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OKLAHOMA CITY COMMUNITY COLLEGE
SEPTEMBER 23, 2011
WWW.OCCC.EDU/PIONEER
COVERING OCCC SINCE 1978

College celebrates 39th year
Faculty, staff, students share stories, reminisce of time spent on campus

JEREMY CLOUD
EDITOR
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FELICIA HINOTE
BROADCAST NEWS STUDENT

The 39th anniversary of OCCC was celebrated this past Wednesday with a gathering in the College Union.

The celebration featured cake and drinks, and a presentation by Gary Lombard, human resources vice president, who has been with the college since it broke ground.

Lombard illustrated the college's history with a slideshow, and emphasized the unique aspects of OCCC's history through anecdotes.

One such anecdote was the traditional ribbon cutting ceremony. Instead of a ribbon, OCC chose to have a chain, in which a link would be broken. The young lady who would break the chain simply had to hit it in the right spot, Lombard said.

"However, when she struck the chain, a spark flew off and set her panty hose on fire."

The young lady was fine, and no harm was done, but it's stories like these that give life and character to the college's history," Lombard said.

Lealon Taylor, institutional advancement executive director, said his favorite story was one about an individual mistaking OCCC for a parking garage.

"So this gentleman drove a truck through the front doors of the college. The sprinkler systems went off and obviously he was arrested; I think he was on some mind altering systems went off and obviously he was ar rested," Taylor said.

"I'm sure it wasn't funny back then, but now to think about the fact that it happened here, in the building we're standing in today, I thought was particularly amusing."

Taylor said he especially enjoyed the presentation for the insight it gave him into the history of the college since it broke ground.

Downey Construction breaks ground for the new theater which will be located in the Visual and Performing Arts Center between the north and south wings. The new theater will house about 1,000 seats and is scheduled to be finished May 2013. Construction will cost about $20 million.

Breaking new ground

Audrey Krebs, communications assistant, reads the proclamation declaring the 39th anniversary of OCCC.

STUDENTS FIND SHOPPING ONLINE HAS PROS, CONS

EMILY SCHORR
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The one complaint most students express about college is the cost of textbooks.

Clifford Sipes, clinical psychology major, said he is at his wits end with the price of textbooks.

"I have tried ordering online but it takes time and the professors want you to have the books at least the first week of class," Sipes said.

"It is cheaper buying online but [there is a wait due to] delivery."

Sipes said some of his peers purchase textbooks after their first class because it may or may not be required, and a student doesn't want to purchase a book that will not be used.

According to the National Association of College Stores (NACS), the cost of required course material, which includes texts or media required or recommended by the instructor of the class, averages $667 per year per student in U.S. colleges.

There are a variety of options for students looking to save on textbooks.

The college bookstore will almost always have the book needed for OCCC classes.

Shopping online can provide endless options but it has its pros and cons.

There are a few websites dedicated to providing students with the materials they need.

Bigwords.com is a merchant comparison site. The site will compare book outlets against each other for the criteria that a customer searches. It displays the cheapest options and gives shoppers the ability to purchase a book in just a few clicks.

Processing for online purchases is normally within two days, in addition to shipping time, unless specified otherwise.

The website mycollege-textbooks.com gives the option to buy and sell textbooks.

Amazon.com offers an extensive amount of options for students needing a textbook.

Students can rent, buy and sell on Amazon, and are given the option to purchase a Kindle edition of a book. However having a Kindle is not necessary because a Windows or Mac OS computer can access the books. Most physical purchases from Amazon.com are shipped within two days.

Digital orders are delivered instantly online.

Even though ordering textbooks online is cheaper, it is not always faster, some students said.

Mason Lily, pre-law major, said he has one book he purchased online that arrived in two days.

See ANNIVERSARY page 9
See TEXTBOOKS page 9
OPINION

EDITORIAL | Obama may have killed his jobs bill by launching it in campaign season

Jobs bill comes far too late to help

On Sept. 8, President Barack Obama announced before a joint session of Congress the American Jobs Act. He has been touring states notorious for their positions as swing states in elections, pushing the bill since its announcement.

This gives me pause on two big points. The first, why did this bill take so long to germinate? It’s obvious to people with a basic understanding of economics that if you have no wage earners you have no economy.

What was perhaps the largest factor in our economic downturn after the housing fiasco? Unemployment. So then when the president announced the first round of stimulus I thought that this was in the pipe behind it and not two years later.

I understand that it takes time to formulate these things, draw up research, and check the law, but my first thought when faced with even a minor recession would be to look at the New Deal and see what the proven solution to economic trauma is.

