum and Oliver were honored as Region XIV All-Conference and All-Region selections. Sophomore Ashley Ferrell earned All-Conference Honorable Mention. Lady Ranger head coach Roy Thomas was also awarded Co-Coach of the Year with Jacksonville College's Lynn Nabi.

Kellum and Oliver also placed on the Region XIV Basketball Championships All-Tournament Team.

Kellum averaged 20 points and nine rebounds in three tournament games, while Oliver averaged 17 points per game.

The Lady Rangers finished the season with a 23-7 record and won nine of the final 11 games.

KC beat every team in Region XIV at least once this season. Returning freshmen for the 2009-2010 season are: Ashley Baumgaertel, Franklin, Raven Jenkins, Oliver, Jamie Whitfield, Jennifer Varmall and Camille Voitot.



Rick Gray/THE FLARE

Danyell Oliver drives to the hoop during KC's quarterfinal, double-overtime win over Blinn College. Oliver joined Kellum as an All-Region, All-Conference and All-Tournament selection.



Rick Gray/THE FLARE

Denetra Kellum shoots a layup during KC's semi-final win over Angelina College. Kellum was awarded All-Region, All-Conference and All-Tournament following the championship game loss to Trinity Valley.

Sunday, March 8: Semi-final KC 83, Angelina 70

Implementing a fierce full-court pressure defense, KC used a strong second half to eliminate Angelina College, 83-70.

Danyell Oliver and Denetra Kellum once again lit up the scoreboard together, combining for 56 points. Oliver scored a game-high 30 points, including four 3-pointers. Kellum totaled 26 points, grabbed nine rebounds and made 10 of 13 free throws.

KC weathered a second-half comeback attempt by Angelina that brought the Lady Runners to within five points. Trailing by 17 points, 68-51, with six minutes

remaining, Angelina went on a 13-1 run over the next three minutes to narrow KC's lead to 69-64.

Following a timeout, the Lady Rangers scored seven consecutive points in one minute to extend their lead beyond Angelina's reach.

Angelina scored the first bucket of the second half to take a one point lead, 36-35. Then KC reeled off 10-4 run to take the lead for good.

Friday, March 6: Quarterfinal KC 68, Blinn 59 (2 OT)

Denetra Kellum converted

two crucial free throws with 36 seconds left in the first overtime to send the game to another extra session. KC maintained control from that point on.

Danyell Oliver and Elise Kea each hit 3-pointers in the second overtime, and Raven Jenkins scored two layups as the Lady Rangers out scored Blinn, 14-5, in the final overtime period to advance to the semi-final round.

Kellum scored a team-high 19 points and pulled down nine rebounds. Oliver and Kea scored 11 points each.

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MEN REACH TOURNEY; FIRST TIME SINCE '06

Ryan Griffin
Sports Editor

TYLER – The Rangers' appearance in the 2009 Region XIV Basketball Championships was

short lived, but it was an accomplishment nonetheless.

First-year head coach Brian Hoberecht guided KC to the postseason for the first time since the

2005-06 season.

KC (10-21, 5-15) lost to the fifth-seeded, eventual champion Navarro College Bulldogs, 80-61, on Thursday, March 5, at the University of Texas at Tyler's Herrington Patriot Center, thus eliminating the Rangers from the postseason.

The Rangers fell behind by 12 points with five minutes remaining in the first half but used an 11-4 run to keep things competitive.

Taking advantage of shooting 100 percent (11-11) from the free throw line in the first half, KC headed to halftime down seven points, 36-29.

Navarro scored the first eight points of the second half to bury the Rangers in a deep hole, and the Bulldogs maintained a double-digit lead throughout the remainder of the game to seal the victory.

Navarro out rebounded KC 43-27, including grabbing 21 offensive rebounds. The Bulldogs advance to play Jacksonville College 3 p.m. Saturday.

La'Marshall Corbett and Chris Johnson shared lead scoring honors for KC with 16 points each. Javon Moses grabbed a team-high 11 rebounds.

Seven sophomores played their final games as Rangers: James Graham, Troy Cage, Sage Malone, Corbett, Moses, Dwayne Soders and Paulo DaCruz.



