

# TravelLearn offers study tours

**Damon Fouts**  
Staff Writer

Morocco, Indonesia and Costa Rica are just three of 16 lands that CCC and TravelLearn, an international travel/study program, are offering tours of.

"It's a cut above the typical eco-tour," CCC Science instructor John Snively said. Snively has escorted two groups to Costa Rica - the first about a year ago, and another last February.

As a faculty escort on those tours, his role was to share his scholarly expertise with the tour group through informative comments during the tours, and through lectures and slide presentations in the comforts of the hotel. Faculty escorts from 280 colleges throughout the nation are involved like Snively in the TravelLearn program.

Snively says that like most eco-tours, the ecology and the environment of the host country are examined, but the history, culture and art of the country are also explored. A native of the host country accompanies the tour group, and adds knowledge and perspectives a lecturing tour guide can't provide.

Snively's group got a look at the evolving geology of Costa Rica, first-hand, when his tour group witnessed the eruption of the country's Mount Arenal from

just two miles away.

Other tours offer equally exciting opportunities. The TravelLearn program will be offering a tour this summer and fall to Kenya, where the tour group will take a safari through, among other regions, the Masai village. Another group will be touring the temple of the Parthenon of ancient Greece, the birthplace of Western thought. And for those that prefer staying close to home, a tour of Alaska's Inside Passage is available.

CCC Music instructor Janet Martin was on a previous tour of Alaska. The usual hotel accommodations were replaced by a two-week cruise aboard luxury cruise ship. She and those aboard the ship witnessed millennia-old glaciers falling into the bay of Glacier Bay.

"We were close enough that we could hear it very good as the chunks of glacier hit the water. Some were the size of a V.W., some were as big as a large pickup. Some were even bigger. They made a low, rumbling roar that would climax with a huge splash," Martin said.

When Martin wasn't watching the thundering glacial calving, the music instructor was preparing her tour group for the ship's talent show. The group wrote a song about the cruise and

sang it at the show.

According to a brochure that gives the dates and locations of upcoming summer and fall tours, the groups are kept to 20 people or less, the accommodations are first-class and the itineraries are comfortably paced. And most tours provide the groups with the opportunity to share a meal with local natives in their own homes.

CCC program representatives are having an open house for those interested in the tours, March 30 from 1 to 4 p.m. in Gregory Forum. Snively will be there to share his experiences and present a slide show from his Costa Rica tours. Martin and Debbie Baker from CCC's Continuing Education will also be available to answer questions.

1996 summer or fall tours are also scheduled for Ireland, the Galapagos Islands, Ecuador, Nova Scotia, Bermuda, Belize, South Africa, Australia, Egypt, Turkey and China. The cost of the tours range from \$2000 to \$5000 per person, which includes food, lodging and air fare from the tour's departure cities. Travel groups are organized at least 90 days before departure, although late additions can often be accommodated. CCC's Spring Schedule of Classes has complete information on the tours.

# 'Lady From Dubuque' ascends on CCC

**Jon Roberts**  
Feature Editor

Originally when I heard the play "The Lady From Dubuque" was coming to the college, I wasn't planning on seeing it. But after talking to Director David Smith-English and seeing his excitement for the play, I felt like I should go see it.

The play, which runs through March 10, is about eight people and is set in 1979. The play consists of two acts, both of which take place in Sam's house. Sam is the husband of a woman named Jo. Jo has some sort of terminal disease. I think it might be cancer.

Because of Jo's ailment, she is not a very nice person, who lashes out at everyone to try and make herself feel better, or to possibly make everyone else feel as bad as she does. The first act is a party at Sam and Jo's house and all of their friends are there. There friends are Fred and his girlfriend Carol and Lucinda and her husband Edgar.

Fred is a 'redneck' with a foul mouth and an even fouler temper, his girlfriend Carol is his latest in a long line of significant others, he has had three prior wives. Lucinda is Jo's 'best friend' of sorts, they fight a lot and just basically don't get along, what a good best friend. Lucinda's husband Edgar is a pansy who is not in control of his life, his wife is. The party is full of confrontations between the characters, the final confrontation being between Jo and Lucinda, which ends with Lucinda tearing out of the house in tears. This sort of makes all of the characters get tense and they leave the party. Sam then takes Jo upstairs to bed. This is just the basic plot behind the first act, there is much more in the first act then I have covered.

At the end of the first act,

two mysterious people sneak into Sam and Jo's house. One is a lady dressed in black and named Elizabeth. The other is a tall dark man named Oscar who is dressed in white, and is introduced to everyone as being black.

The second act begins with Sam waking up to two complete strangers in his living room. These two people are the toughest part of the play to figure out, I don't want to give too much away about the plot, but even two days after seeing

this play I am still struggling to figure out who these people are. The part of the play that is tougher to figure out is the ending of the second act and the purpose behind the second act.

