Winter months often trigger mood changes

**Seasonal Affective Disorder affects more than 36 million Americans each year**

**JOEY STIPEK**
Staff Writer
Staffwriter1@occc.edu

Winter months signal shorter days, two major holidays and semester finals. Those things may leave students and faculty dealing with added stress or depression.

Student Support Specialist Mary Turner said many people suffer with seasonal depression when the days get shorter.

Seasonal depression, also known as seasonal affective disorder or SAD, is a mood disorder that happens every year at the same time, according to WebMD. "Seasonal Affective Disorder typically happens because of the lower amount of ultraviolet rays we get [in this area of the country]," Turner said.

"The ultraviolet rays affect our wake and sleep cycles and seasonal functions," she said.

"It is caused by the pineal gland that regulates production of melatonin."

According to WebMD, "with less sunlight … the brain does not produce enough serotonin, the soothing neurotransmitter in the brain. This results in feelings of depression."

The National Institutes of Health estimates more than 36 million Americans suffer seasonal depression that occurs in the fall.

Signals you may be suffering from SAD can include:

- Increased need for sleep
- Increased appetite with carbohydrate craving
- Weight gain
- Irritability
- Inability to concentrate
- Problems with relationships (sensitivity to rejection)
- A heavy feeling in arms or legs
- The times you’ve been depressed during the fall or winter season outnumber the times you’ve been depressed at other times over your lifetime.

According to WebMD, "light therapy is treatment to discuss ideas and future goals concerning health care and what the newly-enacted Affordable Care Act means to students.

Club President Kenneth Meador said according to the Center of Disease Control, the U.S. houses 46 to 50 million people who don’t have any type of health care coverage, which is 15 to 20 percent of the entire population.

He said a 2005 study showed more than 50 percent of all bankruptcies are the result of expensive health care or from people losing health care altogether because of unemployment.

For example, Meador said, prior to the Act going into effect, someone who had to take time off of work to receive medical attention might be fired for missing too much work and lose their health care benefits altogether.

He said although there is no quick fix, he believes the Affordable Care Act will help people of all ages with varying conditions including pre-existing conditions which, in the past, insurance companies didn’t cover.

The bill will require everyone to purchase health insurance and will offer help to some in paying for that insurance.

"The bill will inflict penalties if a person has not retained a policy by Jan. 1, 2014, and is based on their personal income," Meador said.

"If you make no money, you will help people of all ages with varying conditions including pre-existing conditions which, in the past, insurance companies didn’t cover.

The bill will require everyone to purchase health insurance and will offer help to some in paying for that insurance.

"The bill will inflict penalties if a person has not retained a policy by Jan. 1, 2014, and is based on their personal income," Meador said.

"If you make no money, please contact the Affordable Care Act line at 1-800-318-2595 or on the Internet at www.healthcare.gov for more information."

See SAD page 9

See BILL page 9
Alcoholic energy drink controversial

Controversial beverage Four Loko will disappear from stores starting Dec. 3. Four Loko, an alcoholic beverage that contains caffeine, taurine and guarana, has been blamed for sending college students in Roslyn, Wash., to the hospital after the students drank too much of it at a party. This has led colleges and states nationwide to ban the beverage.

It is a tiresome routine having the government police our civil liberties by regulating what responsible adults can or cannot drink due to a few irresponsible morons.

When the government starts regulating smaller civil liberties, people should start worrying about larger ones being restricted.

Meanwhile, energy drink mixers and other alcoholic energy drinks will still be available for sale.

If we could ban the behavior of a few irresponsible partiers, instead of the beverage, that might address the real issue. Apparently, common sense is crazier than Four Loko.

—JOEY STIPEK
STAFF WRITER

Effective Dec. 3, an alcoholic energy drink blamed for hospitalizing at least nine college students in Washington will no longer be delivered to Oklahoma.

Four Loko is a controversial beverage containing the alcohol content of six light beers and as much caffeine as two cups of coffee in one can. It has recently gained popularity — and notoriety — among college students.

A product like this never should have been created in the first place.

Drinking in moderation is fine, but a drink that puts you over the legal limit in one gulp is not only ridiculous, but also dangerous.

Arguably, Four Loko could be consumed just as responsibly as any other beverage. However, the potential for tragedy is much greater.

What is more important: allowing individuals to get drunk off one beverage, or saving the lives of innocent people who might get killed as a result of their drunk driving?

Oklahoma is making the right decision on an issue that is downright loco.

