

- Emmys have no real focus, editorial, p. 2.
- OCCC celebrates anniversary, p. 6 & 7.
- Club soccer suffers loss, sports, p. 8.
- BSA mentoring kids, clubs, p. 10.

Managing stress vital to success

Seeking help is the first step

By **Stephen Sossamon**
Staff Writer

Managing stress is key to success in college and in life, said Learning Support specialist Mary Turner.

Turner said stress occurs when a person encounters problems or events that are unexpected and outside the pattern of everyday life.

"Students usually get stressed around the third or fourth week of the semester," she said. "It comes with their first tests and everything hitting them all at once."

Turner said she deals with a lot of stress-related subjects with students.

She said finances are one of the biggest worries a student may face.

"Financial worries such as car and rent can have a heavy toll," she said. "Family and relationships also have an impact."

Even things some wouldn't expect to be stressful can be stressful, she said.

"Even happy things can bring stress."

Turner said there are signs that point to stress.

Stress symptoms include exhaustion, loss of and increased appetite, headaches, crying, sleeplessness and oversleeping, according to Study Guides and Strategies' online website www.studygs.net. Other symptoms are feelings of alarm, frustration or apathy.

Turner said seeking escape through drugs or alcohol is a mistake some make.

"Drugs and alcohol are only temporary releases," she said. "Once that high is over, you are right back where you started."

Turner said she doesn't know of any way to completely prevent stress but said working things out naturally is best for controlling stress.

Turner said she encourages students to go to the Wellness Center to exercise if they are feeling stressed.

She also said it's all about problem solving and taking control of the situation.

"You can work the stress out or just clear your head," she said. "You can also just walk around the campus."

Turner said the atmosphere around students can sometimes influence how they feel.

"A calm surrounding helps," she said.

A good diet and sleep will make a student less prone to stress as well, Turner said.

"Sleep is very important. Everyone needs rest."

See "Stress," page 9

Donating life



Photo by **Kenny Hilburn**

Student Paul Cagle donates blood during the Oklahoma Blood Institute's latest blood drive. OBI collected more than 60 units of blood. OCCC's next drive is Nov. 19, said OBI mobile Supervisor Vanessa Palmer.

Former OCCC president dies

By **Matt Montgomery**
Editor

Retired OCCC President Bob Gaines died Sunday Sept. 21 in Dallas. He was 78.

Gaines was president of OCCC from 1991 to 1995. Before that, he served as executive vice president and vice president for instruction.

During his time as president, Gaines made an impact on virtually everyone he was associated with, his colleagues said.

Executive Administrative Assistant to the President and Gaines' former assistant Janice Phillips said he was well respected.

"He was a great role model for the students of the college — especially those who were in need of assistance," Phillips said.

"It was not uncommon for Dr. Gaines to want to help an underprivileged student with money from his own pocket."



Bob Gaines

Although Gaines did not complete high school, he earned his doctorate degree.

"Dr. Gaines led by example," Phillips said. "He was a kind man who boosted college morale when it was down."

"He valued education and was very committed to seeing his students succeed."

Vice President of Enrollment and Student Services Marion Paden said Gaines transcended his birthright and challenging upbringing to become a highly successful, well respected and trusted educational leader.

"He knew, from his own experience, that education provided the greatest opportunity for personal growth and personal enrichment," Paden said.

His other associates knew of him as an innovator for the college.

Executive Director of Institutional See "Gaines," page 5

Editorial and Opinion

Editorial

Emmy night lacks enthusiasm

On a night when television's entire purpose is to celebrate itself and its shining stars, one would think they would try to make the program as flawless as possible, but after watching the 2008 Emmys, one can't be too sure.

The broadcast was packed with technical difficulties and countless moments that just fell flat.

But that's not to say that the winners weren't deserving.

Any award show that recognizes "Mad Men" as the best television drama must be doing something right. It was everything that led up to each award that was atrocious.

The broadcast began with the show's five reality show star-hosts bantering endlessly in an incredibly boring and unfunny fashion. Having people who represent the worst in television host something that supposedly celebrates its best just doesn't make sense. It would be like if Uwe Boll hosted the Oscars.

But the real low point was when crooner Josh Groban sang a medley of famous TV theme songs, and butchered nearly all of them. The world never needed to hear the theme song from "Baywatch" ever again, let alone be reminded it had words, and the addition of dancing show girls during "M.A.S.H.'s" theme "Suicide Is Painless" just seemed tasteless.

But the Emmys are not the only award show to have had problems like this. Glaring flaws constantly bring down nearly every major one.

And it's all made worse by the fact that results appear online almost immediately, giving audiences almost no reason to watch.

Award show producers need to think long and hard about the way they do things and make some serious changes. The point of award shows is to showcase and celebrate excellence, yet producers seem intent on doing so with complete mediocrity.

If award shows continue this downhill slide, we'll all just be turning to Google the next morning in lieu of watching the broadcast.

—Cameron Buchholtz
Staff Writer

Comments? Opinions?
Let us know!
E-mail Matt at
editor@occc.edu

Earn degree, work abroad

To the editor:

South Korea, Hong Kong and Australia. That's where I went last year and I received the opportunity simply by earning my bachelor's degree.

Next year I might go to South Korea, the Great Wall of China and probably Vietnam.

Even a passive observer will notice that job outlooks and economic indicators are more than depressing.

Many students don't see any benefit in completing their degree programs.

However, students shouldn't forget that a biology degree doesn't limit them to biological research, nor does a political science degree limit them to politics.

A current OCCC employee used to tell me something like, "there is more that you can do with a law degree besides practice law."

I wish I had listened more carefully.

Many Asian countries are looking for English teach-

ers and the only requirement is often a bachelor's degree in any subject. Other countries only desire a bachelor's degree and an easily obtainable TESOL certificate.

Countries such as South Korea, China and many others offer new graduates an extremely low cost of living, paid housing, a good salary and a truly foreign experience.

Teaching English abroad allows graduates to save money, vacation and have an experience that most Americans will never have back at home.

It gives graduates the opportunity to travel and experience other cultures. Meanwhile, young students are earning good money, learning other languages, and seeing the magnificent and majestic world that was once thought beyond their grasps.

So, to access more information about teaching abroad, perform a Google search for "teach English in Asia" or visit www.davesesl

cafe.com.

Don't forget that the foggy and uncertain American economy will turn around and don't forget, as my friend advised, "there's more you can do with a law degree than practice law."

