Students turn to Internet for help with term papers

Profs say they are legitimate sources if used correctly

When it comes to gathering information for term papers, more and more students are turning away from textbooks and turning toward the Internet.

Student Mike Smith said he relies on the Internet often.

"The Internet has helped me in all my classes and the information on the 'net is never ending," he said.

"The information is easier to look up on the Internet than it is at any library."
STD awareness urges sexual safety

April is Sexually Transmitted Diseases (STD) Awareness Month. This year focuses on one of the most common yet least discussed STDs, human papillomavirus (HPV). Some types of HPV can cause genital warts and others can cause cervical cancer. Studies have shown that HPV is found in almost all women with cervical cancer, according to J.R. Nida, commissioner of health.

HPV infects an estimated 24 to 40 million people in the United States. Because HPV is so common and, because the types linked with cervical cancer have no noticeable symptoms, a yearly pap smear is extremely important. Early detection is critical in treating HPV in cervical tissue before it progresses to cervical cancer.

Many people find it embarrassing to talk about STDS, and many health care providers do not talk to their patients about STDS, said Nida.

During the month of April, the public can obtain a free brochure, A Practical Guide for the Tongue-Tied: How To Talk With Your Health Care Provider About HPV and other STDS, by calling 1-800-677-4100.

After April, the brochure can be ordered by writing to the American Social Health Association (ASHA), Department PR84, PO Box 13827, Research Triangle Park, NC 27709, enclosing $1 to cover postage and handling.

For more information on how to protect oneself from STDS or on STD screening and treatment, the public may call the Center for Disease Control STD hotline at 1-800-227-8922 between the hours of 9 a.m. and 9 p.m. Oklahoma time.

The hotline is V/TDD-TTY accessible by calling 1-800-243-7889.

The PIONEER is a publication of Oklahoma City Community College through the Division of Arts and Humanities. It is published weekly during the fall and spring semesters and the eight-week summer session.

All opinions expressed are those of the author and do not necessarily represent those of the publisher.

The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author’s name, address, phone number and signature. However, the PIONEER will withhold the name if the request is made in writing. The PIONEER has the right to edit all letters and submissions for length, libel and obscenity. Letters to the editor can be delivered in person to the PIONEER office, mailed to Student Editor Robyn Lydick, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to 682-7568.

The PIONEER can be accessed on the Internet at http://www.okc.cc.ok.us

——— Robyn Lydick
Student Editor

Your Opinion Matters.
Write the PIONEER.
We’re in the Main Bldg. 2M6

— Robyn Lydick
Editor

OKC Community College

——— Robyn Lydick
Editor

April 13, 1998 • PIONEER • 2

Ability not based on sexual orientation

After college most students want to settle into a good job and have a family, whether that be parent(s) and children, a committed couple or a slew of cats and dogs.

Most people want to be honest and straightforward. Most people do not want to lie.

The Oklahoma House of Representatives voted recently to allow school systems to fire a teacher solely on the basis of sexual orientation. However, if the teacher hides his or her orientation, they may stay.

In other words, if teachers lie about who and what they are, they are fit to teach in Oklahoma.

Parents are worried that their children might be preyed upon by gay or lesbian teachers.

Reality check, people — most pedophiles are straight men, not gays.

Would we dare to consider a law banning all men from the education professions? Would we dare to consider a law against teachers who prefer to have sexual relations with people of a particular hair color or balding pattern?

It is not like this has not been tried before. In March of 1984 the 10th Circuit Court of Appeals ruled that Oklahoma could not fire teachers for merely being homosexual, nor could the state prohibit a teacher from espousing his or her sexual views publically.

Why does the House believe the constitutionality of such a law would change in 14 years? Does the state have no other pressing matters? Why are we eliminating teachers in a state with a 9.8 percent illiteracy rate in adults over 25?

In addition to firing perfectly qualified teachers, the Legislature wants to prohibit homosexual parents from obtaining custody of their children.

Amendments such as these are little more than ignorance-motivated, pathetic grovels for votes. The politicians behind them seem to be working on the assumption that the general public is too lazy to check the facts, or worse, that it is so narrow-minded as to ignore the facts.

Homosexuality is abhorrent to some people. They have the right not to participate in such activity.

