

- College bubble bursts, editorial, p. 2.
- Alcohol awareness gets attention, p. 5.
- Playboy magazine calls, p. 6 & 7.
- Biotech lab open for business, p. 8.

PIONEER

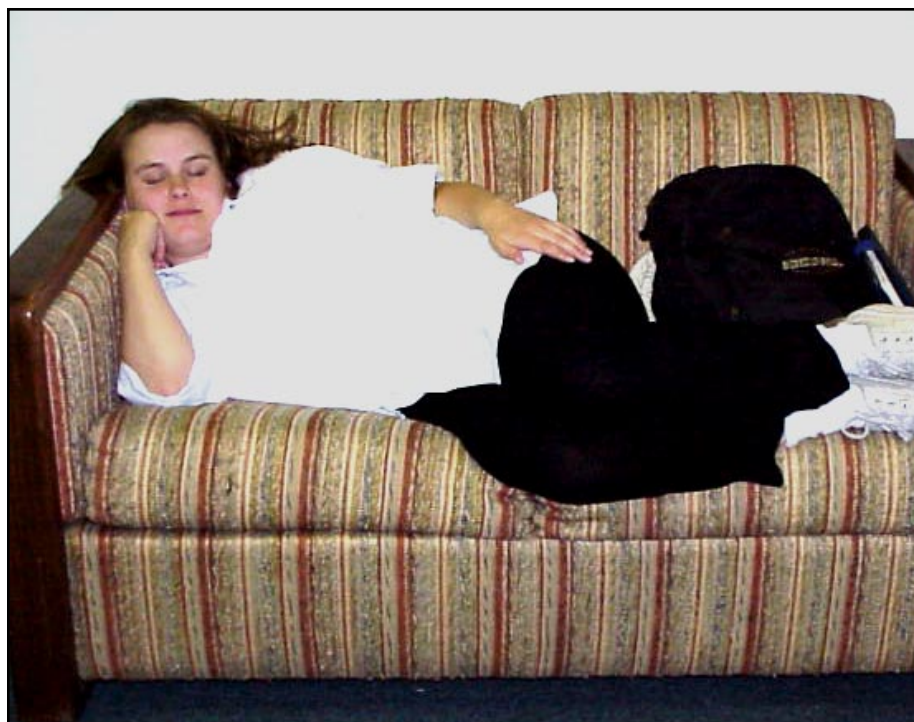


Photo by Becky Gerred

Dream a little dream...OKCCC Student Heather Brouska finds a peaceful place to meditate between classes. The sociology major made this pit stop in the Arts and Humanities building. Sleeping areas, also known as study areas, are available throughout the college.

Employees take part in mentor program

By Becky Gerred
Staff Writer

Pat Berryhill often receives sweet notes from a special friend she met through HOSTS (Help Our Students to Succeed), a mentoring program in Oklahoma City Schools.

Berryhill, OKCCC Executive Director of Institutional Advancement, meets once a week with an 8-year-old boy who tested low in his reading skills.

"We write each other notes," Berryhill said. "It's just a little social interaction skill we work with."

"He'll write a note saying 'thank you Mrs. Berryhill. It was fun with you today.' Just little things like that helps them interact."

HOSTS is a national organization that is a part of the Oklahoma City Schools foundation, Partners in Education.

It is a low budget program dedicated to bringing the community



Photo by Becky Gerred
Pat Berryhill

back to the schools, getting people into the schools to see what is really going on and helping young people, Berryhill said.

At the same time, she said, the program gives children the opportunity of learning to read and interact with a mentor.

See "HOSTS," page 12

Attending classes can alleviate stress

Relax with OKCCC's stress management courses

By Misty Cornelius
Newswriting I Student

Stress has become an inevitable part of daily life for many college students.

OKCCC offers a couple of different opportunities for students dealing with stress.

The first of these is a class entitled Stress Management, which is taught by professors in the psychology department.

This class is offered each semester. During the class, a personal profile of stress is developed and techniques for preventing tension, relaxing the mind and body, and improving self-esteem is explored.

Professor of psychology Thomas Jones teaches one of the stress management courses.

He said there are two things the class can offer students.

First, he said, it gives students an opportunity to increase chances of success in college.

Second, students can learn life-long skills to help manage stress throughout their life span.

The second opportunity OKCCC offers for students dealing with stress, is certified counselors.

These counselors are available in student development for both short term counseling and referrals.

OKCCC counselors said there are many signs of stress that are easy to detect and may enable a person to catch and prevent any long-term stress that could occur.

The symptoms of stress are headaches, insomnia, poor energy level, stomach cramps, irritability, poor concentration, and inability to relax.

Once the signs of stress have been identified, it is important that a person is aware of the ways to

"How we interpret life's events is much more important than the events themselves."

—Thomas Jones
OKCCC Psychology Professor

manage their stress.

OKCCC sophomore Amanda Tarlton said she manages her stress by exercising regularly and eating healthy.

Joyce Walton, OKCCC freshman, said when she is stressed out, she takes time out and plays with her two children for a few minutes.

Jones said stress is an ongoing part of life and learning how to correctly deal with it is the key to its success or failure.

"How we interpret life's events is much more important than the events themselves," he said.

Jones suggests the following for improving time management and increasing stress resistance.

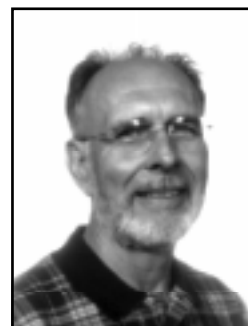
•Stay healthy: During stressful times, it is more important than ever to get enough sleep, eat well, avoid too much caffeine and alcohol, and exercise regularly.

•Exercise regularly: Regular exercise is the best stress management technique and essential for good health.

•Review your priorities and lifestyle: Pretend you are 99 years old and looking back on your life. What really mattered? What were the important things? Compare these priorities to the way your time is now spent.

•Develop the ability to schedule

See "Stress," page 12



Thomas Jones

Editorial and Opinion

Editorial

No shame in being part of 2-year college

College is most typically not what most people expected it to be or dreamed it might be. And, in my case, college was really not what I expected.

Why? Because I never expected to be at a community college.

I was in honors classes beginning in elementary school all the way through high school. I have a high I.Q. score.

These and many other things always made me want to attend an out-of-state university because I knew it would be possible that I might be accepted to the University of Missouri at Columbia to study journalism or the University of Oklahoma if I chose to remain in the state.

So, not only did I never expect to be attending a community college, I definitely never expected to actually like it. But I do like it, very much so, in fact.

You see, I always had the notion that people who went to community college were "dumb" or people who didn't get accepted to four-year universities.

I always thought of the classes and teachers at community college as not being on my level. My idea was that community college was a kind of a "baby college."

I no longer feel that way.

Since the fall semester has started, I have begun to notice OKCCC parking stickers on almost every car on the highway. I realized then that I'm not the only one who goes here.

I have also realized the classes at OKCCC are every bit as challenging as university classes. It's the teachers who make them so.

And as I began writing for the Pioneer about some of the programs here, I came to realize that OKCCC has a great curriculum.

Even students here are not what I expected. Serious people of all ages, who actually want to learn, attend this college.

What a concept! Especially for someone coming here straight from high school.

All my fears about community college have been proved wrong beyond a shadow of a doubt.

I even realize now that my biggest problem with OKCCC — the parking — is unfounded. The parking is so much better than any other major university than I've ever been to.

So, when you see an OKCCC parking sticker on the back window of a car, know this much — I'm proud to have mine.

You should be too.

—Danielle Keel
Staff Writer

Reader wonders, is there proper attire for trips to the mailbox?

