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PIONEER

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Photo by Kenny Hilburn

L-R: Actors Alex Massy, Lauren Thomas, Kristen Hennesy, Marland Ferguson and Tara Nixon rehearse for their upcoming play which will run Feb. 26 through 28 at the Bruce Owen Theater. Audience members will be asked to participate in the play.

Actors plan improv skits with audience participation

By John Gardner
News Writing Student

The drama department's upcoming play "Forum Theater Project" takes the audience on an unconventional journey into a world of improvisation which expresses everyday problems in society, said Brent Noel, theater professor and director.

Noel said this avant-garde technique of using audience participation provokes critical thinking and provides a unique learning experience for college students.

In this production, 10 actors present various controversial scenarios they have experienced and translate them into theatrical form. Audience members can then volunteer to engage in improvisation with the actors to formulate possible solutions to these contentious issues, Noel said.

The curtain opens nightly at 7:30 p.m. Feb. 26 through 28 at the Bruce Owen Theater. Admission is free.

The audience will be seated on the stage along with the actors which helps

alleviate stage fright and gives everyone included a sense of unity, Noel said.

Mitch McFarland, one of the actors in the production, said there is a bond that develops between everyone involved. "It can become a kind of group therapy."

Various scenarios, including student-teacher relationships, self-esteem, and the stifling of creativity — some of the selected themes of the play — will be performed by drama students with spontaneous audience response. In this format, Noel said, everyone has a voice.

"It's not about getting it right," he said. "It's about exploring possibilities."

One specific skit involves a character named Doc, who is troubled with self-esteem issues. Throughout the skit, Doc continually demoralizes himself using internal monologue. After the skit is performed, audience members have the option to present their solutions to Doc's internal dilemma. The topics addressed

lend themselves See "Play," page 12

Students feeling stressed earlier than usual

Missed days during icy weather partly blamed for workload pileup

By Bishal Malla and Justin Combs
Staff Writer

Two reading and writing assignments, three tests and two quizzes, all in a single day, have made the beginning of the semester difficult for Dibyeshwor Singh, medical technology sophomore.

"We haven't reached the end of the semester yet but I feel like I am taking my finals," he said.

Singh is not the only student feeling pressure right now. The spring semester began with icy weather preventing many students from having a strong start.

Pioneer staff surveyed 50 students during the third week of the semester, asking whether they are feeling more stressed compared to earlier semesters.

More than half of the students polled answered yes.

The main reason given for the stress was the days of school missed because of the ice storm when the college was closed for two and a half days Jan. 26 through 28.

Singh said he missed all of his classes on those three days, creating a situation where the pressure to complete classwork doubled.

Psychology Professor Yuthika Kim said stress is a normal part of life.

"A lot of times it's not the stress that gets you, he said. It's how you attempt to manage the stress."

Kim believes that the management of stress is more important than the stress itself.

He said the easiest method to deal with stress is to set deadlines for things that need to get done.

Kim recommends a monthly calendar to all students so they can plan ahead and organize their academics and priorities.

"I have one myself so I can see what needs to be done in the long term," he said.

Linda Cochran, Emergency Medical Science major, said getting into the habit of planning now helps prepare students for the future.

"Students need to be prepared for everything in their life," she said.

Cochran said, in order to get rid of stress at school, students could possibly give more time to their studies during free time at home or somewhere else.

Cochran said she thinks it also would be a good idea if professors would leave room in their schedule for missed days.

Psychology professor Trish Bilcik said remaining realistic about what needs to be done

first is important so that students See "Stress," page 9

Editorial and Opinion

Editorial

Where is our student directory?

Ever wondered if there was an easier way to get a hold of a classmate? Like for finding help with a project, or to contact fellow classmates about an assigned group project?

Sure, everyone can swap phone numbers at the beginning of the semester, but what happens when those numbers get lost? Students must rush around to find someone's number, only to learn it's nowhere to be found.

How can this problem be solved?

One cure may be a student directory.

The University of Oklahoma has an open student directory that holds information about students including: name, degree, e-mail address, phone number and address.

The University of Central Oklahoma doesn't have a student directory, but on their version of MineOnline, called uConnect, students can find other students' e-mail addresses.

So what is holding OCCC back from creating a similar program?

One objection may be privacy issues.

A valid point, with two simple solutions.

One, what if only OCCC students could access the information electronically, maybe through MineOnline?

Two, offer students the option to be included or not.

The Family Educational Rights and Privacy Act prevents the college from giving out information without the students having an opportunity to opt out.

"Schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance," FERPA says.

"However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them."

So why not do it?

Yes, as a two-year college, OCCC has a high turnover rate. But if this information was kept in an electronic database, time and manpower could be limited.

If students don't want information to be listed, they could check a box on the enrollment form to prevent their information from being posted.

It would help students communicate better with each other, whether it's for help with homework, group projects or organizing club events. It would be in the best interest of the students.

A directory would be a great networking tool the college could easily compile.

Other schools have found the resources to have one, why not us?

—Matt Bishop
Staff Writer

Hotline to aid breastfeeding moms

To the editor:

A new telephone support hotline is now open to answer questions about breastfeeding.

The support line is a partnership of the Oklahoma State Department of Health; Women, Infants and Children Program; Title V Maternal and Child Health Service; and University of Oklahoma Health Sciences Center OB/GYN Department.

The Oklahoma Breastfeeding Hotline, 1-877-271-MILK (6455), is available to nursing mothers, their families, partners, prospective parents and health professionals seeking breastfeeding support and information.

"We are pleased to be able to provide this service as part of the health initiatives to make Oklahomans strong and healthy," said Becky Mannel, OU Medical Center lactation manager.

"Breastfeeding provides a good start in life for mother and child.

"It helps improve the baby's immune system to fight off numerous diseases as well as reducing obesity and diabetes for both mother and child."

Rocky McElvany, interim health commissioner, said the hotline is part of a plan to help improve the health of Oklahoma's babies.

"We hope this hotline will help more mothers overcome some of the barriers they face to continue to breastfeed," McElvany said.

The Oklahoma Breastfeeding Hotline is open seven days a week, 24 hours a day and is staffed by International Board Certified Lactation Consultants provided by the OU Medicine Lactation Team.

Callers may leave a message for a return call if no one is available at the time.

Those with urgent questions may page the IBCLC on call.

The hotline cannot provide a medical diagnosis.

sis. All medical questions should be directed to a health care provider.

The Oklahoma Breastfeeding Hotline provides accurate, up-to-date information.

—Becky Mannel
OU Lactation Manager

PIONEER

Vol. 37 No. 22

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The PIONEER is a publication of Oklahoma City Community College through the Division of Arts and Humanities. It is published weekly during the fall and spring semesters and the eight-week summer session.

All opinions expressed are those of the author and do not necessarily represent those of the publisher.

The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. However, the PIONEER will withhold the name if the request is made in writing. The PIONEER has the right to edit all letters and submissions for length, libel and obscenity.

Letters to the editor can be delivered to the PIONEER office, mailed to: Pioneer Editor, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to 405-682-7843.

Letters may also be e-mailed to editor@occc.edu. A phone number for verification must be included.

The PIONEER can be accessed on the Internet at: www.occc.edu/pioneer.

