Students looking for a new outlook on life did not have to look any further than the Yvonne Theater. On March 7, 8, and 9, Alpha Psi Omega performed their seventh annual dance concert, Frequent Flyer: Spending a Day in the Life.

Co-directed by senior Kariertose Donohue and sophomore Katherine Zimoulis, the student-run production was an interpretive concert which used dance to show progressive turning points throughout the life of a human being.

"This is one of the best student productions that I've ever worked on," said Donohue. "The dance concert is always such a good learning tool for everyone who works on it. Knowing that I was in charge of something that gets such positive results is reassuring to me that my time and energy are worth it."

This year's theme was decided by Donohue during the previous year. According to her, it was developed and brought to life with the help of the student-choreographers.

"I came up with it because my air travel experience was so close with each other and it was just because it's not just the theater people. Everything is going on and there were a lot of prior dancing experiences."

"I did theater, but I was more involved with acting than dancing. This helped me to broaden my range," he said. "I really am going to miss doing this show. Rehearsals were a lot of exercise, a lot of aerobics, but also fun. I always looked forward to going to them."

Although he had heard about the show beforehand, at the Alpha Psi Omega meeting, freshman John Swoboda said when he went to see it he was not exactly sure of what to expect and whether or not he was going to enjoy it.

"I had never actually seen that kind of show before. I guess I kind of expected it to be a little bit different than it was," said Swoboda. "Personally, I'm not too big a fan of dance stuff but afterwards I thought it was just-spectacular and a lot better than I had expected."

"It was actually quite fascinating. It was just a really interesting representation of pretty much every aspect of life from birth to death. It definitely helped to rekindle the appreciation for life. Sometimes it's the little things that would spark that and sometimes it's things that you wouldn't expect," he added.

Swoboda was not the only student who was moved by the performance. Sophomore Heather Alhmie described the show as being both energetic and uplifting.

"The whole show was really good. I especially liked that there were many different classes involved and that seniors were not the only ones in the spotlight," she said. "I can't wait to see what they come up with for next year's show."