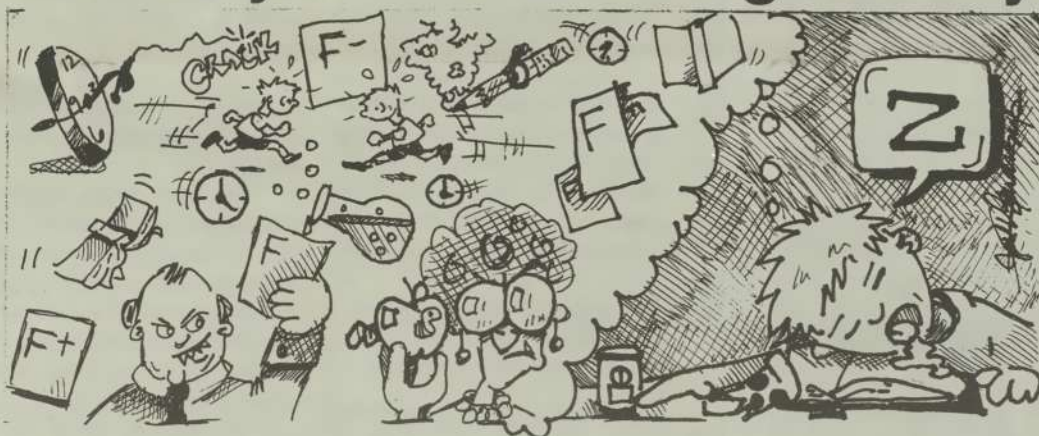
The play was superbly acted with great performances by every member of the cast. The characters were all very believable. The characters that were the most entertaining were Fred, Oscar, Elizabeth and Sam. Fred was played by Jim Miller, who at times had many colorful metaphors to add to any and all of the conversations. Oscar was played by guest actor Lennie Edwards who was very entertaining with his kung-fu and his jokes about southern stereotypes of the black man. Elizabeth was played by Debi Guthery, Elizabeth was entertaining with her constant jabbering and her uncanny way of having a come back for everything. Sam was by far the best acted character. Patrick Sterling really made Sam into a character that I found myself understanding the most. He was very believable and very emotional throughout the play.

Overall this play was very entertaining and very thought provoking.

This play is a definite must see, if you miss it you will be sorry. It is superbly acted, directed and performed. I would give it four stars.

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# The way to beat testing anxiety



**Laney Fouse**  
Staff Writer

It's the week before finals. Somewhere in the uncharted territory you call a bedroom lies your chemistry book. The cover is spotless. The pages still a crisp white. There are no smudges of pizza or coffee. Nor are the pages dog-eared.

If this sounds like your book, you can probably forget getting a good grade. Nevertheless, there is still hope for you next term.

But, let's say you spent countless hours reading. You did all your homework. You participated in class discussion. You asked what you thought were intelligent questions. Yet, the idea of putting your acquired knowledge to a test is scaring the heck out of you.

Relax and regain your control. No amount of worrying is going to help you. Perhaps, the following material, developed at the Air Force Academy Cadet Counseling Center will.

Prepare well in advance. Keep up day to day, if you can; but don't judge yourself harshly

if you don't. Avoid last-minute cramming. Don't go without sleeping the night before. Stop studying an hour or so before the test and relax and compose yourself.

Know the time and place of the test and what you need to bring. Be on time, neither too early nor too late. Don't rush.

Don't talk about the test with classmates immediately beforehand, if you know it raises your anxiety level. To do so may nourish group paranoia.

Read over the test and plan your approach. Ascertain point values per part, time limits for each section, which question you'll start with, etc.

Don't hesitate to ask for clarification if you have questions about directions, procedure, etc., rather than letting anxiety build up because you aren't sure about what you are expected to do.

Develop an aggressive, yet realistic attitude. Approach the test determined that you will do your best; but also accept the limits of what you know at the moment. Use everything you know

to do well; but don't blame yourself for what you don't know.

Activity reduces anxiety. If you go blank and can't think of anything to write, go on to another question or another part of the test.

On an essay, jot down anything you can recall somewhere. You may write to stimulate your memory and get your mind working.

Relax yourself physically during the test, if you notice that you are not thinking well or are tight. Pause, lay your test aside, and take several slow, deep breaths. Concentrate on your breathing. Do this if you notice that you are worrying excessively about one problem, not reading carefully, forgetting information you know.

Pay attention to the test, not to yourself or others. Don't waste time worrying, doubting yourself, wondering how other people are doing, blaming yourself, etc. Don't worry about what you should have done.

Pay attention to what you can do now.

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