—WHITNEY KNIGHT
ONLINE EDITOR

Republican party not a collective, defacing whole

To the editor:

In response to Kenneth Meador’s letter to the editor regarding the defacement of a political ad, I agree the act was childish. However, it is illogical to make generalizations regarding the Republican Party.

“Upon hearing this, though, I have to ask myself if this is what the Republican Party has come to,” Meador said [in his letter].

I read the letter again to see if I had missed the facts about the Republican Party as a collective whole meeting in the halls of OCCC to deface the picture of a Democratic candidate.

I have taken some time recently to use political advertisements to discuss logical fallacies with my students.

In politics, many times, emotion takes over and logic is left behind. This letter is an example.

It begins with logic and then the editorial quickly switches to emotion.

It produces a logical fallacy called hasty generalization. A hasty generalization occurs when there is a leap in logic based on insufficient evidence. One person’s childish act cannot possibly be logically generalized to be the fault of an entire political party.

—ANGELA D. COTNER
ENGLISH PROFESSOR

THE PIONEER

The PIONEER is a publication of Oklahoma City Community College through the Division of Arts and Humanities. It is published weekly during the 16-week fall and spring semesters and the eight-week summer session. Opinions expressed are those of the author and do not necessarily represent those of the PIONEER, the college or 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. E-mail letters should include all but the signature. The PIONEER will withhold the author’s name if the request is made in writing. The PIONEER has the right to edit all letters and submissions for length, style and obscenity. Letters should be fewer than 250 words.

Students must list their major. OCCC staff and faculty must list their work title. Letters to the editor can be submitted to the PIONEER office, located on the second floor of the Main Building, across from the elevator, mailed to 7777 S. May Ave., Oklahoma City, Okla. 73159, faxed to 405-682-7843, or submitted via e-mail to editor@occc.edu with a phone number for verification included. The PIONEER ONLINE also can be accessed at www.occc.edu/pioneer.

Color printing this semester is paid for in-part, from a grant from OPUBCO Communications Group.
YOUR VOICE | Native American heritage month about more than past struggles

Celebrate pride, not negative past

To the editor:
I was told that there would be an article on Native American Heritage month in the Nov. 9 paper.
When I saw the article I was less than impressed by it and honestly, a little offended.
Native American Heritage and Pride, the title of the article, was disheartening to read.
When I think of my personal pride for my native culture, I believe that, yes, it is important to recognize the past and the hurt that our people have gone through in the past years of turmoil. However, there is the side of pride and tradition that is celebrated throughout this entire month. Many Native students, like myself, felt disappointed that our people’s culture and successes were not highlighted, as should have been according to the title of your article. OCCC has many Native students on this campus who are successful and forces to be reckoned with. Many of them have seen more about our culture/heritage being that it is Native American Heritage Month as well as Cultural Awareness Month, instead of what was written, which was not all about our heritage. It was not an article that represented who we are as a people in a respectful manner. Yes, I agree that we should celebrate our heritage as often as we can; however, Native American Heritage Month is much more than the article represented. I am thankful that there was some recognition but I would like for non-Native people to remember this as something positive and uplifting about who our people and our heritage is really about.
—Candace Parker
OCCC Student

YOUR VOICE | Campus dining options limited with space available on campus

Unrealistic food vendor options posed

To the editor:
The editorial "Campus Needs More Dining Options" in the Oct. 29 issue of the Pioneer raised a lot of valid issues regarding on-campus dining options.
A couple of things the writer did not consider, however, are the issues of space availability and limited consumer base.
OCCC does not have the space available to accommodate other food vendors, whether it is in the building or in the parking lots.
The parking lots are already congested.
Adding vendor trucks and customers to the conglomeration already in the parking lots would be unmanageable.
The college already uses every available space on campus.
I do not see anywhere that we could add additional food vendors.
Also, one of the key reasons the University of Oklahoma and Oklahoma State University have a large selection of franchise fast food restaurants in their food court is because the student union areas are considerably larger than OCCC’s.
Students live on campus and eat on campus. This provides a larger consumer base for the vendors.
OCCC, as everyone knows, is a commuter college.
This makes it a totally different environment when it comes to food service.
Our food service provider, Carson’s Catering & Food Concepts, provides a large variety of dining choices in a very limited space.
There is a large selection of deli sandwiches, hot pizza, hamburgers, hot dogs, tacos, chicken strips, hand-tossed pasta and green salads, and hot entrees, as well as numerous breakfast items in the mornings.
I understand there is even sushi at least once a week.
The Coffee Shop offers specialty coffee drinks and pastries from morning to evening, hot menu items for evening students, and breakfast items and lunch selections for those attending classes during the day.
Carson’s does a remarkably good job of providing a wide variety of dining selections in a limited amount of space.
My opinion is that OCCC, in partnership with Carson’s Catering & Food Concepts, is providing the best possible dining experience for our students with the resources we have available.
The next time you are lamenting the fact that there are no fast food vendors on campus like OU and OSU; console yourself with the thought of the excellent education you are getting at a bargain price in comparison to these larger universities. I think you will feel much better!
—Name withheld by request
Emotional performances award worthy

Don’t let the name fool you. “For Colored Girls” is a movie for every woman and man of all backgrounds, ethnicities, and walks of life.

