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# PIONEER

## Holidays bring blues to some

Depression not uncommon this time of year

By Misty Cornelius  
Newswriting I Student

Holidays are supposed to be a joyful time of good cheer and optimistic hopes.

Yet, it is not unusual for many people to feel sad or lonely during the holiday period — a condition that has come to be called “holiday blues” or “holiday depression.”

While holiday depression may occur during any holiday, it most commonly happens during November and December holidays.

It is during this period when just about everyone in the world is or seems to be celebrating in some way or another. The good news?

A brochure in OKCCC's counseling center is available to anyone who may need help this holiday season.

It states that while holiday blues may be intense and unsettling, they are usually short-lived, lasting only a few days to a few weeks prior to or just after the holiday.

Realizing how to make the most out of the holidays without letting yourself down could be the biggest challenge you face this holiday season.

According to the brochure, by acknowledging and following a few simple do's and don'ts tips, these celebratory times could be the best yet.

Do:

- Follow the three basics for good health: eat right, get plenty of rest and exercise.

- Set realistic goals: or-

ganize your time, make lists, prioritize, make a budget and follow it.

- Let go of the past and create new or different ways to celebrate.

- Allow yourself to feel sad, lonely or melancholy. These are normal feelings, particularly at holiday times.

- Do something for another person. A little bit goes a long way.

- Enjoy activities that are free. Everyone's on a budget around Christmastime.

- Spend time with people who care about you.

- Give yourself a break — purchase yourself one special gift and take in one special event.

Just as important as the do's are the don'ts:

- Don't drink too much alcohol (while alcohol may make you feel less depressed temporarily, abusive drinking will only create problems).

- Don't overindulge in holiday foods, especially those that are high in sugar and fat, which can cause depression.

- Don't have unrealistic expectations of yourself or others.

- Don't dwell on the past.

- Don't focus on what you don't have.

- Don't spend money you don't have.

The most important thing to remember is that the “holiday blues” can be manageable.

Brief periods of sadness at this time are normal for most people.

See “Blues,” page 12

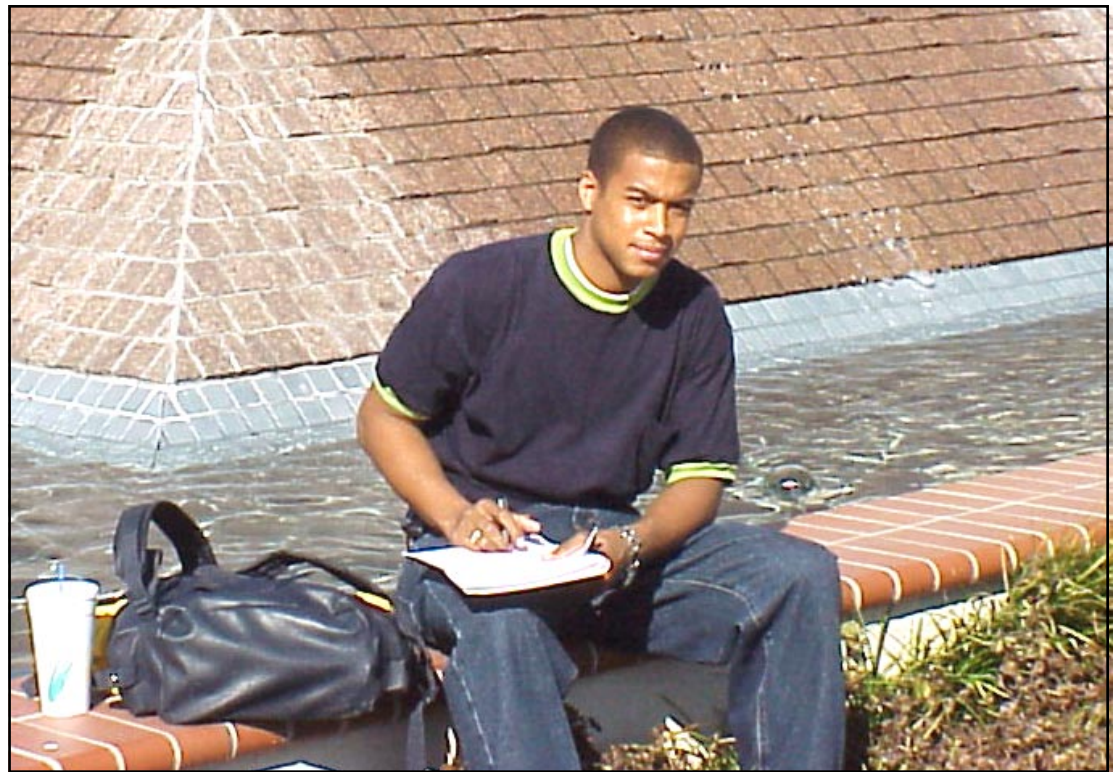


Photo by Michaela Marx

**It's beginning to look a lot like... summer?** OKCCC Computer Science major Jonathan Emery, 18, takes advantage of the unusually warm weather of November by studying at the fountain between the main building and library.

## ‘Kitchen Heat’ cast ready for theater in the round

By Jennie Martinez  
Newswriting I Student

The cast of the second theater production for the semester is hard at work rehearsing for opening night of “Kitchen Heat,” a two-act comedy written by award-winning playwright and screenwriter Linda McDonald.

McDonald is also OKCCC's adjunct professor of theater and communications.

Written in 1983 “Kitchen Heat” is the product of four women who got together and created the characters and story, McDonald said.

“I put together the actual script,” she said. “We called ourselves the Women's Improvisational Workshop. We wanted to address women's issues.”

“Kitchen Heat” was premiered in 1984 by No Theater in Massachusetts, and also performed at Stage Center in Oklahoma City and by the Street Players in Norman.

The play is set in the late 1970s. It revolves around three sisters who are daughters of a small-town banker.

Their father's secretary Belle, played by

OKCCC student Ronii Evilla, suggests that the sisters take their father to an abandoned mobile home and hide him from the town where he is wanted for embezzlement and fraud.

The three sisters are played by students Leila Janloo as Babe, Shawn Peebles as Mary Katherine and Susan Thompson as Donna Polk. They are discovered by Butch Jacobs, the local weatherman, and wannabe reporter played by Ace Burke.

McDonald said the play will be performed as theater in the round where, she said, the audience is seated on the stage.

“This allows students an opportunity to do something different and not just have the audience in front,” she said.

The play will also include 10 minutes of videotape that will be played on a big screen behind the setting.

The cast is excited about the production of “Kitchen Heat.”

Student Director Jennifer Armstrong said she is pleased with how things are going.

See “Heat,” page 12

## Editorial and Opinion

### Editorial

# Let love rule holiday times

Happy Holidays?

The upcoming holidays can be the best time of the year for some families. But, for other families this time is horror in the form of a holiday.

Children are handed back and forth so everyone can spend "happy holidays" with the kids. Many parents do not understand they unconsciously put an enormous amount of pressure on their children.

Divorce agreements settle many issues including visitation rights. That's a good thing because many kids could not remain close to both parents otherwise. Holidays are often regulated within those visitation rights. This is not always a good thing.

It leaves kids with stiff rules and a feeling of guilt for leaving one parent alone on an important day. Children often assume the responsibility of trying to keep everybody happy. Sometimes, they end up rotating between mom and dad.

Most often, what should be a celebration of love, sharing and kindness, is transformed into a time of undue stress.

I grew up like this. Christmas was the worst time of the year. On Christmas Eve we celebrated with my dad. At six o'clock at night it was children hand-over time. Then we had Christmas at my mother's house. If something in this routine did not work out, my mom threw a major fit.

Needless to say: I do not like holidays too much. In recent years I have spent a lot of energy planning escapes far away from home during the holidays.

Others from similar family backgrounds feel the same way or even worse. In one case I know of, the "divorced ones" threaten the rest of the family, saying they won't attend family parties if the other one is invited.