To the Editor:

The article titled "Comfortable jeans in, bikini tops out for State Fair fashion plates," (Sept. 27) was the most frivolous piece of literature I have ever laid eyes on.

Stephanie Kuhnert quoted Alicia Branch on several fashion tips including an advisement not to wear "classic-rock group T-

shirts" and "jeans that are two sizes too small."

Since when is the State Fair a fashion show?

I proudly sported a Led Zeppelin T-shirt and my "comfiest" jeans that just happen to be a few sizes too small.

I do not go to the fair to criticize people's clothing; like most other people, I go to the fair to have fun.

I can see it now — next week's paper will contain fashion do's and don'ts on what to wear to Wal-mart, and tips for proper attire for retrieving mail from your mailbox.

In the meantime, try spending your time on something of importance.

—Katy Tucker
OKCCC Student

Take opportunity to help a child through mentoring

To the Editor:

Gov. Frank Keating and Mayor Kirk Humphrys have officially reserved the week of Oct. 24-30 as "Mentor a Child Week."

Big Brothers Big Sisters of Greater Oklahoma City will start the week with "Make a Difference Day" on Saturday, Oct. 23 from 11 a.m. to 4 p.m. at Lion's Fun Park. This event is free and open to the public. However, interested citizens must call Big Brothers Big Sisters at 405-943-8075 to sign up.

The purpose of the event is to provide a person with the opportunity to decide if they want to mentor a child. The community is in need of positive adults to volunteer to spend time with a child. "Mentor a Child Week" is wonderful way for adults to get involved in a child's life and make a difference.

For more information contact Big Brothers Big Sisters of Greater Oklahoma City at 405-943-8075.

—Deanna Boston

RUBES®

By Leigh Rubin



PIONEER

Vol. 28 No. 9

Darcey Ralls.....Editor
Becky Gerred.....Staff Writer
Michaela Marx.....Staff Writer
Ryan Johnson.....Staff Writer
Danielle Keel.....Ad. Manager
Ronna Austin.....Lab Director
Sue Hinton.....Faculty Adviser

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

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

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

Letters to the editor can be delivered in person to the PIONEER office, mailed to: Editor Darcey Ralls, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to 682-7568.

Letters may also be e-mailed to editor@okc.cc.ok.us. A phone number for verification must be included.

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



Have an opinion? Write a letter to the editor and drop it by 2M6 of the main bldg.

Comments and Reviews

Art exhibition one of 'wildest' ever seen in Oklahoma

J. Don Cook's nudes make use of props such as Saran Wrap and animal life

"This exhibition is the wildest Oklahoma has seen in a while," said Cheryl Ballard, one of the many who attended the opening reception of J. Don Cook's art exhibition titled "Brown Bag Special" and "Retrospective."

Multi-talented Cook is a painter, sculptor and all-around creative force.

He is probably best known as a world-class Oklahoman photojournalist.

His recognitions include winning Oklahoma Photographer of the Year a record seven years and earning three Pulitzer prize nominations.

The work that drew the most attention at the opening reception was the innovative photo series, "Brown Bag Special."

More than 20 ordinary people, non-models, had agreed to take their clothes off and be photographed wearing nothing but a brown paper bag covering their faces.

These full-length nude studies show all varieties of physics — short, tall, old, young, fat and skinny, male and female.

Cook used props such as sunflowers, Saran Wrap, iguanas and other life animals in "Brown Bag Special." The black-and-white prints are sepia-toned to an ivory glow with vegetable dyes.

"Retrospective" is a col-

lection of photos and sculptures done throughout Cook's career.

Cook also shows his Pulitzer-prize nominated photo series "Ethiopian Famine," which consists of photographs capturing the lives, pain and death of people in the war-shaken East African country.

Candle holders, furniture and other medium-sized indoor works belong to Cook's younger pieces. His sculptures are constructed of earth materials, such as river stones, metal, silk and wood. Universal

symbols and Runic images have been etched through the stones with water-jet technology and give the sculptures an earthy, ethnic, but at the same time modern look.

The art shown at the exhibition is innovative and unique.

The sculptures are definitely worth the trip downtown and so are the nominated Ethiopia pictures.

If you are only interested in the naked people, not all of the photographs are as spectacular as you might think.

Some ideas are great, such as the iguana prop — a picture taken outdoors — and some people dancing. However, Cook wasn't able to capture the special "something," that makes a photograph art in every shot.

Overall, the show is interesting and a must-see for everyone who loves art.

The exhibition will run till Oct. 30 from Tuesday through Friday.

The Gallery is open from 11 a.m. until 4 p.m. and the last Saturday of the month from 1 to 4 p.m.

It's located in the Individual Artists of Oklahoma Gallery, downtown on One North Hudson.

—**Michaela Marx**
Staff Writer

Movie plays to the heart of viewers

"Playing by Heart" is a newly-released video that includes such cast members as Sean Connery, Gillian Anderson, Gena Rowlands and Ryan Phillippe. This movie revolves around 11 people and their relationships.

Connery and Rowlands are a long married couple. After having discovered he has a fatal brain tumor, they begin rediscovering their love for each other.

Madeleine Stowe and Dennis Quaid portray a couple stuck in a loveless marriage. Stowe enters into an affair with Anthony Edwards. Their story is about the love they once felt for each other but have lost.

Anderson and Jon Stewart are busy business people who have found themselves through work and forgotten about love. Anderson has been burned through past relationships and is afraid to love again.

These are just some of the relationships that filter in and out of this movie. It

is wonderfully acted with a very talented cast.

The plot is not the normal romantic comedy-drama plot. It makes you think about your own relationships and you learn about the characters in the movie through their own experiences.

This is one movie that is not just a movie, it is an experience.

It touches you and you can learn about yourself through it.

—**Danielle Keel**
Staff Writer

Original Title: "Dancing About Architecture," which was a reference to the unattributed quote, "Writing about music is like dancing about architecture," with music replaced with love.

It turns out (as reported by Entertainment Weekly) that Miramax had to drop this title when the MPAA ruled it was too similar to the movie "Dancing at Lughnasa," a movie that otherwise bears little resemblance to it.

When the roll is called up yonder

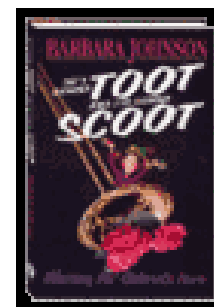
Barbara Johnson writes about being homesick for her "real" home — heaven — in her book "He's Gonna Toot and I'm Gonna Scoot."

If you were not watching for Gabriel to blow his horn before you read this book then you definitely will be looking and listening afterwards.

Johnson does an outstanding job presenting heaven as a home to long for.

Throughout the book she inserts cloud busters which are sure to lighten your day.

Sam Butcher, the creator of Precious Moments, contributed the



artwork found throughout the book.

The joybells in heaven can almost be heard as she speaks of all the disruptive noises we hear from day to day here on earth.

Not a day goes by that we don't hear the clocks, the pagers, the telephones and the honking horns in city traffic but, she writes, the bells we will hear in

heaven will be the sweet gentle sounds of joybells.

Johnson's life has not been easy.

She has buried two sons and has grieved as only a mother would in these circumstances yet, she tells the reader, she knows she will see her boys when she reaches heaven.

"He's Gonna Toot, I'm Gonna Scoot" is full of light moments, laughter and excitement as we all wait for Gabriel's horn.

I give it 10 joybells for a sweet and easy, uplifting read.

—**Becky Gerred**
Staff Writer

HELP! The PIONEER has received some really good letters to the editor lately but we CAN'T print them unless you include a name and phone number. We CAN withhold the name if you wish and you will remain anonymous. If you have submitted a letter and haven't seen it in print, come by our office at 2M6 in the main building. We want to print your thoughts!

