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PIONEER

Stressed-out students do have options

By **Scott D'Amico**
Staff Writer

It's too late to drop and may be too late to pass, so for many students being stressed isn't just a possibility — it's a reality.

Coping with that stress could be key for a student's success, said Psychology Professor Yuthika Kim.

"This time in the semester [students] have come to realize it's make or break," Kim said. "This time in the semester brings a realization of what they should have done or have done."

"They're in a situation where they either want to prove to themselves that they can do it and turn it around, but they also realize that they weren't doing what they should have been doing in the first place."

Students feeling the effects of crunch time coming upon them echoed Kim's comments.

Twenty-two year-old nursing sophomore Jency John said she doesn't know what grades she's making. She said that situation, combined with the looming deadline to withdraw from classes, adds up to a great amount of stress.

Kim said stress is a factor in everyone's lives on a daily basis.

Although not every student may feel as though he or she is reaching a breaking point, he said, some amount of stress is always present.

"Stress is just a natural part of life," Kim said. "The only time you don't have stress is when you're dead."

See "Stress," page 16

Six-string seduction



Photo by Carrie Cronk

Flamenco guitarist Ron Radford performs in the OCCC Theater as part of the Cultural Arts Series for the 2006-2007 season. Radford's performance mainly consisted of Gypsy melodies and traditional Spanish Flamenco music. Between musical pieces, he entertained audience members with anecdotal stories about spending his youth in Tulsa. The next Cultural Arts Series performances are scheduled for the Spring 2007 semester. For more information, visit www.occc.edu/cas. See page 4 for a related story.

Thanksgiving break building hours set

By **Laurie Ghigliotti**
News Writing Student

Students will soon get a much-needed break with visions of roast turkey — instead of lab experiments and essays — dancing in their heads.

The last day of classes before Thanksgiving break is Monday, Nov. 20.

The college's doors will be open Tuesday, Nov. 21 and Wednesday, Nov. 22.

Although there are no classes on those days, most

offices will remain open.

Advising and Career Services will be open from 8 a.m. to 5 p.m. Tuesday, Nov. 21, and Wednesday, Nov. 22, said Aspen Svec, intake assistant.

The Main Building will be closed from Thursday, Nov. 23 through Sunday, Nov. 26, said Susan McCullers, Business and Finance Office administrative assistant.

The Communications Lab, located on the first floor of the Main Building,

will open from 8 a.m. to 9 p.m., Monday, Nov. 20, said Lab Supervisor Mindie Dieu. On Tuesday, Nov. 21, and Wednesday, Nov. 22, the hours will be from 8 a.m. to 6 p.m. The lab will close from Thursday, Nov. 23 through Sunday, Nov. 26.

The library also will be available to students wanting to get a little more studying done in the days before Thanksgiving.

The library hours are from 8 a.m. to 5 p.m., Nov.

21 and 22, said Sally Streb, secretary to the Director of Library Services.

The computer lab, located on the third floor of the library, will keep normal operating hours on Monday, Nov. 20; from 7 a.m. to 5:45 p.m. on Tuesday, Nov. 21 and Wednesday, Nov. 22. It will close Thursday, Nov. 23 through Sunday, Nov. 26.

Other campus labs had not yet determined their Thanksgiving week hours as of press time.

Some students plan to take advantage of the extended hours.

Antwanette Jefferson, 25, is one. "I have a project due in Developmental Psychology," Jefferson said.

"I'll be using the library [to work on] a photo album book [for this class]."

To confirm hours of operation for campus labs and other services, call 405-682-1611 and ask for that area.

Classes resume Monday, Nov. 27.

Editorial and Opinion

Editorial

Interest groups have the power

In the film, "Man of the Year," Robin Williams plays Tom Dobbs, a political comedian who runs for president.

While campaigning for office, Dobbs refuses to use money from special interest groups, something that most politicians use today. When candidates use money from the groups, their loyalty lies with the groups, not the people.

Dobbs was right.

Politicians who take campaign contributions from special interest groups do not simply tell the group "thank you" and move on. And, special interest groups look for more than just a simple pat on the back. They look to influence public policy.

Special interest groups include lobbyists and activists for anything and everything.

Politicians who don't rely on special interest groups for money run the risk of having less campaign funds and, consequently, less exposure.

Things in the political arena need to change.

Politicians are limited to certain amounts of money from groups but there are ways around the law.

Special interest groups are limited to a \$5,000 donation to a campaign fund. But if a group has 20 members, then the group can donate the \$5,000 and each of the members can donate \$2,000.

That's not all.

Not only can the members donate, their family members can donate as well.

Instead of a group being allowed to donate just \$5,000, the group can end up donating \$85,000 or more. Instead of groups donating to the candidate's campaign, they should donate the money to the Federal Election Commission.

The FEC should distribute the money among all the candidates evenly, even the unknowns.

It is not right that public policy that affects every single American is decided by those who can afford to give away large sums of money.

People who live paycheck-to-paycheck must have ideas for reform or have the need to pass a law that will benefit America for the greater good.

When they try to inform their public officials, the officials cannot or will not do something because they owe the interest groups favors.

It is time all of that ended.

If the law can't or won't be changed by politicians, they need to be voted out.

It doesn't matter if they are Republican, Democrat or Independent. People need to teach politicians they serve the people, not the special interest groups.

—Phillip Hemphill
Staff Writer

Principal gives thanks

To the Editor:

(Editor's Note: This letter was sent to Marion Paden, vice president for Enrollment and Student Services, who requested this letter be printed.)

I wanted to take this opportunity to express the sincere gratitude and appreciation that my school and community have for the

wonderful work of Service Saturday organized by Jon Horinek.

Your students were so helpful and giving; I have a wonderful feeling about the future of our community with such fine young people being trained in the importance of community service. Our school has really received a wonderful make-

over from your students, and I want to invite you to come visit us any time. We think that Oklahoma City Community College is a wonderful future for our students and a terrific present for all of us!

—Jan G. Borelli, Ed.D.
Principal, Westwood
Elementary School

College employee expresses gratitude

To the Editor:

To the employees at OCCC:

You are so thoughtful. How much I enjoyed the cards and hugs that you gave.

They were a grand welcome back to work. I'm glad

to work where you work.

My e-mail was crowded with other notes of appreciation from all of you.

Thank you for your thoughtfulness.

—Naomi Christofferson
Communications Lab
Assistant

Got something on your mind? Write a letter to the editor. E-mail the editor at editor@occc.edu. Be sure to include a name and valid phone number or the letter won't be printed. Names are withheld by request.



PIONEER
Vol. 35 No. 13

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Amanda Bittle.....	Staff Writer
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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 to the PIONEER office, mailed to: Pioneer Editor, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to (405) 682-7843.

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

The PIONEER can be accessed on the Internet at: www.occc.edu/pioneer.



Comments and Reviews

'Babel' clear, but contrived

In Genesis 11:1-9, the Tower of Babel was to be created so as to obtain a sense of humanistic unity among the Babylonians as well as to experience the mystery of God and Heaven.

However, God saw their motivation as an open defiance of him, and therefore, in order to prevent the tower from being built, confused their language so they couldn't understand one another, and scattered them across the face of the earth.

In director Alejandro González Iñárritu's ("Amores Perros," "21 Grams") new film, "Babel," he uses this premise of language as a barrier as a loosely-based backdrop to demonstrate the isolation we create in our personal relationships as well as in our role as members of a global society. The film takes place primarily in Morocco, Mexico and Japan.

Like many other current films, "Babel" intertwines multiple, seemingly-unrelated stories to convey a universal message.

The film opens with a goat farmer in Morocco purchasing a rifle from another man so his boys can shoot the jackals that kill his goats.

While practicing their aiming skills, the brothers shoot at vehicles from up on a hill. They think they've missed until they see a tour



bus they've shot at come to a random stop in the road. With wide eyes, they look at each other and take off for home.

Pitt's character, Richard, and Blanchett's, Susan, portray a married couple struggling with issues of abandonment who happen to be vacationing in Morocco. Tragedy strikes when Susan is struck by one of the bullets from the boy's gun while resting against the window of the tour bus.

With no immediate help available, Susan is taken to a remote village where Richard reports the incident to the U.S. Embassy. This only intensifies matters.

In an alternate storyline, this incident causes Richard's and Susan's housekeeper to have to find someone to watch their kids so she can attend her son's wedding in Mexico. With no

luck, she eventually decides to bring the children to the wedding, which goes well until they, along with the housekeeper's nephew, Santiago, portrayed by Gael Garcia Bernal, come back across the border into the U.S.

The final storyline involves a deaf-mute girl in Japan who struggles with social isolation due to her affliction. She longs for connectedness from anyone who won't judge her, including her own father.

Iñárritu doesn't capture the emotional resonance with "Babel" as he did with "Amores Perros." A decent attempt was made in that it's apparent he wants the audience to take an introspective look at how we alienate each other, but each subplot and the sincerity of the characters, especially Pitt's and Blanchett's, seem too structured and forced.