“For Colored Girls” had an inaugural opening of more than $20 million at the box office.

The provocative movie is one of three R-rated movies to do that well at the box office this year.

This movie is the first R-rated film for the African-American media mogul Tyler Perry.

The opening weekend proved the mogul has transitioned well from his stereotypical main character “Madea” movies, to very controversial characters with hosts of provocative problems.

The movie follows eight black women, including Whoopi Goldberg, Thandie Newton, Kerry Washington, Janet Jackson and Kimberly Elise among the all star cast.

The movie deals with several aggressive issues such as a dance teacher dealing with rape, abortions standards about sex and anger and a married wife dealing with her husband being a “brother on the down low.”

In the film, everyone has to learn the root of their problems.

They have to face their inner insecurities and the problems that have strong holds on their lives.

By tracing the problems to their beginnings, the women are able to move away from denial and live much happier lives.

All of the main characters delivered award winning performances.

Perry brought this film to the big screen from the adaptation of a choropecom and play of Ntozake Shange’s 1975 classic feminist play “For Colored Girls Who Have Considered Suicide/When the Rainbow Is Enuf.”

Rating: A
—Chasadi Fails-ortiz
Staff Writer

Super villain charms all ages in ‘Megamind’

Will Ferrell delights kids and adults alike in DreamWorks’ new animated film, “Megamind.”

Directed by Tom McGrath, of the Madagascar films, “Megamind” is a goofy, intelligent look at the flip side of superheroes, the supervillain.

At just eight days old, Megamind’s parents send him and his devoted sidekick Minion (David Cross) to Earth in an attempt to save him from the black hole that is consuming the planets in his galaxy.

To his disdain, there is another alien baby sent from a different planet whose parents have the same idea.

Both kids land in Metro City but are raised under very different circumstances. Megamind’s rival is raised in a wealthy albeit oblivious home while Megamind lands in The Prison for the Criminally Insane.

As a child, Megamind is taunted for his mischievous intellect. As he gets older, Megamind realizes he can have more fun as a villain than an outcast. His arch nemesis eventually becomes Metro City’s protector, Metro Man (Brad Pitt), and years of rivalry between the superhero and the supervillain ensue.

Ferrell does a good job of playing with his funny self as he does in all of his films.

With a soundtrack including “Loving You,” “Bad to the Bone,” and Elvis Presley’s “A Little Less Conversation,” Megamind is a rollercoaster ride of great music, killer animated action, brilliant comedy, and a whole lot of heart.

Megamind is geared more toward an adult audience and is for anyone who has ever rooted for the underdog.

As with most animated films these days, Megamind is also available in 3D.

Rating: B+
—Jennifer Massey
Editor

THIS WEEK AT THE BOX OFFICE

TOP 10 movies in terms of weekend gross the weekend of Nov. 12 through 14

1. Megamind $29,120,461
2. Unstoppable $22,888,457
3. Due Date $15,419,042
4. Skyline $11,692,415
5. Morning Glory $9,203,266
6. For Colored Girls $6,517,280
7. Red $4,973,539
8. Paranormal Activity 2 $2,980,201
9. Saw 3D $2,862,449
10. Jackass 3D $2,255,457

—weekendTop10.com
All-female group to host art show

For the first time in more than 10 years, an all-female group of students will host the Eclectic 2010 Student Portfolio Art show.

Talisa Davis, Samantha Hayes, Tara Samuels, Betty Schwartz, Sara Smith, and Tina White are all graduating visual arts students, said visual art Professor Mary Ann Moore.

The exhibit will be 6 to 8 p.m., Dec. 3 to 16 in the OCCC Visual and Performing Arts Center gallery, Moore said.

The opening reception is Dec. 3, with free refreshments.

All of the shows are free. “[It’s] a senior thesis for artists,” said visual art major Schwartz, “a chance to start showing our art to the world.”

Moore said the women will showcase eclectic works of arts including drawings, paintings, pottery, mosaics, and pottery.

“The exhibit will give the students a chance to display their final work, before leaving OCCC,” Moore said.