In the interim between the Stimulus Act of 2009 and now, the U.S. House of Representatives proved that they can and will hold the nation hostage for political gains, a move that could not have been possible if more Americans were gainfully employed. This is because more workers equates to more income tax and more revenues means less deficit. So this is late, and a group of empowered Republicans are likely to reject it simply because it is the president’s idea.

My second issue with the situation is Republicans are likely to call this grandstanding in order to launch a campaign. So if, after a joint meeting with Congress, a president begins touring states like Ohio, Virginia, and Florida to push the idea, it’s hard to say he is not.

I love this bill. I think it is a creative solution to a problem that needs solving but I think, by the way the stage has been set for it, that it is ultimately doomed. And it is not doomed because Republicans will hate the ideas in it.

Aside from the minor tax hike for the rich, many of the ideas are Republican in origin. It is doomed because this president is presenting it to this congress this late in the game, and trying to gain support this way.

I wish I could support the methods but I can’t. That doesn’t mean I won’t voice my support of the bill to my congressman. Whether in support or rejection, anyone with an opinion of this bill needs to write his or her congressman too.

Because the only way things are going to change is if we get active in our government.

— Mike Wormley
Community Writer

Identity theft can be a horrifying Halloween trick

To the editor:

Oklahomans are very generous and you’ll probably be passing out treats to costumed hobgoblins and ghosts in your neighborhood this Halloween night. But be cautious that you’re not tricked by a different kind of trickster looking for a handout, such as your personal information.

You should always safeguard your personal information such as date of birth, mother’s maiden name, and your Social Security number. Why? Because it’s that type of information identity thieves are after.

You may think you’re safe simply by not carrying your Social Security card with you and not providing your personal information over the Internet or by e-mail. But scam artists have become tricky. Never reply to an e-mail claiming to be from Social Security and asking for your Social Security number or personal information.

Identity theft is one of the fastest-growing crimes in America. If you think you’ve been the victim of an identity theft, you should contact the Federal Trade Commission at www.ftc.gov/bcp/edu/microsites/idtheft.

Another trick: Some people who receive Social Security and Supplemental Security Income (SSI) benefits are victimized by misleading advertisers. Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. If you receive or see what you believe is misleading advertising for Social Security services, send the complete mailing, including the envelope, to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235.

If you see misleading advertising online, you can report this information online at www.socialsecurity.gov/oig/guidelin.htm. Also, advise your State’s attorney general or consumer affairs office and the Better Business Bureau. Enjoy the treats of the season, but be cautious of tricksters trying to steal more than a sack of candy. The results of becoming the victim of identity theft can be horrifying.

— Jose Olivero
Public Affairs Specialist;
Social Security Administration
Cultural Arts begins with guitarist

A soulful twang kicked off this year’s Cultural Arts Series as guitarist David Burgess took the stage of the Bruce Owen Theater with “The Music of Brazil.”

Before the show began, Cultural Arts Director Lemuell Bardeguez described Burgess as an award-winning musician rapidly establishing himself as one of today’s greatest musicians. From his performance, it’s easy to see why.

Burgess quickly set the mood with “Samba,” originally performed by Caetano Veloso. The tune was slow and relaxing, yet so hauntingly beautiful the auditorium of more than a hundred fell dead silent, practically holding their breath to make sure they didn’t miss a chord.

It was incredibly tempting to lean back, close your eyes, and let the music carry you away to the snow-white beaches of Rio de Janeiro. But doing that would take your eyes away from the awe-inspiring way Burgess’ fingers effortlessly flew over his guitar strings, evoking the sweetest sounds out of just a single instrument.

That guitar wasn’t just any old member of the string family, either. Between songs, he explained that his particular guitar contained seven strings instead of the usual six, allowing him to hit a few more notes.

And boy, did he make those extra notes count. “Odeon” is a funny tune that infused tango with polka, while “Modinha” was a bittersweet ballad that could have given a hardened criminal a severe case of goosebumps.

Between every piece, Burgess interwove some sort of tale. Sometimes, these were accounts of his time spent in Brazil, while others were stories about the origins of the pieces themselves. “Valsa de Eurydice,” for instance, was written by mythological musician Orpheus and his love, Eurydice, in mind.

As the myth goes, Eurydice died after suffering a snake bite. Orpheus, so overcome with grief, played such a mournful song that Hades allowed Eurydice to return to earth.

Had Hades been in the audience the night Burgess played, I’m willing to bet he would have been coerced into doing the same thing again. The piece was heartbreakingly gorgeous.

Once everyone was good and tear-eyed, Burgess ended the evening with “Samba do Avião.” Sambas, he explained, are typically played during the Carnival of Brazil. The piece reflected this with upbeat chords and a dance-worthy beat, putting everybody in good spirits as the show came to an end.

