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## Well done: SLA students get life lesson in kitchen

Add two cups of leadership. Stir.  
[\[Click Here for Full Story\]](#)



## On the run: College website goes mobile

Collin College has gone mobile.  
[\[Click Here for Full Story\]](#)



## Herschel Walker details life with mental illness

Former Dallas Cowboy talks about overcoming.  
[\[Click Here for Full Story\]](#)



## Campus Dates

The place to be.  
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## Lady Cougars seek return to post-season

Near miss last season spurs returners, freshmen.  
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## Students grab spotlight in latest gallery show

A little something for everyone from our best, brightest art students.  
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### About *Cougar News*

A newsletter for the students, faculty and staff of the Collin College. Published semi-monthly. For information or submissions, call 972.599.3142. *Cougar News* welcomes student and faculty submissions. Next deadline: Nov. 1. All submissions are due by 5 p.m. on the due date. Photos cannot be returned. Text should be e-mailed to [mrobinson@collin.edu](mailto:mrobinson@collin.edu). Submit copy that is proofed, edited and saved in Word format. *Cougar News* staff: *Lisa Vasquez*, director; *Mark Robinson*, editor; *Marcy Cadena-Smith*, contributor; *Justin Jones*, contributor; *Heather Darrow*, contributor; *Nick Young*, photography and layout.

### College News

Kudos and events at Collin College.

[\[Click Here for Full Story\]](#)

The logo for 'College News' features the words 'College' and 'News' in a blue, sans-serif font. 'College' is in a larger size and is positioned to the left of 'News'. The text has a slight drop shadow effect.

### Cougar Links

When all else fails, go with monkeys.

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The logo for 'Cougarlinks' features the word 'Cougar' in a blue, sans-serif font and 'links' in a smaller, italicized blue, sans-serif font. The text has a slight drop shadow effect.

Published by Collin County Community College District Collin College

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## Well done: SLA students get life lesson in kitchen



Cooking is life.

That was the lesson, so to speak, at Market Street in McKinney Sept. 27 as professor Jenny Warren's Student Leadership Academy I (SLA) class unearthed their culinary side to learn valuable skills in teamwork, timing and slicing heart of palm.

As part of "Recipe for Life," a book and presentation in leadership by Debbie Gore, the students learned that the process of preparation, cooking and presentation was not unlike situations they will find in life – from home to the office.

"When you are baking, it needs to be precise. When you are cooking, use your taste buds," Ruth Thompson, a culinary school manager at Market Street instructed SLA students Jessica Thompson and Chidi Ogbuta.

"Baking is a science. Cooking is to your taste."

The SLA class was split into cooking groups. Most of the teams were unfamiliar with each other outside of noticing each other in class.

Each group was charged with preparing and cooking a dish for a meal that they would eat together.

If working with relative strangers weren't tough enough, the students had recipes for dishes they were not familiar with and required teamwork, timing, communication: brown rice with parmesan cream sauce, raspberry bread pudding with cajeta sauce and spinach stuffed chicken.

"Our theory is that we can't be good leaders until you are strong on the inside," professor Warren said. "I think they achieved an ability to interact with one another. I also want them to come out of their shells a little bit and learn to do a professional presentation while chaos is going on around

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them.”

Jessica Thompson was teamed with Ogbuta and Rodrigo Ayala to prepare the raspberry bread pudding.

“It’s good to interact with different people. I’m learning a lot,” she said. “So far, I’ve learned to work with different leaders and different personalities. I think it’s opened my eyes to more of what a leader should be.”

SLA is a unique credit course modeled after leadership programs in the area and is special to Collin College. Each year, students that meet the requirements apply and are accepted into the program. In the words of professor Warren, these students are “the cream of the crop.”

“I am taking away some cooking skills,” Bradley Conn said, “but I’m also learning how to work with someone else.” Conn was teamed with Sima Ahmadizadyekta.