Alcohol awareness comes packaged in vegetable form

By Cristin Tucker
Newswriting I Student

Between 2 and 3 percent of the current American college population will die from an alcohol-related cause, according to The Alcoholism and Drug Abuse Council of Nebraska.

Colleges are making it easier for students to get the facts on binge drinking, drunk driving, and alcohol-related deaths through National Collegiate Alcohol Awareness Week, Oct. 18 through 22.

A study conducted by Radford University shows alcohol is the most widely used drug on American college and university campuses.



Mike Jones

Alcohol causes 30 percent of college failure. Frequently, the overuse of this drug causes alcohol poisoning and the results can be deadly.

OKCCC Student Life prepared for the awareness week and reminded students of the increasing abuse of alcohol by hanging a series of posters across campus.

The first poster in the series consisted of a picture of a green bean.

The following week new posters showing six cans of green beans read, "How many green beans does it take to have a good time?"

The final poster addresses alcoholism from a different perspective. It asked, "If someone you knew had a can of green beans everyday, would you talk to them about it?"

OKCCC student Andrew Brown liked the idea.

"It's a subtle but good way to get the point across," he said.

Student Life coordinator, Mike Jones said he thinks the green bean advertisement was effective.

"The green beans were something interesting to catch people's eye and it seemed to have worked," said Jones.



Four OKCCC journalism students recently took a trip to Indianapolis for the National Convention of the Society of Professional Journalists. They were accompanied by Professor Sue Hinton.

The group, left to right, are: Newswriting I student Susan Craig, Newswriting I student John Huggins, Pioneer staff writer Michaela Marx, Professor Sue Hinton and Pioneer photographer Ryan Johnson.

The group attended several journalism seminars, returning home with a newfound knowledge of their chosen careers.

Photo by Susan Craig

Student journalists gain experience on Indiana trip

By Emily David
Newswriting I Student

Four OKCCC journalism students recently traveled to Indianapolis with the intent of learning how to be better at their trade.

The Indiana city hosted this year's Society of Professional Journalists National Convention.

The students, along with OKCCC Journalism Professor Sue Hinton, traveled 12 hours each way to attend the three-day convention.

Hinton said students don't often get to attend national conventions because of the high cost and the distance.

However, she said, the trip was made possible through a \$400 grant from the Oklahoma Pro Chapter of SPJ and free lodging was provided by a friend of Hinton's.

The SPJ convention allowed students to attend a number of workshops, and meet and network with people in the field.

Students Susan Craig, John Huggins, Ryan Johnson and Michaela Marx attended.

The seminars attended included "Myth-Making in American Media: A Dialogue," "Dissecting Disasters from Columbine to Oklahoma City," "Writing About War, Genocide, and Crimes Against Humanity," and "Bringing the World to Main Street."

Marx, a Pioneer staff writer, attended the "Bringing the World to Main Street" seminar.

"It was most interesting for me to speak to international reporters and important people from international news organizations because this is what I'd like to do."

Marx is from Germany.

Newswriting student Susan Craig felt that she learned a valuable lesson from the "Myth Making in American Media: A Dialogue" that featured Los Angeles Police Department detective Mark Fuhrman.

Craig said she learned to be more objective.

"After the first conference, I learned not to take things at face value."

Johnson, Pioneer staff photographer, said he found the convention to be advantageous because it helped him network.

"I think it was a very good opportunity to meet important people who could help me further my career."

Huggins, an OKCCC journalism student, said not only was the convention interesting, the fellowship he had with the other students during the 800 mile trip was enjoyable as well.

"We had some really interesting conversations."

"It was nice to hear the different opinions that only further proved how right I was," Huggins said.

Hinton, who is a member of the Oklahoma Pro Chapter of SPJ said she was glad the students had the opportunity to attend the conference.

"I hope they have an idea of professional journalism and that they come away feeling 'I can do this' and 'I want to do this.'"

Hinton said a piece of good advice to all students who may be networking and making contacts while in college is to think about how clothes and attitude affect the way people view a person.

"You always have to be aware of what kind of appearance you want to make."

Set your goals high. We'll help get you there.

Sometimes reaching your goals seems like an impossible task. In the Air Force you'll get the tools you need to reach any goal you set. We'll help get you there by:

- providing education opportunities with tuition assistance
- establishing leadership skills for a promising future
- preparing you for a career in life

You can earn up to \$9,000 enlistment bonus, if you qualify. So, if you're between the ages of 17-27 - call 1-800-423-USA



for an information packet, or visit the Air Base at www.airforce.com

• IT PAYS TO ADVERTISE IN THE PIONEER •

OKCCC professor faces felony charges in pornography case

**By Michaela Marx
Staff Writer**

Criminal charges were filed Oct. 8 against OKCCC business professor Stephen McCloy, 48.

According to documents filed in Oklahoma County District Court, McCloy has been charged with two felony counts.

The first is possession of obscene material involving the participation of a minor under the age of 18.

He is also charged with unlawful use of computer systems and computer networks for the purpose of violating the Oklahoma Statutes, specifically violating Title 21 of the Okla-

homa Statute.

Previously the police had confiscated McCloy's OKCCC work computer and boxes of floppy disks.

Investigators examined McCloy's computer files and found pornographic images.

At press time Oklahoma City police detective Nate Tarver could not confirm whether investigators have found additional images or other incriminating evidence connected to McCloy.

He was arrested at his home Oct. 5 as a result of the ongoing investigation.

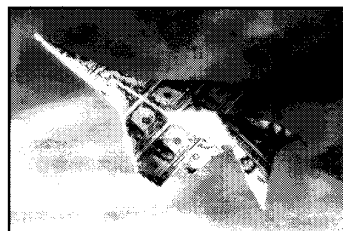
McCloy posted a \$12,000 bond and was released from jail the same evening.

OKCCC officials were not available for comment on the latest developments in this case.

OKCCC Attorney Jerry Steward refused comment on the case.

"It has always been a policy of this college not to comment on personnel issues."

He confirmed, however, that McCloy is still on administrative leave.



Fuel for School.

You need an education to make money and you need money to get an education. If this reality has you in a holding pattern, get ahead of the game by joining the Air Force Reserve. We'll show you how you can learn and earn, and make an extra income in the process. All for a commitment of 1 weekend a month and 2 weeks a year.

- Over \$9,000 toward college with the Montgomery GI Bill
- College credits through the Community College of the Air Force
- The latest high tech training of state-of-the-art systems & equipment

Call 1-800-257-1212



Visit our web site at www.afreserve.com

**Your
fast
track
to a**



great career

When it comes to great pay, benefits, and a great work environment, nobody puts you in the driver's seat like **APAC Customer Services**. Put your career in overdrive and call us **TODAY!**

CUSTOMER SERVICE REPRESENTATIVES

- paid training
- paid vacation/holidays
- great benefits
- bonus potential

starting wage
\$7.00/hr.
*varies by city

APPLY ON PLEZON:



**4233 Charter Avenue
Oklahoma City, OK 73108
405.290.7777**

Apply online: www.apaccustomerservices.com

APAC CUSTOMER SERVICES IS AN EQUAL OPPORTUNITY EMPLOYER

Give The Birthday Gift Made to Withstand All Kinds of Crashes.

For as little as \$25, the gift of a U. S. Savings Bond will be around after other gifts are opened and broken. So start buying U. S. Savings Bonds where you bank or at work through your employer's payroll savings plan. Call toll free: 1-800-4US BOND (1-800-487-2663).

U. S. Savings Bonds. The Gift of a Lifetime.
www.savingsbonds.gov

Is it worth it?

Should Oklahoma City have a 1 cent sales tax increase to renovate the Skirvin Hotel?