If Burgess’ amazing performance wasn’t enough, his humility was incredibly heartening. It was wonderful to see a talented musician so humble that every time the audience burst into applause — which was often — he smiled and meekly bowed his head.

The lines of people clamoring to buy Burgess’ CDs during intermission and after the show were just another testament to how incredible his performance was.

The only disappointment was looking at the half-full Bruce Owen Theater and thinking about how many people missed an extraordinary show.

Rating: A+

Whitney Knight
Online Editor

McGee’s ‘Alice’ returns to madness

Who remembers the Addams Family, Wednesday Addams in particular? Imagine Wednesday going to an orphanage or toy store filled with children. “Alice: The Madness Returns” is just like that.

Following the first “Alice” game, “The Madness Returns” is a direct continuation, though it doesn’t look like it at times. A much more desolate landscape welcomes you as you sink into insanity.

The game is undeniably strange — creepy as nothing should have any right to be. I’ve never liked dolls, and now they freak me out.

Spooky imagery aside, the game itself is beautiful. The graphics are crisp, and the music fits the mood of every chapter perfectly.

The game is as dark as you would expect it to be, considering it not only came from the mind of American McGee, but the name itself gives it away.

The fights can be tricky, but with masterful use of dodging and abusing the use of the teapot cannon, you shouldn’t have much trouble.

As for the story, it’s told in a way that almost seems realistic — if you don’t count Wonderland, anyway.

Outside of her psychosis, Alice still lives in Oxford with her caretaker, who is a prostitute.

She goes to a doctor to help her with the memory of the fire that killed her family, and tries to live the best she can.

Inside Wonderland, she makes some shocking discoveries about her past which she had forgotten, finds what was making her forget, and who is responsible for her troubles.

This leads to one of the most satisfying endings I’ve experienced: One involving a train and a delicious sense of irony.

Overall, this game is extraordinarily trippy. Kinda like diving into a swimming pool of LSD.

It enraged me, made me smile, and freaked me the hell out some times.

It should also be mentioned that you get a free copy of “American McGee’s Alice” when you buy “Alice: The Madness Returns.”

The game is worth it, and I would suggest that people try the game, if not buying it outright.

Rating: A+

Robert Bolton
Online Writer

Counselor’s Corner

“A goal without a plan is just a wish.”
— Antoine de Saint-Exupery

We’re more than a month into the fall semester, so it’s a good time for each of you to take a moment to stop and reflect about how things are moving along for you.

Hopefully, each of you spent some time planning for this semester and life is moving along according to those plans.

Some of you I know did not, and for others, the plans have already broken down and fallen by the wayside.

For this reason, it’s a good time for me to offer some (hopefully) helpful suggestions for getting back on track and enjoying success:

• Set some goals for yourself. At some future point in time, after college is behind you, what do you want to do? Write some short term and intermediary goals for yourself so you can go back and review them from time to time. It’s easier to get from Denver to Spokane if you have something to guide you.

• Revisit each of your syllabi and map out a strategy for completing the remaining requirements in each class. Even if you’ve gotten off to a rocky start in a class, there may be time to repair some of the damage by developing a plan of action.

• Don’t be afraid to change how you study or prepare for exams. There is nothing noble about sticking with a process that doesn’t work.

• ASK for help if you need it. No one knows everything about everything. In fact, the more educated you become, the more you will realize how little you know. This college houses a wealth of resources for those willing to access them.

• Plan wisely for next semester. You will be able to enroll again in October. If something about this semester’s schedule is problematic for you, then change things up in the spring.

• Check your OCCC email account frequently, and make sure we have your current address and phone number. The college sends out important information through the routes. Not getting the information can prove costly.

• Be kind to yourself. The world is a mean place. We don’t have to add to that meanness. If you disappoint yourself in some way, assess your situation and learn from the mistake. That’s much more productive. Remember that in Student Support Services are standing by if you need a hand.

— Mary Turner
Learning Support Specialist

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CONCERT REVIEW

David Burgess performed ‘The Music of Brazil’ Sept. 20

VIDEO GAME REVIEW

Great graphics, storyline make ‘Madness Returns’ a winner

McGee’s ‘Alice’ returns to madness

Whitney Knight
Online Editor

Robert Bolton
Online Writer

— Antoine de Saint-Exupery

Mary Turner
Learning Support Specialist

OCCC.EDU/PIONEER
MUSIC REVIEW | Super Jay has gained popularity on radio stations all over the U.S.

Oklahoma musician a rising star

When most people think of musicians from Oklahoma, they think of country music greats like Reba McEntire, Garth Brooks and Cary Underwood.

