

33° Latitude

International Students Community Newsletter

Volume 2, Issue 1
Fall 2004



Official Welcome

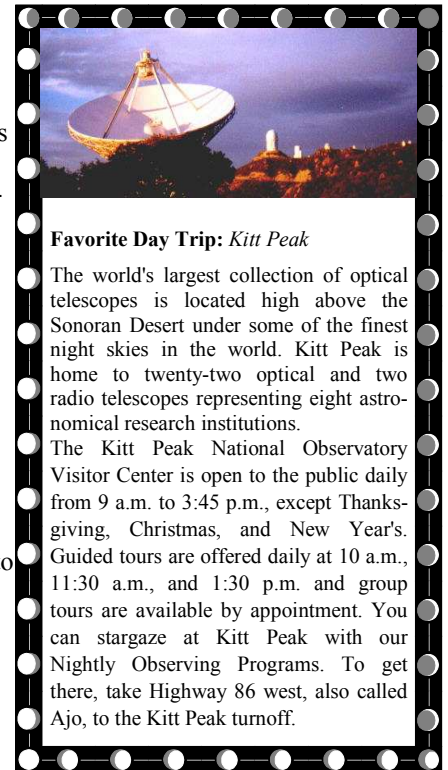
Janie Worrall

Welcome to a new academic year at Pima Community College! All of us in the International Student Services Office wish you much success as you begin your studies! I especially welcome all new international students to the College and congratulate you on the courageous first steps you have taken on your journey of education in America. Simply by going through the entire process of obtaining a student visa for study, you have demonstrated that you are bold enough to claim being a member of a global community. You have embarked on a journey that builds lasting and peaceful relationships around the world.

The staff in the International Student Services Office is here to make that journey a bit easier. No matter what questions you may have, give us a try! Maria and Romy

are two of the best advisors around when it comes to the rules, regulations and procedures of maintaining your student visa status. Bea and Eric are positively the finest when it comes to knowing what classes to take in your major area of study and how to transfer to the university to complete a baccalaureate degree.

Among the many ways you'll interact with Shay, you will find that she can also answer your questions about health insurance. So, welcome to Pima's Global Campus! We like to believe we are a college that embraces international education but you are our living curriculum. Each of you brings information about your culture, your point of view of the world, and your values that enhance our learning environment. All of you enrich us with your presence and we look forward to getting to know each and every one of you this semester. Thank you for becoming part of our family.



Favorite Day Trip: Kitt Peak

The world's largest collection of optical telescopes is located high above the Sonoran Desert under some of the finest night skies in the world. Kitt Peak is home to twenty-two optical and two radio telescopes representing eight astronomical research institutions.

The Kitt Peak National Observatory Visitor Center is open to the public daily from 9 a.m. to 3:45 p.m., except Thanksgiving, Christmas, and New Year's. Guided tours are offered daily at 10 a.m., 11:30 a.m., and 1:30 p.m. and group tours are available by appointment. You can stargaze at Kitt Peak with our Nightly Observing Programs. To get there, take Highway 86 west, also called Ajo, to the Kitt Peak turnoff.

Get a Life...Get Connected To Student Life!

Melania Federico

You're wondering to yourself, "What will be the best way to meet people, have fun, and get a great learning experience as well?" The answer is - JOIN A CLUB! Whether you like to dance, picnic, cartoon, help others in need, or are interested in politics (Student Government), or business, there is a club at the West Campus to suit your needs. The Student Life Office provides opportunities to learn and participate in various cultural activities, volunteer projects in the community as well as on campus, and learn about leadership and teamwork!

Being a part of a club, or group with special or similar interests really gives one a sense

of ownership and belonging in your academic career. This is your opportunity to get involved, to make a difference in your own personal growth, as well as possibly enhancing the lives of others.

Call the office of Student Life at the West Campus for more information at (520) 206-6742. The following is a list of clubs and organizations:

1. Student Government
2. International Student Club
3. Social Services Club
4. SABHOP – Southern Arizona Border Health Careers Opportunity Program
5. Aztecs For Christ
6. Intervarsity Christian Fellowship
7. Students in Free Enterprise/Business

(SIFE)

8. SAVI – Southern Arizona Veteran's Initiative
9. Rainbow Alliance (GLBT) Gay, Lesbian, Bi-sexual, Trans-gender Club
10. SNAP = Student Nurses Association
11. Silent Dinner Club
12. Shake it up Dance Club
13. Pima Anime Club
14. Phi Theta Kappa (PTK)
15. Native American Student Association
16. M.E.Ch.A. – Movimiento Estudiantil Chicano de Aztlan
17. Fine Arts Club

Culture Shock!

You may have heard this term before. But what does it mean? It describes something that most international students are going through right now. You are surrounded by everything new: sights, sounds and people, in a different language.

