

33° Latitude

International Students Community Newsletter

Volume 1, Issue 4
Summer 2004

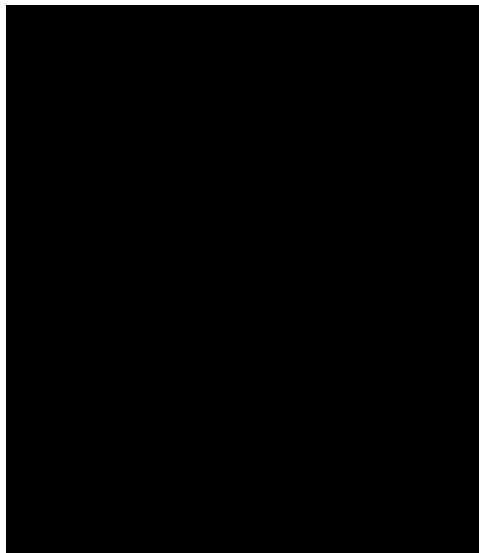


Focus on Graduation

Maria Tecson

Graduation ceremonies will be held on May 13th at the Tucson Convention Center beginning at 7 pm. Among the 3,100 candidates graduating this year are several international students. Congratulations to Sultan Al-Dolaimi, Bader Al-Lanjawi, Mohamed Al-Marzouqi, Ailsa Barcelo, Tete Barri-gah, Ernesto Diaz-Brown, Victor Gari-bay, Sachiyo Higashi, Jose R Leal, Mometo Mao-Aweys, Jose Carlos Rodriguez-Preciado, Masahiro Sakata, Priya Shah, Ricardo Silva and Haohao Wang for their accomplishments here at Pima. We at the ISSO are very

proud of each and everyone of you.



Annual Picnic

Rosmarie Fouad

The Annual ISSO Picnic took place on Sunday April 25, 2004. A small crowd of enthusiastic, "ready to do games and have food and fun" crowd appeared before lunch at the 3rd Pavilion at Udall Park on the East side of town. The cooking team, in costume, gathered around the grill, smoking the tasty hotdogs for the gourmet lunch. Maria, the entertainment manager, set up the Karaoke sound system and before long Latin sounds and good old American Rock n' Roll filled the air at Udall Park. Be it said that any other sound could have filled the air, had they been available. Come to the picnic and bring your CDs next



year! Before long, the Karaoke star, An Krumberger, was entertaining the crowd with the occasional help of background singers. Maria herself graced the day with a guitar performance. Game coordinators, Beatrice and Candido, enthusiastically engaged a group in fun activities such as tug of war, sack race, the one-legged race, the egg race and the volleyball court. Students and staff mixed in the games. Let's face it, how many times do we get to do these things! Unfortunately the volleyball teams were a bit dismal and yes athletically incompetent, but nevertheless enthusiastic and competitive. The bottom line is the few of us who were there had great fun! So next year "be there or be square."

Fall 2004 Checklist !

Attention all continuing PCC F-1 students: Here is a checklist that may help you get ready for the Fall 2004 semester.

- ☯ Meet with your academic advisor and discuss appropriate courses to take
- ☯ Register for 12 credits to maintain full-time status requirement
- ☯ Submit comparable health insurance policy if you have your own coverage
- ☯ Check expiration date on I-20
- ☯ Check re-entry signature if traveling outside the United States

Favorite Day Trip: Gates Pass

Drive west on Speedway Boulevard, which becomes Gates Pass

Road. In about half an hour you will be in the Tucson Mountains, rolling desert foothills that, as you climb, become thicker with saguaros. Watch for the Gates Pass Overlook and turn in to get your bearings; walk off some of your breakfast by climbing the hilltop trail. Looking west you'll see the Sonora Desert stretching out to Kitt Peak 36 miles away. Difficult as it may be to imagine, these Tucson Mountains and the Santa Catalinas to the east were one mass of rock until they began to separate 30 million years ago, sliding apart and creating room for Tucson in between.



How To Beat The Summer Heat

Rosmarie Fouad

Living in the summer heat of the Southwest can be hazardous. The intense desert sun can leave you dangerously dehydrated before you realize what is happening. According to the Center of Disease Control, excessive heat exposure caused 8,015 deaths in the United States between 1979–1999. In the dry heat of the summer, your body needs more water than usual.