Rick Gray/THE FLARE

La'Marshall Corbett attempts a layup during the Rangers' first-round loss to eventual champion Navarro College.

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Justin Rhodes/THE FLARE

(Above): Former KC basketball standout Marcus Thornton fields

questions from an ESPN reporter following an LSU home victory over Florida.

(Right): Thornton directs the LSU offense during the Tigers six-point home win Feb. 24. Thornton knocked down a season-high six 3-pointers.



Rick Gray/THE FLARE

MARCUS THORNTON: SEC PLAYER OF YEAR

Ryan Griffin
Sports Editor

Former KC men's basketball star and current Louisiana State University standout Marcus Thornton was named the 2009 Player of the Year in the Southeastern Conference.

Thornton, now a senior at LSU, averaged 21.1 points and 5.5 rebounds per game for the Tigers this season. LSU advanced to the second round of the NCAA Tournament, losing last Saturday to the top-seeded Tar Heels from the University of North Carolina, 84-70.

Thornton, an unanimous All-Conference first-team selection, edged

the conference's leading scorer, Jodie Meeks (Kentucky), for the award.

LSU posted a 26-7 record this year and won the SEC regular-season championship with a 13-3 conference record.

While at KC from 2005-2007, Thornton led the Rangers in scoring both years before signing with the Tigers in his hometown of Baton Rouge, La.

He averaged 13.8 points per game in his first year at KC and nearly doubled that average the following year, scoring 26.5 points per contest, which earned him the Most Valuable Player award in Region XIV.

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Julie Fowler/Special to THE FLARE

Property on College Street donated to KC-Longview awaits clearing. Bids are being taken to remove the house and tree damaged by Hurricane Ike last fall.

KC-Longview faces parking woes

Tiffany Moore

Staff Writer

Plans are uncertain for two lots donated to KC-Longview by the Longview Economic Development Corporation. The lots, located on 332 S. High St. and 111 College St., were originally intended to be parking lots.

One lot has a house and garage on it. Under the South Main Neighborhood Ordinance, these residential properties are protected from demolition.

"What we are attempting to do is find someone to move the house and garage," said Dr. Julie Fowler, KC-Longview dean.

Moving the house and garage is allowed under the

ordinance, and the house will be able to retain its historic value. However, if no one is found to move the house and garage, KC-Longview may put classrooms in the house.

The house on the other lot has a fallen tree on it, and demolition will be needed before any plans can be made for the lot.

"LEDCO has given us these lots because of their support of our industrial maintenance program," Fowler said.

Construction has also begun on a new hands-on shop for students in the industrial maintenance program. If everything goes as planned, the building will be completed

by Aug. 3.

For now, a makeshift shop is being kept in the Industrial Maintenance Technology Building on 326 S. High St.

Inadequate parking remains an issue for KC-Longview. All of the parking lots combine to make 510 parking spaces for both employees and students. During most of the week, there are enough parking spaces to accommodate everyone, but there is not enough room for visitors. On Tuesdays and Thursdays, there are not even enough parking spaces for students and faculty except from 11 a.m. to 1 p.m.

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Ag show team ropes in awards

Hannah Bryce

Staff Writer

KC Ag Show Team recently brought home awards from the Houston Livestock Show and Rodeo.

The team had a first place bull shown by Bretsyn Jones, Mt. Pleasant freshman; a second place heifer shown by Katye Philpot, Gladewater freshman; and a second place cow and calf pair shown by Jessica Jordan, Carlisle freshman, and Philpot.

The team also won the Herdsmanship Award

for the third consecutive year by keeping their area spotless, being friendly, not seen standing around and by impressing multiple judges.

"We went to Houston to win Herdsman and without all the hard work of all the team members that would not have happened for the third year. It was a great way for the second year students to go out with a bang," Reynolds said.

For more information on show results or to learn how to join next year's Ag Show Team, contact Bob

Young, ag instructor, at 903-834-6255 or e-mail him at ryoung@kilgore.edu.

brychann7060@go.kilgore.edu

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Our View

Cost of Health

Pay now or later

Good health seems to be like wins for a struggling football team. Everybody talks about it, but too often the desired results easily fall by the wayside.