Many do not realize that the state of Oklahoma has a widely untapped R&B/Hip-Hop fan base as well as many talented R&B/Hip-Hop artists.

One of Oklahoma’s own music artists Super Jay is on a one-way track to superstardom in the music world.

With the help of independent record labels Presidential Trap House and Malaco, Super Jay has released several hit songs that are not just receiving local fanfare but are being played on radio stations all over the U.S.

"On the Set," a single released in late 2010, is a smooth-tempo love song in which Super Jay professes his undying love for his woman.

The video was shot locally and is very much up to par. Filmed in black-and-white, this video has a surprise ending that will make any woman who is not with SJ jealous with envy.

On the track "So Excited," by Oklahomans Young Star, super Jay stole the show during his bridge towards the end of this club jam.

The song "Moan" is one of his many tracks for grown folks. This song simultaneously displays a slow rhythm while keeping an eclectic beat which flows well with Super Jay’s velvety vocals.

Sha Sha Jones, another seriously talented artist from Oklahoma, collaborated with Super Jay for the sure-to-be-a-hit song "Lose You," and this feel-good duet is desperately needed in the world of R&B.

Listeners can tell by her voice that Sha Sha is beautiful, but she comes across as humble with an angelic voice. She is wanting to save her relationship, although she is fed up.

Super Jay lays out his sexy croons while basically begging her to stay in the relationship.

Super Jay has the talent to make it all the way to the big time and let’s face it Oklahoma is in need of real R&B/Hip-Hop representation.

To hear or download Super Jay’s mix tape, visit www.box.net.com, or go to YouTube and check out his official page Jay3165, or "like" his Facebook page under Super Jay.

Rating: A+

—CHRISTY JOHNSON
STAFF WRITER

TOP 20 MOVIES
Weekend of Sept. 16 through 18
www.yahoo.com

1. The Lion King
2. Contagion
3. Drive
4. The Help
5. Straw Dogs
6. I Don’t Know How She Does It
7. The Debt
8. Warrior
9. Rise of the Planet of the Apes
10. Colombiana
11. Shark Night 3D
12. Spy Kids: All the Time in the World
14. Our Idiot Brother
15. The Smurfs
16. Kevin Hart: Laugh at My Pain
17. Don't Be Afraid of the Dark
18. Apollo 18
19. Harry Potter and the Deathly Hallows - Part 2
20. Captain America: The First Avenger

FILM REVIEW | James Marsden and Kate Bosworth play a couple outside their comfort zone in rural Mississippi

New adaptation of ‘Straw Dogs’ is great success

With his audacious paean to the old west in “The Wild Bunch,” Sam Peckinpah unleashed a vision of reality that audiences rarely find reassuring and if they did, we may have found that in and of itself to be disconcerting.

Here we sit 40 years on with a re-introduction to Peckinpah’s own “Straw Dogs” by way of writer/director Rod Lurie’s modern vision of the tale of a man who is assaulted by demons (inner and outer) to the point where he must confront the limits of his reliance on “good manners” and “society” to fight his battles for him.

David Sumner (James Marsden “X-Men,” and a product of Putnam City North) is a modestly successful L.A.-based screenwriter who accompanies his wife Amy (Kate Bosworth “Wonderland” and “The Rules of Attraction”), a modestly successful actress, as she returns home to Blackwater, Miss., after the death of her father.

The Summers set up shop so that David can devote time to writing his next script.

Amy, we begin to find, is a product of the deep southern culture of guns, God and gridiron football. David’s closest flirtation with the sport, however, is the annual Harvard-Yale game he passively attended in college.

To say he is a “fish out of water” is to say that a leper may not quite fit in at a nudist commune.

David and Amy patronize Blackwater’s local watering hole, home to more shattered dreams and drunken machismo than a “Jersey Shore” look-a-like convention.

There they meet Amy’s old high school flame Charlie (Alexander Skarsgård “True Blood”) and it’s clear (even in braille) that Charlie has failed to move on.

The condescending friendliness of David, the predatory leering of Charlie and the inability for Amy to show us that she herself has moved on set the stage for a series of collisions that will shake the Summers to their core.

James Woods (“Videodrome” and “The Virgin Suicides”) plays the town “legend” in “retired” football coach Ted Heddon, whose bubbling vitriol serves as the catalyst for the film’s climactic finale.

Lurie’s adaptation of the 1971 original is admittedly watered down and is not without its flaws, yet it stands up on its own for a contemporary audience.

The psychological conflict within both David and Amy and the external conflict between David and Charlie keep the audience engaged and Lurie’s script develops its characters perfectly.

Marsden and Bosworth are strong while Skarsgård anchors the conflict well. Wood’s performance is pristine and he may have successfully portrayed his most frightening role to date.