Killing an animal to eat is abhorrent to some people. They have the right not to indulge in such activity.

To level the playing field, why not fire all the omnivore educators in the state? Ridiculous, you say?

Judging a teacher completely upon sexual taste is ridiculous.

Splitting up families over mom’s or dad’s bed partner is criminal. Heterosexual parents do not lose custody if they sleep with a member of the opposite sex. Why should people who make a commitment be penalized due to their gender?

Hopefully, the bills will die quiet little deaths in the musty chambers of the Legislature.

If not, the rights of a segment of the population will die not-so-quiet little deaths every time a parent is separated from his or her children or a good educator loses a job.

Ultimately, the children lose.

— Robyn Lydick
Student Editor

The funeral of Lars Thatchel, inventor of the Hokey-Pokey.
Professor selected for his great ideas

By Brian Maughan
Newswriting I Student

OKCCC's own Professor Jim Johnsen was selected as one of the four finalists in Oklahoma's Great Ideas for Teaching program.

Johnsen, a professor of political science, was chosen for his technological teaching style.

When asked what his award winning technique was, Johnsen answered "the Internet."

Using the software application Power Point, Johnsen has proudly been showing students how easy accessing information is in this day and age.

"I'm able to download exactly what I am talking about and where to get it all with a click of a button," Johnsen said.

Dean of Health, Social Science and Human Services John Hughes said, "Professor Johnsen has always been a leading faculty member improving instruction through innovation and creative ideas."

"We are pleased and proud of his success," said Hughes.

The awards are given to teachers who come up with great ideas for teachers throughout the entire state.

Essay winners chosen

Awards to be given April 24

By Jamie Johnson
Newswriting I Student

At the April 24 Spring Awards Assembly both Melissa Martin and Marisa Ann Keller will be receiving a $100 dollar cash award, a selection of books and a plaque for their essays they entered in the OKCCC English Composition 1113 and 1213 Essay Contest.

This was the second time that the English department, Allyn and Bacon Publishers and the Mayfield Publishing Company sponsored the essay contest.

The contest was open to any English Composition 1113 or 1213 student.

When the Feb. 2 deadline approached, 19 students had entered their essay in the contest.

"We had twice as many students enter their writing in the contest this spring than last spring," says Susan VanSchuyver, the faculty sponsor.

The entries were broken down into two categories, the English Composition 1113 and the English Composition 1213 for judging.

A faculty member judges the English Composition 1113 essays and one of the publishers who sponsored the contest judged the English Composition 1213 essays.

After all the essays had been carefully judged only two people could win Melissa Martin's essay, "Quilt of Loving Memories" won the English Composition 1113 category. Marisa Ann Keller's essay, "Spilled Wax," won the English Composition 1213 category.

We had twice as many students enter their writing in the contest this spring than last spring."

— Susan VanSchuyver
OKCCC Faculty Sponsor

HOPE brings back business sense

OKCCC students attend San Antonio conference

By Ronda Williamson
Newswriting I Student

The Eighth Annual Hispanic Business Leadership Conference was held in Austin, Texas, Feb. 27 and 28. Ten people attended the conference from OKCCC's Hispanic Organization to Promote Education chapter.

The leadership conference is for Hispanic students throughout the United States with a business major. Students were able to participate in leadership workshops, gain hands-on experience in writing resumes and learn how to make business presentations.

Students were able to participate in leadership workshops, gain hands-on experience in writing resumes and learn how to make business presentations.

Enrique Perez, HOPE president, said the conference not only impressed him but provided him with a great opportunity.

He will be interviewing with InRoades Central Texas, Inc. for an internship program because of contacts made during the conference.

NOTABLE FAILURES

Einstein was four years old before he could speak and seven before he could read - his parents thought he was retarded.

Isaac Newton did poorly in grade school.

Beethoven's music teacher called him "hopeless."

Thomas Edison's teachers told him he was too stupid to learn anything.

Caruso's music teacher told him he couldn't sing.

Henry Ford barely made it through high school.

— Courtesy of OKCCC Advisement and Testing Center
Parent Day teaches old folks some new tricks

By Pauli Morgan
Contributing Writer

Do you know how to make play dough, finger paint or mix tempera paint to brighten your corner of the world?

