

PVCC PERSPECTIVE

a newsletter for Paradise Valley Community College faculty & staff



October 2005

Grand Opening!



Chris Scinto, Dr. Mary Kay Kickels, Alan Tongret, and his wife, JoAnn Yeoman, who will be directing "The Fantasticks" in December

Spotlights brightened the sky and the melodies of a trio of musicians filled the evening air as PVCC celebrated the Grand Opening of its Center for the Performing Arts on October 13 and 14. The two evenings focused on the campus family on the 13th -- students, faculty, and staff -- and external friends on the 14th -- District administration, Board of Governors, architects, and long-time supporters.

To underscore the eight-million-dollar Center >

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Dr. Kickels welcomes the opening night crowd.

as a new and original facility, the celebration showcased a variety of original work by PVCC faculty-artists. Joan Ritsch and David Bradley of the art department offered an exciting exhibit of new paintings and ceramics in the Center's Lobby-Gallery. Poet-in-Residence Lois Roma-Deeley read a dedicatory poem written for the occasion. Christopher Scinto, head of the Music Program and Chair of PVCC's Fine & Performing Arts Division, conducted a fanfare composed by him for the event, played by

six of the Valley's finest trumpeters. A ribbon-cutting ceremony hosted by PVCC President Dr. Mary Kay Kickels came next, and then the capacity audience settled back in its seats in the attractive Main Stage Theatre to enjoy the world premiere of *The World Aflame*, a comedy written and directed especially for the grand opening by PVCC theatre head, Alan Tongret. The production had striking scene and lighting designs by Jeff Brown, the Center's Technical Coordinator, original choreography by Jo Ann Yeoman, and original costumes by Nola Yergen-Jennings. Both evenings were skillfully supervised by the Center's new Coordinator, Richard Schultz. The two opening nights were followed by performances of *The World Aflame* for the general public on the 15th and 16th. A delicious variety of food was offered both nights, and was served in a large tent on the 14th.

Classes in music and theatre have been taught in the Center since the beginning of the semester, and a host of other Grand Opening events will fill the Main Stage and Lobby-Gallery through mid December. The Center is the result of the hard work of many individuals at PVCC and District, and will make PVCC the arts leader in the North Valley.

—Alan Tongret.



Lois Roma-Deeley recites her dedicating poem.

PVCC art faculty
Joan Ritsch and
David Bradley dis-
play new artwork
created to coincide
with the grand open-
ing of the PVCC
Center for the
Performing
Arts.



Ritsch is showing new watercolors and Bradley is showing new ceramic sculptures and pottery based on the theme of tango. The exhibition is on display in the

lobby/gallery of the new Center for the Performing Arts to much acclaim from visitors. The exhibition dates are October 13- November 4, 2005.

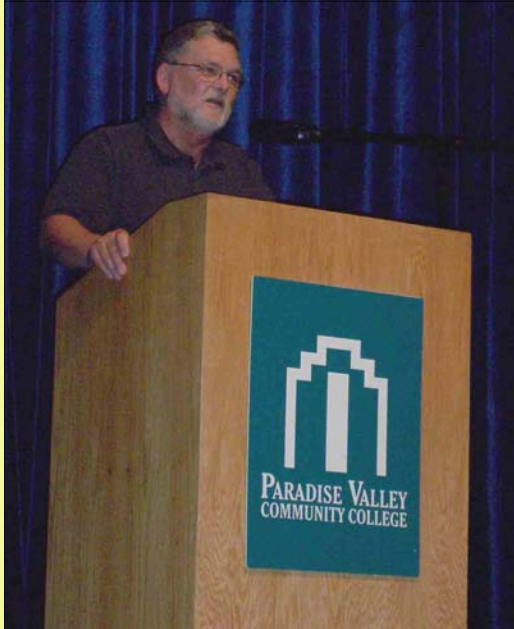


Visiting Writer and Scholar Professor R.S. Gwynn provided a poetry reading and conducted a Master Class for PVCC's ENG 217 Personal and Exploratory Creative Writing Class.

