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# PIONEER



Photo by Kat Mohr

**A Helping Hand:** Four-year-old Logan Lloyd donates a can of green beans to the Students Against Hunger Food Drive which was held at OKCCC from Nov. 13 to Nov. 21. Lloyd is a student at OKCCC's Child Development Center.

## OKCCC remedial rate high

By Daniel Lapham  
News Writing I Student

At a recent OKCCC Board of Regents meeting, chairman David Casper said he probably couldn't pass a college level math test if he were required to take one now.

He is not alone.

At that Nov. 18 meeting, Dr. Paul Sechrist, provost and vice president for academic affairs, presented the Annual Report on Student Success in Developmental Courses and Subsequent College-Level Courses.

The report shows 60 percent of first-time OKCCC students require some sort of remedial level instruction. Of the 7,088 students enrolled in remedial level

courses, 5,117, or 70 percent, are enrolled in math courses, while the rest are enrolled in reading or writing courses.

Sechrist said the classes, often referred to as zero-level courses, are crucial to many students' success in college.

"In order for Oklahoma to have more college graduates, developmental education courses are essential for students," he said.

Sechrist cited many reasons it is important for the state to have more college

graduates.

"This is important to the long-term financial, industrial and incarceration rates of the state," he said.

"[Studies show] college graduates don't go to jail as often or at least for the same reasons as those who don't graduate or attend college at all."

The legislature and state regents mandate community colleges assume pri-

See "College," page 12

## Holiday stress comes in many forms, levels

By Kate Brennan  
Staff Writer

The holidays are full of opportunities for stress. Whether decorating the tree or coping with the in-laws, the season of giving can present some tension.

"We make [the holidays] such a big commercial production when it doesn't have to be," said Mary Turner, coordinator of student support services.

In an article on the website Today.MSNBC.com, Dale Atkins, "Today" show contributor and psychologist lists three types of stress.

Acute is the everyday kind of stress and is the most common. Symptoms include being late for an important event or having a small argument with a friend or loved one.

Episodic Acute is the feeling of being in an almost constant state of chaos or crisis. Sufferers are most often irritable, anxious and even hostile.

Episodic Acute stress could be a result of an unfulfilling

See "Stress," page 12

## College employees to get early Christmas present

By Mark Stack  
Editor

He wasn't dressed in a red suit with a bushy gray beard, carrying gifts for all. But OKCCC President Bob Todd could have been mistaken for Santa as he helped make Christmas come early for OKCCC employees.

The Board of Regents approved the measure recommended by Todd to designate Dec. 23 and 24 as paid holidays for the faculty and staff of OKCCC.

Along with that measure Todd also suggested that faculty and staff receive two extra days for personal leave.

The approved move now gives faculty and staff a total



See "Christmas," page 12

## Editorial and Opinion

Editorial

# Time to make good, get things done

Enough already, George W. It's time to take care of business. It's time to live up to a promise made two months ago. It's time to take out Saddam Hussein.

Hussein has had multiple chances to let the United Nations inspectors in to search for weapons of mass destruction. How many chances does he get?

He has reluctantly followed through by letting some inspectors in, but they are only able to inspect areas approved by Hussein. That is not enough.

His time of dictatorship has run its course. The desecration and torture of his own people is more than enough reason to rid the world of this waste of human flesh, whether he poses a threat to the United States or not.

He serves no use to us, or the rest of the world. And for those who think Iraq will cut off our oil supply and people will be paying \$3 a gallon for gas are very much mistaken. According to several published reports, the United States only receives about 18 to 24 percent of its oil from Iraq.

For all those who believe we are doing the wrong thing, like Al Gore, by turning our attention toward Hussein and away from Osama bin Laden and Al-Qaeda have no one to blame but George W. Bush. Had he not sounded off to the world about his intent to oust Hussein from power, we would still be hunting bin Laden in the caves of Afghanistan.

No one is saying that we are abandoning Afghanistan or intelligence about bin Laden and Al-Qaeda. We still have troops stationed there, our business isn't finished. The government continues to warn of possible terrorist attacks against us. That means we are still focused on the homeland and protecting America. Besides, it is also up to the American people to stay alert and notice any unusual happenings. Forget the color system, we should always be on red and stay on high alert.

It is, however, time to move on to deal with a potentially more dangerous threat in Saddam Hussein.

For once, Bush is right. We found out there are tremendous numbers of people out there who hate us, not just bin Laden. Given the opportunity, Hussein would have and still might attempt an attack on the United States. All it takes is one nuclear bomb.

Forget striking during Ramadan. It's time for son to finish what father started and couldn't accomplish. He's got the right people around him to help make the best decisions. He's got Colin Powell. He knows a little bit about getting things done in the Middle East.

Goodnight, forever.

—Mark Stack  
Editor

# Faces not needed to report news

**To the editor:**

I wrote to respond to Kate Brennan's article about the two students who were arrested on campus for marijuana possession.

The article was well written and informative about the event in progress that led to the arrest of Chris Wiser and Dustin Price.

My complaint is Kate or whoever could have written and published the article without putting their faces in the paper.

The reason I say so is because they are my friends. No, that does not make me a user of marijuana or a car vandal.

For you see, I went to high school and graduated with Chris, and he is a good guy.

Now that people have seen his face in the paper, people who see him (that is if he ever gets to return to OKCCC) will laugh, point at him and brand him as a "pothead."

But in reality, name one college student who hasn't

smoked pot or done other forms of drugs from the hardcore drug to the weakest pill.

If they haven't, they sure as hell drink, which to me is another form of a drug because alcohol kills and consumption is growing.

I was stunned when I saw Chris's face in the school paper. At first, I got a great laugh out of it, along with the people I showed, mostly the people I went to high school with who knew Chris as well. At the same time, they agreed it was wrong to put his face in the paper.

Now he is forever branded at this school all because Kate, or whoever else, wanted people to get laughs and have something to talk about.

The other person, Dustin, doesn't even go to this school, which Kate said he did.

In the future, I hope the college press would have more integrity and get all the facts before making

people look like extreme criminals for an incident that most of us have done and then putting their faces in the paper.

Would you ever want your face to be put in any kind of press or paper for committing a crime big or small, Kate? I think not!

—Jonathan Nimo  
OKCCC Student

## PIONEER

Vol. 31 No. 15

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Kate Brennan.....Staff Writer  
Kat Mohr.....Photographer  
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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: Pioneer Editor, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to 682-7568.

Letters may also be e-mailed to editor@okccc.edu. A phone number for verification must be included.

The PIONEER can be accessed on the Internet at: <http://pioneer.okccc.edu>.

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## Comments and Reviews

# Live in a glass house? Don't throw stones

### To the editor:

I am disturbed and horrified that you would give a bigoted man a platform to preach from in our school newspaper.

I find his sermon appalling and disgusting. I am of the opinion that a more appropriate place for this type of commutation is in the Christian Student Association's newsletter.

The new King James version of the Holy Bible is a joke. It is funny how the Christian right of our society has found it possible to write into the Bible what they want. The replacement of words to meet the calling of the moment has totally done away with the credibility of the good book.

