



Good News

- Ross Hallren (Fairview) has been admitted to Tulane University.

Professors Select TEAM+S Members

Based on faculty input, grade reports, and results of a screening exam, Dr. Fazlur Rahman, assisted by Dr. Jay Rudra, has selected the junior varsity team to compete in the 2005 national TEAM+S contest. Congratulations to Otish Codosh (Edmond), Nozlee Samadzadeh (Stillwater), David Walker (Duncan), Morgan Boes (Owasso), Afsaneh Talai (Norman), Jonathan Xia (Edmond), Samuel Lee (Enid), and Daniel Graham (Oklahoma City). Team alternates are Lucy Liu (Edmond), Amber Loftis (Bartlesville), Carolyn Maher (Moore), and Geriant Harris (Burns Flat).

Senior team members are: Jason Chen (Edmond), Dafang Zhang (Tulsa), Michael Liang (Tulsa), Aniq Rahman (Norman), Kevin Woodson (Norman), Nick Eckenstein (Oklahoma City), Caleb Li (Edmond), and Matt Stanley (Edmond).

TEAM+S is a competition run by the Junior Engineering Technical Society (JETS) which is headquartered in Alexandria, Virginia. It is a test of engineering aptitude, mathematics, and science where teams have to solve real-life engineering problems exhibiting their knowledge of computer science, environmental engineering, physics, robotics, and design. The OSSM teams will compete at the regional level and will, hopefully, go on to compete nationally. Traditionally, OSSM teams have been tremendously successful in the TEAM+S competition. In 1997 and again in 2001, both our junior and senior varsity teams won the national titles.

We wish both our teams good luck as they prepare for the competition.

Congratulations to Jared Vanderford and Geraint Harris, both juniors from Burns Flat. Last weekend they competed with their home high school (Burns Flat-Dill City) academic team in the OSSAA Regional Competition. Their team finished first and will advance to the Area Competition to be held on January 15, 2005.

Lecturer Brings Wise Advice

Dr. R. Murali Krishna, an expert on matters of mental and emotional health and in the field of mind-body-spirit medicine, spoke at this week's *OSSM Wednesday*. Dr. Krishna is President and CEO of the James L. Hall, Jr. Center for Mind, Body, Spirit at INTEGRIS Mental Health Center.

Dr. Krishna's informative and entertaining lecture impressed on his audience the dangers of too much "bad" stress and its effect on our physical and emotional health. He emphasized that the way stress is perceived, how we react to stress, will make an important difference in our well-being. He left those assembled with his Seven Steps to a Happier Life. They are:

1. Learn to recognize and deal with stress
2. Find inner serenity and tranquility
3. Find spiritual fulfillment
4. Seek healthy relationships
5. Look for opportunities to serve others
6. View the world with a sense of humor
7. Learn to enjoy the moment

PAOSSM

(www.paossm.org)

PAOSSM will be taking orders for zipper hoodies when your students return from the Thanksgiving holiday. You may choose black or gray with the OSSM logo embroidered on the left side, over the heart. The cost of the shirts are \$32.00 each. Checks will be accepted and there will be a sign-up sheet on each sign-in table on Sunday evening, November 28.

Delivery will be before Christmas and payment will be due at that time. We will order a few extra for last-minute orders. Direct questions to Ed or Ruth Eckenstein at 405/721-0685.

Senior Parents: Proofs of senior portraits have been distributed to students. Please look them over and help your child select the pose that he or she would like us to use in the 2005 yearbook. It must be a photo in the graduation gown. In ball point pen, please write (lightly) a "Y" on the back of the photo you select and return all proofs to Donna Roberts.

Karen Moore has enclosed a price list with your proofs. If you wish to order finished portraits from Moore Studios, please indicate, again in light ball point pen, the packet you wish to order. Ms. Moore requires a \$30.00 deposit on all orders. The final portraits will be of high quality, and will be retouched, textured, and sprayed with a preserving lacquer.

Attention Please:

Professor Bill Turpen has been the coordinator of student **community service** hours. In his absence, Mrs. Liz Schwerdtfeger will take on the responsibility of keeping a record of service hours students complete. If you have documentation of your child's volunteer activities, please send it to Mrs. Schwerdtfeger.

Remember, students are required to earn 60 hours of community service, **and** 60 hours of school service in order to graduate. Please remind your student now and then about this obligation and help him or her to secure the proper documentation for community service.

Happy Birthday to:

Juno Abraham	November 21
Professor Karen Hamel	November 23
Chris Nettles	November 23
Mrs. Tamra Loch	November 25
Dr. Ken Lease	November 28
Katie Southard	November 30
Dr. Dorothy Dodd	December 2
Christopher Smith	December 2
Mrs. Sharron Smoot	December 5

Counselor's Corner

Students who are applying to universities outside of Oklahoma need to review scholarship and financial aid requirements to determine if the university requires a CSS Profile. The CSS Profile is a preliminary financial aid document to determine eligibility for scholarships, grants, etc., at most of the top tier colleges and private universities outside Oklahoma. The CSS Profile is available at www.collegeboard.com. Click on "Pay for College".