Earn your bachelor's degree and look abroad.

—Cole Bridges
OCCC graduate

Oklahoma City Community College
PIONEER

Vol. 37 No. 7

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The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. However, the PIONEER will withhold the name if the request is made in writing. The PIONEER has the right to edit all letters and submissions for length, libel and obscenity.

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.



OKLAHOMA CITY COMMUNITY COLLEGE

off the mark.com by Mark Parisi



UNETHICAL GYMNASTICS COACH

Comments and Reviews

'Lakeview' flops, hard

Samuel L. Jackson is an outstanding performer, but even he could not save the movie "Lakeview Terrace" from mediocrity.

Jackson plays Abel Turner, widowed father of two and veteran Los Angeles police officer.

Although a wildfire is burning close to his home, Turner is more focused on the arrival of his new neighbors Chris and Lisa Mattson, a young interracial couple.

The Mattsons, played by Patrick Wilson and Kerry Washington, seem to have as many problems stemming from their mixed marriage as does Turner.

While the story idea could have been interesting, it was overshadowed by overdone racial innuendo.

At a house-warming party for the pair, six of the couples were in a racially diverse relationship. The one white friend of theirs that was not in a mixed marriage remarked that he was trying to find a black woman to date.

That line reminded me of "Blazing Saddles" when the black sheriff says "where all the white women at?" It was solicitous, and while in a comedy it poked fun at racism, in this movie it was condescending and thoughtless.

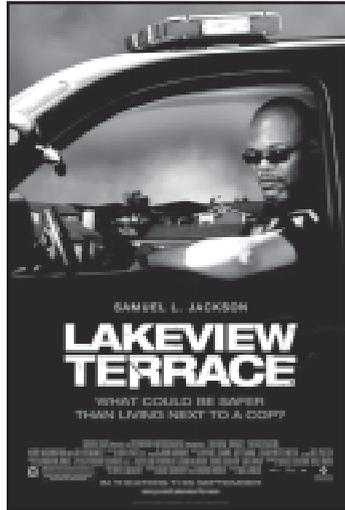
There was no talk of being married to the person one fell in love with, only talk of interracial problems in relationships.

Another plot discrepancy is the way Jackson's character evolves.

The beginning portrait of a public servant and single dad who has a problem with interracial couples ends with this man becoming a raving madman bent on murder.

While the small irritations Turner creates to encourage the Mattsons to move out of Lakeview Terrace are a nuisance, his open disdain for them is unsettling.

Also unsettling is the tense relationship between Chris and Lisa. It is almost as if they don't think they



should be together either. It is contradictory to the story.

The repeated allusion to race and bigotry makes this movie uncomfortable to watch.

By the time justification for Turner's hatred is revealed, there is no longer room for compassion. His acts have surpassed the reasons behind them. He is a bad guy and "Lakeview Terrace" is a bad movie.

Rating: D

—Cynthia Praefke
Staff Writer

Old Crow Medicine Show's third release heavy on folk

Old Crow Medicine Show hit the nail on the head with their third and much anticipated album "Tennessee Pusher," released Tuesday, Sept. 23.

An old-mountain string band introducing classic country music to a 21st century audience, OCMS has emerged among the nation's top folk, country and blue-grass artists.

This band of countrymen consists of fiddler Ketch Secor, guitarist Kevin Hayes, upright bassist Morgan Jahnig, guitarist Willie Watson, and banjoist Critter Fuqua. The group has definitely got the back-porch vibe going on.

OCMS captures the

sound of classic folk music as played by the greats Woody Guthrie, the Ramblin' Jack Elliot and Bob Dylan. Listening to the album actually makes you feel as though you are on the south plains, the Carolina hills or the Gulf Coast.

Unlike a lot of today's music, the songs on "Tennessee Pusher" have great imagery, great emotion in the instruments and conviction in the lyrics.

The album threw me for a loop with songs that discussed dealing drugs and corrupt cops. One was titled "Methamphetamine," and another "The Greatest Hustler of All."

However, the album's

eleventh song "Tennessee Pusher" was my favorite. Well arranged and catchy, the song reels you in from the beginning.

Masked behind twang and country, slide guitar, fiddle and banjo are some well-written songs.

OCMS is climbing the ladder to folklore success. For those who aren't familiar with folk music or a slide guitar should take a listen to the Old Crow Medicine Show and their new album "Tennessee Pusher." It will pull you out to the countryside even if you don't know what it's like.

Rating: B+

—Daniel Martin
Staff Writer

Counselor's Corner

Passion driven education

Have you ever noticed how oblivious people can be to time and environment when they are doing something they really enjoy? Even if the task involves hard work or complex skills, people seem to complete it without much effort if they really like what they are doing.

Working toward a degree is no different. Those of you who are fortunate enough to know what you want to do for the next several decades have an edge over those who do not. You have found your passion and in turn, that passion helps drive you toward success.

Nobody has to nag you to get out of bed and come to school. Nobody has to remind you that a project is due next Wednesday. Nobody has to stand on the sidelines trying to motivate you to be excited about learning. You just do all those things because your heart is in it.

For those of you who haven't found your passion, that subject or career that pulls you out of your chair and compels you to engage in your education, all is not lost. Most of us never realize all the possibilities that await us in the future. We see a few occupations up close as we're growing up and going about the daily task of living. We may be exposed to a few more each night as we surf television land looking for something captivating to help us kill a few hours.

However, most professions are neatly tucked away out of the realm of our consciousness. We can't even imagine what they are, much less envision ourselves participating in them.

Some of you may have decided on something, but only because you were told "it's a good thing to major in," or "you'd be a natural at this." Perhaps each of those statements is true but a decision this important really necessitates that you examine yourself and your options and find the one that really thrills you. Hopefully, you wouldn't meet someone in the frozen food aisle one day and just ask that person to marry you on a whim. Unfortunately, you may have chosen your life's work based on something just as flimsy.

I encourage you to spend some time examining career options and finding something that you can fall in love with. Find your passion. Commit to it. Become engaged in your learning and relish the feeling of reading because it excites you, of going to class breathless for new information. Your time with us will be brief. Let it be worthwhile. Find your passion and success will then find you.

—Mary Turner
Learning Support Specialist

Election Coverage '08

OCCC plans Rock the Vote week to educate

By **Daniel Martin**
Staff Writer

Who is going to be the next president of the U.S.? This question seems to be making national headlines on a daily basis, but do students care or do they even know the facts?