The tension is spaced beautifully and you grow to despise Charlie and his gang of yokel sycophants.

The best parts, however, come in the form of two of the best pay-offs I’ve been witness to in some time: that of a protagonist’s evolution that is truly gripping and the demise of a villain that is oh-so-gratifying to behold.

“Straw Dogs” is an experiment in testing the limits of the social restrictions we place on ourselves in order to “get along.”

“Straw Dogs” is also one of the better remakes I have seen in many years.

Rating: A

—SEAN M. TOLBERT
SPORTS WRITER

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Students turn to stimulants for quick boost

SARAH HUSSAIN
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It’s a fact: some college students use stimulants because they say it helps give them a boost they need. Some say stimulants use has gotten out of control, others believe its normal and just another daily routine.

Of those asked, one out of four OCCC students said they know someone who uses the drugs prescribed to Attention Deficit Hyperactivity Disorder (ADHD) patients as a study aide.

Oklahoma City Neurologist Brent Beson provided a doctor’s perspective on students’ stimulant use. Beson said he was aware of the illegal use of these medications by students.

“It is sad, simply put. It is illegal and is something that I wish did not occur,” he said.

Doctors prescribe stimulants such as Ritalin, Adderall and other attention-deficit medications to patients who have expressed a severe lack of concentration.

According to an article at selfgrowth.com, some people choose to sell their prescribed medications to people needing that extra boost to get them through an all-nighter.

“When signing a prescription for a drug of that sort, I do not lecture the individual on not handing them out to anyone else,” Beson said. “You have to trust the doctor, patient trust that you have hopefully built that they would not do such a thing,” Beson said.

Learning Support Specialist Mary Turner encourages students who realize they might have a stimulant addiction to get help from an OCCC counselor.

“Absolutely come talk to a counselor to set up a treatment plan,” Turner said. “I do believe caffeine is the most prevalent stimulant product - such as energy drinks and strong coffee - even nicotine still. If illegal substances are being used, talk to us to get a treatment plan before being treated as a criminal,” Turner said.

Caffeinated beverages are yet another stimulant students turn to.

Business major Raul Becerra has been an OCCC coffee shop employee for three semesters and said he thinks the shop was opened to help give students that extra kick when they need it.

“Taking it to the extent of energy drinks and [energy] shots shouldn’t be necessary. “Those are harmful to your body, especially in large consumptions,” Beson said.

One nursing major who wanted to be referred to as Shanyn, drinks Rockstar energy drinks every day, two to three times a day.

“If I am extremely tired it’ll take more than a Mountain Dew, it’ll probably take a Monster,” Hernandez said. “Since I got about seven-and-a-half hours of sleep last night, it only took a Mountain Dew today. To be honest, I could say that I am a little addicted to caffeine.”

Hernandez admits many students know that caffeine could be damaging to their bodies later on, although they still choose to use it.

Hernandez confirmed that, when he is up late studying or doing schoolwork, he would consume a caffeinated beverage to help him through.

Beson suggests: “If you get your recommended amount of sleep every night and have a healthy diet, you shouldn’t need anything else to get you through a day.”

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iPhone, cash thefts reported at Wellness Center

EMILY SCHORR
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The college’s Wellness Center has been busy dealing with a number of thefts recently. A total of $106 in cash and two iPhones were stolen.

Lauren Carl reported her iPhone missing from the Wellness Center on Aug. 29.

Carl reported to campus police that her phone, valued at $690, was in her bag, which was in her locker.

Carl also told police two women in the locker room saw her place the phone in her bag.

According to the workers in the Wellness Center, the two women never checked in at the Wellness Center desk. OCCC officer Gordon Nelson has not been able to identify the women.

A similar incident also occurred Sept. 7 when Jessica Hodges’ iPhone was taken from a Wellness Center locker.

Hodges reported she couldn’t find her phone when she went to retrieve her belongings.

As of press time, campus police have not retrieved the phone.

Cash stolen

Two separate reports of stolen cash were made Sept. 8 within an hour of one another.

About noon that day, Jayson Miller reported his wallet was missing from his wallet after he left the Wellness Center and attempted to purchase something in the College Union.

In the report he said his locker was unlocked during the time he was in the shower.

At the time of the report there are no known suspects.

Read the pioneer online
www.occc.edu/pioneer
Third annual Lifesaver 5K run draws crowd

CRYSTAL RODRIGUEZ
News Writing Student

Brian Pickens of Moore was the winner of the 5K Lifesaver Run on campus Sept. 17. His time was 17 minutes, 54 seconds.