Despite using the same cinematographer from his previous films, the photography in "Babel" wasn't as gritty and lush as in "Amores Perros." The natural, rugged beauty of the mountains in Morocco was the most memorable scenery in the film.

"Babel" is rated R for violence, language, graphic nudity, sexual content, and drug use.

Rating: C+

—David Miller
Editor

'The Queen' reigns supreme

Princess Diana's death sparked emotions of grief, emptiness and even hatred toward the British Crown.

The compelling story of the Diana tragedy is told from a perspective of Queen Elizabeth II and Prime Minister Tony Blair.

"The Queen," directed by Stephen Frears, follows the royal family during the seven days following Diana's death.

The film stars Helen Mirren as the queen, James Cromwell as Prince Philip and Michael Sheen as Tony Blair.

The beginning of the film

shows a stoic Elizabeth having a portrait made, while British media buzz about the potential election of the Labour Party and nomination of Blair as the prime minister.

The film then fast forwards to the awkward, yet comical first meeting, between Blair and the queen.

From there the film turns to tragedy, as the saga surrounding Diana's death begins.

The film starts out slowly but redeems itself by adding crucial information needed to understand the plot further into the movie.

It also shows a side to the royal family that many people outside the family and government never see.

Unlike typical Hollywood films where actors are in it for themselves, the cast of "The Queen" works well together to pull off a superb performance.

Another rewarding aspect of the film is the cinematography.

The use of selective focus, and light and shadows make the film more of a masterpiece.

Rating: A

—Phillip Hemphill
Staff Writer

Counselor's Corner

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

—The Dalai Lama

Four weeks. For a child anticipating a birthday or holiday, four weeks can seem like an eternity. For many of you, the realization that we have only four weeks left in this semester might be raising your anxiety level because so much is left to get done before the semester ends. On top of surviving the semester, either by holding on to the grades you have or by propping up grades that might be sagging, two holidays loom before us on the horizon.

Many of you are too young to remember when holidays were simpler, kinder days. You can't remember lazy days spent with family or the joy of sharing a meal that everyone helped prepare. In today's world, Martha Stewart and Hallmark Greetings have set a standard of perfection that few, if any, can match. However, many of us try. We expect that everyone will be in a joyous mood and that each dish will be prepared to perfection. The table will be set exquisitely and the silver will shine. Everyone's child will behave angelically. Even the family pets will be on their best behavior because it is, after all, the holidays.

Back in the real world, however, you have exams hanging over you and projects that will be due right after Thanksgiving. Some of you may have to decide between buying food for your families or buying Christmas presents. Your relatives may be the last people on earth you want to spend quality time with. Or, they may be the very people you want desperately to see, but they're too far away.

Although the world is inherently imperfect, there are things you can do to help alleviate some of your stress. First and foremost, keep your perspective. In spite of what the advertising companies want you to believe, the holidays belong to us to celebrate as we please. Thanksgiving and Christmas meals can be just as festive when served on paper plates as they are on fine China. If your favorite uncle has a little too much holiday cheer in his cup, no one has to notice much if he drops his plate. What matters is that all of you are together sharing another meal and marking another milestone in your lives.

Not caving in to the perfection trap means you have more time to attend to your studies over the break. You can do a little bit here and there and still have time for family and friends.

Make a point to smile a lot and to laugh. Children laugh hundreds of times a day. Adults don't. We let life weigh us down with unimportant minutia. So, practice your smiles and your giggles and your laughter. If your snippy perfect cousin tries to burst your holiday bubble, just break out your biggest brightest smile and watch that person sink into his/her own misery.

The secret to a happier, more peaceful world lies within each of us. If the end-of-the-semester stress gets to you, come see a counselor in Advising and Career Services.

—Mary Turner
Student Development Counselor

Donors sought for second blood drive

By **Valerie Jobe**
Staff Writer

OCCC is hosting the second blood drive of the semester Nov. 27 and 28.

The drive will take place from 10 a.m. to 3 p.m. in CU3.

Five drives are done per year, with two each fall and spring semester, and one during the summer.

"I expect to see about 60 to 70 people turn out to the drive this month but not all of those people can donate," said Jon Horinek, Student Life Programs coordinator.

The screening process eliminates some donors because of medication, transfusions, and other health-related reasons.

"Usually, the November blood drive tends to be a little smaller than the one in September

because of the holidays coming up," Horinek said.

Donors can look forward to juice, cookies and T-shirts afterward.

"The majority of donations come from students, but we have a lot of staff members who donate, too, and we appreciate that," Horinek said.

Oklahoma Blood Institute has handled OCCC's blood drives for the past 10 years.

"The drives are spaced apart so that you can technically donate at both," Horinek said.

According to the OBI website, some donors need to take strict qualifications into consideration.

A few people who should not donate are women who have miscarried within the past six weeks, people weighing less than 105 pounds, and people who have received heart,

lung, or bone marrow transplants.

Crystal Radcliff, OBI's Public Relations manager, said the donation process takes about 45 minutes, including the screening and recovery time.

Another category of people who must wait at least 12 months until they donate, according to www.obl.org, are those who have received someone else's blood, have been a victim of rape, and those who have spent more than three days in jail or prison.

OBI also states donors should notify the phlebotomist if they have had a tattoo or piercing in any establishment that is not on the approved parlor list.

For more information, contact Horinek at 405-682-1611, ext. 7697.

Staff Writer Valerie Jobe can be reached at StaffWriter1@occc.edu.

Business ethics not just black and white anymore

By **Bianca Lopez**
News Writing Student

Ethical training has to be incorporated into business courses like finance and strategy, said Chris Howard, Strategic and Leadership Initiatives vice president, at the University of Oklahoma.

Howard spoke on campus Nov. 2 about his views on business ethics entitled, "Somewhere Between Black & White: Ethical Boundaries in a Boundaryless World."

Approximately 40 people attended the speech in the union.

Among those who attended were OCCC President Paul Sechrist and Business Professor Ron Summers, and other faculty and business students.

Howard told his audience he attended Harvard Business School.

Later, while in flight school, he met his wife who is from Africa.

Howard said that her first time to ever vote was in 1994.

"We should never take for granted the great freedom that we have in this country, that we have the right to vote," Howard said.

Howard said it is important to teach ethics in col-

lege but said the foundation is laid much earlier.

"I firmly believe that much of our ethical compass is established well before we arrive in college or begin our careers."

Throughout his speech he provided several questions to see if the audience thought the issue was ethical or not.

One of the questions was "Should U.S. multinational corporations favor U.S. employees over foreign ones, even if profits are negatively impacted?"

He used General Electric as an example when he presented a hypothetical question to the audience.

He asked if General Electric should favor nationwide plants over those in China, even if such decisions cost the company money.

Howard explained that, as time has gone on, technology has improved, and it may be best to make the product in China.

"In some ways, technology can make our ethical decisions easier."

Business major Saul Ortiz said he attended the presentation after hearing about it in his accounting class.

"I thought it was very interesting," Ortiz said.

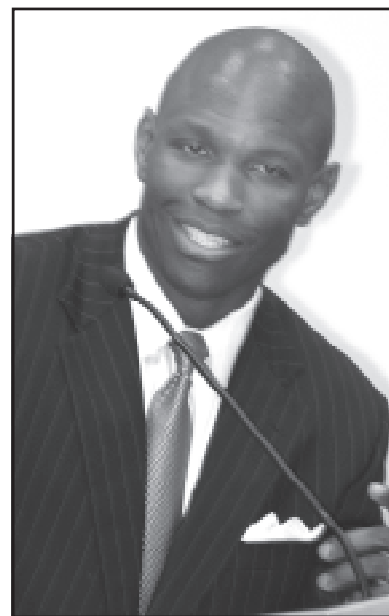
"He touched on some

subjects that affect the U.S. and other countries.

"He brought up questions that are debatable about a couple of key points that he was talking about during the speech," Ortiz said. "Overall I thought it was very educational."

Student Estrella Lopez said she hoped for more out of the presentation but wasn't too disappointed.

"He did bring interesting points, but if only he had gone more in-depth about it, we would have gained more out of [the presentation]," Lopez said.



Chris Howard, Vice-President of Strategic and Leadership Initiatives for the University of Oklahoma delivers a lecture on business ethics to Oklahoma City Community College business students during the afternoon on Nov. 2 in the College Union.

Photo by LaWanda LaVarnay

Musician muses OCCC audience

By **Blake Barber**
News Writing Student

World-renowned flamenco guitarist Ron Radford performed for 170 people Nov. 7 in the OCCC Theater.

Radford came onto the stage dressed in all black carrying his guitar.

He provided stories to frame the music he was playing.

The narration, which he provided between the 13 flamenco tunes, described where the songs originated in Spain.

He made the audience feel as if they were actually

in Seville or Madrid, listening to a gypsy guitar player, constantly urging the crowd to give a healthy "olé."