This conflict is not easy to solve. Humans are involved, driven by feelings of anger, love and egoism. There is no recipe to handle this, only a few thoughts to consider to make holidays bearable for all again.

Parents need to remember their role. They should support and love their children, not load their own frustration on the children's shoulders. This behavior puts kids under stress.

Keep communication channels open — between the adults as well as between parent and child. As long as arrangements are fair, it doesn't hurt to compromise. Parents should let the kids help make decisions. If a child does not want to visit the entire family, he should not have to be afraid to say so.

If the older child prefers to make other plans, a ski trip for example, both parents should make it sound great because that's what it is for the child. It may be difficult to imagine celebrating the holiday without the child but it is no reason to spoil the holidays for others. Also if a plan does not work out, parents should not get into arguments about it. For everyone's sake they should learn to overlook things.

The key is discipline. Humans are able to control anger by rationalizing the situation.

Instead, focus on love — the true meaning of the holidays.

—**Michaela Marx**  
Editor

# First Amendment not just for some

**To the Editor:**

A fellow faculty member witnessed a student removing the meeting notice for the Gay Alliance & Friends club from a college club bulletin board.

He advised the student that he shouldn't be doing that and the student, who said his name was Justin, replied that his behavior was protected under the First Amendment. He said he had a right to free speech.

Dear, dear Justin.

You must have dozed off the day your high school class discussed the First Amendment.

You see, the right of freedom of speech was intended for all human beings, not just you.

Your reaction and behavior, at worst, falls more under the category of vandalism. At best, it is a serious breach of good manners and fair play.

I'd like to share a story that was passed on to me. I hope it provides some food

for thought.

The Grandfather said, "Let me tell you a story. I too, at times, have felt great hatred for those that have taken so much, with no sorrow for what they do.

"But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times.

"It is as if there are two wolves inside me, one is good and does no harm. He lives in harmony with all around him and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way.

"But, the other wolf is full of anger. The smallest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing. Sometimes it is

hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes, and asked, "Which one wins Grandfather?"

The Grandfather smiled and said, "The one I feed."

—**Lyn McDonald**  
Faculty Co-Sponsor  
Gay Alliance & Friends

## PIONEER

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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.

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RUBES®

By Leigh Rubin



"Don't get any crazy ideas, Helen. I'm not about to waste any more money on another one of those useless, 'full-body' workout machines!"

## Comments and Reviews

# Movie not scary enough for viewers to need their mummies

The mummy walks, it talks, it makes giant sand storms, and it tries to take over the world. Who can stop it?

Who else but the gun-toting American Rick O'Connell, played by Brendan Fraser in "The Mummy."

In the movie, characters wander the desert looking for treasure.

They stumble upon a lost tomb containing a cursed, former Egyptian High Priest who's severely ticked off about his untimely death and the curse placed on him by his killers.

The mummified priest wakes up when Evelyn Carnarvon, played by Rachel Weisz, shows up.

She looks exactly like the princess he was in love before he was condemned.

This, of course, is pretty typical for an Egyptian-desert-containing-a-tomb-containing-a-mummy movie but once the re-animated jumble of pieces (the mummy) makes its way to civilization, the stuff really hits the turbans.



Characters from "The Mummy" cross the desert on camelback on their way to the tomb of the mummy. Brendan Fraser plays the main character, Rick O'Connell.

O'Connell's attitude of "shoot first and then shoot again with a bigger gun" adds excitement to this movie, but on the scary scale "The Mummy" delivers only some jumps and creepy things.

Overall it's an entertaining movie if you don't take it too seriously.

So on the lots-of-guns-and-explosions scale it ranks well but on the "scare me so bad I won't go near dead, rotting corpses" scale it's just a little above average.

—John Huggins  
Newswriting I Student

# The sky's the limit for humor on 'Twenty Stories Tall' tracks

Do you ever feel you just need a good laugh but nothing funny is happening around you?

Well, it's time to take matters into your own hands. Pick up the cassette or CD "Twenty Stories Tall" by Mark Lowry.

I laughed until I cried, listening to one story after another as Lowry told of his experiences with mama, the church and being hyperactive.

Lowry has Attention Deficit Disorder and he puts it to good use when trying to make people laugh. Along with the laughter he doesn't hesitate to let you know that God loves the hyperactive child.



He talks about his perfect brother who, he said, had a face just asking him to slap it. Needless to say, Lowry can't resist the invitation.

Suddenly his mama has had enough. Lowry said he cannot understand why

God did not give kid's mamas a hand that flashes red as a one-minute warning sign to let kids know that mamas have had enough.

Just lay back and be prepared to hide from your problems for a little while as the humor on "Twenty Stories Tall" entertains and amuses you.

As an added bonus, the recording is affordable. Amazon.com lists the cassette at \$8.48 and the CD for \$12.32.

If you can't wait for the mail to deliver the laughs, "Twenty Stories Tall" can be found in any Mardel store.

—Becky Gerred  
Staff Writer

*You asked for it...*

by *Becky Gerred*

## Computer users tired of crashing

Many OKCCC students have questions about the campus. Some are serious, some are whimsical.

For the remainder of the semester, staff writer Becky Gerred will use this space to provide the answers to some of those questions.

You are sitting in your creative writing class, banging away on the computer and suddenly there is a power surge. Your assignment is lost forever.

OKCCC student Amber Freeman has been there and had the nightmare of losing her assignment to the gremlin in the computer.

"I have a computer class that is on a network," she said. "It will crash and there goes all my work."

Freeman wants to know if there is a solution.

OKCCC's hardware and software specialist Dave Anderson said it is hard to explain why a network will go down.

"In the last year we have had very few problems of this kind," he said.

Still, Anderson said, save your work often to your disk. "Save, save, save."

# Published goof-ups hit with Leno crowd

Every Monday, on Late Night with Jay Leno, Jay gets his audience rolling with laughter as he reveals some of the stupidest headlines and pictures published in newspapers, magazines and catalogs.

Published wedding announcements are a big hit with the audience. With last names as the headline, who knows what you can come up with. Ever heard of the Bender-Flatt wedding, the Cover-Hickey, the Moore-Lick, or even the Savage-Hooker wedding. Laughing yet?

"Used tombstone, perfect for someone named Homer HendelBergenHeinzl. One only."

How could this get published in the classifieds? I wonder if it was ever sold.

"Evidence just complicates Ramsey case." I'm sure it does and believe it or not, that was a headline

in the main section of a newspaper.

You may wonder how someone could overlook something that big when publishing a paper?

It happens all the time because the person who writes the headline or article doesn't see the glaring error like the rest of the population.

These are just a few, but there are new ones every Monday night at about 10:30 p.m. after Leno delivers his monologue.

You can also get the headlines on the Internet at <http://www.nbc.com/tonightshow/>

For a good laugh, tune in to NBC for the Late Show with Jay Leno.

I do every week and can honestly say they are a must-see to brighten the end to any Monday.

—Kathi Etherton  
Staff Writer

Comments? Questions? We want to know! Call the Pioneer editor at 682-1611, ext. 7674 and share your thoughts.

# 'Absolute' looks for local talent to showcase

**By Karee Borovetz  
Newswriting I Student**

Are you a closet Picasso or a poet and you don't know where to show it?

If the answer is yes to either, the OKCCC literary journal is absolutely the place to showcase your talent.

The Absolute is a journal that is published every spring semester by the Arts and Humanities division of OKCCC.

Original works including short fiction, non-fiction, poetry, photography and artwork are accepted.

Only black and white photographs and artwork are permitted.

The deadline for submitting work to the 2000 edition of the Absolute is

**Students, staff members and all of the OKCCC community are welcome to submit work to the Absolute.**

—Clay Randolph  
Absolute Adviser

Dec. 10.

Clay Randolph, faculty adviser for the Absolute, said students, staff members and all of the OKCCC community are welcome to submit work.

"No compensation is offered, but the journal will be available sometime in May for purchase at the bookstore.

"You will also be able to view it on the OKCCC web site," he said.

Randolph said the Absolute has been published annually since 1972.