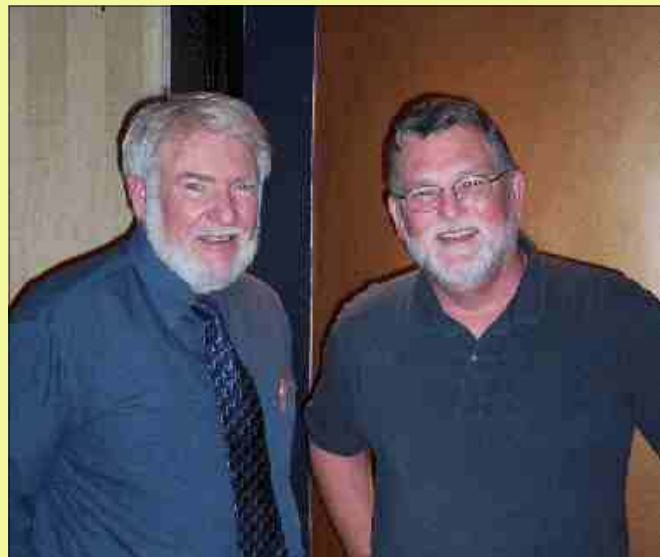


The event was open to the entire campus, and included a poetry reading from his own work for about 45 minutes. The reading was followed by a question and answer period and a book signing. Professor Gwynn has lectured and given poetry readings at over one hundred universities. He has been a faculty member at the Antioch Writers Conference and the West Chester University Poetry Conference,

teaching classes in poetic meter and form, the sonnet, and the dramatic monologue. In 1997, Gwynn was named University Professor at Lamar University, Lamar's highest academic rank, and he has also been recognized as an outstanding teacher by Phi Kappa Phi, the national academic honor society, and as an outstanding scholar by the College of Arts and Sciences. His first collection of poetry, *Bearing & Distance*, was published by Cedar Rock Press in 1977 and was followed by *The Narcissiad*, a satirical poem, in 1982. His book of poems *The Drive-In* won the Breakthrough Award from the University of Missouri Press in 1986. No Word of



Farewell: Poems 1970-2000 <<http://www.ablemuse.com/v3/bookstore.htm#rsgwynn>> was published by Story Line Press in 2000. His poems appear in a number of anthologies and textbooks, including *The Made Thing: Contemporary Southern Poetry*, *Sound and Sense*, *Western Wind*, *Rebel Angels: Twenty-five Poets of the New Formalism* <<http://www.ablemuse.com/v3/bookstore.htm#mjarman>>, and *The Book of Forms*, and he has also been a frequent contributor of reviews to the *Sewanee Review* and the *Hudson Review*.



New Horizons International Film Festival

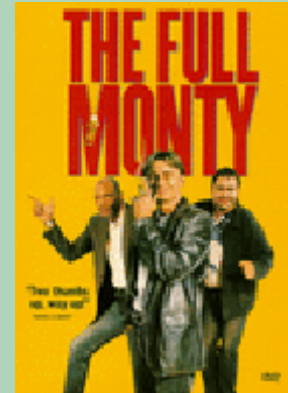


**Tom Jones (1963) Directed by Tony Richardson
Wednesday, November 2, 2005, 6:30 PM in the
Performing Arts Center**

Based on the Fielding novel, this bawdy film bursts forth with rollicking humor and unforgettable characters. The film is a wonderful transition in British filmmaking as they combined their great love for literature and costume epics with their unique style of humor. Albert Finney is unparalleled in the title role of the one-time waif who struggles with his place in his adopted family as well as his inability to resist beautiful women. The lobster eating scene is one of the most famous in cinema history!

**The Full Monty (1997) Directed by Peter Cattaneo
Wednesday, November 16, 2005, 6:30 PM in the
Performing Arts Center**

This hilarious film combines Kitchen Sink Realism with the outrageous British sense of humor. The story is set in the steel town of Sheffield where factory closures have caused great unemployment. Six of these unemployed men, after seeing a Chippendale's review, decide that shedding their clothes will be an easy way to make a quick pound. To ensure a sell out crowd they decide to go "the full monty." What they eventually gain is a greater knowledge of who they, and the opposite sex, really are.



The PVCC Perspective Newsletter arrives at the end of every month. For information, contribution, or comments, please contact the editor, Terry Simmons at terry.simmons@pvmail.maricopa.edu. Thank you!

