



COASTAL GOINGS

BY
EDWIN TIONGSON

THE OFFICIAL HOST BOOKLET FOR THE
2016 PHI RHO PI: GOING COASTAL



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**IRVINE VALLEY
COLLEGE**

WELCOME TO PHI RHO PI



IT'S TIME TO GO COASTAL!

FOR COMPETITORS, THE PHI RHO PI NATIONAL TOURNAMENT IS THE CULMINATION OF YEARS OF DEDICATION AND HARD WORK. THE FACT THAT YOU ARE AT THE LARGEST FULL SERVICE TOURNAMENT IS A TESTAMENT TO YOUR SUCCESS. I HOPE THAT YOUR EXPERIENCE THIS WEEK IS SOMETHING THAT YOU WILL NOT SOON FORGET. THE COMRADERY, THE COMPETITION, AND THE FRIENDSHIPS THAT ARE DEVELOPED THIS WEEK WILL BE TRULY AMAZING. WHILE SOME COMPETITORS CONSIDER THIS THE END, IT IS ACTUALLY JUST THE BEGINNING. THE SKILLS YOU'VE ACQUIRED THROUGH SPEECH AND DEBATE WILL SERVE YOU WELL IN THE FUTURE. SOME OF THE MOST TALENTED COACHES IN THE COUNTRY HELPED YOU TO DEVELOP AND HONE THOSE SKILLS. YOU SHOULD THANK THEM FOR ALL OF THEIR WORK ON YOUR BEHALF.

AS WE COME TO THE WEST COAST TO GO COASTAL THE BEST ADVICE I HAVE FOR YOU IS TO ENJOY THE EXPERIENCE. THAT IS WHAT YOU WILL REMEMBER MOST OF ALL.

I WISH EACH AND EVERY ONE OF YOU THE BEST OF LUCK. YOU ARE ALL WINNERS.

**DUANE R. FISH
TOURNAMENT DIRECTOR**

I WOULD LIKE TO PERSONALLY WELCOME EACH OF YOU TO COSTA MESA AND THE 2016 PHI RHO PI NATIONAL TOURNAMENT. IT IS MY HOPE THAT EACH OF YOU HAS THE TIME OF YOUR LIFE. OVER THE YEARS, MY STUDENTS HAVE TOLD ME TIME AND TIME AGAIN THAT THEIR EXPERIENCE AT PRP WAS THE BEST WEEK OF THEIR COLLEGE CAREER. EVERYONE INVOLVED WITH THIS TOURNAMENT IS WORKING HARD SO YOU WILL FEEL THE SAME AT THE END OF THIS TORUNAMENT.

I WISH YOU ALL OF THE LUCK IN THE WORLD AS YOU MOVE INTO COMPETITION. ALSO, REMEMBER TO MAKE FRIENDS AND ENJOY YOUR TIME COMMUNICATING IN AND OUTSIDE OF ROUNDS. THE FRIENDSHIPS AND EXPERIENCES WILL BE WHAT YOU REMEMBER MORE THAN ANY GOLD MEDAL.

LET'S GO COASTAL :-)

**JEFF PRYZBLO
PHI RHO PI PRESIDENT
HARPER COLLEGE**

SCHEDULE FOR THE 2016 PHI RHO PI TOURNAMENT

Tournament Headquarters:	Bristol III
Posting Areas:	Banquet 2 Level Alcove
Judges Ballot Pick-up & Return:	Catalina II
Extemporaneous draw and prep:	Pacific Ballroom I
Interpreters Theatre Storage:	Sunset Beach
Ballot Verification:	Fountain Terrace

SUNDAY APRIL 3, 2016

5:00 to 7:00 PM REGISTRATION: Bristol II

MONDAY APRIL 4, 2016

9:00AM TOURNAMENT STAFF MEETING Bristol I

1:00PM to 3:00 PM REGISTRATION CONTINUED in Bristol II

3:00 PM COMMITTEE CHAIR MEETING
with Jeff Przybylo, President in Bristol I

3:15 PM REGIONAL GOVERNORS MEETING
with Jolinda Ramsey, VP in Bristol I

3:30 PM TOURNAMENT REGULATIONS
for all new coaches and judges in Catalina

4:00 PM TOURNAMENT JUDGES ORIENTATION in Catalina

5:00 PM RECEPTION FOR COACHES & JUDGES in Catalina

7:00 PM OPENING BANQUET and MEETING Pacific Ballroom

TUESDAY, April 5, 2016

7:30 AM MEETING FOR JUDGES who did not make the Monday meeting in Catalina

8:00 AM Extemporaneous Draw in Pacific Ballroom I

8:00 AM Round 1: Prose; Poetry

8:30 AM Round 1: Extemporaneous Speaking

9:30 AM Round 1: Program Oral Interpretation; Informative;
Dramatic Interpretation

10:45 AM Round 1: Parliamentary Debate; Interpreters Theatre

12:15 PM Round 1: Duo Interpretation; Impromptu; Persuasion

1:30 PM Round 1: Communication Analysis

2:15 PM Round 1: IPDA; NFA-LD

3:30 PM Round 2: Parliamentary Debate; Interpreters Theatre

5:00 PM Round 2: Duo Interpretation; Impromptu; Persuasion

6:15 PM Round 1: Speech to Entertain

7:00 PM Round 2 IPDA; NFA-LD

8:15 PM COMMITTEE MEETINGS:

INTER-ORGANIZATION - Newport Beach I

CONSTITUTION & BY-LAWS - Laguna Beach III

NOMINATIONS - Emerald Bay I

PUBLIC SPEAKING - Huntington Beach I

INTERPRETATION - Huntington Beach I

TOURNAMENT EVALUATION - Newport Beach II

ETHICS - Laguna Beach II

SITE - Emerald Bay III

DEBATE - Newport Beach III

RULES - Laguna Beach I

AWARDS - Emerald Bay II

WEDNESDAY, April 6, 2016

8:00 AM Round 3: Parliamentary Debate; Interpreters Theatre

9:30 AM Round 2: Communication Analysis

10:15 AM Round 3: IPDA; NFA-LD

11:30 AM Extemporaneous Draw in Pacific Ballroom I

11:45 AM Round 2: Prose; Poetry

12:00 PM Round 2: Extemporaneous

1:00 PM Round 2: Program Oral Interpretation; Informative; Dramatic Interpretation