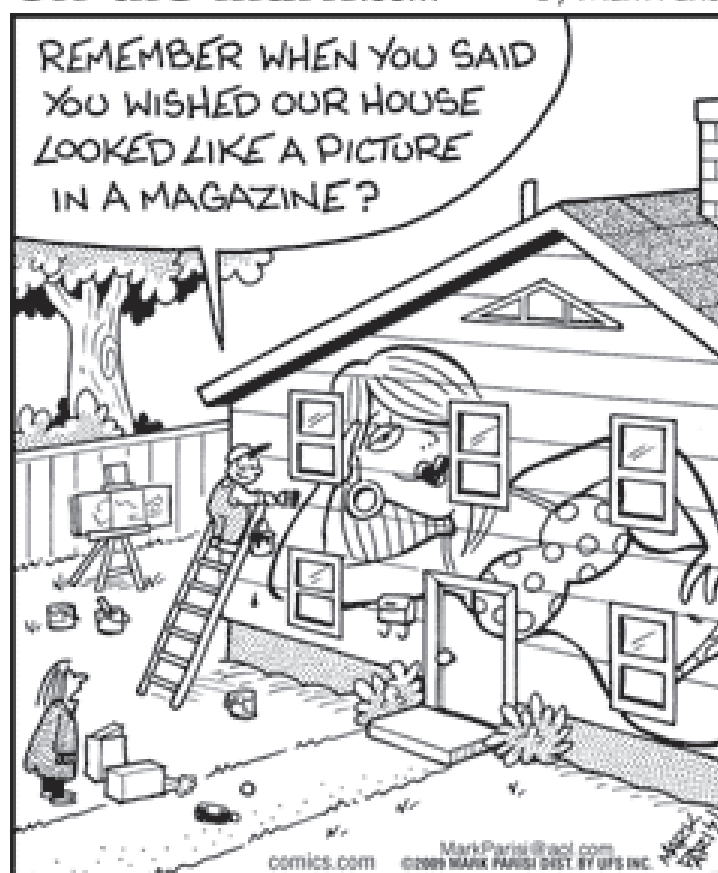
Color printing this semester is paid for, in part, from a grant from OPUBCO Communications Group.



OKLAHOMA CITY COMMUNITY COLLEGE

www.occc.edu/pioneer

off the mark.com by Mark Parisi



Comments and Reviews

Obama's path to presidency highlighted in documentary

It is 696 miles from Chicago's 13th district to Washington, D.C.

You can fly there in four hours, drive in 11 and a half, or even walk there in nine days.

Yet it took President Barack Obama two years, millions of dollars and the journey of a lifetime to make a trip. And a reporter from CBS was along to document it all.

On Jan. 20, history was made when Obama was sworn in as the 44th president of the U.S.

Beginning in early 2007, reporter Steve Kroft spent many hours interviewing the future president and presenting those profiles on the tv show "60 Minutes."

Those segments have been compiled into a 240-minute DVD.

"Obama: All Access" is subtitled "Road to the White House" because it depicts exactly that.

Kroft, of CBS, had the opportunity to follow the Obama campaign before it



actually began.

He met with the then senator from Illinois in his home state and walked the neighborhoods with him.

Kroft met with the Obama family in their home and asked questions of the girls concerning their dad's cooking ability, giving some human interest to the segment.

The biopic includes highlights such as Obama declaring his candidacy, his nomination acceptance and his victory speech at Grant Park the night of his election to the presidency.

The complete inaugural address and events surrounding the inauguration are a part of this film.

The photography is well done.

That would be expected, as this is a Paramount/CBS production.

Kroft shows his skills as a reporter by bringing out the highlights of Obama's personality.

Kroft asks pointed questions and does not allow for rhetoric or evasiveness.

This is evident when Obama is asked about who will be part of the new cabinet.

Obama says he will not tell any names, but Kroft is persistent and gets some bits of information.

This film is a way to get to know the president if you do not, and learn more if you do.

It would also make a nice keepsake for future generations as it depicts a piece of history in the making.

Rating: B+

—Cynthia Praefke
Staff Writer

Bank movie exhibits control

"They control your money. They control your government. They control your life. And everybody pays."

Who is this all-powerful entity? Parents? Republicans? Brad and Angelina? Oh no.

"The International" would have us believe it is the banks of the world.

Well, not the struggling U.S. banks that have just needed a bailout, but a mighty conglomerate bank located in Germany. The plot thickens.

It seems this large bank is in the business of buying and selling missiles in the Middle East.

Who better to send to uncover this plot than a rebel Interpol agent, Clive

Owen, and his married-to-someone-else-but-somehow-attracted-to-him partner, Naomi Watts.

That is a summery of the first half of the movie.

It is slow moving and some viewers got up to leave before the fun began.

The second half of this film has some wonderful action, including a gunfight that lasts long enough to destroy the Guggenheim Museum.

There are also several assassinations and lots of realistic foreign intrigue.

Armin Mueller-Stahl had an excellent performance as mentor to bad-guy boss, Jonas Skarssen.

Ulrich Thomsen, a Dan-

ish actor is powerful in his portrayal of the head of the multinational bank, Skarssen.

At first glance "The International" may seem trite and predictable, but the end is neither.

If you can wait out the first 45 minutes of jumpy scenes and bad acting, it gets progressively better and more entertaining, but never great.

Rated R for violence and language, this is not a movie for children.

If you wait for the DVD you can fast forward through some of the bore and get to the gore.

Rating: C

—Cynthia Praefke
Staff Writer

View from the PRESIDENT'S OFFICE



Now that President Obama has signed the stimulus package into law, I thought you might appreciate a summary of the direct implications for community colleges.

The Economic Recovery and Reinvestment Act of 2009, as it is officially known, contains support for community colleges and their students.

In terms of direct financial assistance for students, the package includes an increase in the Pell Grant maximum by \$500 in each of the next two years.

The maximum award will increase to \$5,350 beginning July 1. Federal Work Study funding will be increased by \$200 million, providing additional funds for colleges to hire students on campus.

To assist with the cost of tuition, fees, and course materials, a new "American Opportunity Tax Credit" has been created.

This tax credit covers the first \$2,000 of expenses and 25 percent of the next \$2,000, for a maximum credit of \$2,500. There are some income limitations on the credit, but for the first time, if the tax credit exceeds the amount you owe, you will receive a portion of the tax credit back in the form of a refund.

This new tax credit replaces what was previously called the Hope Scholarship tax credit, and now includes the costs of books and other course materials, in addition to tuition and fees.

In terms of financial support for education, including community colleges, the legislation provides \$53.6 billion for what is called state fiscal stabilization.

Some of the funds should be available to community colleges for infrastructure funding—building renovation, technology upgrades and facilities modernization.

The direct funding for building projects for colleges in early drafts of the package were not included in the final version that became law.

There are a number of provisions to assist with training and employment services.

One program, called Trade Adjustment Assistance, provides benefits to workers in the manufacturing, service or public sectors who have lost their jobs. Namely, financial assistance to pursue college degrees.

Another provision provides for the development of workforce training programs at education institutions, including community colleges. Health professions' training is specifically included, providing \$200 million for scholarships and grants to upgrade equipment.

While many of the details are still being worked out on how students or institutions can access the funds, I am hopeful that this additional funding will help OCCC and our students.

—Paul Sechrist
OCCC President

Comments and Reviews

'Push' a methodical but impressive showing of mental abilities in film

Psychic abilities highlighted the riveting new movie "Push".

