



# Mustang Express

Online Edition

Western Wyoming Community College

Sept. 23, 2010

## Upcoming Events

### Fri. Sept. 24

- Men's Soccer vs. LCCC Home 4 p.m.
- Stage Door theater production 7:30 p.m.

### Sat. Sept. 25

- Women's soccer vs. UW Women's soccer club Home 1 p.m.
- Stage Door theater production 7:30 p.m.

### Mon. Sept. 26

- Speaker Gary Allen of Northern Arapaho Tribe Rm. 1005 11 a.m.

### Tues. Sept. 27

- "Developing your critical thinking skills" Rm. 1406 12 p.m.

### Weds. Sept 28

- Blood Drive 10 a.m. - 3 p.m. Atrium

### Thurs. Sept 29

- Blood Drive 10 a.m. - 3 p.m. Atrium
- Beer Pong for alcohol & drug awareness 7 p.m.

## Mustang Staff

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# Reach for a peach

By TEMITOPE OSIN

The Western Wyoming Community College Honors Program had a peach sale earlier this month near the pendulum at Western Wyoming Community College. The money raised is to be donated very soon to a few deserving charities.

Mustang Express got the opportunity to speak to the director of the honors program, Rick Kempa, who gave a full account of the peach sale. Kempa is a professor at Western Wyoming Community College. He teaches English, writing, and philosophy.

The peaches sold were from Antelope Hills orchard near Delta, Colo. An honor program student's family owns the orchard and they have an agreement with the honors program to donate one-third of the money raised to the Honors Program.

Paul Sweitzer, an honors program student, actually picked the peaches himself and he transported them all up to Rock Springs.

About 4,000 pounds of peaches were sold in a day and a half. There were 140 cases of peaches and each weighed about 20 - 25 pounds. Every single peach was either sold or eaten.

The honors students raised \$4,500 from selling peaches, but one-third of the money, \$1,950, was given to charity. The other part goes back to the orchard.

The three charities receiving funds are the Southwest Wyoming branch of United Way, the Sweetwater County Library Foundation, and the organization Feeding America. United Way is to received \$950, and \$500 apiece will go to the library foundation and Feeding America. An exciting detail is that the Sweetwater County Library Foundation has a matching agreement to make our \$500 into \$1,000. The Feeding America program also has a corporate agreement to triple the \$500 donation.

By the end of the month, there will be \$0 in the bank account, "And that is what the honors program likes it," Kempa said.

There are 30 students in the honors program and all of them helped out during the peach sale. They all took turns selling and delivering peaches.

The honors program usually has the peach sale in the fall semester followed by the CD and book sales in the spring semester. Sometimes there are additional projects, but all the money from the sales is given to charity by the students.

In the past, the money made has been given to United Way of

Southwest Wyoming, Sweetwater County Library Foundation, and some money has been given to international causes.

The next big fund raiser is the fourth annual book and CD sale which will take place in the winter. Thousands of donations will be collected from students, faculty and Rock Springs residents. As many as possible will be sold and the rest will be given away.

The honors program offers several honors courses each semester in which some of the most experienced faculty teaches special classes in their areas of interest and expertise. Any student with a 3.25 college GPA or instructor permission is welcome to take any of those classes. These classes are made up of a greater number of people compared to just the honors program.

The honors program is for selected students who meet certain requirements. The requirements are incoming freshmen with a 25 ACT or 1700 SAT or 3.5 high school GPA, and current WWCC students with a 3.5 college GPA or a nomination by faculty. There is a simple application form available on the college Web site or on the bulletin board outside of Kempa's office, room 1414. Students can apply at any time.

The 30 students picked for the honors program go on various cultural field trips and participate in the life of the college.

"I am proud of what the students accomplished from the peach sale," Kempa said.