Here are some tips on how to stay cool:

- Drink more fluids than usual (nonalcoholic), regardless of your activity level. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- If you must exercise in the heat, drink two to four glasses of cool (16-32 ounces), nonalcoholic fluids each hour.
- Never leave the house without water, especially when you are going to be out in the heat for an extended period of

“...if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, the public library or Pima College.”

time.

Other prevention you can take to avoid overheating or a heat stroke:

- Limit your outdoor activity to morning and evening hours.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, the public library or Pima College. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Wear lightweight, light-colored, loose-fitting clothing.

NEVER leave anyone or pets in a parked vehicle. The temperature can rise dangerously high in under 15 minutes.



What's Who's Who? By Eric Rook

While you stay at home, making sure that you turn your completed homework in on time, your roommate has been hanging out with friends. While you have been going to bed early (midnight early?) to make sure that you get to the 8:00 AM class on time, your roommate is just getting ready to go to a party.

Your roommate tells you of all the great times that you are missing while he is trying to copy your notes before class. You are working hard to have a successful experience in college, while he is working hard to have fun. You can see his reward, but what about yours? Shouldn't there be something for your hard work and outstanding Grade Point Average?

There are several ways that you can receive recognition for your dedication to your school work. At Pima Community College there is Phi Theta Kappa International Honors Society, National Dean's List, Who's Who Among Students in American Community Colleges

and Pima's own Student Showcase. All of these programs shine an spotlight on your high quality academic work. Best of all, these programs welcome international students.

What are the different programs? Are there any benefits to being recognized by these groups? Is there any expense?

Phi Theta Kappa (PTK)- This is an International Honor Society that is active in the community. Members are required to maintain a 3.5 GPA in a minimum of 12 credit hours a semester. Membership in PTK is by invitation. Those students that have the required GPA will receive a letter in the mail identifying them as an outstanding student and asking them to become a member. Membership is contingent on the maintained 3.5 GPA and can be revoked if your grades fall below the standard. Members are eligible for scholarships that range in from \$250 to \$1000. There is a one-time fee of \$68 to become a member. Your transcript will be noted that you are a member as well as your diploma. As a part

of this Society, you are easily identified as a top student by other universities. Each campus has an advisor and a PTK representative. To contact PTK, West Campus, please see Dr. Candido Mercado, who's office is located in the ISSO department.

The National Dean's List- This list comprises of the top 1% of all college students in America. Students must complete at least two semesters and have a 3.5 GPA to qualify. The list is published nationally. Everyone who is accepted will be automatically entered into a competition for \$50,000 in college scholarships. This is a no cost program.

Who's Who Among Students in American Community Colleges- This is a list of those students that have shown academic excellence during their studies. The GPA for this program is 3.0 for a minimum of 30 credit hours of which 15 credits must be from Pima. This program seeks to advance the goals of higher education while rewarding those students on

(continued on page 4)

May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6—Fee payment deadline- Summer	7	8—End of the Semester Breakfast
9— Mother's Day	10	11	12	13 - Gradua- tion	14	15
16	17	18	19	20	21	22
23	24— Summer Session A Begins	25	26	27	28	29
30 Whitsunday (pentecost) Europe	31— Memorial Day (College Closed)					

June 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Corpus Christi Day (Spain)	11	12
13	14 Flag Day (USA)	15	16	17	18	19
20— Father's Day	21	22	23	24	25	26
27	28	29	30— Graduation Application Deadline			

Schedule of Events/Important Dates to Remember

- May 6 - Fee payment deadline-Summer
- May 8 - End of the Semester Breakfast
- May 9 - Mother's Day
- May 13 - Graduation Ceremony
- May 24 - Summer Session A Begins
- Whitsunday
- May 31 - Memorial Day (College Closed)
- Corpus Christi Day
- June 14- Flag Day
- June 20 - Father's Day
- June 30 - Graduation Application Deadline (Summer)

Mini Grant Received

Congratulations to Rosmarie H. Fouad, Admissions/Immigration Specialist, has been selected by the NAFSA II region Executive Committee to receive a travel grant of \$ 232.90 for airfare to attend the National NAFSA Conference in Baltimore in May 2004. NAFSA is the Organization of International Educators with a mission to promote international understanding through the exchange of

students and scholars to and from the United States. NAFSA was founded in 1948 and now has a membership of 8,900 individuals from all 50 states and 84 countries. Rosmarie will receive training in F-1 regulations and other issues affecting international students. Two other members of the ISSO staff (Janie Olcott and Eric Rook) are traveling to the conference as well. To learn more about NAFSA visit <http://nafsa.org>.



