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Depression common ailment in winter months

OCCC counselor says help is available

By **Matt Montgomery**
Editor

Pre-law sophomore Shelly Herr said she suffered from a form of depression called Seasonal Affective Disorder while living on the West Coast.

"When I lived in San Francisco, I used to get bummed out a lot during wintertime because it was always raining," Herr said.

OCCC psychology professor Peggy Jordan said depression does tend to increase in the winter months.

Many things may trigger depression but an increase in the winter months is often linked to either Seasonal Affective Disorder or holiday stress.

Jordan said seasonal depression, or Seasonal Affective Disorder, is a mood disorder that is prevalent in the winter and is associated with a decrease in exposure to sunlight.

Those who suffer from SAD have symptoms of low energy, depression, sleep problems and sometimes, crave certain types of food, Jordan said.

According to www.healthscout.com, "more than three-quarters of all sufferers are women, and most are in their 20s, 30s and 40s."

Literature sophomore Amanda Riley said she has no energy during the winter.

"I do suffer from seasonal depression," Riley said. "I don't necessarily feel lonely. I just feel lethargic all the time and can't stay inside."

Psychology professor Greg Parks said SAD tends to be worst in January and February when the

days are the shortest.

"Our exposure to sunlight affects the biorhythms in our brains," he said.

Learning Support Specialist Mary Turner said students who suffer from the disorder should try forms of light therapy.

"Try to go outside and do things in the sun as much as possible," she said.

"There are also special lights that mimic the ultraviolet rays of the sun that they can use in their home."

"Our exposure to sunlight affects the biorhythms in our brains,"

—Greg Parks
Psychology Professor

Herr said she has found a way to help deal with the disorder.

"For those who have SAD, a few trips to the tanning bed is a good way to eliminate seasonal depression. More light helps."

Riley takes another approach.

"If and when I start to feel depressed during the winter, I usually do something productive like read a book or curl up on my couch and relax and watch TV."

Jordan said the winter holiday season also prompts the blues for some individuals.

"Often the holiday season is a time of depression for some people," Jordan said.

"While the stereotyped image of the happy family holiday is presented through the media, it is not the kind of holiday everyone experiences.

"When the relationship ... at home is strained, holiday ads can be a constant reminder of that loss," Jordan said.

She said holiday advertisements may

See "Depression," page 12

Attention to detail



Photo by Kenny Hilburn

Deanna Heaton, visual arts major, creates a vase in the pottery lab. The lab, located in Arts and Humanities, offers students the chance to create different kinds of art including sculptures and pottery.

Fall break Nov. 25-30

By **Stephen Sossamon**
Staff Writer

Students needing a break from the stress of class can finally sit down and relax beginning Tuesday, Nov. 25, while staff can start unwinding Thursday, Nov. 27, said Senior Human Resources Specialist Carolyn Rouillard.

Classes will be held Monday, Nov. 24, but will let out the rest of the week, Rouillard said.

"Staff still have to come Tuesday and Wednesday, but there will not be any classes," she said.

Rouillard said the college is closed on Thanksgiving day and the day after because one day is

a holiday and the day after, "most people aren't going to be home."

For those who need to visit the Library or take a test that week, the Library's hours are: Monday and Tuesday, Nov. 24 and 25, 7:30 a.m. to 11 p.m.; Wednesday, Nov. 16, 7:30 a.m. until 5 p.m.; closed Thursday through Sunday, Nov. 27 through 30.

The Testing Center is open Monday, Nov. 24, from 8 a.m. to 9:30 p.m.; Tuesday and Wednesday, Nov. 25 and 26, from 8 a.m. to 5 p.m.; closed Thursday through Sunday.

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

Editorial and Opinion

Editorial

Equal rights for everyone

Earlier this month the people of America took a giant step forward by electing the first African-American as president, but, sadly, other election results took them a few steps back.

Four states — California, Arizona, Florida and Arkansas — all passed measures that discriminate against couples of the same sex.

Voters in Arizona and Florida passed measures to ban same-sex couples from marrying.

In Arkansas, citizens voted to ban unmarried couples from adopting or becoming foster parents.

And because Arkansas doesn't allow same-sex marriages, the people hurt most by this backward measure are gays and lesbians.

The fact that the majority of citizens in Arkansas believe that an orphaned child would be better off left in the system than in a loving, caring home with gay or lesbian parents is simply astounding.

The most notable and shocking decision took place in California.

Citizens voted to pass Proposition 8, a measure that prevents gay couples from marrying by reversing May's California Supreme Court ruling legalizing same-sex marriages. This proposition actually took away the fundamental right that gay couples have had for the last six months.

Right-wing forces and the Mormon Church put millions of dollars into the passing of Proposition 8, and clearly had a lot to do with getting one of the more liberal states to pass this absurd, backward thinking measure.

The proposition passed 52.5 percent to 47.5 percent.

It is possible the courts will reverse the decision, but even if not, the issue will be revisited again and again.

Same-sex couples are not asking for any sort special privileges or treatment; they simply want what all other people in this country have.

The citizens of this country desperately need to let go of their unwarranted hate and bigotry, and realize that the gay community deserves to be on equal footing with the rest of this country in all areas of life.

It's strange that many people, most of whom would not be affected by these decisions in the slightest, seem focused on discriminating against the homosexual community.

President-elect Barack Obama made it clear that most Americans are in full support of equal treatment of all races, and it's now long past due that they do the same when it comes to sexual orientation.

—Cameron Buchholtz
Staff Writer

Campus clubs ask students to donate presents to troops

To the editor:

Our troops in Iraq and Afghanistan need our help.

Phi Theta Kappa, Black Student Association and the Nursing Students Association are joining together with the Blue Star Mothers.

They are mothers who now have, or have had, children honorably serving in the military. The goal is to fill goody boxes that will be sent to our troops for Christmas.

Our intent is to see that each soldier receives a box from home by Christmas.

You may be saying to yourself, "what can I do? I am just a student."

Let me answer that.

We are all students and if each one of us donates something for the boxes then we will have filled many boxes and touched the lives of soldiers by sending them goodies from home.