**Honors student Billie Thompson hawks peaches hungry fruities.**

# Mustang Women's soccer annihilates Air Force Prep

Photo by Katie Rodgers



By **KATIE RODGERS**

Western Wyoming Community College women's soccer team beat Colorado Springs Air Force Prep in the game last week at Crossroads Park in Rock Springs.

The Mustang women took the lead right from the start and managed to keep it. They came out with a 4-2 victory over Air Force Prep.

The WWCC lady Mustang's next game is Sept. 25 against the University of Wyoming Women's Club. It will also be played at Crossroads Park.

# Forensics Team: Better Than CSI

By **SARAH DEGRAW**

The Western Wyoming Community College Forensics Team is centered on a world of fun and excitement. Although the term "forensics team" might give the appearance of a crime scene investigation team, it is in fact a speech and debate team. The ultimate goal is to take two to three teams to nationals and attend six to eight meets.

One of the activities that they will be doing is parliamentary debate. A debate round consists of two teams made up of two people each and a judge, none as the speaker. One team gets the title of government while the other is called the opposition. The government group makes a statement and tries to prove that it is correct while the opposition tries to prove otherwise. In the end, based on the argu-

ments in the round and which side was more convincing, the speaker determines who wins.

There are also individual events in which a single person can participate. Some of these events include: persuasion, impromptu, informative, after dinner, poetry and dramatic interpretation.

Each event has a different and unique goal to obtain. For example, the goal of a persuasion speech is to convince, to move into action or to inspire on an issue. The goal for an after dinner speech is to make an original speech that makes a serious point through the use of humor. It shows that all the speeches do not have to be serious.

In a dramatic interpretation, the speaker performs dramatic literature, humorous

or serious, that represents one or more characters from material that is typical of literature and not of everyday subjects.

There will be a meet at the Laramie County Community College this weekend for those who would like to support the team. Also, on Oct. 8-10, there will be a meet in Casper and Nov. 5-7 at Northwest College in Powell.

Western Wyoming Community College will host the Wind River High School Districts in March.

Currently, Kristy McManus is the only person involved with the forensics team as a coach. They are looking for assistant coaches from faculty. People from the community are welcome to help as well or are encouraged to simply get involved.

# Don't have a cow

## Tips on avoiding test anxiety

By LEEANN FLEETWOOD

Are you the sort of student that can breeze through a test, ticking off answers while planning the party for the weekend in the back of your head?

Or are you the type of student that, despite all-night cram sessions and missing every social event, will still enter a classroom filled with dread and anxiety at the very thought of the test about to be given?

Well, according to Brett Zerger, an instructor at the Student Development Center, there is help at hand for the anxiety-driven students who stress out before every test and make their college experience a series of torture-filled moments. His recent lecture entitled "Anxiety and the College Experience" gives a detailed step-by-step formula on how to overcome anxieties, study for a test in a productive manner, and sit down to the test filled with confidence and positive thoughts.

Zerger first explained the two times that severe anxiety are more likely to hit--while studying and when actually sitting down to the test. He recommends following this sage advice he has gathered over the years by talking to students.

First, he listed reasons why a student might feel anxiety to begin with.

These include everything from having failed a past exam, lack of preparation, comparing oneself to other students unfavorably and focusing more on the outcome rather than the process.

Zerger explained that stress can affect us physically as well as psychologically and that it's nothing to be ashamed of nor should we take it lightly. Someone who suffers from undue stress to the point of having his or her life disrupted should seek professional help as soon as possible.

How can you tell if you're suffering undue anxiety? Simple:

1. Racing heartbeat
2. Tensed muscles
3. Sweaty
4. Dry mouth

What are some of the common reactions to stress?

1. Unable to concentrate and read coherently
2. Unable to organize thoughts and remember concepts and information
3. Unable to act or react adequately to your surroundings

Zerger went on to explain that it is usually at this point that "negative self talk" kicks in and the stress-filled student will

start adding fuel to the fire by thinking negative, destructive thoughts, which only escalate the problem.

After giving a run-down of what anxiety is and how it affects us, Zerger gave points on how to successfully avoid it by following these easy steps.