If Mr. Kuhlman's account of the new version is correct the word effeminate has been replaced with the word homosexuals. Not all effeminate

men are condemned to hell anymore, just the gay ones.

When did God send this word down? I failed to hear about the second coming of Christ to give this information to one of his current disciples.

Matthew chapter 5 says that if you marry a woman who has been divorced, you have committed adultery. A sex sin is a sex sin.

The divorce rate in Oklahoma is 39 percent, meaning that 39 percent of those who have been married have been divorced. So every one of them who has remarried has committed a sex sin. Where is your outrage over the state allowing people to remarry after getting divorced?

It is funny how the heterosexual world does away with parts of the Bible in our courts and laws that

would keep them from forming meaningful relationships but stands behind the Bible when they can use it against the homosexual citizens of this nation.

The Bible is a recipe for living: you either follow it all or be called a hypocrite for only following what you want. The Gay Alliance and Friends will probably never be up in arms about the Christian right meeting every Sunday to discuss their agenda.

Lets look at a few items on their agenda: being able to fire people from their jobs because they are gay, being able to put people out of their homes because they happen to be gay, not allowing the children of gay parents to have their second parent's Social Security benefits when they die, not allowing the life partner

of a person to attend funeral services or be present during their last living days in a hospital. When was the last time you saw a group of homosexuals protesting a Christian's funeral?

Fred Phelps, one of the pillars of the Christian right, has staged protests at countless gay citizens funerals. Once again I ask you, where is your outrage over this unchristian behavior? Psychoanalytic theory holds that homophobia — the fear, anxiety, anger, discomfort and aversion that some ostensibly heterosexual people hold for gay individuals — is the result of repressed homosexual urges that the person is either unaware of or denies, according to the August 1996 issue of the Journal of Abnormal Psychology.

For decades the Christian

movement has stood behind scripture to maintain their ownership of slaves, prevent people of different races from marrying, prevent women from speaking from the pulpit. Still today some fringes of your movement believe women should be obedient to their men. That is laughable.

The day is coming when Christians will realize that all of God's children are created equal. Christians believing one interpretation of their religion's study guide does not make them any better than any other one person on the face of this planet. Christians who have "gotten that" have had their journey taken into the light of Christ. Those who have not are filled with jealousy, bigotry, hypocrisy and hate.

—Name Withheld by Request

# Student says homosexuality viewed as sinful lifestyle

### To the editor:

The past few weeks there have been a number of letters in the Pioneer on the topic of homosexuality. Let me start by saying, I do not agree that homosexuality is acceptable. The Bible states many times that this act is a sin, and I think we as a society need to realize that no sin should be acceptable. I, for one, am not going to sit silently and accept sin as okay, whether it is lust, homosexuality or some other sin.

Now, to those of you who think that the homosexual lifestyle is not sinful, I encourage you to take out your Bible and read Romans 1:18-32, 1 Corinthians 6:9-11 and 1 Timothy 1:9-11. These all tell that homosexuality is wrong and sinful.

Think about this. God destroyed Sodom and Gomorrah because they too began to accept things like homosexuality as right. You might also read 1

Corinthians 6:18-20, it states, "Flee from sexual immorality...he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

I feel that we have failed to realize that if we accept any sin as right, then other sins will begin to run rampant as well. Now I am not trying to come down on any particular group of people, or raise myself above anybody.

I am just saying that we need to re-evaluate our lives and our society. The Bible teaches that God does not look at any one sin as worse than another. It says, "for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus." (Romans

3:23-24).

Now there is only one way anyone can overcome his or her sins, and that is through faith and acceptance in Jesus Christ. Only then, will the Holy Spirit abide in you to convict you of your sinful ways and give you the strength to overcome them.

To all those who are already Christians, I plead with you not to judge your neighbors. We are not the ones who are supposed to be judging people. That is up to the one and only God.

Throughout the Bible, it clearly tells us that this is not what we are supposed to do. Check out Romans 14:1-13, John 8:8-11, and Matthew 7:15 if you need to read this for yourselves.

Instead of condemning these people, we should be witnessing to them. Then hopefully, they will be convicted by the Holy Spirit and be saved. Remember what Jesus said, "It is not the healthy who need a

doctor, but the sick."

I would also like to respond to the article "God loves all sizes, shapes, colors." Its author wrote that he is a Christian and homosexual. I would like to suggest that he read 1 Corinthians 5. It says, "you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or slanderer, a drunkard or a swindler. With such a man do not even eat." This alone should help you to realize that you need to repent for your sinful

ways. Just remember that every sin that we do not have forgiveness for, we will be held accountable for once at the judgment.

Now, those of you are angered by my letter, remember this: I know that I am also a sinner; I struggle day to day as does everyone else. However, I realize through my salvation in Christ, and guidance by the Holy Spirit that lives in me that I have sinned, and I ask God to forgive me my sins.

—Jeffrey M. Lamb  
OKCCC Student

## Tolerance needed

### To the editor:

Let's all cheer for tolerance and diversity.

I want everyone to accept me as I am.

But if anyone questions my beliefs or behavior, they should be verbally attacked until silenced or shamed.

Now that the bigot has

shut up, let's all cheer for tolerance and diversity.

Truth needs no defense.

It will stand alone.

What makes better sense, that the truth be known.

—Mike Barnett  
Baptist Collegiate  
Ministries

## Comments and Reviews

# Scriptures twisted to fit own agendas, ideas

### To the editor:

We recently read an article in the Pioneer where Professor Schneberger stated: "Gay support day is not a day so that anyone can wag a finger at sinners." First of all we are not the ones pointing fingers but it is God who condemns the unnatural lusts.

Schneberger says it's a sad fact that many homosexual students at OKCCC face ridicule, but what is really sad is that he can exchange the truth of God into a lie. He says that homosexuals try to live peaceful lives, praying in Christian churches.

How can he relate homosexuality to Christianity when homosexuality is an abomination unto the Lord.

In the Bible it says that in the last days people will call evil good and good evil.

As far as people taking scriptures out of the Bible and twisting them around to fit their lives and their convenience, that is out of line.

"Let he who is without sin cast the first stone." That scripture was not meant to defend sinners but to forgive sin when there is true repentance.

People would actually have to read the story and not just the scripture to understand that one. True repentance refers to turning away from sin not justifying their misinterpretation of the Bible, or by their own judgment.

Professor Schneberger

also claimed that Jesus never said anything about homosexuality in the Gospels, but does he not know that God is holy and condemns homosexuality directly in Romans 1:24-37 and in Leviticus 20:13?

If you call being against homosexuality preaching hate, so be it. Remember, it's God's word not ours.

We on the other hand, call it love because we don't want to see anyone we know go to hell. In order for us to fully serve, worship and love God, we have to change ourselves to please Him, not the other way around.

—Amanda and Lilia Garcia  
OKCCC Students

# Religions not to be used as excuses

### To the editor:

First of all, I would like to thank Jon, Mark, Sandra and David for voicing their opinions in regards to gay rights. It is people like you that keep the ball rolling for opportunities for different ideas and attitudes to rise up.

Without the expression of thought, not much can be done or changed. Now that I've said that, it's time for me to give my opinion. I find it incredible that a "Christian" would be so very quick to condemn another group.