My son and daughter-in-law are both serving in Iraq

right now.

When they reached the base, they received a small box from Blue Star Mothers. They were so thankful because it contained things like Corn Nuts, Pop Tarts and playing cards they can not get "in country," as they say.

I know first hand how they felt and want to give that feeling to as many soldiers as possible.

This is possible with the help of OCCC's students, faculty and staff.

Next week there will be a table set up by the coffee shop decorated in red, white and blue to accept your generous donations.

We can accept items like deodorant, powder, snacks, magazines and batteries.

The list is too long to put in this letter, so look for posters that list all the items.

We would also like to send cards or letters letting the soldiers know we are thinking of them.

Times are hard here at home and even harder for those that are away from their loved ones. Join with us to send Christmas cheer.

—Jenny Atteberry
OCCC student

Oklahoma City Community College
PIONEER
Vol. 37 No. 13

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- Dillon Hart.....Staff Writer
- Daniel Martin.....Staff Writer
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All opinions expressed are those of the author and do not necessarily represent those of the publisher.

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

Letters to the editor can be delivered to the PIONEER office, mailed to: Pioneer Editor, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to 405-682-7843.

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

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



OKLAHOMA CITY COMMUNITY COLLEGE

off the mark.com by Mark Parisi



Comments and Reviews

'The Striped Pajamas' a touching, powerful film

The credits rolled to the end, the theater went dark, and still the small audience of journalists sat in silence as if collectively struck by a sledgehammer.

Normally reviewers are running for the door after watching another movie, especially one about the Holocaust, but the "Boy In The Striped Pajamas" dealt an emotional blow.

The story of a developing friendship between two eight-year-old boys is one that could happen at any time.

The story of a friendship between Bruno, played by Asa Butterfield, and Schmu-el, played by Jack Scanlon, happening during the 1940s could only conclude in sadness.

Bruno is the sheltered son of a German military officer who receives a promotion and transfer to the countryside.

Subtleties such as the changes in his uniform, skulls on his lapel, and soldiers calling him 'Commandant' are evidence to the mature viewer as to his new position.

A child, however, can only watch and wonder why he

has to leave his home and friends in Berlin to move to a place where there are no children apart from the few in the striped pajamas that work on the nearby "farm".

Despite his mother's warnings, Bruno explores around the grounds of his new home and stumbles upon Schmu-el, a Jewish boy on the other side of a fence.

Director Mark Herman took the award winning children's book written by John Boyne and created a screenplay that is suited for all audiences.

Performances by English actors David Thewlis and Vera Farmiga as Bruno's parents are emotional and disturbing.

Bruno's father becomes more involved in the work of war and his mother attempts to protect her children from his work.

The more she finds out about the nearby camp, the more she sees the man she is married to become a stranger to her.

The father's coldness is



evident when Bruno sees the smoke in the sky over Auschwitz (the farm) and asks what is being burned. His father tells him "sometimes we have to burn garbage."

The Holocaust seen through the eyes of the innocent may not be a new theme, but this Hey-day Film Production, also responsible for the Harry Potter Series, is a respectful look at history.

The psychological content along with haunting original score by Oscar-winning composer James Horner ("Titanic") adds to "The Boy in The Striped Pajamas" and helps create 94 minutes of must-see entertainment.

It is rated PG-13.

Rating: A+

—Cynthia Praefke
Staff Writer

Hinder's second album a flop

The Oklahoma music scene has a lot to be proud of, but sadly, it's most popular current act, Hinder, isn't one of them.

In fact, Oklahomans should be downright ashamed that Hinder calls Oklahoma home.

The Oklahoma City band just released their sophomore album, "Take it to the Limit," and with it, the only thing they "take to the limit" is sleaze, stupidity and complete insincerity.

Hinder seems to desperately want to be the new Motley Crue, even going so far as to have Crue guitar-

ist Mick Mars play on the title track, but the band clearly lacks the talent and ambition to create anything close to memorable.

It would be hard to talk about "Take it to the Limit" without mentioning its horrendous album cover.

It features the band smugly leaning against exotic sports cars parked in front of a glamorous Beverly Hills mansion, a little too Hollywood for a band who just five years ago played at OKC's awful "Bluenote" venue.

The only things missing are the stacks of cash and

terrible grills.

This thing makes most bad, cliché hip hop covers look like works of art.

It seems the band has put far more effort into being edgy than their songwriting.

Nearly every track is chock full of tired references to cheap sex, drugs, alcohol and general partying, but none of it comes across as sincere.

Instead, it just seems to be trying way too hard to appeal to brainless teenage boys who still find such things cool.

The album also has its

View from the PRESIDENT'S OFFICE



Like many of you, I grew somewhat fatigued with the length and negativity of the presidential campaign. But, what kept me engaged was the fact that the results would be a historic milestone in America. With an African-American on one ticket and a woman on the other ticket, America collectively realized that this election would confirm that we, as a nation, were ready for this milestone.

Through the rough and tumble of the campaign, race and gender were not the key issues being debated. The conversations were about the economy, healthcare, education and international relations. Not to say that race and gender were completely absent, they weren't. But for me, it was good to see our nation's maturity as we considered how we would cast our ballots.

The nation has spoken and elected Barack Obama as our next president. Being old enough to have experienced segregation, prejudice and the movement for civil rights for all regardless of the color of one's skin, I emotionally recognized the importance of the moment when it was announced that Obama was elected. That moment confirmed what I believe about America — it is a place of opportunity for all who are willing. I trust it confirmed it for you, as well.

President-Elect Obama has said that he hopes to earn the support of those who did not vote for him. Sen. McCain has said that now is the time to put America first and for everyone to support the new president. The challenges America faces are urgent, complicated and serious. Our economy is faltering, more and more Americans cannot afford basic healthcare, too many students drop out of high school or college before graduating and there are any number of international challenges that must be addressed. It may not be an overstatement to use a title of an open letter to America from over 25 years ago — we are a "nation at risk."

Now that this historic election is behind us, let us come together to support each other, find common ground and work side-by-side to find long-term solutions to our challenges. If we are able to do this, I am confident that we, as a nation, will meet whatever lies ahead with courage, innovation and strength.

