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Keep on truckin'

Lunchtime is an adventure when the food trucks park nearby.

BY KYLEE PICO
FEATURES EDITOR

After a while, a cafeteria bean and cheese burrito or Starbucks veggie sandwich gets downright repetitive and just don't add much excitement to the hours spent on campus.

But leaving campus for lunch means having to get on the road, bear through traffic, then find a new parking spot back in an Orange Coast College lot. This is just not worth it for a lunch time scenery change.

But eureka! A few of my classmates recently informed me that twice a week there is another option for lunch that doesn't actually involve getting into the car and leaving OCC.

Every Wednesday beginning at 5:30 p.m. and on Thursdays from 11 a.m. until 2

p.m., wonderful, delicious and much-needed food trucks meet just across Fairview Avenue at the OC Fairgrounds.

The Food Truck Fare brings a variety of gourmet food trucks that will definitely change up your weekly cafeteria eating habits.

I took a break on Thursday to walk across the street and check out the food truck lineup. The fairgrounds parking lot, near the intersection of Fair Drive and Fairview Avenue, was lined with trucks including the Slummin Gourmet, HB Shaved Ice, SohoTaco, The Viking Truck and Stuff N It Burger.

The lines of hungry diners waiting at each truck were not nearly as bad as I anticipated—maybe because I showed up at 1:30 p.m.—and the fare also offers nice clean tables with umbrella coverage to enjoy your meal.

After taking a look at the

See EAT Page 4



Photos by Kylee Pico

Gourmet food trucks pull into the OC Fairgrounds every Thursday and offer students a diversion from the usual cafeteria or Starbucks lunch on campus.

Seniors roll to college

Campus is jammed with high schoolers looking for a place to call home.

BY COAST REPORT STAFF

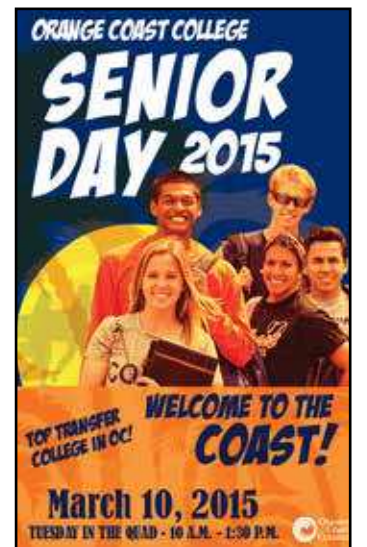
Part fashion show, part learning experience, thousands of high school seniors descended on Orange Coast College Tuesday when the campus hosted its 32nd annual Senior Day.

More than 4,000 potential OCC students were expected to visit campus and learn about educational opportunities at Coast—all while generating lines in restrooms and Starbucks and crowding campus walkways.

With the theme Pirates in Space, Senior Day serves as a major recruiting effort, with busses bringing high school students to OCC to get a taste of campus life, gather information about enrollment, transfer opportunities, financial aid, and clubs and activities.

The Quad was abuzz with energy and excitement as students perused campus club booths, took advantage of games and giveaways, and generally got a feel for college life.

Seniors began arriving on campus just before the 10 a.m. launch of the event and were treated to



an assortment of activities and informational sessions. The Quad was decorated for the event and the campus came alive with performances by the cheer and dance team, food booths and department tours.

A barbecue was offered to seniors and free parking was available at the fairgrounds and a preview session was held in the Robert B. Moore Theatre.

In addition to the light heartedness of the day, optional math and English placement testing was available in Watson Hall for interested students. The high schoolers also received information on career and technical programs, financial aid and special services.

Faculty of the Year nominations due

BY IRENE NGUYEN
SOCIAL MEDIA EDITOR

The deadline to turn in nomination forms for Faculty/Staff Member of the Year is March 20.

The forms can be found on the Orange Coast College portal under Committees and can be turned into the professional development box in the Administration building or emailed to Claudia Andrews at andrews@occ.cccd.edu.

The nominee must be employed at Coast Community Colleges for at least two years to be eligible. Nominations can be made by students, staff, faculty

and administrators.

All nominations will be reviewed by the Professional Development Advisory Committee, a review team comprised by the OCC community at large, using a rubric.

The award is "student centered," Andrews said. "And we want to honor them for their significant contributions and their commitment to the mission, vision and values at OCC."

The award has been a tradition since 1990 and this year the ceremony will be held on April 23 at 3 p.m. in the Student Center Lounge.

You're going to find you're beautiful as you feel

Jordanne Bell wants to shake off old insecurities and a pageant seems like just the way.

BY CRYSTAL NGUYEN
MANAGING EDITOR

It takes more than just a pretty face to win the crown in a beauty pageant, and Jordanne Bell exudes the qualities that epitomize a true inner beauty queen.

Recently chosen to be a contestant in the 2016 Miss California USA State Pageant as a representative of Costa Mesa, 20-year-old Bell has been physically and mentally preparing for the nerves that come with the

anticipation of the extravagant event.

"I'm pretty nervous, but this will be a good experience to get me out of my shell," Bell said. "I'm going to have to eventually, considering that I want to go into broadcast journalism."

Her enthusiasm to embrace new and often intimidating experiences is one of the factors that drew her to majoring in broadcast journalism. Bell hopes to transfer to Arizona State University and in the near future have an internship at an entertainment news show such as "E! News" or "Entertainment Tonight."

Bell is working toward her goal by taking courses at Orange Coast College. With a packed schedule of classes Monday through Friday and work on the weekends, she is nevertheless

setting aside time to make the necessary preparations to meet the demands of the pageant.

Orientation for the event will take place on Oct. 4 in Long Beach, where Bell will be meeting the other contestants from across the nation and rooming with one of them. Being shoulder to shoulder with several other girls attempting to win over the same judges, it may be difficult for anyone not to feel discouraged or insecure.

"You're going to want to compare yourself to every single girl that you're competing with, but you have to go in with this mentality, 'I can do this, I'm my own person,'" Bell said.

Although Bell says that she has participated in other competitive settings such as track and swim, she is new to the

pageant world. But Bell manages to maintain a positive mindset, radiating a sense of collectedness and comfort in her own skin.

Although it is hard to see what she has to be insecure about on the surface, Bell admits that she struggled with body image in high school. The confidence that encourages her to pursue the title of Miss California is the product of her self-motivation and determination to better herself, she said.