She said students are not just showcasing their work. Some of the art will be for sale.

Moore said the group decided on the name Eclectic for this year’s exhibit because they are all offering a diverse variety of art.
As millions of Americans prepare to feast upon turkey, mashed potatoes and pumpkin pie this Thanksgiving, Nov. 25, thousands more are starving.

That’s why groups like the City Rescue Mission have organized seasonal events to give those stricken by poverty, addiction, mental illness and homelessness something to be thankful for, said Tiffany Webb, development director.

Event volunteers are needed to put together Thanksgiving meal boxes and adopt dinner tables at the City Rescue Mission’s annual Thanksgiving dinner, Webb said.

“We are always in need of volunteers, especially for the holidays,” she said.

City Rescue Mission is located at 800 W. California Avenue in Oklahoma City.

“Our mission is to serve not only the homeless in our building, but also people we call ‘near homeless,’” she said. “These are people who live in an apartment and pay their rent, but they may not be able to afford a Thanksgiving dinner.”

For the near homeless, Webb said, the City Rescue Mission assembles Thanksgiving boxes filled with a turkey or ham, canned vegetables like green beans and corn, pumpkin pie mix and a premade piecrust, she said. They feed up to four people.

“We are hoping to hand out at least 2,000,” Webb said.

Last year, she said, a line to receive boxes stretched more than three blocks.

Webb said the City Rescue Mission is in need of volunteers to collect food, pack boxes, and pass the completed boxes out all day Nov. 23.

On Thanksgiving Day, she said, the City Rescue Mission will hold its annual Thanksgiving meal from 10 a.m. to 1 p.m.

We are always in need of volunteers, especially for the holidays.

—Tiffany Webb
City Rescue Mission

Student voices: What tradition does your family follow on Thanksgiving?

“Every year we get together at my grandparents and eat lots and lots of food.”
—Gabriel Pranter
Theater Major

“My family always does a potluck with lots of turkey and other Thanksgiving foods.”
—Michelle Luong
Public Relations Major

“Our tradition is that all the women on my mom’s side of the family get together. We cook, make gifts, and play Trivial Pursuit.”
—Jamie Worchester
Diversified Studies Major

“We have a family get together at my parents house. We eat traditional Nigerian food.”
—Esther Adedayo
Bio-Chemistry major

“At Thanksgiving we celebrate November birthdays and also Thanksgiving.”
—Angela Curtis
Theater Major

Volunteers, students prepare for turkey day

Weber said although the City Rescue Mission already has plenty of volunteers to serve Thanksgiving meals, the organization needs families and individuals to “adopt a table.”

Adopting a table means being assigned a dinner table at the City Rescue Mission for Thanksgiving Day. Participants are encouraged to adorn the table with personal decorations as well as bring a dessert.

City Rescue Mission workers will then seat a homeless person at your table to dine with, Webb said.

“You get to be their family for that day,” she said.

“Many of our clients have been alienated from their families, and others have lost theirs.

“For them to know that someone cares enough about them to spend their Thanksgiving eating with them has a pretty profound effect. They feel so special.”

To adopt a table, Webb said, visit www.cityrescue.org and fill out a brief form.

She said the City Rescue Mission is relying on volunteers to make this Thanksgiving special for thousands of Oklahomans.

“We are trying to accomplish a big task with a small staff,” Webb said.

“We have 31 full-time employees and we feed about 400 people a night. We rely on volunteers.”

Because of volunteers, she said, the City Rescue Mission sees a significant increase in the success rate of their clients. Patrons who spend time with volunteers are more likely to receive the support and help they need, Webb said.

“Volunteering can really change someone’s life.”

For more information or to volunteer, e-mail Webb at twebb@cityrescue.org or visit www.cityrescue.org.
From free food to children sharing recipes, Thanksgiving brings out kindness in many

**OCCC closed Nov. 23-25**

CHRISTY JOHNSON
Community Writer
communitywriter@occc.edu

OCCC’s campus, labs, and offices will be closed Wednesday, Nov. 23, Thursday, Nov. 24, and Friday, Nov. 25, in observance of Thanksgiving, said Cordell Jordan, Media Relations coordinator.

The campus也将 be closed Saturday, Nov. 26, he said.

Jordan said the campus will reopen at 6 a.m. Monday, Nov. 29, with regular business hours beginning at 8 a.m.

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**Food, warmth offered on Thanksgiving**

For those who need a place to eat on Thanksgiving, several area organizations are offering free dinners. Some of those are:

**City Rescue Mission** located at 800 W. California is having a Thanksgiving Day dinner starting at 11 a.m. Nov. 25. The dinner is open to the public. For more information, call 405-232-2709.