If you really thump your Bible hard enough, I'm pretty sure you'd come across a saying that states "God will do the judging." It's not for us to judge people to begin with, let alone state that a certain group of people are "going to hell."

Jon, did you make a choice to be heterosexual? Probably not. You just happen to be that way. I'm heterosexual and that's just

who I am.

It's no different for the homosexual individuals. If you give it some thought, why would anyone choose to be homosexual?

Given all the obstacles that society puts on them, along with flat out hatred, no one would choose to be that way. Fact is, they are who they are.

Next, anyone who uses religion to defend any action when it has a negative implication should stop. Four hundred years ago when the Pilgrims came to America for religious freedom or whatever they came here for, they survived not from the will of God, but from help by the Native Americans.

I can't help but think that had the Native Americans known what was going to become of them, they would have killed the Pilgrims and any other "children of the Mayflower" that dared come across the Atlantic.

"White Christians" twisted religion to suit their

need for control. They used ideas of progress to justify the slavery of African Americans and they used progress to justify the annihilation of all Native Americans.

You think what happened to the Jews in the concentration camps was bad? What the Native Americans had to endure was every bit as severe and probably worse. What's the point to all this?

The point is that instead of having hatred in our minds and hearts, we need to replace it with love and understanding. Then and only then will we be able to accept people for who they are.

—Joey Bointy  
OKCCC Student

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editor@okccc.edu**

# Right or wrong, it has been addressed

### To the editor:

I am writing in response to Mark Schneberger's letter to the editor from the Nov. 11 issue of the Pioneer. He said "Jesus apparently never said anything about homosexuality in the Gospels."

I am in no position to judge anyone on their beliefs or lifestyles. That is not my job — it is God's. I also am in no way perfect. Being a Christian does not grant a person perfection.

However, as a Christian, I do know that the Bible does speak of homosexuality. The Bible is our guide through life. It can answer any question a person might have on how God wants his children to live. Homosexuality included.

Jon Kuhlman, quoted I Corinthians 6:9-10, which speaks directly of

homosexuality. So where does Mr. Schneberger get the idea that Jesus never addressed this issue in the gospel?

I am not writing this letter to bash homosexuals or any other group, but merely to make it known that the Bible does in fact speak of homosexuality.

The Bible was created to help us understand anything and everything that life could possibly throw at us.

I think it is important for Mr. Schneberger's error to be corrected. Next time he tries to suggest that the Bible doesn't address an issue, maybe he should doublecheck and remember that the Bible is our book of instructions.

God didn't leave out anything.

—Jennifer Jackson  
OKCCC Student

# Fast-Track not making life easier

### To the editor:

I know this may not be a huge issue on campus right now because most students do not participate in fast-track, first and second eight weeks courses, but it will be a huge issue at the end of the semester.

I completed one fast-track class and two eight week classes in the past few weeks. I looked forward to completing these classes for one reason, my transcript. I could care less about completing the class because if I am unable to view an official transcript, that completion means zero to me.

With the old student information system, a student could obtain a transcript three days to one week after the professor

submitted his grades. With the new student information system, I finally received my official transcript after waiting four weeks.

I finished my first fast track on Sept. 29. That is ridiculous. That is not the worst part. I had to e-mail 12 different department employees before I ever made progress. The student information booth did absolutely nothing except pawn me off.

I will say this...of the 12 individuals I e-mailed, every single one of them e-mailed me back attempting to be as considerate and willing to help out as they could, from the office of the president, to the lowest on the totem pole.

—John M. Stanko II  
OKCCC Student

# Musical acts from far and near entertain students

By Aaron Newman  
News Writing I Student

Many musical acts grace the stage of the college union stage every semester.

The person responsible for showcasing these musical talents is Mike Jones, coordinator of student activities.

Jones has been bringing national and local acts to the college for 12 years.

He said he finds many of the national acts through his membership with the National Association for Campus Activities and the Association for Promotion of Campus Activities.

Jones is listed on a roster for these organizations, therefore musicians and

agents know he is the booking agent and bargaining person for the college.

Jones said he books many of the musical acts in blocks to save the college money, which in turn saves the performer money from travel expenses.

Performing in blocks is when a musical act coordinates shows on their schedule with neighboring areas.

While booking national acts at OKCCC, Jones has discovered that good talent is not always that far away.

"I'm finding there is a lot of talent at OKCCC and in the Oklahoma City community," said Jones.

Jones said hiring a national act can get pricey. By hiring local talent, he saves students money.

Many of the students are just happy to have the musical acts come to OKCCC.

Student Cole Bridges saw Doug Wood, an instrumental guitarist, on campus this semester and thought he was great.

"Sometimes it's impressive when you hear a good musician perform at OKCCC, and Doug Wood was better than most of the musicians I've seen here," said Bridges.

Jones said that there were several groups that received praise from students.

Doug Wood and Bari Koral were two of the acts praised this semester, Jones said.

For more information on bookings or acts, call 682-1611, ext. 7318.

## How puzzling...



Photo by Kat Mohr

Political Science professor Frederic Lamb and Biology Professor Ronald Scribner are the proud winners of the Pioneer crossword puzzle contest. Scribner received a 2002 Arts Festival shirt while Lamb won a \$20 gift certificate from Sellers catering. Look for more fun contests in the Pioneer.

# Moot Court valuable learning tool for students

By Cole Bridges  
News Writing I Student

Students in Dana Glencross's Introduction to Law class may get more than they expect — more work that is.

Each semester Glencross requires students to participate in a moot court trial.

The class is assigned an actual trial, which has already been decided. They are to research the trial and then try the case as if they are the actual attorneys.

Students are encouraged to not spend more than 20 hours of research on the case, and students are given time off from class in order to prepare.

Glencross recommends that students use the University of Central Oklahoma Law Library for research.

After preparing a lengthy written brief, the same as an actual lawyer would prepare, and doing extensive research, students present arguments against each

other in front of three judges, who are chosen by Glencross.

Moot court teaches legal research from a "hands on" perspective, Glencross said.

"I think learning legal research is one of the most important [skills] there is, whether you intend to go to law school or not."

English Professor Jon Inglett observed the oral arguments of the students during the moot court session.

Inglett said the professionalism of the event was good for students and that it provides a sense of practicality.

"You are being put on the spot," he said.

"You're being asked questions and forced to respond like real lawyers. I sit there and watch U.S. Sen. Jim Inhofe and [his opponent]

David Walters debate on television, and I think maybe they should have taken Professor Glencross's class," Inglett said.

Although students agreed that the experience was helpful, not all students agreed with the amount of work that is required.

Byron Hardsty, a political science major, said, "Moot court is more difficult than it should have been.

"It's pretty much made up my mind that I don't want to be a lawyer anymore. I guess you could say I praise [moot court] for that," he said.

Another student was simply satisfied with the knowledge gained.

"Moot court was a great educational experience. I believe it gave us skills that will help us in the future and in our studies," said Ben Strickland, political

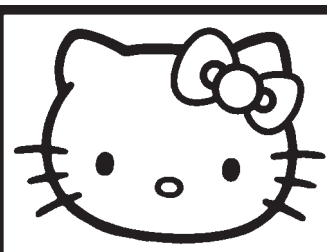
science major.