Do you have any idea how the brain works in a little child?

Most parents dont and most researchers admit they dont know it all.

Parent Day gave interested parties statewide the opportunity to learn more about the important skill of parenting.

OKCCC’s Child Development Center set up a booth April 3 in the student union to promote the Parent Day Proclamation signed by Oklahoma’s Governor Frank Keating in 1997.

The booth had fliers on Rethinking the Brain, Recipes for Play Materials, Activity Plans and other informative handouts.

Renee T. Lambakis, a family and child development major, took several handouts for future reference.

All parents were invited by OKCCC student Cyndi Duncan to take a Parent Day proclamation with a gold ribbon pinned to it.

Duncan operated the Parent Day booth as part of her early childhood degree field work assignment.

Charlotte Wood-Wilson, coordinator at OKCCC’s child development center, said she understands the importance of knowing what children need.

She said she has complete confidence in the teachers who care for the children at the center.

“The center is run by teachers with child development degrees, certificates or training,” she said.

“All the teachers are involved in continuing education.”

The center is licensed by the Department of Human Services and accredited by the National Association for the Education of Young Child.

Duncan invited all parents to register for a series of seminars that start on June 4.

T. Barry Brazelton is the instructor. The cost is $5 per class or $15 for all four classes.

For more information call Charlotte Wood-Wilson at 682-7561.

Student Cyndi Duncan shows a parent some information at Parent Day. The event, which took place April 3, was designed to give parents some additional information on child care.

Interested parties were given literature and helpful advice. OKCCC’s Child development Center set up the booth.

The Parent Day Proclamation states, in part:

Therefore, let it be resolved and proclaimed that the first Friday in April be declared Oklahoma’s first Annual Parent Day, a day to celebrate the role of promoting parenting, promote the availability of parenting resources and training programs and effectively care for Oklahoma’s children — Oklahoma’s future.

DELIVERY DRIVERS

Needed for our Growing Business

DRIVE OUR DELIVERY TRUCK
$5-$6 per hour / plus tips

DRIVE YOUR VEHICLE
$5-$6 per hour / plus tips & mileage

APPLY IN PERSON AT:
5920 NW Expressway
5936 NW 23rd St.
2511 N. Penn Ave.
1043 S. Meridian Ave.
1002 SW 104th St.

MAZZIO’S PIZZA

April 17 is the last day to withdraw from 16-week spring classes

Learn To Skydive $100

Call Paradise Air Sports LLC., Norman 288-6728
Medieval Fair brings large crowd

Above: Financial Aid Counselor Pam Doty-Curry (second from right) displays her dancing techniques during the Medieval Fair. Doty-Curry is the leader of the Beledi Magic troupe and has been displaying her talent at the festival for more than 10 years.

The 22nd Annual Medieval Fair transformed Norman’s Brandt Park into a medieval village April 3 to 5. More than 200 vendors and 30 performers were available to delight the 130,000 member crowd. Several history groups also had compounds to educate the public about medieval history.

Ranaga Farber, a wind chime merchant from Eureka Springs, Ark. was overjoyed.

“This was a good show, Farber said.

The festival is held by the University of Oklahoma College of Continuing Education.

Left: A young lady shows that food is a necessity at the Medieval Festival. Scottish meat pies and potato twirls were just some of the food on display, not to mention the turkey legs.

Below: A father and his child show that the Medieval Fair can be fun for all ages. The festival ran from April 3 to 5 at the University of Oklahoma’s Brandt Park.

Below: Gail McKracken, of Moore, creates the face-of-a-leaf wind chimes here in Oklahoma.
Ecuadoran scholar to teach at OKCCC

By Nick Spross
Staff Writer

OKCCC will host an Ecuadorian for six weeks this fall.

Victoria Carrasco, associate dean of the School for the Arts at Central University of Ecuador in Quito, won the Fulbright Scholar-in-residence award.

The Fulbright Scholar-in-resident is named after J. William Fulbright, senator of Arkansas in 1945, and is part of a program that sends the winners to a country they choose.

Each year between April and May the Fulbright Commission sends out a booklet to announce all the programs for which schools in other countries are needing assistance.

Those who decide to apply must do so by sending the information requested in the booklet to the United States Information Agency by Aug. 1.