In "Push," a group of psychic-powered people try to escape the grasps of "Division," a government agency trying to form a psychic army.

Agent Harvey Carter (Djimon Hounsou) is the leader of the expedition to retrieve the escaped "pusher" Kira Hudson (Camilla Belle), who was the only survivor of the secret treatment Division is administering.

Thrown into the mix as a little boy, Nick Gant (Chris Evans) has a past with Division because his father was once with the agency.

Nick then teams with Cassie Holmes (Dakota Fanning) to find Kira before Division does, so they can keep the experimental drug out of the hands of Division.

The film is mostly based on the characters' psychic

abilities and builds on those further and further into the film.

Nick is a mover, or someone who possesses telekinesis, the ability to move objects with his mind.

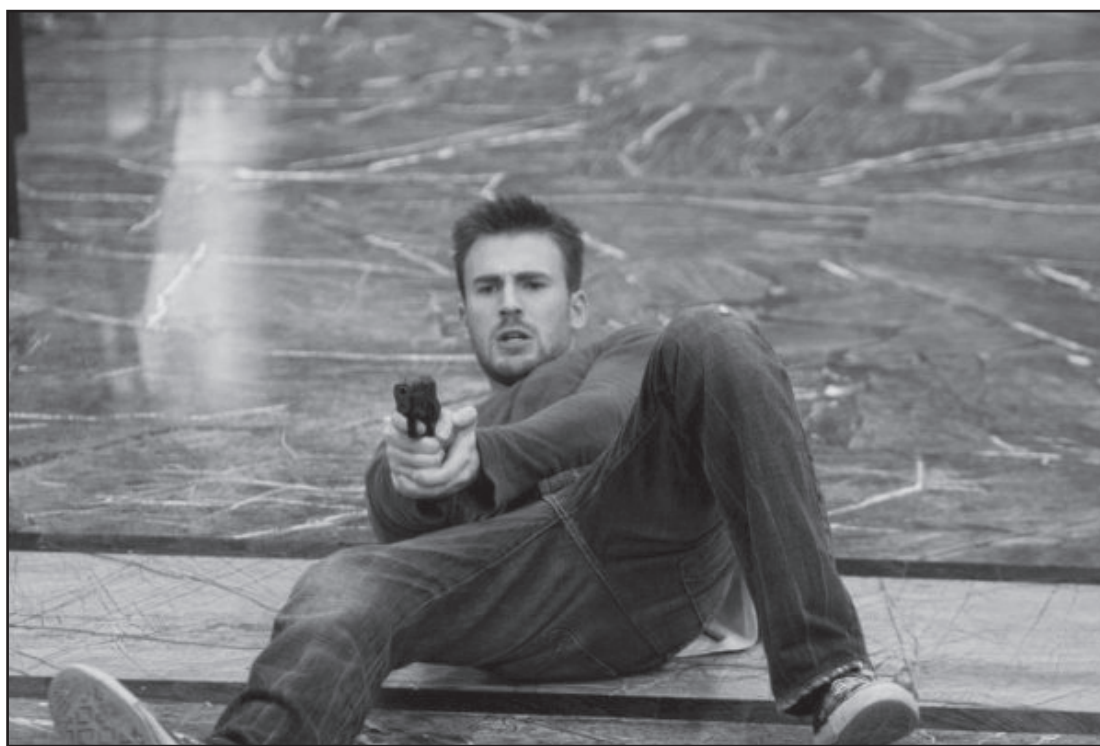
Cassie is a watcher, or clairvoyant, who can see the future before it happens.

There are other psychic abilities used throughout the movie, such as bleeders who emit a sonic resonance, sniffers who can find other psychics, shifters who can alter the perception of objects for a short time and pushers, who can force thoughts and images into other's minds.

Fanning and Evans do a spectacular job of acting. Theirs were the strongest performances.

The movie's ultimate strong suit was the plot and how it progressed.

The best way to describe it is methodical.



"Push" makes you believe it's going to be the same ho-hum sci-fi action film with mutant-like beings running from the government, like in "Jumper." The film becomes unpre-

dictable and has a good mixture of action and story.

The action scenes are enjoyable while the special effects are decent.

"Push" features a lot of

action, a captivating storyline and on par acting. It should be a good watch for anyone.

Rating: A

—Stephen Sossamon
Editor

New slasher movie nothing more than a gory pornographic with typical storyline

The dreaded date of Friday the 13th always comes with a bad omen to most.

This time was no different.

The movie was almost as bad as the superstition that accompanies it.

In "Friday the 13th," the 12th installment in the "Jason" series, five friends get sidetracked on their way camping. Soon thereafter, just like any psychopathic serial killer movie, they methodically get hacked to death.

About one-fifth of the way into the movie is when the title "Friday the 13th" shows up in red on the screen. Officially the longest introduction to a movie I've ever seen.

The sad part is the intro was better than the rest of the movie.

The movie officially starts six weeks later, with the five friends missing.

Clay (Jared Padaleck), who is known for his role as Sam on the CW TV series "Supernatural," looks for his missing sister Whitney (Amanda Righetti) who was one of the five missing friends.

Clay comes in contact with Trent, Jenna, Bree, Chewie, Chelsea, Lawrence and Nolan—seven friends who visit Trent's dad's cabin on Crystal Lake for a weekend of partying.

Clay and Jenna visit the old abandoned Crystal Lake cabin and all hell



breaks loose as Jason unleashes his fury.

Those looking for a good storyline are far off track with this movie.

"Friday the 13th" is a

hack and slash gore with flashes of nudity. These scenes serve as the reason for the R rating.

The language used in the movie was atrocious. It

portrayed the animalistic instincts most people have when faced with certain death, but at times it was just uncalled for.

The best parts in the movie were the murders Jason performed.

There were many different ways in which he used his trademark machete to end his victim's lives.

But the movie is nothing more than a gory porno, which evidently in this day and age, sells.

Die-hard Friday the 13th and Jason fans can enjoy it, but all other viewers should likely steer clear of this horrific horror.

Rating: D

—Stephen Sossamon
Editor

Newspaper adviser Sue Hinton to be inducted into Journalism Hall of Fame

By Matt Bishop
Staff Writer

Journalism professor Sue Hinton will be inducted into the Oklahoma Journalism Hall of Fame on April 3 at the University of Central Oklahoma in Edmond.

Hinton has taught at OCCC since it was founded in 1972 and has taught journalism since 1977.

Hinton also has been the faculty adviser for the Pioneer newspaper since 1978.

Although she is a Hall of Fame journalist, she said her students are a major influence on her success.

"I think the credit goes to my students more than to me," Hinton said.

Lacey Lett, a former student and staff member of Hinton's, said she credits her success to Hinton's special way of making the program interesting.

"She is such a dynamic professor and she always got me excited to be in journalism," Lett said.

Lett started as a report-

er and disc jockey in Oklahoma City. She now works in production for VH1 in New York City.

Former Pioneer editor and lab assistant Daniel Lapham was not a student of Hinton's, but had her as a newspaper adviser.

Lapham said she allowed him to see in himself, that he could be a confident journalist.

"She pulled out of me what she knew was in there all along," Lapham said. "To me that is the definition of a great and extraordinary teacher."

Lapham is now a photojournalist for the documentary department at OETA.