2:15 PM Round 4: Parliamentary Debate; Interpreters Theatre

3:00 PM COMMITTEE REPORTS DUE TO SECRETARY IN TAB ROOM

3:45 PM Round 2: Speech to Entertain

4:30 PM Round 4: IPDA; NFA-LD

5:45 PM Round 3: Duo Interpretation; Impromptu; Persuasion

7:00 PM Extemporaneous Draw in Pacific Ballroom I

7:15 PM Round 3: Prose; Poetry

7:30 PM Round 3: Extemporaneous Speaking

8:30 PM REGIONAL MEETINGS:

REGION I Laguna Beach I

REGION III Newport Beach II

REGION V Emerald Bay II

REGION VII Huntington Beach I

REGION IX Balboa Bay I

REGION II Laguna Beach III

REGION IV Emerald Bay I

REGION VI Emerald Bay III

REGION VIII Huntington Beach II

THURSDAY, April 7, 2016

- 8:00 AM Round 5: Parliamentary Debate; Interpreters Theatre
- 9:30 AM Round 3: Communication Analysis
- 10:15 AM Round 5: IPDA; NFA-LD
- 11:30 AM Round 3: Program Oral Interpretation; Informative;
Dramatic Interpretation
- 12:45 PM Round 6: Parliamentary Debate VOTE on Bossard-Twohy Awards
Interpreters Theatre VOTE on Huffer-Goldman Award
- 2:15 PM Round 3: Speech to Entertain
- 3:00 PM Round 6: IPDA; NFA-LD VOTE on Fish-Nelson Awards
- 4:00 PM REVIEW: Coaches review Individual Events Ballots in Exhibit Hall
In Fountain Terrace (Only those who did not break)
- 4:30 PM ***** POSTING: INDIVIDUAL EVENT SEMI-FINALISTS *****
In Pacific Ballroom III
- 5:15 PM Semis: Duo Interpretation; Impromptu; Persuasion
- 6:15 PM REVIEW: Coaches review Interpreters Theatre, NFA-LD, and
Parliamentary Ballots in Fountain Terrace
- 6:45 PM **** POSTINGS: INTERPRETERS THEATRE & Some DEBATE ELIMS****
In Pacific Ballroom III
- 7:00 PM Semis: Program Oral Interpretation; Informative;
Dramatic Interpretation
- 8:15 PM PHI RHO BUSINESS MEETING Room TBA

FRIDAY, April 8, 2016

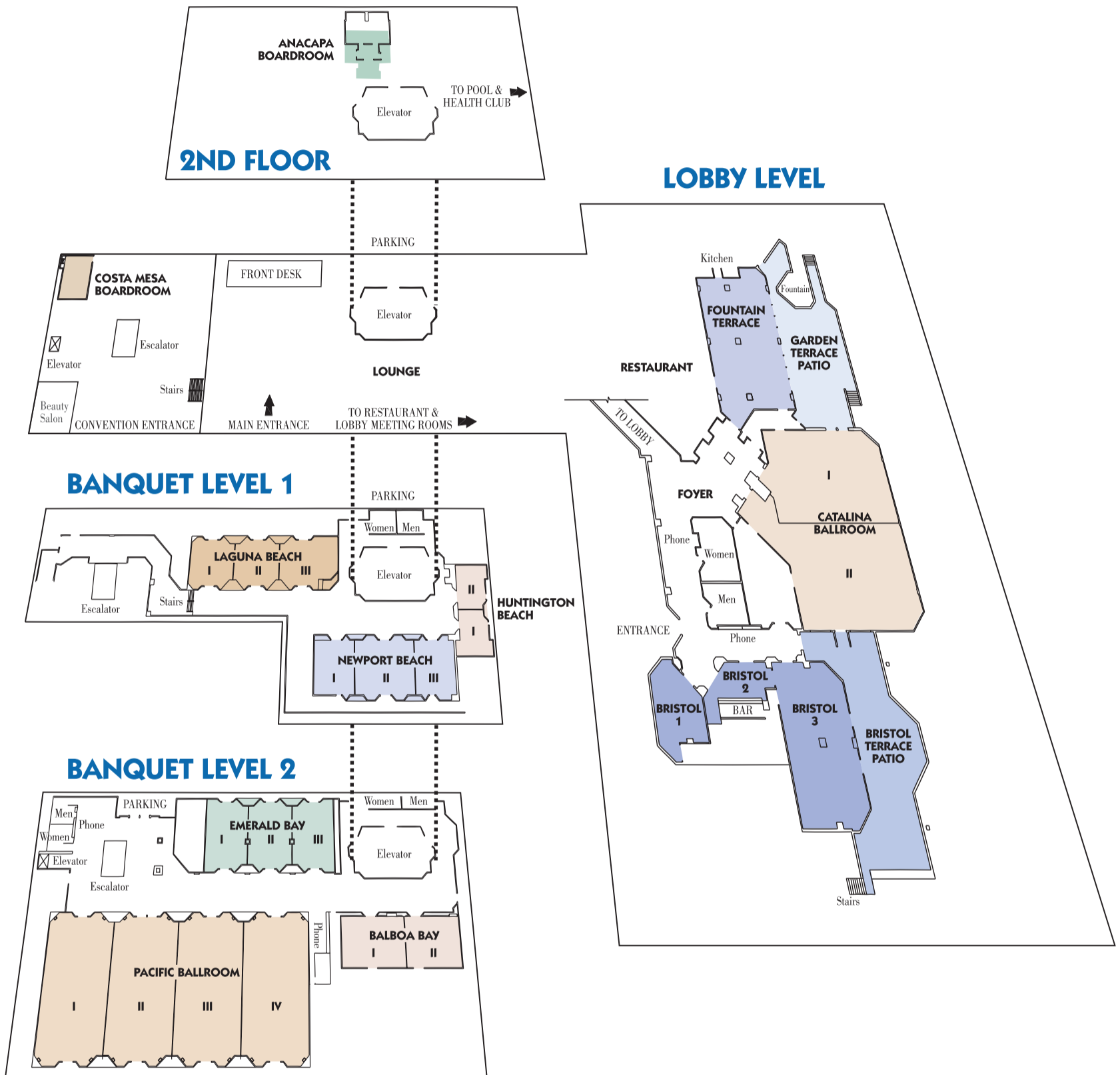
7:45 AM	Extemporaneous Draw for Semis in Pacific Ballroom I
8:00 AM	Semis: Prose; Poetry
8:15 AM	Semis: Extemporaneous
9:15 AM	Elim 1: Parliamentary Debate; Interpreters Theatre
10:45 AM	Semis: Speech to Entertain
11:30 AM	Elim 1: IPDA; NFA-LD
12:00 PM	Semis: Communication Analysis
12:15 PM	REVIEW: Coaches Review Parliamentary Debate and Interpreter's Theatre Only in Fountain Terrace
12:30 PM	** POSTING FINALISTS FOR PARLIAMENTARY DEBATE and INTERPRETER'S THEATRE ** In Pacific Ballroom III
1:30 PM	Elim 2: Parliamentary Debate; Interpreters Theatre
2:45 PM	Coaches review ballots for Individual Events, NFA LD, & IPDA in Fountain Terrace
3:00 PM	*** POSTING FINALISTS: INDIVIDUAL EVENTS, NFA LD, & IPDA*** In Pacific Ballroom III
3:45 PM	Finals: Program Oral Interpretation; Informative; Dramatic Interpretation
5:00 PM	Finals: Communication Analysis
5:45 PM	Elim 2: NFA-LD; IPDA