After the application gets approval by the Fulbright Commission, it then has to be approved by the country to which the applicant is applying to go.

The award is given to those who have the ability to demonstrate not only academic leadership, but community leadership as well.

An applicant should have the ability to speak the language of the country they are wanting to help.

Manual Prestamo, OKCCC dean of Arts and Humanities, was selected for the award in 1997.

He applied to help out in Ecuador. Prestamo said he visited such places as Ambato, Cuenca, Loja and Quito.

Prestamo said this award is very prestigious.

While in Ecuador, Prestamo helped set up an exchange program, but he pointed out that Carrasco is not part of it.

“Victoria won the Scholar-in-residence which is different from the exchange program,” he said.

Those who apply find out if they have been chosen by the end of the year or the start of the following year.

Communications lab helps students get on write track

By Ameil Shadid
Newswriting 1 Student

Sometime during your college career you will have to write a paper, paragraph or spell out a difficult word.

The Communications Lab, located in 2F3 in the Arts and Humanities building, can help.

Marie Hughes, communications lab assistant and OKCCC student said the Communications Lab helps students in a variety of ways.

“We can assist students by proofreading their papers and assisting them on our Internet accessible computers.”

She said the lab can also help students with word processing, reading skills and spelling improvement.

In addition to offering free tutoring, the lab can also provide help with foreign and second language instruction.

Aviation Sophomore Will Looney used the Communications Lab to type an English paper.

“It’s a quiet place that I can type and also get some help proofreading,” Looney said.

The lab is open the following times: Monday through Thursday from 8 a.m. to 9 p.m.; Friday, 8 a.m. to 3 p.m.; Saturday, 10 a.m. to 2 p.m. and Sunday from 1 to 4 p.m.

For more information contact the Communications Lab at 682-1611, ext. 7379.

Melissa White takes advantage of the Communications Lab. Once there, students can receive help from lab assistants for a number of things — proofreading of papers, reading skills, spelling improvement and foreign language instruction among other things.

The lab is located in the Arts and Humanities building in area 2F3.

Photo by Trent Dugas

Trio to perform bombing tribute

By Trent Dugas
Staff Writer

Composer Donald Erb reflects on the loss of children in his classical music piece, “Sunlit Peaks and Dark Valleys.”

The classical music group Verdehr Trio and Michigan State University commissioned Erb in 1995 to compose the piece in memory of the children of the Oklahoma City bombing.

The Verdehr Trio will perform it, as well as other pieces, in concert at 2 p.m. April 19 in the OKCCC theater.

The free public concert is sponsored in part by the Oklahoma Arts Council and Mid-America Arts Alliance.

Trio members are Walter Verdehr at violin, his wife Elsa Ludewig-Verdehr at clarinet and Silvia Roederer playing piano.

Both Walter and Elsa are music professors at Michigan State University and Walter is also the Chairman of the String Department at the university.

The Verdehr Trio will perform works from Ludwig van Beethoven and Max Bruch and commissioned works from Donald Erb and Ivan Erod.

Erb is head of composition at the Cleveland Institute of Music.

For nearly 25 years, the Verdehr Trio has brought their unique style of violin-clarinet-piano trio music to the ears of many listeners.

They have commissioned more than 80 works from some of the most prominent and exciting composers the world has ever seen.

The Verdehr Trio has performed in numerous places around the world including 14 European countries, the former Soviet Union, Asia and Australia.

The memorial work is in three movements: two fast movements at the beginning and end which mirror Sunlit Peaks and a slow section in the middle which represents Dark Valleys.

“The dark valley in between was my second attempt to deal with one of the most profound events in recent times — the bombing of the Federal Building in Oklahoma City and the murder of the children,” Erb said. “The building moved me beyond words.”

Mark Stryker, Free Press Music Critic, said about “Sunlit Peaks and Dark Valleys,” “the craft is the service of honest expression” and asserts that it is “commissioned and performed by the superb Verdehr Trio at Michigan State University.”

More can be learned about the Verdehr Trio on the Internet at www.verdehr.com
Students say rave rep a bad rap

By Breana Pinto
Newswriting 1 Student

What is a rave? It depends on who you ask.

Some of those who attend raves say they are a place for people to go to get away from society.