Glencross, who has taught moot court for 13 years, said that the knowledge gained in moot court

is beneficial.

"You will get good, beneficial knowledge that you can use anytime later on to get yourself out of a jam."

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# Former art prof, 79, dies

## Health and safety training a mere mouse click away

By Mark Stack  
Editor

Former OKCCC art professor and creator of the college's mosaics wall died Nov. 19. He was 79.

Born Aug. 25, 1923 in Blairsville, Penn., Ringler lived a life dedicated to art. Ringler was hired on as professor of art at OKCCC in August of 1978, and worked for the college until May of 1985.

One of Ringler's close friends, OKCCC English Professor Richard Rouillard, said he remembers Ringler as a great teacher, but an even better person and grandfather.

"He loved his grandsons," said Rouillard. "He spent a great deal of time around his grandsons. He was always very active with them. That's the way he was."

As a teacher, Rouillard believed Ringler was incredibly sensitive to the needs of his students, while demanding a great deal from them.

"One thing you can say about Paul is that he had a very comprehensive under-

standing of young people," said Rouillard. "His expectation level in terms of students and young people was never out of proportion of what he believed they could accomplish."

"That's why he brought the best out of his students."

Besides creating the OKCCC mosaics wall, Ringler also ventured into the television world as he hosted two internationally syndicated television series entitled "The Draw Man" and "Let's Draw."

Ringler attended Aviation Cadet School in 1943 and then the Art Institute of Pittsburgh in 1947. Before he attended the Art Institute, he spent four years in the military.

Ringler joined the Army in 1942 as a part of the U.S. Army Air Corps. Once he made his departure from the Army in 1946, Ringler made art his life.

He became a commercial artist for Semco Color Press in 1946, where he stayed for two years.

In 1979, Ringler became a commercial art teacher in vocational education for the Oklahoma City Public

Schools.

It was in 1964 that Ringler became a Graphics Consultant for the Oklahoma City Public Schools. That only lasted a year until he became the Director of Media Design and Development. Ringler was then named Director of Broadcasting from 1967 to 1976.

Among his numerous achievements, Ringler was awarded the "Pacemaker" award in 1966 by Parade Magazine for innovation in education.

In 1975, he was a guest consultant to the Federal Republic of Germany where he visited and exchanged ideas with Technical Institutes and TV centers in Frankfurt, Munich, Mainz, Berlin and Bonn.

Ringler is survived by his daughter Suzanne Pina and her husband Benjamin of Oklahoma City; his two brothers Jack and Dan, and sister Ilene Pease; grandchildren Anna Jo Smith, Wesley Pina and Vicente Pina. He is preceded in death by his wife, Twyla.

Funeral services were Nov. 22 at the Holy Cross Lutheran Church.

By Mackenzie McCulley  
News Writing I Student

Employees of OKCCC now have a new way to complete their required Health and Safety training, said to Dudley Freeman, director of Staff Development

"We have created a webpage to help each employee, old and new, receive training in an easier way," said Freeman.

Each OKCCC employee is required to undergo health and safety training each quarter of the school year.

The training must be specific for his or her individual job on campus.

Freeman is a man who wears many hats when it comes to his duties at OKCCC but health and safety training is one that he must stay on top of each year.

The new web page consists of many different helpful sites, including those created by Freeman.

Sites display cartoons that show ways to avoid electrical shocks and written instructions on how to be safe while on the job.

Employees can simply read posted information or watch a PowerPoint presentation.

"This web page provides access to training in whatever style best fits one's preference," said Freeman.

All of the hard work of Freeman and his department has not gone unrecognized.

Last year the Department of Health and Labor at OKCCC won a state award for Health and Safety.

In addition Freeman has received a commendation from the governor for his outstanding work.

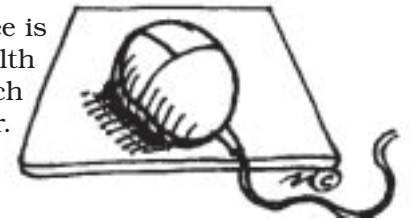
After visiting the site employees can come away with information on how to prevent injury on the job as well as how to make their work environment safe.

Receiving the required training can be time consuming but thanks to Freeman it doesn't have to be an inconvenience.

"We are just finished with this page and it is available to anyone who needs information on the many different things that are here at OKCCC," said Freeman.

The website address is [www.okccc.edu/info/executive\\_council.html](http://www.okccc.edu/info/executive_council.html). It allows employees to access training at their convenience.

Employees as well as students are encouraged to visit this web page and see what all it has to offer.



## Historical writing class to be offered

By James Bell  
News Writing I Student

OKCCC Social Science majors will have an exciting opportunity in the spring 2003 semester when Professor Jessica Sheetz-Nguyen will teach Historical Writing, a new course designed to assist students in the historical writing process.

The course is primarily for students majoring in history, sociology, psychology and political science, Sheetz-Nguyen said. She said it will ensure students are prepared to write at an appropriate level when they reach their next institution.

"I felt it was incumbent upon us to help our students get ready for their next step," she said.

When doing a five-year review of the history department, Sheetz-Nguyen had an opportunity to speak with the faculty of the University of Central Oklahoma his-

tory department. They told her that they would like to see transfer students arrive capable of writing five-point essays, identifications and research papers.

"This course will be an opportunity for students to learn and sharpen their skills in this area," Sheetz-Nguyen said.

Students enrolled in this course will select a topic of interest to them, gather and limit their sources and finally write a 10- to 12-page paper.

Each student will write in the format most appropriate for their major, Sheetz-Nguyen said.

"My goal is to make students feel good about the work they can do," she said.

Professor Rick Vollmer, chair of the history and political science department, said the class would be a requirement for all new incoming history majors.

The course will serve as a capstone course for history majors, attempting to bring together the work that has been done in their time at OKCCC.

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**PIONEER!**  
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# OKCCC employee sells Christmas trees Griswald style

With the holidays right around the corner, many people will soon be in pursuit of the pine-scented aroma of Christmas trees to fill their homes.

OKCCC Director of the Physical Plant John Knight helps spread holiday cheer every year by selling Christmas trees from his Choose and Harvest Tree Farm, located at 7121 Midwest Lane in northeast Edmond.

"I like selling Christmas trees because it makes people happy," Knight said.

Knight's farm is unique because his customers are given the opportunity to select and harvest their tree.

"When families come to the farm, we give them a saw so they can cut down their own tree," Knight said.

"That way the experience is more personal to them because it's really a family outing."

Knight grows about 10 varieties of trees from the pine, spruce and fir families.

"I enjoy growing Christmas trees because I like knowing that I provide a quality product that will allow people to have a safe and happy holiday season."

Knight's interest in Christmas trees began when he learned that they could grow in the Oklahoma climate.

He knew that he wanted to cultivate Christmas trees but wasn't sure how to go about pursuing such a venture.

He decided to do some research and joined the Oklahoma Christmas Tree Association.

Today, he has 50,000 trees growing on his farm.

He also imports truckloads of pre-cut fir trees, wreaths and garlands from Oregon and North Carolina.

Knight's farm consists of a wide variety of tree sizes from 3 ft. to 25 ft. His prices range from \$5.50 per ft. to \$10 per foot depending on the tree.