☐ YES ☐ NO

☐ Under 21 ☐ 30-39
☐ 22-29 ☐ Over 40

☐ Male
☐ Female

College Degree?

☐ Yes
☐ No

Turn in at 2M6 of main building

**If you pay more you're losing money
Don't you just love our grasp of the obvious...**

Total Access
P H O G W H E S P E E D U L
INTERNET ACCESS

\$10.95/month

No Setup Fee - No Prepay

STUDENT DISCOUNT

1-888-540-7057 www.tanet.net

**GET THE ATTENTION YOUR COMPANY DESERVES!
TO ADVERTISE IN THE PIONEER CALL 682-1611, EXT. 7674**

**FAX YOUR AD TO
(405) 682-7568**

Playboy puts former student in spotlight

The October issue of Playboy Magazine provided a special eye-catcher for some Oklahomans.

Former OKCCC student Brandi Shaeffer, 24, is featured on the magazine's pages. She is representing the University of California at Los Angeles for Playboy's "Women of the PAC 10" pictorial.

For all non-Playboy subscribers, this pictorial is a photo feature displaying the "school spirit" of some female students of the big college sports divisions.

In her debut Playboy photo, Shaeffer is posed in a dressing room with big curlers in her hair, so former OKCCC classmates and professors initially may not recognize her.

She graduated from OKCCC with an associate degree in theater arts. She said she enjoyed her time at the campus.

"The things I remember about OKCCC are the wonderful academic counselors and professors," she said. "The students at OKCCC may not realize the quality of instruction they receive."

Shaeffer left Oklahoma in June 1998 and moved to Los Angeles, transferring her credits to the UCLA school of theater, film and television.

"It's more difficult to be accepted to this program than Harvard Law School," Shaeffer said. "I thought, if I can make that cut, then I will move to California and seriously pursue acting as a career."

A modeling career was not part of the plan. Shaeffer said friends discovered an ad in the Daily Bruin that Playboy Magazine was searching for models.

Applicants were asked to send bikini photographs to the magazine. Her male friends encouraged her to send her picture.

"I told them 'No way,'" she said, but added that she sent pictures in anyway. Shaeffer said she didn't let her friends know so she would not be teased before she had results to show.

"I think a woman's body is beautiful, but dressing a woman up as a defenseless little bunny so she can hop to a rich old man's every whim is going too far. I wouldn't do it for a million dollars."

she had more control over what photographs would go into the magazine. She said the picture that ended up in the issue was not the best of the shots that were taken during this photo session.

Shaeffer said the accompanying text was also a little misleading. The author depicted Shaeffer as an Oklahoman farm girl.

"I have never been on a farm in my whole life."

She said, during her acting career, she has been reviewed in a dozen plays and not all critics were kind, but this was her first experience with misinterpretation by the media. But, she said, considering her choice of career, this misunderstanding probably won't be the last.

Overall, she said, her experience with Playboy magazine was a good one.

"It's definitely not the end of the world to get paid to feel incredibly sexy." But, she added, her tolerance of new situations does have its borders.

Directly after the shoot she was asked to be a Playboy bunny at the Playboy exposition in Los Angeles. At first she said, she was tempted to accept. Then she found out she would be wearing a custom-made bunny outfit, ears and fluffy tail included.

"I think a woman's body is beautiful, but dressing a woman up as a defenseless little bunny so she can hop to a rich old man's every whim is going too far. I wouldn't do it for a million dollars," Shaeffer said.

Since her move to California, she said, she has continued acting and has also been in several productions — all school related. She said UCLA discourages students from focusing on an outside career while still in college, unlike many other universities and acting schools in Los Angeles.

—Brandi Shaeffer
OKCCC Graduate

She said she had never done nude modeling before but had a lot of fun at the photo shoot.

"We tried on tons of different outfits, though not much wardrobe ended up in the shots," Shaeffer said.

The night of the shoot, the Playboy crew took the models out on Sunset Boulevard for dinner and cocktails.

"We got the VIP treatment and had a wonderful time," she remembers.

Shaeffer said she has no regrets. Her friends and her professors at UCLA liked the pictures. She said her mother and sister were very supportive too. Only her grandmother does not know about the Playboy photo she said. "And never will."

Although she enjoyed the experience, Shaeffer said, she would not do it again unless

she had more control over what photographs would go into the magazine. She said the picture that ended up in the issue was not the best of the shots that were taken during this photo session.

"If he showed up late, he got his famous butt kicked right in front of the class," she said.

Shaeffer said she believes the connections students make with each other are perhaps even more beneficial than trying to pursue a career while still in training. After all, she said, UCLA has one of the best acting programs in the country.

She said, make no mistake, the groundwork for her acting career was laid at OKCCC. It was here, she said, that she learned most of what she knows about being on stage in front of an audience.

"It's definitely not the end of the world to get paid to feel incredibly sexy."

—Brandi Shaeffer
Playboy model

Shaeffer was cast for several leading roles in OKCCC productions, such as "La Dispute," "The Odd Couple" (the female version), "Sylvia" and "Antigone." She designed costumes and choreographed "Time Square Angel." OKCCC theater professor Patrick Daugherty said Shaeffer also helped behind the scenes a few times, running sound and the board for the production "The American Plan."

Shaeffer said Daugherty is an excellent teacher and could teach anywhere in the country.

Daugherty remembers his former student as an ambitious actress.

"I remember Brandi's first leading role at the community college," Daugherty said. "She walked into the rehearsal 'off-book' — all lines set to memory. I was stunned, to say the least."

"She set the standard for the supporting cast. Brandi's one of those multi-talented leaders who always follow through with the assignment," he said.

Shaeffer said at UCLA freshmen and sophomores study an enormous amount of theory.

While she feels OKCCC did not really prepare her for the highly academic program she said she still has the advantage over other students because of the actual experiences she had at OKCCC — standing on stage, being in the sound booth or digging through costume shops.

The OKCCC acting program focuses strongly on hands-on theater experience.

Shaeffer said theory is fine, but said she probably would not have developed a love for theater arts or the confidence she needed to move on without her OKCCC experiences.

Sometimes, she said, she has to study twice as hard as other students, but that is no drawback for her.

"My classmates often grumble because they are so tired of learning theory. I found a love for what I do and it makes me want to study theater history."

"This business isn't about the classroom. It's about performance and creation. Linda McDonald and Patrick Daugherty are the reasons I get roles," she said.

Shaeffer said she enjoys her life in Los Angeles. She said the city is especially great for shopping. And, without question, the aspiring actress loves to go see movies.

"I've been going twice a week which is a lot for me and my lack of time."