Fine Arts Schedule

November 4th

Crossing 32nd Street - Performance

November 8th

7:30 p.m. PVCC Vocal Ensembles Concert
Main Stage Theatre, Performing Arts Center-Free Admission

November 10th

7:30 p.m. PVCC Instrumental Ensembles Concert
Main Stage Theatre, Performing Arts Center-Free Admission

November 12th

7:30 p.m. Visiting Artist Series - An Evening of Italian Opera
Main Stage Theatre, Performing Arts Center
\$10 adult admission/\$7 student admission

November 14th-25th

11:30 a.m. November Gallery Exhibit
November Gallery Exhibit will feature the work of ceramic artists from Mata Ortiz, Mexico and China.

November 16th

6:30 p.m.
New Horizons International Film Festival presents "The Full Monty" (1997),
Directed by Peter Cattaneo
Main Stage Theatre, Performing Arts Center-Free Admission

November 18th and 19th

7:30 p.m.
Fall Dance Concert Main Stage Theatre, Performing Arts Center
\$8 adult admission/\$6 student admission

November 21st

7:30 p.m.
PVCC Jazz Ensembles Concert
Main Stage Theatre, Performing Arts Center-Free Admission

November 22nd

7 p.m.
5th Annual North Valley Battle of the Bands Round 1 Competition
Main Stage Theatre, Performing Arts Center-Free Admission

November 28th

7:30 p.m.
Visiting Artist Series - Maia String Quartet

Podcasts, Webcasts, and Blogs: New from Student Life

To keep up-to-date with all of the offerings from the Student Life Center, we are excited to launch the college's first blog and first podcast. A blog is simply a weblog, or web journal if you will. Many colleges and universities are using blogs in a manner similar to an online newspaper. Viewers of the blog are able to visit the page daily and receive updates about the Student Life offerings on campus.

A podcast is "downloadable radio". Unlike traditional radio (or webcasts), podcasts can be pre-recorded and downloaded to an Ipad, MP3 player, or PDA to be listened to at another time. This has become a popular means of communication at Allegheny College <<http://webtools.allegheny.edu/podcast/>>, Georgetown University <<http://www.georgetown.edu/home/podcasting.html>>, Oregon State <<http://oregonstate.edu/education/podcasts/>>, and Buffalo State University <<http://www.buffalostate.edu/podcasts.xml>>.

Student Life is hoping to use podcasting as way to introduce students to the services, but just as importantly, the people of PVCC. By listening to an interview with a department on campus each week, students will be able to hear first hand about our services. We will also interview members of clubs each week so that students can also hear from other students ways to be involved on campus.



Each podcast is between 10 and 12 minutes in length and also includes sound clips from upcoming musicians. Assisting with the podcasts are two student leaders (above). Roxan Steele is a Student Ambassador and Chad Wahlgren is the Public Relations Chairperson for the Student Leadership Council. Both Roxan and Chad serve as co-hosts, interviewers and editors.

So far, both experiments have been relatively successful. The blog averages around 750 hits per day and there have been as many as 150 downloads of the podcasts and growing. Faculty and staff who would like to be interviewed for the podcasts should contact Mike in Student Life to set up an interview time.

—Mike Ho

Health Risk Assessment to be held on

Thursday, November 3rd, 12 noon-6pm in KSC212!

What is the HRA? Health Risk Assessment? HRQ? Health Risk Questionnaire?

- The HRA is a confidential Health Risk Appraisal that will be offered FREE to ALL PVCC EMPLOYEES!!!!
- This health screening is offered by EHMS (Employee Health Management Systems) through Wellness Maricopa.
- It will provide each employee with a valuable, comprehensive personal profile and booklet.
- **This profile includes: total cholesterol, blood glucose, blood pressure, body max index, and body composition percentages.**
- A Health Risk Questionnaire (confidential) will also be administered and consultation available at each station.
- Body Composition will be from 12noon-3pm only. Fitness Center Instructor Fred Vergnetti will administer the body composition analysis.
- The HRA is based on the responses you give. It is intended to provide general information only and is not intended as a substitute for your provider's opinion or care. There will be private consultation at each station.

Who is eligible to do the HRA?

All PVCC employees, full-time, part-time, 1/2-time, 3/4-time, all-time!