It describes the over all rush of emotions that come with the experience of a new culture, city, country and the people that live there. This article will try to explain some of the symptoms for you so you will be able to recognize them and that may help you deal with them a little better.

The first thing that you will have to overcome is jet lag. Jet lag is that feeling of always being tired. Your body's "internal clock" is set to the time zone of your country. Jet lag is something that only time will cure. You will need at least one full day for every hour of time difference. For example: if you have a 10 hour time difference, you will need 10 days for your body to start to begin to feel normal. During this time, you will experience trouble sleeping at night, waking up very earlier in the morning, tiring easily, a loss of

appetite, to name a few things. The best way to help your body overcome this is to set up a schedule. Try to go to bed at the same time every evening, even if you feel tired sooner. Sleep as long as you can. If

you wake up in the middle of the night, do not get up right away. Stay in bed and relax.

You may be able to fall back asleep.

If you cannot,

try reading a book in bed. Do not get up and start your day, if you can help it. Getting up will only prolong the effects of jet lag.

Culture shock is something that will give you great swings of emotions. At first, everything is new and exciting: the weather, the stores and just the way Americans interact with one another. This is your chance to experience all of the things you have only read about or seen in the movies. This is great! Americans really do smile all of the time on the streets! They appear to follow most of the traffic laws! But then,

just as quickly as it arrived, the newness is gone. The things that were exciting before suddenly seem to annoy you: the way that Americans smile at anything and nothing at all, how loud they talk amongst themselves when they are sitting right next to each other, or when they smile and ask you "how are you?" but never wait for an answer. You may think to yourself, "nobody in my country does this, why do they need to do it here? Don't they know that where I come from we do not do things like that? It is even considered rude to ask a question like that. How dare they!" It is not rude, only different than what you are use to.

Stereotypes play a big role in culture shock. Most people have a pre-formed opinion about someone from a different country. This opinion develops through many paths: movies, books and prior interactions with someone from that country, to name a few. American culture is wrapped up and shipped to every part of the world. Everybody knows what an American is or at least how we live. When you first arrive, all of the stereotypes seem to be true. As you spend more time with someone, you notice that the

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Though we are often identified as a group- Americans, Arabs, Africans, Mexicans- we are all individuals, just like you.

Frequently Asked Questions - Health Insurance

Q. How do I find a doctor?

- A. Go to www.hthstudents.com
 ·Sign In using the Certificate # on your HTH ID Card
 ·Click on Doctor Search
 ·Click on United States Destinations
 ·Click where it says [click here](#)
 ·Fill out the form and click on Search
 ·The list of doctors resulting from your search will now appear on the screen.
 Contact doctor to make an appointment.

Q. How much are my copays?

- A. *Copays:* Doctor's office visit is \$10
 Urgent Care/Emergency is \$50

Q. What happens if I don't have my health insurance card?

- A. Call the International student services one to two weeks after your fees have

been paid to check if we have received your Health insurance card. You may also check online at www.hthstudents.com to print out your ID card.

Q. Does my certificate number always stay the same?

- A. If you have been a continuing student without any gaps in attendance, yes.

Q. Are dentist appointments covered?

- A. No.

Q. What about prescriptions? Are they covered?

- A. 50% of actual charge

Q. How do I file for claim?

- A. Submit claims to HTH Worldwide,

PO BOX 39, Minneapolis, MN
 55440-0039. See
www.hthstudents.com

Q. What do I do in an emergency?

- A. In the event of an emergency, you should go immediately to the nearest physician, urgent care center or hospital.

Q. Who do I call for help if I have more questions?

- A. Contact Information:
 Web: www.hthstudents.com
 Phone: 1-800-242-4178

You may always contact the International Student Services Office during office hours: M-F 8:15 am– 4:45 pm for more information. 520-206-6732

August 2004

September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13—New Student Orientation	14
15	16—All College Day (PCC Closed)	17	18	19	20	21 College Open
22	23—Fall Semester begins	24	25	26	27—New Student Orientation	28 College Open
29—Drop Refund Deadline (1st 8 wks)	30	31				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6—Labor Day (PCC Closed)	7—Drop Refund Deadline (16-wk)	8	9	10	11
12 Grandparents Day	13	14	15	16 Mexican Independence Day	17	18
19	20	21—Int'l Day of Peace	22 Autumn Equinox	23	24	25
26	27	28	29	30		

Schedule of Events/Important Dates to Remember

- Aug 13 - New Student Orientation
- Aug 16 - All College Day (College Closed)
- Aug 21 - Open Saturday until 1 pm
- Aug 23 - Fall classes begin
- Aug 28 - Open Saturday until 1 pm
- Aug 29 - Drop/Refund Deadline (1st 8 week courses)
- Sept 6 - Labor Day (College Closed)
- Sept 7 - Drop/Refund Deadline (16-wk courses)

Culture Shock (continued...)