According to Randolph, the Absolute is a student-based operation.

Student editors select the

entries to be published.

This year's editors are students Elissa Crocker, Vicki Newby and Sarah Wilson.

Randolph said all work needs to be submitted to the Arts and Humanities office.

Submission guidelines and release forms are available at the Arts and Humanities office on the main floor of the Arts and Humanities building or on the OKCCC website by clicking on the Arts and Humanities link.

For further information, call Randolph at 682-1611, ext. 7238.



**The writing's on the wall:** Saturday, Nov. 6 the library staff arrived at work to find graffiti written over four panels on the west side of the library.

OKCCC Director of Safety and Security Keith Bourque said he believes the vandalism happened late Friday night or early Saturday. Physical plant workers Buster Dunn and Larry Sutterfield painted over the graffiti. There are no suspects at this time Bourque said. \$500 worth of damage was done.

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# Essay writers can earn big bucks

**By Michael Taylor  
Newswriting I Student**

OKCCC English students have the opportunity to write their way to \$100 this semester.

Students enrolled in English 1113 or English 1213 are eligible to enter the essay contest sponsored by the English Department.

English professor Mary Punches said students have plenty of time to put together entries.

"Entries are being accepted through February 1," she said. "It doesn't matter what the essay is about."

Punches said the contest is open to those enrolled in English 1113 or English 1213 between the dates of Jan. 1, 1999 and Jan. 1, 2000.

Punches said there is an added bonus this year for those entering.

"This year, for the first time, the winning essays will automatically be given consideration for publication in The Absolute, OKCCC's annual literary and artistic journal," she said. "Therefore, an Absolute release form should also accompany each entry."

Punches said entry forms and guidelines are located in front of the arts and hu-

manities office on the first floor of the Arts and Humanities building.

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—Courtesy of OKCCC Counselors

# Nature inspires professor's artwork

Carolyn Farris says she even scuba dives in search of ideas for her paintings

**By Celina Abernathy  
Newswriting I Student**

Artist Caroline Farris cannot remember a time when she didn't draw well.

Farris is blessed with the ability to see the potential for a beautiful painting in something very simple — such as a reflection in a drinking glass.

Nature is now a major inspiration for Farris, who began her professional art career painting household objects such as irons, coffee pots and satin fabric.

An art professor at OKCCC, Farris was born in Lindsay, and paid for her early art education by teaching painting in her garage.

She felt drawn to painting and had shows of her work even before her formal education, which now includes a bachelor's degree and a master's degree in fine arts from the University of Oklahoma.

After a series of paintings based on her family and friends, Farris found her current passion — stones. The inspiration came from a hike near Farris, Okla., when she noticed some shiny black rocks resting in a creek bed.

"I went insane," she explained. "I had to have them."

"I decided this rock was as beautiful as any diamond. It needed a setting."

Farris places the stones in simple arrangements in spaces she carves out in her canvases.

Farris's use of stones in her paintings is so popular that people send her rocks from all over the world.

In addition to the stones, Farris creates her paintings

with a variety of materials such as melted beeswax, graphite, pigment, sterling silver and other objects found in nature.

She is drawn to textures and forms, and even scuba dives to find inspiration for her paintings.

"I duplicate the textures and surfaces under the sea," she said.

Farris walks in long strides and frequently gestures with her hands as she speaks, obviously well-suited for the quick pace it takes to work with melted beeswax.

"I love the energy it takes to work with waxes," she said, as she described the process of melting the wax in skillets, mixing in the dried pigment and quickly applying the mixture on the canvas before it hardens.

Farris currently works with bronze, producing sculptures featuring stones.

Next, Farris said, she would like to sculpt large three-dimensional pieces for outside public display.

Farris' paintings can be viewed at the Hahn-Ross Gallery in Santa Fe, N.M., or beginning Dec. 4 at the Parthenon Art Center in Nashville, Tenn.

Although prices for Farris' works at the Nashville show range from \$1,600 to \$6,300, she is mystified at the value people place on art.

"It's a mystery to me why someone would pay \$2,000 for a painting with stones stuck on it," Farris said.

Although her talent is unique, Farris said, she wants what most people want from their work.

"I want my work to be really good and have honest integrity in it," she said. "I want to feel excited."

**"I want my work to be really good and have honest integrity in it. I want to feel excited."**

—Carolyn Farris  
OKCCC Art Professor

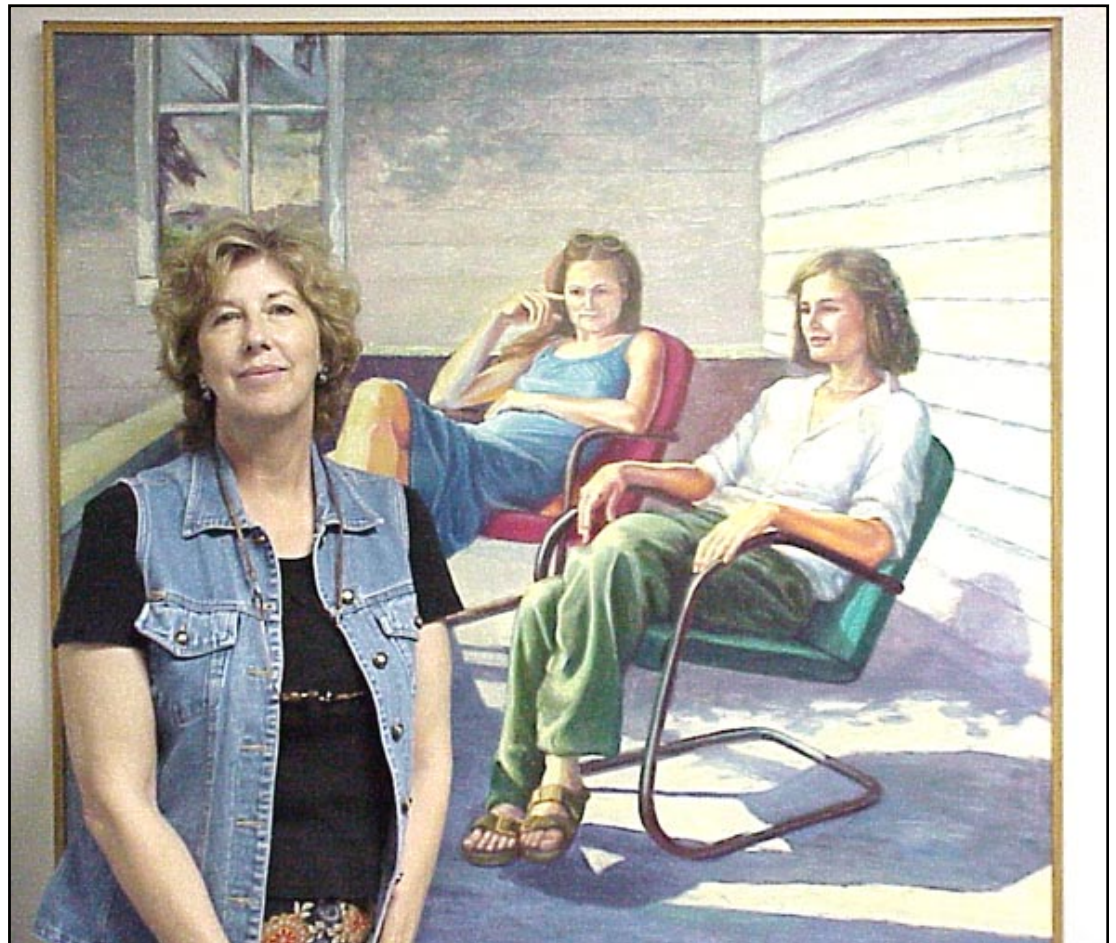


Photo by Ryan Johnson

OKCCC Art Professor Carolyn Farris stands next to one of her many paintings.

## Artist takes step forward

**By Celina Abernathy  
Newswriting I Student**

For artist Caroline Farris, an invitational exhibition at the Parthenon Art Center in Nashville, Tenn., marks the first time in her career that her expenses will be paid for a showing of her paintings.

