



Mustang Express

Online Edition

Western Wyoming Community College

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Jazz n Dazz

By HEATHER TROXELL

Director Dr. Martha Holloway did an amazing job with the concert for "Funk N Rock Jazz."

There were a total of 21 jazz students participating in the hour long concert, and 10 different songs were played for the people in the audience.

They had a mixed music selection from 1960, 1970 and 1980.

A few songs that everyone knew was "Grease Lightin'" from the movie "Grease" and another popular song among the student body is "Thriller" by Michael Jackson.

Each song had a different bright color in the background to go with it.

The director was alive and very full of energy, which made the songs even more entertaining to listen to.

Each song had a solo and all the students who played their part did an amazing job with keeping the concert lively.

Towards the end the director introduced each student and where they were from.

The next and last concert will be in May, and more details will be coming soon.

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Proctor inspired by trips to RS

By CORI PERRAULT

The walls of the Western Wyoming Community College atrium were filled with the sweetest sounds of the six and 12-stringed guitar last Thursday evening as Chris Proctor performed for the crowd.

Proctor is a nationally recognized guitarist, composer and recording artist from Salt Lake City. As a kid he was an "Army brat," and moved around quite a few times before settling in Utah in 1964. Since then, he has won the U.S. National Fingerstyle Guitar competition, toured nationally and internationally, and continues to release his compositions and arrangements.

Before he began playing, it was easy to see that Proctor was about to give the crowd a musical overdose of pure bliss. Simply using his guitar, Proctor told stories through his music. While he sat on a simple fold down chair next to his two beautiful guitars, he spoke and immediately the crowd hung on his every word.

Even between songs, after the applause, no one said a word; they just sat and stared as he tuned his instrument before he began again. He exuded peace while he played. He kept his eyes closed from the start to the finish of every song, and kept a steady smirk that widened on occasion when the sound was just too good, all while nodding his head to the beat.

Proctor entered a different world with every entrance to a new song and the crowd seemed to follow.

Proctor played various medleys, some

that he had written a long time ago and some more recent. He continued to pluck at chords while he was talking to the crowd. Between songs, he explained the significance of the next song in his repertoire while subtly tapping and plucking a simple tune. He also has a witty sense of humor that brings life to the crowd from time to time.

The titles of his songs were reasonable enough to attend his concert. Some of the more interesting titles were "704," a song he wrote that related to the amount of miles he put on his car each time he drove from L.A. to Salt Lake City. There was also "Revisiting a Sailors Grave" and "Stormwatch," which he wrote in relation to Rock Springs weather. The one song however that appealed to many is "The Last Steam Engine Train."

All of his songs seemed to flow perfectly with the song titles, and his songs told the stories. However, this steam engine train song had such a similarity of actually listening to a train on a track, it was a surreal feeling that had toes tapping.

Proctor has been to Rock Springs before and seemed more than happy to be back, which showed in his performance.

He spoke of the atrium saying, "It feels like a big living room in here...that happens to have dinosaurs."

This was just one of the few little jokes that made this concert all the more pleasant.

He is very talented and WWCC is lucky to have hosted him.



Lectures, laughter, and laying on the floor

Theater Day gets students excited about program

By HEATHER TROXELL

Theater Day at Western Wyoming Community College is designed to give high school students a feel for what the department is and what it has to offer.

Jamie Young, director of the department, gave a short lecture and several current theater students also spoke to the younger students.

Young explained that he wants his students to have an equal playing field, but students need to have the "attitude that they want to be here."

Young believes that for being a two year college, students have amazing experiences while being here.

It's obvious that he is truly proud of the theater at WWCC.

"Here you learn techniques and principles of art," Young told the students. He also said that he wants the students here to have a good experience and not to be unhappy.

He advised the high schoolers to ask the WWCC students what it is truly like to have a theater schedule.

"I wasn't sure of what I wanted to do, but I came to theater day and I knew this is where I should be," Amanda Lehi told the students.

Right now she is working on a dance company. She also told others that the teachers here are willing to work with students. Lehi explained to the students that theater kids have to sign a contract to set boundaries for their credit hours, they have to have good standards, rehearse a certain amount of hours every day, and it is important to have good time management skills.

"This has been a phenomenal experience. I couldn't have picked a better school," Kylie Ogzewalla said. This is her second year attending WWCC and her seventh show to perform in. She then told the students that she never took a dance class until attending here, and she likes the one-on-one training that they get from their teacher. She also explained that she gets to the school around 8 a.m. and doesn't leave until 1 a.m. the next morning, but that also depends on the work load each students de-

cidates to take on.

After the lecture and discussion was finished, group was released to a workshop about acting.

Annie Willie and Ogzewalla taught the class together. They taught the class four important things they use in theater -- relaxation, vulnerability, sense memory and emotional recall.

Relaxation is when you take the time to scan yourself and literally relax.