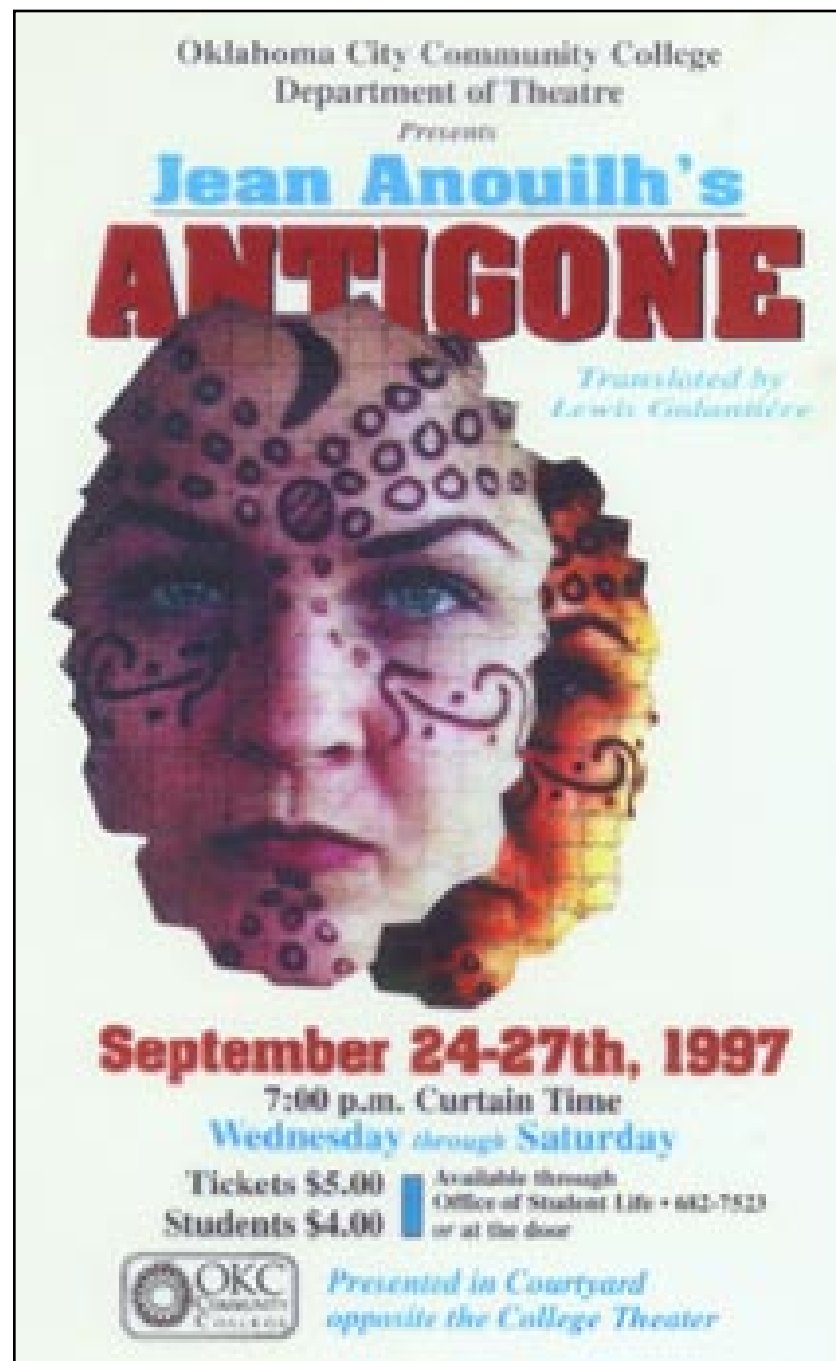
If she ever gets bored in Los Angeles, she can go check out the famous Playboy mansion. Every woman who has been featured in Playboy magazine is allowed to visit anytime.

"I was invited to a pool party at the Mansion, but I had final exams," she said.

Shaeffer said only girls are allowed at this exclusive club and Hugh Hefner domicile. No guys can get in unless they are famous or powerful. "Maybe I will check it out this year."

School spirit lives on at PAC 10 college

After transferring to UCLA to study theater, Brandi Shaeffer finds national recognition on magazine page



Left: Shaeffer provided the face for an OKCCC poster for the play "Antigone."



Above right: Shaeffer applying the make-up she wore in the production.



Stats...

Name: Brandi Shaeffer

Age: 24

High school: graduated from

Westmoore High School, Moore, Okla.

College: former OKCCC student, currently enrolled at UCLA, Los Angeles, Calif.

Hobbies: Shopping, Reading, Movies, Acting.

Goals: "My goals are simple. To be a professional actor. To have enough clout that I can get projects done I believe in, that are respectable and worthwhile."



Playboy's history includes stars

Since its first appearance in 1953 with Marilyn Monroe as centerfold, Playboy magazine has been credited by some and criticized by many.

The first issue was put together on a card table in the kitchen of founder and now millionaire Hugh Hefner.

After less than a year the magazine sold 100,000 copies a month and the number climbed up to 800,000 copies in 1956. It now sells 3.5 million copies monthly, down from its best year when it sold more than 7 million.

The combined circulation of three other men's mags- GQ, Esquire and M Inc. is only 1.6 million.

Compared to other magazines featuring nudity, Hefner always put great efforts into building a sophisticated image for

Playboy.

Besides well-known photographers, Hefner also won respected writers for his magazine.

He refused to accept any advertisement, but later he carefully added announcements which met his quality standards.

His plan paid off and Playboy soon was accepted by many in the popular culture. John Brady, former editor of Writer's Digest, said Hefner "gave popular culture a sex life."

Many celebrities have been featured, starting with Marilyn Monroe 1953 up to Drew Barrymore and Pamela Anderson Lee more recently.

Today Playboy is nationally, as well as internationally, the most successful men's magazine on the market.

Campus safety top priority for security

By Ben Everett
Newswriting I Student

The safety of all who come to the OKCCC campus is well taken care of, said Keith Bourque, head of safety and security at the college.

"The college has many devices that ensure safety," he said. "We run medical calls, there is an escort service at extension 7691, we also do flat tire repair, jump starts and will unlock the keys from your car", Bourque said.

And more recently, he said, additional safety measures have been taken by installing call boxes in the parking lots.

These call boxes, when activated, are directly connected to the security radio.

They give location, and the number of the box during an emergency. They operate and can be answered

24 hours a day, year round.

Jenifer Tabor, a finance major, said she believes the extra measures have been a deterrent to theft.

"My car was broken into in 1996 on campus, but since then there have been no problems."

Jason Smith said there could be some improvements made inside the college.

"A safe thing to do would be to remodel the inside of the school," Smith said.

Bourque is proud of his staff and the job they do.

"Safety is an important factor that keeps order and I think security does a good job of maintaining order," he said.

But, Bourque cautioned, people also need to contribute to their own well-being.

"The best way to keep yourself safe is to be always aware of your surroundings, and if something feels wrong, go with your instincts."

French horn virtuoso to perform at OKCCC

By 'Che Lossberg
Newswriting I Student

Dale Clevenger's lifetime love of music brings life to his French horn.

Clevenger is the principal horn player of the Chicago

Symphony Orchestra. He teaches at Roosevelt University as a professor of horn and has appeared as a soloist with orchestras worldwide.

Clevenger recently recorded the Strauss Horn Concerto No. 1, Op. 11, with Daniel Barenboim and the Chicago Symphony Orchestra. He will be performing this concerto live at 7 p.m. Oct. 26 in the OKCCC theater.

"Some people have called Dale the god of the French horn," said OKCCC Dean of Global Education Manuel Prestamo.

Clevenger and Prestamo, have known each other for 20 years. The two performed in a benefit concert together for the "Music for Youth" in Milwaukee, Wisconsin.

"We are very fortunate to

Dream of coming to America realized by professor's wife

By Swapna Lakshman
Newswriting I Student

Being thousands of miles away from home is a dream come true for Renata Nowakowska. It has taken 15 years of hard work and struggle to accomplish.

While in high school, Nowakowska said, she had a dream of coming to the United States.

To prepare for the improbability, she studied English for four years. This year, Nowakowska's impossible dream came true when husband Krzysztof Nowakowski was selected to teach in the United States as part of the Fulbright teacher exchange program.

Nowakowska said, until the last minute, she had her doubts that she would really travel to the United States.

"I always thought 'something will go wrong and we will not go,'" she said. "Eventually we came here and I am happy now."

Nowakowska's husband teaches math at OKCCC. She also is a math teacher.

Nowakowska taught math in Poland at the high school level.

She is now attending school, taking elementary English and listening classes.

She said Oklahoma is everything she dreamed it would be and more.

With her family at her side, she said, the adjustment has been fairly simple.

Nowakowska said she already loves a lot of things about the United States such as being able to drive herself places.

However, she said, she does not like the freeways.