“It’s hard to work together while trying to follow the recipe while another person is trying to do something else and reading the same recipe,” Conn said.

SLA is unique in that it places students in different venues to learn life and leadership lessons. The kitchen put most of these students – most admitted culinary novices – outside of their comfort zone.

“It’s unbelievably important,” professor Warren said about getting out of the classroom. “They get so used to the white walls, and I don’t think that stimulates much creativity or thought. It’s one thing to teach them definitions and theories, but it’s another to apply that to the real world.”



**Student Leadership Academy students Bradley Conn and Sima Ahmadizadyekta team up during a kitchen experience at Market Street.**



*Students in Jenny Warren's SLA class team up to provide a meal for each other. The idea of the project is to learn to work with other leaders in order to achieve a goal in an unfamiliar environment.*



*An SLA student turns the cooking spinach-stuffed chicken.*



*Project leader Debbie Gore's "Recipe for Life" put the SLA students in possible foreign circumstances (the kitchen) working with classmates they may not know.*



*Spinach-stuffed chicken*



*Honey pecan brie*



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## On the run: College website goes mobile

Collin College has gone mobile.

The college has launched a mobile version of its website with enhanced features for students on the go. To view the site, visit [www.collin.edu](http://www.collin.edu) on a mobile phone with internet access, and the site will automatically be delivered.



Almost 80 percent of Collin College students in a recent survey said they owned a smart phone or other mobile device. Their preferences in that survey were the guide for in-house developers creating the site.

Those preferences included quick access to student email accounts and the college's portal "CougarWeb" as well as the schedule of classes offered each semester, a calendar of events and a campus directory. In addition, the mobile site features a library tool optimized for mobile users and a special campus map feature that links to Google maps. Students with GPS-enabled smart phones can even get directions from their current location to the campus using this feature.

The site also includes a link to the full version of the college's website and an invisible "CougarAlert" field at the top, which posts warnings in the event of a campus emergency.

According to college officials, this is the just the beginning. The district is also exploring plans for additional mobile tools for students, such as mobile registration for classes and apps.

Tablet devices like iPads will direct to the full website by default, but the mobile version can be accessed on tablets by going to [m.collin.edu](http://m.collin.edu).

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## Herschel Walker details life with mental illness

*Everybody's lonesome for somebody else  
 But nobody's lonesome for me.  
 Everybody's thinking about somebody else  
 But nobody thinks about me.*  
 - **Hank Williams**

Herschel Walker's mother never understood why her young son would sing this song at the dinner table.

According to Walker, as he was growing up, he and his family had a tradition around the dinner table. Each member would say what they liked about the day, what they hated about the day and, then, sing a song.

"That's how I felt about myself before I went to the hospital, and I saw the light," Walker said.



Herschel Walker

Walker would sing that woeful and sad tune appropriate for a rough honky tonk, but not quite synonymous with a Heisman Trophy-winning, NFL running back, tae kwon do champion, Olympic bobsledder, ballet dancer and mixed martial arts fighter.

As Walker would eventually realize – after the fame and glory of his football career at the University of Georgia and, most notably, the Dallas Cowboys – despite all the accolades and achievements, he was a broken man.

Walker, thanks to the work of Active Minds, a student organization at Collin College that spreads awareness of mental illness, spoke to a roomful of students, faculty and staff Oct. 11 at the Central Park Campus Conference Center.

He was there to talk about his dissociative identity disorder (DID) or multiple personality disorder, as it was formerly called.

Walker first admitted publicly his disorder in his book "Breaking Free" in 2008.

Today, Walker is 49. He still looks as svelte and muscular as when he won the Heisman Trophy in 1984 as a Georgia Bulldog or when he entered the NFL as a Cowboy (Walker stated once that he would attempt an NFL comeback at age 50).

As a child growing up in small-town Georgia, this wasn't the case. His mother called him "big boned" and he struggled with a speech impediment. His classmates bullied him. His teachers put him in the corner of the classroom because he was "special." And he did not go outside for recess until the eighth grade to avoid the harassment of the other children.