Utilize Thanksgiving break to register for a PIN with FAFSA. The registration process only takes about 20 minutes at this time of year and will expedite the filing process of the official FAFSA in January. Unless a family intends to pay "out of pocket" for all college expenses, it is necessary to obtain a PIN and complete the FAFSA. The website for filing is www.fafsa.ed.gov.

The Gates Millennium Scholarship application is available online at www.gmsp.org. To be eligible for the scholarship a student must be African American, American Indian/Alaska Native, Asian Pacific Islander American, or a Hispanic American citizen or legal permanent resident, or a U.S. National, who is Pell Grant eligible as determined by the FAFSA.

Counselor Gary Salwierak

Interested in the U.S. Naval Academy?

Three Midshipmen 1st Class, from the U.S. Naval Academy, will present an information session on Tuesday, November 23, from 12:30 - 2:30 p.m. in the Kirkpatrick Auditorium in Lincoln School. Two of the Naval Academy students are former OSSM students -- John Burger (Oklahoma City, '01) and Beth Polfer (Tulsa, '01).

The presentation is opened to the public and will be of interest to students (juniors) who are considering applying to the Academy and their parents, teachers and counselors, and seniors who have made application to the Academy. After the brief presentation there will be a question and answer session and a chance to speak one-on-one with the Midshipmen.

Thank you to . . .

. . . the following students, all juniors, who hosted prospective students this week: Carolyn Maher (Moore), Luke Nowlin (Grove), Samuel Lee (Enid), Katie Southard (Ponca City), Raquel Phillips (Wagoner), Haley Kinnamon (Ft. Gibson), Camilla Rollins (Cashion), and Christian Clanton (Guthrie);

. . . and to the students who allowed themselves to be interviewed for an article that will appear on Sunday in the *Daily Ardmoreite*. Chris Crowe (Ardmore, '05) and Stefany Acosta-Torres (Plainview, '06) participated in telephone interviews with a journalist from the Ardmore newspaper. Other students from the area, Katie Weston (Davis, '06), Brett Taylor (Tishomingo, '06), and Krista Owen (Achille, '06) will be pictured in the article.

PAOSSM Sponsors Trip to Oklahoma City Art Museum

Thanks to your generosity, through the PAOSSM, all seniors and interested juniors had the opportunity last Sunday to view a special exhibit of Impressionist paintings at the Oklahoma Art Museum, and to explore the permanent exhibits housed in the museum. Here are some of their comments:

"I'm not one for flowers and fruit, but the exhibit was really spectacular. My favorites were the Van Gogh pieces." Destiny Smith-Stout (Blackwell, '05)

"This was my first time back to the museum since it's been remodeled -- it was amazing. I loved seeing the pieces from Carot." Rebecca Porter (Oklahoma City, '05)

"Some of us had the chance to go up and see the Chihuly glass that was definitely a highlight of my visit." Aggie Malatinszky (Edmond, '05)

"The artwork ranged from scenery paintings by Van Gogh, lamps and other artifacts from Carthage and other parts of the world, artworks that were made entirely of glass, and optical illusions that captivated everyone's mind . . . I personally enjoyed the glass artwork . . . something so calm and peaceful." Jonathan Francis (Pocola '06)

"The Chihuly glass pieces were absolutely amazing. The colors were so vibrant and the shapes were unique and creative. It was also amazing to be standing in front of an original Picasso painting. Most of the time you only get to see replicas on posters, you never get to see the real thing." Stefany Acosta-Torres (Plainview, '06)

"I especially enjoyed the third floor and my new favorite painting, *Contemplation*. And the Chihuly exhibit was gorgeous! Even more interesting was the movie shown about how the art was produced. I have to admit, I am rather glad I was 'forced' to go to the museum." Blaine Riggs (Watonga, '05)

"I found the paintings in the featured exhibit to be exceedingly beautiful. They were mostly realistic, although I noticed a lovely Cubist piece in the still life chamber. I found myself gravitating toward one painter's works in particular, Jean-Baptiste-Camille Carot; his works had an air of fantasy I found attractive. The Chihuly exhibit was fun as well. I was already very familiar with Chihuly's work, however, and thought this exhibit to be a rather boring display of his usually eclectic and vibrant displays." Raquel Phillips (Wagoner, '06)

"The Art Museum was a very enlightening experience. I had never been to an art museum in Oklahoma, so I was pleasantly surprised at the astounding quality of the art there, especially the geometrics exhibits." Krista Owen (Achille, '06)

Students Display and Donate Artwork

Mixed media instructor, Diana Tunnell provided a fine community service opportunity for her students. She had them decorate reindeer which were auctioned off Thursday night to benefit CASA, a child advocacy organization. Angela Sun (Norman, '05) Michael Liang (Tulsa, '05), Kjell Sawyer (Blanchard, '05), Lucy Liu (Edmond, '06), Shelbi Tapper (Hydro, '06), and Afsaneh Talai (Norman, '06), with the assistance of Ms. Suzanne Donnolo, displayed their reindeer at North Park Mall on Thursday evening.