"It's significant when an art center is willing to pay the expenses of getting an artist's work to a show," said Farris, who is known to her OKCCC art students as Professor Carolyn Farris.

The art center will fund the cost of transporting Farris' paintings, the largest of which is over five-feet tall, by paying for custom-built crates and shipping charges to the show, which begins Dec. 4 and continues through Jan. 29, 2000.

Three other artists' works

are also scheduled to be featured in the show, although Farris will exhibit the only paintings.

Farris plans to show mixed media wall pieces, primarily made of beeswax.

All of her paintings, such as the piece featuring water running over river stones, relate to the environment.

"They become symbols or metaphors for our relationship to the environment and how we sometimes overlook it," said Farris.

"I call them environmental icons because I want people to notice the simple beauty of natural forms."

Many attending the show's opening will be patrons of the art center or tourists, although Farris hopes some Oklahomans will also be there.

"Ideally, I'd like to sell pieces to serious collectors," said Farris.

"I also always hope that another curator will be there to see my work, which will lead to a show elsewhere."

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# Smokers urged to give up nicotine habit

By Ryan Johnson  
Staff Writer

Each year, 463,000 people die from the most preventable death in our society today — smoking. Alcohol, car accidents, suicide, AIDS, homicide and illegal drugs killed 173,000 this year. Smoking alone killed nearly three times more people than those combined.

The American Cancer Society tries to prevent these deaths by sponsoring the Great American Smokeout, held on the third Thursday of each November.

In 1998, approximately 9 million people par-



ticipated in the smokeout. Of those people, 19 percent were smokers and 10 percent of those smokers quit smoking within one to five days.

The American Cancer Society has tips to help smokers quit. They are called the "Four Ds."

•Take deep breaths. •Drink lots of water. •Do something to get your mind off the craving. •Delay reaching for the cigarette.

If the threat of death is not enough to entice

smokers to quit, then look at the effect it has on others.

Second-hand smoke contains more than 4,000 chemical compounds, four of which are carcinogens.

Approximately 3,000 non-smokers die each year of lung cancer as a result of breathing the smoke of others' cigarettes.

Each year, second-hand smoke causes 150,000 to 300,000 respiratory tract infections in infants and children younger than the age of 18 months.

By quitting smoking, smokers can add years to their life span and to the life span of others. For more information call 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

## Although illegal, teen smoking at a 19-year high

By Kathi Etherton  
Staff Writer

Smoking is an ongoing trend among the youth of America.

Outside buildings, in cars and with friends doing the same thing, American teens are smoking without regard to the fact that it is illegal.

The trend has grown at an alarming rate with teenagers with underage smoking at a 19-year high.

From 1991 to 1997, the number of smoking high schoolers increased 32 percent. Nearly half of male

students — 48.2 percent — and more than a third of females — 36 percent — report using some kind of tobacco in the form of cigarettes, cigars or smokeless tobacco.

How do underage teenagers get cigarettes? One answer is obvious. From friends of legal age. Another is that they simply walk into a store and buy them.

Teenagers are not always asked for ID when they go into a convenience store to purchase cigarettes.

Melissa, 18, an OKCCC student, said she was purchasing cigarettes before she was of legal age.

"I have been smoking since I was 15 and rarely had trouble getting the cigarettes," she said.

"I would go to gas stations, especially around the high schools, and they would sell to me without checking my ID. All they cared about was money."

Store employees are supposed to card anyone purchasing cigarettes who looks under 25 years old.

When the Pioneer staff put this to the test, the results were satisfactory for the most part.

We went to several small convenience stores, a 7-Eleven, Total, Conoco,

Texaco and Santa Fe Groceries.

All but one cashier asked for an ID. The clerk at Total not only sold a pack of cigarettes to a 16-year-old, but sold it at a discount because our underage teen didn't have enough money.

An Oklahoma City law states that furnishing tobacco to minors is punishable by a \$75 to \$100 fine for the first offense, a \$100 to \$200 fine the second of-

fense, and the third violation, a maximum of \$300.

For underage teens, the law stipulates possessing, having receipt of or purchasing, for the first violation is \$100 and the second violation of the same law is \$100 to \$200.

Distributing tobacco products within 300 feet of a school carries a fine of \$70 to \$100 the first time, \$100 to \$200 the second, and \$300 the third time.

## Pop a pill and quit...for good?

By Michaela Marx  
Editor

Wouldn't it be nice to be able to pop a pill and stop smoking?

Wellbutrin SR 150, a nicotine-free prescription drug, promises that effect.

Debbie, a user of the drug, posted the following message on the Internet.

"Today is day 14 for me and I have not smoked for nine days. I haven't had any side effects, except maybe a little sleep problem. No cravings for cigs... I feel this has been the easiest way to quit."

This sounds promising to smokers who have been fighting their addiction.

Oklahoma pharmacist Stephanie Harris said Wellbutrin SR 150 has been on the market as a stop-smoking aid for approximately two years.

"But it is an old drug. It was formerly used as an anti-depressant," she said. "It is nicotine-free, unlike

other aids, such as nicotine gums and patches."

The drug reduces withdrawal symptoms, anxiety, anger, restlessness and craving, Harris said.

It's unknown exactly how this drug battles the common quitting side-effects, but it is assumed that it has to do with transmitters in the brain.

Brenda Kerley works for a doctor's office in the Oklahoma City area. She explained how patients use the drug.

The patient starts taking the drug and picks a date to stop smoking. On this day the patient simply stops. The drug will keep the smoker from going back to the habit, because it holds the craving down. The length of intake, set by the consultant doctor, depends on how long the patient was addicted.

Although this miracle drug may sound too good to be true, users should know that this drug is also an anti-depressant used to help battle depression.

## Smokers, non-smokers speak out

By Becky Gerred  
Staff Writer

OKCCC's smokers and non-smokers say they try to be understanding of each other's needs.

Non-smoker LaTisha Martin said she won't hesitate to tell smokers in her presence how she feels.

"I don't want to smell like smoke," she said. "I feel it's a health hazard."

Mary Dixon said she usually does not hang around smokers because she finds it unattractive.

OKCCC student Crystal Emerich also does not smoke.

One time, she said, she made someone angry

by asking that person not to smoke around her.

"[I was told] I could move instead of them putting out their cigarette," she said.

OKCCC smokers say they realize the problems non-smokers have with their smoke.

Audrey Barnes has smoked for five years.

She said she has tried to stop smoking in the past.

Barnes wants to accommodate people who ask her not to smoke around them.

"I try to be polite when I smoke because some people are allergic to it."

John Ellison said he thinks people who don't smoke are just stronger willed than he is.

Ellison said he has experienced some rude comments from non-smokers.

"A lot of people say it makes you stink, gives you bad breath and discolors your teeth.

"Just like I have a right to smoke, others have a right to not like smoking," he said.

Smoker Teresa Harper is concerned with health issues, but also fears the cosmetic effects of smoking.

"I've seen people who smoked all their lives and they get bad wrinkles," she said.

The Great American Smokeout is an opportunity for all smokers to quit for a day.

So, smokers, mark your calendars for Thursday, Nov. 18 and begin to take deep breaths.

# Thrills are climbing to new heights



**Left:** Blackburn looks over her climbing gear during training to make sure she's going to be safe. New climbers are required to take a short training course before being allowed to climb the more difficult climbs. Training teaches climbers how to tie knots, and to communicate with their partner.



**Right:** Lindsay Blackburn, OKCCC student, finds her handhold and begins her ascent up a 56 foot climb. Climbs at OKC Rocks range from 30 feet to 90 feet on the inside of the building, and there is a 104 foot climb on the outside.



**Above:** The OKC Rocks building not only keeps the weather out, but keeps the climbers out as well. That is, unless they feel brave enough to scale the 104 feet of wall on the outside. The climb inside is a two part, which means you must also have a good climbing partner to scale the heights with you.