According to Walker, he worked up the courage to go out on the last day of eighth grade. He was beat up.

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"I went home, and I started doing push-ups. I started doing sit-ups. I climbed a tree and started doing chin-ups," Walker said. "I started going to the library and reading to myself. My speech started improving. I went back to school going into the ninth grade, and I wound up being one of the fastest kids in the state of Georgia, and I started playing football. The only reason I started playing was that I thought if I did I wouldn't have to wash dishes at home. Turns out that I had to go to practice, come home and still wash the dishes."

Needless to say, Walker was no longer anyone else's punching bag.

Walker graduated valedictorian of his high school class and received scholarship offers from the likes of the University of Southern California, Clemson, Harvard and Georgia.

In three years at Georgia, he rushed for 5,259 yards and 49 touchdowns.

In a 16-year professional career, he scored 115 touchdowns and rushed for 13,787 yards between the USFL and the NFL. He solidified himself as one of the foremost athletes in the league as a running back, pass catcher and kick returner.

Following his retirement in 1997, there was a void.

When he first committed to Georgia, head coach Vince Dooley told Walker that he didn't think he was good enough to play in the renowned football program.

"I've heard people tell me that I wasn't good enough my entire life. I was big boned. I had a speech impediment. The teachers didn't believe in me. But I worked myself up. Now, I had the coach telling me I wasn't good enough," Walker said.

During a practice at Georgia, he broke his finger on the final drill. He simply popped it back into place. Famously, Walker dislocated his shoulder on the opening drive of the 1981 Sugar Bowl against Notre Dame. Walker pleaded with trainers to simply snap the shoulder back to where it should go so he could go back into the game. After much protestation, the trainers acquiesced and Walker returned. Georgia won the national championship, 17-10.

All of this – the work, the practices, the training, the games, the broken fingers, dislocated shoulders and aching knees – filled a space inside Walker. When he retired, the void made itself known.

He said he would fight with his wife, Cindy, about saying or doing one thing and later being unaware that he said or did anything.

"I started getting angry at the smallest things despite everything going well for me. I was living in high cotton," Walker said.

Soon, the voices started inside Walker's head. He sought advice and counseling from leaders in his church, who eventually told Walker to seek medical help.

Walker was diagnosed with DID.

He started looking back at his life and realized the rage that simmered inside him. The times he swore he'd break the neck of a heckling classmate in school, when he contemplated the U.S. Marines instead of college because he wanted to "kill people" or the time he flew into a rage over a missed business meeting with the intention of causing bodily harm.

"I could see that there was a lot of anger in me," Walker said. "But I was using football as a coping mechanism. Suddenly, I didn't have my coping mechanism in my life."

He said that his initially thought that the hospital he went to was “full of crazy people” and that he didn’t belong. There, he met a woman, Mary. For a week and a half, Walker talked with Mary. On the 12<sup>th</sup> day of his stay, he greeted Mary only to be informed that her name was Joan.

Walker was told that Joan was abused by her husband and until she learned to trust another male, she referred to herself as “Mary.”

“It hit me,” Walker said of the encounter. “That’s what I had been my whole life. This was what Herschel Walker really was. I created this person that could do anything. I created this person that couldn’t feel the pain because I’d been hurt so much in the past.

“Sometimes we got a lot and don’t think we can make it anymore. You’ve got to have faith to overcome. But we can overcome it.”

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## Campus Dates

### Collin Theatre Center - The Pillowman

*Through Oct. 16*

*John Anthony Theatre*

*The Pillowman*, by Martin McDonagh, is the viciously funny and seriously disturbing tale of a writer in an unnamed totalitarian state who is interrogated about the gruesome content of his short stories and their similarities to a number of child-murders occurring in his town. The *Pillowman* was nominated for the Pulitzer Prize and six Tony Awards. Directed by Brad Baker.