"I was really down on myself a lot throughout high school, so I had a breaking point and knew I had to lose weight for myself," Bell said. "During my senior year I lost 65 pounds. I made that change, started eating good and working out, and now that's

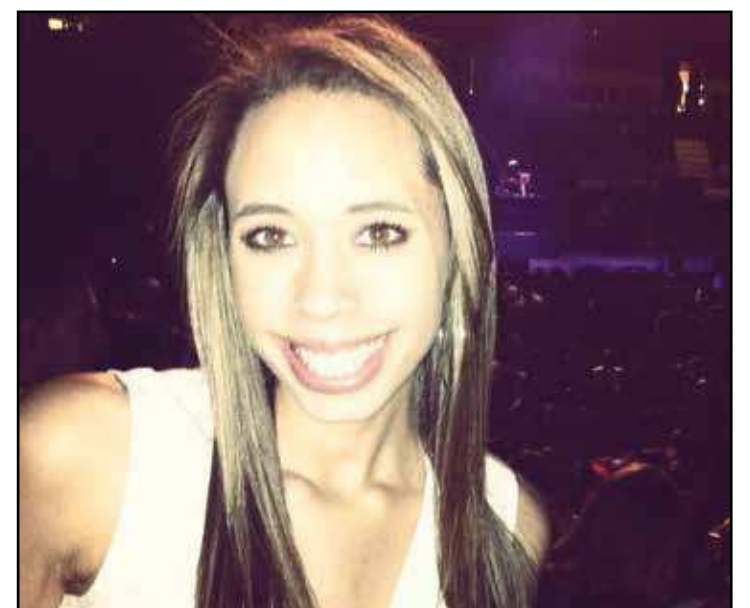


Photo courtesy of Jordanne Bell

See BEAUTY Page 6

There's a lot more than looks when it comes to one OCC student competing in an upcoming beauty pageant.



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ON THE INSIDE

Spring break

Students can spend their free week partying abroad or giving back at home.

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Fire spinner

Matthew Hess takes juggling to the next level with clubs and spinning staffs.

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Glass slippers

Disney's new live action remake of "Cinderella" impresses.

Page 4

AND ON THE WEB





**CRIME
BLOTTER**



Soccer Knockout

Medical aid was requested on the soccer field Friday at 10:35 a.m., Chief of Campus Safety John Farmer said.

According to witness accounts, the male victim suffered a blow to the right side of his head from another player's knee during a soccer class. An officer responding to the scene found the victim lying on the ground being tended to by bystanders.

The victim complained about pain on the right side of his head, Farmer said. When questioned, the victim was unable to provide any details regarding what happened.

Because of his confusion the fire department and paramedics were called to the scene and he was transported to Hoag Hospital.

Locker Looting

Two thefts were reported in the women's locker room on March 4 between 10:50 a.m. and noon.

The two said they arrived at their lockers between 10:40 a.m. and 10:50 a.m. and secured their belongings with pad locks and went to swim class, Farmer said.

Upon returning at noon the victims found that their lockers had been forcibly opened and some of their personal items were missing.

One of the victims reported a blue wallet containing \$6 in cash, her banking card, driver's license and financial aid debit card was missing. The other victim reported that two gift cards were missing from her wallet.

Students are advised to not leave any valuable personal belongings in their lockers, Farmer said.

Hit and Run

A non-injury traffic collision that apparently happened on Feb. 23 in the Merrimac Way Parking Lot wasn't reported to Campus Safety until March 4, Farmer said.

The incident involved two female students. The victim said she returned to her car after class and observed damage to the passenger side, including a dent and some scratches.

A note was attached to the

windshield stating that someone had hit her car and the license plate number was provided, Farmer said.

Campus Safety ran the suspect's license plate number and she was called to the scene where the two parties exchanged information.

Who's the Prick?

A vehicle was reportedly vandalized and damaged in the Art Center Parking Lot on March 3.

The male victim said when he returned from class his white 2013 Mercedes C250 four-door was keyed up and down from the front to the back of the driver's side of the vehicle, Farmer said.

A note attached to the windshield of the vehicle read, "You shouldn't drive like a prick. You never know who is nice and leaves a note or thinks a fat key in your door may be better."

The victim was questioned whether he had any altercation with anyone in the parking lot but said he had done nothing wrong.

Beyond fingerprints left on the vehicle, no additional evidence was left at the scene.

Cycle Continues

A bicycle was reported stolen on March 2 near the Lewis Center for Applied Sciences bike rack.

The victim, a male student, told Campus Safety officers that he parked his bike in front of the Lewis Center bike rack and secured it with a cable lock at about 2 p.m.

When he returned from class at 8 p.m. the victim said both the bike and the cable lock were missing.

While surveillance cameras on the scene captured a photo of the suspect, it isn't clear enough to publish and properly identify the individual, Farmer said.

According to the student, the bike was a GT Aggressor brand bike with a black frame and black rims. The value of the bicycle was \$60.

—The Crime Blotter was compiled by Daisy Ortiz from Campus Safety reports.

Hackers battle it out

Team wins with an app to help owners catch laptop thieves.

BY GABRIELA ERNSBERGER
SPECIAL TO THE COAST REPORT

Two former Orange Coast College computer science students won BattleHack 2015 Los Angeles and are headed to the World Finals — and the chance at a \$100,000 grand prize.

Israel Torres and Ethan Wessel, along with their friend Brandon Whitney, competed against 29 teams this month in the 24-hour hackathon, a contest challenging the world's best hackers to solve social problems across the globe.

Torres and Wessel developed Team DropLock which created DropLock, a desktop app that monitors network information on the laptop in the event the laptop is stolen. The app allows the owner to catch the thief.

According to team members, if the laptop is stolen, the owner reports it to a website, which activates the app in the laptop to start tracking information.

The laptop will start storing files into Dropbox — IP address, wireless network, etc. and will take pictures with the laptop's built-in camera.

The team added a "redeeming" component, which allows the



Photo courtesy of Gabriela Ernsberger

Two former OCC students helped develop Team DropLock and win BattleHack 2015 in Los Angeles recently. Pictured are (from left) team member Brandon Whitney, BattleHack 2015 host, team member Israel Torres and team member Ethan Wessel.

thieves to redeem themselves by including a prompt that allows them to donate to charity through Just Giving, or pay the laptop own-

er directly via Braintree. If the thief fails to take one of these options, the laptop gets locked down until payment is made.

Team DropLock will compete for the \$100,000 in Silicon Valley at the BattleHack World Finals in November.