Students come from the University of Oklahoma, the University of Central Oklahoma and Oklahoma City University to take journalism courses at OCCC.



Sue Hinton

Many people at OCCC say they appreciate the work Hinton has put into the college over the years.

President Paul Sechrist said Hinton is a respected professor throughout the region because of her effectiveness in preparing skilled student journalists.

"Professor Sue Hinton richly deserves this honor," Sechrist said.

"OCCC and our students have been fortunate to have Sue Hinton as a faculty member for many years."

English professor Clay Randolph said he has known Hinton since 1975. He said she has done wonders for the journalism program at OCCC.

"Her importance lies in her almost single-handed establishment and development of the journalism program at the college," Randolph said.

"It is purely one of the finest in the country."

Arts and Humanities Dean Susan VanSchuyver said she is honored to have Hinton a part of the journalism department.

"She's an outstanding faculty member and a great sponsor of the Pioneer," VanSchuyver said.

In 1991, Hinton won OCCC's President Award of Excellence in Teaching and was also named Outstanding Journalism Edu-

cator in 1994 by Women in Communications, Inc.

Hinton has worked for The Oklahoman, the Norman Transcript and Lawton Morning Press.

However, Hinton said, the reason she has stayed at OCCC for 37 years is because she can teach students how to be better citizens, as well as journalists.

"I feel like I can make a difference," Hinton said.

"The most important thing you learn in journalism is how to be a better citizen and how to use your power as a citizen to learn things about your government and to be informed about your government."

She said she plans to continue teaching as long as she is able.

"I think as long as my health is good and my eyes are good, I plan to teach another five or six years," she said. "I have a great job."

Staff Writer Matt Bishop can be reached at SeniorWriter@occc.edu.

Military career fair, veterans affairs come Feb. 24

By Hunter Bickford
News Writing Student

All branches of the military will be present at OCCC's Military Career Fair on Tuesday, Feb. 24, said Debra Vaughn, Career and Employment Services director.

This includes the Army, Navy, Air Force, Marines, Coast Guard, Air National Guard, Oklahoma National Guard and National Guard.

Also recruiting at the fair will be the Reserve Officer Training Corps at the University of Oklahoma and the University of Central Oklahoma.

The event runs from 9 a.m. to 5 p.m. and is open to the public. Representatives from each branch will answer any questions

participants may have, Vaughn said.

"It's a great opportunity for the public to come and see what a career in the military has to offer," she said.

Vaughn asked participants to keep in mind that each branch of the military has different criteria, benefits and career focuses. Physical requirements vary greatly, and there may be some differences within each branch of the service.

Those interested in pursuing a career in the military should be in good physical condition, of appropriate weight and able to pass a standard physical exam.

Education requirements vary as well, Vaughn said. Potential service members

with a GED can enlist, but the opportunities may be limited. Having a criminal record does not disqualify candidates from entering the service, but each branch evaluates the severity and number of offenses on a potential service member's record. The U.S. military allows entry to U.S. citizens and permanent resident aliens.

The career fair is also designed to benefit veterans. The Veterans Affairs Regional Office based in Muskogee and the VA Medical Center will also be present at the fair.

The Veterans Services Office is hosting an information session on the same day from 10 a.m. until noon.

The information session will have five speakers in

the two-hour period, said Janice Armstrong, Veterans Service Office coordinator.

Jim Becker, public affairs officer from Muskogee, will be the first speaker at 10 a.m. Becker will give a briefing on VA benefits such as compensation, home loans, medical, and other general questions.

Next, education expert Sherry Scott will talk about education benefits, including the new Post 9/11 GI Bill.

Jason Rogers will follow at 11 a.m. and will speak for 30 minutes. Rogers is a vocational rehabilitation specialist, who will cover all aspects of the Chapter 31 program.

At 11:30 a.m., William Brown, representing the OK Veterans Center, will speak.

The two-hour information session's last speaker, Cheryl Woods, from Veterans Upward Bound, will conclude the GI Bill update, Armstrong said.

Comments? Opinions?
E-mail Matt at
editor@occc.edu
Let your voice be heard!

Visual and Performing Arts Center to be dedicated

By Ryan Campbell
News Writing Student

The dedication of the new Visual and Performing Arts Center is scheduled to begin at 2 p.m. Thursday, Feb. 26, in the Film and Video studio of the new building on the west side of campus.

Everyone is invited to join keynote speaker Higher Education Chancellor Glen Johnson, OCCC President Paul Sechrist, and the many other members of college staff in the celebration.

While the new Visual and Performing Arts Center has been in use since the beginning of the spring semester, the official christening of the facility will be a landmark in college history, said Pat Berryhill, executive director of Institutional Advancement.

The newest addition to the campus was built to better train students in the areas of film, music and art, she said.

The \$8 million facility covers 56,000 square feet and includes classrooms, art labs and photography rooms, as well as a sound stage studio where movies and commercials can be filmed.

The college was able to add this state-of-the-art facility because of the passage of a bond issue that Oklahoma taxpayers approved in 2005, Berryhill said. This show of confidence by the voters also funded the new Health Professions Building that is currently in use at OCCC.

Berryhill said the community has given OCCC a tremendous opportunity to further improve the educational experience at the college.

"With the new building, there is finally a chance to showcase the talent at OCCC with a beautiful sound stage and lighting," said Michelle Hanley, undeclared major.

"It's something that will

VISUAL AND PERFORMING ARTS CENTER DEDICATION

2 P.M.
THURSDAY,
FEB. 26
IN THE VPAC
FILM AND VIDEO
STUDIO

THE VPAC IS
LOCATED ON THE
WEST SIDE OF
CAMPUS.

THE EVENT IS OPEN
TO THE PUBLIC

FOR MORE
INFORMATION, VISIT
WWW.OCCC.EDU

change the Communication and Arts Department forever."

Berryhill believes the new facility will not only promote excellence in students who attend OCCC, but also will invigorate the community.

"The arts play a very vital role in the cultural and economic life of Oklahomans," she said.

"We're really excited to have this facility on board. It not only gives our students great art opportunities, but also the community will really benefit from this facility."

The second phase of construction of the Visual and Performing Arts Center will consist of a 1,000-seat performing arts theater. Construction is expected to begin in 2010, Berryhill said.

An open house for the Visual and Performing Arts Center will be hosted by Women of the South at 5:30 p.m. Thursday, Feb. 26.

Those wanting to attend the open house are asked to RSVP by calling Berryhill at 405-682-1611, ext. 7617, or e-mail pberryhill@occc.edu.



Photo by Kenny Hilburn

Students enjoy the Visual and Performing Arts Center. The newest addition to the campus trains students in the areas of film, music and art. The \$8 million facility covers 56,000 square feet and includes classrooms, art labs and photography rooms, as well as a sound stage studio where movies and commercials can be filmed. The college was able to add this state-of-the-art facility because of the passage of a bond issue that Oklahoma taxpayers approved in 2005, said executive director of Institutional Advancement Pat Berryhill.

Student, faculty films to be screened at VPAC ceremony

By Katie King
News Writing Student

The Film and Video Production department will screen several films during the dedication and open house for the Visual and Performing Arts Center on Thursday, Feb. 26.

Three student films, three joint OCCC faculty and student films, a trailer of Artist in Residence Gray Fredrickson's many films, and "Dream No Little Dream," directed by Film and Video Production professor Greg Mellott will be shown.