## OKC Rocks place for thrill seekers

If you like the heights and like to climb, there is now a place for you to seek the thrills of scaling new heights — OKC Rocks.

The admission ranges from \$10 for a day pass up to \$360 for an annual pass.

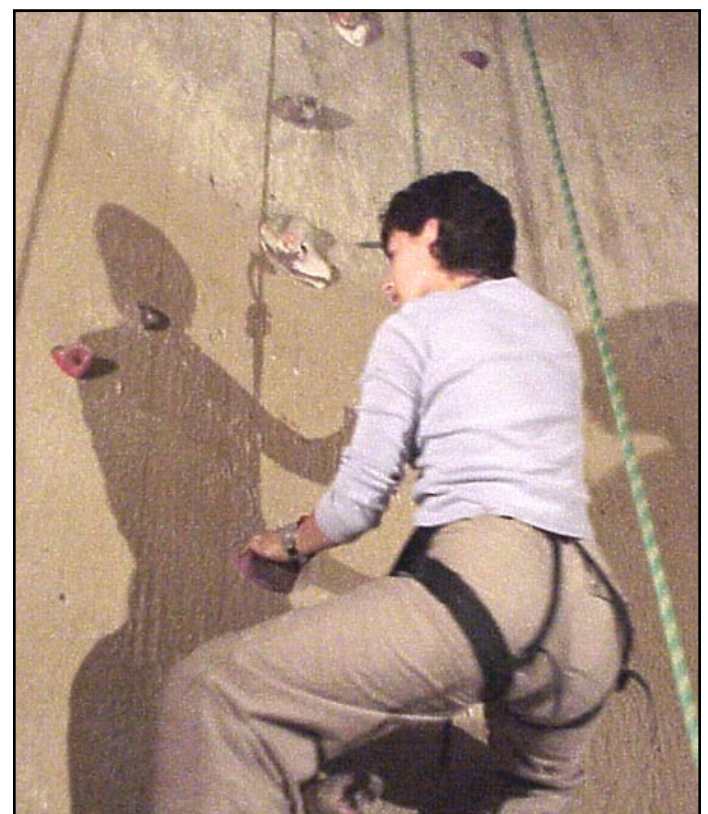
Students get a 15 percent discount with a student I.D.

There is also a charge if you need to rent gear from OKC Rocks. The prices are as follows: shoes \$3, harness \$2, chalk \$2, belay \$1.

The operating hours are 3 to 10 p.m., Tuesday through Friday; noon to 8 p.m., Saturday; noon to 6 p.m., Sunday. OKC Rocks is closed on Monday.

For more information about OKC Rocks call (405)319-1400 or visit [www.OKCRocks.com](http://www.OKCRocks.com).

**Below:** Blackburn uses her upper body strength to hang on to a hold while reaching for the next. Climbing is not only a good way to have fun, but also a good way to build up muscles and stamina. If you go climbing, you need both and a good steady pace to make it to the top.



photos and text by Ryan Johnson

# Think simple when choosing hairstyle

By Stephanie Kuhnert  
Newswriting I Student

Exams, juggling classes with work, homework. With college students living such busy lives, no one wants to add to that list the extra hassle of messing with a complicated hairstyle.

Long or short hair, it's the simplicity that counts.

OKCCC student Heather Durham said she likes a simple cut, one she can simply wash, dry, and go.

Many guys said they prefer throwing a ball cap on and heading out the door.

Brianne Hinojosa has short, straight hair.

She said she often leaves her hair wet when she

leaves for school.

"Between work and school, I don't have time to get all primped up," she said.

Anne Pierce, hair designer at Duncan Brothers Salon in Oklahoma City, said each person should figure out which style works best for him or her.

"When selecting a hair style choose one that meets your personality," she said.

"You can't go wrong with your hair as long as you realize it will grow back.

"So when trying to decide on a hair style, think simple and you can't go wrong."

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# OKCCC teams with vo-tech to provide prosthetic degree

By Michaela Marx  
Editor

New career opportunities in the health field are available at OKCCC thanks to an agreement with Francis Tuttle Vo-Tech.

The college is cooperating with the vo-tech on an orthotic and prosthetic degree program.

The cooperation started at the beginning of the fall semester, said Wanda Roepke from the OKCCC Health, Social Science and Human Services office.

This associate degree program trains students to be Orthotic and Prosthetics Technicians.

Students learn how to fabricate braces and artificial limbs.

OKCCC provides the general education classes like English, psychology, political science and history, said Roepke.

"Francis Tuttle provides the practical part, orthotic and prosthetics classes, and technical math, biology and physics," she said.

Dan Ramsey, orthotic and prosthetics program director at Francis Tuttle Vo-Tech, said Francis Tuttle provides and coordinates all the clinical sites.

The students are working in brand-new facilities with the latest technical standards.

"We have a brand-new lab," Ramsey said. "It was finished last August."

Currently only eight students are enrolled in the program.

"We have room for 24 students," Ramsey said.

Plans are being made to add another class at Francis Tuttle, which will provide even more room for students.

The orthotic and prosthetics program was developed at Francis Tuttle by Jody Wemhaner. She worked with the industry, Ramsey said.

Daniel Watkins and Ramsey are the instructors at Francis Tuttle.

Without the cooperation with OKCCC the students would not be able to earn an associate degree. Instead, students would be graduating with a Certification of Completion from Francis Tuttle Vo-Tech.

"Many students want to go on to a four-year institution," Ramsey said.

Students who complete the orthotic and prosthetics program can transfer to the University of Texas in Dallas to earn a bachelor's degree, he said.

Students interested in the orthotic and prosthetics program can contact Francis Tuttle Vo-Tech at 717-4732.

# College suspends 23-year gerontology degree program

By Kathi Etherton  
Staff Writer

The gerontology program is a thing of the past at OKCCC.



Jane Carney

No longer being taught as a separate program, gerontology — the study of aging — has been suspended as a major at OKCCC.

Gerontology

professor Jane Carney said the college is no longer able to offer the classes today's gerontology major needs.

"When the program started 23 years ago there weren't any other programs on aging," Carney said.

"But now there are more options for students at more appropriate levels."

Carney said the college is no longer accepting applications for majors in this program although students currently in the gerontology major program are allowed three years — ending in May of 2002 — to complete their intended major.

After that, Carney said, the class will continue but be taught under another course such as the psychology of aging and not as a degree major option.

Call the Pioneer editor at 682-1611, ext. 7675 with your thoughts, comments and story ideas.



# Hispanics must vote to be heard, speaker says

By Jennie Martinez  
Newswriting I Student

Exercising the right to vote is one of the most important aspects of being a United States citizen. However, many people don't bother to apply for this privilege, thinking one vote will not make a difference.

Members of the Hispanic Organization to Promote Education learned differently when they attended the LUPE conference at the University of Central Oklahoma in Edmond.

The conference, held every year, invites as its main speaker an Hispanic who has achieved accomplishments in their career and community despite adversity he or she might have faced.

This year's speaker, high school teacher Victor Morales, said he decided to run for senator in Texas because of area politicians' lack of interest in the Hispanic community.

He said he set out on his cam-

paigned to win the support of his fellow Texans in a little truck, with only \$8,000 in his budget.

He found that many who were able to vote not only didn't exercise that right but also were not registered to vote.

"This is one of the biggest issues that is plaguing the Hispanic Community," Morales said.

"We can be powerful right now. We can decide presidents, governors and senators if we vote."

Morales said, against all odds, he won the primary race. He said he attributes that feat to people exercising their vote.

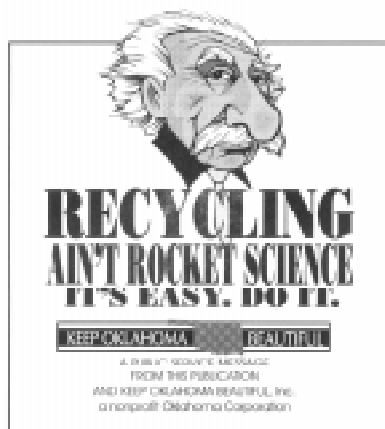
Although he did not win the election against opponent Phil Gramm, he said, the power of the vote did make a difference in putting Hispanic issues in the spotlight so that they could be addressed.

