



Views Around The Lake by Cindy Klopsteck

"A friend does not go on a diet if you needed to lose some weight. A recent study published in the New England Journal of Medicine showed that when a person gained weight, his close friends tended to gain weight also.

And friends were of more influence on weight gain than family members. Even when friends in the study lived hundreds of miles apart, the influence was very evident in the research. ...Pick your friends wisely...for many reasons, apparently.

Maybe this reinforces the strength in number adage. I know when I can get hold of my busy neighbors or close friends, a good brisk walk around the block with a pal makes the time fly faster and the sore legs and dripping sweat a lot less noticeable.

Friends who sweat and attempt weight loss together stay

together - maybe a new adage. Eagle Lake has no central workout facility or club that I'm aware of, so I contacted the Eagle Lake Rehabilitation and Wellness Center to get some local info.

They stated about 70% of their clients are rehab and a good 30% come to the center for exercise and weight maintenance.

Their facilities include upper and lower cardio equipment and machine weights. When a client has a doctor's order for rehab and takes therapy there, they are then offered a month's free use of all the equipment at the center.

This was what I had taken advantage of some years ago. A very painful pulled muscle had caused my doctor to suggest some physical therapy.

Not only did the therapy there ease my pain, I remember enjoying a month's worth of exercise

and losing a little weight and toning up also.

And not only did I usually enjoy that workout during my lunch hour, but also the conveniently located TV's in the work-out area provided my favorite soap opera to view while exercising.

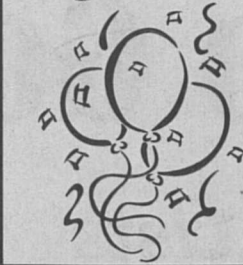
That's about as effective as working out with a friend!!

So we've got only a few months here to remain diligent with those health/weight goals. Back to the weights and exercise equipment, count those calories and take a long walk as that hot sun starts to finally sink in the evenings. Not always pure fun...but someone's got to do it.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