(Continued from page 2)

stereotype may not be true for this person, then another and another. Soon, there does not seem to be a stereotypical person around. What has happened? You stopped looking for the general characteristics of that group and learned about an individual person. Stereotypes make it easier for us to characterize a group of people without ever meeting them. When we finally meet them, we usually are

pleasantly surprised that they are not what we expected. How many times have you heard the phrase: "You are not what I expected from someone from that part of the world". Some of the American stereotypes are true: everyone does have a car and it seems that they cannot live without it, most have one or more televisions, computers and video-recorders/DVD players in their house. Americans take a lot for granted, such as dishwashers, clothes washers and

dryers, and most of all, space. But Americans do not see this, as you would not see certain things in your own culture. It is just the way we have learned to interact with one another through the guidance of our families and society. Though we are often identified as a group- Americans, Arabs, Africans, Mexicans- we are all individuals, just like you.

International Student Club Welcomes You

Dear International Students:

Hola, Asalam-Walekum, Bonjour, Marhaba, Namiste and Hello! These are just few greetings around the world. Here at Pima Community College you will find diverse people, coming from all four corners of the globe. You will find people with different values, beliefs and goals. Putting these differences aside, here at Pima everyone—staff, advisors and students-come together to make this the best educational experience you can obtain. I am also an international student. Like most of you, I am miles away from my home, Pakistan, although I was brought up in Saudi Arabia. This is my second semester at Pima as a Political Science major student. When I first came

here, I was in cultural shock and longing for my family. However, as time passed by, Tucson became my second home. Here you will find the friendliest and most generous people. The International Student Services Office plays a huge role to make you comfortable. Janie, Beatriz, Maria, Rosmarie, Eric, Shay and Candido can be your parents or just friends whenever you need them. Never be afraid to ask for help, for you will always get more than you need. Here at Pima, you will be amazed to meet so many various people. Personally, I think that is the best educational experience you can get! The International Club is for all students who wish to participate in activities ranging from hiking trips to cultural parties. The

club is a great opportunity to show your culture and to see other cultures. If you want to learn something from another nation, for example an Arab dance or if you want friends to speak Spanish, or if you want to taste delicious dishes, the International Student Club is the best place to start. As the President of International Student Club, I invite you all to become members. It will be a pleasure to meet such bright diverse people. It will be a great opportunity for you to make new friends. After all, we are now your home away from home. Once again, Welcome to the United States, to Arizona, to Tucson and Pima Community College. We wish you all the best to pursue your ambitions.—Hiba Zakai

Pima Community College

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"Successful Journeys Begin Here"

We're on the Web:
**[http://wc.pima.edu/
intadmit/news.htm](http://wc.pima.edu/intadmit/news.htm)**

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

Mexican Rice- Blanca Ramos

"Hope it's not too late and if it is I guess it might make it into the next issue. Now, I got this from my sister (I don't cook) and she, like most Mexican seasoned women who do cook, measure everything in pinches, handfuls, etc. She forgets that some people hardly cook."

More or less this is what you'll need:

1 c rice
2 c water
3 tbsp oil
1/3 medium onion, chopped
1/2 Roma tomato, chopped
3 oz tomato sauce
1/2 celery stalk, sliced
2 Chile Serrano, diced (remove seeds)
1/4 c bell peppers

1 1/2 cubes chicken bouillon
1/4 tsp cumin
1/4 tsp ground black pepper

In a medium sized pan over medium temperature, brown rice in hot oil. Once a light shade of



brown toss in onions and sauté until golden brown. Add tomato, stir. Pour tomato sauce into pan carefully. (The pan will be very hot and tomato sauce will

start sputtering.) Stir and add water. Add the rest of the ingredients, slowly stirring. Cover the pan and reduce heat. Cook for 30 minutes occasionally checking the rice in case it needs water.

Grand Canyon Trip

The Grand Canyon is one of the 7 Natural Wonders of the world and it is located right here in Arizona. The International Student Services Office is planning a trip to the Grand Canyon in October and would like to invite you to go. The fall season in the high country of Northern Arizona is beautiful with the leaves changing colors and the cool, crisp air. Stops on this trip would include a visit to the Navajo Nation, the Grand Canyon, Oak Creek Canyon and the red-rock country of Sedona. This is a great chance to see the diversity that Arizona has to offer.

If you are interested in this trip, please contact the ISSO and talk to Eric Rook. The cost would be between \$150.00 and \$175.00 per person and is limited to 10 people. Included in this fee is the rental van and gas, entrance into the Grand Canyon, hotel in Flagstaff and parking fees in Sedona. To keep the costs low, there would be two people per room in the hotel. Participants would need to supply their own picnic type lunches in the Grand Canyon and Sedona. Breakfast should be included with the hotel and dinner would be on your own. Flagstaff, due to its location near the Grand Canyon, has a huge selection of restaurants and cafes, most within walking distance of the hotel. The trip would start on a Friday morning or early afternoon and return on Sunday around 6:00pm.