The LUPE conference was also attended by high school students who, with the volunteer assistance of HOPE members, attended workshops that aided in their decision on attending college.



Photo courtesy of HOPE

HOPE members, left to right, Arturo Vasquez, Jennie Martinez, Isis Pena, Marissa Ortega, Victor Morales, Tona Gomez, Angelica West and Marcie Green attended the LUPE conference recently at the University of Central Oklahoma in Edmond. The group also helped out with high school workshops while there.



Classified Ads Free to students, faculty, & staff. Go by the Pioneer office (2M6) and fill out a classified form by 5 p.m. Tuesday for the next issue.

## A meeting of the minds...

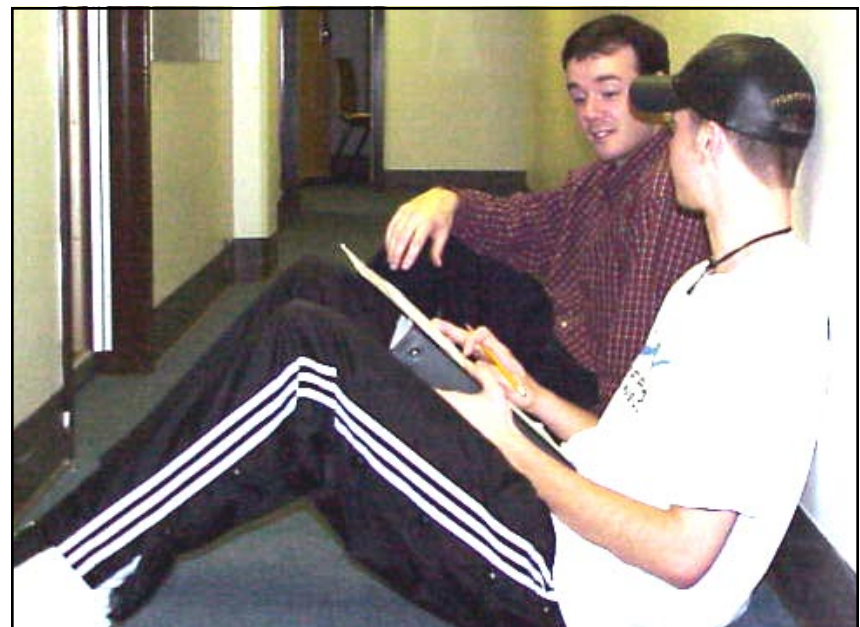


Photo by Becky Gerred

Professor of music Ryan Hebert helps student Brian King with his music assignment. Hebert said he can always find time to talk with his students and assist them with their projects.

## Website helps grads find jobs

By Kathi Etherton  
Staff Writer

Looking for a job just got a little easier for college graduates.

The Oklahoma State Regents for Higher Education has created a service that focuses on placing the state's graduates in the state's work force.

The program, Oklahoma Marketplace, is located on the Internet at [www.ok-marketplace.org](http://www.ok-marketplace.org)

The purpose is to better link Oklahoma college graduates with Oklahoma jobs.

The Oklahoma Marketplace also has a service for Oklahoma certified teachers and Oklahoma accredited schools called the Teacher Job Connection.

These two organizations allow college and university students, including alumni, and Oklahoma certified teachers to connect with jobs by creating résumés online, search job listings and match their résumés to these jobs.

For the Oklahoma employers and schools, this program allows them to use the free site to post job listings and match the available jobs to the résumés.

They also have the option of receiving résumés from interested candidates through e-mail. Training and labor information is also available on the site.

The job openings are viewable by approximately 1,190 participating teachers and there is instant access for the employers to 347 résumés. The connection allows teachers access to 96 online teacher vacancy listings as well as allows them to post their résumés for viewing by about 180 school districts participating.

"The Oklahoma Marketplace can help because it allows the state to capitalize on its most valuable resource, its intellectual power," Chancellor Hans Brisch said. Oklahoma public and private colleges and universities produce more than 29,000 market-ready graduates each year.

An Oklahoma teacher with a current teaching certificate is preferred but Oklahoma individuals who have an out-of-state teacher certificate or expect to receive their certificate within the next three months may also use the service from the Teacher Job Connection, but will be required to provide additional information before confirmation can be processed.

"We have been very pleased with the success of the site," said Laura Callahan, Director of Communications at the Oklahoma State Regents for Higher Education.

For more information go the web site listed above, e-mail [ok-marketplace@osrhe.edu](mailto:ok-marketplace@osrhe.edu) or call the State Regents information hotline at 1-800-858-1840.

# Highlights

## Science club meeting planned

The Science club meeting will be from 11:30 a.m. to 12:30 p.m., Wednesday, Nov. 17, in room 137 in the main building (Physics Lab). The club will be discussing plans for an astronomy viewing session.

## Club changed name

The Gay, Lesbian & Friends club have changed their name to Gay Alliance & Friends. Their next meeting is planned at 6:30 p.m., on Thursday, Dec. 2, in college union room 7. The GAF is planning a bake sale to raise funds for a community service project. The sale will be from 11 a.m. until 2 p.m., Tuesday, Dec. 7, in the main building.

## Health Professions club will host speaker

The Health Professions club meeting will be at noon, Wednesday, Nov. 17, in room 3K3 in the main building. A speaker will talk on available career options in the medical field.

## Sponsor needed for College Republicans

The College Republicans are an enthusiastic group of students who are ready to move forward once they find a club sponsor. If you can help, please call Director of Student Life Staci McPhearson at 682-1611, ext. 7726.

## Bake Sale planned

Abilities Galore will be having a bake sale from 8:30 a.m. until 2:30 p.m., on Friday, Nov. 19, in the main foyer. A table for the bake sale will also be set up at the NAACP Banquet on Saturday, Nov. 20.

Abilities Galore meeting will be held at noon, Monday, Nov. 15, in college union room 7.

## Faculty Appreciation Tea planned

Alpha Theta Alpha is planning a Faculty Appreciation Tea from 11 a.m. until 2 p.m., Thursday, Nov. 18, in college union room 3. ATA needs finger foods and any volunteers who could assist at the reception.

## Spring Tuition Fee Waiver applications are due

Deadline to return applications for Spring Tuition Fee Waivers is 5 p.m., Friday, Nov. 19. The Student Financial Aid Center will post the Academic Tuition Fee Waiver awards on Dec. 13.

## The New Millennium to be discussed

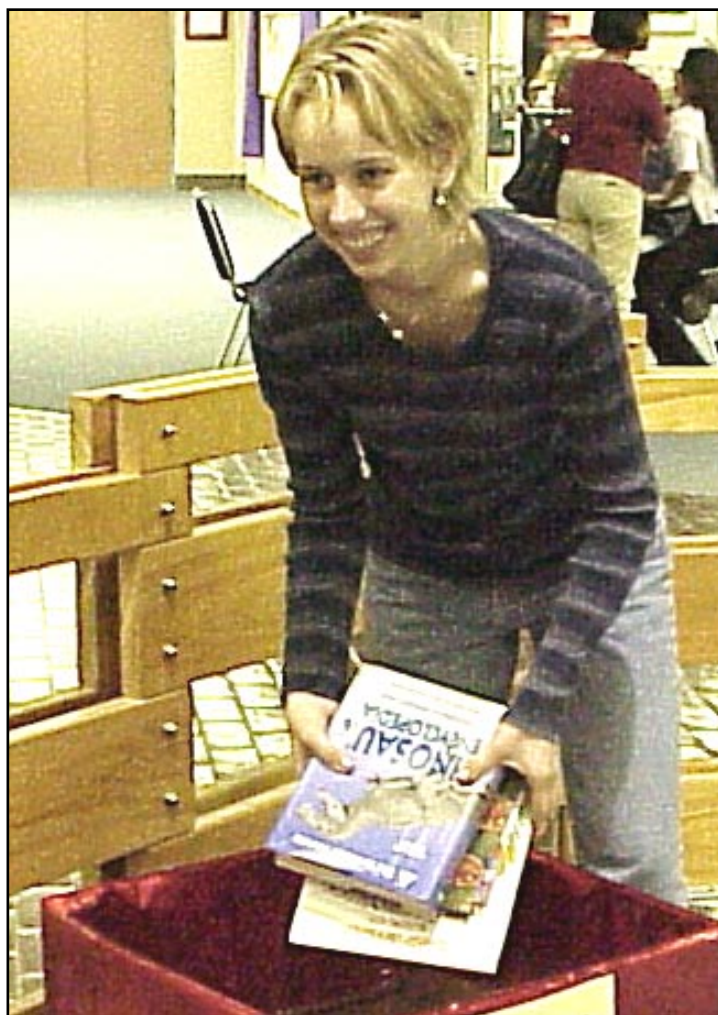
Alpha Theta Alpha announced the last of the Satellite Seminars for the Honors Study Topic will be held at 6:30 p.m., Tuesday, Nov. 16 and Tuesday, Nov. 30 in room 201 in the college library. Topic to be discussed on Nov. 16 will be New Millennium: The past as prologue. Predictions for the future based on statistics will be discussed Nov. 30.