Spring breakers look for options

Some students look for exotic get-aways while others want to stay put.

BY VIRIDIANA ORTIZ
STAFF WRITER

With spring break less than two weeks away, Orange Coast College students are looking forward to a week off from school.

Some students plan on making spring break a memorable week at extravagant locations, while others will be relaxing at home and working. Still other students don't have any plans for their week off because of their tight budgets.

"I do not have anything

planned yet, but I hope to relax and catch up on school work," said interior design major Yessenia Ramirez.

Students who seek the traditional spring break can still jet off to places like Miami, Las Vegas and Mexico, which are major hot spots for college spring breakers.

Priceline.com offers package deals that include flights and a five days/ four nights stay in Cancun, a popular spring break spot, with prices ranging between \$750 to \$850.

Between March 30 and April 5, Cancun will be hosting the Inception Music Festival, a party experience of a lifetime. With more than 30,000 spring breakers from the United States, Inception Festival offers performances from major artists such as 2 Chainz, Big Sean and Lil Jon with starting prices of \$290 for a four-night pass to the festival.

Students who are not able to travel to distant locations can still get away by finding hot spots only hours away such as L.A., San Diego and Palm Springs. Most importantly, students can drive to these locations and stay on a budget.

Ellen Krous, a communication studies major, said she hopes to visit the Gaslamp Quarter in San Diego.

The area has several entertainment and night-life venues and is only two hours away from campus.

Krous said she plans on celebrating her birthday while down there, hitting up the bars, shopping and experiencing the environment.

Only an hour away from campus, the city of Los Angeles has



Photos courtesy of Google

There are many options for a spring break get-away including favorites Cancun and Las Vegas — or destinations closer to home like Palm Springs or San Diego.

many things to offer students who are on a budget.

The Griffith Observatory offers a high-tech planetarium and science-related exhibits and a view of Los Angeles. Admission to the Observatory is free and it is open Tuesday through Saturday.

Students can also hike from the observatory to the famous Hollywood sign. Thirty minutes away, students can drive over to Santa Monica, a take a walk down the Santa Monica Pier or do some shopping at the Third Street Promenade.

In Orange County, Disneyland and Disney California Adventure have one-day passes starting at \$99, while Knott's Berry Farm admission prices start at \$39 for one day passes.

Students can also spend their time at beaches only minutes away from campus, such as Crystal Cove State Beach, Thousand Step Beach and Corona Del Mar.

For those who seek a different spring break experience, Big Bear is only a few hours drive away. It is the alternative to

See BREAK Page 3

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Questions?
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Come on baby light my fire...

Matthew Hess is a spinner, juggler, and isn't afraid of a little heat.

BY BRANDON LIEN
STAFF WRITER

Have you seen him? The guy in the Quad with bright orange clubs and other frightening looking objects? There are clubs and staffs and rope darts and — in other locations — fire. He's nothing to worry about but certainly someone to observe. He's what's known as a spinner — a guy who juggles clubs and spinning staffs with grace, polish and intensity. He's 26-year-old marketing major Matthew Hess, who started his creative art only four years ago. And not only does Hess practice his art form, he says it's for more than just his own pleasure. "I believe everyone should

find something that makes them happy and keep at it. I would love to help people find happiness through spinning as I did — and remain in the moment as much as possible," Hess said. He said that of all the instruments he uses, his favorite is one that originated in New Zealand called a poi. The tool uses balance points on the human body, and momentum generated through the core abdominals going outwards, he said. "The first step is play, but with practice you work on formalized structure," Hess said about learning to juggle the object. Other instruments include a contact staff, which runs on a long axis that travels with a spinning motion around the body, a dragon staff on a short axis that requires more of a roll-

ing maneuver and a rope-dart that originated from Kung Fu. Rather than a dart however, Hess uses a dog toy at the end of his rope-dart to avoid injuries. Hess said his favorite place to perform is Hart Park near Glassel Street and he volunteers the first Saturday of every month at an event called Color My Energy in Cypress. Hess said he keeps himself busy by teaching volunteer classes in Lake Forest every Thursday evening and is also part of a fire spinning group called Scorched Earth Entertainment which performs at events and private parties. "Respect the fire, it's more than just a feeling, but hearing the flames as well," Hess said. Hess said in addition to teaching fire spinning, his

Do you know someone who deserves to be in the spotlight? Let us know at Coastreport@gmail.com

group is fire educated as well. If something goes wrong, which he said is rare, then they know how to handle it. They identify fire hazards before starting their shows and always keep in mind the safety of their audience, he said. He said he hopes to continue pursuing marketing, but one day would like to help others by being a life coach. "I use the spinning arts like a medium — it helps me deal with stress a lot like active meditation," Hess said.

Photo courtesy of Matthew Hess
Orange Coast College student Matthew Hess, 26, a marketing major is a fire spinner. He is part of a spinning group called Scorched Earth Entertainment which performs at events and private parties. Hess can often be seen in the Quad juggling bright orange clubs and spinning staffs.



Veteran lets students cut his locks to raise awareness

One OCC student is motivated to help those with cancer by getting personal.

BY ABBEY FERNANDEZ
SOCIAL MEDIA EDITOR

Christopher Yiep has big plans. The 27-year-old Orange Coast College student wants to have what he calls "a true, hands-on exchange of peace and love with cancer patients." And that's no small goal. The first step toward his plan involves cutting his waist-long hair. In fact, Yiep had 20 fellow OCC students cut chunks of his hair for a project he has in mind — getting people to cut their own hair, make it into wigs and give it to someone they know who is suffering with cancer. Yiep's passion for helping those sick with cancer began when his best friend's mom, Mary Lou Graham, who Chris considers family, was diagnosed with brain cancer. Soon after, another close friend, Elijah Thomas, was diagnosed with leukemia. "Throughout my life I've been so unlucky that I've had to deal with a lot of people dealing with cancer," Yiep said. Yiep said he grew his hair out for 2 1/2 years with the intention of donating it to Locks for Love, a non-profit agency that provides hair pieces to disadvantaged children with medical hair loss. The Army veteran said he