The news media often refer to the mix of deejays, loud music, flashing lights and dancers as a drug fest, a place where kids go to defy parents.

News shows such as 20/20 have portrayed that view to the general public on several occasions.

Jeremy Muco, a deejay who is a business major at OKCCC, has been going to raves and clubs for five years. He disagrees with the portrayal. He said a rave is a place to relax.

Computer Science Student Ann Dwyer said she only knows about raves from what she has seen on television.

"From what I've seen on TV, it's a big party where a bunch of kids go to enjoy the music, and drugs are at the party," she said.

Former OKCCC student and party-goer for eight years Ashleigh Malear refers to raves as "just a big party."

Some say that raves are nothing more than a passing fad.

Norman fiber artist Paul Little said they must be because Oklahoma is where fads come to die.

But are raves just a fad? And do they have a short time left in Oklahoma?

Raves in Oklahoma have grown significantly from the small, 100-person parties held at warehouses in the downtown farmers market in 1994.

"Clubs in Oklahoma are not as promiscuous as those in other states. But there is still a channel for sanctuary to break the monotony."

Emily Kelly, OKCCC visual arts major and a member of the rave scene for the past four years, said she feels the Oklahoma scene is getting way out of hand but not necessarily in a negative way.

"It used to be that you knew everybody and now you can go to a party and not know anybody at all."

Student Tally Riggs disagrees.

"They're not big enough!"

Theater major Jason Mayo said he feels a sense of belonging when he attends a rave club.

"The raves in Oklahoma are nice and intimate," he said. "You can get to know people as brothers and sisters."

Rave clubs have been opening and shutting their doors for the past 13 years.

However, during that time, work has been going on to give legitimacy to what those in the business refer to as a misunderstood art.

The Winter Music Conference promotes dance music all over the world through a week-long business conference for the dance music industry.

Once a year at least 8,000 promoters, deejays, artists, producers, and anyone else interested in the dance music industry, migrate for a week to South Beach, Fla. It is there that those who make the rave scene possible scout for performers and, in turn, performers scout for places to play.

The music played at raves, which is a modernized form of disco, may be the key to public acceptance.

"The raves in Oklahoma are nice and intimate. You can get to know people as brothers and sisters."

—Jason Mayo
OKCCC Student

On New Year's Eve, 1997, a crowd of more than 2,000 people gathered at the 23rd Street National Guard Armory in Oklahoma City to party until the wee hours of the morning.

Clubs are open for the after-hour raver who does not have a party to go to for the night. The doors usually open around 10 or 11 p.m. and the last ravers are ushered out by 7 a.m. No alcohol is allowed on the premises.

Chris Knight, OKCCC student, said people shouldn't rate Oklahoma clubs by what they may see on television.

Above: Marcus Lang works the crowd at a rave event. Lang is an established deejay who sometimes travels to other states.

Above: The crowd at local rave Club EBM gears up for a high-energy, fast-paced evening. Because of the no-drinking policy, rave clubs play up for a high-energy, fast-paced evening.

Above: Club kids at a local rave event. Most feel that raves have an undeserved bad image. Jeremy Muco said raves are a normal part of life just like golf or the movies. "It's just a place to get away," he said.
Early filers benefit with more financial aid

By Chris Earle
Newswriting I Student

One of the most important questions in a college student’s mind is where to get the money to pay for their education. There are many different avenues from which a student can receive that money.

Dr. Ann Ackerman, associate vice president of External Educational Programs at OKCCC, was recently named a 1998-99 American Council on Education (ACE) Fellow.

The ACE Fellows Program is widely recognized as a premier higher educational development program in the United States. Established in 1965, the ACE recognition is given annually.

Ackerman’s fellowship activity will include research on how other institutions make their programs work. Of the 35 college and university personnel nationwide selected for ACE, Ackerman is the only Oklahoman to receive the honor.

Ackerman has been on staff at OKCCC for 20 years and has a doctorate in mathematics from the University of Oklahoma.

Dr. Ann Ackerman

By Ronda Williamson
Newswriting I Student

Dean of Student Financial Aid Services Harold Case said the key is getting the proper information turned in to the financial aid office early.

The most important documents are the Free Application for Federal Student Aid and the Student Aid Report.