## Distance Ed Courses open for enrollment

Students who are interested in enrolling in on-line or telecourse classes for the spring 2000 semester need to pick up the updated Distance Education Schedule in admissions. For more information, please contact the Office of Admissions and Records at 682-7512 or the Office of Distance Education at 682-7574.

## Deadline for submissions to the Absolute nears

Deadline to submit work to the Absolute will be Nov. 30. Submission forms can be picked up in the Arts and Humanities Office.



## A time of giving:

Krisha Brown, member of the Alpha Theta Alpha, Chapter of Phi Theta Kappa, displays donations already pouring in to help fill Choctaw's yellow school bus Dec. 3.

PTK is asking OKCCC students to bring new items such as books, shoes, socks, undergarments, clothing, coats and toys.

The new items will be donated to the Christmas Connection.

The Christmas Connection sets up all donated items in department store style and allows over 1,700 families living at poverty level to come and shop in exchange for a \$1 donation per family member.

Photo by Ryan Johnson

## Honor students assist Santa

By Becky Gerred  
Staff Writer

In the past college students would stuff Volkswagens and phone booths with people without much apparent reason except to see if they could.

OKCCC's Alpha Theta Alpha, the local chapter of the international honor society Phi Theta Kappa, will be stuffing a bus, but not with people.

PTK's Public Relations officer Krisha Brown said it is a joint project with Choctaw High School.

Brown said red boxes have been placed at different locations around campus to collect donations.

Students are asked to bring new items such as socks, shoes, coats, undergarments, nonperishable food items, bathroom accessories, books and toys for children, Brown said.

On Wednesday Dec. 3 the big yellow bus from Choctaw High School will roll onto the OKCCC cam-

**"[Last year] they didn't just take it and drop it off instead they stayed and helped distribute the donations to the people who would benefit."**

—Krisha Brown  
Phi Theta Kappa  
Public Relations Officer

pus and be loaded with all the donations OKCCC students have brought.

Brown said if you happen to see the yellow school bus being loaded, feel free to bring your donations to the bus.

The club plans to begin loading the bus around 11 a.m., Wednesday, Dec. 3 and pull out by noon.

All donations will be taken to the Christmas Connection. The organization will distribute them to families in need.

"This is our second year to take donations," Brown said.

It had such a great impact on the members lives last year.

"[Last year] they didn't just take it and drop it off.

Instead they stayed and helped distribute the donations to the people who would benefit," Brown said.

Brown said it helps the club when the members help the community.

This is not the only project this club has been involved in.

"We went to the Oklahoma City Food Bank just a couple of weeks ago," Brown said.

"We helped to sort food and put it into boxes."

Brown said one of the club's main interests this year is to promote literacy as a part of the American Reads Challenge.

If you have any books to donate you can also place them in the boxes until Dec. 3.

# Classifieds

Pioneer Classified Advertising is free to all currently enrolled OKCCC students and employees for any personal classified ad. Ads must be submitted in writing with IDs supplied or work area and college extension included. Deadline for advertising is 5 p.m. Tuesday prior to the publication date. Call 682-1611, ext. 7674 for more information.

## AUTOMOBILES

**Do you need a car or truck? Call me!** I can help you find the vehicle you need and save you \$\$\$. Have access to Dealer Only Auctions! Financing Available! All price ranges of vehicles from \$500 to \$50,000! **Save your hard-earned money!** Call Jesse, 210-4434 or 749-2360.

**FOR SALE:** '96 Chevy Blazer, 4 dr, 2wd, black with gray interior, V6, Vortex engine. Call 685-5792.

**FOR SALE:** '92 Pontiac Grand-Am, loaded, like new. \$2,500. Call 872-1940 or 579-3737.

**FOR SALE:** '92 Pontiac Sunbird. Excellent condition. Pioneer Stereo & CD player. \$2,800. Call 872-1940 or 579-3737.

**FOR SALE:** '96 Grand Am GT. Green/Tan interior, pw, pdl, AM/FM, CD, tint, eagle alloys and V-6. Only 31,000 miles, excellent condition. \$12,000 OBO. Call 713-2267 or 691-8753.

**FOR SALE:** '81 Ford Fairmont. Rebuilt trans., new front struts, new muffler, recent new tire. Good exterior/interior. Good transportation. \$800. Call 376-9853 for additional details.

**FOR SALE:** Run-around car. '90 Suzuki Swift. Decent condition. \$350; 16"x 6" aluminum wheels off of 1998 VW Beetle. \$250. Call 408-7285 or e-mail Pgriedl@aol.com.

**FOR SALE:** '88 Dodge Caravan, 4 cy., auto, AM/FM radio, AC/Heat. Tilt, cruise, good condition. \$2500 OBO. Call 720-2345.

**FOR SALE:** '91 Olds Cutlass Sierra. 4-door white with 139K hwy. miles. \$1,100 OBO. Has been very dependable. Call 577-7738.

**FOR SALE:** '95 Suzuki Esteem, 4-door, 45K miles. AC works great, super CD player, excellent condition. \$8900 OBO. Ask for Adam at 573-2684.

**FOR SALE:** '88 Camaro RS. Runs great, \$1300 OBO. 685-6017.

## MISCELLANEOUS

**FOR SALE:** '91 Yamaha Blaster. 4-wheeler, 200cc, great shape, very low hours. \$1500. Call 691-1356.

**FOR SALE:** Wedding Dress for Sale. Size 10, \$500 OBO. Never been worn or altered. Call 680-7843 and leave a message

**FOR SALE:** '94 Ninja 250, only 7500 miles. One owner, great bike, kept covered. \$2000. Leave message at 329-7100.

**FOR SALE:** '81 Yamaha/Virago, 2100 miles. Burgundy, pretty nice!! \$1500. Call Ron Summers, 682-1611, ext. 7333 or 232-9402.