—Paul Sechrist
OCCC President

fair share of cheesy power ballads. On "Without You," the band is blatantly trying to recreate the success of 2006's "Lips of an Angel."

At least this time the tune is an actual love song rather than the mindless songs they once called love songs.

Hinder is not only an em-

barrassment to Oklahoma music, but to popular music in general.

Avoid "Take it to the Limit" at all costs.

It would be a waste of money to purchase this album.

Rating: D-

—Cameron Buchholtz
Staff Writer

Campus program provides academic assistance to students through peers

Students join with faculty to create help outside the classroom

By Gabe Lenners
News Writing Student

The Supplemental Instruction program at OCCC is designed to help students who are taking challenging courses succeed, according to the SI pamphlet.

Student leaders are paired with faculty members to provide study sessions for students currently taking the professor's classes, according to the pamphlet.

Jessica Davis, Arts and Humanities supplement-

tal instructor, said some students are a little shy when it comes to getting help outside of class. But, many struggling students do take advantage of the service.

The students seem to feel more comfortable with the SI leaders rather than professors because the SI leaders are not actually teaching the class, Davis said.

She said one of the main things she does is assist students with writing essays.

"I help the students pick

a story that works for them and help students look at their rough drafts," Davis said.

"By helping students get to the next level in the class, I know that I can make the class easier for at least one student."

Jeff Cleek, English and humanities professor, is Davis's faculty leader.

Cleek said the program gives Davis hands-on experience in teaching students one on one.

"There is a mentorship aspect to the program and it is a good way to keep the professor in contact with the students," he said.

Student could be hesitant to ask a professor,

"The (Supplemental Instruction) leaders and students have a good working relationship and the students enjoy having another voice to help them."

—Jeff Cleek
English Professor

but they may feel more comfortable asking one of their peers, Cleek said.

"The (Supplemental Instruction) leaders and students have a good working relationship and the students enjoy having another voice to help them," he said.

Cleek said he has seen improvement in the students who utilize the program.

OCCC student Cheryl Hudelson said the help she received through the SI program raised her grade in her federal government class substantially from the first test to the second one.

Hudelson said SI also provided her with more than better grades.

"I built a friendship with my SI," she said. "It is more than just getting help."

Students learn to fight online crime

By Brady Curry
News Writing Student

Students from the cyber forensics class taught by Professor Al Heitkamper are learning how to retrieve Internet data every day.

Cyber forensics students recently participated in a lab that required them to perform an investigation in which they needed to identify information about a crime that had been stored in the computer.

Due to the information being deleted by the suspect, the students used high intelligence software to bring out the information.

Information found on the computer gave students prime evidence that would be used to solve the crime.

James Crabbe, cyber forensics student, said he chose to take this class because he was interested in fighting crime.

"What interests me is the ability to track down an offender or being able to outsmart somebody who thinks they are getting away with the crime," said Crabbe.

Students in this class are intrigued by the projects that they complete and the reality of cyber forensics.

"Security caught my interest," said Jonathon Tinsley, cyber forensics student. "Also, professor Heitkamper said they have a four year degree at OSU Okmulgee."

Tinsley said the class has changed how he uses the Internet.

"I definitely give less information on the Internet than I have to," he said

Identity theft prevention seminar offered free to the public Nov. 18

By Brooke Singletary
News Writing Student

A free public service seminar on preventing identity theft will be offered by the Downtown College Consortium from 5:30 to 7 p.m. on Tuesday, Nov. 18, at the R.J. Norick Downtown Public Library.

The goal of the seminar is to educate students and the public about how to protect themselves and prevent identity theft, said Gus Pekara, Downtown College director.

"We try to educate people on the dangers of people getting your information off medical insurance, mail and so forth," he said.

Speakers will include Elaine Dodd from the Oklahoma Bankers Association and Lt. Vashina Butler from the Oklahoma City division.

"We will be expecting around 100 people at the

seminar and OCCC students and employees are welcome," Pekara said. "We want people to know that we exist. The college has been here for 12 years."

Pre-register by calling 405-232-3383 or by visiting the Downtown College website at downtowncollege.com.

Urban Neighbors, Downtown Neighborhood Association, Metropolitan Library System, Business Connections and Downtown OKC, Inc. are sponsoring the seminar.

"We try to educate people on the dangers of people getting your information off medical insurance, mail and so forth."

—Gus Pekara
Downtown College Director

The colleges in the consortium include OCCC, the University of Central Oklahoma, Oklahoma State University-OKC, Redlands Community College and Rose State College.

Comments? Opinions?

E-mail Matt at

editor@occc.edu

Let your voice be heard!

www.occc.edu/pioneer

Printer creates objects in 3D

By **Lindsay Whelchel**
News Writing Student

OCCC students enrolled in 3D design courses are benefiting from the Zprinter 450, a color 3D printer purchased last fall for between \$35,000 and \$38,000, said Student Computer Center Supervisor Gary Dominguez.

The printer, which works on a level platform, lays down a sheet of loose powder, he said.

The powder acts like normal paper, but includes a binding substance that transforms any printed part into a solid.

These parts become sheets, one on top of another, that form an entire three-dimensional object, Dominguez said.

The process takes five to six hours to print something about eight inches tall.

Dominguez said the printer is the latest and greatest technology.

He saw the printer at a convention and begged for six years for OCCC to purchase it, he said.

"It enables the students to actually hold and touch something they've created," Dominguez said. "You get theory but when you

can actually hold stuff, there's a difference."

The 3D printer technology has been evolving for the last 10 to 15 years and is mainly used in rapid prototyping, Dominguez said.

He projects this technology will follow the same path as regular ink jet printers that used to cost thousands of dollars and are now in households everywhere.

This type of printer is used in many fields, from architecture to animation, Dominguez said.

It is also used heavily in the medical field and has even successfully printed a gallbladder and a frog's heart using cells rather than ink.

Character design students learn to model, put in textures and even create hair, clothes and bones for their animated figures.