Case in point, since 1980 the obesity rate of Americans has doubled while rates for children have tripled, according to the Centers for Disease Control and Prevention. Quite simply, the increasingly poor health of Americans must be addressed more aggressively.

The CDC, which recorded the Texas obesity rate at 25 to 29 percent in 2007, is "working to reduce obesity and obesity-related conditions through state programs, technical assistance and training, leadership, surveillance and research, intervention and evaluation, translation of practice-based evidence and research findings, and partnership development."

This is all well and good, but the fact of the matter is that we must take our health into our own hands. When it comes to maintaining not only a healthy weight, but a healthy body as a whole, a good dose of personal responsibility is in order.

We realize the difficulties involved in such an endeavor, specifically in relation to college students. According to bio-medicine.org, a 2007 study conducted at the University of New Hampshire found that obesity, high blood pressure, high cholesterol and inactivity are a growing problem among 18 to 24-year-old college students.

Although a busy schedule is indeed a factor in these disturbing trends, there are many common-sense steps which easily could be taken, not the least of which is cutting out the late-night eating excursions so often associated with young people.

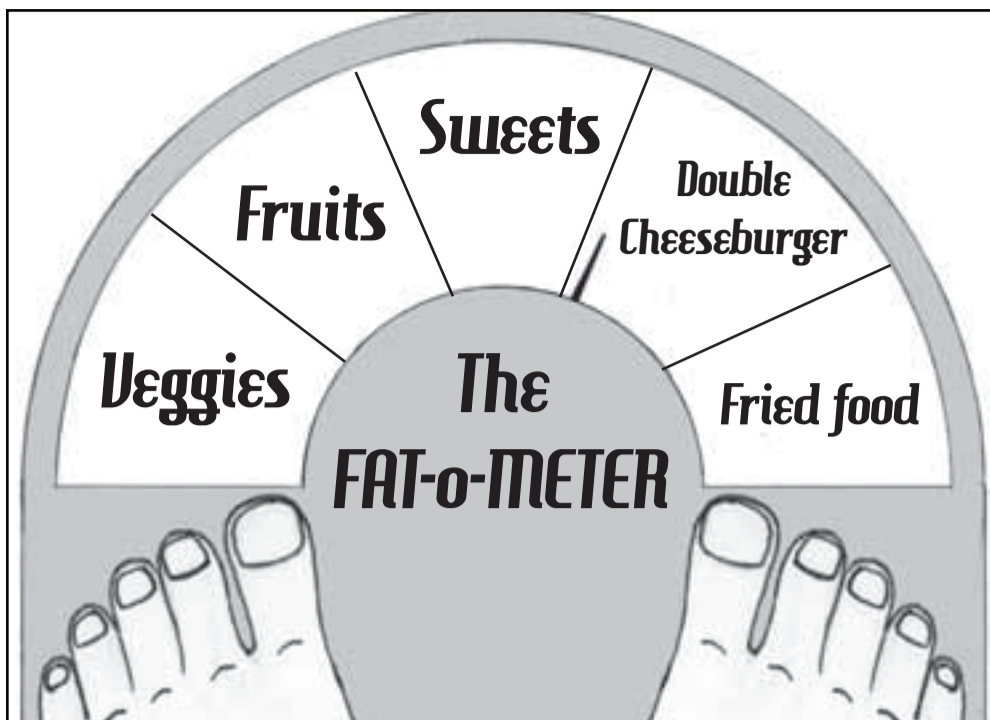
One of the biggest dangers in college weight-gain is that it happens gradually, according to a 2006 study conducted by researchers at Brown University Medical School. Although the "Freshman 15" may be a myth, slow, methodical weight gain can be just as deadly.

One weapon which could be used to hold eating habits in check is to write down everything you eat. Chances are you will be shocked at what you involuntarily shove into your mouth without giving it a second thought.

Another critical component to healthy living is good planning. Probably the most common excuse for a lack of food preparation is the time factor, but the reality is that students will make time for what they really want to fit into their schedules.

The fact is that you cannot afford not to take an interest in your health. If people would realize that they are literally cutting years off their lives, maybe they would make the effort to live healthier.