SATURDAY APRIL 09, 2016

- 8:00 AM Finals: Duo Interpretation; Impromptu; Persuasion
- 9:30 AM Finals: Prose; Poetry
Extemporaneous Draw for Finals in Pacific Ballroom I
- 10:00 AM Finals: Extemporaneous
- 11:30 AM Finals: Speech to Entertain
- 1:00 PM NOTE: All extemporaneous materials removed from prep room
- 3:00 PM MEETING OF TAB ROOM PERSONNEL – TBA
- 5:00 PM AWARDS PRESENTATION in Pacific Ballroom
- 9:00 PM TOURNAMENT DANCE in Pacific Ballroom



MEETING AND BANQUET FACILITIES FLOOR PLAN



Hilton

Orange County/Costa Mesa

3050 Bristol Street, Costa Mesa, CA 92626 • Phone: 714.540.7000. • Fax: 714.540.9176

WORDS FROM THE PAST

Greetings national speech and debate competitors and welcome to the 2016 Phi Rho Pi National Tournament! You are about to embark on an exciting, multi-day journey to the legendary gold rounds with dozens of other talented speakers and debaters from community colleges around the country.

If it is your first time and you're feeling nervous, that's all right. The key to doing well at Phi Rho Pi is staying focused, drinking plenty of water, getting enough sleep, and practicing your events in your downtime. Oh, and remembering to have fun with your friends! Seems easy enough, right?

If you have competed at Phi Rho Pi before, then make this the year to reach out to newcomers and make them feel welcome into the speech and debate community. Going for gold is only part of the Phi Rho Pi experience; meeting new people at this tournament could create friendships that will last for years to come.

Throughout this booklet you will find snippets of advice from former Phi Rho Pi stars who competed in many different events during the national speech and debate season. As someone who competed in four different events at Phi Rho Pi tournaments in 2011 and 2013, I can assure you that despite the pressure, exhaustion from having to vacate your competition room early in the morning, and long days going from round to round, it's worth it.

You will make new friends and have hilarious memories to share even long after your speech and debate career is over. So savor this time with your teammates, coaches, and fellow competitors, and good luck in all of your events!

~Kelly Kehoe
Former Competitor
Irvine Valley College
2011 & 2013

ADVICE FROM FORMER PHI RHO PI COMPETITORS

“USE PHI RHO PI AS AN OPPORTUNITY TO MEET PEOPLE FROM ACROSS THE COUNTRY AND DON’T JUST HANG OUT WITH YOUR TEAM THE WHOLE TIME.”

–ABBY WATKINS, 2013 & 2014 COMPETITOR - EL CAMINO COLLEGE

“IT’S EASY TO GET LOST IN THE INSTANCES OF VICTORY AND DEFEAT, BUT TRY TO REMEMBER THAT THE RELATIONSHIPS YOU SUSTAIN WILL LAST LONGER THAN THE TROPHIES YOU RECEIVE.”

–BRANDON FLETCHER, 2011 & 2012 COMPETITOR - PALOMAR COLLEGE

“WHEN I WAS A COMPETITOR, I WOULD STRESS OUT ABOUT PHI RHO PI, BUT DON’T GET TOO STRESSED ABOUT IT AND INSTEAD TAKE ADVANTAGE OF THIS FUN LEARNING EXPERIENCE TO SEE THE WAY OTHER PEOPLE IN THE COUNTRY COMPETE IN BOTH DEBATE AND INDIVIDUAL EVENTS. TRY TO HAVE FUN AND SOCIALIZE WITH OTHER PEOPLE BECAUSE YOU HAVE THE UNIQUE CHANCE TO HANG OUT AFTER THE TOURNAMENT AT THE END OF THE DAY. YOU CAN MAKE NEW FRIENDS AND CONNECT WITH PEOPLE WHO WANT TO TRANSFER TO THE SAME FOUR-YEAR UNIVERSITY AS YOU.”

-BRITTANY HUBBLE, 2014 & 2015 COMPETITOR - EL CAMINO COLLEGE

“JUST RELAX AND BREATHE. EVEN IF YOU THINK YOU DID BADLY IN A ROUND, IT PROBABLY WENT BETTER THAN YOU THINK. IN A LOT OF MY ROUNDS, I THOUGHT I WOULD GET THE 4 AND ENDED UP GETTING THE 1 INSTEAD. DON’T FORGET TO DRINK WATER, EITHER. AND BE SURE TO TALK TO PEOPLE BECAUSE EITHER YOU’LL NEVER GET TO SEE THEM AGAIN OR YOU’LL BE COMPETING WITH THEM NEXT YEAR SO IT’S GOOD TO KNOW THEM!”

-MATT STECK, 2013 & 2014 COMPETITOR - PALOMAR COLLEGE

“TAKE THE TIME TO ACTUALLY ENJOY THE TOURNAMENT. ALL TOO OFTEN WE ONLY FOCUS ON WHAT HAPPENS NEXT LIKE WHERE YOU’RE TRANSFERRING TO OR FUTURE TOURNAMENT PLANS. PHI RHO PI IS A UNIQUE TOURNAMENT EXPERIENCE, SO TAKE THE TIME TO ENJOY YOURSELF.”

-RICHARD EWELL, 2010 & 2011 COMPETITOR - EL CAMINO COLLEGE

“IT’S A MARATHON, SO BE SURE TO PACE YOURSELF DURING THE TOURNAMENT. ON THE FLIP SIDE, BE SURE TO MAKE TIME FOR HANGING OUT WITH NEW PEOPLE, TOO.”