1. Gather all the information that will be on the test
2. Set up a study schedule and adhere to it
3. Review the same material often throughout the semester
4. Test yourself and see what you know, and more importantly, what you don't know

Steps that make for good study habits include: reviewing new material as soon as possible once the class is over (while it's still fresh in your mind), study in short spurts of no more than half an hour (take frequent breaks so that your saturation point for information is not reached) and aim for understanding the material rather than just memorizing it (upper classes will assume you understand the material and will not wait for you to "learn it again"). A good tip Zerger gave to incorporate into your study time was to make flash cards and take them everywhere with you. While standing in lines is a good time to pull out flash cards and test yourself. Mixing them up so that you don't memorize them in order is also a good technique to see what you understand as opposed to what you memorized.

Also, taking advantage of the chapter tests often included in textbooks after every chapter. This will help point out any gaps in your understanding of the material.

Now that you have used your time wisely and studied productively, it's time to sit down and take the exam. Your attitude at this point is very important in determining how well you will or won't do on the exam. All the studying in the world won't help if your attitude is very negative and your inner voice is busy calling you a failure before you have even started.

Zerger advises any student who has negative talk filling his or her head can turn it around into positive talk. An example he gave was if you hear, "I suck at math. I will never pass this", change it to, "Math is not my best subject but I know I can do this."

Positive thinking can do wonders toward changing a bad attitude.

Breathing exercises before, or even during, an exam is also a good way to reduce stress and bring on a calm attitude. Zerger gave a demonstration on how to do deep breathing exercises. This included taking deep breaths that fill your belly, holding it for a moment, then exhaling it completely until there is no air left. You may need to do this more than once to feel the effects.

Imagining you are someplace else using imagery is also a good technique in doing away with stress. Who wouldn't rather be laid out on a beach somewhere than stuck in a classroom? Spend a few moments picturing that beach and you on it and you're halfway to putting yourself in the right frame of mind for the exam.

Zerger then opened the discussion to the audience and asked if anyone had any bits of helpful advice concerning stress and exam-taking to share.

Hands shot up in the air and everyone was anxious to share what works for them.

1. Taking a break from the exam (this means closing your eyes for a moment or standing up and stretching key muscles etc.)
2. If one question has you stumped, move on to another and come back to it.
3. Fill your head with positive thoughts and keep out the negative ones.
4. Visualize your textbook or notes and try to "see" the answers.
5. Even if you think your answer is wrong, put it anyway. An unanswered question is worse than a wrong answer that might still have some right details. Your teacher might give you partial credit for that.
6. Use your relaxing techniques as often as you need to
7. Make sure you understand what the question is asking and not just assume by glancing over it or focusing on one or two words
8. Make sure you are well fed, watered and rested before an exam. An exhausted hungry brain is not going to give its best.

What happens if, despite your best efforts, you still do poorly or even fail a test?

Look at it this way; it's just one test of many. Review where you went wrong, see what you need to change concerning your study habits, and move on.

Stressing over yesterday's test is the number one obstacle to passing the next one.

HONORS MUSIC



Harpist Alfredo Ronaldo Ortiz and Dr. David Okombo visited the Honors Music class. Okombo taught African dance and the students danced too.

## Mustang Op/Ed

# Finding hope in unexpected places

By JOSE T. VALDEZ

With all that is happened this year: the Afghanistan War, unemployment rates, Arizona's immigration law, and the B.P oil spill, hope is sometimes hard to come by—very hard.

However, when we find hope, we hold on to it as long as we can, even if it comes through sports.

New Orleans Saints went from a team that had fans wearing paper bags over their heads to hide their shame to a team that showed their fans and a city that when you

fall, simply get up and use that fall to motivate yourself.

The United States soccer win over Algeria showed the entire country that regardless of how hard times might be, giving up is never an option. By not giving up and following through, they scored a moral goal for the nation.