Radford has performed on four continents and in 15 countries.

His album, "Viva Flamenco," is sold worldwide.

He was the protégé to the legendary Carlos Montoya and is the only person to receive a Fulbright Scholarship in flamenco.

Radford lived and traveled in Spain to experience the lifestyle of Flamenco.

He explained the only way to learn flamenco is to go where it is played and

listen to gypsies play into the night.

"Spontaneous jam sessions with clapping and heel clicking occur in the middle of the night, in parks and random places," Radford said.

He describes flamenco as a culture, an attitude and a way of life, rather than just a style of music.

Radford was born in California, but grew up in Tulsa and now lives in St. Louis, where he continues his career a flamenco guitarist.

Visit the Pioneer Online for breaking news.
www.occc.edu/pioneer

Students see challenges from wheelchairs



By Phillip Hemphill
Staff Writer

Students in Introduction to Occupational Therapy sat in wheelchairs and toured the campus to see if OCCC would be accessible to the 38 million Americans living with disabilities.

Reeca Young, Occupational Therapy assistant professor, said the wheelchair exercise was done for a couple of reasons.

"First, it helps students with accessibility," Young said. "It is an opportunity for them to explore the

Occupational Therapy Assistant student Cristy Teply attempts to enter a women's bathroom during an activity held in her Introduction to Occupational Therapy class. The activity, in which students roam the college for one hour in a wheelchair, is part of the course.

Photo by Phillip Hemphill

campus in a wheelchair."

The students get to see how accessible the campus is, Young said.

"Second, it gives them the opportunity to see the campus from the level of a wheelchair," Young said.

Young said the is not the first time the exercise has been done.

"It is part of the class."

Students also have been required to go out into public with a wheelchair, walker or crutches to test the accessibility of buses or buildings, Young said.

The purpose of the activity, Young said, is to teach techniques to the students that can be passed on to their clients later on.

Young said that students are sent out in small groups to wander around campus for one hour in a wheelchair.

"They test the accessibility of things from paper towels in the bathroom to food items in the cafeteria," Young said.

After the hour is over, students return to class to discuss what they found and experienced, Young said.

As for the problems that are found by the students, Young said, the students make a list to take to the proper authority.

Young said she believes the activity lets students gain a different perspective.

"We learn most through what we experience," Young said.

Occupational Therapy Assistant Student Elizabeth Broyles said she will use the activity to help out people in the future.

"[The activity] will help me understand their situation," Broyles said.

OTA student Leah Hale said she was surprised the school wasn't as accessible as she imagined.

Staff Writer Phillip Hemphill can be reached at SeniorWriter@occc.edu.

Test Center hours change during Thanksgiving break

By Chris Scott
News Writing Student

Just because turkey legs are on students' minds for Thanksgiving, doesn't mean they can forget to visit the Testing Center early in the holiday week to keep all their classes up to date.

Testing Center workers said they do see an increase in the number of students during the holiday season. They advise students to prepare and not wait until the last minute to get their tests done.

The normal hours of operations during the regular school semester are from 8 a.m. to 9:30 p.m., Monday through Thursday, and from 8 a.m. to 5 p.m. on Saturdays.

During the Thanksgiving week, workers said, the hours will modify just slightly.

Monday's hours will remain unchanged but the hours on Tuesday and Wednesday will be from 8 a.m. to 5 p.m. The center will close Thursday through Sunday.

A majority of students said the change in the Testing Center hours wouldn't affect them.

Computer Science major Brett Mastin said he takes most of his tests in the center but doesn't see the hour change affecting him.

"It probably will not affect

me during that time," he said.

Mastin said he doesn't think he has many tests due before the Thanksgiving break.

Morgan Felty, OCCC Testing Center employee said a word of advice for students to ensure the mi-

nor change goes smoothly.

"Just be prepared," Felty said.

"Have an ID ready. Many students get sent away when they don't have the proper photo ID with them."

Felty said this can be a costly mistake, especially if

students wait until the last minute to get in.

All students are recommended to give themselves ample time to complete the test so they don't have to rush to finish.

Remembering to get a test done might make a turkey leg taste a lot better.

Dell travels to college seeking future employees

By Scott D'Amico
Staff Writer

Recruiters from Dell computers will be on campus to find future employees on Tuesday, Nov. 28.

The event will take place from 9 a.m. to 2 p.m., in rooms CU1 and CU2.

That same day, the OCCC Business Professionals of America and OCCC Advisement Services are presenting guest speaker Kristie Gobeli who runs Dell's Enterprise Technical Support.

She will speak twice in CU1 and CU2, at 12:30 p.m. and 1:30 p.m.

Career Specialist Debra Vaughn said Dell's visit is much anticipated. She said any student, regardless of major, looking for a job with Dell should see a recruiter.

She said she encourages faculty members to attend as well.

Job openings Dell are hoping to fill include: inside sales professionals, desktop and laptop support, management, technical account managers.

Vaughn said Dell's appearance shows the Fortune 100 company thinks well of OCCC students.

"I think that is a huge compliment to our information technology students and our business students," Vaughn said. "Because they know the strength of our programs and the strength of our graduates."

Staff Writer Scott D'Amico can be reached at online editor@occc.edu.

It's a connected world.
Do your share.

For 30 ways to help the environment, write Earth Share,
3400 International Drive, NW, Suite 2K (AD4),
Washington, DC 20008.



Earth Share

Recognizable student dead at 22

By John Savage
Staff Writer

Former OCCC student Nathan Evan Scott died Nov. 3. He was 22.

At press time there was no official word on the cause of death.

Scott was born Jan. 26, 1984, in Oklahoma City to Kenneth DeLain and Sharon Sue Scott.

The administrative Office Technology major also attended OSU-OKC. He graduated from Westmoore High School in 2003.

Scott worshipped at The Gathering Church.

His pastor Ray Hollis said he has known the Scott family for several years and is saddened by the loss of Nathan.

"I've known him personally for the last four years," Hollis said. "[Scott] was there every time and he is such a nice guy. He always laughed at my jokes. It's kind of hard to sum him up; just really a nice guy."

Some professors who taught



Nathan Evan Scott

said he was a joy to have in class.

Lisa Adkins, Administrative Office Technology professor, knew Scott.

"Even with the challenges he faced in life, he was always up beat, always had a smile on his face,"

"Even with the challenges he faced in life, he was always up beat, always had a smile on his face. When he was in class, he brought that into the classroom."

—Lisa Adkins

Administrative Office Technology Professor

Adkins said. "When he was in class, he brought that into the classroom."

Another professor who spent time with Scott was Jenean Jones, Administrative Office Technology professor.

Jones said Scott was sociable and he always had a smile on his face. He was independent and always respectful, she said.

"He was a wonderful student," Jones said.

Scott's mother said he felt most independent while attending OCCC.

"People treated him good [at OCCC]," Sharon said.

She said he enjoyed being able to do things on his own.

"He wanted to go over there and do his own class sign up, and take the credit card and pay for it, and do it all on his own," she said. "So I let him have at it."

Scott is survived by his parents, Ken and Sharon Scott; Brother, Justin Scott; grandparents Ray and Jean Scott and Gene and Betty Garrett; and numerous other family members and friends.

Memorials may be made to Camp Independence c/o Oklahoma Hemophilia Foundation, P.O. Box 727, Edmond, Okla. 73083, or Make A Wish Foundation, 3030 N.W. Expressway, Ste. 1227, Oklahoma City, Okla. 73112.

Staff Writer John Savage can be reached at StaffWriter2@occc.edu.

Deadline for \$1,000 scholarship coming up

By Ian Coe Smith
News Writing Student

Jean and Ralph Gamel Scholarship applications are now being taken for the spring semester. Recipients can receive up to \$1,000 per semester for tuition and school-related expenses.

Applicants must demonstrate the need for financial assistance, have at least a 2.0 grade point average and demonstrate the desire to earn an associate degree at OCCC.

Ten students received \$1,000 scholarships this fall from a man who wanted to honor the memory of his wife who died earlier this year.

The Jean and Ralph Gamel Scholarship Luncheon was held this fall, at which the recipients were recognized.

Some recipients were surprised, but mostly happy with being chosen.

"I feel blessed," said Miranda Noakes, psychology major. "The scholarship came right on time."

Recipient Steven Cook said the scholarship came at a time when he needed the help.

"The scholarship paid for

my tuition when my loan was coming in late."

Others recipients include Erika Cardenas, Megan Day, Roger Elmore, Ebonee

Gilliard, Oumar Haidara, Murod Mamatov, Maryon McKinzey and Carlos Robinson.

Students interested in

the scholarship can pick up an application at the OCCC Foundation Office. The application must be submitted by Friday, Dec. 1.

TRIO program works wonders for students

By Victoria Murray
News Writing Student

Premed Sophomore Raquel Carranco credits her success to the support she has received from the TRIO program on campus.