-SHANNON PRIER, 2011 & 2012 COMPETITOR - EL CAMINO COLLEGE

“KEEP YOUR SPIRITS UP DURING THE DOWNTIME AND DON’T LOSE ENERGY. GRANOLA IS YOUR BEST FRIEND AND REMEMBER TO STAY HYDRATED.”

-BEAR SAULET, 2010 & 2011 COMPETITOR - EL CAMINO COLLEGE

EVENING FESTIVITIES

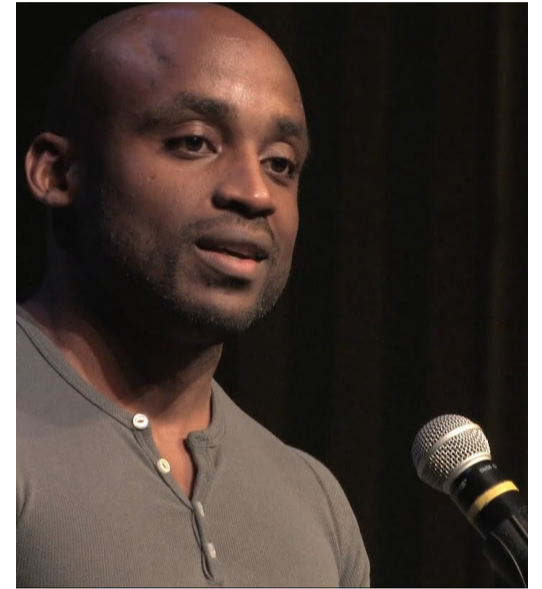
TUESDAY - APRIL 5TH

POETRY - DR. JAVON JOHNSON

LIP SYNC CONTEST

PACIFIC BALLROOM

9PM



WEDNESDAY - APRIL 6TH

MUSIC - HUGH LEHANE

OPEN MIC CONTEST

PACIFIC BALLROOM

9PM



THURSDAY - APRIL 7TH

PERFORMANCE - DR. RACHEL HASTINGS

PACIFIC BALLROOM

9PM

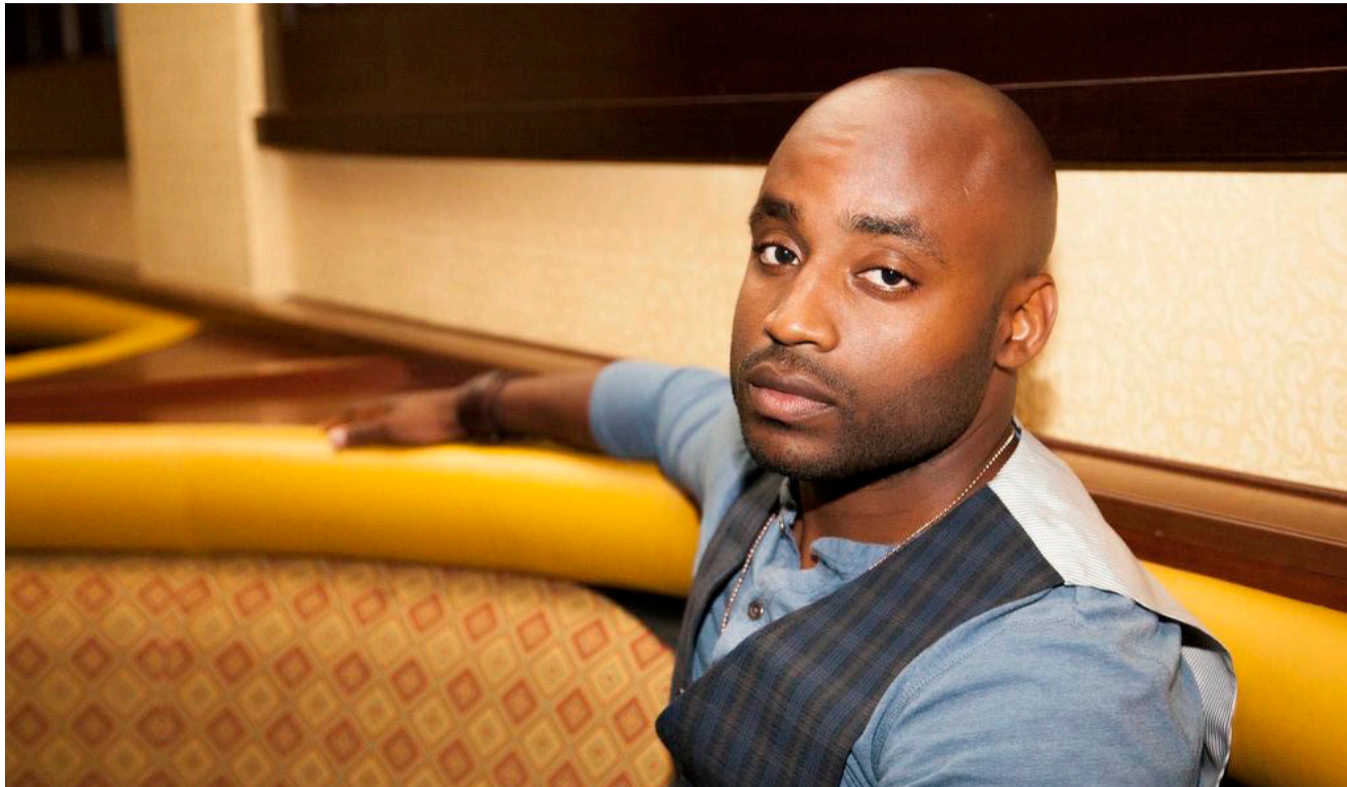
DEBUTING:

MENSTROLL CYLES:

A BLACKADEMIK DIALOGUE



KEYNOTE SPEAKER: DR. JAVON JOHNSON



MERGING RACE AND GENDER THEORY WITH COMEDY, LYRICISM, AND RHYME SCHEMES, JAVON HAS BECOME A VERY AWARDED SPOKEN WORD/SLAM POET. JAVON BEGAN WRITING IN 2001, WINNING SLAM NATIONALS IN 2003 (TEAM LOS ANGELES), IN 2004 (TEAM HOLLYWOOD), IN 2005 HE PLACED 3RD (ONE OF A HANDFUL OF POETS TO MAKE FINALS THREE YEARS IN A ROW), AND RETURNING TO SLAM AFTER A BRIEF HIATUS, JAVON PLACED 5TH IN 2011, 4TH IN 2012, AND 2ND IN 2013 (TEAM HOLLYWOOD). JAVON HAS APPEARED ON HBO'S DEF POETRY JAM, BET'S LYRIC CAFÉ, TVONES VERSES & FLOW, AND CO-WROTE A DOCUMENTARY TITLED CROSSOVER, WHICH AIRED ON SHOWTIME, IN COLLABORATION WITH THE NBA AND NIKE. CURRENTLY ON A NATIONAL TOUR WITH FIVEOLOGY, A COLLECTIVE OF SPOKEN WORD POETS, JAVON IS SIMULTANEOUSLY A FEATURED BLOGGER FOR THE HUFFINGTON POST, AND CURRENTLY SERVES ON THE BOARD OF SAY WORD, AN ORGANIZATION THAT MENTORS TEENAGERS AND PROMOTES CREATIVE SELF-EXPRESSION THROUGH SPOKEN WORD POETRY IN LOS ANGELES. THE LOS ANGELES TIMES SAID, "FROM SUBJECT MATTER, TO WORDPLAY TO DELIVERY, HE IS WORKING IT OUT! IT'S HARD NOT TO HAVE GOOD TIMES WHILE WATCHING HIM HAVE A GOOD TIME ON STAGE." HAVING SERVED AS A POSTDOCTORAL FELLOW AT THE UNIVERSITY OF SOUTHERN CALIFORNIA IN THE DEPARTMENT OF AMERICAN STUDIES AND ETHNICITY, AS WELL AS BEING THE PROGRAM MANAGER OF HISTORY AT CALIFORNIA AFRICAN AMERICAN MUSEUM, JAVON IS NOW AN ASSISTANT PROFESSOR OF PERFORMANCE AND COMMUNICATION STUDIES AT SAN FRANCISCO STATE UNIVERSITY. JAVON WE OF PURELEY IF THER ANYOD=FF

KEYNOTE MUSICIAN:

HUGH LEHANE



Hugh was born and raised in Ireland. He relocated to California in 2001. As a young man he was inspired by attending his first concert, with the Legendary Irish rock band Thin Lizzy. Hugh was so completely blown away by the experience, it was literally an artistic epiphany for him. He walked away that night knowing he had found his purpose in life. Moving forward, his artistic mission became simple, to give back, to inspire others, the way Thin Lizzy had inspired him.

Highlights of Hugh's time in Ireland as a musician include.

- * Chosen to perform for the Irish Prime Minister, at the International press launch of Europe's first Rock School.
- * After 5 years study became the head singing teacher at the Parnell School of Music.
- * Co-produced numerous music variety shows for The Parnell School of Music at the Rupert Guinness theater.
- * Touring with his band on an Irish & UK Heineken sponsored tour.
- * Performed at CBGB's New York & The Viper Room LA.
- * Signed with Foreigner manager Bud Prager's US management company.
- * Signed with Sony/Columbia Los Angeles.
- * Recorded with Producer Kevin Shirley (Aerosmith, Journey, Iron Maiden).

As an actor, back in Ireland, Hugh was involved in college theater productions as an actor & producer. He also earned the honor of auditioning personally for Film Director Alan Parker (Fame, Mississippi Burning, Evita), for Parkers feature film 'The Commitments'. He got this audition after a rigorous audition process that had literally thousands of hopefuls from all over Ireland.

Since relocating to California in 2001, Hugh has performed hundreds of solo shows all over the Southwest and while touring he has developed a very loyal following who call themselves the 'Hugh Nation'.

Hugh's music is the winner of multiple award nominations, including Toronto International, Southern California and Orange County Music Awards. He was also voted one of the 'Best Live' artists in Southern California and was described by Music Connection Magazine as "A standout player, with a voice that is astounding".

As an actor Hugh has a lead role in the award winning feature film, 'Gothic Assassins' ~ co-starring with Stephen Bauer (Scarface, Traffic, Breaking Bad). This film was described by the Toronto International Film Festival as "A brilliant film ahead of it's time". As well as having a lead role in this film Hugh also provides narration for the movie and all it's 4 trailers. 'Gothic Assassins' is currently in negotiation for worldwide distribution. Some of the International Film Festivals that Gothic Assassins has appeared at include Lucerne (Switzerland), Venice (Italy), Las Vegas, SITGES (Barcelona) & UK.

Hugh also has three other feature film projects happening right now. He voices the Lead Villain 'The Flea' in the superhero movies 'Antboy' and 'Antboy 2: Revenge Of The Red Fury' (both films also had a US & International theatrical release) and he voices multiple characters in the animated feature film 'Caroline and The Magic Potion'. Next up is Antboy 3!! and another animated feature film called 'The 3 Little Pigs & The Magic Lamp' All these feature films mentioned are now (or will be shortly) available on DVD, VOD, Netflix, Redbox, Amazon etc.

On NATIONAL TV Hugh just recently had a lead role in the crime drama 'Murder Book' playing a real life serial killer. He has also appeared on numerous other TV shows including 'Homicide Hunter' (Discovery) & 'Deadliest Warrior' (Spike TV).

As a video editor and filmmaker Hugh had one of his projects accepted into the Stepping Stone International Film Festival, India and he also produced a weekly vlog series for CMT's 'Sweet Home Alabama' star Jason Maxim. Currently he is working his first full length documentary film.

For more info on Hugh visit his acting & music websites below...

www.hughlehane.com

www.facebook.com/irishhughmusic



KEYNOTE PERFORMANCE: DR. RACHEL HASTINGS



Dr. Rachel N. Hastings is a practicing playwright, poet, performing artist and parent whose projects provide cultural knowledge and practical teaching tools to those who need it most. As an expert in Performance and Pedagogy, Dr. Hastings' work is centered in how people perform and communicate their racial, cultural and socio-political identities to best assist individuals in cultivating their own voice. Her recent research and performance projects apply what she calls a "critical creative approach" to teaching communication and performance to others. Since beginning her professorship in 2012 at Southwestern College, Dr. Hastings has led thousands of community college students and members of the surrounding communities into activating dialogue through the practice of service and outreach. Some of her projects include, designing and implementing The CAALI Project, a Communication Arts & African American Leadership Institute for students interested in a culturally-specific learning program; organizing a series of holiday wrap parties raising financial and material goods for children of incarcerated parents and the homeless; founding the critical reading collective, Soleidad Scholars and bringing together college students and inmates of Folsom Prison through a series of literary publications; hosting The CAALI Conference where professional artists, scholars, community leaders, advocates, and students discussed the significance of

Black Performance to social change; and the recent curating of Dialogue, an interactive, multimedia art exhibit on the State of Black Men in America during February 2016. Hastings currently serves as the Pedagogy Curator for the online game, Love Lines, an interactive quiz designed to teach people how to navigate conflict within intimate relationships. Her work is published in Radical Philosophy Review, Women & Language, Liminalities, and The Nigerian Guardian, among others. As a result of these projects, Dr. Hastings aims to release her next performance advocacy, The MenStroll Cycles, Fall 2016.