The process is mesmerizing, said Drew Stone, 3D character design and animation student.

"I sat in front of [the printer] for over an hour," Stone said.

Stone's figure is Klogg, a character from a game called The Neverhood.

Other projects on display range from a topology map



Photo by Kenny Hilburn

Drew Stone, computer technology major, displays one of his animations which was re-created as a three dimensional print. The printer uses a special powder to create the figurines and can take up to six hours to complete a print job.

of Yosemite National Park, to an architectural model of a house.

"(Something is) taken from the virtual world to the real world and that's a big leap," Dominguez said. "It opens up the imagination of what could be done."

Dominguez said the computer aided technology design program tries to

use what the professional industry is using so that after graduating, students are not overwhelmed by new technology they've never worked with

"It gives them a leg up in the job world," he said.

Dominguez hopes to see an entire classroom of technology such as the new tablet monitored computers they have.

The computers allow artists to draw and paint on the screen using a digital pen that can feel hand pressure.

"It feels very traditional," Dominguez said. "A classroom full would be phenomenal."

Dominguez is also hoping to see an animation degree option available at OCCC soon.

College choirs attend choral festival in Arkansas

By **Christa Stewart**
News Writing Student

One hundred and two vocalists from OCCC comprised the largest number of performers from a single college at the Two Year College Choral Festival at the University of Arkansas in Fort Smith on Nov. 11, music professor Ron Staton said.

Vocalists from three OCCC choirs performed as two separate groups.

The performing groups comprised two of the eight choirs from seven different colleges at the festival.

Staton said the concert choir and chamber singers

combined to sing as one choir. The concert choir is composed of any OCCC student who wants to be a part of the group. However, auditions are required to gain a spot as a chamber singer.

Fifty vocalists from these two groups participated in the festival, he said.

In addition, the symphonic community choir is made up of both students and members of the community.

"The only requirement is having to love singing," Staton said. Fifty-two members of the community choir took part in the festival.

The festivities began with a mass rehearsal where all eight choirs combined to practice two songs that were performed later in the evening as one group.

They sang "Song of Triumph" by Grotenhuis and "Ubi Caritas" by Durafle.

A master class was also held, consisting of music faculty from the University of Arkansas at Fort Smith teaching a voice lesson for all vocalists participating in the festival.

"This was a very enlightening time to hear how other college students sing," Staton said, "but also see how other teachers would help them get better."

A concert was held that night where chorales from each school sang two songs by themselves.

The community choir and chamber singers performed "Danny Boy" and "If." The symphonic community choir sang "The Awakening" and "Pilgrim's Hymn."

The singers received many benefits from this event, Staton said.

They had a chance to perform their music in front of other college students and performers, which gave them even more of an incentive to do their very best.

"It's always great to sing

in front of other musicians in a different environment," Staton said. "It offers a good challenge."

Also, OCCC musicians heard other students and saw how they measured up against their peers from other colleges.

Staton was enthusiastic about his students having the opportunity to join with the other choirs in the final performance.

"It's an exciting time to come together to make really good music," Staton said.

This was the fifth year the choirs have performed at the festival under Staton's direction.

Students go hog wild, line up for free airbrush tattoos Nov. 6

By Esther Chong
News Writing Student

Butterflies, hearts, flowers, barbed wire and many more stencils were laid out on the table to choose from. These were choices for students who took advantage of free airbrush tattoos Nov. 6 in the college union.

After laying the stencil on the skin, the artist lightly spray painted the image with the preferred color.

"Painting them on only takes a couple of seconds," said Chris Ketcher, owner of Hog Wild Entertainment. "It takes longer for students to choose what they want."

The temporary tattoos are erasable with rubbing alcohol or hot soapy water, Ketcher said.

The tattoos were being given in coordination with the Career Fair, which was held in the cafeteria.

Many students stood

around the table waiting to get the tattoos.

"It's fun and a good alternative [to real tattoos]," said OCCC student Viri Diana Escobedo. "I'm scared to get a real tattoo even though I really want one."

Hog Wild Entertainment is brought to the campus once a month when there are school activities because it is when all the students come together.

Ketcher said she opened Hog Wild five years ago.

"I enjoy coming to OCCC because all of the faculty and students are so friendly," Ketcher said. "They're like my family."

Hog Wild Entertainment provides more than airbrush tattooing. Wax hands, candle creations and many active inflatables are other services they can provide.

For more information about Hog Wild Entertainment, visit their website www.hogwildentertainment.com.



Photo by Kenny Hilburn

OCCC student Juan Gonzales gets his arm airbrushed by Chris Ketcher, owner of Hog Wild Entertainment. Hog Wild is the same company that did the wax hands a couple of months ago. The airbrush tattoos were provided by Student Life and were free to any student that wanted one.

COE program encourages community members to achieve individual goals

By Saddy Rendon
News Writing Student

Last year, all non-credit programming unrelated to fitness and wellness was placed under the newly created Community Outreach and Education program, said Brannon Dresel, Community Education coordinator.

"The purpose of the COE is to provide access to the community to participate in diverse non-credit education and art programs that will empower them to achieve individual goals," Dresel said.

He said online courses

are convenient to those who prefer to take courses outside of the classroom.

"Today people are so accustomed to taking online courses that are convenient, but lack social interaction," Dresel said.

He hopes this program will also bring more students together.

Dresel said all classes are participant friendly, fun and affordable for all adults ages 18 and up.

He said classes for adults focus on language, music, computer classes and dance classes.

Programs for children include a year-round pro-

gram for those ages 6 to 14.

They offer courses in math, drama, arts and crafts, dance, language, science, music and cooking.

Issac Babb, a COE participant, said the new classes helped him deal with school pressure.

"The new dance classes are awesome and have helped me to deal with school stress," Babb said.

Dresel said his favorite part of being a coordinator in the program is the opportunity to help provide programs that members of the community can en-

"The purpose of the COE is to provide access to the community to participate in diverse non-credit education and art programs that will empower them to achieve individual goals."

—Brannon Dresel
Community Education Coordinator

joy as well as help people foster friendship while gaining new skills.