The key is getting the proper information turned in to the financial aid office early.

One of the most important questions in a college student’s mind is where to get the money to pay for their education. There are many different avenues from which a student can receive that money.

The FAFSA is the first document a student fills out. After it is sent off through the proper channels, a student can expect to receive an SAR about four to six weeks later.

The SAR is important because, with that document, the financial aid office can then pull up your information electronically.

The advantage of this is that if there are mistakes in your information, they are found out immediately.

Case also said that turning in information early is a good way to qualify for extra grants or loans given out by various organizations.

One of those is the Supplemental Educational Opportunity Grant, which could entitle you to an extra $400. If you turn in your information by April 31, the Oklahoma State Regents of Higher Education awards an Oklahoma Tuition Aid Grant (OTAG). There is also a program called Federal College Work Study. It is a job given to students enabling them to earn $2,800 towards their education. Of course, a student has to qualify for these.

When filling out your forms, Case said, try to be as accurate as possible and fill out financial aid forms after your taxes have been filed. He said it would be a good idea to have your 1040 form in front of you.

The Financial Aid Office can help you with this process. Remember, the sooner the better.

SARS must be turned in

Genie Narvaiz SFAC System specialist/ QA Coordinator reminds students that, because of limited staff, the OKCCC financial aid office is unable to file Student Aid Reports electronically.

Genie Narvaiz

At Oklahoma City Community College

Ann Ackerman

By Ronda Williamson
Newswriting I Student

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Ann Ackerman

For registration and course information contact OKCCC-OU office, 682-7569 (located in Main Building near Campus Safety & Security Office), or the University of Oklahoma College of Continuing Education, 325-2891.
HOPE banquet scheduled

By Robyn Lydick
Student Editor

The Hispanic Organization to Promote Education is holding its annual banquet at 7 p.m. April 18 in college unions 1, 2 and 3.

The speaker for the banquet is scheduled to be Dr. Guadalupe Quintanilla. Quintanilla is an associate professor of Spanish at the University of Houston, where she also teaches a class in the folklore of the Hispanic Southwest.

Quintanilla was appointed to the U.S. commission on civil rights in 1983. In 1984, she became the first Hispanic U.S. representative to the United Nations.

The annual HOPE banquet is a ceremony to recognize the academic and leadership accomplishments of Hispanic students and HOPE members.

“This is also our chance to invite the community to see our bright and talented students,” said Luis Gallegos, special populations assistant and HOPE sponsor.

Tickets for the banquet are $10 for students and $15 for community members.

For additional information contact Brenda Campos, banquet chair, at 552-6568; or Luis Gallegos at 682-1611, ext. 7696.

Citing lack of student interest, OKCCC’s film series wraps up

By Lloyd Nickell
Newswriting I Student

The OKCCC film series came to a close for the semester with the cancellation of the film Schemitzun ‘96.

The film was scheduled to have two screenings April 2, but was cancelled in the week prior without notice.

Mike Jones, coordinator of student events, said there was no choice but to cancel because no publicity was being given to the film by the OKCCC Film Committee.

Portions of the film were shown on televisions accompanying the Native American awareness booths. Jones said.

He said he has never attended any of the screenings and his schedule makes it unlikely he ever will.

Sanger said, in regard to the cancellation, that it would have been nice for some students to have had an advance notice, but claims he was unaffected.

Student Kevin Whiteley said he has attended one of the past screenings and said he would go more if better movies were shown.

“The cancellation was inevitable. Students aren’t interested in smaller, independent films,” said Kevin Whiteley, OKCCC Student.

“The purpose of the sister college is to allow students to be able to live and work in a global society,” said Sechrist. “The college will be known for its quality educational programs which prepare and challenge Oklahomans to participate in an increasingly global society.”

An agreement between both OKCCC and the University of Azuay has been put together with aspirations of economic development geographically; scholar, faculty and student exchanges, along with extensive research and development of business, arts, and foreign languages.

OKCCC is the first community college in Oklahoma to join with another country to promote global education.

In order to be a sister college, institutions must possess certain similarities. The University of Azuay and OKCCC meet that criteria.

The University of the Azuay was created to meet the needs of the local community, just as OKCCC is designed to do. OKCCC has had a close relationship with South America for several years, especially Ecuador.