Maintaining a healthy weight is not about dieting; it's a lifestyle. It takes time and effort, but the benefits are absolutely worth it.



Clint Fultner / THE FLARE

Lifestyle

Keeping Perspective

When I left Kilgore College two weeks ago, I had my Spring Break all planned out. Although I wasn't going to Europe like my history teacher Terry Booker, I was nonetheless excited about flying to Oregon to visit my sister and go snowboarding.

My plans were flawed from the beginning because my brother and I were flying standby during Spring Break.

Big mistake. Combining our departure and return attempts, I spent approximately 49 hours sitting at airports in Dallas, Seattle and Portland.

If that was not enough, while visiting my sister I was left at a store, sliced my finger open with a knife, lost my wallet and sustained several bone-crushing collisions while snowboarding on Mt. Hood. Oh yeah, the person running our lawn care business while we were gone wrecked his truck while working.

What a vacation. We had a great time, but I couldn't help pondering the many misfortunes of the week as I boarded a late flight out of Seattle Monday night. I settled into my seat and the problems of the last week quickly faded when I began talking to the man next to me.

He was an Army staff sergeant returning to Iraq.

We talked about a lot of things in the course of our nearly four hours in the air. I learned his name was Luke, age 27, and he joined the military straight out of high school nine years ago.

Luke expressed his displeasure with the

U.S. media coverage of the Iraq War.

"It's never been like they portray it," he said, adding that many good things have happened without ever being publicized.

Luke said that being away from his wife and four kids for so long has been hard. Despite that, he called the current 19-month timetable for a complete troop pullout a "recipe for disaster."

Luke also talked of losing two comrades to an IED (Improvised Explosive Device). He nearly lost another friend who tried to commit suicide after learning his wife was leaving him.

Strangely enough, the difficulties of war did not seem to deter this soldier. Luke had a job to do and he was ready to do it.

We finally arrived in Dallas and I had to wait nearly two hours for someone to come pick me up. Somehow, it didn't seem to matter that much. The money lost, school missed and time wasted on my trip were all put in perspective.

Regardless of how you feel about the Iraq War, the fact is that scores of men and women are putting their lives on the line in more ways than one for our benefit.

Let's remember that the next time we're tempted to whine and complain about the petty difficulties of daily life.



J.C. Derrick serves as The Flare co-executive editor.
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Your View

Q. Do you attempt to maintain healthy eating habits?



Dae Yong Kwon

Seoul, Korea freshman

"Yes. I eat vitamins and protein... to get a good body shape and keep my good health."



Isabelle Tchouaffe

Austin freshman

"No. My schedule is very busy. When I'm hungry I usually grab something to eat at a fast food joint."



Mylene Varona

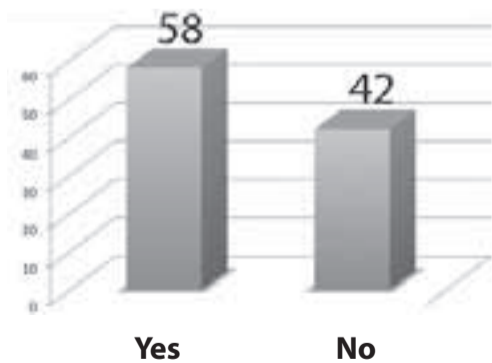
Grapevine freshman

"Yes. A healthy body is a healthy life."

Angela Ramirez/THE FLARE

By The Numbers

100 Polled



Answers to note...

"I'm older than the typical student, I know what can happen to your body. We don't stay 18 forever."

Allison Wilson
Gladewater Sophomore

"Because I'm in a hurry I don't get the proper nutrition daily. Fast food is the downfall."

Dakota Dewoody
Pittsburg Sophomore

Letter to the Editor

Evolution response

Editor:

In the most recent issue of The Flare, Nathan Whitten suggests that educators should emphasize the fact that evolution is a theory, not a law.

I hate to point out the obvious, but just about every lecture you've ever heard, sir, is about a theory. Einstein's Special Relativity is also a theory.

Should physics professors be required to emphasize the theoretical aspect of E=MC²? I wonder what the people of Hiroshima would say if we asked them which theory is more dangerous?