Knight said that cut trees usually last until Easter, but people can also buy live trees to plant in their yard.

Knight's passion for trees was spawned at the young age of 12.

He took after his father who was an arborist his entire life.

Knight started out growing deciduous trees for the pure enjoyment of learning.

He began his tree farm in 1977, but it wasn't until 1984 that he began to sell Christmas trees for a profit.

"I love working with trees because it's my way to escape," Knight said.

He explained that everytime he goes through the gates to his farm he feels as if he is entering a completely different world.

"I feel like I'm on vacation everyday. And Christmas gives me the opportunity to share that feeling with other people."

Knight's tree farm is scheduled to open on Friday, Nov. 29.

Anyone interested in learning more about the tree farm can contact Knight at (405) 340-5488.



Tree farm employee Wesley McSwane takes seedlings from a nursery bed where he will transplant them onto a plantation so a tree can grow.

**Text and photos by  
Kat Mohr**



The Harvest Tree Farm Landscape



McSwane digs a hole in the ground so he can plant the tree seedlings.

# 'Macbeth Redux' big box office success

By Mark Stack  
Editor

The "MacBeth Redux" play, bringing Shakespeare into the 21st century, turned into a huge success for both the actors and audience, said Ruth Charnay, professor of theater.

The redux version of "MacBeth" was set in modern times on the streets of Los Angeles featuring gangs and street attire, as opposed to kings and

queens dressed in Elizabethan costumes.

The score for the play was also set to modern music.

Charnay said she credits the innovative twists on the Shakespearean play which captured the audience's attention to guest director Chris Freihofer.

"The response was that the play was very well received," said Charnay.

"It was a really different experience, which is why we invite guest directors to come and get a variety of

experiences."

Charnay said it was great to have a director with such a new and interesting concept for a play that people have preconceived notions about.

"It was terrific for the students to work on something that felt like an original production, and not doing something that had been done hundreds of times already," said Charnay.

One of the featured performers Amara E. Lett, who played Malcolm, said the whole experience was a blast.

"It was an interesting experience that cannot be paralleled," said Lett.

She said the best part of the show was receiving positive feedback from members of the audience.

"There was great feedback

from everyone who saw the play," she said.

"It kept people entertained as opposed to the old and sometimes boring versions of the play."

Charnay said it would be hard to feature a play like this again, but would still aim to keep plays fresh and exciting.

"Part of what made this play work was how unique it was," said Charnay.

"I don't know that it would serve the students or

**"It was terrific for the students to work on something that felt like an original production, and not doing something that had been done hundreds of times already,"**

—Ruth Charnay

OKCCC Theater Professor

## Native American heritage focus of final seminar

By Kate Brennan  
Staff Writer

Dr. Lori Arviso Alvord was the first Navajo to become a surgeon and uses her knowledge of the Native American heritage to assist in healing, said Jennifer Dockstader, writer/researcher of Phi Theta Kappa Honor Society.

The fifth and final segment of the satellite series "Ceremony Medicine: Ancient Wisdom for Modern Times" was presented Nov. 19.

"She refers to how the mind, body, spirit and environment all contribute to our health," said Dockstader. "And that they can't be separated."

Much of Alvord's belief in the combination modern and Native American medicine is from her studies in psychoneuroimmunology, the study of how the psyche affects the immune system.

"No one used to believe that the psyche could affect a person's health, but now it's proven that stress and anxiety can affect the immune system," said Dockstader.

"Now it's the only proven connection," she said.

Richard Rouillard, professor of English, said that the seminar was beneficial because it related to the connection of the spiritual and the thought processes on healing.

Alvord is the associate dean for Student and Multicultural Affairs and assistant professor of surgery at Dartmouth Medical School. She is also of Navajo heritage and works to bring modern medicine to the Navajo community and serves on government panels that provide funding for research and health care guidelines.

The satellite series seminars are funded by the OKCCC library and are taped to be made available for campus library users.

## What students want, students get from vending machines

By Ashley Martin  
Staff Writer

Bill Coffey wants students to open their mouths and share their opinions on a topic that is very important to him — mainly the vending machines on campus.

Keeping those machines stocked with favorite snacks and beverages is Coffey's job as coordinator of service contracts.

But, Coffey said, it's hard to know what those favorites are unless students let him know what they want.

Since last summer, Coffey said, his main focus has been on healthy snacks.

"Low fat, low sodium, baked, all those types of things," he said.

Coffey said he has let Canteen, the provider of the snacks for the machines, know that anytime a new, healthy product is available, he wants to try it out at OKCCC.

Coffey said that when comparing sales from July 2001 and July 2002, sales were up by 20 percent, which is a good thing.

"In August of those same years, sales were up by 60 percent," he said, attributing it to the beginning of the fall semester and the increase in students.

Coffey has asked for help from students and staff in stocking the vending machines before, and he has received some helpful feedback.

"I would like to continue with that," he said. "I'm still concerned about what the customer base wants."

Coffey has one question for patrons of the vending machines: "Is there anything we can do to improve the vending?"

He said if students want it, "I will truly try to get that product."

Anyone interested in making a suggestion can contact Coffey at 682-1611, ext. 7358.

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<http://pioneer.okccc.edu>



# Cooperative program offers financial rewards

By Chad Cobble  
News Writing I Student

OKCCC is in the unique position of offering a health program that is available in only three other institutions in the country and students reap the benefits — financial benefits, that is.

Orthotics and Prosthetics is one of three cooperative degree health programs offered at Francis Tuttle Technology Center in cooperation with OKCCC.

The other two health programs are Medical Assisting and Respiratory Care.

Lezli Heyland is the program director for all the health programs offered at Francis Tuttle.

"The first cooperative pro-

gram with OKCCC was Respiratory Care," she said. "It began in 1997 and the first graduates [finished] in 1999."

When students graduate from the Francis Tuttle program, they also receive an associate degree in applied science from OKCCC.

"All three of these cooperative health programs lead to an associate degree in applied science," said Heyland.

In order to enroll in one of the cooperative health programs at Francis Tuttle, a student must meet the admission requirements at OKCCC.

"They have to have the appropriate composite scores in English and math whether it's ACT or the SAT," said Heyland.

In other words, if a stu-

dent needs to take a remedial class, the student cannot enroll until that class has been taken.

The Respiratory Care program for a full-time student is arranged so the student takes five semesters to graduate.

Orthotics and Prosthetics for full-time students normally requires six semesters to graduate. Medical Assisting usually requires four semesters of full-time course work to graduate.

Heyland said most full-time students go in the fall, spring and summer semesters so they can graduate earlier. She said the Respiratory Care program is in high demand right now.

"Locally in Oklahoma, the vacancy rate is 15 percent for respiratory care workers," said Heyland.

"The first cooperative program with OKCCC was Respiratory Care."

—Lezli Heyland

Francis Tuttle Technology Center  
Program Director

Nationally the demand for people in the field of Respiratory Care is high as well. Heyland said the average full-time salary with benefits is \$16 an hour to start.

Orthotics and Prosthetics at Francis Tuttle is one of four places in the nation where a student can be trained and receive an associate degree in Orthotics and Prosthetics.