Tim McCoy of Oklahoma City took second for the men with a time of 18:05.
Montana Keller of Oklahoma City took third with a time of 19:43.

The winner in the female category was Alice Vile of Oklahoma City with a time of 24:29.

Second and third place finishers for the women were Kathryn Wickham of Oklahoma City with a time of 25:00 and Laurel McPeak of Oklahoma City with a time of 25:52.

A total of 156 runners competed in the third annual race. Christina Douthit, nursing student volunteer said student volunteers from the OCCC Nursing Student Association and Student Physical Therapy Assistant Organization arose early Saturday morning in preparation for the Lifesaver 5K and 1-mile Fun Run.

“Our goal is to raise money for scholarships,” she said.

Runners paid $22 to enter the 5K and $15 for the 1-mile Fun Run.

Registration started off very chilly at 6:30 a.m., when many participants arrived and began exercising for their run.

But the weather warmed up and ended with it being a beautiful day overall.

Zumba exercise dancing was on the list of many different activities going on that day.

“We are doing a warm-up to get people excited about the race, get their blood pumping early in the morning and promoting the Zumbathon,” said Jennifer Ball, program director for Physical Therapist Assistant.

“We are just trying to promote healthy lifestyles,” Ball said.

“If you are not a runner or a walker, there are other ways to show what we have here at OCCC,”

Ball and Sandy Price, Zumba instructor at OCCC, were on stage dancing and getting the runners ready.

Several of the nursing and physical therapy assistant students who had registered to run said their prime goal was just to finish the race.

There were many things going on to keep the runners and children entertained throughout the day, including a free photo booth, massage therapists, food, popcorn, drinks and door prizes.

A favorite was an artist painting exquisite body art. The children and runners were lined up getting their faces painted while everyone listened to the live band, Countdown to Reno, who entertained participants with music throughout the day.

The first event of the day was the 1-mile Fun Run where there was a mix of all ages. After this run, all children who participated received a medal.

Above: Danni gets “Little Mermaid” painted on her arm by artist Clarissa Sharp of GlassGrrl Studios during the 5K run event Sept. 17. Danni ran in the opening 1-mile race earlier that morning.

Left: Runner Montana Keller, number 404, makes good time during the OCCC hosted 5K run Sept. 17. Keller placed third overall in the final race results.
Students can avoid sickness by eating healthy and avoiding germs

PRISCILLA COLLEY
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The cold weather is quickly approaching, and although winter is associated with colds and the flu, steps can be taken to stay healthy.

One such step is to be conscious of the things you touch, and the things you share with friends, from pens to food, said Mary Turner, learning support specialist.

"I've seen people put a dollar bill in their mouth at the vending machine. We just don't know where those things have been," she said.

"Germs flourish in warm moist places, and we spend all winter closed up inside with the heat on, where bacteria thrives.

"One of simplest things we can do is disinfect surfaces we touch regularly, computer keyboards, counters, or our phones."

A key component to prevention is a healthy diet and exercise, which boost immune systems and fight illness. According to the Center for Disease Control and Prevention, CDC, even moderate levels of exercise not only helps prevent minor things such as the common cold but also fights long term health concerns.

Even using the utmost caution, inevitably one may get sick.

"The campus has a policy that if you're infectious, you’re not wanted on campus until cleared. Ideally, if you're sick, you shouldn't come to class," Turner said.

"Realistically sometimes we have to be there, but I would contact your professor and negotiate. A lot of times they will work with you."

Maintaining good hygiene even when sick is a key to getting better, Turner said.

"If you've been sick, your bedding is carrying all those germs.

"Washing all your bedding, changing your toothbrush, and wearing clean clothes will help you avoid bacteria and get over it faster," she said.

"Sometimes sickness happens, but a lot of the time it can be avoided. We are already moving into flu season, and the most important factor [to prevent sickness] is hand washing. It's crucial," said Turner.

According to prevention.com statistics show that consuming certain foods have nutrients that not only boost immune systems, but also directly help fight the flu virus. In addition to hand washing, incorporate these, into meals for some flu fighting super foods.

**TOP 10 FOODS THAT BOOST YOUR IMMUNE SYSTEM**

According to prevention.com statistics show that consuming certain foods have nutrients that not only boost immune systems, but also directly help fight the flu virus. In addition to hand washing, incorporate these, into meals for some flu fighting super foods.

Top Ten Immune boosting Foods

1. Yogurt
2. Oats and Barley
3. Garlic
4. Fish
5. Chicken soup
6. Tea
7. Beef
8. Sweet Potatoes
9. Mushrooms
10. Grapefruit

For more information on these foods or more food options visit prevention.com

**GALLUP POLL**

As shown in a Gallup Poll done from January 2008 to April 2009, common cold occurrences increased during the winter months, with the highest rate of sickness being between October and March.
All-Around Athlete

Edward Smith, 15, throws a pass during OCCC hosted punt, kick and pass contest Sept. 17. The event was organized by the OCCC Sports and Recreation department. Smith placed 1st in the contest for the 14 and 15 year old age division.