I don't see anyone holding up protest signs in front of physics laboratories, though.

Perhaps we should just burn down all the schools and go to church, instead... Just because we don't agree with something doesn't give us the right to censor it.

If educators have to constantly reiterate the fact that the material you are learning about is not 100 percent beyond a shadow of a doubt proven, your college career would last twice as long.

The goal of education is to give students the tools they need to make critical decisions, not to do that for them.

I don't agree with some of the things I am taught in school, but I have the intellect to make up my own mind as to whether what my professors are saying is a fact, or an opinion, and the tact to not ask them to make the distinction every five minutes.

We all have opinions, and we all have the right to them, what we don't have the right to do is to attempt to prevent others from presenting them without fear of

having to jump through hoops to do so.

The debate on this topic centers around religious beliefs. (In my opinion, we should refer to them as religious opinions, but that's another matter entirely.)

I honestly don't understand the threat of evolution. Granted, there are some atheists that can be just as dogmatic with the theory as fire and brimstone preachers, but that doesn't mean evolution is, in fact, a dogma.

It's a theory. One with which religion is not mutually exclusive. Darwin doesn't threaten the Bible, nor vice versa.

Until I see a new species suddenly pop in to existence without reproduction by an existing species,

I'm going to go with the idea that perhaps evolution has some merit to it. Until I see evolution explain just exactly what causes adaptation, I'm going to go with the idea that perhaps there is something to the case for external intervention, divine or otherwise.

I think both sides have it figured out so well that they've forgotten that they have absolutely nothing figured out.

So, until someone can provide an answer to the age old "meaning of life" question, I'd suggest we go with the evolution of ideas, rather than that intolerance to which Jesus was so vehemently opposed.

"All of our arts, religions, and sciences are really just branches of the same tree."
-- Albert Einstein

Joel Dutcher
Longview sophomore

Disclaimer

THE FLARE is the student newspaper of Kilgore College and is published every Friday by the journalism department except during examination periods and vacations. THE FLARE is a member of the Texas Community College Journalism Association and the Texas Intercollegiate Press Association.

All people holding editorial staff positions are Kilgore College journalism students. Comments and views expressed in THE FLARE reflect the thoughts of individual writers and do not necessarily reflect the beliefs or opinions of other students, staff members, faculty members, administrative officers or the Board of Trustees.

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Letters

THE FLARE welcomes any letter to the editor and encourages all readers to use this as a sounding board to express thoughts and opinions on current campus-related topics.

We also welcome news or feature ideas. Due to space limitations, letters should be as concise as possible and may still be edited for space. Letters must be signed and include an address and telephone number so that we can verify their authenticity.

Letters should be delivered to the newsroom in Communications-Automotive Building, Room 125, mailed to The Flare,

1100 Broadway,
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Web site: www.kilgore.edu/the flare.asp



Lady Rangers (23-7) 2009 Runners-up

First Round: KC 68, Blinn 59 (2OT)

Semi-Final: KC 83, Angelina 70

Championship Game:

Trinity Valley CC 58, KC 46

All-Conference selections:

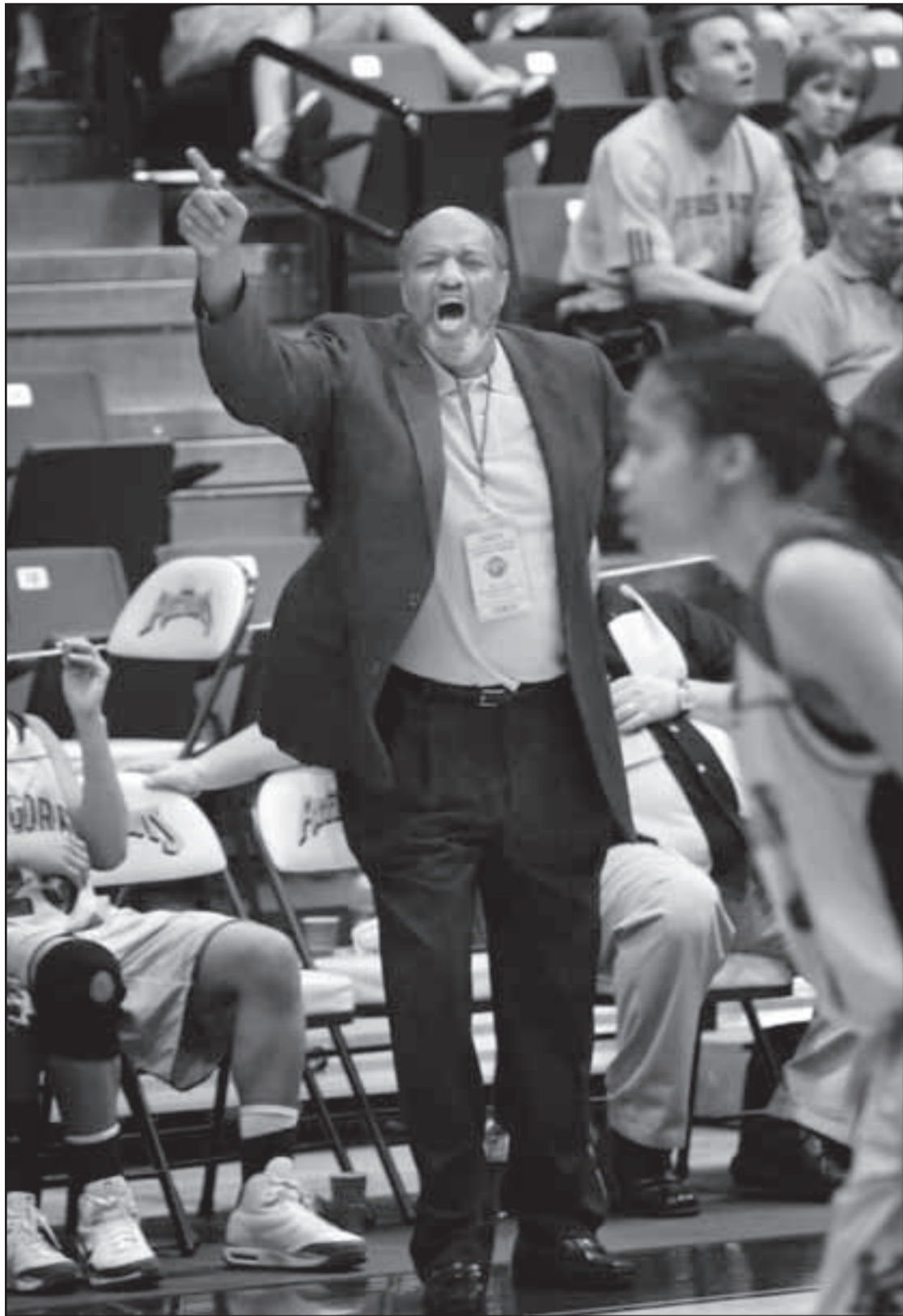
Co-Coach of the Year: Roy Thomas

First Team: Denetra Kellum & Danyell Oliver

Honorable Mention: Ashley Ferrell

All-Tournament selections:

Denetra Kellum & Danyell Oliver



Rick Gray/THE FLARE

Lady Ranger head coach Roy Thomas directs the team from the bench during the Region XIV Basketball Championships held at the University of Texas at Tyler's Herrington Patriot Center.



Rick Gray/THE FLARE

Denetra Kellum shoots a layup over Angelina College's Anitra Jeffrey during the Lady Rangers' semi-final victory. Kellum led KC with 20 points per game during the tournament.



Michelle Swain/THE FLARE

2008-2009 Region XIV Co-Coach of the Year Roy Thomas and All-Conference and All-Tournament selections Denetra Kellum and Danyell Oliver display the Lady Rangers' second-place plaque received in the Region XIV Basketball Championships tournament.



Rick Gray/THE FLARE

Danyell Oliver drives past Blinn College's LaKendra Clemons during KC's double-overtime win in the first round. Oliver averaged 17 points per contest in three tournament games.



Elise Kea

Rick Gray/THE FLARE



Sylvia Hoffman

Justin Rhodes/THE FLARE



Janae Henderson

Rick Gray/THE FLARE



Ashley Ferrell

Rick Gray/THE FLARE