Carranco first heard of the program as a student at Capitol Hill High School where she was active in Upward Bound.

Once she heard about the program, she immediately became an active member.

"Upward Bound helped me get to college, helped me with a lot of options and resources," Carranco said.

Sally Edwards, TRIO program director, helped Carranco with enrollment and her future goals.

Carranco, Hispanic Organization to Promote Educa-

tion club president, has received an award for being a leader in the student organization.

She also is a member of the College Democrats.

Carranco said she recommends TRIO to any student.

"[TRIO is] very helpful," she said. "Especially for incoming freshmen."

She said not only is the program helpful, but it also provides free college tours, free food, free tutoring, and help with financial aid.

Carranco said Carmela Pyle, Upward Bound director, helped her during high school with her education and academic decisions.

"She was my counselor and we became very close in school," Carranco said.

Carranco said TRIO has

become a big part of her life and she plans to extend her membership to a four-year

college.

For more information, visit www.occc.edu/sss.



Ever Get Somebody Totally Wasted?

First Chinese language class offered in spring

By Drew Hampton
News Writing Student

For the first time in its 34-year history, OCCC is offering a Chinese language class.

Introduction to Chinese, WL1003, is scheduled from 11 a.m. to 12:20 p.m., Tuesdays and Thursdays, next semester.

Because the class is new to the college and not part of a larger program, the class is listed under the "World Language and Culture" category instead of "Chinese," said Spanish Professor Dianne Broyles, who currently is working out the details of the course.

"We wanted to have the option of offering some less frequently taught languages on a temporary or trial basis," Broyles said.

Broyles said class will serve as a basic introduction to the Chinese language.

Broyles said she also is working on finding a professor to teach the class. She said she has at least one potential candidate currently under consideration.

Since the structure of the class will greatly depend on who is finally selected, Broyles said, details on the course's curriculum are not yet available.

Business Professor Marty Ludlum, who led the business department's annual trip to China last year, said he has already enrolled in the course.

"Knowing the language would come in handy for cultural understanding," Ludlum said. "There are many Chinese speakers in Oklahoma City. You do not have to go on the trip to use these skills."

Students have until Jan. 26 to enroll in the class.

"Knowing the language would come in handy for cultural understanding. There are many Chinese speakers in Oklahoma City. You do not have to go on the trip to use these skills."

—Marty Ludlum
Business Professor

Scholarships awarded

By Spencer Livingston-Gaines
News Writing Student

The Faculty Association recently awarded six students scholarships for \$250 each.

Scholarship Committee Chairwoman Lisa Adkins was the bearer of good news to Dustin Fisher, business major and Business Professionals of America vice president.

Fisher learned he was one of the winners during a bake sale BPA was hosting.

"I was shocked and humbled by the fact that the association picked me," Fisher said.

The Scholarship Commit-

tee is comprised of six members. Each academic division of the school is represented on the committee.

Adkins said she believes professors give up their personal time to volunteer at events because they want to help students.

"What it comes down to is the students, we love the fact that we can help," Adkins said.

Stephanie Hayes, Faculty Association treasurer, said the association has a scholarship fund with a little more than \$4,500 in it. They raise the money in various ways, mostly volunteering and fundraising.

The faculty members volunteered at the Arts Festival Oklahoma and worked

in the Coke Wagon, which raised \$1,595.

More recently, the group had a garage sale. Faculty members were encouraged to bring anything they thought would easily sell. The group raised \$1,331.25 at the sale.

Coming up in the spring semester, the association plans on having a craft and bake sale called "Make it, Bake it."

They're also considering having a silent auction for the original artwork for the Oklahoma Arts Festival poster.

Other scholarship recipients include Joshua McKamie, Rubi Johnson, Ruth Asbery, Kelly Lawler and Daniel Mesa.

Be stress free in time for finals

By Phillip Hemphill
Staff Writer

Many students worry about dreaded final exams, but with the latest Brown Bag workshop, "Finals Prep," students need not worry.

Sara McElroy, First Year and Student Life Programs coordinator, said the workshop is geared to show students how to study for finals.

"It will be a review of study skills," McElroy said.

The workshop is scheduled at 12:30 p.m., Thursday, Nov. 30, in room CU1 and is expected to last one hour.

McElroy said the speaker for the workshop will be Mary Turner, Student Development counselor.

Turner said she will teach about preparation and stress reduction.

This is the semester's last workshop that will discuss stress management, Turner said.

She said, if students need more help, they could speak with her or another counselor.

As an incentive for students to attend, students can enter a drawing to win a \$100 gas card.

McElroy said the \$100 card will be drawn at the end of the workshop series, but during each workshop a \$10 gas card is given away.

For more information, contact McElroy at 405-682-1611, ext. 7683, or Turner at ext. 7544.

Staff Writer Phillip Hemphill can be reached at SeniorWriter@occc.edu.

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Election results evoke mixed reactions

By **Amanda Bittle**
Staff Writer

Reactions on campus ranged from hope to uncertainty to apathy following the Nov. 7 elections in which Democrats dominated some key races — both in Oklahoma and nationally.

In Oklahoma, Gov. Brad Henry retained his seat by a wide margin over his opponent, former Congressman Ernest Istook. Henry will be joined by fellow Democrat Jari Askins, who won her bid for lieutenant governor.

Democrats also gained seats in both the U.S. House of Representatives and U.S. Senate races, resulting in control of both houses for the first time in more than a decade, according to www.cnn.com.

That has some people feeling hopeful.

Pathways Student Lucas Wright, 17, said he has faith the Democrats can somewhat impact national policy.

“(House Democrats will be effective) to an extent,” he said. “I think they might concern themselves a little too much with what’s going on in our country when there’s all this other [stuff] going on, like Iraq.”

“Republicans are more concerned about what’s going on [worldwide] than what’s here,” Wright said.

He said, regardless, the shift in power is good.

“I think it’s good to have them going back and forth, to keep a little balance.”

Political Science Professor Rick Vollmer said he believes the results may create small changes in the way national politics play out but he doesn’t necessarily anticipate any major changes, especially in the area of national policy.

“I think there will be some change in approach in the House,” Vollmer said.

“But, in terms of any impact on national policy, I’m not sure what’s going to happen, particularly in the one area that apparently motivated many Democrats across the country to vote, which is the war in Iraq.”

“I don’t think there is the will or the way for the Democratic Party as a whole to take that issue on with the president.”

Michael Murray, 23, nursing freshman, feels the Democrats would have a better chance at changing policies if the president also were a Democrat.

“Sometimes the Democrats have written bills and tried to get them passed and the president hasn’t even looked at them,” he said. “I don’t think it’s going to make that big of a difference.”

Still, he said, “I hope something changes.”

One student, who asked not to be identified, said she thinks the change in House leadership is probably a good thing.

“I think it’ll be good to have some change, not a big change,” she said.

“We’ll have to wait and see.”

Luke Miller, 30, undecided major, said although he’s a Republican, he is fine with the election results.

“...Maybe this is the change we need,” he said. “I’m more upset with what’s going on [in Iraq].”

Sophomore Denton Field, 19, whose major is undecided, said he doesn’t see the results having any impact on him.

“I’m an independent so I don’t care either way,” Field said. “Life pretty much happens as usual for us, here.”

“Not a whole lot [of what politicians do] really affects us.”

Staff Writer Amanda Bittle can be reached at StaffWriter3@occc.edu.

Key Oklahoma wins

Governor



Brad Henry

Brad Henry (D) retained governorship, beating out Ernest Istook (R). Henry had 67 percent of the vote.

Lt. Governor



Jari Askins

Jari Askins (D) defeated Todd Hiatt (R) for Lieutenant Governor, winning more than 50 percent of the vote

Attorney General



Drew Edmondson

Drew Edmondson (D) retained his attorney general position, edging out James Dunn (R). Edmondson carried 61 percent of the vote.



Scott Meacham

Scott Meacham (D) retained his role as state treasurer, claiming victory over Howard Barnett (R). Meacham claimed 61 percent of the vote.

Key national wins

Missouri Senate:

Challenger Claire McCaskill (D) defeated James Talent (R). McCaskill carried 50 percent of the vote. Two Independent candidates also ran.

Ohio Governor:

Ted Strickland (D) defeated John Blackwell (R). Strickland carried 60 percent of the vote.

Arizona Representatives:

Democrats won two key districts in Arizona to gain control in the House of Representatives. In district five, challenger Harry Mitchell (D) defeated John Hayworth (R) with 51 percent of the vote. In district eight, Gabrielle Giffords (D) defeated Randy Gaf (R) with 54 percent of the vote.

Pennsylvania Senate:

Challenger Robert Casey (D) defeated Richard Santorum (R). Casey carried 59 percent of the vote.

Maryland Governor:

Challenger Martin O’Malley (D) defeated Robert Ehrlich (R). O’Malley carried 53 percent of the vote.