All eight films will play simultaneously on screens throughout the building, Mellott said. The first showing will be at 2 p.m. and the second showing will begin at 5:30 p.m.

The films include:

"Paper People" by student Jay Sheldon. Sheldon's film is the winner of the Bare Bones Film Festival for Best Student Film. This compelling and amusing film is about the dilemmas of a young man who delivers an Oklahoma newspaper.

"Food For Thought," by student Stephanie Gowdy, is a charming and humorous take on sustainable farming while still capturing the seriousness of the job.

"A Place She Calls Home" by student Siham Rachid. Filmmakers spent 48

hours capturing what it's like to live on the streets in Oklahoma City.

Other films by OCCC Productions, which are the combined work of faculty and students, include: the Allied Arts Campaign video, the Oklahoma Creativity Project film, the Oklahoma Museum Network film, and Emmy award-winning "Dream No Little Dream," produced by Fredrickson and written and directed by Mellott. The hour-length film depicts the life of Oklahoma native son, Robert S. Kerr.

The film trailers honoring Oscar and Emmy winner Fredrickson will include clips from his movies such as: The Godfather trilogy, "Apocalypse Now," "The Outsiders," "UHF" and many more.

Fredrickson serves as artist-in-residence for the Film and Video Production program at OCCC.

Everyone is invited to the dedication at 2 p.m. Thursday, Feb. 26, in the Film and Video studio of the Visual and Performing Arts Center, said Pat Berryhill, OCCC executive director of institutional advancement.

Those wishing to attend the open house at 5:30 p.m. are asked to RSVP by Monday, Feb. 23, by calling 405-682-7591 or sending an e-mail to pberryhill@occc.edu.

it's a small world

Nepalese student travels overseas for educational opportunity at OCCC

By Bishal Malla
Staff Writer

An ambitious young woman from Nepal travelled all the way to Oklahoma in search of a college degree she might have been denied had she stayed at home.

Nineteen-year-old Chanda Shrestha, a business major, chose OCCC to pursue her higher studies. Shrestha, whose first name Chanda means Moon in the Nepali language, is a full-time international student.

Nepal is a relatively small country located in South Asia. It is an economically poor country whose per capita income was only \$418.6 in 2007, according to Central Bureau Statistics of Nepal.

Nepal remains a male-dominated society where females are not allowed to cross the boundaries placed on them by society, Shrestha said. Because of

that, educational opportunities for women remain limited.

"That's why being a girl, we have to have lot of courage to travel far from home and family and to go to college in the U.S.," she said.

Shrestha attended a boarding school at her hometown Kathmandu, the capital of Nepal. She completed additional studies in India.

Though boarding school is not uncommon in Nepal, not all the families can afford it, she said.

"My parents always supported me in my studies from my childhood due to which I am here in the U.S. now," she said.

Shrestha has been to several other countries like Thailand and Taiwan, but she said the U.S. turned out to be different than she expected.

"I hadn't thought that life here would be so busy," she said.

Coming to school, trying to meet deadlines for tests and quizzes, completing the assignments on time so that she will not miss the grades has become a daily routine for Shrestha these days.

Coming from a different educational background, Shrestha takes this as a challenge in her life.

In Nepal, students have to take a final exam only once in a year and that decides whether a student goes to the next grade or not, she said.

Shrestha said so far she has not had difficulty communicating with Americans although English is a second language for her.

"I studied English from elementary school so I didn't have difficulties in speaking but sometimes because of the accent I have some problems," she said.

Shrestha said she first came to the U.S. in the fall of 2008 to the University of

Charleston, W.V. She came to Oklahoma and enrolled at OCCC to be with her brother, a student at Oklahoma State University in Oklahoma City.

Shrestha noted some of the differences between Nepal and Oklahoma.

"There are no speed limits on the roads in Nepal," she said. "In Nepal, people drive in the left lane but here we have to drive in the right lane which is confusing sometimes."

Shrestha learned how to drive in Nepal, but she has neither a driver's license nor a car in the U.S. She gets a ride to school from her brother, who drives her from Edmond to OCCC.

Shrestha said she likes to interact with people from other cultures so she can understand more about them. She said she wishes she had more opportunity to meet people.

"Everybody looks like they are so busy which might be the reason I usually do not get the chance to communicate with lots of people," she said.

Shrestha said she also has found some classes to be especially hard.

She said she was disappointed when she didn't get a good grade on a test in her U.S. History class.

"I am not an American citizen and this is not what I read or knew from my early childhood," she said. "I think professors should give a little more attention to the international students on such subjects."

Shrestha said she believes most international students are not aware of activities going around the campus.



Chanda Shrestha

She said she wishes the college would sponsor more activities specifically for internationals.

She said hosting an international student festival might be one good thing the college could do.

Chiaki Troutman, World Languages and Cultures Center lab assistant said OCCC has opened the World Languages and Cultures Center on the second floor in the Main Building to give a more homelike environment to the international students.

Although all students are welcomed at the lab, she said, it is a place where international students can meet and interact with each other.

There is an International Students Association at OCCC where any students can be a member.

For more information about OCCC's international student program, call International Student Services Coordinator Sunny Garner at 405-682-7884 or e-mail at sgarner@occc.edu

Staff Writer Bishal Malla can be reached at Staff Writer1@occc.edu.



Nepal — (nə pōl)

Capital: Kathmandu

Population: 29,519,114

GDP: \$30,660,000,000 (USD)

Size: 54,363 sq miles (about the size of Iowa)

National Language: Nepali

Currency: Nepalese rupee

National Animal: Cow

National Flower: Rhododendron

Festivals: Dashain, Tihar, Holi, Mahashivaratri, Teej

Details: Nepal, which is officially known as the Kingdom of Nepal, is situated in South Asia, surrounded by the Himalayas, where eight of the world's highest mountain peaks are found, including the highest, Mount Everest. The country is landlocked, bordered to the north by China and to the south, east and west by India. The landscape of Nepal is geographically diverse, spanning from the snow-capped mountains of the Himalayas in the north, to the plains in the south. Nepal has a diverse culture, with more than a dozen ethnic groups speaking different languages and local dialects. It is the only country where two of the world's oldest religions — Hinduism and Buddhism — mutually co-exist and overlap, without any ethnic or religious strife.

*Source: www.nepalhorizons.com

World Region: Asia



Sports

UPCOMING

OCCC INTRAMURALS EVENTS

• **Feb. 24-28:** The Aquatic Center will host the Mountain West Conference Swimming and Diving Championship. For more information about OCCC Aquatic Center events, call Recreation and Fitness Director Roxanna Butler at 405-682-1611, ext. 7425.

• **Feb. 27:** Intramural 3-Point Shooting Challenge. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 2:** Adult Volleyball League begins. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 2:** Spring Youth Basketball Coaches meeting. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 5:** Men's Basketball Open Run Tournament. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 7:** 5-on-5 Intramural Basketball Tournament. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 9:** Adult Volleyball League in The Wellness Center Gym. For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **March 12:** OKC Kayak Day Trip Registration ends. For more information about Kayak Day Trip, call Dave Lindo of OKC Kayak at 405-830-9689.

Call Justin at 405-682-1611, ext. 7440, with sports news.