Dr. Paul Sechrist, vice president for academic affairs, said a sister agreement between the colleges will promote OKCCC in a positive way.

OKCCC is a step closer to increasing opportunities for global education since joining forces with The University of Azuay in Cuenca, Ecuador.

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The University of Azuay in Cuenca, Ecuador.
Highlights

Engineering club announces upcoming meeting
The Engineering Club will hold its next meeting from 12:30 to 1 p.m. April 15 in room 1C6.

Quick chess championship results in
Several OKCCC alumni, one current student and one professor clinched their categories at the April 4 Quick Chess Championship at the college. Former students Gary Greenly and Jason Martiniek won Reserve Champion and “D” category, respectively. Student Chris Young won the “E” category and Dennis Anderson, professor of biology, won the “B” category. Congratulations all!

Collegiate Secretaries International meeting slated
The upcoming CSI officers’ meeting will be held from noon to 1:20 p.m. April 16 in CU4. Last-minute plans for the awards banquet will be discussed. All members are welcome. Reminder: sell those candy bars!

Picnic, games and fun on the agenda
The Engineering Club will host a fun-filled day of food and games from 2 to 6 p.m. April 18 at Earlywine Park. Those interested in the fun should sign up at Professor Masilamani’s office, 1E2. All significant others are cordially invited. Be on the look out for related information flyers.

Phi Theta Kappa to host golf tournament
Registration forms for the second annual PTK invitational golf tournament are now available in the Student Organizations Office. Cost is $50 per player, $200 per team of four. Price includes lunch, green fees and half cart. Lunch will be served at noon, with tee-off at 1 p.m. May 17 at Earlywine Golf Course. For more information contact Jeff Cheek at 647-3568 or Dana Glencross at 682-1611, ext. 7385.

Square Dance soiree deadline comin’ up soon
The 89'er Barbecue and Square Dance to benefit the renovation of the OKCCC gymnasium guarantees a rip-rompin’ good time for everyone. The fun kicks up at 6 p.m. May 17 at Earlywine Golf Course. For more information contact Jeff Cheek at 647-3568 or Dana Glencross at 682-1611, ext. 7385.

Science club announces general meeting
The next Science Club general meeting starts at 6:30 p.m. April 16 in CU7. Meeting topics will include election of officers, events slated for April and May and discussion on biological and biomedical research careers.

Children’s book writers and illustrators conference
The Society of Children’s Book Writers and Illustrators is sponsoring a conference beginning at 9 a.m. June 6 at the OSU Tech. branch, 900 N. Portland. Interested parties must submit a manuscript or portfolio by April 20 for written evaluation from one of the conference staff. Cost is $50 for SCBWI members, $60 for non-members and $70 after May 30 and at the door. Registration forms may be obtained by sending a self-addressed stamped envelope to SCBWI, 9304 Weeping Willow Way, Edmond OK, 73034.

Volunteers not so ordinary

By Rica Mitchusson
Staff Writer

Volunteers are worth their weight in gold.
Ask any number of metro area non-profit organizations. They will enthusiastically endorse volunteer programs.

“Without volunteers it would be impossible to function,” said Jessica Spanglehour, volunteer coordinator for the Oklahoma City Food Bank.

“They are the heartbeat of our organization and the keys to our success.”

The need for additional volunteers is always a concern with non-profit organizations.

Big brother Troy Jenkins, a volunteer with Big Brothers Big Sisters of Greater Oklahoma City, said at present about 90 little boys are waiting for big brothers. There is a shorter waiting list, but a wait just the same for little girls awaiting their “Bigs.”

“Maybe people think it takes too much time to be a big brother,” Jenkins said.

“My schedule is as full as the next guy’s, but being a ‘Big’ isn’t work. It’s fun. “My Little” gives as much to me as I give to him.”
Jenkins is also a volunteer for the Oklahoma Blood Institute’s campus blood drives at the University of Oklahoma.

“Everyone deserves blood when they need it, and every child deserves a friend,” Jenkins said.

Alpha Theta Alpha, OKCCC’s chapter of Phi Theta Kappa, an international honor society, has launched a campus campaign introducing students to the wide range of organizations in need of volunteers.