"I never knew that it was important to relax and scan myself. I would just go out on stage thinking I know my lines, and I don't need to take that moment to scan myself. I wouldn't really move around on stage though because I was afraid of what the audience would think," Willie said.

She now believes that relaxing is a good thing and that all theater kids should be doing it.

She then had the group of students try to the exercise they had to do for a month. Each student laid down on the ground, closed their eyes, legs uncrossed, arms open and she had them "scan" their feet. Each student had to be aware of their toes, what they feel like, and how much space it is taking up. They went from the toes up to the head, scanning themselves and being aware. One student was so relaxed he actually fell asleep and began snoring.

Ogzewalla took over and talked to the students about vulnerability and had the students give an example of what it meant to them. Some said its being open, confident, being yourself, and not caring.

She then had each student grab a partner, spread out from one another, and one student closed their eyes while the other was leading them around. They couldn't talk and had to be silent trusting that their partner wasn't going to run them into a wall, which happened to a couple different students. After the activity, they all sat back down and talked about how they felt. Some felt scared, others were completely trusting, they depended on one another, and more emotions were listed.

Willie told the students that everybody will eventually experience the feeling that they begin to trust one another, whether liking the other person or not, they have to be vulnerable with them.

She took the class over the class and taught the students about sense memory which is using all five senses. She explained the difference between product and process.

Product is what the actor can do, for example fake crying, and the audience knows that they are acting and will have slight empathy, but having the process is going through all the senses literally and being able to show the actual emotion of crying, and that's when the audience can have a real connection.

She poured a cup of V8 Juice and had the students pass it around. They had to remember the weight, temperature, look, smell, and what it sounded like sloshing it around. After doing this, she had them pretend like they had a cup in their hands, and watched as they memorized everything.

Finally the last technique is known as the emotional recall. Ogzewalla taught this last portion of the class.

She explained that "good actors use real emotions. They remember a time when an event had occurred and it brought out an emotion."

She had the students lie down on the ground, close their eyes, scan themselves, and when she clapped they would have to express what they were feeling.

She then would ask questions like, "How did you feel when you got that birthday present you wanted?"

She had them first express being excited. Some people did a small shout of joy, while others smiled.

The next emotion was being sad, and watching the students, they were actually frowning and some of them cried.

Next was anger and some of the students did heavy breathing or did a shout of anger, and the last was happiness and once again some people giggled or smiled.

Sports

Men's b-ball wins regional championship

By NICK ANDREWS

The Western Wyoming Community College men's basketball team won the Region IX championship last Tuesday.

After finishing the regular season with a perfect 8-0 mark in sub-region play, the Mustangs of Western earned a number one seed for the 16 team tournament.

The Mustangs opened play with a game against defending Region IX champs North Platte Community College of Nebraska.

Trevin Harris led the way for Western with 15 points and Tallon Robertson added a double-double with 13 points and 11 rebounds as the Mustangs rolled over North Platte by a final score of 74-58

After a first round win, the Mustangs got another huge performance from Robertson of 16 points and 13 rebounds. The Mustangs ran all over Northeastern by a final score of 78-58.

In the Region IX semi-finals, Rodrigo de Souza had a big 19 points for the Mustangs against Laramie County Community College from Cheyenne.

The Mustangs out-last-ed LCCC 83-71 for a birth in the Region IX championship game.

Western would next face a familiar foe in the Region IX championship game in Sheridan College. Sheridan and Western faced

off twice this year, both in Sheridan and in Rock Springs, with Sheridan winning both contests.

Tuesday night would be different.

Western built a 35-27 halftime lead over the Generals of Sheridan. Sheridan made comeback efforts but Western held off the Generals to win by a final score of 78-64.

The Western men rolled through the Region IX tournament winning every game by double digit points.

Be sure to look for the printed edition of 'The Mustang Express' for more details and a full look at the winter sports season.

Treehouse Shakers educate with instruments

By AMY BABCOCK

The Treehouse Shakers visited Western Wyoming Community College and performed two presentations of "Coyote's Dance" last week.

The first performance was especially for young elementary students from schools across Wyoming.

"Coyote's Dance" tells a story about Coyote and how he tried to change his colors with the help of a bluebird and a song, trick a sly fox out of his eagle feather robe, and ends up dancing with the stars up in the sky.

"Coyote's Dance" is a story retold and written by Mara McEwin from real Native American stories and legends. The perfor-

mance was designed to fit audiences of all ages.

Although the plot and story is simple, it still involved the audience, taught them about different instruments and gave them an altogether enjoyable experience.

The Threehouse Shakers is a non-profit dance and theater company based in New York City. This company was co-founded in 1997 by Wyoming natives Mara McEwin (artistic director, writer) and Emily Bunning (artistic coordinator, choreographer).

Treehouse Shakers is committed – as stated in their mission statement-- "creat-

ing work that encourages people to experience their feelings and their connection to the greater community." Treehouse Shakers uses abstract modern dance and native style of storytelling to share their messages.