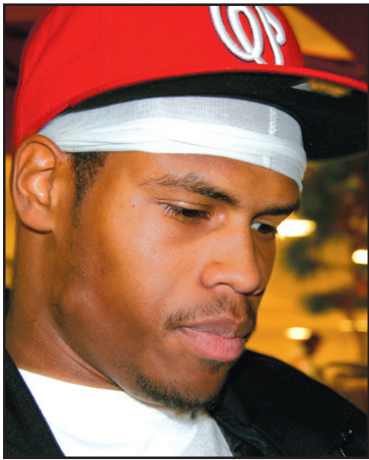
He said all ages are welcome to participate in classes to help acquire the knowledge, skills and values needed to lead productive and satisfying lives.

The Community Out-

reach and Education office is located near the College Theater.

For more information on the classes being offered, contact Community Outreach and Education Director Jessica Martinez-Brooks at 405-682-1611, ext. 7426, or e-mail her at jmbrooks@occc.edu.

What are students thankful for?



"I'm thankful for my life."

—Cassidy Young,
visual arts major



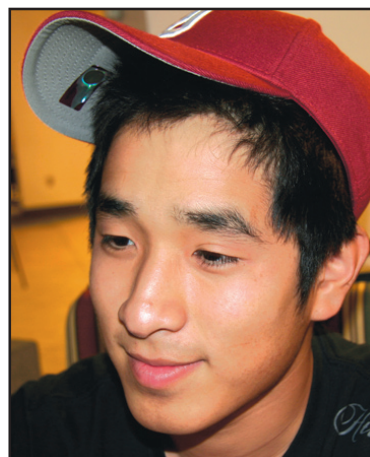
"I'm thankful for my two adopted brothers and my successful semester."

—Hayley Heinen,
nursing major



"I'm thankful for my life, what God has done, going to college and having money."

—Corey Fair,
computer science major



"I'm thankful for my opportunities, laughter and Monster energy drinks."

—Nam Le,
engineering major

Volunteer opportunities available

By Dillon Hart
Staff Writer

There are many ways OCCC students can volunteer this Thanksgiving.

The Volunteer Center of Central Oklahoma plans to hold a Family Volunteer Day on Saturday, Nov. 22.

The event, which happens every year, "is designed to demonstrate the power of families who choose to volunteer together to support the communities in which they live and serve," according to their website — www.heartlineoklahoma.org.

One important task on Thanksgiving is distributing food to the needy.

Organizations like Meals

on Wheels offer opportunities to help cook and deliver meals to those in need.

Meals on Wheels is in need of volunteers to help prepare and package dinners to be delivered, organize schedules, make phone calls, load delivery vehicles, and deliver meals.

Local Meals on Wheels and senior meals programs include Areawide Aging Agency, CUPS Mobile Meals and Heritage Weekend Meals.

Areawide Aging Agency can be reached by phone at 405-942-8500.

To contact CUPS Mobile Meals, call 405-943-0015.

Heritage Weekend Meals can be reached by phone

at 405-604-5028.

These organizations are just a few of the ways to help out this holiday season.

OCCC student Derek Clemons said the holiday is a unique time to see why volunteering is so important.

"Thanksgiving is a time to reflect on your blessings," Clemons said.

"During that time, you really get a chance to see what other people don't have. And it's a perfect time to spread the love."

The Volunteer Center of Central Oklahoma can be reached at 405-232-3711.

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

TURKEY DAY HOTLINES

useful numbers to call for help in preparing holiday meals

- **U.S. Department of Agriculture's Meat and Poultry** — 888-674-6854 — open 11 a.m. to 5 p.m., Monday through Friday. Special Thanksgiving Day hours will be from 9 a.m. to 3 p.m. that day.
- **Butterball Turkey Talk-Line** — 800-288-8372 — call in and speak with Butterball's professionally trained experts. Available from 8 a.m. to 8 p.m. everyday and 6 a.m. to 6 p.m. on Thanksgiving Day.
- **Reynolds Turkey tips** — 800-745-4000 — open 24 hours a day, seven days a week.
- **Honeysuckle White hotline** — 800-810-6325 — call in for recorded answers to frequently asked questions.
- **Crisco Pie hotline** — 877-364-7438 — offers an option to speak with a live pie expert for pie baking advice. Open 9 a.m. to 9 p.m.
- **Shady Brook Farms Dial-A-Chef** — 888-732-4468 — automated messages by famous chefs and winemakers are available 24 hours a day, seven days a week.
- **Land O'Lakes Holiday Bakeline** — 800-782-9606 — will be available from 9 a.m. to 9 p.m., seven days a week.
- **Ocean Spray** — 800-662-3263 — available weekdays from 9 a.m. to 4 p.m.



OCCC will be closed
Nov. 25 to 28
for Fall Break

Sports

UPCOMING

OCCC INTRAMURALS EVENTS

• **Nov. 17:** OKC Thunder host the Houston Rockets at 7 p.m. at the Ford Center. Students and faculty may go to the office of Student Life located on the first floor of the main building to purchase tickets at a discounted price. The price will be \$5 for students and \$10 for faculty. For more information contact Student Life assistant Marcy Roll at 405-682-1611, ext. 7792.

• **Nov. 21-23:** OCCC Aquatic Center will host the EAT Turkey Meet. For more information about upcoming Aquatic Center events, call Aquatic and Safety Training Specialist James Hensley at 405-682-1611, ext. 7662.

• **Nov. 26-30:** The Wellness Center will be closed for fall break. The Wellness Center will close at its regular time Wednesday, Nov. 25, and will resume with regular hours of operation on Dec. 1.

• **Dec. 6:** OCCC Aquatic Center will host the Joe Stocker High School Swimming and Diving Invitational. For more information about upcoming Aquatic Center events, call Aquatic and Safety Training Specialist James Hensley at 405-682-1611, ext. 7662.

• **Dec. 12:** Deadline to register for the Junior Basketball League. This league is for boys and girls ages third through sixth grade. For more information about this league, call Recreation and Fitness Specialist Eric Watson at 405-682-1611, ext. 7786.