OCCC is taking steps to help inform students on the presidential candidates and the issues at hand.

Student Life will host Rock the Vote week Oct. 6 to 10 in order to help promote and entice young people to vote.

Since its inception in 1992, Rock the Vote has run innovative and successful voter registration efforts, according to the Rock the Vote website.

Their mission is to engage and build political power of young people in order to achieve progressive change in our country, according to the website.

Rock the Vote uses music, popular culture and new technologies to influence young people to register to vote.

"We tell it like it is," the website said, "and we pride ourselves on being a trusted source for information on politics."

OCCC, in conjunction with Rock the Vote, will set up registration tables around campus to give students voter information and registration opportunities.

Sophomore Kristi McAllister said registering to vote is a quick process.

"I filled out a voter registration card last semester and it took me two minutes," she said. "Then they mailed it in for me, it was so easy."

Service Learning and Student Life Programs Coordinator Katie Treadwell said she hopes every student will register and vote.

"A lot of students today think one vote doesn't matter," Treadwell said. "OCCC has 13,000 students and one vote starts to add up pretty quickly."

Oct. 10 is the deadline for voter registration in order to be eligible to vote in the Nov. 4 presidential election.

Treadwell said Rock the Vote week will have registration tables, lectures and nonpartisan information on campaign issues.

"We want to let the students know how important it is to vote, voter history and Rock the Vote's national objective," she said.

Although Oct. 10 is the last day to register, Oct. 8 is the last day to register on campus, Treadwell said.

"Since we are mailing all the voter cards in to the state department, we need them filled out by Wednesday in order to be processed in time," she said.

Treadwell encouraged all students to take part in the upcoming election.

"Voting and taking action are a big part of being a responsible adult," Treadwell said. "This decision will directly affect all of our lives.

"How could you not want to get involved?"

For more information, visit Rock the Vote online at www.rockthevote.com.

Staff Writer **Daniel Martin** can be reached at StaffWriter2@occc.edu.

Media critic to speak Oct. 9

By **Dillon Hart**
Staff Writer

Media critic Jennifer Pozner will speak on media literacy in her presentation "Race, Gender, and Media in the 2008 Elections" at 2 p.m. Thursday, Oct. 9.

The lecture, which will take place in the College Union, is part of OCCC's Rock the Vote week sponsored by Student Life.

Pozner said it is important for people to educate themselves on the political methods used by the media.

"I really believe that media literacy is our strongest tool against propaganda and manipulation in today's media-saturated

culture," she said.

"We don't teach media literacy nearly enough in this country, neither to kids nor adults.

"I think it's incredibly important to be critical media consumers, to see behind the headlines, behind the rhetoric, behind the media biases, and to think in more critical ways, not just about race and gender, but about culture and public policy."

Pozner said her lecture will be presented in multi-media format.

The presentation is interspersed with video clips and still images of the last two years of coverage of Hillary Clinton, Barack Obama, Michelle Obama

and most recently, Sarah Palin.

Pozner is a freelance journalist and the founder and executive director of Women In Media & News, an organization that works to increase women's power in media and politics.

She is also a former staff writer for "Extra!" magazine and the organizer of the national Feminist Coalition on Public Broadcasting.

Pozner said she plans to address the current election process from the primaries until now, regarding how the media has used race and gender in their coverage.

"We're looking at how issues of racial stereotypes and double standards have

What they say...

The VP candidates on social issues

Sarah Palin



Joe Biden



VS

- **Same-sex marriage** — believes marriage is only between a man and a woman; supports constitutional amendment to ban same-sex marriages

- **Abortion** — strongly anti-abortion; supported bills to outlaw late-term abortions and to require parental consent; member of Feminists for Life

- **Stem cell research** — strongly opposes all embryonic stem cell research

- **Sex education** — opposes sex education in schools; supports abstinence only education

- **Gun control** — avowed supporter of the right to bear arms; member of the National Rifle Association

- **Same-sex marriage** — opposes same-sex marriage but supports civil unions; supports equal benefits for same-sex and married couples

- **Abortion** — supports Roe v. Wade, but opposes public funding for abortion; voted yes for federal ban on partial-birth abortions

- **Stem cell research** — supports expanding embryonic stem cell research

- **Sex education** — supports comprehensive and age appropriate sex education

- **Gun control** — introduced bills to ban assault weapons and to require gun show sales to run background checks

*Sources: ontheissues.org, factcheck.org

often problematized news reporting," she said.

"[We'll be looking at] what the impact is for voters when tons of stereotypes are allowed to permeate and distract from what we really need, which is reporting about policy and legislation, candidates' stances, their political records, and their actual policy positions."

OCCC is one of several colleges Pozner has visited or plans to visit on her tour.

She said college students are important to reach.

"Young people and college students are among the most intellectually engaged people in the country," Pozner said.

"I think that in the college setting we can really dig in to some of the issues in ways that we just don't have much space for outside of college."

Staff Writer **Dillon Hart** can be reached at StaffWriter2@occc.edu.

Job Fair brings employers to campus

By **Mara Nelson**
News Writing Student

More than 100 employers will be looking to hire full-time and part-time workers at the OCCC Job Fair from 10 a.m. to 6 p.m. Wednesday, Oct. 1, in the College Union.

"This is the largest job fair in south Oklahoma City," said Debra Vaughn, Career and Employment Services director.

About 70 general employers will attend the fair, looking for workers, Vaughn said.

These companies include Mathis Brothers, Federal Aviation Administration, AT&T, Oklahoma City Public School and Hyatt Hotels.

Thirty-five of the employers will be from hospitals and clinics across the state.

They include Midwest Regional Medical Center, Deaconess Hospital, Saint Anthony Hospital, Mercy Hospital, Norman Regional Hospital and others.

"This is a great opportunity for all our health students," Vaughn said.

Jeromy Simmons, physical therapy assistant major,

said he would be attending the job fair.

"It gets you a good start in the health field," he said.

"It'll be good information for future jobs, and learning more about your profession."

The job fair also will give upcoming graduates a

chance to start searching for jobs, Simmons said.

"It helps our students learn how to be successful," Vaughn said.

Heather Clinkenbeard, administrative leadership major, said she would be attending the Job Fair to gather more information on

the current job market.

"I want to come to find out what jobs are out there," Clinkenbeard said, "and to see what opportunities are available."

The fair is free and open to all students, alumni and the general public.