The MenStroll Cycles: A Blackademik Dialogue

First public preview of some of the poems and scenes featured in *The MenStroll Cycles*.

The MenStroll Cycles is a fast-paced, rhythmic journey through black intelligencia by challenging the current state of Black Men in the United States as told through the voice of one black woman. Rarely are Black men and women publicly represented as allies against a common foe. Even with the rise of pop cultural texts that project positive images of family and friendship on T.V. and other social media, it is more often that Black men and women are positioned against one another in the political fight to achieve social and cultural equity with their counterparts. This performance not only counters the notion that Black men and women can't advocate and critique one another in positive and communicative ways, but also offers a critical Blackademik narrative about coming to understand the use of performance as an artistic act of political resistance.

CREDENTIALS

- Assistant Professor of Communication at Southwestern College
- Doctorate in Speech Communication with a focus on Performance and Cultural Studies
– Southern Illinois University Carbondale
- Master of Arts in Communication Studies with a focus on Performance and Rhetoric – California State University Long Beach
- Bachelor of Arts in Journalism with a minor in Theatre Arts – California State University, Chico

FORENSICS BACKGROUND

- Recruited out of a Public Speaking class by Stephanie Thompson at Xavier University in Louisiana. Competed 1998-1999.
- Transferred to California State University Chico. Competed under the direction of Fairouz Fahema, Harish Rao and Kristina Schriver, 1999-2002.
- Served as District One student representative 2000-2002.
- Served as National Student Representative for the American Forensics Association's National Individual Event Tournament (AFA-NIET), 2001-2002.
- Semi-finalist in Poetry, 2000
- Quarter-finalist in Duo with Martin Dibert, 2000
- Semi-finalist in Drama, 2001
- Semi-finalist in Duo with Melinda McKelvey, 2002
- 5th in Program of Oral Interpretation, 2002
- AFA-NIET All-American Award, 2002

FRIENDS & FOENEMIES:

A Critical Creative Approach to Co-Creating Cultural Alliances



SOCIAL MEDIA

Facebook:

www.facebook.com/drrachelnhastings

Google+: Dr. Rachel N. Hastings

LinkedIn: Dr. Rachel N. Hastings

Twitter: @Docs_Thoughts

Instagram: @DrRNH

Pinterest: Dr. Rachel N. Hastings

WHAT TO DO & WHERE TO EAT?

NICHOLE BARTA

IVC COACH/OCC ALUM

WELCOME TO SUNNY SOUTHERN CALIFORNIA KNOWN FOR OUR BEACHES AND WEATHER, OR LACK THERE OF. AS A LOCALLY BORN NATIVE I WANT TO SHARE WITH YOU SOME OF MY FAVORITE PLACES THAT I GO OUT OF MY WAY TO ENJOY. A LITTLE BIT ABOUT MY CREDENTIALS AND MYSELF... I HAVE COACHED FORENSICS ... NO BUT REALLY JUST LIKE MOST OF THE COLLEGE POPULATION I STARTED WORKING IN THE "INDUSTRY" SERVING AND BARTENDING TO PUT ME THROUGH SCHOOL. I LOVE IT SO MUCH THAT I STILL WORK AT [GARFS](#) A FEW TIMES A MONTH (HINT, ITS NEXT DOOR) A WONDERFUL LOCAL SPOT; POOL TABLES, TONS OF TELEVISIONS, AND GREAT FOOD (ALL AGES UNTIL 6 PM).

DOWN THE STREET WITHIN WALKING DISTANCE THERE IS [THE CAMP](#) THIS PLACE HAS A WONDERFUL VIBE FULL OF SHOPS AND PLACES TO DINE. I RECOMMEND [ECCO](#) A LITTLE PRICIER BUT AWESOME APPETIZERS AND PIZZA. IF YOU ARE CONTEMPLATING SOMETHING A BIT DIFFERENT TRY [MEMPHIS](#) KNOWN FOR THEIR SOUL FOOD AND HOSPITALITY OR [HABANA](#) WITH A CUBAN FUSION TWIST. BOTH OF THESE ARE LOCATED ACROSS FROM THE CAMP IN [THE LAB](#). IF YOU ARE SEARCHING FOR SOMETHING VEGETARIAN OR VEGAN LOOK TOWARDS [THE GYPSY DEN](#) OR [NATIVE FOODS](#) BOTH LOCATED IN THE SAME AREAS MENTIONED ABOVE.

IF YOU ARE SEARCHING FOR SOME PIZZA LIKE I ALWAYS AM, TRY FAMILY OWNED AND OPERATED [PIZZA DORO](#) OR ORIGINAL PIZZA #2 (OFF IRVINE).

TWO PLACES YOU CANNOT GET ANYWHERE BUT SOCAL: [TKBURGER](#) AND [WAHOO'S FISH TACO](#) (OKAY COLORADO) THESE ARE BOTH TWO BLOCKS AWAY FROM THE HILTON.

TWO MUST EAT SPOTS IN NEWPORT BEACH: [BEAR FLAG FISH CO](#) & [EAT CHOW](#)

WE ARE PRETTY SPOILED TO LIVE HERE IN ORANGE COUNTY EVERYTHING IS IN CLOSE PROXEMICS AND THERE ARE SO MANY FABULOUS "MOM AND POP" RESTAURANTS WITH LOCALLY GROWN PRODUCE AND THE ENTERTAINMENT IS ENDLESS. IF YOU HAVE ANY QUESTIONS FEEL FREE TO EMAIL ME AT NICHOLEABARTA@GMAIL.COM THE FOLLOWING LINK HAS A FEW MORE MUST HAVES. PLEASE, MAKE SURE YOU MAKE IT OUT TO ONE OF OUR BEACHES! LAGUNA IS THE MOST DIFFICULT TO GET TO BUT ALONG WITH NEWPORT AND HUNTINGTON THEY HAVE PLENTY TO SEE AND EAT. ENJOY YOUR TIME AND THE WEATHER. GOOD LUCK TO YOU ALL! I AM SO PROUD TO BE A PART OF THIS AMAZING FAMILY THAT WE CALL FORENSICS.