Get up-to-date information on all OCCC Intramural sports, as well as news on college and pro sports around the nation.

Listen to the OCCC Sportscast at:

www.occc.edu/pioneer



Photo by Matt Bishop

Short Bus players celebrate after defeating the Pretty Boyz 89-78 in the Intramural basketball championship. Short Bus players are shown from left to right; Jeremy Phillips, Sean Trosper, Todd Holmes, Josh Vanover, Anthony Carter and DeJuan Smith.

Short Bus win the 'ship

The Bus is crowned Intramural basketball champion

By Matt Bishop
Staff Writer

Nobody could slow down the Short Bus throughout the regular season, and the playoffs were no exception.

The Short Bus cruised through the Intramural basketball championship, running over the Pretty Boyz 89-78.

Once again, Josh Vanover led the Bus in scoring with 24 points and also grabbed 14 offensive rebounds. DeJuan Smith counted for 21 points for the Bus.

Jeremy Phillips was a perfect 3-for-3 from behind the arc. He scored 20 points, 18 in the first half.

The Bus opened up the first half with a 12-4 lead in the first five minutes.

Missed opportunities and a lack of rebounding from the Boyz soon put the Bus ahead 18-9 just minutes later.

Pretty Boyz guard Ryan New said earlier in the season that all of his teammates could touch rim.

Although the Boyz could touch rim, they missed 30 shots from inside the paint during the game.

Cassidy Young scored 16 points

for the Boyz, but missed 11 shots in the paint, seven of which were lay-ups.

However, New did pick up the slack for the Boyz, scoring 19 points.

"The Pretty Boyz are good but they have trouble with us," said Short Bus guard Todd Holmes.

The Bus had a commanding 50-33 lead going into halftime.

"[The Pretty Boyz] are getting all flustered," Vanover said.

"Just keep playing and rebounding and we should take it."

The second half wasn't much different. The Boyz made a slight comeback late in the second half, cutting the Bus's lead to 8 with 6:11 remaining, at 73-65.

Two 3-pointers by Holmes got the Bus back on track, and never looked back. Holmes finished with 9 points.

Later as the Boyz tried making a comeback, Young tried dunking the ball, but was stuffed by the rim.

Anthony Carter would take the ball coast-to-coast for the Bus, finishing with a pump-fake, reverse-windmill lay-up.

Todd Holmes jumped up and down pumping his fists saying, "We won the 'ship! We won the

'ship!"

From that point, the celebration commenced for the Bus, as a hard, strong effort all season paid off.

"We didn't actually lose in the regular season, that was a pick up game," Vanover said.

"Every time we came out and played a real game we've rolled."

The Short Bus got to the championship by way of a victory over the Geek Squad, who came back from being down 10 points to beat the defending back-to-back champion Spartans.

The Pretty Boyz, despite only holding the number 2 ranking, got byes into the championship game via fight and disqualifications during the game between Zilla and ReMix.

Although the Bus didn't play with fresh legs as the Boyz did, Vanover said, the Bus showed with no doubt they will be around for another run at the title next season.

"We're going to come back next semester," Vanover said.

For more information on Intramural sports contact Eric Watson at 405-682-1611, ext. 7786.

Staff Writer Matt Bishop can be reached at SeniorWriter@occc.edu

Child Development Professional added to lineup

By Danielle Snyder
News Writing Student

A new course was added to the child development program this semester, said Child Development Program Director Cecilia Pittman.

Child Development Professional is being offered to students who want to go into the child development field, but may not yet know what degree they want to pursue, Pittman said.

She said child development majors can choose

from an associate of arts, which is a university transfer degree; an associate of applied science, which leads directly to work; and a bachelor's degree, which must be completed at a four-year university.

"The purpose of Child Development Professional is to get the students on the right track and keep them there," Pittman said.

She said it gives students a chance to realize the full array of opportunities available in the field.

Opportunities for child

development majors range from working in child agencies such as Sunbeam Family Services, Inc. — Oklahoma's oldest volunteer-led and supported non-profit agency — to child care center directors and teachers.

"The class gives students long-term and short-term expectations," Pittman said.

"They learn to become more professional in their desired career as well as create a portfolio, which contains pieces of work

such as theory papers that show mastery in child development, from day one."

Pittman said the most common mistake made by students enrolling in the child development program is the misconception of which classes to take together. She recommends getting help figuring out the best degree path.

Pittman said self-advised students could get behind a semester if they take unnecessary classes.

She said one option to being self-advised is to

complete the degree advisement sheet, then have the appropriate professor check it, then approve it.

She said the first class has been inspiring.

"The 17 students in Child Development Professional are very dedicated to the program," Pittman said. "I am looking forward to the future classes."

Pittman said her main goal is to successfully complete the first semester of the new class and educate young adults in preparation for their future careers.

Business lab there to help students succeed

By Carla McKinley
News Writing Student

Every degree program has that major hurdle, the class that stretches a student to what they may think is the breaking point of their college career.

To address that issue in the business area, a new lab has opened in room 2RO of the Main Building.

There, students can get tutoring in economics,

business communication and administrative office technology.

Administrative Office Technology professor Lisa Adkins said the business faculty noticed there was a tutoring need for students struggling with business classes so, for the past year, they have been organizing a lab to meet the needs of those students.

"We want students to succeed," Adkins said.

"All business majors require economics, and even though students do well in their own major, they may not grasp the concepts of some of the classes required."

Achieving the Dream, a nationwide program community colleges can enroll in and collect data to help students succeed, confirmed what students were expressing — they needed more help in certain busi-

ness courses, she said.

Currently, Adkins said, the business department has 25 Associate in Science, Associate in Applied Science and Certificate of Mastery programs, and 2,000 business majors, so the need existed for a lab.

Faculty will provide all tutoring in the lab until there's funding for student workers, she said.

"There are no funds available to pay tutors right now but that is the goal for next year."

Business Lab hours are

9:30 to 10 a.m. Tuesday and Thursday.

Economics lab hours are from 2 to 4 p.m. Friday.

A Business Communications lab is available from 12:45 to 1:15 p.m. and 4:30 to 5:30 p.m. on Tuesdays and Thursdays.