Indiana Representatives:

Democrats also won two important Indiana districts to earn seats in the House of Representatives. In district two, challenger Joseph Donnelly (D) defeated Chris Chocola (R) with 54 percent of the vote. In district eight, challenger Brad Ellsworth (D) defeated John Hostettler (R) with 61 percent of the vote.

Also noteworthy

Oklahoma House:

In Oklahoma, the State House of Representatives remains in Republican control although Democrats picked up one seat.

Oklahoma Senate:

Republicans picked up seats in the previously Democrat-dominated Oklahoma State Senate. With the Senate tied at 24-24, Democrat Jari Askins can cast the deciding vote in the event of a tie.

Thanksgiving: A feast of traditions



"I go to my parents' house usually the night before Thanksgiving, and spend the night and have Thanksgiving lunch the next day. That night I drive back from Shawnee and spend Thanksgiving night with friends."

—Tim Way
Business Sophomore



"Thanksgiving starts with delivering meals to people and families that for financial or health reasons are in need of some assistance. Then, the afternoon is spent with family enjoying the traditional turkey dinner and always taking a moment to express our thankfulness to all those who have helped us."

—Paul Sechrist
OCCC President

"Every year we go to Missouri, and eat dinner at my aunt and uncle's house. We practice eating the night before and have the real thing on Thanksgiving."

—Maurisa Mahan
TRIO Counselor



"We traditionally have a family fight right before the exchanging of the socks."

—Brent Noel
Theater Professor



"I don't really have any traditions, but this year I am going to Alabama to visit friends and my boyfriend."

—Eryn Walker
Psychology Sophomore



Thanksgiving developed over time

By **Amanda Bittle**
Staff Writer

The roots of modern Thanksgiving run back to 1621, said History Professor Ray McCullar.

The first Thanksgiving feast, McCullar said, was a three-day affair shared by 50 Pilgrims and 90 members of the Wampanoag Native American tribe.

The celebrants ate duck, goose, partridge, fish, plums, clams, oysters, nuts, grapes, cranberries, venison and corn hasty pudding, he said.

Corn hasty pudding was a colonial modification of a traditional British dish, according to www.food-reference.com. It consisted of cornmeal mush, a sweetener such as molasses or maple syrup and milk.

Though no specific mention of turkey was made at the first feast, it is likely that the now-traditional birds were included in the fare as well, McCullar said.

According to www.earlyamerica.com, days of Thanksgiving were common in colonial America. However, fasting and prayer, rather than feasting, marked these occa-

sions. The feast of 1621 was actually a fall harvest celebration.

The holiday gradually developed into a day of both feasting and gratitude.

Various local, state and national officials established Thanksgiving celebrations over time.

In 1941, Congress passed a joint resolution establishing the fourth Thursday in November as Thanksgiving, according to the site.

There also is a darker side to the history of Thanksgiving.

Though the Wampanoag tribe and the Pilgrims feasted together during the precursor to the modern-day celebration, the ensuing history between native tribes and European settlers has been one of domination and oppression.

The fourth Thursday in November is known as Thanksgiving to some and as National Day of Mourning to others, according to www.holidays.net.

The National Day of Mourning was born in 1970 after Massachusetts invited, and then uninvited, Wampanoag leader Frank James to speak at a Thanksgiving event.

James prepared a speech that was highly critical of the "history of oppression of the native people

of America," according to the site.

State leaders objected to the content of James' speech, and refused to allow him to present it.

In response, some Native Americans and their supporters have met every year since on Plymouth Rock to protest social injustice.

Dr. Jerry Bread, adjunct associate professor of Native American studies at the University of Oklahoma, said in an e-mail interview he understands why some Native Americans feel negatively toward Thanksgiving, but sees the holiday in a non-political light.

"Some informed Native people take a more political position with not only Thanksgiving but also other 'pauses' in American society - such as Columbus Day - to mourn or protest ... these 'set' American holidays," he said.

"I understand their feelings and most of their perspectives, but prefer to let my (Christian) values direct me in how I respond to these traditions.

"Thanksgiving to me is a time that my family sets the stage for reinforcement of our spiritual base of life."

Staff Writer Amanda Bittle can be reached at StaffWriter3@occc.edu.

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Shady Brook Farms Dial-A-Chef

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—Source: www.homecooking.about.com/library/archive/blhelp5

Music professor nominated for state award



Photo by Carrie Cronk

Lavonna Whitesell, professor of voice finishes a voice lesson with sophomore vocal music performance major Katie Johnson.

By Scott D'Amico
Staff Writer

When adjunct vocal music professor Lavonna Whitesell was asked to give her official title, a student she had been working with answered the question for her.

"She's a master teacher." Vocal Music Performance Sophomore Katie Johnson said.

That is one of the main reasons Whitesell has been nominated as the 2006 Oklahoma Musician of the Year. The award is given by the National Federation of Music Clubs.

She said she is best known throughout the state for her 10-year connection with Inspiration Point Fine Arts Colony in Eureka Springs, Ark.

"I've taught varying classes there: theory, piano, voice, and choir," she said. "I kind of change from year to year as they switch personnel around to what they need me to do."

Although she's received numerous awards during her 40-year

teaching career Whitesell said this would be the crowning achievement of her career.

"This [would] be the highlight, certainly, of my career to be named statewide musician of the year," she said.

If Whitesell were to win the award she would be the second member of her family to take home the honor.

Her husband Leon Whitesell, also an adjunct professor at OCCC, won the award in 2002.

Along with teaching, she said she, also spends time judging musical competitions.

Whitesell said the winner of the Oklahoma Musician of the Year award will be presented in a program in the spring.

Each state in the National Federation of Music Clubs honors one person as their musician of the year.

The date and location of the convention honoring the winner is yet to be determined.

Scott D'Amico can be reached at onlineeditor@occc.edu

Workshop to help students with career

By John Savage
Staff Writer

Students have put in the hours to complete the degree, now it's time to do something with it. The next Career Power Wednesday will be at noon, Nov. 14, in room 1F6, and it will have some helpful tips to landing a career.

Career Specialist Debra Vaughn will present the workshop that will answer questions about careers and the career world.

Vaughn said sometimes students go to school from kindergarten to college without ever working a job.

This workshop will give students a heads-up on what employers are going to be like and what employers are looking for.

"The 'real world,' as they call it, is different from the school setting and the college setting," Vaughn said. "That's an adjustment [for students] who have never worked full time."

She said making a tran-

sition from college to career is what she will be discussing.

"Employers are different from college professors. You have professors for a 16-week semester: Sometimes you will never see that 'boss' again. Whereas, in the workforce that boss is going to be your boss until you leave or they leave."

She said it's a five-day-40 hours a week relationship.

Vaughn said, finding a job can take time, it could be two to three-and-a-half months before a student is able to find one, she said.

She said there are several tips that will help employers recognize a person is ready for the job.

Have good grades on your transcript; learn to look for jobs; practice networking and first impressions.

She said these are things employers are paying attention to even if you think they are not.

There also are online options that could help the students find jobs. Web sites such as Monster.com, Job Central.com, Jobsok.com, along with a website that OCCC uses called Discover.

Passwords for the students to use for the Discover website will be given during the meeting.

This website will give the student useful information about how much the job pays and how many years

of schooling is required for the job.

For more information contact Vaughn at 405-682-1611, ext 7362.

Staff Writer John Savage can be reached at StaffWriter2@occc.edu.

Students can earn credit hours through Spanish immersion trip

By Bianca Lopez
News Writing Student

Spanish Immersion Weekend will give OCCC Spanish students an opportunity to earn one credit of Spanish before the semester begins.

Students planning to enroll in a Spanish class or have had at least one semester of Spanish, will have a chance to have a total Spanish experience without leaving the country, said Spanish Professor Patricia Jimenez Brooks.

"This opportunity will help students with their lis-

tening and speaking skills," said Spanish Professor Dianna Broyles.

The trip will be Jan. 19 to 21 at Canyon Camp and Retreat Center in Hinton. OCCC students and volunteers who will attend the immersion will leave from the college.

"When we arrive, there is no more English until noon on Sunday," Brooks said.

"Being in an environment that is isolated where you can not hear any English, people become comfortable with the Spanish language."

Brooks said, it is chal-

lenging for the students at first but by the end of the immersion they become more attached to the language.

Students will be busy with a variety of activities like games, drama, singing, storytelling, dancing, films, and nature walks and everything will be in Spanish.

"We are not concerned with errors or total perfection," Brooks said. "We want our students to be able to risk using the language."

The deadline to register for Spanish Immersion Weekend is Nov. 30.

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Sports

UPCOMING

OCCC INTRAMURALS EVENTS

•**Nov. 17 - 18:** OCCC aquatic Center will host the EAT Turkey Meet starts Friday Nov. 17, 5:30 p.m. to 8 p.m. and Saturday and Sunday 8:30 a.m. to 4 p.m. This event will feature swimming and diving for ages under eight to 18. Admission is free. For more information, contact Roxanna Butler at 405-682-1611, ext. 7425.