OH BY THE WAY, HERE ARE SOME [OTHER THINGS](#).

Local Dining Guide

Costa Mesa & South Coast Metro Areas

All phone numbers are area code (714)

Map #	Breakfast	Phone #
1	The Corner Bakery	546-1555
2	Old Vine Café	545-1411
3	Le Café	557-6733
4	Rooster Café	754-1944
5	Euro Caffe	662-2222
6	Memphis Café	432-7685
7	Panera Bread	338-1909
8	Milk & Honey	708-0092

Map #	American Cuisine	Phone #
9	Red Robins	432-1111
10	TGI Fridays	540-2227
11	Karl Strauss	546-2739
12	Famous Dave's	957-1857
13	Native Foods	751-2151
14	Holsteins	352-2525
15	Claim Jumper	434-8479
16	Ruby's Diner	662-7829
17	Umami Burger	957-8626
18	Seasons 52	437-5252
19	Barley Forge	641-2084

Map #	Chinese	Phone #
20	California Wok	751-0673
21	Din Tai Fung	549-3388
22	China Olive	957-2688

Map #	Japanese	Phone #
23	Angotei	557-2696
24	Anjin	976-6700
25	Zipangu	545-2800
26	Manpuko	708-3290
27	Santouka	434-1101

Map #	Sports Bar	Phone #
28	Garfs	435-4070
29	Buffalo Wild Wings	540-1737
30	The Huddle	540-0966

Map #	Steak	Phone #
31	Morton's Steakhouse	444-4834
32	Mastro's	546-7405
33	The Capital Grille	979-9222

Map #	Mexican	Phone #
34	Acapulco	754-6528
35	Arriba Baja Grill	540-4001
36	Chipotle	754-7380
37	Baja Fish Tacos	641-4836
38	Wahoo's	549-0565
39	Super Antojitos	668-9214

Map #	Seafood	Phone #
40	Scott's Seafood	979-2400
41	The Boiling Crab	979-2722
42	Kickin Crab	754-8888

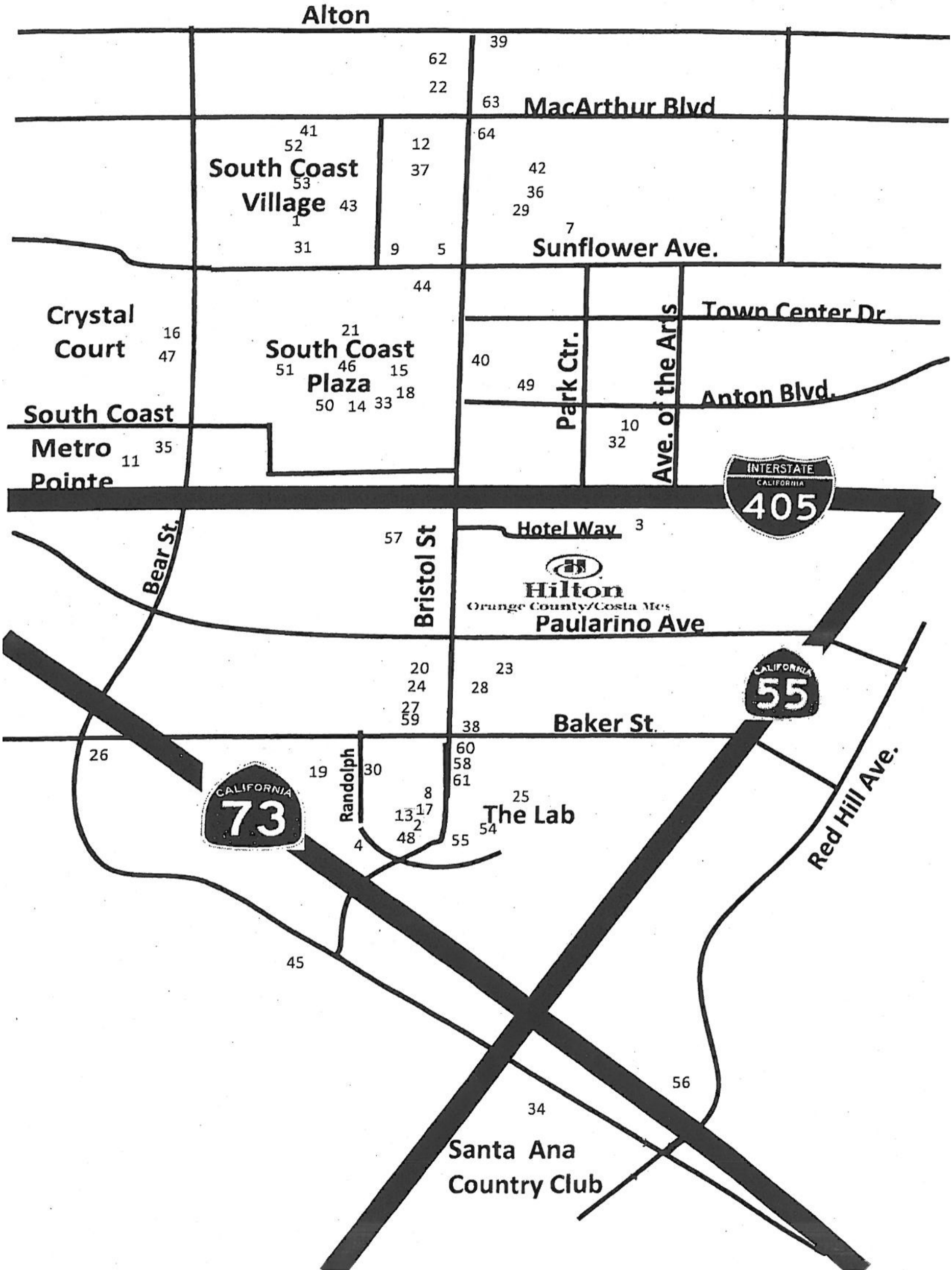
Map #	Italian	Phone #
43	Antonello's	751-7153
44	Maggianos	546-9550
45	Onotria	641-5952
46	Quattro Caffé	754-0300
47	Nello Cucina	540-3365
48	Ecco Pizzeria	444-3226

Map #	French	Phone #
49	Pinot Provence	444-5900
50	Vie de France	557-1734
51	Marche Moderne	434-7900

Map #	Ethnic	Phone #
52	Darya(Persian)	557-6600
53	Royal Khyber(Indian)	436-1010
54	Habana's(Cuban)	556-0176
55	Memphis Café(Cajun)	432-4070
56	Durty Nelly's(Irish)	957-1951