She also said she also feels the people here are friendly and helpful. In Poland, she said, it is difficult to ask for help from anyone but in Oklahoma she always finds that people are willing to help.

The thing that impressed her most so far, she said, was when she went shopping one day. She said she looked up and found the sales person smiling at her and asked if she needed help.

She said she felt very strange when this person came up to her and asked if she could help.

She said she is becoming accustomed to the American way of living, like driving on the right hand side of the road, the school systems which her young son is to still adjusting to and the food which, she said, is more sweet compared to Polish food.

The only thing she misses is the Polish bread but, she said, she has a friend who sometimes sends it from Chicago.



Renata Nowakowska



Dale Clevenger

have him," Prestamo said.

Admission for students and seniors is \$4 and general admission is \$5.

Support for this presentation has been provided by the Oklahoma Arts Council, the National Endowment for the Arts and OKCCC.

For more information visit the website: <http://www.okc.c.c.ok.us/globaled>.



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

Oklahoman heads Young Democrats

By Celina Abernathy
Newswriting I Student

Jay Parmley, Downtown College Consortium administrator, didn't grow up in a political family, but politics is certainly in his blood.

Parmley is the newly-elected national president of Young Democrats, a political organization promoting the Democratic Party.

Parmley, who has been a member of Young Democrats since 1989, was elected to the volunteer national post in August, after a seven-month campaign.

Parmley is the first Oklahoman to be elected to this position.

"He's doing all these huge things, but he doesn't let it go to his head," said John Maxwell,



Jay Parmley

well, a friend of Parmley's since 1992.

Parmley goes from one extreme to the other when it comes to his responsibilities.

"We'll be moving computers around in the middle of the night to get ready for classes," Maxwell said.

"And the next day, he'll be on a plane for a meeting at the White House."

Maxwell said Parmley does what he must to get things done.

When he went to his neighborhood cleaners recently to pick up his clothes for a business trip, the items were not ready. Parmley had to have the clothes in a hurry, so he helped the owner of the cleaners press his suits.

Parmley has also been known to take out his own trash at the office.

Parmley raised funds, then traveled during his free time on many weekends to Young Democrat meetings around the country to campaign for the president's post.

Parmley said he plans to use his term as president to help more young people understand and have information about the Democratic Party.

"We need more young people under the age of 35 involved in the voting process," Parmley said.

"The second goal is that we want to retain the presidency and win back the U.S. House of Representatives."

Parmley became the administrator for the Downtown College Consortium in June 1997.

He said he was drawn to the Consortium because of the cooperative effort of the colleges involved.

"I like the variety it gives, but also, I prefer to work directly with students," Parmley said. "I stay every night to meet with students before their classes."

Parmley's near-term goals for the Consortium include increasing enrollment by 100 students and serving a minimum of 500 employees at companies through contract situations.

Parmley said he also wants to diversify the Consortium's offerings in

order to respond to the needs of the downtown community.

Parmley is active in the First Baptist Church in Norman. During his campaign for Young Democrats, he participated in the hand-bell choir at church.

"We had to schedule everything to get back by Saturday night, so that he could be at hand-bell practice," Maxwell said.

Maxwell said Parmley is motivated by keeping other people motivated.

"He wants people to be as active as he is," said Maxwell.

"He likes people to set goals for themselves."

Parmley has a master's degree in public administration from the University of Oklahoma and is currently pursuing a doctorate in higher education from Oklahoma State University.

Occupational therapists help disabled adapt to situations

By Eduardo Vasquez
Newswriting I Student

Do you remember everything you did after your alarm clock went off this morning?

You probably showered, dressed and had breakfast. And, more than likely, you did all of these things without much thought.

But, what if you had suffered a disability?

Occupational therapists may play a role in your daily routine if that's the case.

OKCCC Occupational Therapy Professor Phyllis Baker trains students in the area of occupational therapy.

"[Occupational therapists] help people go back to their work," Baker said.

"We work in the areas of

mental and physical disabilities which makes us different from a physical therapist."

"For instance," she said, "somebody has a stroke."

"The physical therapist is called and works with this person to get him exercising and to get his strength, endurance and balance back, to get him back on his feet."

"Then the occupational therapist comes in and finds out what this person wants to do with this new strength he has and the new abilities that he regains after the stroke."

She said the occupational therapist takes the person from that point and helps with grooming, dressing, eating and other things.

Baker said adaptation is the key word for occupational therapists.

"We have to look at the

person's surroundings and adapt them so the person can maintain independence.

"We are always looking at their environment—chairs, tables, lighting, the distance between the bed and the dresser."

Professor of Occupational Therapy Tom Kraft said several questions have to be asked to achieve the desired results.

"How can we, if given whatever problem the person has, adapt the environment to maintain independence, gain independence or regain independence."

"We call ourselves motivators for change," he said. "We believe in success."

**•OKCCC PIONEER•
SAVE TIME!
FAX YOUR AD!
(405)682-7568**

A perfect fit...



Photo by Ryan Johnson

Tracey McCurdy, left, helps Sally L. Tingle demonstrate how to dress for a job interview to get the job. Tingle is from S.L. Tingle and Associates, Inc. a company that provides innovative training for job applicants.

McCurdy participated in the Career Transitions training program at OKCCC. Nora Pugh-Seemster, director of the program, said the goal is to assist students in gaining the necessary skills and confidence to become self sufficient through gainful employment.

Highlights

Alpha meeting planned

Chi Alpha Christian Fellowship meeting will be at noon, Wednesday, Oct. 20, room 3N4 in the main building.

Abilities Galore Club meeting

The Abilities Galore Club meets at noon every first and third Monday of the month, in college union room 7. The next meeting will be Monday, Oct. 18.

Gay, Lesbian & Friends Club meeting

Gay, Lesbian & Friends Club will meet at 8:05 p.m., Thursday, Oct. 21, in college union room 7.

African American Student Association meeting

AASA is meeting at 12:30 p.m., Monday, Oct. 18, in room 3K3 in the main building.

Hispanic Club to offer Folklorical Dancers

Hispanic Organization to Promote Education is planning to celebrate National Hispanic Heritage Month by sponsoring Folklorical Dancers from 6:30 until 8 p.m., Wednesday, Oct. 20, in the general dining area.

Come to the feast

Hispanic Organization to Promote Education will be selling Nachos and Burritos from 11:30 a.m. to 1 p.m., Thursday, Oct. 28, in the Student Union.

Here's your chance to have your work published

OKCCC's Absolute is looking for donations of fiction, non-fiction, poetry, black-and-white photography and drawings by Dec. 1. The Absolute is published in April by the Arts and Humanities Division. Pick up submission guidelines and release forms at the Arts and Humanities office located on the first floor of the Arts and Humanities building. For more information call Clay Randolph at 682-1611, ext. 7238 or e-mail him at crandolph@okc.cc.ok.us. Web site for the Absolute is www.okc.cc.ok.us/ah/absolute

Sign up your kids this week

The Office of recreation is conducting a two-day camp for youth and teens, age kindergarten through 15. Camp will be from 7:30 a.m. to 5:30 p.m., Thursday and Friday, Oct. 21 and 22. Activities will include swimming, games, sports and an outdoor adventure trip for the 11- to 15-year-olds. Participants are to bring a sack lunch, snacks, swimsuit, towel and/or change for the vending machines. The 11- to 15-year-olds are limited to 14 participants so register quickly. Call Jonie at 682-1611, ext. 7205 for more information or to enroll. Be sure to have your child's Social Security number to enroll.

Spring Tuition Fee Waiver applications are available

Spring Tuition Fee Waiver applications will be available Monday, Oct. 18, in the Student Financial Aid Center. Deadline to return applications is 5 p.m., Friday, Nov. 19. No applications will be accepted after this time. The Student Financial Aid Center will post the Academic Tuition Fee Waiver awards on Dec. 13.