Christopher Yiep

quickly realized that giving his hair to someone he would never meet wasn't enough — he wanted the hands-on interaction. And having his hair cut publicly by others was part of his plan. "It's my way of advertising, to get the message out there, to get people involved because once people are involved they're more susceptible to following through with the whole program," he said. Bekka Haroz, 18, an English major said she felt horrible cutting a piece of his hair because it was so long, but thought the reasons behind it were good. "I would be terrified if somebody cut my hair. I thought he was really brave and it was really cool and probably really empowering for him," she said. Yiep served in the Army for six years as a combat medic and instructor of combat life saving. He said he sees his years in the service as a time where he began creating his image of peace, love and positivity. "I've always wanted to be

someone who will inspire people to do good," Yiep said. A native of Santa Ana, Yiep is the second oldest in the list of his three siblings. "My family is very supportive but they're not too involved. I'm the oddball of the family. I'm the one that's more passionate. They're more strict," he said. In addition to his plan to bring wigs to cancer patients, Yiep said he also is looking to start a dance crew, Dancers Against Cancer. He said he hopes the dance crew will one day perform for patients and promote cancer awareness. Mentoring is also part of his big idea. Yiep said pairing mentors with cancer patients will be beneficial for both parties. They will be the support arm for the ill and can take in their story to try to touch these people's lives in other ways. "My ultimate goal is to start this non-profit organization to have people more involved in helping out for the cause of cancer. I also hope to inspire people to help in other ways," Yiep said. Yiep said he expects to post the new non-profit organization, Cancer Relief United, on gofundme.com and hopes to raise \$500 to get started. He also has plans of teaming up with local beauty schools and salons to help put wigs together. "My message to everybody is — If you feel like you need to help somebody, offer help, whether it's on a small scale or

big, we all need help," he said. "There's a lot of people around that can help but they just don't know how. If everybody just helps everybody the world would be a better place." If you are interested in donating or joining the organization contact Yiep at c.vutha.yiep@gmail.com.

Photos by Abbey Fernandez
Christopher Yiep (left) lets a fellow Orange Coast College student cut his hair to raise awareness about cancer. He wants to eventually fashion the hair into a wig.




BREAK: Students can do everything from party to volunteer.

From Page 2

spending time in a bathing suit or soaking up the sun at a beach. If traveling or partying are not your ideal plans for spring break, students can spend their time volunteering.

Only 10 minutes away from campus, students can volunteer at Someone Cares Soup Kitchen, located at 720 W 19th St, Costa Mesa, CA 92627. The facility is an organization that provides a daily nutritional meal to the homeless, unemployed and work-

ing poor families. The soup kitchen serves 300 meals per day and volunteers are needed for serving, preparing and clean-up. Volunteer shifts are available Monday through Friday from 9 a.m. until noon, noon until 4 p.m. and 9 a.m. until 4 p.m.




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Film revives the imagination

The classic story is brought to life with perfect casting and costuming.

BY KYLEE PICO
FEATURES EDITOR

Little girls dressed in blue taffeta with pretend glass slippers anxiously waited outside the El Capitan Theatre in Hollywood over the weekend to watch their favorite Disney princess come to life.

“Cinderella,” directed by Kenneth Branagh and starring Lily James as Ella, Richard Madden as Prince Charming, Helena Bonham Carter as the fairy godmother, Cate Blanchett as the evil step mother, and Holliday Grainger and Sophie McShera as the step sisters, was previewed on the big screen and we were all there to see this newest Disney release.

The timeless tale of Cinderella has significance to people around the world. The storyline hosts moral lessons and problem solutions that aid children’s emotional and psychological development.

“I want to tell you a secret that will see you through all the trials that life can offer — have courage and be kind,” Ella’s mother said in the film.

According to the film’s press kit, Walt Disney Studios wanted to bring “Cinderella” back to the big screen for years and re-introduce the animation masterpiece in a new 21st-century way to build on the nostalgia and memories cherished by millions around the world.

Their goal for the film was to bring humanity to the fairy tale characters while preserving the unforgettable elements from the classic.

Watching this film I was consumed by a whirlwind of emotions — most of them I didn’t even know would come out by simply watching a film — and nostalgia was definitely at the

top. All of my childhood memories of pretending I was Cinderella while I did my household chores and all the things I talked to my make-believe fairy god mother about consumed me as I watched my favorite Disney princess come to life. I was 5 again.

I had already empathized with Cinderella’s character for 20 years — however empathizing with James as Cinderella was a new and exciting experience. James was the perfect casting choice for the part.

Not only is she as naturally gorgeous as the Disney princess, she encompassed that sense of innocence and general goodness while playing her role. This connection is absolutely vital to the film and will be the reason women all over will burst into tears every time James sheds a tear.

“I was captivated by the power of the story and felt I was in sync with the visual artistry that was being developed,” director Branagh said in the film’s press kit. “It’s a classic piece of storytelling where the central character goes on a journey that we can really identify with, so the texture and landscape of a great story was wonderful to play with as a director.”

In addition to James’ great on-screen performance, one of the most standout elements of the film was the gorgeous costume design.

From Cinderella’s beautiful gown to the fairy godmothers’ fabulous silver metallic get-up to the stepmother’s dresses straight off a fashion week runway, the film is one of the most fashionable yet.

Ella’s daily attire was perhaps the most significant element to the storytelling aspect of the film. Costume designer Sandy Powell did not dress Ella in the rags and patchwork dress that most people associate with Cinderella.

Rather, she wears a dress similar to the dress she wears in her childhood in the film’s opening scenes — a dress that she wore back in happier times before the



Photos courtesy of Walt Disney Studios

A live action remake of “Cinderella” brings the iconic character to life. Actress Lily James brings a sense of innocence and general goodness to her portrayal of Ella.

death of her father.

As Cinderella’s quality of life decreases, so does the quality of her dress and it ends up looking outgrown, especially seen in her blue ballet flats that are introduced as she dances on her father’s feet as a child and exit the film as they are recreated into the iconic glass slipper.

This element of her costume signifies her time with her stepmother and sisters — she holds on to whatever she has left of her own parents but eventually outgrows them and gains the courage to start a new life for herself.

Similarly, when it came to Cinderella’s royal ball-ready makeover, Powell didn’t give James’ costuming any jewels or tiaras, but allowed her to stand out in the crowd for her simplicity and honesty.

Powell said in the press kit that Cinderella wins the Prince’s heart through her honesty and goodness so that was what she wanted to portray through her costumes.

As for Blanchett’s character,



all the stepmother’s footwear were Salvatore Ferragamo — need I say more?

Powell said it was essential that there be a cohesive look and feel between the costuming and set design.

She started on the iconic characters’ design concepts almost two years before the start of principal photography began. Her main vision for the film’s fashion was more 1940s inspired than then a 19th century version.