**Contact:** [www.collintheatrecenter.com](http://www.collintheatrecenter.com)

### Faculty/Staff Annual Giving Campaign

*Through Friday, Oct. 28*

Make a gift to the annual giving campaign. A gift, in any amount, makes the difference in whether a financially struggling college student receives a scholarship. A gift can be made conveniently through payroll deduction.

**Contact:** Campus champions [Dawn Richardson](#) and [Terri Karlseng](#) (Preston Ridge Campus); [Debra Lamb](#) and [Pam Sawyer](#) (Spring Creek Campus); [Martha Tolleson](#) and [Barbara Stroden](#) (Central Park Campus); [Marie Piet](#) (Courtyard Center); and [Margaret Yates](#) (CHEC, Allen Center).

### Diabetes Education

*9-11:45 a.m. – Saturday, Oct. 15*

*Central Park Campus Pike Hall*

A free diabetes education workshop covering health records as a diabetic and dining out with diabetes.

Presented in English and Spanish. Free. Registration is required at door or before the event.

**Contact:** [c-Brazeal@tamu.edu](mailto:c-Brazeal@tamu.edu) or [sandy@cchc-vim.rog](mailto:sandy@cchc-vim.rog)

### Transfer Fair

*4:30-6:30 p.m. – Wednesday, Oct. 19*

*Spring Creek Campus Atrium*

Ask questions about transfer, upper-level coursework, financial aid, scholarships, pre-admission programs and more. Bring a copy of their transcript for advising.

**Contact:** <http://transferu.collin.edu>

### Auteur Film Series – Quiz Show

*7 p.m. – Thursday, Oct. 27*

*Preston Ridge Campus, Room F249*

The film will be followed by a panel discussion. Free, open to the public.

**Contact:**

[www.collin.edu/academics/csce/auteurfilmseries.html](http://www.collin.edu/academics/csce/auteurfilmseries.html)

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#### Respiratory Care Information Session

6:30-8 p.m. – Monday, Oct. 24

Spring Creek Campus Conference Center

Receive program packets, and learn about admissions, expectations, career options, salary and more.

**Contact:** [www.collin.edu/rcp](http://www.collin.edu/rcp) or 214.491.6215

#### Respiratory Care Information Session

10:30 a.m.-noon – Tuesday, Nov. 1

Preston Ridge Campus, Room F148

Receive program packets, and learn about admissions, expectations, career options, salary and more.

**Contact:** [www.collin.edu/rcp](http://www.collin.edu/rcp) or 214.491.6215

#### Transfer Fair

10 a.m.-2 p.m. – Wednesday, Nov. 2

Spring Creek Campus Atrium

Ask questions about transfer, upper-level coursework, financial aid, scholarships, pre-admission programs and more. Bring a copy of their transcript for advising.

**Contact:** <http://transferu.collin.edu>

#### Restrepo screening

7 p.m. – Monday, Nov. 7

Preston Ridge Campus, F148

Screening of the noted documentary Restrepo. Free and open to the public. Pizza and refreshments will be served.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

#### Letters to Soldiers

10 a.m.-2 p.m. and 5-7 p.m. – Monday-Friday, Nov. 7-11

Central Park Campus atrium – Preston Ridge Campus

Founders Hall atrium – Spring Creek Campus atrium

Everyone is welcome to write a letter to a soldier.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

#### Sheets for Soldiers

Monday-Friday, Nov. 7-11

Central Park Campus atrium – Preston Ridge Campus

Cougar Den – Spring Creek Campus atrium

Collection of twin bed sheet sets for soldiers benefitting Operation Once in a Lifetime.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

#### Surgical Technology Information Session

7-9 p.m. – Tuesday, Nov. 8

Preston Ridge Campus Shawnee Room (F148)

Learn about admissions, career options, salary, course sequence, prerequisites and more.