Due to the low demand and few available jobs in Oklahoma, chances are good that the serious student will have to relocate to another state to find a job, Heyland said.

People working in the field can make anywhere from \$12 to \$18 an hour, right after graduation, depending on how many courses the student took in the field.

The good news is that

other states have a high demand for graduates with this degree, Heyland said. She said health programs require a lot of dedication from students.

Medical Assisting students tend to make \$8 to \$10 an hour immediately after graduating.

Each program has some sort of certification test that a student must take prior to work.

"Health programs have a high attrition rate," said Heyland. "Our health programs have a 20 to 25 percent attrition rate."

"They can be very difficult and demanding."

A student must be dedicated to their field of study or it will be difficult to succeed.

Anyone needing more information about the cooperative health programs can contact Lezli Heyland at 717-4269.

## Kindergarten class ends

By Alicia Sparks  
News Writing I Student

Kindergartners have left campus. Their departure can be attributed to the advent of all-day kindergarten in many public schools.

By closing the kindergarten class this fall, OKCCC's Child Development Center was able to add another room of preschoolers, ages 3 and 4.

"So many students are enrolled in the [child development] program," said Wood-Wilson.

"They had difficulty scheduling students to work with the children because the child care center only had one preschool class."

The kindergartner program at OKCCC's Child Development Center was started six years ago, when it was difficult to find an all-day program, Wood-Wilson said.

Since then the number of students seeking child care degrees has tripled and they need to focus on working with younger children.

Charlotte Baird, accounting/budget systems coordinator at OKCCC, sent both of her kids to the program. She said she is sorry to see the class taken off of the program.

"I am sad to see it go," Baird said. "It served so many people so well."



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# Highlights

## Holiday paydates

November payday will be Wednesday, Nov. 27, paychecks will be available at 3 p.m. Tuesday, Nov. 26. December payday is Friday, Dec. 20, with paychecks available at 3 p.m. Thursday, Dec. 19. Time sheets will be due by 5 p.m. Friday, Dec 6.

## Donate for the Jesus House

The Campus Activities Board is collecting donations for the Jesus House to give "Hope for the Holidays." All donations are welcome and should be dropped off in the college union by Thursday, Dec. 12.

## Give some holiday cheer

Adopt a grandparent for the holidays, and bring some holiday cheer. Preferred Hospice needs Santa helpers to help deliver ornaments and care baskets to hospice patients and to light their rooms with a smile. Call Patricia Kriegel at 602-6473.

## Candle sale

The Black Student Association will be holding a candle sale from 10 a.m. to 3 p.m. Tuesday, Dec. 3 in the college union. Christmas shop and support a club at the same time.

## Student film showing

Student films will be showcased at the Oklahoma Film Institute production showing at 7 p.m. Friday, Dec 6, in the college theater. The film night is free and open to the public.

## Support the Student Art Guild

The Student Art Guild will be selling candles from 11:30 a.m. to 1:30 p.m. Monday and Tuesday, Dec. 2 and 3, in the college union entrance. Free gift wrapping will be offered.

## Put some Christmas spirit in your step

Join in the "Festival of Lights Volkswalk" from 5 to 7 p.m., Saturday, Dec. 14 in Chickasha. The walk is free. Registration will be held at the University of Science and Arts Oklahoma student union foyer in Chickasha. The walk is open to the public. There will be both a 5K and a 10K trail. For more information contact Ross or Sheila Kiddie at 387-3231, ext. 6043 or e-mail at phferd@aol.com.

## The Communicator needs your stories

During the month of December, The Communicator will run a special feature entitled "Ho Ho - Uh Oh!" People are asked to submit their funniest or most unusual holiday story. One will be picked each week to be featured and the selected entries will win a small prize. Please e-mail stories or send via campus mail to marketing and public relations.

## Nursing application extension

The nursing program has changed the application deadline for the Fall 2003 semester traditional program to noon, Friday, June 6. The deadline for the next LPN track program will remain at noon, Friday, March 28.

**Highlights are due by 5 p.m. each Tuesday for publication in the next issue of the Pioneer.**

**Happy holidays from  
the Pioneer!**



Photo by Kat Mohr

**Feeling a little drained:** Oklahoma Blood Institute Phlebotomist assists OKCCC student Logan Swift in giving blood. "I chose to give blood today because I am an EMT student and I believe in helping people," Swift said.

## Get in the season, give hope

Clean out those closets and bring holiday cheer

**By Kate Brennan  
Staff Writer**

Donate food, clothes and just about anything else you can find to bring "Hope for the Holidays" for the Jesus House in Oklahoma City.

The Campus Activities Board will be hosting "Hope for the Holidays" to kick off the season of giving.

Donation collecting will begin Monday, Dec. 2. All donations can be dropped off in the college union under the giving tree. Donations will be accepted through Thursday, Dec 12.

The Jesus House is looking for every type of item from food to clothes, and from toiletries to baby goods, said Mike Jones, coordinator of student activi-

**"[CAB] would like you to think of other people while you're out buying gifts this holiday season."**

—Mike Jones

Coordinator of student activities  
and promotions

ties and promotions. Presents may also be dropped off in the college union.

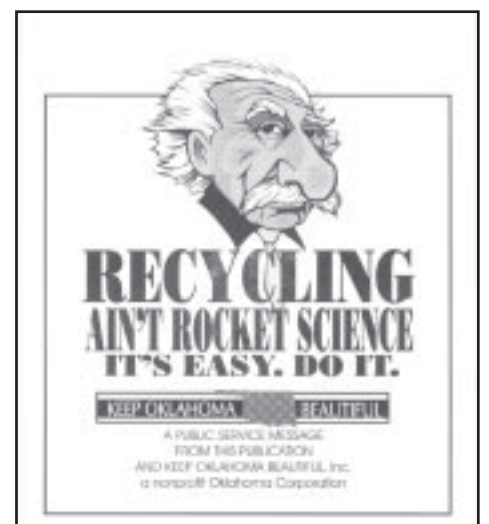
"[CAB] would like you to think of other people while you're out buying gifts this holiday season," Jones said.

He said that CAB wanted to support an organization that hadn't already been assisted by the OKCCC campus, when they chose the Jesus House.

"People might

not think of it," he said.

Anyone wishing to give a monetary donation to the Jesus House is asked to contact the office of student life or Mike Jones at 682-7523.



**psst... if you have club news  
contact Kate  
at 682-1611, ext. 7676.**

# 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

**FOR SALE:** '98 Eagle Talon TSI Turbo. Burgundy, 5-speed, power everything, gray leather interior, CD, sunroof. 37K miles, like new. \$9,900. Call 306-8466.

**FOR SALE:** '97 Acura CL, looks great, runs great, high mileage, 5-speed, one owner. Well maintained by college professor, new tires/brakes. \$5,000. Call 842-5595.

**FOR SALE:** '96 Honda Civic EX. Black, gray interior, 2-door, power windows, locks & mirrors. Sunroof, spoiler, multi-disc changer, automatic, new timing belts & tires. In good condition, perfect mechanical condition. \$7,000 OBO. Call Amber at 816-4338.