•**Jan. 8 - Feb. 9:** Adult volleyball league registration dates are available for team sign-ups. League play starts Feb. 19 and runs through Apr. 30. The cost for the team is \$200. For more information, contact Community Education and Health Specialist Eric Watson at 405-682-1611, ext. 7786.

•**Jan. 10 - 17:** Sign up for the intramural league table tennis tournament. The sign-up forms for the intramural games can be found at the Recreation and Community Services counter. All intramural games are free to OCCC students. For more information, contact Community Education and Health Specialist Eric Watson at 405-682-1611, ext. 7786.

•**Jan. 11 - 18:** Sign up for the Intramural league dominos tournament. The sign-up forms for the Intramural games can be found at the Recreation and Community Services counter. All Intramural games are free to OCCC students. For more information, contact Community Education and Health Specialist Eric Watson at 405-682-1611, ext. 7786.

Laps in pool cool way to work out

By Courtney Barrie
News Writing Student

Winter weather should be no hindrance to people who want to maintain a daily exercise routine despite the recent dropping temperatures. They just need to be willing to move indoors.

Stephanie Scott, Aquatics and Safety Training Specialist, said the OCCC Aquatic Center provides a pleasant environment for many forms of water exercise, including lap swimming and water walking.

She said, morning and afternoon hours are the best times to visit if students are looking for a quiet atmosphere.

Scott said that the benefits of lap swimming are endless.

"The main benefit [of swimming] is that it lengthens and strengthens muscles."

Scott suggest beginning lap swimmers start out swimming for 30 minutes at least three times a week.

Students and faculty have access to the lap pool at no cost when they present their college identification card.

Visitors to the OCCC Aquatic Center will pay \$6 per visit, or they can purchase a \$40 punch card, good for up to 20 admissions, within four months of the purchase date.

Melissa Smith, an OCCC pre-med student, does a lap swim workout several times a week.

"I'm trying to lose weight and recover from an [ankle] surgery," Smith said. "With swimming, there's no resistance."

For those who are comfortable in the water, but would like some in-depth instruction before they begin working out, the Aquatic Center offers Stroke Development clinics on Friday evenings from 6 p.m. to 7 p.m. These clinics cost \$10 per week, or \$30 for four classes.

Because they are low-impact ex-

ercises, Scott recommends swimming and water walking for those who have an injury that requires rehabilitation. She stresses that interested parties should always check with their physician before

starting any rehabilitation program. For more information, contact Scott at 405-682-1611, ext. 7662, or by email at SScott@occc.edu. or visit www.occc.edu/rcs.

Swan dive



Photo by Carrie Cronk

Fourteen-year-old Ann Malherbe practices for Dive Oklahoma in OCCC's Aquatic Facility. The team practices from 4 p.m. to 7 p.m. and high school divers practice from 3 p.m. to 4 p.m. Dive Oklahoma is the largest diving team in the state and several of the divers can be seen practicing five days a week on campus.

Lap Swim Hours:

**Monday, Wednesday and Fridays:
6 a.m. to 8:30 p.m.**

**Tuesdays and Thursdays:
6 a.m. to 8:30 p.m.**

Saturdays: 11:30 a.m. - 4 p.m.

Books and bottles don't mix on campus

By Phillip Hemphill
and Scott D'Amico
Staff Writers

Two cases of public intoxication were reported during the span of a week at OCCC.

The first case of public intoxication was reported to Safety and Security on Nov. 2.

The report notes around 8:15 p.m., officers patrolling campus came across a female student near the Recreation and Community Services Center who seemed to be drunk.

The report states that the 47-year-old woman headed for the locker rooms and left about five minutes later with her mother.

After being approached, the woman was searched, along with her locker.

Found in the locker was a 750 milliliter bottle of Heaven Hill brand vodka.

Ike Sloas, Safety and Security director said, in cases such as this one, the normal procedure is to contact Oklahoma City Police.

"When somebody is intoxicated, they become a liability," Sloas said.

"In this case, the female was transported to detox

"He went to class, a complaint came in that [Wesnidge] was possibly intoxicated."

—Scott Stetson
Safety and Security officer

and placed in a state of protective custody."

Oklahoma City Police have the discretion to arrest the individuals or drop them off at a detox center, Sloas said.

Sloas said the bottle of vodka was confiscated and a student conduct violation was filed.

"When a student is publicly intoxicated, we generally file a student violation report," Sloas said.

Sloas said the woman had a previous report filed, but he was not able to discuss it since it dealt with medical information.

The woman also is not allowed back on campus until a letter from the school permits her to return, Sloas said.

If the student returns without permission, Sloas said, the college could file a criminal trespass.

Keith Bourque, Safety and Security coordinator, said there are two types of criminal trespass: verbal, which lasts 30 days, and written, which lasts for six months.

As for the alcohol, Sloas said, they keep the contraband in an evidence locker until a hearing, after which the vodka will be "destroyed."

The second report of public intoxication occurred on Nov. 7 when, according to a Safety and Security report, officers were dispatched to room 3P3 after being notified that a possibly-intoxicated student was vomiting.

The suspect was identified as 19-year-old student Jackie Wesnidge.

The report notes that when the officers arrived to the classroom, Wesnidge had left.

The report states, officers were then notified that Wesnidge had fled to the bathroom.

"While making our way to the restroom, we observed many areas where the suspect had vomited along the way," the report stated.

Wesnidge was later apprehended outside the main entrance of the Main Building.

"He went to class, a com-



Photo by David Miller

Safety and Security Officer Brent Williams is shown talking to OCCC student Jackie Wesnidge, who is in handcuffs. Wesnidge was caught on campus while intoxicated and was later released into the custody of his grandmother.

plaint came in that [Wesnidge] was possibly intoxicated," said Scott Stetson, armed security officer.

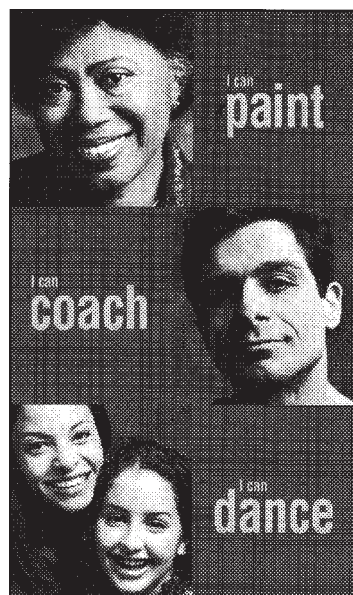
Stetson said when the officers tried to make contact with Wesnidge, he fled the scene before finally being apprehended.

The report states Wesnidge was later released into the custody of his grandmother.

Staff Writer Phillip Hemphill can be reached at

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Staff Writer Scott D'Amico can be reached at online editor@occc.edu.

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Highlights

Date change for graduation ceremony

The date for the 2007 Commencement Program has changed from May 11 to May 18.

Phi Theta Kappa hosts guest speaker

Phi Theta Kappa honor society will have its last satellite seminar with host speaker Arun Gandhi, the grandson of Mohandas Gandhi at 6:30 p.m., Tuesday, Nov. 14, in 3N5. Students, faculty, and the community are welcome to attend. A discussion will follow. For more information, contact the Public Relations Officer Brittney Hodges at 405-760-0374.

Hispanic club bake sale

The Hispanic Organization to Promote Education will have a bake sale at 10 a.m., Tuesday, Nov. 14, in the circle by the stairs in the Main Building. Flan, brownies and other Mexican pastries will be sold. A portion of the proceeds will be donated to the College Democrats for the Armor for Troops project.

Festival of Giving tickets

Black Student Association is selling tickets to the Festival of Giving at Quail Springs Mall and Sooner Fashion Mall at their cancer awareness booth from 10 a.m. to 2 p.m., Nov. 13 and 14, and Nov. 27 and 28 at the college. Tickets cost \$5. Nights for the sales are Nov. 19 for Sooner and Dec. 3 for Quail. For more information, e-mail BSA@po.occc.edu.

Business Professionals of America food drive

The Business Professionals of America is collecting canned food through Nov. 15. Nonperishable items can be donated in either the University of Oklahoma or Oklahoma State University boxes, depending on your preference. Boxes are located at four entrances to the Main Building.

Nursing requirements changed

The requirement that applicants to the Bachelor to Associate Degree Nurse Accelerated Program must have completed all but six hours of prerequisite courses before submitting an application has been eliminated. Students must still have all prerequisites before enrolling in NUR 1519 in June 2007.

Democrats sponsor movie night

The College Democrats are having a movie night showing "Outfoxed" at 5 p.m., Nov. 15, in 3P1. This film looks deeper into Fox News and focuses on taking control of the public's right to know.

Schedules needed for military benefits

Prior active duty military and dependents who plan to receive educational benefits for the spring need to bring their schedule by the VA office (across from Financial Aid) to ensure they get paid on time. For more information, contact the office at 405-682-1611, ext. 7695.