**Grace Rescue Mission** located at 2205 Exchange Avenue in Oklahoma City is providing Thanksgiving dinner. The dinner will open to the public on Nov. 25. For more information, call 405-232-5756.

The **Jesus House** located at 1335 W. Sheridan in Oklahoma City is providing large food baskets for those with low incomes or in need of assistance. They are providing the baskets on a first-come, first-serve basis Monday through Wednesday (Nov. 22, 23 and 24) at 7 a.m.

The Jesus House is serving brunch Thanksgiving day at 10 a.m. For more information, call 405-232-7164.

The **Salvation Army** is providing a brunch from 8 to 10 a.m. Thanksgiving Day, Nov. 25, at the Coca-Cola Bricktown Events Center located at 425 E. California in Oklahoma City. The brunch is open to the public. For more information, call 405-246-1100.

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**Hotlines offer tips**

**Butterball Turkey Talk-Line: 800-BUTTERBALL.**
Available Nov. 1 through Dec. 28, weekdays 8 a.m. to 8 p.m., weekends 8 a.m. to 6 p.m., Thanksgiving Day, 6 a.m. to 6 p.m. www.butterball.com.

**Foster Farms Turkey Helpline: 800-255-7227.**
Live operators answer turkey cooking questions 24 hours a day through Nov. 27. After that date, 8 a.m. to 5 p.m. Monday through Friday. www.fosterfarms.com.

**Dial-A-Chef Holiday Hotline: 888-723-4468.**
Provided by Shady Brook Farms, a 24-hour, 7 days a week, automated culinary guidance and recipe service. www.dialachef.com.

**Empire Kosher poultry customer hot line: 800-367-4734.**
Year round help 5 a.m. to 2 p.m. that offers recipes, newsletter, video, tips on defrosting and cooking poultry. www.empirekosher.com.

**Ocean Spray consumer help line 800-662-3263.**
Open weekdays year ’round 6 a.m. to 1 p.m. Answers questions on cranberries, offer recipes, cooking tips, and nutritional information. www.oceanspray.com.

**Reynolds Turkey Tips Line: 800-745-4000.**
A year ’round 24-hour automated hot line offers advice on turkey defrosting, preparation and cooking options, free brochure and recipes. www.reynoldskitchens.com.

**Honeysuckle White Help Line: 800-810-6325.**
Offers pre-recorded answers to turkey preparation questions and leftover recipes. www.honeysucklewhite.com.

**Perdue Farms: 800-473-7383.**

**Land O’ Lakes Holiday Bake Line: 800-782-9606.**
All baking questions are answered from 8 a.m. to 7 p.m. from now until Christmas Eve. www.landolakes.com.

**Crisco Pie Hotline: 877-367-7438.**
Answers the most common questions about baking pies. Hours: 8 a.m. to 6 p.m. except Nov. 16 through 25 and 7 a.m. through 7 p.m. Dec. 14 through 23. www.crisco.com.

**USDA’s Meat and Poultry Hotline: 888-674-6854.**
From 9 a.m. to 3 p.m. Monday through Friday. Closed weekends and holidays, except Thanksgiving. Hours of operation on Thanksgiving are 7 a.m. to 1 p.m. www.fsis.usda.gov/

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**OCCC Child Development Center and Lab School students share their turkey recipes**

“[Cook it for] 10 minutes and you put cherries and strawberries on it and cook it in the oven.” — Averie, 3

“I put water first, then I put chicken in it, then I stir it up, then put some celery in it, then I’m done. [Cook it for five minutes.]” — Kayla, 4

“I leave it in the oven for five hours or maybe eight hours and then my mommy and daddy take it out and it looks like turkey.” — Gunnar, 4

“Put chocolate, strawberries, and carrots and sparkles. Put sugar on it, then put it in the oven [for] 10 minutes.” — Emily, 4

“[Cook it] in the oven first, then I take it in the refrigerator, then I eat it.” — Moria, 4

“I put it in the oven for one minute. Then, I put it in the fridge. Then, I eat it.” — Madison, 4

“[My mom] makes it roasted. She cooks it 5 minutes. [It looks] like a chicken.” — Jollie, 4

“Cook it, you put it in the oven for two [hours]. It looks like a chicken.” — Joaquin, 4

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With the onset of the NBA and college basketball season, OCCC is getting into the mix following the flag football season.

Before the intramural season of 5-on-5 basketball, the college held a 3-on-3 tournament Nov. 10 in the OCCC gym.