**FOR SALE:** '95 Cutless Sierra SL, 4-door, auto, abs brakes, V-6,

AM-FM radio, under 67K miles. Asking \$4,500. Call 632-0456.

**FOR SALE:** '95 Honda Civic, 4-door, red, gray interior, manual, alarm, power windows, very good condition, must sell. Asking \$3,500 OBO. Call Aytek at 621-5638.

**FOR SALE:** '95 Ford Taurus Sedan, white, 3.0 Liter V6, a/c, power seats & windows. \$2,800 OBO. Call Eddie at 246-2361.

**FOR SALE:** '95 Mitsubishi Eclipse, red, 5-speed, a/c, Pioneer CD player, LCD screen for video games, sunroof, alarm, good condition. New clutch, timing belt and radiator. \$6,000 OBO. Call 517-2305.

**FOR SALE:** '94 Ford F-150 Truck, red exterior, gray interior, am/fm radio, automatic, long bed, 76K miles, \$6,000 OBO. Call 634-8768.

**FOR SALE:** '93 Honda Accord LX. 2-door, 5-speed, 165K miles. Asking \$2,900. Call 209-2575.

**FOR SALE:** '93 Honda Civic, dark gray, runs great, 5-speed, a/c and heater work well. \$3500 OBO. Call Tuan at 524-6677 or Sharon at 833-4568.

**FOR SALE:** '92 Acura Vigor, 5 cyl., blue, 4-door, leather, Pioneer CD with sub, 155K, good tires, all power, alarm, a/c. \$4,500 OBO. Call 229-4279 or 605-0566.

**FOR SALE:** '91 Nissan Stanza, black, 5-speed, a/c, heat, runs good, paint in good condition. \$1,700 OBO. Call 454-0587.

**FOR SALE:** '90 Mazda Miata MX-5, red, 5-speed, 4-cyl., 1/6L, 2-door convertible, power steering, manual, 132K miles, excellent condition. \$3,100. Call 229-4279 or 605-0566.

**FOR SALE:** '90 Ford Taurus, runs well, new a/c, needs paint. Great student car. Best offer taken. Call Jessica at 691-0346.

**FOR SALE:** '90 Ford Taurus Wagon, auto, very reliable, clean, 160K. \$1,200 OBO. 557-0738.

**FOR SALE:** '86 Mazda RX7, 5-speed, new clutch, runs good. \$1,500 OBO. Call 454-0587.

**FOR SALE:** '78 Ford 100 original, 3-speed engine and transmission never broke into. Paperwork available for various repairs done. Asking \$2,000. '79 Honda Trail 90. \$250 OBO. Call 793-0197 or 473-1869.

**FOR SALE:** '75 Honda CB 360T motorcycle. Beautiful classic in great condition with few minor blemishes. Original red paint with black and white graphics. Runs well. Own this original classic only \$1,400 OBO. Call Rob at 570-6150.

## ELECTRONICS

**FOR SALE:** Electric guitar, ESp LtD EC 300, transparent cherry finish. Asking \$350. Electric guitar Jackson DX-10 with hard case and 20w crate amp. Asking \$350. Guitar, Fender Squire Stratocaster. Asking \$200. Call Phil at 601-8634.

**FOR SALE:** Sony digital TV, 32", picture-in-picture with remote. Only two years old, just needs a new picture tube. \$50. Call Annie at 946-3526 (days) or 360-6793 (evenings). Leave message.

**FOR SALE:** Practically new G4 Quicksilver computer. With box. 733Mhz, 40G hard drive, 256 ram, CDRW. With MacOS 9 and 10. \$1150 OBO. Call 912-5105.

## WANTED

**WANTED:** Toddler push toys. Must be in good condition. Call 360-6968.

## TEXTBOOKS

**FOR SALE:** Textbook for HUM 1113, Music Appreciation. Book and CD's included. Asking \$40. Call Amy at 682-1611, ext. 7470 or 949-9183.

**FOR SALE:** Textbooks for ENGL 1113 English Composition Telecourse. "A Writer's Repertoire," \$40. "The Scott, Foresmann Handbook for Writers," 6th Ed., \$34. Telecourse Study Guide for a Writer's Exchange, \$28. All three textbooks together for \$90. Call Amy at 682-1611, ext. 7470 or 949-9183.

**FOR SALE:** Textbook for COMM 1113. "An Introduction to Human Communication: Understanding and Sharing." Great shape with workbook. Asking \$50. Call Annie at 946-3526 (days) or 360-6793 (evenings).

**FOR SALE:** Textbook for both modern and medieval humanities. "The Creative Impulse" 5th Ed., Includes study guide and text. Paid \$66 plus tax. Asking \$45. Call Ruth at 942-3121.

**FOR SALE:** Book bag weighing you down? Need money for holiday gifts? Sell your textbooks here! This space is free for students and staff members with valid ID. Come fill out a form on the second floor of the main building at 2M6 and unload your books today! Call Grace at 682-1611, ext. 7674 for details.

## MISCELLANEOUS

**FOR SALE:** Weider multi-station weight machine, \$75. Hotpoint stove, \$45. Large metal desk, \$30. Microwave, \$10. Two children's bikes, \$25 each. Call Chad 794-2078.

**FOR SALE:** Beaded, princess-style summer or spring wedding dress, size 12. \$250 OBO. Call Kim at 692-2397.

**FOR SALE:** Kodak 110 Camera. Great for kids, like new. \$10. Porcelain doll with green velvet dress. \$20. Troxel "sport" riding helmet, black, medium size, like new. \$35. Call Annie at 946-3526 (days) or 360-6793 (evenings). Leave message.

**FOR SALE:** Jenny Linn-style baby crib. Excellent condition with new mattress. Asking \$65. If interested leave message at 895-6542.

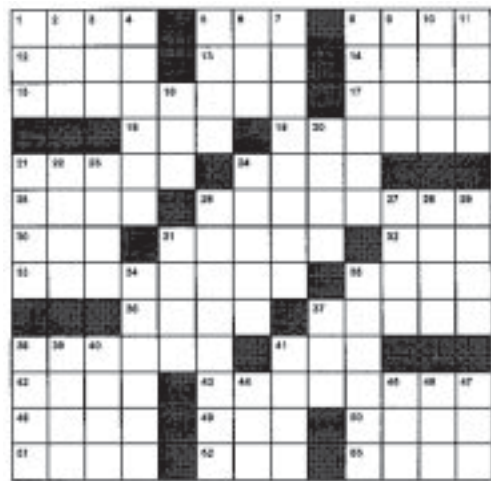
## HOME FOR RENT

**FOR RENT:** 3208 S.W. 83rd, near OCCC campus, available Dec. 1, 3-bedroom brick, 2 baths, heatilator fireplace, range, fridge, washer & dryer, new dishwasher, 2-car garage, covered patio, new carpet & new roof. \$750/ month + deposit, credit and references checked. Call 521-0165, leave message.

## ROOMMATE WANTED

**WANTED:** Open-minded male or female as a roommate to share 3-bedroom, 1-bath house around the area of N.W. 16th and Meridian. Must like pets. Pay \$250 rent and 1/2 utilities. Call 604-0216 after 7 p.m.