What to do? How do I sign up?

- Sign up for a half hour block on November 3rd by contacting Cheryl at cheryl.boron@pvmail.maricopa.edu or calling her at 602-787-7075 for your appointment between 12noon and 6:00pm on Thursday. Remember Body Composition (Skin fold measurements) are only available in the 12-3pm. time frame!

What are the advantages to taking the HRA?

- You will receive your individualized HRÅ Biometrics Testing Results Booklet and individual consultation.
- If you are participating in "Wellness in Your Wallet" incentive program you will receive **2 points!** You will be entered into a drawing for a brand new **Wellness Maricopa T-shirts!** Hot off the press!



See you there! Cheryl
--

Cheryl M. Boron, M.S.
Health & Exercise Science Department
Adjunct Faculty/Fitness Center Technician
PVCC Employee Wellness Coordinator
602-787-7075



Counselor's Corner

Our Counseling Division participated in the October 6 National Depression Screening Day. Our findings indicated that depression is a real issue affecting many of our students and community members.

Unlike the majority of my colleagues in the field of psychology who embrace a biomedical approach to depression, I find that this can be a very invalidating and disempowering approach to those suffering from these symptoms. For some individuals, medication may provide relief from more acute symptoms, allowing them to gain the insight needed to address the real issues at the root of their depression. However, if those issues are not addressed, happiness may be reduced to a series of chemical equations over which the individual has no control. This is not true happiness; it is merely the absence of depressed symptomology. As a counselor, I often hear depressed people report the desire to be happy. Happiness is a feeling. Feelings are derived from our thoughts. In his *Collected Letters* (1895-1921), Hermann Hesse stated, "Happiness is a how, not a what; a talent, not an object."

To have an emotion is to feel the physical, bodily consequences of our thoughts. I will demonstrate this in the following example. A friend is due to meet you at your house for dinner at 7:00. It is now past 8:00, there is no sign of your friend, and you have not even received a phone call from her. How might you feel about this? If your immediate assumption is that your friend is late and has not contacted you because she was in an accident on the way to your house, you would feel worried and anxious, and may even call the police or a hospital to determine her



whereabouts. You would react with annoyance and anger if you thought she didn't bother to let you know that she was delayed, and may be inclined to scold her or give her the cold shoulder when she shows up. If you felt indifferent about the whole situation and didn't care whether she was on time or not, you wouldn't have a strong reaction either way. If you viewed her lateness as an opportunity to spend a few extra minutes perfecting dinner or just relaxing before her arrival, the whole incident would fill you with a sense of relief. The idea that our feelings of happiness or unhappiness are determined not by situations but by our perceptions of them may strike us as novel, but this is not a new concept. The philosopher Epictetus summarized this almost 2000 years ago when he said, "The thing that upsets people is not what happens, but what they think it means."

Epictetus, however, was not faced with many of the dilemmas we deal with on a daily basis. In modern society, multi-tasking has become an expected way of life. As we try to balance the demands of work and family, the self is often >

reduced to a mere afterthought. In such a world, it is often easier to medicate our feelings than take the time to explore the power our thoughts have on our well-being. Medications may make us feel better, but making the commitment to understand ourselves provides us with insight into the true etiology of our negative feelings. Empower yourself; stop by the counseling division to-

day and make an appointment to speak with one of our warm and friendly counselors.

Robert M. Bowery, M.A. *Adjunct Counselor/Faculty*

Correspondence can be addressed to robert.bowery@pvmail.maricopa.edu.



Congratulations TANYA!

Join PVCC in congratulating our Yoga Instructor Tanya Fischer on her achievement.

One of her abstracts done in collaboration with her business partner, Michael Warnica is in the movie "CRASH" just released on DVD and an Oscar contender! Look for a large abstract piece hanging over the bed 24 minutes into the movie. It's the 5th scene. What's surprising is she didn't know it was in the movie until her business partner pointed it out when they were watching it!\

Another Fischer/Warnica piece can be seen in a new Netflix advertisement airing on

Comedy Central during South Park.

Tanya received her yoga teaching certification through SCC and has been teaching yoga at PV for over a year. She also teaches at SCC.