Brochures describing various non-profit organizations and their work in the community, as well as last minute volunteer opportunities, are available in the Student Organizations Office.

“We want to open the door for students who want to volunteer but don’t know where to look,” said Marcy Wiggins, PTK vice president.

Students may have ideas as to certain groups in need of helping hands. Those suggestions are also welcome, Wiggins said.

Other organizations in need of additional volunteers include, Area Prevention Resource Center, Ronald McDonald House, Oklahoma Kids Count, Citizens Caring for Children, Integris Health, Youth Services for Oklahoma County and the Salvation Army, to name a few.

“The question is not whether one should help, but with which group.”

—Troy Jenkins
Big Brother
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Electronics

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MISCELLANEOUS

FOR SALE: 1993 Jeep Wrangler - 6 cyl., 5 spd., A/C, red w/black hard top, also has soft top, bikini top, tonneau cover, speak bar, tube bumpers, nerf bars, 78K miles, exc. cond., $12,000 OBO. Leave message or call at 530-285-2804.

FOR SALE: 1985 Blazer Tahoe (red). All body parts and glass except for front, drivers side. All or parts. Call Randy at 634-1034.


FOR SALE: '94 Toyota pickup 4x4, 30K miles, immaculate condition, must see to appreciate. Call: 360-4410 after 6:30 p.m.


ANIMALS

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You could advertise here for $5 a week.
682-1611, ext. 7674.
Doctor says heart disease is preventable

By Dustin J Johnson
Newswriting I Student

Heart disease kills more men and women every year than any other cause of death. The factors that cause heart disease and how to prevent heart disease were the main topics of discussion at the Staff and Faculty luncheon this month at the college.

Dr. Rene Ballard, a board certified internal medicine specialist, spoke to a group of around 50 faculty members and staff. Ballard addressed the subjects of what is heart disease, what are some of the risk factors involved in heart disease, and how to prevent heart disease.

Dr. Ballard said that more than 10 million people have coronary heart disease in America and more than half a million die every year in the United States of coronary heart disease.

The main cause of heart disease is atherosclerosis which is the hardening of arteries caused by cholesterol buildup. This cholesterol buildup is called plaque and the plaque building up and narrowing the arteries is what causes heart attacks.

Factors that lead to heart disease are both unpreventable and preventable. Unpreventable factors are age, hereditary high blood pressure, genetic tendencies toward developing diabetes and high cholesterol, and family history of heart disease.

Factors that can be eliminated are diabetes due to weight problems, smoking, cholesterol intake, and physical inactivity.

When these risk factors are eliminated, chances for experiencing heart disease are reduced.

Age becomes a factor for men at 45 years old or greater. For females, age becomes a factor at 55 years old.

If a first degree relative, that is a mother, father, brother, sister, daughter or son fasts for 12 hours then sees a doctor who prescribes. A fasting lipid profile is when a person fasts for 12 hours then sees a doctor who checks for different types of cholesterol levels. Based on the findings, a diet, exercise program, and medication will be prescribed.

High blood pressure is influenced by age, race, weight, and alcohol use. African-Americans are more likely to experience high blood pressure than any other race.

Cigarette smoking is one of the biggest influences that can be eliminated.

“Cigarette smoking causes a two to four fold increase in risk of coronary heart disease,” Ballard said.

“Stopping smoking is the most effective way to reduce the risk of these diseases and changing to low tar or low nicotine cigarettes does not matter.”

Lifestyle changes are the key to preventing heart disease. Lowering calorie intake while increasing physical activity greatly aids in the fight against heart disease.

Dr. Ballard stressed that there is no medication that can help reduce the chance of heart disease as well as exercise can.

Exercise strengthens the heart, improves blood circulation, and increases each organ’s ability to work together with other organs. The important thing is to choose an exercise that you can do, Ballard said.

Ballard lives with her husband and 17-month-old daughter in Oklahoma City. She graduated from the University of Oklahoma College of Medicine in 1992. After completing her residency at Mount Auburn Hospital in Cambridge, Massachusetts, she was appointed to be an instructor of medicine at Harvard Medical School.

For more information on heart disease and tips for prevention contact Integris Southwest Internal Medicine Associates at (405) 636-7450.