--Mark Twain

Happy Birthday!!!
Peggy, Brenda and Ashley
Aug. 15, Aug. 17 and Aug. 20

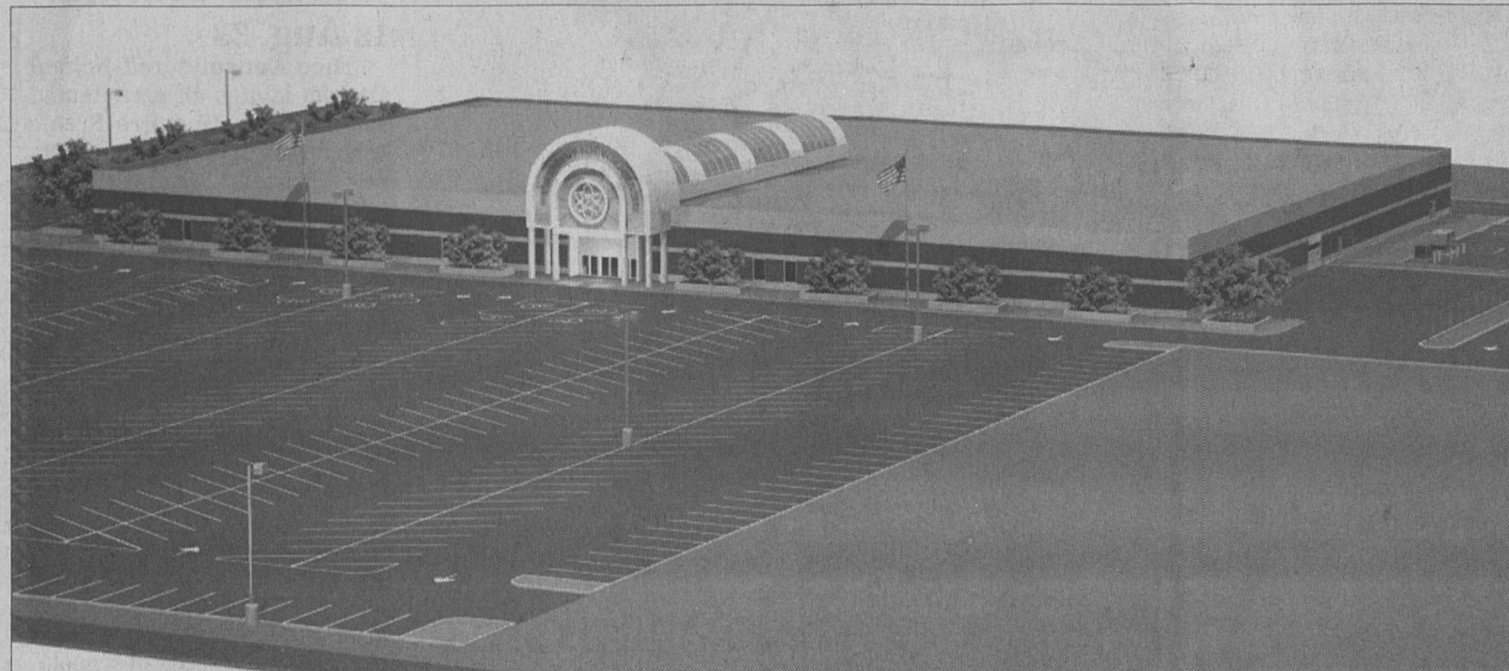


We Love You,
CoCo, Sarah
and Racheal



Happy Birthday
"Brookie"
August 20

May God Bless You
With Many More,
Coach Carol



An artist rendering of Wharton County Junior College's new campus in Bay City.

Wharton County Junior College Opens New Campus

A new 20,000-square-foot Bay City campus of Wharton County Junior College opened on Tuesday, Aug. 14 with Student Recruitment Day. Located in the former K-Mart store at 4000 Avenue F, the customized facility expands course offerings and degree programs for area students and employers.

Admissions, financial aid and other college representatives will be available on Student Recruitment Day to tour students and answer questions until 7:30 p.m.

When the fall semester starts on August 27, first-time course offerings at the Bay City campus will include Introduction to Power Technology (EPGT1370), English Composition (ENGL1301), College Algebra (MATH1314) and Microcomputer Applications (COSC1301).

These courses, along with an existing health and safety course in WCJC's well-established process technology program, compose the first semester of a new power technology program. This program is being introduced to serve Matagorda County's growing power generation industry.

A unique feature of the WCJC Bay City campus is that it also houses the project teams for units 3 and 4 of the South Texas Project. STP announced an expansion project last year that will add two additional nuclear reactors to its Wadsworth power plant.

Bay City Community Development Corporation, owner of the 80,000-square-foot building, is providing the facility to both entities.

Dave Dunham, WCJC's Bay City campus director, said this shared space is ideal as "students can get their degree on one side of the building and walk across the hall for job interviews."

A 6,000-square-foot atrium

with a glass-domed roof separates the entrances to WCJC and STP.

It features a streetscape of palms and lush vegetation designed to be a gathering place for those who attend classes and work in the building.

WCJC President Betty McCrohan is pleased with the evolution of the Bay City campus. The original idea to expand the college's extension center, housed in the Testenger Training Center, gave way to building a stand-alone facility and eventually resulted in a \$4 million renovation of the Avenue F facility.

"When STP announced its expansion, it immediately changed the configuration of a permanent WCJC Bay City campus. We are so fortunate that the Bay City Community Development Corporation shared our vision for a highly visible and accessible site to meet the community's educational needs.

This facility will certainly fuel the Matagorda County economy and provides a win-win for our students and STP by having them in the same building."

Pending approval by the Texas Higher Education Coordinating Board, the power technology program will lead to an Associate in Applied Science degree just like the college's current process technology program.

Dunham said WCJC will build the program by adding "a semester's worth of courses each semester" to complete the program.

Clarence Fenner, head of workforce development for the South Texas Project, is delighted with the potential for new hires from WCJC's power technology program, as well as the college's existing process technology program. He estimates STP will need at least 1200 new employees

through 2015 to bring units 3 and 4 online. Along with this expansion, STP anticipates 30 percent of its workforce will retire in the next 10 years.

Fenner notes that many students think they need an engineering degree in nuclear energy to work at STP, yet engineering disciplines make up only 15 or 16 percent of their current 1200-member workforce.

"The large body of our employees are technical folks like electricians, mechanics, radiation protection technicians, chemical technicians, instrumentation and controls technicians, material handlers, and operators who help produce energy," said Fenner.

Starting wages for these positions range from roughly \$16 to \$23 per hour. Following a two-to-three-year (more) apprenticeship, these wages rise to approximately \$28 to \$32 an hour.