Four teams came to play that day in hopes of taking home the tournament crown. The Dream Team, the Hoopers, the OKC Ballers, and Triple Pen took their turns in the round robin competition.

Triple Pen, consisting of Cody Bivens, Alex Savage, and Cameron Venetten, proved to be the standout team of the tournament. Triple Pen won the opening round to land a spot in the championship game against the Hoopers.

The game to 15 points swayed back and forth as momentum shifted with each point scored.

Triple Pen relied on their dominant duo of Bivens and Savage as they did throughout the tournament, giving other teams fits guarding the big man down low, Bivens, in tandem with a hot shot outside, Savage. Savage drained crucial three pointers as Bivens grabbed key rebounds, leading Triple Pen to the championship, 15-13.

Venetten's hustle and defense helped in the end, keeping the Hoopers from scoring the game-winning bucket. Savage reflected on their victory.

“We were the most prepared out there today. We had our team ready to win and it showed...”

—ALEX SAVAGE
OCCC STUDENT

Pen is looking forward to the upcoming season. "Be ready for us in intramurals," Bivens added.

OCCC students can now sign up for the intramural basketball season gearing up at the beginning of next semester. Teams can join at any point in the season; however, players are encouraged to put in an application as a team or individually as soon as possible, said Charlie Tarver, recreation and sports assistant.

Last year's intramural basketball season was a success, and a big turnout is expected yet again, Tarver said. "That's one thing students are always asking about, when does intramural basketball begin?"
SAD: Millions affected by shorter days, less sunlight

Continued from page 1

with a special type of light that is much brighter than a lamp or other light fixture in your home. The most common form of this therapy is done with a light box that contains fluorescent—not ultraviolet or full-spectrum—lights.

Turner also suggests setting a routine and finding ways to volunteer in the community as a few ways to help overcome wintertime blues.

"Even if you’re alone, attending a holiday dinner is a great way to meet or talk to new people," Turner said. "You do not even have to be destitute to attend one."

In addition, Turner said students who know of classmates from other countries could invite them to dinner to make them feel less alone.

"Let people know you care, but you need to take care of yourself as well," she said. "It helps talking to somebody you can trust to sort out your feelings."

Psychology major Elizabeth Carlton, 23, said she has not personally experienced depression but has noticed mood changes among her friends.

"I have seen my friends go through these mood changes," she said. "They have them due to feeling the need to be in a relationship to justify the holidays."

Jennifer Karner 19, undecided major, said she has dealt with depression before.

Karner said she was diagnosed with an ailment similar to depression at the age of 16.

"I had a lot of issues and had trouble adjusting to relocating, but I found that talking to family and my church helped matters."

Turner said Student Support Services, located on the first floor of the Main Building, offers counseling.

Counseling is available from 8 a.m. until 8 p.m. Monday through Thursday and from 9 a.m. until 6 p.m. Friday.

Understanding Ongoing Depression

Major depressive disorder (depression) is not just a temporary mood [like SAD is] and it’s not a sign of personal weakness. Depression is a serious medical condition with a variety of symptoms. Emotional symptoms can include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, and trouble concentrating or making decisions. Physical symptoms can include fatigue, lack of energy, and changes in weight or sleep patterns. Additional symptoms of depression may include vague aches and pains, irritability, anxiety, and thoughts of death or suicide.

There are many theories about the cause of depression. One common theory is that depression is caused by an imbalance of naturally occurring substances in the brain and spinal cord.

Someone with depression might think or say any of the following:

- "I feel sad all the time and just don’t feel like myself."
- "I don’t enjoy being with my friends or doing any of the things I usually love to do."
- "I’ve been having a lot of trouble sleeping lately."
- "Sometimes I feel like my life is not worth living anymore."
- "I feel like I don’t have any energy."
- "I’m not really interested in eating."
- "Even after a long day, I still feel restless."
- "I feel so indecisive and that I can’t make any decisions."
- "I just feel so worthless."

Seek Help

Many people suffer in silence with depression. Some are ashamed or afraid to seek help; others try to downplay the severity of their symptoms. It’s important to remember that depression isn’t something that’s “all in your head.”

Take Suicidal Thoughts Seriously

Thoughts about death or suicide are common in depression and it’s important to take such thoughts seriously. If you feel like giving up or as if you might hurt yourself, get help immediately:

- Call your doctor
- Go to the emergency room
- Call 911
- Call the National Suicide Prevention Hotline: 1-800-SUICIDE (1-800-784-2433)

Bill: Democratic club president supports health care plan

Continued from page 1

you will pay nothing, and if you make very little you will pay a small fine.”