Flag football league slow to form

SEAN M. TOLBERT
Sports Writer
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A transition to online registration may be the cause for a decrease in team enrollment for OCCC’s intramural flag football league.

A consistent and popular fixture for OCCC’s Intramural sports program, Flag Football registration for the fall season has fallen short of what was expected for the semester with only four teams being formed.

Wellness Center attendant Alex Savage said he believes that one of the reasons lies in the change to a predominantly online registration process that only a few students seem to be aware of.

“We use to have a sign-up sheet at the Wellness Center desk where students could just sign their names,” Savage said.

"Now they have to go to an intramural league website and register a profile to form a team."

IMLeagues.com, the website OCCC uses to organize intramural sports, is a national service that includes colleges such as The University of Central Oklahoma, Wake Forest University and Ole Miss among others and is a hub for registration, scheduling and record keeping for most collegiate intramural sports.

"Not a lot of students know about the website," Savage said.

"Some students I talk to that do know about [the website] think it is too much of a hassle and they decided not to form a team."

OCCC Sports and Recreation Specialist Eric Watson said the college’s use of the web service is still in a trial phase and that the evaluation of whether to continue using the service is ongoing.

“We’re going to see how it does over the semester and decide from there if it’s something we’ll continue using,” he said.

Watson said that the current number of registered teams stands at four.

In an attempt to boost the number of teams, they are now accepting completed paper registration forms as well as the online enrollment in order to prepare for the fall season.

“In an attempt to boost the number of teams, they are now accepting completed paper registration forms as well as the online enrollment in order to prepare for the fall season.

“We’d like to see six teams form and any number above that is an added bonus,” Watson said.

Registration is ongoing and any students who may be interested in forming a team for the coming flag football season may do so by either registering online at www.imleagues.com/schools/occc/registration or by filling out a registration form located at the Wellness Center equipment desk.

Those interested in further registration information can visit the Wellness Center, located just inside entrance WC1 near Parking Lot E, or by calling 405-682-7860 or by going online to www.occc.edu

Have sports news you want to share? e-mail Sean at: sportswriter@occc.edu, call 405-682-1611, ext. 7676, or drop by 1F2 in the Arts and Humanities building.
Anniversary: Celebration educated students on college’s history

Continued from page 1

The students were invited to the celebration both to learn more about the history of the college, and to give them a better understanding of the college’s values.

“We had a fairly good student turnout, at least two whole classes, and about 10 individual students that I saw,” Reynolds said.

Reynolds also said that SCL students who attended had the opportunity to gain extra credit.

One part of the presentation Reynolds said she found particularly striking is the way the layout of the college has changed, reflecting the growth and needs of the students.

She said when the college was initially designed, there were no hard and fast classrooms.

“They had instead a cubicle-like room dividers covered with carpet. So the classroom and offices would open over the top, and it was possible to hear what was going on in the rooms around you. But perhaps the biggest change in the college is the atmosphere, said Mary Turner, learning support specialist.

“This college was started as a small family; everybody knew everybody and they were really close. And the students who came in, they were just a part of the family,” Turner said.

“Now we’re big business. So even though we struggle to make it feel small and cozy, we’re not small and cozy. But the most important thing to take away from the presentation, Turner said, is the fact that this has always been and still is, a community college.

“Our symbol is people in the community intertwined, holding hands and taking care of one another.

“And that’s something we still try to do, even though it’s a greater challenge (than before),” Turner said.

“The college was founded for the purpose of providing community.

“And that’s something that, as an institution, we’re very proud of.”

Textbooks: Prices important to students

Continued from page 1

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Shaky start for some clubs

MIKE WORMLEY
Community Writer
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Here we are at roughly a quarter of the way into the fall semester and it is time to check on how our student organizations have fared getting back into the swing of things.

According to a press release from Student Life OCCC has 31 active clubs, 26 of which were represented at the Leadership Retreat before the start of the semester, 23 at the Student Organization Fair at the beginning of this month and two "new" clubs. These are the Gamer Guild of OCCC and the newly re-formed College Republicans.

The general outlook of progress this semester from those interviewed is positive; however, some clubs have had a slow launch.

One problem that seems to be common among some is member, and especially officer, retention.

"It started out a little hectic," said Chris Camacho, president of the Engineering Club and physics major. "We figured that when the new semester started we had a full set of officers, but our president quit over the summer."