Fenner also pointed out that STP's newest reactors will use digital, rather than analog, technology, giving WCJC students the opportunity to train for the newest industry standard. He added that along with hiring permanent employees, STP refuels reactors every 18 months. Fenner said this necessitates hiring a large pool of contract workers, which numbered nearly 1500 during the most recent refueling.

Other features of the WCJC Bay City campus include two interactive television classrooms that will link students to other WCJC campuses and instructors to further expand course offerings.

The campus also has two industrial labs dedicated to the process technology program and one lab dedicated to the power technology program.

A state-of-the-art computer lab will serve students in all

programs. Parking spaces are available for 600 cars.

Along with STP's expansion, Exelon Nuclear announced Matagorda County as its primary site to apply for a federal license to construct and operate a nuclear power plant. Bay City Community Development Corporation Executive Director D.C. Dunham said the Exelon project will bring 800 to 1000 jobs to the area.

Joining these projects are San Antonio's City Public Service Company and Austin Energy, which have announced they are seeking a site in Matagorda County to build a clean gasification coal plant. In all, there are currently 40 power plants within a 50-mile radius of Bay City.

BCCDC's Dunham believes the opportunity to build out the K-Mart and join together WCJC and STP provides "a great synergy" while "proving that education is important to our young people."

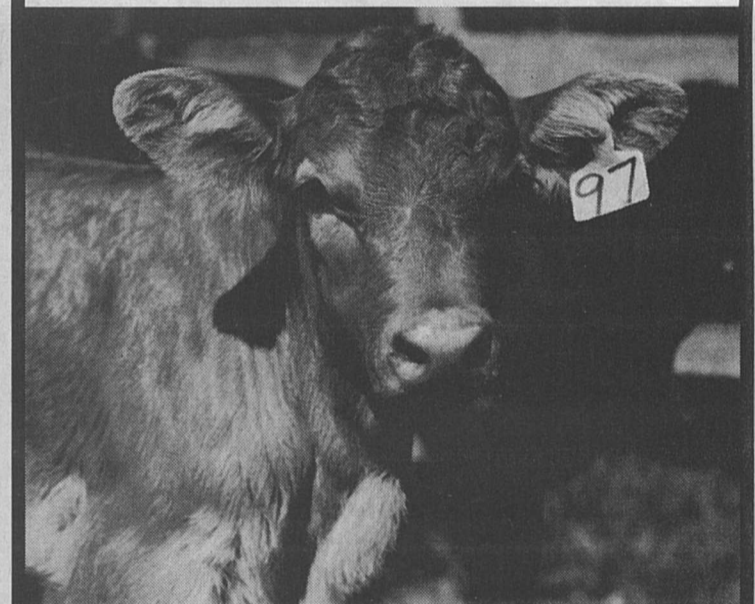
She said that with another 20,000-square-foot of space available for expansion, the facility will serve as a post-secondary training center for Matagorda County.

For additional information about Wharton County Junior College's Student Recruitment Day, the new power technology program, existing process technology program or other course offerings at the Bay City campus, call 1.800.561.9252 ext. 6392 or go online at www.wcjc.edu.

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Bowen Earns Scholarship For UIL Achievements

Clayton Wayne Bowen, a graduate of Rice High School, has been awarded a scholarship by the Texas Interscholastic League Foundation.

Bowen received a Lola Wright Foundation Scholarship in the amount of \$1,000 payable \$500 each semester of the first year.

This year the Lola Wright Foundation awarded a total of seven grants to students who have participated in the University Interscholastic League Academic State Meet and who have compiled an outstanding record of academic and extracurricular achievement.

This year the TILF awarded 377 new awards and will renew approximately 275 awards for a total of more than 600 scholarships for 2007-08, with value of over \$1 million.

Recipients may attend any approved college or university in Texas.

Bowen competed in editorial writing and placed second at the 2007 UIL Academic State Meet.

He also participated in UIL headline writing, football, basket-

Jarvis Earns Masters Degree

Ms. Rhonda G. Jarvis received her Masters of Art, Degree in Counseling from Prairie View A&M University on August 4.

Your family is very proud of

you! From mother, Eurnia J. Gordon; aunt, Katherine Parker; sister, Arlette McGrew; brothers, Delbert Sr. and Terris Jarvis, cousins, nieces and nephews.

ball, tennis and golf throughout his high school career.

He is the son of Wayne and

Jonna Bowen.

Bowen plans to attend The University of Texas at Austin and major in Fine Arts.

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