She approached the designs as a storybook — very vivid and colorful with easy references as

to who is good and who is evil.

“When you are designing for a film you have so many considerations, so you really need to understand the script,” Powell said. “It’s not good designing a costume that can’t be seen or clashes with others. I really wanted the film to have that ‘once upon a time’ feel to it, and since this is a fairy tale, we didn’t have to adhere to any rules.”

The live action feature, inspired by Disney’s classic 1950 fairy tale, will be shown in theaters across the country beginning Friday.

Binge watching Netflix can be an addiction

Some students say TV watching has caused their grades to slip.

BY IRENE NGUYEN
SOCIAL MEDIA EDITOR

It’s an epidemic that has been sweeping college campuses everywhere and afflicting students of all ages and majors.

Side effects can vary from extreme sleep deprivation, altered perception of time, deterioration of diet and eyesight, and, most commonly, a severe drop in grades.

The affliction at hand is Netflix addiction.

Some students report binge watching on shows for several hours at a time. Reuters.com showed that the average amount of content watched at one time per user is 93 minutes, but for others like Sam Nguyen, 19, an undecided major, that just isn’t enough time to catch up on her shows.

In fact, it only takes her a weekend to finish a season, if it’s what she calls “a good one. And, if it’s really good, it leaves me wondering, like, ‘what is life anymore?’”

Apparently Netflix can leave you with existential thoughts by the end of a season, which is definitely plausible if you’ve seen “Breaking Bad” or “House of Cards.”

There have been talks of raising subscription prices from \$7.99 to \$9.99 to help fund more original content like the aforementioned “House of Cards” and “Orange is the New Black.” Many students, however, are paying with more than just their credit cards.

“My grades are paying,” said Rich Englehart, 20, an undecided major.

Other students find themselves marathoning shows for hours on end instead of studying. With any guilty pleasure, there is a price.

For Tracy Liu, 22, a finance major, her diet is paying the price.

“I don’t even eat meals anymore. A snack an episode does it for me,” she said.



Photo courtesy of babble.com

Students say they can finish an entire TV series season on Netflix in a weekend.

Netflix shouldn’t have the power to dictate a diet but hardcore binge watchers just don’t have the time to cook. After all, what’s the harm of some Hot Cheetos while watching “Friends,” but a bag an episode might land Liu on the wrong side of the scale.

Everything in moderation is key. Unfortunately, for those fight-

ing Netflix addiction, there is not much help available.

But a quick and easy tip for controlling your habits is to disable the auto-play option which plays the next episode in 12 seconds.

It’s a tough addiction to overcome, but with 39 million US subscribers, at least there is comfort in knowing you aren’t in this alone.

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EAT: Try the Food Truck Fare for lunch.

From Page 1

the week’s menu offerings, I was intrigued by the very gourmet choices of Kobe beef sliders and filet mignon sandwiches on the hand-written chalk board hanging from the side of the Slummin Gourmet’s truck.

I decided to indulge with \$20 worth of food. I ordered three tacos — fried avocado, grilled salmon and honey walnut shrimp that was served on a lettuce wrap — along with an order of their maple chipotle sweet potato tots and garlic curly fries.

The salmon taco was hands down the best of the three.

The fish was topped with julienned cucumbers and cabbage, while the Asian-inspired ginger sauce was the star of the taco.

The fried avocado taco had a more Mexican style, with a fresh

pico de gallo that would land at the top of my favorite salsa list.

However, the shrimp taco was not something I would go back and order — there were just too many elements battling for my taste buds’ attention — I had to take the melon balls out of the taco completely.

The Slummin Gourmet is definitely pricey but worth it if you have some cash to spare.

For the average college lunch budget — there were cheaper and probably equally as delicious options including \$6 Viking dogs and \$8 combination plates from the Soho Taco truck.

The trucks meet up weekly at 88 Fair Drive. Admission and parking is free. To check out this week’s food truck line up go to ocfair.com or follow them on twitter @ocfair.

Campus Events

For information on most campus events, call (714) 432-5880.

Concerts

“Back to Beethoven,” Saturday: Conducted by Ricardo Soto, Beethoven’s Piano Concerto No. 4 in G Major is the featured work during this program of classics. In the Robert B. Moore Theatre. Curtain 7:30 p.m. Admission \$15, students \$10 with ID

“OCC Jazz Ensemble,” May 4: A night of big band jazz by the OCC Studio Jazz Ensemble, Jazz Lab Ensemble and Jazz Improv Ensemble. Special guest artists to be announced. Directed by Paul Navidad and Dana Wheaton. In the Robert B. Moore Theatre. Curtain 7:30 p.m. Admission \$8 in advance, \$10 at door.

“Baroque Masters,” May 9: Conducted by Ricardo Soto, the OCC Symphony’s final concert of the semester highlights the Baroque masters. In the Robert B. Moore Theatre. Curtain 7:30 p.m. Admission \$15, students \$10 with ID

Theatre

“Tartuffe,” Friday -March 22: Directed by Tom Bruno, this play by Moliere was banned for five years. About the French court of Louis XIV, a costume comedy about a con man determined to steal a man’s money, property and wife. In the Drama Lab Theatre. Curtain 7:30 p.m. on Friday, Saturday, Sunday, March 20 and 21 and 2:30 p.m. on March 22. Admission \$10 in advance, \$12 at the door. \$6 in advance for students/seniors, \$8 at door.

“A Rich Evening of Orloff,” April 10: An evening of short comic plays by playwright Rich Orloff. Recommended for mature audiences. In the Drama Lab Theatre. Curtain 7:30 p.m. Admission \$5 in advance, \$7 at the door.

Dance

“Student Dance Concert” May 1: Students will perform original choreography in a variety of dance styles. Directed by Amelie Hunter and Teresa Jankovic. In the Robert B. Moore Theatre. Curtain 8 p.m. Admission \$10 advance, \$15 door.

“World Dance Celebration” May 22: A lecture-demonstration showcasing the colorful heritage of dances around the world. Directed by Angelika Nemeth. In the Robert B. Moore Theatre. Curtain 8 p.m. Admission \$10 advance, \$15 door.

Art

“Existence,” March 18 - April 16: An art exhibit exploring life, death and every moment in between. Featuring artists G. Gilday, J. Lowry and J.F. Podevin. Opening reception 5 p.m. to 7:30 p.m. March 18. In the Frank M. Doyle Arts Pavilion. Admission is free.