Vaughn encouraged anyone attending the Job Fair to dress professionally, as if it were a formal interview.

"If you became a candidate, this would be the first meeting with your future employer," she said.

It is also important to bring multiple copies of resumes because there will be many employers, and students may want to talk to several, Vaughn said.

General employers will be set up to talk to candidates from 10 a.m. to 2 p.m.

Health professionals will be available to talk to prospective employees from noon to 6 p.m.

For more information call Judi McGee at 682-1611, ext. 7369.

Employers attending Oct. 1 Job Fair

Convergys
Schwan's Home Service, Inc
Frito-Lay
US Air Force
Fox 25 & CW 34
Warren Cat
Office Max
Farmers Insurance
Citi Group
Oklahoma Tax Commission
Tupperware
IBC Bank
City National Bank
OKC Police Dept
Homeland
Outback Steakhouse
Chick-Fil-A
Sunbelt Staffing
OK National Guard
Metro Library System
Fed EX Express
AT&T

Sprint
Dillard's
Braum's
Hobby Lobby
Tan & Tone America
US Army
Mathis Brothers
Best Buy
Isagenix International
UPS
O'Reilly Auto Parts
Eyemasters
Cox Communications
City of OKC-Gov
MidFirst Bank
VA Medical Center
Norman Regional Hospital
Sooner Hospice, LLC
Deaconess Hospital
Hillcrest Medical Center
OU College of Pharmacy
EMSA

*For complete list of employers, visit www.occc.edu/pioneer

Employment Services Job Fair



OKLAHOMA CITY
COMMUNITY COLLEGE

Wednesday, October 1, 2008
College Union Dining Area

General Employment
10am-2pm

Health Professions
12noon-6pm

For information call
405-682-7519 or email
employmentservices@occc.edu



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Tues & Thurs 5:30-8:00pm



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www.pregnancynet.org

Bobby Gaines dead at 78

"Gaines,"
Cont. from page 1

Advancement Pat Berryhill said Gaines initiated the Weekend College concept for OCCC and was always thinking of ways to help others.

"He was always assisting students in ways to make a difference in their lives," Berryhill said.

She said he was not only an integral part of OCCC but of the community.

"Dr. Gaines was involved with the South Oklahoma City Chamber of Commerce and was on the initial Oversight Committee for the beginnings of the MAPS projects," she said.

His funeral service was Sept. 23 in Grapevine, Texas.

Editor Matt Montgomery can be reached at editor@occc.edu.

Anniversary Week celebrates 36 years



For the final day of Anniversary Week, a balloon arch, four large chocolate and vanilla cakes, and various decorations were placed at the front of the Student Union. Last week marked OCCC's 36th anniversary of its opening. The college held various events around campus in celebration.



Happy Birthday

Hog Wild Entertainment owner Chris Katcher hands Phuoc Le, engineering major, a wax replica of his own hand. As part of the week-long celebration, OCCC hired Hog Wild Entertainment to make wax molds on Wednesday Sept. 24. Katcher said the most common hand mold is the peace sign.



Campus activities, birthday party held



Elizabeth Doran, psychology major, eyes a piece of vanilla birthday cake. Thursday was the final day of OCCC's Anniversary Week celebration. In honor of the school's 36th anniversary, four big birthday cakes were provided for students and faculty to indulge in.

This week OCCC celebrated its 36th birthday with a four-day celebration, and special events including everything from giant birthday cakes to wax hand molds.

The celebration kicked off Monday with free snow cones being handed out to students in the union.

The Student Union was also host to a volunteer fair on Tuesday, where more than 10 non-profit organizations worked to enlist student volunteers.

"We have 10 OCCC students currently enrolled to help us," said Debbie Bell, a coordinator for the regional food bank.

On Wednesday, Hog Wild Entertainment created wax hand molds in front of the student union. Students were able to shape their hand how they please and dip it into hot wax eight times. After the wax cooled off, they were allowed to pick the colors their molds would be.

"The peace sign is the most often molded," said Chris Katcher, owner of Hog Wild Entertainment.

Thursday was the final day for the festivities, and was highlighted by four giant birthday cakes, a balloon arch, and a big balloon in the shape of the number 36.

So after 36 years, it seems like OCCC is still going strong and should continue to do so far into the future.

So happy birthday, OCCC.

Text and photos by Kenny Hilburn



One of the four giant cakes that were provided for students on Thursday, Sept. 25, the official anniversary day for OCCC.



Music major Cathleena Vanloan talks to Alleve Hospice Representative Barbara Strickland about volunteer work. Alleve takes care of terminally ill senior citizens, and they sent Strickland to OCCC to search for volunteers to provide entertainment, food and other needs to its patients.

Sports

UPCOMING

OCCC INTRAMURALS EVENTS

• **Oct. 3:** 5-on-5 co-ed intramural basketball is scheduled to tip off. For more information about signing up, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **Oct. 4:** OCCC club soccer plays Tulsa University at 1 p.m. in Norman.

• **Oct. 5:** OCCC club soccer plays the University of Oklahoma-Black team at 10 a.m. in Norman.

• **Oct. 8:** Meeting for co-ed intramural dodgeball will be held at 12:30 p.m. inside the Wellness Center gymnasium. For more information about signing up, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