Degree planning with Graduation Services

The staff from Graduation Services will be available from 5 p.m. to 8 p.m., Tuesday, Dec. 5 and Wednesday, Dec. 6, in the Main Building lobby. Students with questions about graduation, declared degree correctness, and correctness of classes for degree are encouraged to come by.

Highlights are due by 5 p.m. Tuesday in the Pioneer.

Who's got the button?



Photo by Carrie Cronk

Health Professions Club President Kari Glidewell assembles buttons for cancer awareness on Nov. 3 in the Student Life Office. Buttons depicted not only the pink ribbons associated with breast cancer awareness but also blue ribbons that represent prostate cancer awareness.

Money raised for Salt trip

By Valerie Jobe
Staff Writer

Buying baked goods from Chi Alpha, a campus Christian club that focuses on spiritual growth, might make you feel all warm and fuzzy inside while contributing to a worthwhile cause.

Throughout the semester Chi Alpha will hold bake sales to raise money so that club members can attend the Reality Salt Conference in May in Pearl, Texas, from Jan. 4 through 7.

According to www.saltcentral.com, the Salt conference focuses on the spiritual hunger that college students have and gives practical preparation for ministry on campus.

"I hope to subsidize half of the cost for everybody so they only have to pay \$50," said Mike Dsane, club community sponsor and campus pastor.

"It is difficult because we

"I hope to subsidize half of the cost for everybody so they only have to pay \$50."

—Mike Dsane
Chi Alpha Sponsor

are not in school at the time of the trip and it is around the holidays, but that is what makes it possible for us to go for four days," Dsane said.

Last year only four people made the trip, and Dsane hopes that the number will increase to 10.

Larita Blandon, club vice president, did not attend last year but plans on going in January.

"I am really excited about the conference," Blandon said. "I am more of an active participant in Chi Alpha this semester. I really love the people and this will be my first conference."

President Miranda Noakes attended the conference last year.

"Last year's conference

was The World Mission Summit, and it focused more on the need for abroad missions," Noakes said. "It did raise my awareness for the need of Christianity in the world."

Also in the works for Chi Alpha is an outreach event that will ask students how much they know about certain religions.

Dsane said this event would most likely start with a surveying booth and lead up to a meeting about the survey findings over the different religions.

For more information, contact Blandon at lblandon@occc.edu or Dsane at Mdsane23@gmail.com.

Staff Writer Valerie Jobe can be reached at StaffWriter1@occc.edu.

Classifieds

Pioneer Classified Advertising is free to all currently enrolled OCCC 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. For more information, call 405-682-1611, ext. 7674, or fax 405-682-7843.

ANIMALS

FREE TO GOOD HOME: 3 yr. old female long-haired black and orange calico cat. She is fixed, very sweet, needs to be by herself, no other pets. I'm moving. Call Priscilla at 412-2521 or 949-5518.

FREE TO GOOD HOME: Male puppy. 8 mos. old, 1/2 Lab, 1/2 Pit, black & white, is a big dog. He needs a backyard & lots of attention. Very playful & sweet, has had shots & is crate trained. He minds well & is housebroken. I live in an apartment, he needs more room. If interested, please call Priscilla at 405-412-2521 or Kenny at 405-243-8122.

AUTOMOBILES

FOR SALE: '06 Dodge Ram 1500 Lonestared. 23k miles, power all, loaded. Asking \$22,000. Call 788-0068. For pics or more info: kati.e.henry@email.occ.edu.

FOR SALE: '04 Chevy Cavalier, 52,000 miles, lots of extras, very clean, excellent condition, warranty included. \$8,500. Call Daniel: 590-2795.

FOR SALE: '99 Jeep Grand Cherokee Limited. Gold color, 4-D, 4-WD, Infinity 10-CD Premium sound system, 120,000 miles, 17-18 MPG city, 20-22 MPG highway, leather interior, moon-roof, tinted windows, garage kept, excellent condition. Not moving, must sell. \$8,200. Call 329-6731.

FOR SALE: '95 Sportage Jeep 4x4. Nice car, manual tran., low miles, fully-tinted windows, very good condition. Asking \$3,100. 405-408-2828.

FOR SALE: '94 Ford Taurus. 155k, sable, clean, great car. Asking \$2100. Please e-mail hayemargo@hotmail.com

FOR SALE: '92 Toyota Camry. 4-dr. sedan, 2.2L V6 standard trans., 182,333 miles, a/c, trailer hitch. Call 405-361-4453.

FOR SALE: '91 Mustang LX Convertible. 4 cyl., Automatic, 68k one-owner miles. First \$2,000 buys. 630-5703.

FOR SALE: '90 Dodge Caravan. Cold AC, runs good, gets 22 mpg. \$1,200 OBO. Contact 527-9468 or traatj@yahoo.com.

FOR SALE: '87 Camaro IROC Z28. 355 small block, 350 hp, 650 holley, 350 turbo transmission, 2500 stall converter, B&M starshifter, 5" tack with shiftlight, ceramic coated headers, HEI distributor and more. In order for car to be ready for the street it could use a few mufflers. This car is really fast but could use some cleaning up. \$4,000 OBO. E-mail me trantor1000tt@yahoo.com.

ELECTRONICS

FOR SALE: Barely-used Dell laptop. Great for students. E-mail hayemargo@hotmail.com for specs.

FOR SALE: Sony Xplod amplifier. 480 watt, 2/1 channel power, XM280GTX, 12" JL Audio. Asking \$200. If interested, please e-mail deniser.williams@sbcglobal.net.

FOR SALE: Microsoft wired router, like new. Wired ethernet base station model. \$25. Call Dustin at 388-3913.

EMPLOYMENT

DRIVERS WANTED: Brickshaw Buggy is looking for those who want to make money while getting a workout. Average pay is \$15/hr. Interested applicants call 405-733-3222.

NOW HIRING: Brickshaw Buggy is looking for individuals who have advertising sales experience. Serious applicants please contact Rocky Chavez at 405-733-3222.

HELP WANTED: Earlywine Park YMCA now hiring experienced water aerobic instructors able to teach classes in the a.m. and/or p.m. and experienced, certified, aerobic and Pilates instructors able to teach evening classes. All applicants need to apply in person and bring copies of their credentials to the Earlywine Park YMCA, 11801 S. May Ave.

NOW HIRING: Olive Garden Northwest Expressway is now hiring servers. If you want to be held to high standards apply at Olive Garden, 1844 NW Expressway.

NOW HIRING: Servers, Bussers, Host Staff, & Bartenders. Apply at Shogun Steak House on N.W. 122nd & May in the Northpark Mall after 5:30 p.m. any day or call 749-0120.

HELP WANTED: Part-time nursing student for busy doctor's office at Mercy. Must be able to work all day Tuesday and Thursday! Please fax résumé to 405-752-4242.

HELP WANTED: Earlywine Park YMCA now accepting applications for Lifeguards and Swim Instructors. Training provided if

hired. Flexible schedules, including am/pm and weekends. Apply in person at Earlywine Park YMCA, 11801 S. May Ave, Oklahoma City.

ACCOUNTING INTERNSHIP: Accounting Internship available in Edmond CPA firm. Please call 340-5974.

ATTENTION PHOTOGRAPHERS! Photographer needed for wedding. Camera will be provided, compensation for time, and use of portraits in your portfolio. Please call Brittany at 405-706-8045 or 405-682-1611, ext. 7647.

FOR RENT

FEMALE ROOMMATE NEEDED to share fully furnished, large 2 bed/2 bath apartment in NW OKC. Rent is \$280+ bills. Please contact Denise at 405-413-1093 or e-mail mwaimutezo@yahoo.com.

ROOMMATE WANTED: Female only. \$350.00 per month, all bills paid. New 1,200 sq. foot, 3 bed, 2 bath home in Moore. Call Erin at 401-4906.

ROOMMATE NEEDED: M or F, \$600/mth., all bills. 3 bedrm.-2 bath-FP-dblcar gar. (fence). #824-5605. No smokers or pets (small dogs acceptable). Need references. Off of 12th St. in Moore, "NICE".

FURNITURE

FOR SALE: Daybed for sale. Black, western-looking. Asking for \$125 OBO. Call 255-8989 and ask for Ashley.

FOR SALE: 4 POD Computer Table. Just like the ones in the Computer Center. Great for gaming! Asking \$200 OBO. E-mail at ataghavi@occ.edu.

MISCELLANEOUS

FOR SALE: His & hers wedding/engagement set. Hers: Round 1/3 carat diamond solitaire set in white gold w/ yellow gold accents and matching white gold band, recently appraised \$750. Selling with men's white gold band, (heavy in weight). Asking \$425 for all. E-mail atctracy@yahoo.com for more info and pictures, or call 694-9243.

FOR SALE: Three-year-old Ludwig Doetsch violin with soft-side case. In excellent condition. Kid graduated. A real buy at \$1500. Contact 306-3290 or 306-1396.