Donations of gauze and sheets needed

The Health Professions Club needs donations of gauze pads or rolls, or white or light-colored sheets for Halloween Carnival. Please call Professor Steve Kamm at 682-1611, ext. 7268.



Photo by Becky Gerred

Planning upcoming events: (l to r) Josh Hansen and Meredith Dunkeson officers of the Abilities Galore Club discuss plans for the organization which is open to anyone interested in disability issues.

Abilities Galore Club never idle

Members say busy months are ahead

By Becky Gerred
Staff Writer

Disabilities do not slow down the OKCCC Abilities Galore Club as they plan a full calendar of events for the next couple of months.

October is Disabilities Employment Awareness month.

Abilities Galore Club is planning an awareness display case, said club secretary Josh Hansen.

The display case will be set up in the foyer of the main building on Oct. 21 and will be removed the 28th.

"We are going to have different materials displayed about employment," Hansen said.

"Places for employment for the disabled and some information about living with disabilities will be included."

Co-President of Abilities Galore Meredith Dunkeson says the club is open for everyone not just the dis-

abled.

"Anybody with any kind of disability can join," Dunkeson said, "from a bad knee to a spinal cord injury to blindness."

"Also anybody who is interested in working with the disabled are encouraged to join, from future teachers to health care professionals."

A young lady studying to be a physical therapist joined the club to help her better understand the people she will be working with, Hansen said.

The club is hoping to have speakers to speak at later meetings about issues that directly affect the members.

"A counselor for HIV patients says he may come in and speak with us," Dunkeson said.

HIV and AIDS are covered under the Americans with Disabilities Act, and people do not generally focus on them as a group.

Veterans Day plans are also being made.

"We are hoping to do something for Veterans Day in November," Dunkeson said.

"People forget why we have Veterans Day. We want to do something to honor them."

The club not only deals with issues but also they work towards raising money for a scholarship fund.

"We're planning a bake sale Friday, Oct. 25 in the foyer of the main building," Hansen said.

With Halloween approaching it opens another avenue to raise funds.

The Halloween Carnival will be held at 6:30 p.m., Friday, Oct. 29, in the college union, Dunkeson said.

"It was suggested we do a button booth at the carnival," said Dunkeson.

"It will be neat especially if the kids get input into what the buttons say."

If you have any questions about the club you can call Dunkeson in the evening at 631-3965.

Classifieds

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

AUTOMOBILES

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

FOR SALE: '82 Chevrolet Citation. \$800. Call 685-6017.

FOR SALE: '89 Honda Prelude S, 116K miles. Good cond, \$4500. Call Tisha at 912-8644.

FOR SALE: '97 Chevrolet X-Cab, 350, 60K miles, green, remote start, keyless entry, wheels, many more extras. \$19,000 OBO. Call 485-3400.

FOR SALE: GMC '94 Truck, blk. bucket seats, brand new Firestone tires, and bedliner. 78K miles. \$6,550. Call 631-7625 and leave message.

FOR SALE: '97 Nissan Maxima GXE. Forest green. Outstanding car! 81K highway miles, warranty to 100K. \$11,900. Call Rusty at 366-8801.

FOR SALE: '74 Chevy truck, LWB. Red and white, 454, rebuilt 400 turbo trans. New tires and new drive shaft. \$3500 OBO. Call Aaron at 745-4072.

FOR SALE: '94 Ford F-150, 351 engine, x-cab, 6' bed. Extra nice, 49K miles. \$13,500. Call 527-5863 or 527-5000.

MISCELLANEOUS

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

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

ROOM FOR RENT: 3 bdrm, 2 bath and pool in Greenbriar Estate. 15 min from OKCCC, 15 min from OU. \$230/mo + 1/3 utilities. Call Waylon at 954-8880 or 378-3076 (evening).

HOUSEHOLD

FOR SALE: Wooden bunkbed. Ladder, three drawers under full bunk, mattress and extra hardware included. \$350. Ten gallon fish tank. \$50 OBO. Call Cheryl at 672-6328.

FOR SALE: Hide-a-bed Sofa. Good condition, white and beige. \$50 OBO. Two Torchiere lamps. \$15 each. Call Luke at 794-3165 or e-mail: Luke@theshop.net.

The Pioneer office is located on 2nd floor of the main building.

POSITIONS

HELP WANTED: Salesperson needed for a roofing, guttering, siding and remodeling company. Full or part time. Call Kelly at 755-8732 or 417-7552.

IMMEDIATE OPENINGS!

Students earn \$375/\$575 weekly processing/assembling medical I.D. cards from your home. Experience unnecessary...we train you! Call MediCard 1-541-386-5290, ext. 300.

Learn as you Earn: Ideal hours for students at FOUNTAIN OF YOUTH MASSAGE CENTER. Southwest Oklahoma City. Ask for Linda 682-9222.

South YMCA of Greater Oklahoma City has two job openings for energetic individuals in the after school program. For more information, please contact Shelley Fuller at 681-6636 or apply in person at 5325 S. Pennsylvania.

Growing bakery/deli seeking part-time/full-time dependable, conscientious, neat and friendly people to start on the ground floor of a business that is only going up.

• Looking for delivery persons, bakery staff and anyone hardworking who's willing to start with a business with a future •

We promote within.
Apply in person after 3 p.m., 8914 S. Western. 631-2800.

Classified ads are free to students and OKCCC employees

LOVE YOUR WORK!!!

Be your own boss, earn financial freedom, travel the world and help others do the same! Call Kristen at 722-6942. Leave a message.

STUDENT SPECIAL!!!

10% Discount for OKCCC students (with show of ID or class schedule) on all domestic and international prepaid phonecards. Rates as low 2 cents per minute. Ask for delivery at school. Call 949-1604 or page 559-8020. It's worth the call!!!

SERVICES

'Browse incpt.com for Springbreak "2000." ALL destinations offered. Trip Participants, Student Orgs & Campus Sales Reps wanted. For reservations or Rep registration Call Inter-Campus 800-327-6013.

LOSE WEIGHT

• Feel Better • Look Better • Be Healthier • Gain Confidence • Have More Energy • Build Self-Esteem •

For a complete brochure that tells you how to achieve your weight-loss goal, send \$1 and a SASE to:
Weight Loss Program
P.O. Box 891641
OKC, OK 73189

Editing/Proofreading
\$5 per hour
Also typing/editing
Experienced
321-8834

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Code inventor
6 By means of
9 Certain ruling group
14 Diva's songs
15 — and outs
16 Negative particle
17 Type of blouse
19 Marathon units
20 Fashion accessory

21 Corn Belt state
22 Partnered
23 His and —
24 Luau fare
25 Sudden contraction
27 Alley denizens
31 Sorrowful exclamation
32 Strong — ox
34 Assortment
36 Bursts
37 Scruffs
39 Cathedral part
40 October stones
42 Enumerate
43 Utopia
44 Like a model
46 Relieved
48 Purpose
49 Sofa parts
50 Hobbles
53 Popular cookie
54 Civil War general

57 Spring bloomer
58 Parlor
60 Bread unit
61 Bandleader
62 Cliffside home
63 Beseech
64 Employ
65 Dipper

DOWN

1 Alda series
2 Killer whale
3 Uprising
4 — Paulo
5 Glimpses
6 Vistas
7 Andes native
8 Question
9 Kingston's place
10 Platoon or squadron
11 Long river
12 — the line: obeyed
13 Reply: abbr.
18 Illustrator
22 Dad's companion
23 Bother
24 Cornbread loaves
25 Feeds pigs
26 Of pontiffs