Other clubs on campus seem to agree with Camacho.

"We had a little bit of that," said Candice Parker, president of the Native American Student Association and music major. "We are so fortunate for our club being able to pull together, pull from our resources, and make up for that - that little bit of an issue there."

Some key factors in coming off the dormant period in the summer seem to be: doing elections before entering the summer, having at least one meeting in the summer having representation at the leadership retreat, and participating at the organization fair.

"At the end of last semester we started preparing for the transition," said Jorge Kryzanik, vice president of the Advocates of Peace, and diversified studies major. "We were able to get some new faces in there and more importantly those new people are rearing to go."

"The leadership retreat gave our club a lot of visibility to other clubs, it helped the other clubs figure out what we're all about and helped us reach out to these other clubs so that we can all work together for some positive action."

Nikki McKiel, co-president for the Gay Straight Alliance and pre-pharmacy/biology major said, "We were pretty organized with the things we want to do and how we want to go about doing them."

"We are so fortunate for our club being able to pull together, pull from our resources, and make up for that - that little bit of an issue there."

—CANDICE PARKER
NATIVE AMERICAN STUDENT ASSOCIATION

"At the leadership retreat... gave our club a lot of visibility to other clubs, it helped the other clubs figure out what we're all about and helped us reach out to these other clubs so that we can all work together for some positive action."

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RESEARCH VOLUNTEERS NEEDED
Researchers at OU Health Science Center need healthy volunteers ages 18 to 30, who have a parent with, or without a history of an alcohol or drug problem. Qualified participants will be compensated for their time. Call (405) 456-4303 to learn more about the study and to see if you qualify.

FOR SALE: 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.

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Want to make a difference? Find out how at LIVEUNITED.ORG.

FOR SALE: Entertainment center/bookshelf/TV stand has multiple uses for books, photos, etc. Maple color engineered lumber. $50. Email: 4allmypets@gmail.com for photo.

FURNITURE
FOR RENT: Nice bedroom in a house with other students. $380 per month with all bills paid, including internet. Located in good neighborhood near 104th and Western. $100 deposit. No pets or indoor smoking. Call: 405-794-9999.

DO YOU ENJOY WRITING STORIES? ARE YOU A POET? IS PAINTING YOUR PASSION? CAN YOU CAPTURE LIFE ON FILM? Why not submit your entry to the OCCC Absolute literary anthology for possible publication? Applications are available on the table outside the Arts and Humanities Division office.
Faith, beer and broadcasting

MIKE WORMLEY
Community Writer
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Sometimes our calling finds us. Sometimes we find it. And sometimes after getting turned about, things come full circle and we collide with it while neither of us is looking. For Kelly Haworth the last is true.

From his appearance with his neatly cropped and balding head, black polo with “unibroue” emblazed over the heart, green-gray shorts and running shoes, one could picture this fellow as a beer deliveryman and not a broadcast major with aspirations for a later pastoral study.

This self-employed father of three dropped out of a broadcast journalism degree program in 1988 because of financial reasons to get into the restaurant business.

He spent a great deal of time working jobs in the hospitality industry eventually becoming a manager at several restaurants.

“I’m not the guy that picked one company,” Haworth said. “I’d learn things here and learn things there.”

During much of the time in this period, from ages 18 to 28, he was a bar fly, turning away from the church that was “focused on outward appearances,” he said.

While faith has always been a large portion of his life, he largely disagrees with the idea that there are “too many divisions in Christianity,” he said.

“They divide over things that are trivial and focus on not going to the bar, instead of helping the guy that’s starving.”

An illustration of this, in his life, is also the pivotal event in which he chose to become a pastor.

Prior to the birth of first child, Kelly started attending church more and going to the bar less.

At one evening Bible study, he heard the story of a fellow who frequented a bar in town that paralleled his own story.

After some time this gentleman fell ill and had to be cared for in his home. Hayworth said almost none of the congregation of his church came to visit him but “the [entire] bar he’d had forgotten about did.”

In that moment he railed against what the church is, and internally vowed to change it.

In 1999 he set out to find a Bible college that offered pastoral studies. Though many of his options were unaccredited, last year he found the New Orleans Baptist Seminary that was.

As if life had a sense of humor, this school’s online program requires that a student have an associate’s degree, any associate’s degree, to enroll, which brings Kelly here to complete his broadcasting degree.

Hayworth said he intends to graduate from OCCC this summer. He said he believes staying in the broadcast journalism degree will help his diction through audio classes.

He hopes to have the ability to write so he may “have the opportunity in the church and in the secular world for income.”

Also Hayworth believes that “any type communication will help” him to tell others about his faith.