“Plus Brit Week,” starts today: An art exhibit featuring works by British expatriates, including Derek Boshier, Colin Grey, Jon Measures and James Scott, living in Southern California. The exhibit will also feature selections by photographer William Ellis’ One LP Project. In the Frank M. Doyle Arts Pavilion. Admission is free.



Struggles of an 'older' student

Returning to college as an older student is no easy feat.



Daisy Ortiz
Staff Writer

We all have our reasons for leaving school — work, family, or maybe we just weren't feeling it at 18 — but eventually most of us make the trek back into the classroom to finish what we started.

In the grand scheme of things, at 25 I'm by no means old. In fact when I pitched the idea for this piece to my editor she laughed at me good naturedly.

I'm well aware that I'm barely entering what a lot of people would consider the prime of their life.

But as I sit in some of my classes, look around at my fellow classmates and catch snippets of their conversations I can't help but feel a bit out of place and a bit aged as I sit in my chair.

I'm sure most of us have at least one person in each of our classes who is older by either a few short years, like me, or

someone who is significantly and obviously older than the rest.

I can't pretend to know exactly what it must feel like for them to return to college after such a long time but through my own experience in returning at age 23, I feel as though I caught a brief glimpse of it.

When you take a long break from school and work jobs you can't stand suddenly the idea of being in a classroom again doesn't sound so unappealing. Maybe you've paid your dues working that job or maybe you raised a family and now it's time to do something for yourself. School becomes an exciting prospect and the most important thing in the world.

As exciting as it is, it can also be equally terrifying. As an older student you might worry that maybe it's been too long since you've been in school and you don't remember anything you were taught before.

You might be afraid of getting everything wrong, of getting lost on campus (and we all get lost at one point, don't lie), of having to ask too many questions or

having to adapt to a new way of campus life that you're not accustomed to.

You might not be able to relate to anyone in your class. A fear I'm sure is on every older student's mind is, "Will I be the oldest person in class?" Or more importantly, "Can I still do this?"

Coming back to college in my early 20s was difficult for me but what made the experience easier was observing the other students in class who were older too.

I'm sure they had the same fears and apprehensions about coming back as I did at one point but the most amazing thing was that the one quality that set them apart from everyone else — their age — made them fearless.

Seeing them bravely ask questions in class made me more curious and willing to look for help. Seeing them study and pay close attention in class made me work harder.

They helped me gain a greater appreciation for my education than I already had, reinforced my decision for coming back and gave me the confidence



Photo courtesy of orau.gov

Older students have a different experience at Orange Coast College than those who come straight from high school.

I needed to carry on with my education regardless of how out of place I felt.

As time went on, I began to realize that I didn't care and the only thing I could focus on was the excitement at getting an education which is something I certainly didn't have when I was 18.

As I wrap up my final semester here at Orange Coast College, I know I have another challenge ahead of me next year when I enter a four-year univer-

sity and suddenly the struggle will begin anew.

I know I'll have the same apprehensions and fears but if there's anything that I learned in coming back it is that I can get through it. I can persevere.

Coming back to college as an older student is a lot like stepping into Tomorrowland. Everything around you is so advanced, shiny and new. At first glance it looks intimidating and you may struggle at first, that doesn't make it any less exciting.

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LETTERS TO THE EDITOR

OCC's best kept secret garden

Dear Editor,

Life works in mysterious ways. As I was driving to college, I was hoping there would

be a meditation center here, just like some airports have. Stripped of religious baggage, there is no common center for such contemplation.

Well, I was wrong. I stumbled upon the Horticultural Center, which is one of OCC's best kept secrets.

A secret garden, if you will.

There is a certain Zen-like atmosphere when you first walk in, akin to the Vietnamese concept of ba or environment.

The place was quiet, with exotic wild trees and plants enveloping a lush garden and a seating bench.

Perfect. Just what I need.

I took my shot as I parked

the car in the 20 minutes lot and walked around. You need a searching crew to find someone and finally I spied a person working at the back.

I thought of pestering him with names of wild plants, and how to grow them, but I didn't want to kill the calm with such banality.

This morning I also thought of planting a sunflower in a pot. My mom gardens and I dabble in different botanical matters but it's funny that in 10 years of my OCC career, today was the first day of discovering such a hidden gem.

Zeeshan Mahmud
OCC student

The nominations for favorite teacher is...

I took Erik Rango's English 150 American Literature class last spring and learned just as much as laughed out loud in class



Irene Nguyen
Staff Writer

— which, I should clarify, is not a knock to his teaching skills but a shout out to his fun style of teaching.

He is a unique human being: passionate about English and the historical background behind the works we read.

He is personable, helpful and someone who thoroughly explains complicated concepts.

He keeps class discussions entertaining as well as enlightening.

The works we read included the Constitution, "the Federalist Papers," Emerson and Hawthorne pieces, "Moby Dick" and Trachtenberg.

For me, this was not the most enticing list of literature.

I found myself engaged in discussions and not just for participation points. I laughed at his quirky, train-of-thought jokes.

Rango broke complicated themes and ideas down so that they became easy to understand.

He is a fair grader and covers in his lectures exactly what you need to know for your papers.

The few times I did miss class, I felt like I missed out on not only knowledge but priceless chuckle-out-loud moments.

John Knox helps create an exciting atmosphere when coaching men and women in intercollegiate athletics.



Brandon Lien
Staff Writer

I attend a swimming for fitness class on Tuesdays and Thursdays and end my 10-hour class schedule with Knox as my instructor. I always feel exhausted when getting in the pool, but after a few laps, Knox's enthusiasm becomes contagious.

He likes to play music from 93.1 Jack FM during our swim, which is ideal for me because I can't workout without some tunes. And his humor keeps us smiling in between sets as we try shoving oxygen into our lungs.

This man's physique is an inspiration for me to stay in shape, and I've heard classmates say Knox doesn't age or that he's immortal. Youth is locked within his eyes and students can see them sparkle when he notices improvements during our workouts.

That's what I think makes a good coach. Not just being there instructing how to perform a certain way, but actually finding joy in seeing your students/players strive to get better and succeed.

When our workout is done and all of us climb out of the pool, I can see pride in how Knox presents himself and the way he interacts with others.

He always wishes all of us a great rest of our night and that he's looking forward to the next time were at the pool together.

Relatable, entertaining and educational—those are all the qualities that I believe a teacher should have and Communication Studies instructor Jennifer Peters possesses all of them.