During their visit, the Treehouse Shakers have been providing workshops for students attending Western. They provided a yoga workshop in the dance studio. The yoga class provided an insight to the art of yoga for those who have never done it before and also provided a challenge for those who have done yoga in the past.

They also provided a Native American dance workshop.



Top 10 movies from 2010:

1. Toy Story 3
2. The Social Network
3. Inception
4. Winter's Bone
5. Exit Through the Gift Shop
6. Black Swan

7. True Grit

8. The Kids Are All Right
9. The King's Speech
10. How to Train Your Dragon
11. Blue Valentine
12. 127 Hours
13. Scott Pilgrim vs. the World

Mustang Op/Ed

Remembering Women's History Month

By LEEANN FLEETWOOD

Behind every successful man there is a good woman, as the saying goes, but one has to wonder why the word "behind" is used in this old adage? Why not "beside" or even just a smidge in front of him?

When we take a look at history, we are inundated with the names of men who have become famous through the actions or lives they have lived, but ask about women, and we have to struggle just a little bit to come up with some meritable names that have stood out in time.

This lack of female notoriety cannot be blamed on women themselves as they generally are not the writers of history, but for whatever reason, women of merit do not get the credit they deserve for the lives they have lived quite as readily as men do.

March is Women's History Month, and there is no better time to remember the women who have come before us and carved out a niche and a name for themselves in this tough but beautiful Wyoming landscape.

Since 1868, when Wyoming first became a territory, women have been pioneers right alongside men in taming this wild land with their sweat, tears and sometimes even their lives, forsaking comfortable city life to venture out into the great unknown

where nothing was certain and everyday was a struggle to survive.

The women who first settled in Wyoming's vast open territories had to be tough broads who could stand a few blisters and the constant howling of the wind that can surely drive one crazy when it is the only thing that can be heard for days on end. This was definitely no place for the faint of heart.

One of Wyoming's first women of note was Ester Hobart Morris, the first female to be elected to office in this country. She was justice of the peace in South Pass City and rumor has it that she took no guff and any man that dared try his hand soon lived to regret it.

Another notable woman was Nellie Tayloe Ross who became the first and only female governor of Wyoming from 1923-1925. Though her term was short, both she and Morris paved the way for women in Wyoming to achieve success and establish a foothold in this tough, sometimes unforgiving environment.

We, as women, know that we do not need a special month to commemorate the achievements we have accomplished. We know that whenever history is noisy with the achievements of men, there is almost

always a woman or two somewhere in the background working just as hard but with little recognition.

After all, women have been doing the very same jobs, taking the very same risks, facing the very same struggles that men have been taking since Adam and Eve contemplated how tasty an apple might be, but without the accolades that men have become accustomed too.

We women are often the unsung heroes that go about our lives doing remarkable things without anyone ever acknowledging our contributions to life. We do these things without expecting high fives, standing ovations or ticker tape parades, simply because there is a job to do and someone needs to do it.

It is possible that men need walls full of plaques and their names in the media to remind people just how great they, are but women, for the most part, are different. Sometimes a simple thank you or even a smile of gratitude is all that is needed to make her heart swell with pride and a sense of achievement.

As women, we do not necessarily need a date on the calendar to remind us just how great we are. If you are a woman, you already know it.

Students learn tips to avoid test anxiety

By SHELBY ROSSER

Have you ever felt so anxious about a test that you forgot everything the minute the teacher set it in front of you?

Plenty of students have been there, so you're not alone. A workshop hosted by Bret Zerger on the types of anxiety and tips on how to overcome them is a great help to those who have these anxieties.

"I get a lot of nursing students who have trouble with test anxiety, and I provide them with tips on how to get rid of it," Zerger said.

The effects of test anxiety are very minor, but may be hard for the average college student to overcome. It becomes harder to make decisions and can get to the point where you are unable to make decisions for

yourself if you're worked up about a test. When you are worried or upset over something, it's hard to focus on just the test.

That's when the distractions start coming into play. When you can't focus as it is, every little noise breaks the concentration of reading the test question.

The first way to conquer that is to not overload yourself when you study for an exam, according to Zerger. Try to study for 30-45 minutes and then take a break and let the information soak in.

It is never good to overload yourself because when the day of the test comes, it just leaks out of your brain like water leaks out of a holey bottle.

Instead of trying to memorize the mate-

rial, try to understand what you are reading, or what math problem you're trying to solve. Understanding the material will help in the long run when it's time for the test.

If you know what you are doing, it makes the test 100 times easier, and you won't be so confused.

In order to keep from stressing, try closing your eyes for a few seconds and think about your happy place.

Or you can think of it as a vacation without ever leaving the room.

Many times, yoga works really great at relaxing and causes you to forget about those daily stresses.

Instead of being afraid of test anxiety, try these strategies to make it go away.

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