Ready for launch

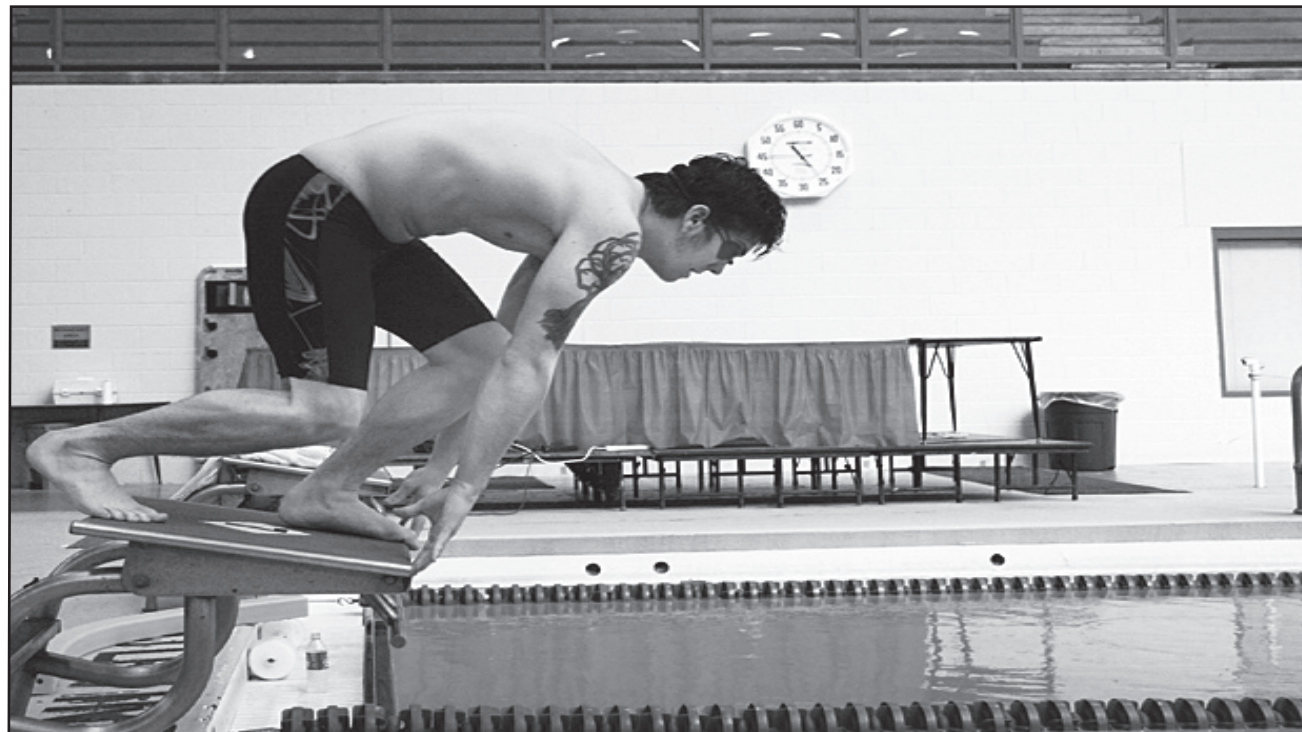


Photo by Kenny Hilburn

Dallas Powell, sophomore, gets ready to launch into the water at the aquatic center. "It's a good pool, better than anything I've ever seen," he said. The Aquatic Center is a great place to get exercise. The pool is open to the public, and OCCC students for free.

Free Agents defeat the Jets to earn first win of season

By Justin Combs
Staff Writer

The Jets and Free Agents squared off in the second week of Intramural basketball in a game that could've gone either way.

The Free Agents won the game 52-43, but the score is deceiving.

The Free Agents put themselves in the lead early in the game by making an 8-0 run at the 17-minute mark.

The Free Agents carried the lead throughout the game, but it would not be enough to discourage the Jets.

Fredrick Sykes, of the Jets, made a 3-point shot at the 11-minute mark of the first half, bringing his team four points away from tying up the Free Agents, 13-9.

The Jets continued to tighten up the margin with Christopher Goines making a 3-point shot to close in on the Free Agents 18-15.

Goines converted another 3-point shot at the half-time buzzer to tie the game 27-27.

The Jets rallied at the end of the first half to tie the game and begin the second half on an even keel. They played aggressive defense and made each shot count.

"We started to come together as a team and came back playing defense," Sykes said.

The Free Agents scored the first basket of the second half with a lay-up by Donald Worth to put his team in the lead 29-27.

The Jets responded with a lay-up by Stephen Jeffery to tie the score.

At 8:30 in the second half, Edward Winslett of the Free Agents provided his team with a 3-point basket to keep his team ahead 40-36.

The game remained close with Jeffrey scoring an easy lay-up on an empty side of the court to close in on the Free Agents 42-39 with 3-minutes left in the game.

But it wasn't enough to stop the Free Agents who closed the game on a 10-4 run.

"We're stoked to come out and get our first win," said Donald Worth of the Free Agents.

"We play as a team, not as ball

hogs, and we're just trying to stick to the fundamentals."

The Free Agents are 2-1 and beat the Warriors in the game they played after defeating the Jets.

The Free Agents will play a double-header again on Feb. 27. The Agents will play The Squad at 1 p.m. and Swagga' at 2 p.m. This will be the last game before the Intramural Basketball Tournament on March 7.

For more information, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

Staff Writer Justin Combs can be reached at StaffWriter2@occc.edu.

Do you have sports news you'd like to share? Maybe you know of an OCCC athlete worthy of a mention. If so, contact Justin at StaffWriter2@occc.edu or call 405-682-1611, ext. 7440.

Library reports computers users viewing porn

By Justin Combs
Staff Writer

Incidents of porn being viewed on library computers were reported Feb. 10 and 12.

On Feb. 10, Security Officer Tim Densmore reported he received a call at 10:25 a.m. concerning computer misuse in the

library according to the incident report he filed.

Densmore then met with Officer William Busby and met with the offender, Chance Long, a student here on campus, according to the incident report.

Long was then escorted to the south foyer of the library where they met with Officer Eddie Connally.

The incident report shows Long said he had been looking at pictures that he shouldn't have.

He did admit to knowing the material he was viewing was against college policy, the report shows.

Library records show this was Long's second offense, the first being on Nov. 4.

Long was informed that a student misconduct would be filed against him.

On Feb. 12 at 5:59 p.m. a person from the community reported finding pornographic material on one of the library computers he had been using, according to an incident report filed by Officer Jacob Roby, who responded to the call.

According to the incident report, the computer had Limewire on the screen, with downloaded images of nude females and males engaging in sexual acts.

In the search bar of the

Limewire system was the word "pedo" and there were multiple downloads that stated participants were underage, according to the incident report.

Officer Kevin Tipton reviewed camera footage of the area. After reviewing the camera footage it was determined that there were multiple users over the course of the day and none of the users could be identified, according to the incident report.

Staff Writer Justin Combs can be reached at Staff Writer2@occc.edu.

Stress is manageable with learned habits

"Stress,"

Cont. from page 1

aren't looking so far ahead they forget that the present matters the most.

Bilcik, who also teaches stress management, said dealing with a workload on a week-by-week basis will lighten the stress load for most students.

"Take it one project at a time and just take it in manageable pieces," she said.

"If you just do it week by week, bit by bit, it will get done."

Bilcik said, in her stress management class, students not only learn about stress, but also ways to deal with it.