## weekly crossword



### ACROSS

- 1. Fair
- 5. Ballet step
- 8. Fears
- 12. Beers
- 13. Era
- 14. Tardy
- 15. Horse
- 17. Small Hawk
- 18. Over (Poetic)
- 19. Said
- 21. Probe
- 24. Rotatable disc
- 25. Anger
- 26. Openly
- 30. \_\_\_ Baba
- 31. Husk
- 32. Fish eggs
- 33. Vent for release of gas
- 35. \_\_\_ Turner
- 36. Atilla was their king
- 37. Iliad author
- 38. Chasm
- 41. Heat source
- 42. Ireland
- 43. Wire
- 48. Snow at head of glacier
- 49. Frost
- 50. Tides
- 51. Former Russian emperor
- 52. Food chewed a second time
- 53. Edges

### DOWN

- 1. Fuel
- 2. Altitude (abbr.)
- 3. Meadow
- 4. On an incline
- 5. Two
- 6. Past
- 7. Sane
- 8. Caustic substance
- 9. Stay
- 10. Female (suf.)
- 11. Sow
- 16. Shelter
- 20. Lofty
- 21. Snatch
- 22. Small stream
- 23. Stew
- 24. Disputes
- 26. Speech sound
- 27. Crowd
- 28. Sole
- 29. Leap \_\_\_
- 31. Avoid
- 34. Complainer
- 35. Extended time
- 37. Color
- 38. Lease
- 39. Greek God of War
- 40. Long live (It.)
- 41. Winter vehicle
- 44. Old coin
- 45. Hitler's average (abbr.)
- 46. Type of weapon (abbr.)
- 47. Manuscripts (abbr.)

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# Stress comes in different forms

**"Stress,"**  
Cont. from page 1

or harmful relationship. Chronic stress is the long-term effect of Acute or Episodic Acute stress if people are stifled or actions have not been taken to help with the stress.

Chronic stress requires both physical and mental treatment in many cases.

"Symptoms will vary from

person to person," said Turner.

Any abnormal behavior patterns should flag a problem with stress, she said.

Recognizing the signs and knowing one's own personal warning signs are important to preventing and managing the stress that we have, Atkins said. One of the first ways to combat stress is a healthy lifestyle. It has to be acceptable, she said, to take time for yourself.

Atkins said some of his easy stress-relieving tips are: meditation, listening to your body, eating well and exercising, writing in a journal, sleeping, playing with animals, listening to music and laughing.

Turner said she believes that one of the best ways to alleviate stress is to maintain a normal routine.

And as for final exams, she hopes that stressed-out students will pace themselves to ease the panic.

# More math needed in high school

**"College,"**  
Cont. from page 1

mary responsibility for developmental education, Sechrist said. The Okla-

# Employees to get extra day off at Christmas

**"Christmas,"**  
Cont. from page 1

of four personal days for what Todd said would be "more time for employees... to deal with individual personal needs."

Todd said he wanted to find ways to reward faculty and staff for their numerous accomplishments this past year.

Not only that, but Todd said he also felt the need to make up for the budget shortfalls that denied raises for college employees this past fiscal year.

homa State Regents for Higher Education uses the national average of 50 percent pass rate as its benchmark for remedial education.

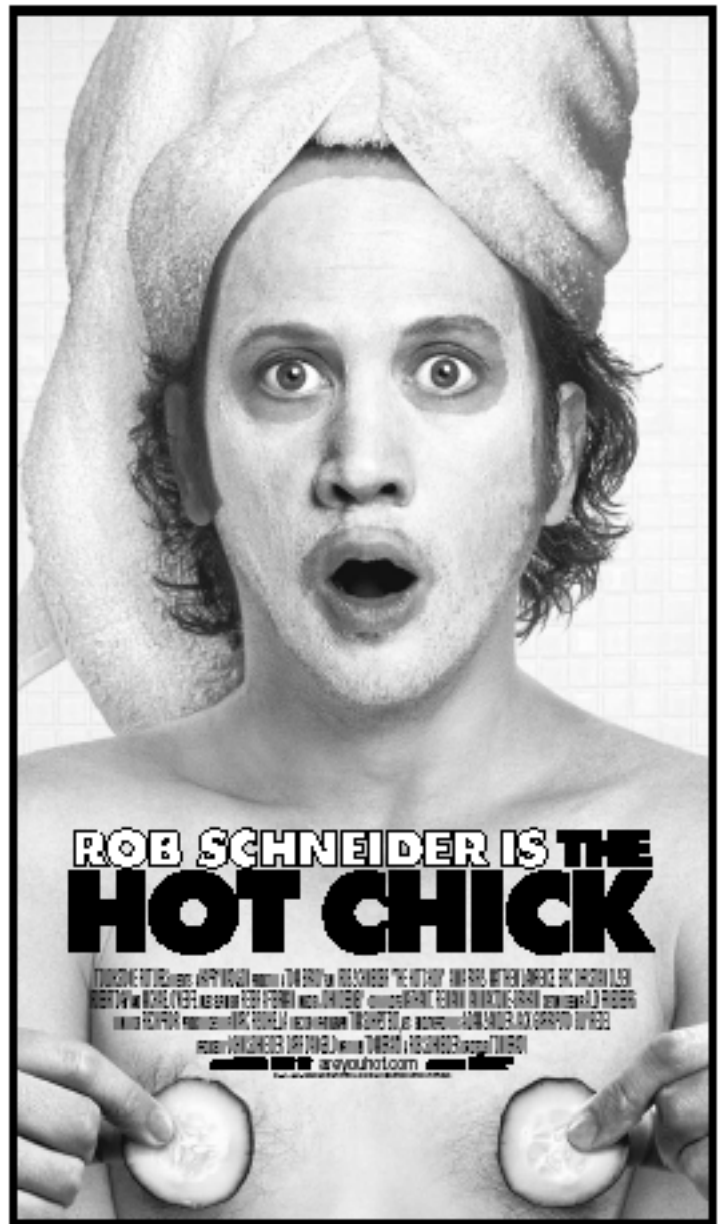
With retakes included, OKCCC has a 61 percent pass rate that is well above the OSRHE benchmark, Sechrist said.

He said the answer to

avoiding remedial work is requiring Oklahoma high school students to take more rigorous math classes to better prepare them for the transfer to college.

OKCCC President Bob Todd is optimistic.

"I do think the public schools are working diligently to improve student preparation for college."



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Phone number: \_\_\_\_\_

Rob Schneider also appears in what other movie? \_\_\_\_\_

Entries are due in the Pioneer office (2M6 of the main building) by 5 p.m. Thursday, Dec. 5. Winners will be drawn at random and notified Friday, Dec. 6. Prizes must be claimed by Dec. 15.

**It's Real.**

it's SMOTHERING

It is an unbearable nothingness

**IT'S DEPRESSION.**

It has a biological explanation.

It Strikes 1 in 10 Americans

It injects you with negativity.

It pulls you away from the world you once knew

**IT'S NOT SUPPOSED TO BE LIKE THIS**

It's onset can be so subtle you don't notice it.

**IT CAN KILL YOU IF YOU DON'T RECOGNIZE IT.**

...treatment for it is very successful

#1 Cause of Suicide

**UNTREATED DEPRESSION**

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