A Beginning/Intermediate Word and Automated Records Management lab is open from 1:45 to 2:45 p.m. on Tuesday.

Books have been donated for research projects and computers are available, Adkins said.

Car thieves caught on camera

By Stephen Sossamon
Staff Writer

A non-injury accident and stolen vehicle were reported the week of Nov. 3.

On Nov. 3, security officer Eddie Connally reported he was dispatched to the corner of S.W. 74 Street and May Avenue regarding a vehicle on college property.

An Oklahoma City Police Department officer was already on the scene, attempting to communicate with a Mexican male, according to the report.

The report shows the driver did not speak English, or have any identification or insurance verification.

The police officer said he believes the driver was southbound on May Avenue and struck a vehicle

trying to turn west from northbound May.

Connally said minimal damage was done to college property, consisting of tracks in the grass where the car jumped the curb.

Security officer Brandon Wheeler responded to a report of a stolen vehicle on Nov. 5.

Kristen Hancock, owner of the missing red 2000 Honda Civic, said she arrived at the college at approximately 9 a.m. and went to class.

She said a classmate saw her car in the parking lot when she arrived at 9:20 a.m.

Hancock said she discovered her car missing when another classmate said he couldn't recall having seen it at 1:30 p.m. when he went to lunch.

Security officer Kevin

Tipton was notified and reviewed surveillance video.

Wheeler said Tipton discovered the vehicle was taken at 1:04 p.m.

Video surveillance shows a black sport utility vehicle circling the car and parking, according to the report.

A suspect got out of the SUV, walked to Hancock's vehicle and entered.


As both vehicles were being driven off, the black SUV followed closely as both exited onto May Avenue.

The vehicle is reported to have a dent on the front driver's side fender.


Anyone who has information about the car is asked to call Oklahoma City Police at 405-297-1000.

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

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Highlights

Diplomat to speak to students Nov. 18

"International Education, Globalization and Foreign Service" lecture with U.S. State Department-in-Residence Dr. Rick Roberts will take place from 2 to 4 p.m. Nov. 18 in CU 2 & 3. Roberts is a career member of the Senior Foreign Service, rank of counselor. Dr. Roberts joined the Foreign Service in 1984 as Public Diplomacy officer with the United States Information Agency. Dr. Roberts has held leadership positions and received multiple Meritorious Honor Awards from the U.S. State Department. He speaks to college students about international affairs and foreign service opportunities.

Annual Indian Taco/Shortcake/Frybread Sale

The Native American Student Association will be having their annual Indian taco, shortcake and frybread sale on Nov. 20 from 11 a.m. to 5 p.m. at the CU counter. Indian tacos will be \$5, frybread will be \$2 and shortcakes will be \$3.

Fall Writing Workshops

The Communications Lab will be having their final fall writing workshop, "Writing A Rogerian Argument Paper," on Monday, Dec. 1. The workshop will be held in Room 2F3 at noon and will last for about 45 minutes to an hour. Please contact Nick Webb, Communications Lab Assistant at 405-682-1611 ext. 7678 or at nwebb@occc.edu for more information.

Cultural Art Series presents the Jerusalem Lyric Trio

The Jerusalem Lyric Trio will be performing at 7 p.m. on Tuesday, Nov. 18 in the college theater. The Jerusalem Lyric Trio highlights the religious and cultural heritage of the Jewish people in its performances.

Absolute 2009 looking for entries

Absolute 2009, the college literary journal, needs poetry, essays (non-academic), short stories, screenplays, plays and musical scores. OCCC students and staff are invited to submit their work. Deadline for all submissions is Monday, Dec. 1. Submission forms are available on the table outside of the Arts and Humanities office. For more information, contact Clay Randolph at crandolph@occc.edu or Marybeth McCauley at mmccauley@occc.edu.

College Poets and Writers meeting

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

Tuition fee waiver information

Tuition fee waiver applications for the spring semester are now available in the Financial Aid Office. Completed applications must be submitted before 5 p.m. Thursday, Nov. 20. For more information, call Student Financial Support Services at 405-682-7524.

All-USA Academic Team Scholarships are now available

All-USA will select 60 outstanding students from community colleges nationwide to be a part of the All-USA Academic Team. Twenty gold, silver and bronze scholars will receive stipends. Applications are due to the Vice President of Student Services' office on Wednesday, Nov. 19. Information and applications are available through the Vice President for Enrollment and Student Services' office. For more information, call Enrollment and Student Services at 405-682-7595 or Student Life at 405-682-7523.

Graduation Application Information

The end of the semester is fast approaching and those who are completing degree requirements this semester need to go to the graduation office to apply. All students, whether getting a certificate or degree must apply for graduation.

"Let's Speak!" Japanese Workshop

The World Languages and Cultures Center will provide a Japanese lesson from 3:30 to 4:20 p.m. Wednesday, Nov. 19. The session is free and will focus on sounds of the basic Japanese syllables. Participants will also experience origami work. For more information, call the WLCC at 405-682-1611, ext. 7560.



Photo by Kenny Hilburn

Jessica Davis, graphic communication major, looks at prints the Photography Club had on display in the student union. The print sale was a fundraiser for the club and was a great way for students to display their art. Another print sale is scheduled for Dec. 3.

Photo Club to hold second print sale to fund field trip

By Daniel Martin
Staff Writer

Forget about the Photography club print sale last Tuesday? Don't panic, just be sure to mark Dec. 3 on your calendar.

Photography club members will be offering more photos and baked goods for sale, said Photography Club President Megan Godwin.

"We haven't sold nearly as many prints as we would have hoped so far today," Godwin said.

She said the money raised will go to fund an educational trip the club will take next spring.

Current Photography Club members and members from the past donated their own print photos and artwork to help raise money for the trip.

"We are trying to go to Colorado Springs or somewhere scenic and out of state," Godwin said. "But

so far it looks like we will only have enough money for an in-state trip."

She said if they were restricted to an in-state trip the club would likely travel to Beavers Bend area or somewhere in the Arbuckle Mountains.