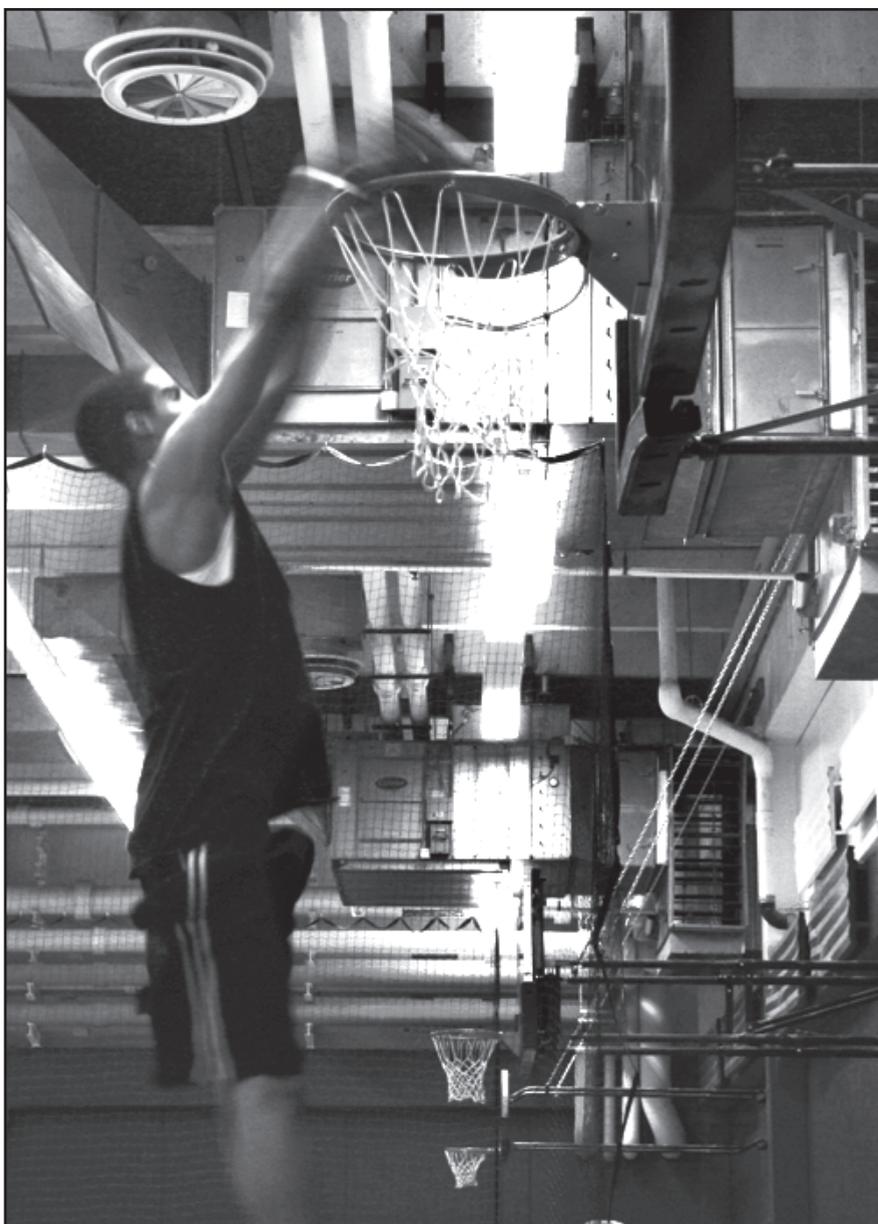
• **Oct. 9:** OCCC Chance club basketball team tips off its inaugural season against Mid America Bible College at 6 p.m. in the Wellness Center gym. For more information about signing up, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

• **Oct. 13:** OCCC Chance club basketball team plays Southern Nazarene University at 7 p.m. in Bethany.

• **Oct. 20:** OCCC Chance club basketball team plays Southwestern Christian University at 7 p.m. in Bethany.

• **Oct 24-26:** The OCCC Aquatic Center will host the Chesapeake Halloween Invitational swim meet. For more information on Aquatic Center events, call Aquatic and Safety Training Specialist James Hensley at 682-1611, ext. 7662.

• **Nov. 2:** OCCC club soccer plays the University of Oklahoma-Colsa at 11 a.m. in Edmond.



The air up there

Business major Chris Taylor shows his ups during an afternoon at the Wellness Center gymnasium.

The Wellness Center is free to all students with a valid student ID.

Pick-up games are commonly played in the gymnasium, everyone is welcome to play.

The Wellness Center is open 6 a.m. to 8:30 p.m. on Mondays, Wednesdays and Fridays; 6 a.m. to 7 p.m. on Tuesdays and Thursdays; and 9 a.m. to 4 p.m. on Saturdays.

The Wellness Center also provides a weight and cardio room which includes mechanical and free weights, treadmills and bicycles.

Intramural basketball starts Oct. 3 and club basketball starts Oct. 9.

For more information about signing up call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

Photo by Kenny Hilburn

Soccer team improves, loses

By Jeff Downing
News Writing Student

The third soccer game of the season showed how much better the OCCC soccer team plays together.

Despite a 7-0 loss to the University of Central Oklahoma in Edmond on Sept. 21, the soccer team showed many improvements.

The increased communication, the combined team efforts and the camaraderie have developed dramatically since the first match.

Francisco Martinez joined the team as goalie, which made a noticeable impact to the team's performance.

At the start of the game, there was only a total of 10 players on the field.

Eight minutes into the game, UCO scored the first goal by hav-

ing several players rush the net. At halftime UCO led 5-0.

OCCC's coach, K.B. Yeboah, had a couple of things to say.

"I want you guys to keep running," Yeboah said during halftime.

"I think the more you guys run, the better it will help you with the next games."

Another OCCC player arrived during halftime, so they had a full team for the second half.

Having a dedicated goalie and a full roster made an improvement compared to the first half.

Physical presence all over the field prevented UCO from capitalizing on an under-manned team and they could only score two goals in the second half.

OCCC still could not get anything going on offense.

The fancy foot and head work of

Yemy Bolly during the second half was impressive, but it did not have positive results against the more aggressive home team.

"If they start communicating more and more, then they will be able to pass it around and prevent the other team from being too offensive," Yeboah said after the game.

OCCC's team has acquired a complete roster with solid and skilled players, but they still need more to help battle fatigue, Yeboah said.

Anyone interested in joining the soccer can do so at open practice sessions held at 6 p.m. on Tuesdays and Thursday on the south field of the campus.

With an 0-3 record for the season, OCCC the University of Tulsa at 1 p.m. Oct. 4 in Norman.

Theater department hopes to raise social awareness

By **John-Printes Davis**
News Writing Student

The play "In the Blood" by Pulitzer Prize winner Suzan-Lori Parks, is a modern riff on "The Scarlet Letter," the Puritan novel about a woman who bears a child out of wedlock and must wear a red letter "A" on her dress as punishment. "In the Blood" will be performed at 7:30 p.m., Oct. 2, 3 and 4 in the College Theater.

The drama department will host a food drive as part of the season's first production. Director and theater professor Brent Noel said hunger is a big part of the theme of the play.

"We decided it would be a natural tie-in to use this opportunity to help raise awareness of hunger in the area," he said.

In the play, a homeless and illiterate mother named Hester lives with her five children on the inner city streets, struggling to make ends meet. Hester's five children are played by adult actors who, in turn, portray an adult in Hester's life that holds her back in her quest to become successful.

"Each adult represents an institution of society

designed to help her," Noel said. "A doctor, a social worker and a minister are responsible for fathering her children and then blame her for being a burden on society."