Jennifer Nguyen
Staff Writer

Classes with Peters never get dull because she keeps the students engaged by bringing up current topics that we are interested in, such as the Beyonce and Jay-Z divorce rumors, and relating them back to the class so we are still learning. She doesn't just stand in front of the class and lecture — Peters ignites an ongoing conversation between her and the rest of the class.

What makes Peters stand out is that not only is she entertaining, but she is excited to teach and that shows during her classes.

One unique thing that I found about Peters is that I have yet to see her get angry at a student. Instead of getting frustrated that we cannot get the right answer, she motivates us in an entertaining yet challenging way to keep thinking.

Peters has such a sweet personality, yet she has so much to offer and teach. She understands the life of a student and she is relatable. My class with her passes by so quickly because I find myself enjoying what I'm learning. Instead of waiting for the class to be over like some other classes, the hour and a half with Peters is constantly full of laughs and learning.

If someone were to ask me who my favorite teacher on campus is without any hesitation I would say English professor Karen Felts.



Daisy Ortiz
Staff Writer

Felts teaches English 101 which by far has been one of the most difficult but definitely the most rewarding class I've taken here. I took her 6 p.m. to 10 p.m. class and while I dreaded the long duration as soon as I was in class it was as if the time flew by.

Felts is passionate about what she does, about the literature she has to dissect and really challenges you to think deeper and outside of the box. She encourages you to take risks and to become a better writer which is something I will take with me for the rest of my life.

Not only is she a fantastic educator but she is hilarious and personable with her deadpan humor and sharp wit. When the semester was over, I was honestly sad that I had to leave her class and was actively looking for another English class she might be teaching so I could take it.

Alas, it never came to be but I won't forget my time in her 101 class and I won't be forgetting her as an individual any time soon. She cares about her job, her students and the education they receive and she delivers. If anyone deserves recognition for what they do, it's definitely Karen.

After terrible experiences with teachers in high school, I came to OCC nervous about not knowing what to expect from professors. My anxiety increased even more when I registered for public speaking, but to my surprise I ended up loving the class and overcame my fear of public speaking thanks to Christopher De Surra.



Viridiana Ortiz
Staff Writer

Like many students, I dreaded coming to class because I had a fear of public speaking. But several speeches later, I ended the semester feeling more confident in being able to speak in public. De Surra does such a phenomenal job of creating a comfortable environment for his students.

Not only does he bring out the best work in his students, he is absolutely hilarious and makes every class enjoyable. But the one thing that sets De Surra apart from all the other teachers on campus, is the passion he has for teaching. He is very helpful when you ask questions and he uses examples from real life situations that brings everything into perspective.

Public speaking is a general education requirement, and hands down I recommend everyone to take this class with De Surra because you will learn and gain a wonderful experience with who I consider to be OCC's best professor on campus.

QUESTION of the WEEK

What are you doing for spring break?



Yasser Alsoufi
21, industrial engineer

"I am going to Lake Havasu with friends to party. I've been there before and it's a lot of fun."



Marlene Varona
23, biology

"I will be working, but I am not going to tell my boss that I have the week off from school so I can make time to spend with my friends at Disneyland."



Christopher Melgar
24, culinary arts

"I was hoping to visit San Francisco, but I won't be doing anything because of my broken thumb."



Kimberly Vega
18, child development

"I am spending my week in Ensenada, Mexico, visiting my family, relaxing, sightseeing and shopping."



Kevin Vo
19, business management

"I will be going to New York City, sightseeing and shopping with my parents. Hopefully my girlfriend might go too."



OCC is a force on the tennis court

Men's tennis works hard, but can't manage a win against Irvine.

BY BRANDON LIEN
STAFF WRITER

The Irvine Valley College men's tennis team beat Orange Coast College 8-1 on Thursday to bring an end to the Pirate's good fortune on the courts.

Both teams looked eager to begin their matches with a beautiful day backing up their enthusiasm. OCC's players knew that IVC was second in state, so to come out on top everyone needed to be ready to play their "A" game.

There were six matches of singles being played to start the show, and IVC proved its ranking wasn't just based off statics

on a computer screen. All of the courts were being dominated by the opposing team, except for one.

OCC freshman Ross Ewart, known by his teammates as Mr. Kitty, was the lone soldier who stood out on the Pirate's offense, winning the first game, bringing hope to not suffering a shut out.

He just needed one more game to gain victory, but the opposing player of the Lasers answered back winning the next game making it 1-1 in a best two-out-of-three match.

"Ross is a fighter just like all of our other players, he doesn't mind stretching out a match," coach Chris Ketcham said before the third game of the last singles duel for the day.

They were neck and neck the whole last game and the fans could tell tension was rising between the two players. Ewart tried

using the psychological factor on his opponent by yelling "Let's go," every time he scored a point.

However, the player from the Lasers proved his worth and defeated Ewart in the end. Unexpectedly, the opponent denied shaking Ewart's hand and was benched for the rest of the day.

The Pirates are now 8-3 overall in season, but this loss didn't seem to discourage Ketcham.

"We need to take into consideration that this team we played is second in all of California, and even though they got the win, I am still very proud of how our boys played," Ketcham said.

The Pirates face off against IVC again at 2 p.m. on Thursday at Irvine Valley.

Photo courtesy of Orange Coast College

Men's tennis lost 8-1 to Irvine Valley College on Thursday.



Baseball team holds its breath

The Pirates take an early lead and hold on for a win against Cypress.

FROM CAMPUS REPORTS

The Orange Coast College baseball team carried a 3-0 lead into the bottom of the ninth, then hung on for dear life before pulling out a 3-2 win at Cypress College on Thursday.

Coast (12-8, 3-2 in the Orange Empire Conference) used a third-inning sacrifice fly from Tommy Bell and a fourth-inning RBI-single by Stephen Corona to lead 2-0 early on. In the top of the ninth, Nick Grimes singled, stole second, advanced to third on a ground out and scored on a wild pitch for what appeared to

be just a harmless insurance run.

But it turned out the Pirates would need that run as the Chargers (13-4, 3-2) battled down to the final pitch. Four straight ninth-inning singles and a walk by Cypress had the hosts to within a run at 3-2 with the bases loaded and only one out.

But reliever Jack Pabich came into the game and coaxed a foul ball in-between first base and right that was caught by the second baseman, Grimes. On the play, the runner on third -- Grant Mayeaux -- attempted to score the tying run, but Grimes fired a strike to catcher Jack Kruger, who tagged Mayeaux out to end the game.