According to the White House website, the Act, passed by Congress and signed into law by the president in March 2010, gives citizens “better health security by putting in place comprehensive health insurance reforms that hold insurance companies accountable, lower health care costs, guarantee more choice, and enhance the quality of care for all Americans.”

Meador said he has hopes the bill will fix some of the current problems with healthcare.

“Children were being turned away for health issues such as asthma,” he said.

Meador said now that the new legislation is in effect companies can no longer deny those children coverage.

He said the package also will help senior citizens with their prescriptions, while closing what lawmakers call the “donut hole.” The bill also promotes lowering the price of medication.

“If an immediate rise to the cost of healthcare means adults and children get the coverage they need, then it’s worth it,” Meador said.

Guarantee enrollees their choice of primary care provider:

Consumers will have their choice of provider within the plan’s network of doctors, including OB-GYNs and pediatricians, without a referral, as well as out-of-network emergency care.

These three provisions will benefit up to 88 million people by 2013.

A Bridge to 2014

Other changes including new benefits, protections and cost savings will be implemented between now and 2014.

The Affordable Care Act builds a bridge to 2014 when a new competitive insurance marketplace will be established. The new marketplace will include state-run health insurance exchanges where millions of Americans and small businesses will be able to purchase affordable coverage, and have the same choices of insurance as members of Congress.

—www.whitehouse.gov/healthreform/healthcare-overview

Affordable Care Act benefits that started Sept. 23:

If you purchased or joined a new plan on or after Sept. 23 insurance companies must:

- Cover recommended preventive services without charging out of pocket costs: Services like mammograms, colonoscopies, immunizations, pre-natal and new baby care will be covered and insurance companies will be prohibited from charging deductibles, co-payments or co-insurance.

- Provide an opportunity to appeal coverage decisions: Consumers will be guaranteed the right to appeal insurance company decisions to an independent third party.

- Guarantee enrollees their choice of primary care provider: Consumers will have their choice of provider within the plan’s network of doctors, including OB-GYNs and pediatricians, without a referral, as well as out-of-network emergency care.

These three provisions will benefit up to 88 million people by 2013.

—www.webmd.com/learning-treat-depression/serious-medical-condition
Members and officers of the BSA welcome the first African-American female Regent Lenora Burdine during the meet and greet reception hosted by the BSA. Front Row (left to right): Justine Ellis, Dayshawn Burns, Lenora Berdine, Ashley Thomas, Diamond Ramirez, Renitta Server. Back Row (left to right): Gariece McDonald, LaNeisha Smith, Matthew Bediako, Shana McLaughlin, Shanice Anderson, Centerria Wright, Chris Hill, Samir Howard.

If you have community news and you would like it to be heard, contact Christy Johnson at staffwriter1@occc.edu or call 405 682-1611 ext. 7676.
CLASSIFIEDS

Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Mondays prior to the publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

AUTOMOTIVE

FOR SALE: 2005 Dodge Neon, four door, four cylinder, manual transmission, 35 mpg, 144K miles, runs great and good condition. $2,950. OBO. Call: Mike at 405-702-0562.

APPLIANCES


ELECTRONICS

For Sale: Ti 84 & Ti Inspire keyboards, operating systems. Looks new, used for one semester. Manual, software. $50.00. Call: 405-682-7804 or e-mail jatkinson@occc.edu.

FURNITURE

For Sale: Little Tikes outdoor playhouse - ideal for a boy or girl. GC. Cost $450 new. $150. For more information, Call or text 405-818-0083.

FOR RENT

Roommate Wanted: Nice room to share close to OCCC, two-bedroom, pets allowed, no smoking or alcohol inside the apartment, $250 per month. Call A.J. at 405-549-3398 or e-mail olalekanjl@yahoo.com.

Roommate Wanted: Nice room to share close to OCCC, two-bedroom apartment, no pets, no smoking or alcohol, $400 per month. Call Jaime at 405-520-1262 or e-mail jaimecom@lycos.com.

REAL ESTATE

For Sale: No down payment, 3 bed, 1.5 bath, 2 car, CH&A. Move in ready, spotless, close to OU and OCCC, 227 S Bristow, Moore, OK. $87,500. Call: Mike at 405-364-8555, 405-820-3630 or e-mail cshutt1@cox.net.

SERVICES

NEED A RIDE: Looking for somebody who can give a ride from Norman to OCCC for Spring 2011. Willing to pay or make an arrangement if anybody is interested. Call: Ahmed at 405-996-0609 or e-mail anth19@gmail.com.