**Contact:** 214.491.6215

#### Restrepo screening

7 p.m. – Tuesday, Nov. 8

Central Park Campus Conference Center

Screening of the noted documentary Restrepo. Free and open to the public. Pizza and refreshments will be served.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

#### Taking Chance screening

7 p.m. – Wednesday, Nov. 9

*Living Legends Conference Center, Spring Creek Campus*  
Screening of Taking Chance. Free and open to the public.  
Pizza and refreshments will be served.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

**Expressions Concert**

*Noon- 1 p.m. – Wednesday, Nov. 9*

*Spring Creek Campus Atrium*

Free poetry reading honoring veterans.

Contact: [csce@collin.edu](mailto:csce@collin.edu)

**Marine Corps Birthday**

*Noon - Thursday, Nov. 10*

*Preston Ridge Campus Cougar Den – Spring Creek*

*Campus atrium – Central Park Campus atrium*

Celebration of the Marine Corps birthday. Free and open to the public. Cake will be served.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

**Veteran's Day Barbecue**

*11 a.m.-1 p.m. – Friday, Nov. 11*

*Preston Ridge Campus Cougar Den – Spring Creek*

*Campus atrium – Central Park Campus atrium*

Free and open to Collin College staff, faculty and students.  
Celebration of Veteran's Day.

**Contact:** [csce@collin.edu](mailto:csce@collin.edu)

**Respiratory Care Information Session**

*Noon-1:30 p.m. – Monday, Nov. 14*

*Central Park Campus Conference Campus*

Receive program packets, and learn about admissions, expectations, career options, salary and more.

**Contact:** [www.collin.edu/rcp](http://www.collin.edu/rcp) or 214.491.6215

**Surgical Technology Information Session**

*7-9 p.m. – Tuesday, Dec. 6*

*Spring Creek Campus Conference Center*

Learn about admissions, career options, salary, course sequence, prerequisites and more.

**Contact:** 214.491.6215

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## Lady Cougars seek return to post-season

Coach Jeff Allen and his Lady Cougars learned that seasons are made and broken by the tiniest of margins.

The Lady Cougars missed the Region V tournament due to a tiebreaker after matching Weatherford College for the fourth and final playoff spot a year ago.

Last season ended a three-year stretch of at least 20 wins and trips to the Region V tournament.

“Because there’s such a big turnover, it’s a totally new team and new atmosphere,” Allen said. “The sophomores will take it to heart, and they know now how hard it is to make the regional tournament.

“I think our sophomores are hungry, and that’ll push the freshmen.”

Allen has six players coming back from last year’s squad and seven freshmen. As of right now, he said he’s been practicing seven due to injuries. The Lady Cougars already have had four knee surgeries, two of which are season ending and another two are expected back this season, including sophomore guard Caroline Perrier.

“For the most part the best part I’ve been pleased with the effort and how the hard the kids have been working,” Allen said. “They’re doing the things we’re asking them to do in practice.”

The Lady Cougars play all their home games at Cougar Hall located on the Spring Creek Campus. Admission is free to students and employees. General admission is \$3.

Games can be streamed at [www.livestream.com/collincougarbasketball](http://www.livestream.com/collincougarbasketball).

Visit [www.collin.edu/athletics/womens/](http://www.collin.edu/athletics/womens/) for schedule, roster and more.

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*Janell Beacham*



*Lilia Inoubli*



*Sam Offord*



*Tauje Harmon*



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## Students grab spotlight in latest gallery show

Students grab the spotlight at THE ARTS gallery's newest show.

The annual Advanced Student Art Show will feature a variety of work in a variety of media by advanced fine art students at Collin College.

The show runs from Thursday, Oct. 20-Nov. 10 at THE ARTS gallery located at the Spring Creek Campus, 2800 E. Spring Creek Parkway in Plano.

A reception is set from 4-7 p.m., Wednesday, Oct. 26 at the gallery.

Works include jewelry and art metals, ceramics, sculpture, painting, watercolor, drawing, printmaking, photography, digital art, 2D and 3D design all completed by advanced art students.