Kruger was OCC's lone multi-hit performer, going 2-for-4 with a run.

Lost in the late-inning heroics was a strong performance turned in by OCC lefty Art Vidrio (3-1), who threw seven scoreless in-



Photo courtesy of Orange Coast College

The Pirates took a 3-0 lead early in its game against Cypress College and held on for the win despite a ninth inning surge.

nings and allowed just five hits, two walks and four strikeouts.

Vidrio out-duelled Cypress starter Nathan Kuchta, who suf-

fered his first loss of the season (4-1) after allowing two runs on seven hits over eight innings, walking one and striking out five.



Photo courtesy of Orange Coast College

Sand volleyball player Shayna Johnson dives for the ball.

Sand volleyball sweeps opener

FROM CAMPUS REPORTS

The Orange Coast College sand volleyball team didn't take long to earn its first-ever win in school history as the Pirates topped Antelope Valley 4-1 on Friday.

Under warm, breezy conditions, the Pirates performed well in its first-ever competition in the sport of sand volleyball.

The No. 4 pair of Danyelle Brown and Lehua Alama-Jordan picked up the first win of the day 21-6, 21-7 over Antelope Valley's Nakira Johnson

and Lakyra Broadis.

At No. 3, the team of Kasse-Ann Dela Cruz and Alyssa Assayag rolled past Sara Collins and Bailey Green, 21-17, 21-9.

OCC's other two wins went the distance as the No. 5 team of Megan Rawlings and Aubrea Tuell won 21-13, 15-21, 15-5 and at No. 1, the team of Danielle Boyette and Sierra Brown closed out the day with a 21-19, 17-21, 15-7 over Jasmine Dixon and Heather Emory.

The Pirates return to the Newland Street courts at noon on Friday against Rio Hondo.

Coast runner posts best time in the state

FROM CAMPUS REPORTS

Orange Coast College's Hanna Heising's impressive run in the 400-meter hurdles capped off a strong day for the Pirates' women's track and field team during the 2015 Cerritos Invitational recently.

Heising blazed her way through the Cerritos College track oval

and finished the 400 hurdles with a time of 1 minute, 4.88 seconds. Her time was not only a personal best, but it was also the top time thus far in the entire state.

Not just satisfied with her hurdles, Heising also finished tied for sixth in the 100 (12.99) and fourth in the javelin throw (78-8)

Teammate Taylor Sims also performed well in the same event and finished fourth with a time of

1:07.96. She also placed fourth in the 100 high hurdles with a time of 15.48. In the field events, Sims also performed and performed well, finishing tied for second in the high jump (4-feet, 11 1/2 inches).

On the men's side, several solid times and marks were recorded at the same event.

Leading the way for the Pirates was the performance of pole

vaulter Kyle Victoria, who topped the entire field when he cleared 14-feet, 7 1/2 inches. Teammate Jason McKinnon was close behind with a second-place mark of 13-10 3/4.

Sprinter Kyle White took third with a time of 11.08 seconds.

Both the men and women return to competition on this weekend at Cal State Fullerton's Ben Brown Invitational.

BEAUTY: Orange Coast College student Jordanne Bell looks forward to her first pageant when she competes next year.

From Page 1

what I do every day."

Bell can be spotted at the gym daily jamming out to Taylor Swift or Rihanna while putting in work to maintain a healthy lifestyle. She said her workout routine consists of leg day on Monday and Wednesday, arm day on Tuesday and Thursday, 30 minutes of cardio and sometimes a cycle class.

Physical fitness is one of the judging criteria for the swimwear portion, which is accompanied by other categories including evening gown and interview. Although there is no talent portion of the competition, Bell said she would enjoy dancing because it is similar to Pilates, which is one of her

Interested in supporting Jordanne Bell? Make a donation at gofundme.com/moayqg

favorite hobbies.

The most nerve-racking portion for Bell is the interview with the judges, but she is resolute in facing her fears. She plans to prepare by taking a public speaking course at OCC next semester, but other than that no gimmicks — she plans to modestly show them who she is.

Bell gives off the impression of being real and true to herself, which is the approach she is aiming for when looking for sponsors by simply presenting herself and her aspirations. So far she has raised \$575 out of

her \$1,750 goal, with some of her contributors also being her biggest inspirations and role models — her parents.

"Jordanne is very strong willed and she can be more dedicated than I have in my past," her father Nickolas Bell said. "Whatever she wants to do, I know she can achieve it."

And this is saying a lot, considering that her father is a retired professional athlete who went after his dreams and played for the Oakland Raiders football team.

When asked what her favorite aspect about herself was, rather than answering with a superficial quality, Bell said it was her ambition and kindness. She volunteers her time at Someone Cares Soup Kitchen in Costa

Mesa, and wants to help out at a children's hospital as well.

In fact, Bell has a soft spot for children. She used to be a teacher's aide at an elementary school in La Palma, acting as a role model for the children who reciprocated her fondness for them. "I remember my last day in class, they drew pictures of me with them and wrote me letters saying they were going to miss me and hoped to see me again," Bell said.

She has also built close relationships with children that she has been a nanny for, as well as several of her younger cousins. Although Bell is an only child, she possesses the considerate and responsible attributes of an older sibling that others look up to.

Being a role model isn't the

only position Bell has the potential to fill. Having watched the Miss California USA pageant every year and picturing herself on stage, Bell has always had dreams of modeling.

The pageant will give her the opportunity to turn those dreams into reality, allowing her to meet with modeling agencies at the orientation. If she was able to choose, Bell said she would want to promote a healthy lifestyle by representing a workout line such as Nike.

Winning may appear to be the objective in the pageant, but to Bell it is the experience that truly matters.

"I hope to gain more confidence, meet new people, make new friends, learn more about myself and improve myself by

just going after my dreams," Bell said.

The pageant will be held Dec. 4 through Dec. 6 at the Terrace Theater in Long Beach, where it is open to the public with tickets. The event will also be live-streamed on www.pageant- vision.com.

Bell said her friends are excited for her endeavors in the pageant, and they plan to make signs to support her during the event. Although they think she is brave for joining, Bell said she thinks they saw it coming.

"I've always wanted to do things like this. I don't want to just do the ordinary nine-to-five job, I couldn't see myself doing that for the rest of my life," Bell said. "I've always had bigger dreams."

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