Colorado Rockies pitcher Ubaldo Jimenez pitching the first no-hitter and surpassing the all time win record for a Rockies pitcher proved to us all that there is always

a first time for everything.

Regardless of the sport, team or player, we all seek those triumphs that allow us to fight on with the daily struggles of life.

As humans, we continue to find ways to hold onto hope and continue on with all that is negative through to the positive.

Sports remind us, and continue to show the entire world that determination, hard work, and never giving up always pays off.

## All the world is a Stage...Door

The Western Wyoming Community College Theatre and Dance Department will begin its 2010-2011 season with the production, Stage Door. Opening night is Friday, September 24, 2010 and the show will run September 24, 25, and November 1, 2, 8, 9 at 7:30p.m. in the Western Wyoming Community College Theatre.

Stage Door portrays the lives of actresses in the 1930's and the many challenges that come with a career in acting. The show takes place at the Footlights Club Boarding House for young actresses pursuing their dreams in the big apple. The main character, Terry Randall, faces opposition throughout the show and follows her decision process of whether to stay on the stage acting or to join the ranks of Hollywood which is a popular decision for many. As Terry works for her aspirations, she faces challenges such as, death of a close friend, having to work in odd jobs, a roller coaster love life, and waiting patiently for her break to come. All are trials that aspiring actresses could have while reaching for their dreams. This play not only addresses the glamour of an actress's life but also the dark side of the business.

When asked what she thought the theme was of Stage Door, Guest Director, Annie Fields from Salt Lake City, UT, replied,

"We as actors, directors, chorus members, and dancers will do just about anything to make it on the stage, whether it be, live in poverty, or compromise ourselves. It's in our blood and that's why we do it. But it's not as glitzy and glamorous as most of the world thinks it is."

Briana Bedore, a student from West Jordan, UT, plays the lead of Terry Randall. When asked what she has learned during this play, she explained, "I learned how important it really is to work hard, but also to stick to who you are. Terry taught me a lot about that. No matter how scared she was or how bad things got she was always herself. She always did what she wanted to do."

C.J Walker from Lyman, WY, plays the part of Keith Burgess when asked what he had liked most about doing this play, he said, "I love every opportunity to learn something new, especially with the 1930's time period, it was interesting to explore this time. And I have always wanted to play a playwright. Keith Burgess is very eccentric and it was a lot fun to portray him."

Tickets are \$10 for adults, \$6 for students and seniors, and WWCC students get in free with ID card. Tickets are sold at the door or can be purchased online at <http://www.wwcc.cc.wy.us/academics/theatre/tickets.htm>.

[www.wwcc.cc.wy.us/academics/theatre/tickets.htm](http://www.wwcc.cc.wy.us/academics/theatre/tickets.htm). This show is recommended for audiences ages 12 and older because of serious content.



**WWCC production Stage Door opens this weekend.**

## "Memento" exhibit comes to WWCC art gallery

The paintings of Ricki Klages, Chair of the University of Wyoming's Department of Art will be presented in Western Wyoming Community College's Art Gallery show "Memento" which opens October 4 and runs through November 19.

Klages holds a Masters of Fine Arts from the University of New Mexico and has been in charge of the UW Department of Art since 1996. She recently returned from a semester of teaching in London. She has

traveled far and wide, finding inspiration for her works.

Klages says, "My paintings are a mix of straightforward landscape representation, dream imagery, intensive observation and subtly startling images that incorporate elements of magic, still life and the figure. I paint from a desire for beauty and 'otherness'; of transcendent movements that still occur in dreams, memory and magic moments in nature. I want to capture the

sense of routine and ritual, the sublime with the mundane and how they can mix in equal parts."

"The intriguing hyper realistic imagery of Ricki's works entice and seduce the viewer into a contemplative space worth being in for an extended period of time. The work makes an interesting contrast to the last gallery show's abstract yet referential imagery," noted Gallery Director and Professor of Art, Florence McEwin.

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