THE ARTS gallery hours are: Monday-Thursday, 9 a.m.-8 p.m.; Friday, 9 a.m.-4 p.m.; and Saturday, 10 a.m.-2 p.m.

Visit [www.collin.edu/THEARTSgallery](http://www.collin.edu/THEARTSgallery) or call 972.881.5873 for information about future shows.

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### About *Cougar News*

A newsletter for the students, faculty and staff of the Collin College. Published semi-monthly. For information or submissions, call 972.599.3142. *Cougar News* welcomes student and faculty submissions. Next deadline: Nov. 1. All submissions are due by 5 p.m. on the due date. Photos cannot be returned. Text should be e-mailed to [mrobinson@collin.edu](mailto:mrobinson@collin.edu). Submit copy that is proofed, edited and saved in Word format. *Cougar News* staff: *Lisa Vasquez*, director; *Mark Robinson*, editor; *Marcy Cadena-Smith*, contributor; *Justin Jones*, contributor; *Heather Darrow*, contributor; *Nick Young*, photography and layout.

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## College News

Students, faculty, staff and the public are invited to submit their photos from Collin College taken from their iPhone or cell phone to the newest Flickr page, **iPhonegraphy**. Go here to see more:

[www.flickr.com/groups/1760441@N20/pool/with/6185844096/](http://www.flickr.com/groups/1760441@N20/pool/with/6185844096/)

**Holly Sanchez**, student, was one of seven individuals named by Gov. Rick Perry to the Early Childhood Intervention Advisory Committee. The committee serves Texas families, who have infants and toddlers with disabilities or developmental delays.

**Pat Pierson**, professor of health information technology, received the American Health Information Management Association's Triumph Award as an outstanding mentor at the national convention in Salt Lake City in October. Professor Pierson was recognized for her tireless commitment to students and the health information technology program. Since their inception in 1994, the association's Triumph Awards have honored those professionals responsible for advancing the field of health information management. Each year, members nominate those that have demonstrated extraordinary leadership, volunteerism and talent.



## Rockin' the Ridge



*Dancing in the park.*

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*Student Veterans Association and their table.*



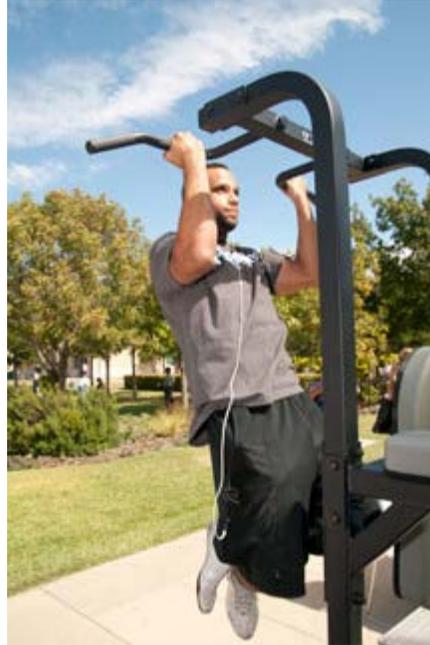
*Students standing at their table at Rockin' the Ridge.*



*Sigma Kappa Delta in silly hats, sitting at a table.*



*The best table of all: The food table.*



*Student doing chin-ups? Student doing chin-ups.*

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The Internet is awesome. Cougar Links is here to prove it.

If you'd like to share, send any links to [mrobinson@collin.edu](mailto:mrobinson@collin.edu).

### Monkeys

Funny and smart.

### 'Triangular Letters'

Soviets, World War II and their triangular letters.

### 'Sign Dining'

The hand signals for the finest of dining.

### Woz On Jobs

"... ones that know that greatness and great companies come from people who have a certain kind of spirit, a way of thinking beyond what other people might think."

### The World's Oldest Running Car

Could have been yours for a cool \$4 mil.

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