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## HOUSEHOLD

**WANTED:** Babysitter needed 4 to 5 days a week for 3 boys. 2:30 p.m. to 11:30 p.m. Call 680-7843 and leave a message.

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### ACROSS

- 1 Tomato jelly
- 6 Theme
- 11 Type of league
- 14 City on the Nile
- 15 Swiftly
- 16 Antique auto
- 17 Goodie for Fido
- 18 Clerk's concern
- 20 Knight's title
- 21 Like basketball players
- 23 Washer cycle
- 24 Orchard
- 26 Fortunate
- 28 Lead ore
- 30 Emulated John Grisham
- 31 Egg shapes
- 32 Entices
- 33 Guernsey, e.g.
- 36 Optimistic
- 37 Long stories
- 38 Gymnast Korbut
- 39 Navy officer: abbr.
- 40 Buffalo
- 41 Get some knowledge
- 42 Wheat or rye
- 43 Woke up
- 44 Uses coupons
- 47 Hairdos
- 48 Greek market
- 49 Bird treat
- 50 Irked

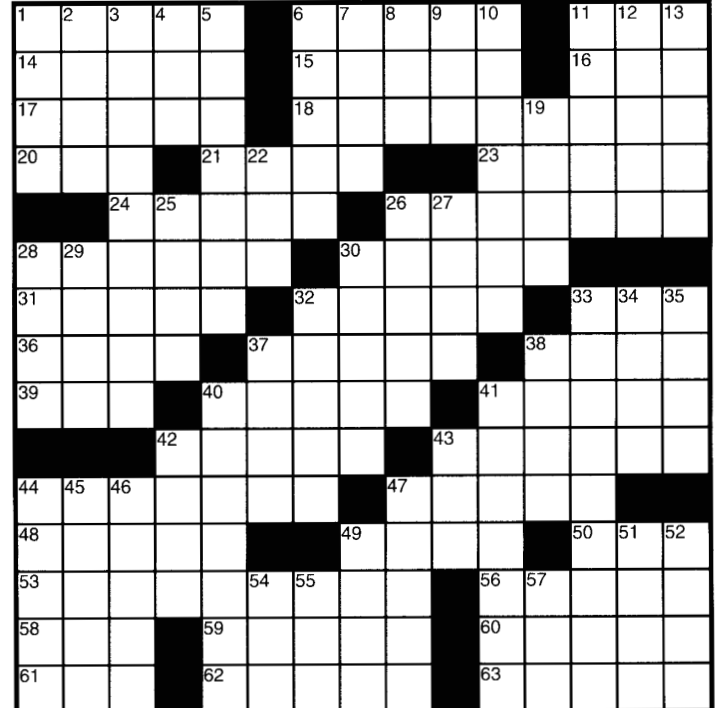
### DOWN

- 1 alarm
- 56 Clean off
- 58 Long fish
- 59 Burglar
- 60 Fees
- 61 Pig's abode
- 62 Contains
- 63 Talk
- 1 Parts of a play
- 2 Hindu woman's attire
- 3 Full-length mirror
- 4 Gershwin brother
- 5 Popular fabrics
- 6 — leaf
- 7 Iridescent gem
- 8 Spigot
- 9 Kind of cube
- 10 Some house pets
- 11 Golf clubs
- 12 Stanza
- 13 Hitched
- 19 Smart
- 22 Actress Gardner
- 25 Trust
- 26 Skater Boitano
- 27 House sites
- 28 Al or Tipper
- 29 Cosmetics

### PREVIOUS PUZZLE SOLVED

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- |                         |                        |
|-------------------------|------------------------|
| company                 | Richard —              |
| 30 Cart                 | 43 Caviar, actually    |
| 32 Foundation           | 44 Political campaigns |
| 33 School friend        | 45 Heron               |
| 34 Giant in fairy tales | 46 Lace mat            |
| 35 Magician's stick     | 47 Shirt parts         |
| 37 Thailand, formerly   | 49 Snow coaster        |
| 38 Egg, in France       | 51 On the briny        |
| 40 Width                | 52 Student's seat      |
| 41 Dawdles              | 54 Owl's question      |
| 42 Actor                | 55 Grease              |
|                         | 57 Knock               |



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If interested, we would like to invite you to come to our facility every Monday at 7:30 p.m. or 10:30 p.m. or call us at 948-2405.

## Play cast prepared to turn up heat

"Heat,"

Cont. from page 1

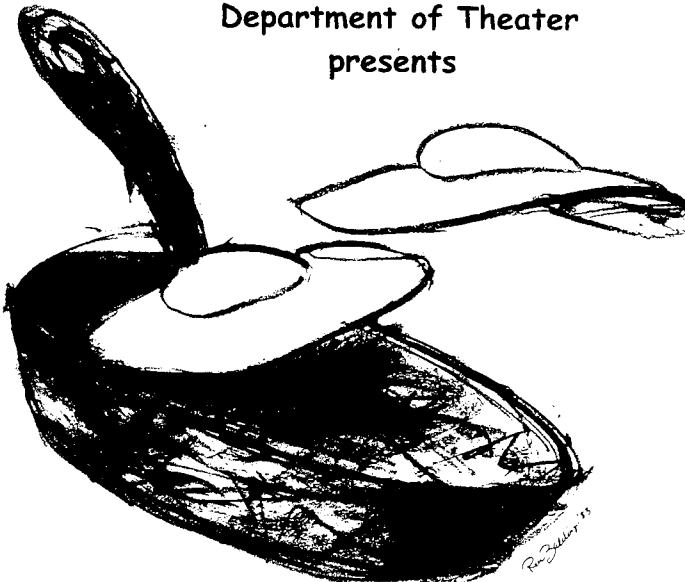
"I think this will be a very good production," she said. "Kitchen Heat" will be performed at 7 p.m. Nov. 17 through 20 at the college theater.

Tickets are \$5 for general admission and \$4 for students and senior citizens.

You could advertise here locally for \$16 a week, nationally for \$20 a week.

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**KITCHEN HEAT**  
by  
*Linda McDonald*

## 'Kitchen Heat' cast

<u>Role</u>	<u>Student actor</u>
Babe.....	Leila Janloo
Belle.....	Ronii Evilla
Donna.....	Susan Thompson
Mary Katherine.....	Shawn Peebles
Butch.....	Ace Burke
News Anchor.....	Stephanie Boyle
Other video roles.....	Rachel Cheatwood
	.....Amy Kopish
	.....Elizabeth Collings
	.....Spencer Francis
	.....John West IV



"Kitchen Heat" will be performed at 7 p.m. Nov. 17 through the 20 at the OKCCC theater.  
Tickets are \$5 for general admission and \$4 for students and senior citizens.

## Students can get help with holiday depression

"Blues,"

Cont. from page 1

However, you don't have to suffer unnecessarily. Find someone to talk with who can help you through this difficult time — a family member, friend, pastor, or a physician or professional counselor.

The Internet also provides a vast array of information and answers to defeat "holiday blues."

Some sites worth visiting are: [www.webMD.com](http://www.webMD.com) and [www.health.org](http://www.health.org).

As well, OKCCC students have the option of speaking with trained counselors at no additional fee beyond their tuition.

OKCCC counselors are located in the career placement and assessment center on the first floor of the main building.

They are always willing to talk with students.

This service is open during regular college business hours.

Counselors are also able to refer students to specialists if further attention is needed.

## OKCCC counselors available to help students beat blues

By **Michaela Marx**  
Editor

Christmas and Thanksgiving merchandise abounds in the stores, holiday decorations line the streets and you have been trusted with passing your child's Christmas list to Santa. These are sure indications that the holidays are right around the corner.

These signs throw most Americans into a warm and joyful holiday mood.

However, for another large percentage of the population the season of short days, cold weather and darkness leads to "holiday blues."

OKCCC students, hit by the holiday depression syndrome, are not alone.

The counselors and advisers at OKCCC's Center of Student Development offer short-term counseling to assist students in getting through those hard times, said Larry Golden, OKCCC counselor.

He said the advice and help given depends on the student's needs.

"It depends on the individual," Golden said. "The treatment varies from

person to person. The main focus is on the person's source of depression."

The trained professionals at the counselor's office can also provide referral information for students who experience chronic depression over a longer period.

Golden said, unlike other sources of help, appointments with OKCCC counselors are available immediately and at no cost.

And, he said, since the college is a familiar environment, the students may not necessarily feel they are confessing problems to strangers.

Golden also advises students to consider using some self-help devices.

If you are a student in need of help, Golden said, please take advantage of the services offered by OKCCC. Draw from the experience and connections the counselors have.

"We're concerned about our students and all aspects of their lives," said Golden.

"We not only care about academic success, but also the student's emotional and mental conditions."

Contact the Center of Student Development at 682-1611, ext. 7535.



**Need help or an escort to your car? Call campus security at ext. 7691**