"We want to go somewhere with beautiful scenery so we can take great shots and learn from the landscape," Godwin said.

Just like the first print sale, customers have the choice between mounted and un-mounted photos in a range of sizes. Some sizes include 8x10 inches, 5x7 inches and 4x6 inches.

The photographs on sale include detailed pictures of scenery, abstract photos and even some profile pictures of insects and other wildlife.

Aside from the print sale, there will be another chance to support the Photography Club in De-

ember, Godwin said.

People will be able to purchase baked goods in addition to the pieces of artwork.

"We are hoping to draw a new crowd in December," Godwin said. "Hopefully adding the bake sale can help us do that."

The Photography Club has 38 official members and is looking for more, she said.

For more information, contact Photography Club Sponsor Randy Anderson at 405-682-1611, ext. 7218 or e-mail randerson@occc.edu.

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

Have an exciting event coming up?

Call Stephen Sossamon at 405-682-1611, ext. 7410

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: 2000 Dodge Carivan. Viper alarm, remote start, new tires and transmission. Tinted windows. Power windows and doors. 150K miles. In great shape. \$2,500. Call: 405-310-3850.

FOR SALE: 1996 Chevyilverado Extended Cab. Small V8 engine 305. 95K miles. Power locks, windows, AC. White exterior, burgundy interior. Camper shell, sliding rear window. \$5,750. Call Mike at 405-682-1611 Ext. 7340.

FOR SALE: 1992 Chevy Lumina. Needs some work. \$800 OBO. Call 405-881-7783.

FOR SALE: 1983 Ford Mustang. 4 cylinder. New transmission and carburetor. Drives fine. \$1,500 OBO. Call: 405-603-3576.

EMPLOYMENT

NEED SOME DOUGH?

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.

Independent Film: Accepting applications for an independent film shoot that will be in March and April of 2009. It will be filmed primarily in Oklahoma with some locations in Austin. The positions being offered are: FCP Editor, Key Grip, Grip1, Grip 2, Grip 3, Best Boy, Camera Operator, Second A.C., Art Director, and Location Sound Recordist. Resume, references and photo required. Contact: Rockhousecinema@mac.com.

MISCELLANEOUS

FOR SALE: Regulation size Wilson International pool table. Black with blue felt. Two sets of pool balls. \$750 OBO. Call: 405-255-3898. Leave a message if there is no answer.



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ACROSS
 1 Did the crawl
 5 Tops of cars
 10 Toy on a string
 14 Actress Capshaw
 15 Comic Murphy
 16 Branding —
 17 Whirlybird inventor Sikorsky
 18 Juice from 22-Across
 19 Lima's place
 20 Pittsburgh players
 22 Orchard fruits
 24 Newt
 25 "The African Queen" scriptwriter
 26 Marilyn —
 29 Customers Gather
 33 Indian garment
 36 Affirmative vote
 37 Sedan or coupe
 38 Old-fashioned brooch
 39 Science room
 40 Mandela's org.
 41 Singer Redding
 42 Ordinary speech
 44 Smart aleck
 47 Frankfurter
 48 Cat's murmur
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 62 Roy Orbison song
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 64 Overwhelming defeat
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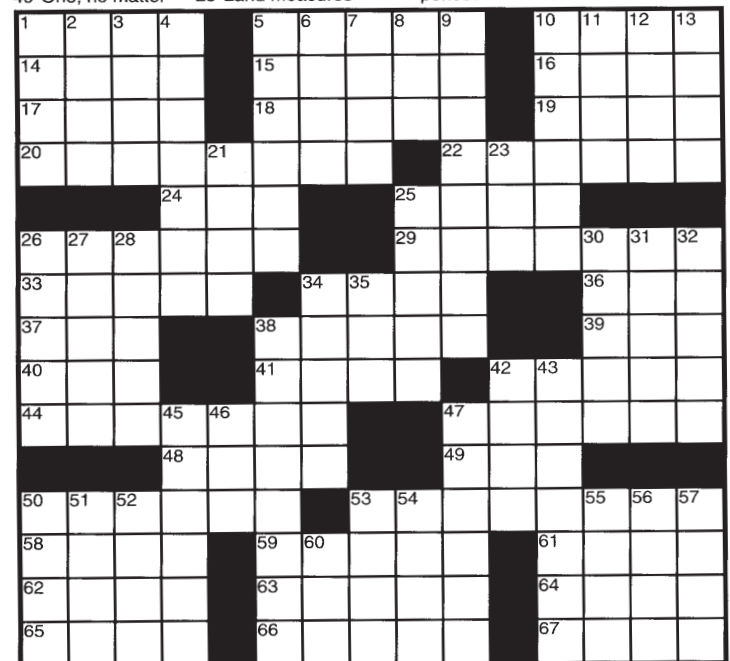
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PREVIOUS PUZZLE SOLVED

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43 "— the Fox"	56 Flu symptom
45 Noteworthy periods	57 House sites
	60 Neither fish — fowl



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Depression increases in cold months

“Depression,”
Cont. from page 1

mind some of what they don't have. Then, there's the stress of trying to find money to buy gifts for friends and loved ones.

Jordan said seasonal stress is one of the biggest precursors for holiday depression. She had some advice to students who wish to reduce their stress during the holiday season.

“Time is a factor,” Jordan said. “With extra gatherings, food to cook, extra grocery shopping and gift purchasing, make a realistic financial budget and stick to it.”

Turner agrees. “Holiday depression can sometimes be triggered by unrealistic expectations,” she said.

“We either believe that we have to do everything with everyone, and everything should be perfect — including us — or we believe we should have lots of friends and invitations to things but we don't.

“In the first case, we feel overwhelmed. In the second, we feel very lonely and sad.”

Turner said students can find help on campus.

“Students can come to our office and speak to a licensed counselor,” she said. “We can talk with these students, and help them gain some perspective and help them connect with other resources ...

“If a student needs more therapeutic or long-term assistance, we can refer them to appropriate off-campus resources.”

Herr said she hasn't been affected as much since moving to Oklahoma but will continue to tan and “run five times a week in order to get the sunshine I need.”

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



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