"Because we don't do theater in a vacuum, it is a social experience," Noel said, "and the theater is one of the last places people can come to see the truth, both in its beauty and ugliness."

Student Vivian Le plays Hester. Hester's children are played by students: Jeremy Kimbro as Jabber, Tyresa Lowery as Beauty, Philip Aken as Trouble, Roddrick Wright as Baby, and Vaneza Cabellos as Bully. All performers have double roles, except Le.

Kimbro also plays Jabber's father Chile.

"I think the play is going to raise some eyebrows," Kimbro said. "It's going to be exciting, thrilling ... a good experience."

Lowery agrees. "I think the play is a very deep play and it sends a message that a lot of people need to hear."

On Thursday, Oct 2, admission is free for OCCC students, faculty and staff. On Friday and Saturday, admission is \$5 for students with a valid ID, and general admission is \$10.



Photo by Matt Bishop

Hester's children cast disapproving looks at their mother who is seated on the floor. Left to right: Philip Aken, Roderick Wright, Tyresa Lowry, Vaneza Cabellos and Jeremy Kimbro play the parts of Vivian Le's (seated) children in the play, "In the Blood."

Each person who brings a non-perishable food item for donation to the Regional Food Bank of Oklahoma

will get \$5 off for Friday and Saturday night performances.

"Theater should be more

than entertainment," Noel said. "It should reach out to the community and raise awareness of social issues."

Stress help is available to students

"Stress,"
Cont. from page 1

Turner said students who encounter problems seem-

ingly too large to handle should visit Student Support Services on the first floor of the Main Building.

Students also can visit

www.occ.edu/support, where there are some helpful tips to managing stress and keeping healthy.

Some students said they just try to stay away from the stress of every day life.

"I don't focus on the stressful things," said engineering major Don Hawkins. "I just focus on other things."

John Adedayo, engineering major, said he tries to plan things ahead of time.

"I like to be active so I don't worry," Adedayo said. "I try to just chill out."

Students who want to talk to a counselor can call Student Support Services at 405-682-7520.

For a list of outside agencies that can assist students in coping with stress-related issues, visit the Pioneer Online at www.occ.edu/pioneer and click on Help with Stress.

Staff Writer Stephen Sossamon can be reached at onlineeditor@occ.edu.

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Highlights

Gene Stoltzfus to speak for Advocates of Peace

Gene Stoltzfus, who started the Christian peacemaker teams during the Vietnam War, will be speaking at 1:30 p.m. Tuesday, Sept. 30, in 2F3 of Arts and Humanities. Stoltzfus has been all around the world and will lecture on his experiences with hostile environments and Christian peacemaker teams. This lecture is open to all students and faculty. For more information, contact Stephen Morrow at 405-682-1611, ext. 7350.

Popcorn sale fundraiser for club

The Native American Students Association will be hosting a popcorn sale to raise funds for the club. The fundraiser will be from 11:30 a.m. to 5 p.m. on Tuesday, Oct. 7, in the lobby area of the Main Building. For more information, call publicity officer Paul Varela at 405-313-2076.

Free Speed Learning Classes

Students wanting to learn better study skills, note taking and how to read faster can attend free Speed Learning Classes from noon to 4 p.m. on Thursday, Oct. 2, from 9 a.m. to 1 p.m. on Saturday, Oct. 4 or from noon to 4 p.m. Wednesday, Oct. 8. Classes will take place in the Library room 407 A&B. To register, call Corporate Learning at 405-682-7562.

Brown Bag lecture series

The next Brown Bag lecture on budgeting will be from 12 to 1 p.m. on Tuesday, Oct. 7 in College Union room 1 of the Main Building. For more information, contact Student Life at 405-682-77523.

First Lecture Series of the semester

A speech on "Race, Gender and Media in the 2008 Elections," with media critic Jennifer Pozner, will be from 2 to 4 p.m. on Thursday, Oct. 9, in College Union room 1. For more information, contact Student Life at 405-682-7523.

College Poets and Writers meeting

The College Poets and Writers will meet from 1 to 1:50 p.m. on Wednesdays, in room 1C3 of Arts and Humanities. For more information, contact Chris Verschage at 405-682-1611, ext. 7140.

Native American club meetings

The Native American Student Association will hold its club meetings from 12:30 to 1:30 p.m. every Tuesday in room 2N7 of the Main Building. NASA is an excellent place for Native Americans to meet other Native Americans and create life long friendships. For more information, contact NASA publicity officer Paul Varela at 405-313-2076.

Black Student Association meetings

The Black Student association will meet from 1 to 2 p.m. every Friday in room 1X5 of Arts and Humanities. The goal of the club is to help the black community to succeed in college. The club is open to and welcomes all comers. For more information, contact club president William Booker at 405-248-1886.

Highlights are due by 5 p.m. each Tuesday for publication in the next issue of the Pioneer. Students can submit any club event, or other function, into the Highlights section.

Getting feedback



Photo by Kenny Hilburn

Journalism major Lauren Purdy presents a piece of writing to the College Poets and Writers club for feedback as club sponsor and English Composition professor Chris Verschage listens. The club meets from 1 to 1:50 p.m. every Wednesday in room 1C3 of Arts and Humanities.

Black Student Association to mentor young students

By Michael Hendricks
News Writing Student

Six members of the college's Black Student Association have signed up to mentor at-risk students at Western Oaks elementary and middle schools in the Putnam City school district.

These schools are located on N.W. 23 and Rockwell in west Oklahoma City.

The goal of this service project is to prevent students who may be prone to turn to gangs, drugs and violence from doing so, said William Booker, BSA president.

BSA member Sharee Demby, 22, has met with the student she is mentoring.

The student is a 10-year-old girl who is in the fourth grade.

Demby will meet with the student once a week until the end of the school year.

"It was easy to get to know the student," said Demby. "We shared bits and pieces

about each other."

Each week Demby will spend an hour with her student.

In this hour, they read and Demby helps the student with her homework.

The mentoring sessions take place at the Western Oaks schools.

There may be times where the mentors go on field trips with their student, Demby said.

The mentors are paired by gender. The women are matched with younger girls and the men are paired with younger boys.

"We are in dire need of more African American males to mentor young African American boys," Demby said.

BSA students also want to show these youngsters that college is an option for them, Booker said.

"It is best when students are helping other students," he said.