"We do deep breathing and looking at the value of humor," Bilcik said.

"Being able to laugh, a good belly laugh, makes us all feel better."

Singh said students must have good study habits. The more students study, the more routine it be-

comes and the less stress they get, he said.

Kim agrees, and said students may find habits from high school may hinder them in college.

"College is a new environment for a lot of people and the work load is greater," Kim said.

"When organizing your schedule and degree program, you need to take an academic load that's within your ability to manage."

Kim said it's also a good idea to fill breaks constructively.

"When I was in college, I would try to steal moments of my day," he said.

"If you have a 30-minute break, you can rewrite your notes for the class and keep getting things done."

Kim said in stress situations a person needs to make an assessment of whether this is something in their control or out of their control.

"Most people know or can feel what is beyond their level of coping with stress,"

Kim said.

"A lot of times when people question whether they can cope with stress that's generally when they know they need to seek help," he said.

Students also can speak with their professors if their workload is giving them trouble, Kim said.

"Seek out your professors," he said. "They want to help you and want you to succeed."

Bilcik said there are steps students can take for dealing with stress better.

Even just eating properly and sleeping enough have a strong impact on being able to handle stress in life, she said.

"You need to build yourself into the equation so that you can be at your optimal performance and health," Bilcik said.

Staff Writer Bishal Malla can be reached at Staff Writer1@occc.edu.

Staff Writer Justin Combs can be reached at Staff Writer3@occc.edu.



Ever Get Somebody Totally Wasted?

OCCC
Student Employment & Career Services
OCCC Veterans Services
presents
Military Career Fair
Feb. 24th
9am-5pm
College Union
Public Welcome

Army ★ Navy ★ Air Force
Marines ★ Coast Guard
★ Air National Guard ★
★ OK Veterans Center ★
★ OU & UCO ROTC ★
★ National Guard ★
★ VA Medical Center ★
Veterans Affairs Regional Office

New GI-Bill Update-10-noon, CU3
Call 682-7519, 682-7695 or
682-7694 for additional information

Highlights

Military Career Fair at OCCC

OCCC invites students and community members to the Military Career Fair from 9 a.m. to 5 p.m. Tuesday, Feb. 24, in the College Union. Military recruiters will provide information on the enlistment and educational benefits to all guests. The Oklahoma Veterans Regional Office also will be available to share updates on the new GI Bill. Oklahoma Veterans Center will make a presentation from 10 a.m. to noon in the College Union. For more information contact, Katie Treadwell at 405-982-7523 or e-mail ktreadwell@occc.edu.

Apply for Grocery Tax credit

As tax season approaches many Oklahomans may be unaware of a tax credit geared to assist with the rising cost of groceries. The credit of \$40 per household member is available to households with income up to \$50,000 for tax filers who are elderly, have a physical disability or claim a dependent, or \$20,000 for other households. The refundable credit can be claimed by filling out form 538-S at the time an individual files his or her Oklahoma State income tax forms. For more information on Sales Tax Relief credit, visit www.okpolicy.org.

Parking Lots

The parking lot C and D will be affected by campus events on Feb. 26 and 27. The Southwest end of parking lot C will be reserved for VPAC dedication from 7 a.m. to 7 p.m. on Feb. 26. Parking lot D and D-Preferred Parking (formerly D-VIP) will be reserved from 7 a.m. till noon for an event which is going to be held in the College Union.

Scholarships forms in Recruitment and Admissions

Recruitment and Admissions office invites students to apply for the scholarships. Students can apply for any scholarships they want, if they meet the criteria. For more information contact, Linda Sapp at 405-682-1611, ext.7654.

Cox Scholarships

Cox Communication is offering scholarships for students of Oklahoma colleges or universities. The Cox Connects Foundation, which is sponsored by Cox employees, is taking applications for the scholarships. Deadline for the application is March. 6. For more information contact, Linda Mason, Coordinator for Grant Writing and External Funding at 405-225-9486.

International Cultural event

International Student Association is hosting an International Cultural event from 12:30 to 5 p.m. Wednesday, March. 4, in the College Union. International Student Association invites all the professors and students to participate in the event. For more information contact, ISA President Camille Njeugoue at 405-445-8697.

Rosario Andino in Concert

Rosario Andino, a renown pianist will perform at 7 p.m. Tuesday, March. 3, in the Bruce Owen Theater. Andino began her musical career at age 4 and gave her first concert at age 6. Andino has won numerous awards such as Music Critics Circle Prize in Cuba and the Pittsburgh Society of Musical Arts prize in the U.S. To purchase tickets, visit the Cultural Arts Series Tickets office in the Main Building, room 1G1(A), or call 405-682-7579.

Give blood, give life



Photo by Kenny Hilburn

Connie Driskell, Oklahoma Blood Institute phlebotanist, draws blood from Nathan Ice, pastoral ministries major, at the OCCC blood drive. Ice said he's given blood twice this year. OBI Supervisor Vanessa Palmer said the blood drive brought in 74 units of blood.

Student finds path to law at Native American conference

By Lee Longhorn
News Writing Student

One OCCC student said he found professional guidance on how to prepare for law school recently at the second annual Oklahoma Native American Students in Higher Education Conference at Oklahoma City University.

On Feb. 6 and 7, pre-law and business sophomore Michael "Hully" Sulphur attended the conference, aimed at American Indian college students.

Sulphur is a member of the Muscogee (Creek) Nation and was president of OCCC's Native American Student Association during the 2008 fall semester.

Sulphur was the only student from OCCC to attend the conference this year.

"Due to the ice storm, it knocked us back and we weren't able to get together and meet about it," Sulphur said. "Also, the timing

was bad.

It seems this year the conference was way earlier than last year."

While attending the conference, Sulphur said he met with students from other universities and colleges across the state including OCU, the college of the Muscogee Nation, Oklahoma State University and the University of Oklahoma.

The conference offered seminars for students that included topics about leadership, tribal colleges, internships, higher education resources, graduate school and law school, Sulphur said.

Professors, advisers, tribal officials, and speakers led various seminars. Included were Ottawa tribal chairman John Ballard, Muscogee Nation councilman Cherrah Quiett, University of Oklahoma professor Heather Shotton, and Cornel Pewewardy from Portland State University.

Sulphur attended the seminar entitled "Law School: All You Need to Know."

"The law program was very beneficial," he said.

"I know now where I want to take my career goal. The program showed me what else I need to achieve before I got straight into law school."

After completing his bachelor's degree, Sulphur hopes to attend OCU law school.

"The seminar was like a compass," Sulphur said. "Coming in, I didn't know where I needed to go after getting my basics done. With this seminar, I now know where I am headed and what to look for."

The ONASHE conference was born from an interest in bringing together Oklahoma's Native American students.

Sulphur encourages other Native American students to attend next year's conference.

Classifieds

Pioneer Classified Advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ads must be submitted in writing with IDs supplied or work area and college extension included. Deadline for advertising is 5 p.m. Tuesday prior to the publication date. For more information, call 405-682-1611, ext. 7674, or adman@occc.edu.

EMPLOYMENT

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AUTOMOBILES

FOR SALE: 1998 Corolla LE, 144K miles. MP3/CD player. A/C, all power, mint condition. \$4,000 obo. Call: 405-863-9982.