**WE ARE OPEN DURING
SUMMER !!!**

ISSO Summer Hours:
Monday –Friday
8:15 am - 4:45 pm

New ISC Officers, Birthdays and such...

The International Student Services Office staff would like to wish a great big **HAPPY BIRTHDAY** to our international students who have a birthday in the months of May and June:

MAY:

Lizbeth Lutz, Tram Nguyen, Trinh Nguyen, Kim Hennes, Ana Lucia Villanueva Ramos, Ting-An Hou, Chayene Albuquerque, Gianluca Interrante, Shaid Tidjani, Dagoberto



JUNE:

Hamad Al-Baghli, Jesus Larios, Roberto Peralta, Hussain Iqbal, Billy Halim, Bilal Zaatiti, Astou Dieng, Orlando Ruiz, Selemani Wambuzi, Masahiro Sakata, Ivens Rivera, Jose Carlos Rodriguez.

Mondaca, Takako Uchita, Gloria Santos, Jo-Hsin Wu, Ernesto Diaz-Brown, Tzu-Sen Wu, Jong Heon Han, Cosme Portillo-Torres, Rie Amano, Divine Agbenebu, Riquilda Avila, German Almada, Po-Chieh Hsu, Lisette Portugal.

The following are your new 2004-2005 International Students Club board officers:

President --- Hiba Zakai
Vice President --- Julia Lichey
Secretary --- Maria Cecilia Valenzuela
Treasurer --- Jesus Oscar Rodriguez
Public Relations --- Noel Portillo

If you would like to receive information on ISC events, workshops and other important news and/or announcements regarding international students, you may add your e-mail to the *international students list-serve* by emailing: MTECSON@pima.edu

Pima Community College

International Student Services
Pima Community College
2202 W Anklam Road C-157
Tucson, Arizona 85709-0285

Phone: 520-206-6732 520-206-6838
Fax: 520-206-3265
Email: Intadmit@pima.edu



"Successful Journeys Begin Here"

*We're on the
Web:
www.pima.edu*

*For article contributions and
suggestions, please e-mail them to:
Maria.Tecson@pima.edu*

Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Reasonable accommodations, including materials in an alternative format, will be made for individuals with disabilities when a minimum of five working days advance notice is given. For the general public, please contact the PCC information line at 206-4500 (TTY 206-4530); for PCC students, please contact the appropriate campus Disabled Student Resources Office.

Today's Recipe

Summer Salad Recipe Eric Rook

This is one of my favorite Summer Salads. It is cool, refreshing and easy to make!

4 cups or so of cooked pasta, any type except spaghetti – (colored pasta adds to the salad)
1 to 1 ½ cups of sliced celery (with the strings removed)

1 to 1 ½ cups of fresh parsley - chopped coarse
1 or 2 16 oz cans of Dark Red Kidney beans, drained

1 cup of crumbled Feta cheese

¼ cup of finely chopped fresh basil

1 tablespoon of coarse ground mustard

Olive oil to coat

¼ cup- Apple Cider vinegar

Salt and Pepper to taste

Mix cooled pasta, celery, parsley and kidney beans together. Add the rest of the ingredients and mix gently. Refrigerate serve

(Continued from page 2)

a national level. Pima College is just one of more than 1400 institutions that can nominate students. The list of nominees is limited to only 100 students per year and there is no cost.

Student Showcase– This is open to all Pima students with the goal of highlighting some of their outstanding work in different six categories. There is no cost and winners are eligible for cash awards.

All four of these programs enhances one's resume or curriculum vitae or future job application. Everybody who attends a higher education institution dreams of being successful. All strive for perfection. At their graduation ceremony, upon receiving that diploma they have worked hard for and justly deserve, they are happy and bask in that glow of a job well done. As they take their seat again, they look at all of the other smiling faces. They smile too, knowing that they were able to distinguish themselves from such a large crowd.

midnight oil

A lighted table
A book laid open
Hymn of a laptop
Sounds of soft music
Pen in hand
Deep in thought
Deep in the night
All in silence
Flips the page
Takes down notes
Busily
Absorbing
Some complicated
Mathematics, all
To take in by
The dawn of day
A major test
On the morrow
Awaits

*Yingzhao Ouyang
Carnegie Mellon University*