Map #	Fast Food	Phone #
57	McDonalds	540-1951
58	TK Burgers	545-5100
59	Subway	751-4747
60	El Poll Loco	540-5058
61	Del Taco	957-0482
62	Lee's Sandwiches	754-1270
63	In-N-Out	786-1000
64	Chick-fil-A	540-0020

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- > Waffles
- > Snacks
- > Combo
- > Others
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- > Frosti Milk
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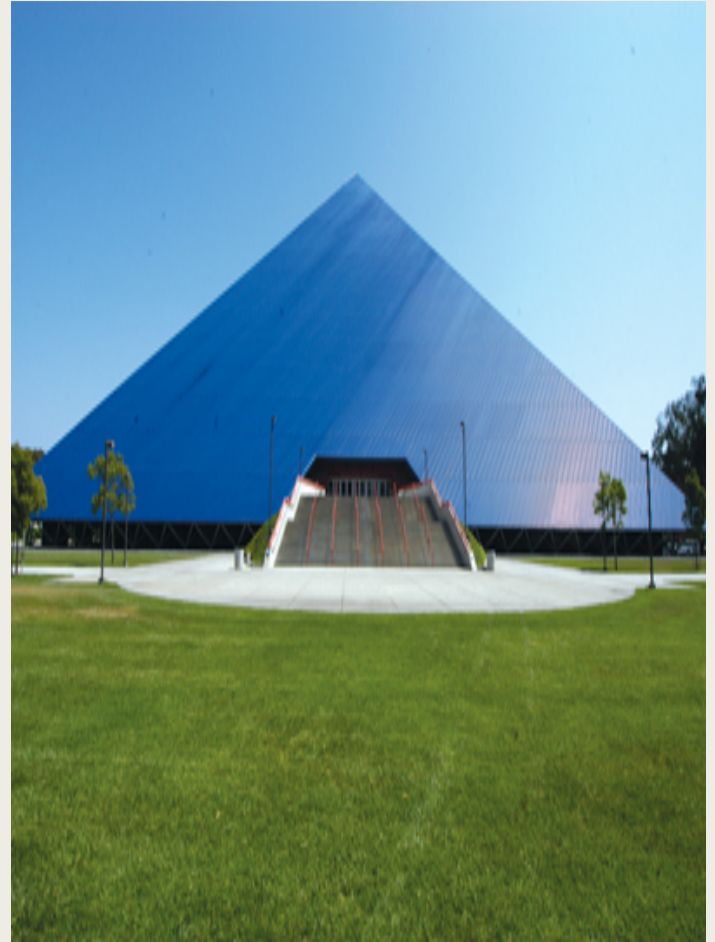
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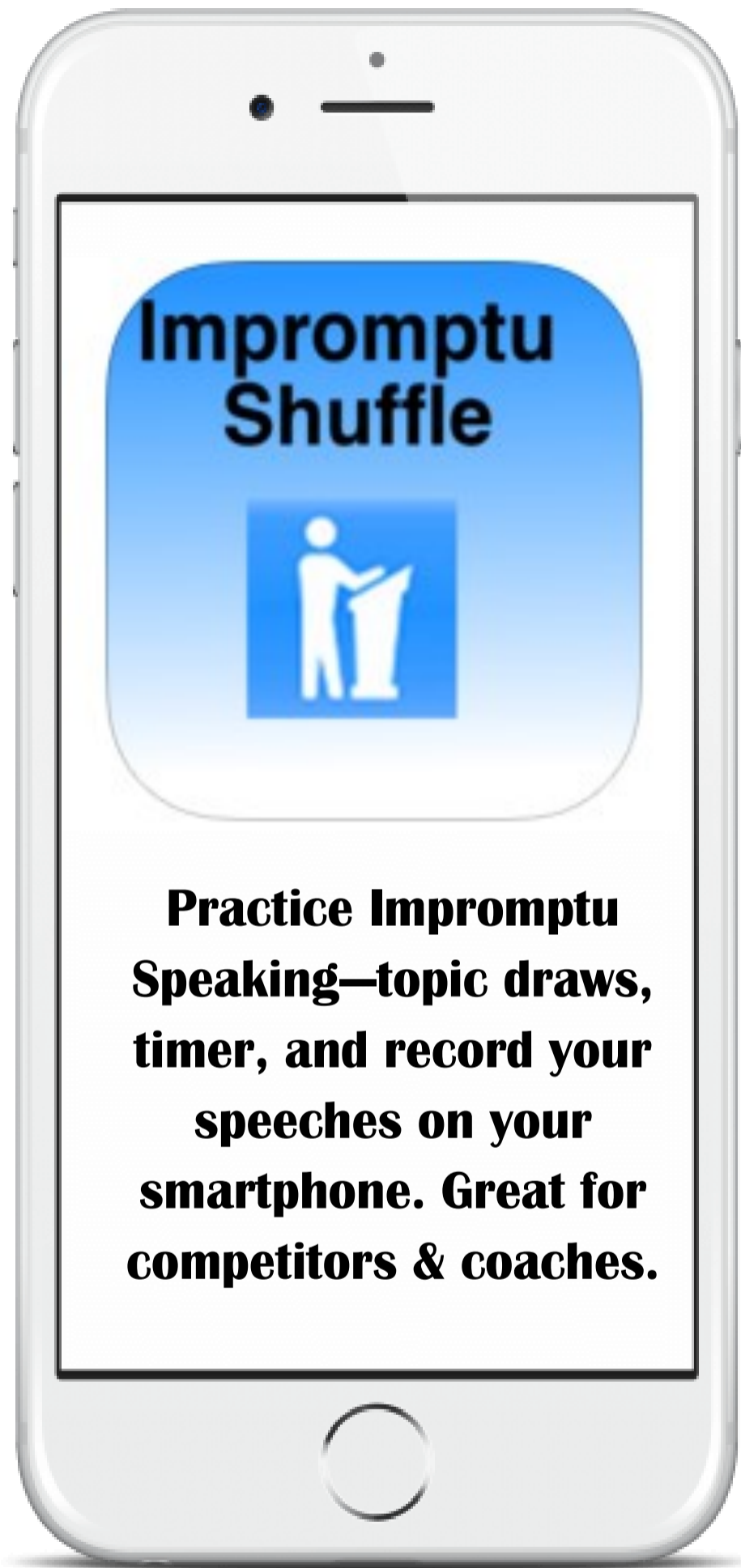
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