BOAT FOR SALE: '88 Celebrity Champion Line. 19ft Cabin Cuddy, 280 HP 305 Motor, runs great. Call 788-0068. For pics or more info: kati.e.henry@email.occ.edu.

TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Did the crawl
- 5 Tops of cars
- 10 Toy on a string
- 14 Actress Capshaw
- 15 Comic Murphy
- 16 Branding —
- 17 Whirlybird inventor Sikorsky
- 18 Juice from 22-Across
- 19 Lima's place
- 20 Pittsburgh players
- 22 Orchard fruits
- 24 Newt
- 25 "The African Queen" scriptwriter
- 26 Marilyn —
- 29 Customers
- 33 Gather
- 34 Indian garment
- 36 Affirmative vote
- 37 Sedan or coupe
- 38 Old-fashioned brooch
- 39 Science room
- 40 Mandela's org.
- 41 Singer Redding
- 42 Ordinary speech
- 44 Smart aleck
- 47 Frankfurter
- 48 Cat's murmur
- 49 One, no matter

DOWN

- 1 Omit
- 2 Word following "minimum"
- 3 Like — of bricks
- 4 Business deals
- 5 Enumerate
- 6 Norse god
- 7 Chances
- 8 "For shame!"
- 9 Harem
- 10 Shout of glee
- 11 Pitcher
- 12 Days of —: long ago
- 13 Blame
- 21 Sci-fi craft
- 23 Can. province
- 25 Land measures

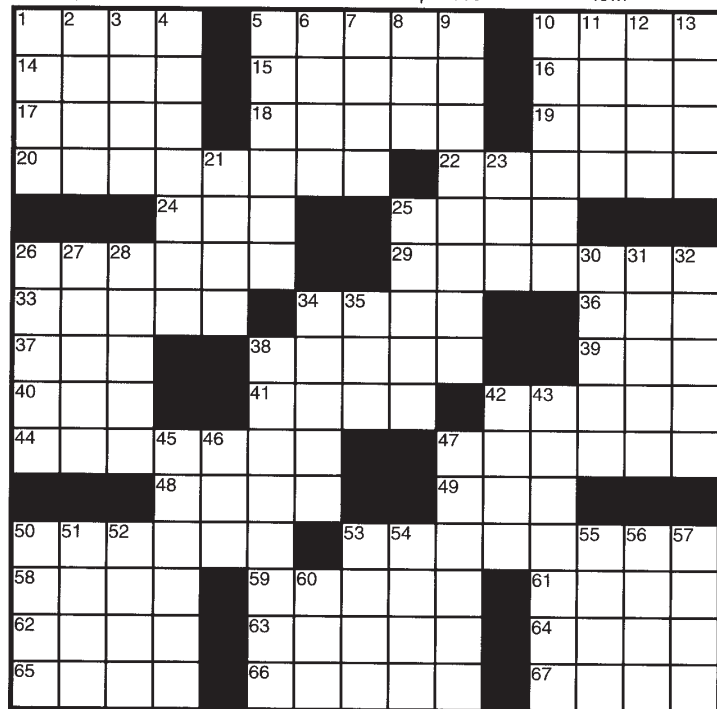
PREVIOUS PUZZLE SOLVED

A	M	A	N	D	A	B	O	G	B	I	T	E
C	U	R	I	O	S	A	B	A	E	D	A	M
E	D	I	B	L	E	R	E	S	T	I	R	E
						B	E	A	U	T	P	A
						N	O	S	S	A	L	T
						O	G	E	E	D	I	N
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W	I	L	D	C	A	T	Z	E	E	A	L	E
E	L	L	A	V	E	O	W	E	C	O	P	
D	E	S	L	I	D	D	E	P	L	O	R	E
						P	I	T	P	I	E	R
M	A	G	I	C	F	R	A	H	O	N	E	S
Y	E	L	L	O	W	J	A	C	K	E	T	
T	R	I	O	H	O	T	U	N	A	B	L	E
H	I	N	T	E	R	E	S	C	R	E	E	N
S	E	T	S	E	D	S	H	E	D	G	E	D

8-14-98

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- 26 Parrot
- 27 Muscat citizen
- 28 Some cops
- 30 Drip-dry fabric
- 31 Fluff, as hair
- 32 Cavalry sword
- 34 Mythical creature
- 35 French friend
- 38 Traversing
- 42 Cone producer
- 43 "the Fox"
- 45 Noteworthy periods
- 46 Six-shooter
- 47 Worked in a restaurant
- 50 Hearty's partner
- 51 Always
- 52 Raise
- 53 Strawberry kid
- 54 Ploy
- 55 Helen of —
- 56 Flu symptom
- 57 House sites
- 60 Neither fish — fowl



FOR SALE: Western paperbacks. \$1 each. Take your pick. 630-5703

REWARD OFFERED: I lost two rings Monday, 10/02/06, in the wellness area restroom. They were left on the counter. One means a lot, was a gift from a grandfather who has passed. It's silver double-hearted with crystals. Not worth a lot in dollar value but personally means the world. If found, no questions asked just a big thank you and huge reward \$\$\$. If found, please call Katrina at 405-326-7816 or 405-872-0616.

FOR SALE: Women's size-7 white gold diamond engagement ring. Princess cut w/diamond accents, asking \$400. Size 11/12 red prom dress with black sheer

material over it so it appears deep red, beading all over \$75. Size 10 seashell pink wedding dress with lace and beading \$100. Call Kristina 250-8919 or e-mail for pictures at kbezdek@po.occ.edu.

It's easy to advertise in the Pioneer

Fax your ads to 405-682-7843 or e-mail ads to adman@occ.edu. For more info, call 405-682-1611, ext. 7674.

Counselors prepared to help students struggling with stress

*"Stress,"
Cont. from page 1*

That stress, whether it's recognized or not, doesn't just have an effect on a person's mental state, either.

Kim said it also could affect the body.

"Physiologically speaking, when the body is stressed and the stress is prolonged, it attacks [the] immune system so the ability of our immune system is decreased," he said.

Kim said one of a student's least-used sources for stress relief is the school's counselors.

"That's actually a resource that most students don't acknowledge and don't know is available," Kim said.

"The counselors go beyond just academic advising."

Student Development Counselor George Maxwell said OCCC counselors can offer advice for students under stress.

"If a student is experiencing stress they can come in to talk to us," Maxwell said.

He said academic advisers can't offer long-term help for students experiencing problems with

stress. However, Maxwell said, the academic advisers can point students in the right direction to contact people who can provide long-term help with stress management.

The counselors can be reached by calling 405-682-1611, and asking for Career and Advising Services. Or, students can visit the office located on the first floor of the Main Building, near Admissions.

Sometimes a student's stress level isn't attributed to school alone.

Outside factors also can play a role.

"You have to look at it holistically," said Career Specialist Debra Vaughn.

"You have to look at not only the academic part of their life," she said. "You [also] look at the work part of their life, their family obligations. Maybe they're involved in lots of extracurricular activities."

"You just have to do that assessment to see how much they have on their plate."

Twenty-two-year-old nursing sophomore Bency Achenkunji said she finds combining work and school to be stressful.

"I work nights so it's hard to study," she said.

"Stress is just a natural part of life. The only time you don't have stress is when you're dead."

—Yuthika Kim
Psychology Professor

Vaughn said one key to managing stress is to place everything into perspective, to make decisions that can decrease stress level.

"It may be that you need to eliminate some of those things and, in some of those cases, it might be school," Vaughn said.

"Maybe it would be best to back off and do three-quarters enrollment or half-time enrollment."

Vaughn said that could be a solution for students worried about their GPAs or students who are trying to enter one of OCCC's competitive admissions programs.

"For example," she said, "our nursing programs ...[are] competitive entry," she said. "[In] those types [of] programs, it's not how quickly you do your classes, it's how well."

"Sometimes it's better to back away academically."

Kim said an important factor in dealing with stress is to look at it optimistically instead of pessimistically.

"Students who are

stressed out and pessimistic are more likely to withdraw from school," Kim said. "Where students who are stressed out and optimistic, they're more likely to see it as a challenge."

"It's how ... you view that situation. Is it something that you can overcome? That it's a challenge I can beat if I can tap into resources and manage."

Along with the counseling office, Kim also recommends that students find a place where they can relax

and let go of some of their worries.

"When I was in college I always had liked a coffee bar or the library or just some place to get away," he said.

Kim said doing something as simple as listening to a favorite song can help alleviate stress.

"It may not even be a particular place but it can be turning up the iPod and listening to a favorite song just to de-stress," he said. "It's a state of being."

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HOLLYWOOD SPOTLIGHT 14 IN NORMAN
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*Supplies are limited. Complimentary passes are available in the Pioneer office located in 2M6 of the Main Building on a first-come, first-serve basis. One admit-two ticket per person with a valid OCCC ID.



OPENS NATIONWIDE NOV. 22