BSA was inspired to do this project because they

wanted to show children that people who look like them can succeed, Booker said.

Michele Goar, admissions adviser and sponsor of BSA, said the club has always been interested in reaching out to the community but never knew how.

When Western Oaks contacted BSA about this project, it sparked an interest in them to take part in mentoring, Goar said.

All of the members and sponsors showed their support for this project.

BSA hopes to get more college students involved to maybe one day expand the mentoring to other students in Oklahoma City in the future.

Any student interested in being a mentor can e-mail Booker at BSA@email.occ.edu or come to the BSA general meetings, from 1 to 2 p.m. every Friday in room 1X5 of the Main Building.

BSA welcomes all comers.

Classifieds

Pioneer Classified Advertising is free to all 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 adman@occc.edu

AUTOMOBILES

FOR SALE: '04 white Ford Mustang, Mach 40th edition. Tinted windows. 86K miles. \$6,500 OBO. Call: 405-863-5720.

FOR SALE: '00 Chevrolet Camaro. ABS, A/C, bucket seats, CD, rear defrost, tinted glass. Very good condition. Black. V6, 25MPG, XM ready. \$6,000 negotiable. Call Steve 405-417-7999, e-mail: tray_5_7@hotmail.com.

FOR SALE: 1997 Honda Accord, V6, Black, 4 door. \$4,000, OBO. Contact: 918-361-8277.

FOR SALE: 1996 Chevy Blazer 4x4. Great condition. Looks and runs excellent. 2 door, pw/pl. Asking \$3,000 OBO. Call Lana at 405-436-0400.

NINJA FOR SALE: 2007 Kawasaki Ninja, 650R, red, 5,000 miles, Leo Vince exhaust, Targa solo cap, frame sliders, fender eliminator, LED signals, stainless bars and pro-grip grips. \$5,800. Call Jacob at 405-205-2753.

ELECTRONICS

DIGITAL CAMERA FOR SALE: Sony CD Mavica MVC-CD400 4.0MP. Has official Sony mini bag, larger camcorder-style bag, power supply/battery charger, USB cable, spare battery, one mini CD-RW and several mini CD-Rs. Can write both CD-R and CD-RW media. \$250. Call Drew at 405-745-3266 e-mail: drew.stone@gmail.com

FOR SALE: Opened Box Archos GMini 4GB MP3, WMA player and picture-viewer. \$75. New Compaq laptop 15.4" IntelPent. DualCore 80Gb-HD 1Gb-RAM. \$470. New Logitech VX Revolution Cordless Mouse. \$40. Call Kevin at: 501-442-8260 or e-mail me at: littleox06_vn@yahoo.com.

TV FOR SALE: 2004, 13-inch Sanyo with remote. Working condition. Caption capable. \$20 cash and carry. Call: 405-682-1611, ext.7225.

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Big Sky Bread Company is looking for an energetic, reliable person to help customers, slice bread and bag granola. Apply in person at 6606 N. Western Ave.

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ROOMMATE NEEDED:

Share house on North May Ave. Month to month basis. \$500 includes internet, cable, electric, gas, washer and dryer use. \$100 security deposit required. Laila dabbakeh@hotmail.com.

FEMALE ROOMMATE: Rent \$250 per month and 1/2 bills. One pet allowed. \$125 deposit. Call: 918-409-7122.

MISCELLANEOUS



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OPEN AUDITIONS: Auditions for the OCCC production of Moss Hart and George S. Kaufmans' "You Can't Take it With You" will be held in the OCCC theater on: Thursday, Sept. 25, 6 p.m. to 8 p.m., Friday, Sept. 26, from 4 p.m. to 6 p.m. and Saturday, Sept. 27, 10 a.m. to noon.

REAL ESTATE

7405 S. Drexel Ave.

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TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Mist
- 6 Breakfast order
- 10 Play group
- 14 Marry in haste
- 15 Stringed instrument
- 16 Lab-culture medium
- 17 Pries
- 18 Corsica's neighbor
- 19 Tree trunk
- 20 — and only
- 21 Hairstylist's tool
- 24 Quicksilver
- 26 Apartment-dweller, usually
- 27 Bidly
- 28 Alberta natives
- 30 Fourth dimension
- 33 Small amounts
- 35 Mink or sable
- 38 Foul-up
- 40 Over there
- 41 Choice group
- 43 Singer Starr
- 44 Wanderers
- 47 Sandwich cookie
- 48 Smelled bad
- 49 Coal scuttle
- 51 Even though
- 54 Ennui
- 58 Fall sky sight
- 61 Greek letter
- 62 Buffalo's lake

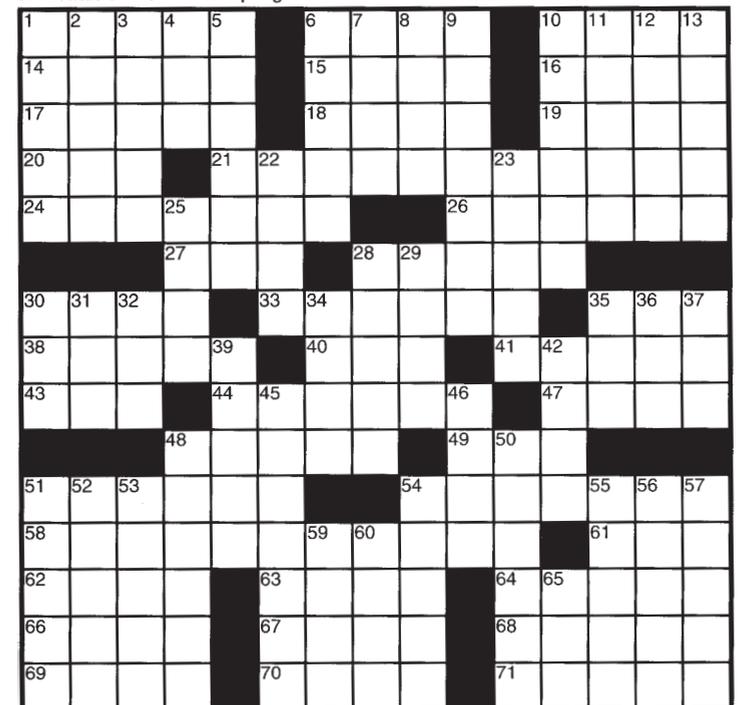
DOWN

- 1 Rattlesnake's weapon
- 2 Without help
- 3 Tough question
- 4 Unlock, poetically
- 5 Save
- 6 Each and —
- 7 Fish part
- 8 Mongolian desert
- 9 Tilted
- 10 Liner
- 11 Greek market
- 12 Beauty —
- 13 English river
- 22 Coffee servers
- 23 Silly ones
- 25 Escoffier, for one
- 28 Pond sound
- 29 Split
- 30 Expression of disapproval
- 31 "— jiffy!"
- 32 Spring month

PREVIOUS PUZZLE SOLVED

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Muslim students miss Ramadan celebration

By **Austin Strolle**
News Writing Student

Muslim students in the U.S. find themselves missing home during this time of year. The last weekend in September marked the end of a month of fasting and prayer for Muslims around the world, and ushered in a three-day celebration called "Eid-El-Fitar."