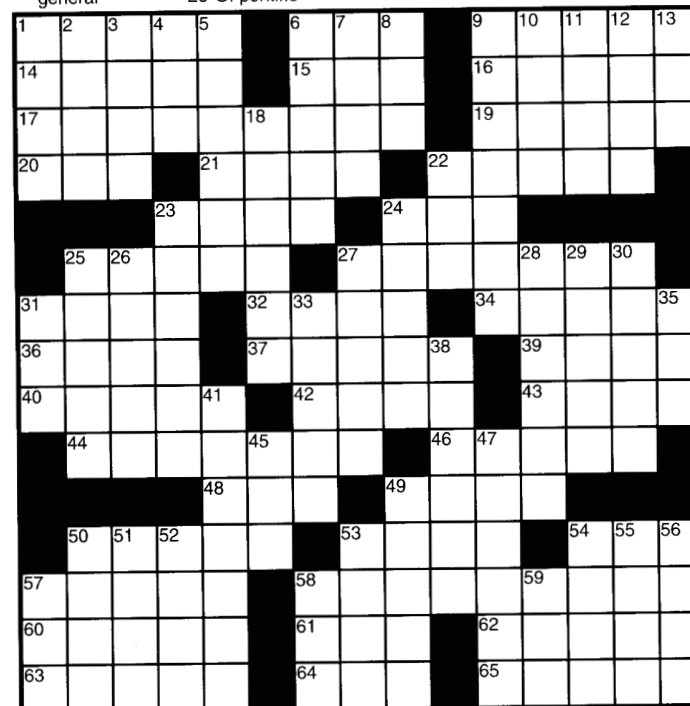
PREVIOUS PUZZLE SOLVED

REHEM	KNOW	RUMP
ALONE	HOUR	ASEA
YARDS	ASTI	BUDS
ENS	SANEST	BRAT
EVEN	S	TRIPLE
FOREST	CREEPS	
AMAN	ISLAND	ST
CACTI	PEI	DEPO
ERE	SQUALL	RAN
	JAUNT	ACACIA
TOPEKA	DOUSE	
ROAR	HONEST	SAT
EMUS	OPEN	ELUDE
APSE	GAMS	SEIZE
THEY	SHOE	TOTEM

6-12-98

© 1998, United Feature Syndicate

27 Nocturnal animal
28 "Gunsmoke" star
29 Swap
30 Rescued
31 GI's address
33 Oregon capital
35 Craving
38 Beginning for "type"
41 Lost it
45 Be rude: slang
47 With no sense
49 Came up
50 Quiet
51 — Nastase
52 Celadonite, e.g.
53 Bullfight cheers
54 Embellish
55 Actor Jannings
56 Fencing sword
57 Cookbook amt.
58 Cold-weather malady
59 Meadow



"I don't do weekends."

"Because working part-time at UPS...I don't have to. They have five-day schedules that leave your weekends free. That is plenty of time to study or go out with friends. And I make plenty too... almost \$10,000 a year working about 4 hours a day. UPS knows students value time as much as money. So if you don't do weekends, do contact UPS."



BOEM/F/D/V

Job positions available in:
• Loading and unloading packages

United Parcel Service offers:
• \$8.50 per hour to start
• Up to \$9.50 per hour after 30 days
• 4 hours per day
• Full benefits for you and your family (medical, dental & vision)
• Advancement Opportunities
• Paid vacation

Shifts

• Sunrise (limited availability)
Monday - Friday
4:00 a.m. - 9:00 a.m.
• Twilight
Monday - Friday
5:00 p.m. - 10:00 p.m.
• Midnight
Sunday - Thursday
10:00 p.m. - 3:00 a.m.

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

Stress management classes a big help

"Stress,"
Cont. from page 1

time realistically: A realistic schedule helps us feel more in control of our time. A sense of control reduces the feeling of stress.

•Mindfulness-finding opportunities for renewal in everyday tasks: Let necessary tasks become the focus rather than something unpleasant that just has to get done. Get the most out of every moment.

Hurrying to get through tasks is the same as hur-

rying to get through life...to get to what?

Life is meant to be experienced, and experiences to be learned from.

The way a person deals with this stress can make a huge difference between good health and health problems.

Mentoring program great opportunity

"HOSTS,"
Cont. from page 1

"They read to you and you help them sound out words," Berryhill said.

"A lot of times the students wait around for you to say the word.

"They try to trick you. Then you have to say, 'no, you try to sound it out,'" she said.

"You want to be helpful and you've got to make them learn."

Many of these children come from poor and troubled families and have not enjoyed many positive learning experiences.

"A lot of these little folks have some tough times at home," Berryhill said.

"It helps to have a support system in the school during that school day."

Dr. Gary Rankin, vice

president for external education programs, mirrors the comments of Berryhill.

"The kids look forward to seeing us coming. We are a role model for them," he said.

It is as big a joy for the mentor as it is for the child, he said.

Berryhill said she loves seeing the kids do well.

"The most exciting part for the mentors is seeing the progress that those little guys and gals do over that school year," she said.

"The students just need someone to pay special attention and work with them even if it's just 45 minutes a week.

"It can make such a difference. It's exciting to see them progress and at the end of the school year they pass and go to the next grade."

OKCCC has a group of 12 volunteers consisting of

staff and students, and that number is growing, Berryhill said.

More than 1000 individuals throughout the community from high school through big businesses are involved in making things happen for Oklahoma City Public Schools.

It is not just reading the mentor is involved in.

"There are other little projects you do," Berryhill said.

"A little art work, little games and different pro-

jects throughout the school year help build their skills."

Rankin is also a veteran of the HOSTS program.

"Last year I worked with a second grader.

"This year I am working with a fifth grader and have

only met with him twice so far."

Rankin feels good about his involvement in making a difference.

"I can help a young person get a direction as far as education goes," he said.

Make stress your friend

College is full of change and stressors such as jobs, grades, living arrangements, instructors, classes and relationships. Making these stressors work for you is the first step in managing stress.

To do this, a person should: •discover what situations cause stress and why - knowing what stressors offers the best opportunity to deal with them •evaluate stressors - decide if what's causing the worry is really important.

When a person is stressed, blood pressure increases, the pulse rate increases and, over a long period of time, the immune system begins to falter.

This explains why individuals who are under a lot of stress become ill more frequently than usual.

An example of this would be college students studying for finals. They tend to have a high incidence of colds and other infections. This is, in part, because they stay up late at night and put their bodies through a lot of stress.



Microcomputer



Semiconductor



Biotechnology

Waiting for the 21st Century?
It's Waiting for you . . .
at Oklahoma City Community College!



Second 8-Week Classes Begin Oct. 19

(405) 682-7580 • www.okc.cc.ok.us

1999 fall flag football schedule

- Team #1 - Larry Winkler (captain)
- Team #2 - Anthony Allford (captain)
- Team #3 - Chris Jackson (captain)
- Team #4 - Matt Miller(captain)
Salty Dogs
- Team #5 - Denino Lane (captain)
- Team #6 - Kim Noy (captain)
FreakLocs

All games
are
played at
OKCCC
at the
southeast
end of the
college.

Oct. 21:

2:30 p.m. - Teams #4 and #5

3:30 p.m. - Teams #2 and #3

4:30 p.m. - Teams #1 and #6

Nov. 4:

2:30 p.m. - Teams #1 and #4

3:30 p.m. - Teams #2 and #3

4:30 p.m. - Teams #5 and #6

Oct. 28:

2:30 p.m. - Teams #3 and #5

3:30 p.m. - Teams #1 and #2

4:30 p.m. - Teams #4 and #6

Nov. 11:

2:30 p.m. - Teams #3 and #4

3:30 p.m. - Teams #1 and #5

4:30 p.m. - Teams #2 and #6

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