Tanya is a partner in Fischer/Warnica Fine Art established in 1997, creating art full time since then. She received a BFA in Painting from Arcadia University in 1995 outside of Philadelphia, PA. After graduating Tanya relocated to the valley. Michael Warnica received a BFA in Illustration from the University of Arizona and is a native of Arizona. Michael usually designs the pieces and Tanya paints them. Their collaborations can be seen everywhere including the US Army Base in Seoul, Korea, Hilton Hotels in DC, Toyota headquarters, Hallmark headquarters, Cleveland International Airport and Bank One building downtown.

Congratulations Again!

The Apprentice: Honors Forum Edition

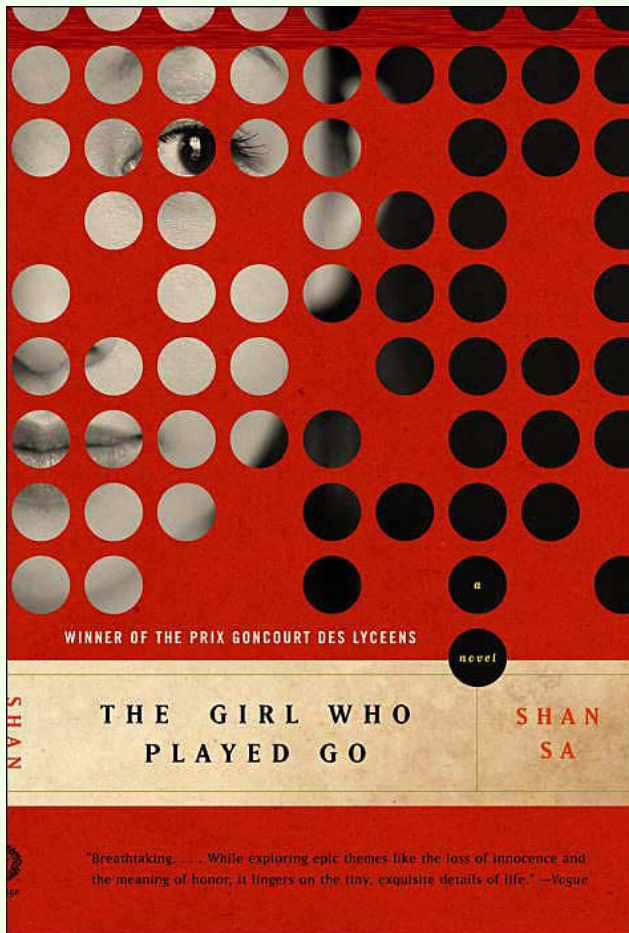


This Fall 2005 semester, the Paradise Valley Community College Honors Forum class is working in conjunction with the Office of Service Learning on a Service Project. As the theme for the MCCD Honors Program is "Popular Culture," the Honors Forum class has been divided into 5 teams of reality TV stars! Each team has been assigned a certain topic as a focus area for their Service Project.

Throughout the semester, students are volunteering with a variety of organizations. At the end of the semester each group will be providing a presentation based on their favorite "Reality Show," such as the Extreme Homeless Makeover Edition, to explain what Service Project they choose and the impact their presence was to the organization. Teams will be judged by members of "The Apprentice Team" Honors Committee along with the Office of Service Learning. The winning teams will receive a monetary donation to the organization they have been working with. ###

PVCC Book Club-November 16th 7-8:30 p.m.

In a remote Manchurian town in the 1930s, a sixteen-year-old girl is more concerned with intimations of her own womanhood than the escalating hos-



tilities between her countrymen and their Japanese occupiers. While still a schoolgirl in braids, she takes her first lover, a dissident student. The more she understands of adult life, however, the more disdainful she is of its deceptions, and the more she loses herself in her one true passion: the ancient game of go.

Incredibly for a teenager - and a girl at that - she dominates the games in her town. No opponent interests her until she is challenged

by a stranger, who reveals himself to us as a Japanese soldier in disguise. They begin a game and continue it for days, rarely speaking but deeply moved by each other's strategies. As the clash of their peoples becomes ever more desperate and inescapable, and as each one's untold life begins to veer wildly off course, the girls and the soldier are absorbed by only one thing - the progress of their game, each move of which brings them closer to their shocking fate.—*Bantam Doubleday Dell*