OCCC student Mohamed Harroudi, a political science major from Morocco, explained the ending of

Ramadan.

"On the night of Sept. 26, we pray all night until the early morning around dawn."

It is during this time that Muslims recite large portions of the Quran and spend much time in prayer. The end of Ramadan is a major holiday in many Islamic countries, but it goes unnoticed by most Americans.

Harroudi said he misses the big celebration in his home country.

"I remember going to the mosque back home for prayers with my family and friends," Harroudi said. "Everyone in the town would go to the mosque and we would have a big celebration for the end of Ramadan."

During the entire month of Ramadan, which began Sept. 1, Muslims were required to stop five times a day for prayer and reading from the Quran.

"This is somewhat difficult in America," Harroudi

said. "Back home, everything is centered around our religion."

"When it is time for prayers, you have to close your business until you have finished your prayers, then you can go back to work."

"But here in America, everything does not center around religion, but around business, so it is hard to follow Ramadan, and Islam itself, as closely here."

Throughout Ramadan, Muslims are to abstain from eating or drinking

from sunrise to sunset every day.

"The reason is to understand how people who are starving feel, to know what they are going through," Harroudi said.

"Refraining from food and drink is not the only practice during this holy period. It is also about staying away from fleshly desires and sins. It is an entire change to get closer to God."

For more information on Ramadan and other religious holidays, go to www.holidays.net.

Hit and run, false alarm reported

By **Stephen Sossamon**
Staff Writer

A hit-and-run accident and false alarm had the attention of Safety and Security this week.

On Sept. 16, security officer William Busby made a report on a hit-and-run accident that possibly occurred Monday, Sept. 15, at the college, according to an incident report.

Busby met with Kaitlyn Vandaver who said she arrived on campus Monday, Sept. 15, around 12:30 p.m. and left around 7 p.m.

Vandaver said the next day she noticed damage to the rear driver's side of her car.

Major Keith Bourque reviewed video footage from the assumed time of the accident and saw a large two-door white car pull into the space next to Vandaver, according to the incident report.

Bourque said he saw a man get out of the vehicle, look at Vandaver's car where the damage was reported to be, leave the parking space and head toward the college, according to the incident report.

In another incident Sept. 19 at 4:46 p.m., security officer Jacob Roby responded to a fire alarm in the Main Building, near entry 1, according to the report.

Roby said he noticed two juveniles standing next to the alarm, playing with

light switches, according to the report.

Roby found the mother of the juveniles and asked her to keep her children with

her at all times, according to the report.

Staff Writer Stephen Sossamon can be reached at onlineeditor@occc.edu.

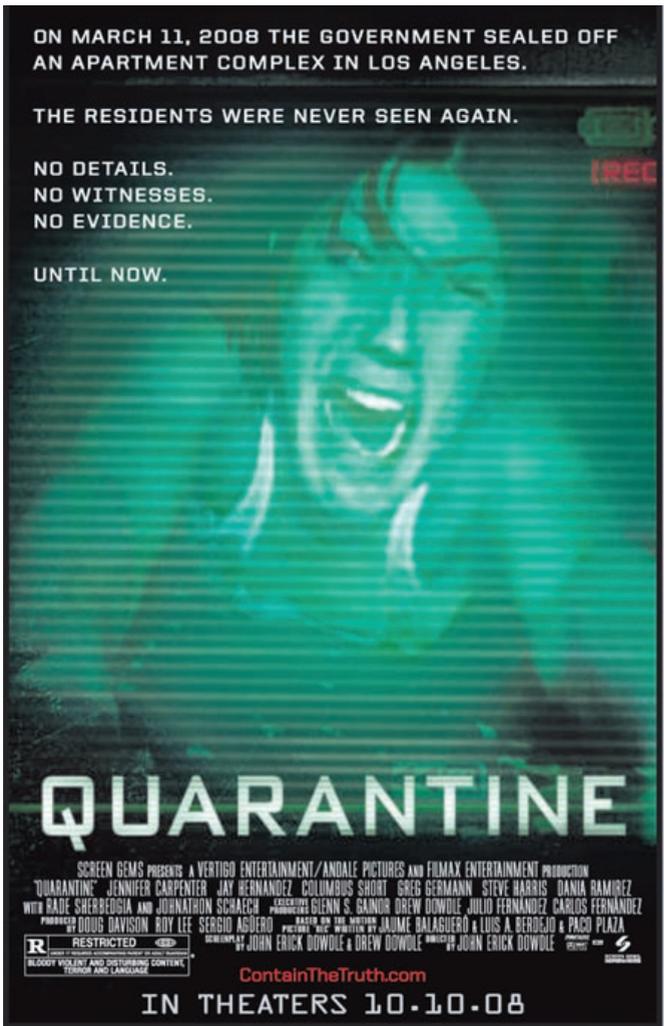
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Thursday, Oct. 9, 7:30 p.m., AMC Quail Springs 24
Supplies are limited. Complimentary passes are available in the Pioneer office 2M6 MB on a first-come, first-serve basis. One admit-two pass per person with a valid OCCC ID and proof of age. No purchase necessary.

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Presents 2008-2009

In The Blood
by Suzan-Lori Parks

Due to harsh language and adult content, this is suggested for mature audiences only.

October 2, 3, 4

Talk Back Session following performance.

\$5 discount on admission Friday and Saturday when you bring non-perishable food item.

To be donated to the Regional Food Bank of Oklahoma

All performances are 7:30 PM in the OCCC theatre
7777 South May Ave.

Tickets are \$5 for Students with valid ID
\$10 for General Admission and are available at the door.
Thursday's performances are free to OCCC Students, Faculty and Staff.