FOR SALE: 1998 Volkswagen, GOLF GTI VR6, 2 door hatchback. 129K miles. Great condition. \$5,200 obo. E-mail me at: talharizwan85@yahoo.com.

FOR SALE: 2007 Honda Civic LX Sedan, black, 29,000 miles. Full warranty. Immaculate condition. \$14,300, OBO. Call 405-250-6531, or e-mail: royal_racing05@yahoo.com

MISCELLANEOUS

TUTOR AVAILABLE: Will help students with math issues from basic math to Calculus I. For information call: 405-213-2751. Let me help you be successful.

FOR SALE: Toddler clothes and shoes for sale. 18-month-boy size. Great condition. Priced per piece or the entire lot of 50 items. Call: 405-255-9571.

FOR SALE: Macroeconomics 6th edition, \$20. "Guide for College Writers", 7th edition, \$30. "Reading Faster and Understanding More" book one by Miller. \$30. All in good condition. E-mail: littleox06_yn@yahoo.com.

ATTENTION: Anyone interested in forming a team to compete in this year's GOVERNORS CUP business development contest, please contact guy.r.williams@email.occc.edu. I have the list of rules and requirements available for discussion.

THE 2009 EDITION OF THE ABSOLUTE IS IN THE FINAL STAGES OF PRODUCTION

Another year has gone by and with it a chance to see your name in print.

If you did not submit your poem, story or artwork, don't wait until November. Pick up a submission form at the Art and Humanities office, for the 2010 OCCC literary and art journal.

FOR RENT

APARTMENT: I have a one bedroom, Montclair Parc apartment to sublet. It is located at S.W. 104 and Pennsylvania Ave. The monthly rent of \$700 includes electric. Available now! Call: 405-850-3619.

CLASSIFIED ads are free to ALL OCCC students & employees Call Cynthia at 405-682-1611, ext. 7674.

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BREAKING NEWS

ARCHIVES DATING BACK TO 1998

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www.occc.edu/pioneer

CKY DESIGNS JEWELRY EVENT

Monday, March 2
9 a.m. to 5 p.m.
Oklahoma Room,
College Union.
Necklaces, brooches,
& earrings designed and made by Cecelia Yoder.
"I'd love to see you."

TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Locate
- 5 Air-show maneuvers
- 10 "Jane —"
- 14 "Garfield" pooch
- 15 Perfect
- 16 Carol
- 17 Type of weevil
- 18 Spa amenity
- 19 Immerse
- 20 Snoozed
- 22 Hazelnut
- 24 Moves like a bunny
- 27 Puppeteer Baird
- 28 Pause
- 32 Gaiety
- 35 Invite
- 36 Burn
- 38 Uncanny
- 40 Writer Dinesen
- 42 Striped animal
- 44 "Two Years Before the Mast" author
- 45 Shop machine
- 47 Harshness
- 49 Psyche parts
- 50 Breadmaker's need
- 52 Sailor's hue?
- 54 Beams
- 56 Char
- 57 Type of market
- 60 Dynamite inventor
- 64 Singer Guthrie
- 65 Battery post
- 68 Verne's captain
- 69 List of options
- 70 Wanderer
- 71 In two shakes of a lamb's —
- 72 Actor Arkin
- 73 Low cards
- 74 James of jazz

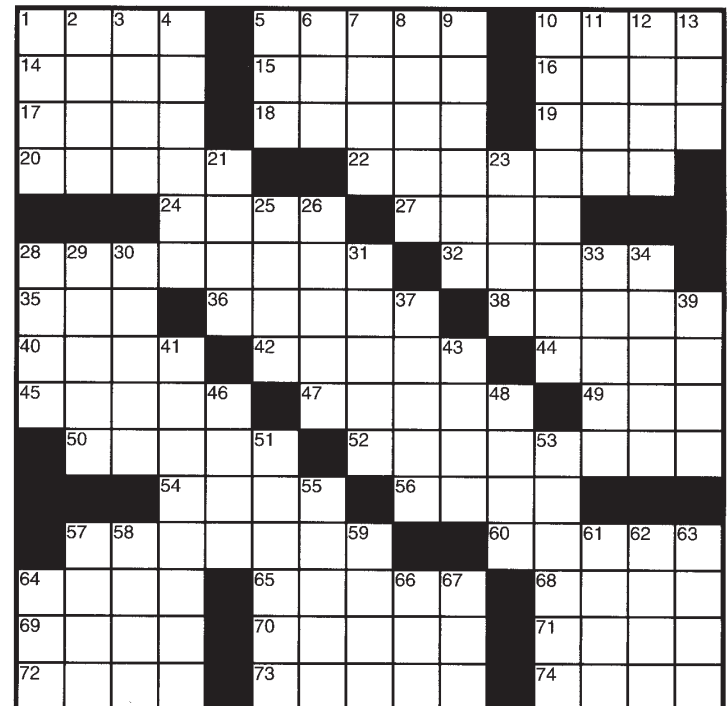
DOWN

- 1 Watch holders
- 2 Matinee man
- 3 Cairo's river
- 4 City sacred to Apollo
- 5 Fleur-de- —
- 6 Harem room
- 7 Egg, in Montreal
- 8 Take fright
- 9 Ski race
- 10 Made lovable
- 11 "— Cheatin' Heart"
- 12 Lease
- 13 Wapiti
- 21 Small children
- 23 Soft cheese
- 25 Treaty
- 26 Type of case
- 28 Ice pellets
- 29 Writing assignment
- 30 Glide on ice

PREVIOUS PUZZLE SOLVED

URNS	BROKE	EMIL
NOAH	RADIO	MODE
TARE	ATOMS	BOLE
ONCEOVER	ELDER	
PLOD	MOVE	
BASTIE	PAVEMENT	
AMASS	HUGER	YEW
MOTH	AARON	KIWI
BUY	ALDEN	LINEN
IRRIGATE	ANGLE	
TRIO	LEND	
YUCCA	MAGELLAN	
OPAH	AMITY	IAGO
ROTE	TULIP	ERAS
ENOS	AGENT	RARE

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International Holidays
to Remember

Feb. 24: *Carnival*, Portugal; *Carnival 2nd Day*, Brazil, Ecuador, Panama, Uruguay, Venezuela; *Baire Proclamation*, Cuba.

Feb. 25: *Ash Wednesday*, Brazil, Colombia, Panama; *National Day*, Kuwait.

Feb. 26: *Liberation Day*, Kuwait.

—courtesy www.xpmail.com/HolidayCalendar09

Play will include audience

“Play,”

Cont. from page 1

primarily to the college community.

Lauren Thomas, Mitch McFarland, Kayla Epper-son, Alex Massey, Marland Ferguson, Tara Nixon, John-Printes Davis, Chris- tie Russell and Kristen Hennesy star in the Forum Theater Project.

This diverse group of actors begin rehearsal by having a group brain- storming session.

When one actor has an idea, the actors com- bine to develop a set and add some dialogue for the evolving skit. Though the actors write and direct, as well as perform these sce- narios, Noel suggests ways in which the work can be more theatrically tuned.

The history of this type of improvisational technique was created by Brazilian theater director Augusto Boal during the 1970s with the idea that “theater belongs to everyone,” Noel said.

The inclusion of audi- ence participation affords students the opportunity to voice their opinions on controversial topics. This format of theater provides students with a creative outlet.

“The goal is not to enter- tain. The goal is to engage in a dialogue,” Noel said.

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