Tutoring Offered: Are you struggling in any subject? Take a tutoring class with Nguyen. Call: Nguyen at 918-850-5625 or e-mail nguyen.h.truong@email.occc.edu.

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TODAY’S CROSSWORD PUZZLE

Across
1. Mat
6. Breakfast order
10. Pay group
14. Merry in haste
15. Stringer
17. Instrument
18. Lab culture
19. Medium
21. Corsa’s neighbor
23. Tree trunk
25. And only
28. Harry’s tool
29. Quicksilver
32. Apartment dweller, usually
37. Biddy
38. Alberta natives
39. Fourth dimension
40. Small amounts
41. Minus or sable
43. Fool’s up
44. Over there
45. Choice group
49. Singer Star
51. Sandwich cookie
54. Smelled bad
57. Coal scuttle
59. Even though
60. Fall all sky
61. Greek letter
62. Buffalo’s lake

8. 10 Liner
9. 11 Greek
12. 13 Beauty
22. 23 Coffee
24. 25 Silly ones
26. 27 Escocier
28. 29 For one
30. 31 Split
32. 33 Pound sound
34. 35 Expression of disapproval
36. 37 “What?”

Down
1. Railteaster’s weapon
2. Without help
3. Tough question
4. Unlock, poetically
5. Save
6. Each and —
7. Fish port
8. Mongolian desert
9. Titled
10. compartments
11. Beauty —
12. English river
13. Coffee servers
14. Silly ones
15. Escocier
16. For one
17. Split
18. Pound sound
19. Expression of disapproval
20. “What?”
21. Full steam —
22. Insect stage
23. Prickly plant
24. Antique auto
25. Losen
26. Mother —
27. Dishcloth
28. Maureen —
29. House
30. Stone
31. Unlike a rolling
32. Stone
33. 34 35 36
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Today’s Crossword Puzzle

Previous Puzzle Solved

Solutions for last week:
1: 60 percent. 2: More than 1,000. 3: You Know. 4: 5 p.m. Saturday, Nov. 20.

Correct Answer for last week:
1: 60 percent. 2: More than 1,000. 3: You Know. 4: 5 p.m. Saturday, Nov. 20.

Read the Nov. 12 Pioneer issue for the answers.

Send your answers to: adman@occc.edu.
MORE THAN 100 ON CAMPUS ATTEND CELEBRATION

Veterans Day celebrated

GARRETT GRAHAM
News Writing Student

More than 100 people on campus stopped their day-to-day activities on Veterans Day to honor those who have served in the nation’s armed forces.

“We as Americans chose this day as a time to honor those men and women who gave their lives to protect this nation when those who hate freedom would destroy our God-given rights to life, liberty, and the pursuit of happiness,” said keynote speaker William Brown.

Brown works in the Department of Veteran Affairs, Readjustment Counseling Services, in Oklahoma City.

For the third year in a row, Brown shared his thoughts and feelings about Veterans Day.

Brown served 28 and a half years in the U.S. Army.

His overseas assignments included 13 years in Germany, six years in Italy, and deployments in Bosnia, Macedonia, Albania, Turkey, and Afghanistan.

The ceremony included a performance of the “Star Spangled Banner” by the Chamber Singers, the college’s audition-only choir.

Later in the program, librarian Linda Boatright and voice instructor Christian Morren sang a stirring duet of “The Battle Hymn of the Republic” that had people stopping in their tracks while walking by the union that day. It brought the crowd to their feet.

“The Battle Hymn of the Republic” was written by Julia Ward Howe and became popular during the American Civil War.

In attendance at the program was Darrel L. Blumer, a Navy veteran from 2003 to 2007 and a student at OCCC.

“I came to remember those who gave their lives, or part of their lives, to defend the country...”

—Darrel L. Blumer
NAVY VETERAN

Blumer, from Topeka, Kan., said he joined the Navy to better his future and support his country after the events of Sept. 11, 2001.

He also enlisted to see the oceans and travel the U.S. His boot camp was in Great Lakes, Illinois. From there he was stationed in Mississippi, Pennsylvania, and Virginia.

During his time in the Navy, Blumer said, he provided weather briefings to pilots on land and on aircraft carriers. Originally he wanted to study meteorology when he joined the Navy, Blumer said.

But after seeing the beautiful environments of the U.S., he said he now wants to study turf management at Oklahoma State University in Oklahoma City and in Stillwater after he finishes his studies at OCCC.

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Oklahoma City University’s Meinders School of Business offers a BBA in accounting, a Master of Science in accounting with a financial leadership or tax track and an MBA with an accounting or tax track.

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