Welcome Week offers students fun activities

SARAH HUSSAIN
Editor
editor@occc.edu

Student Life will get the first week of classes off to a fun start for both new and returning students with Welcome Week Aug. 20 through 24, said Student Life Coordinator Brittany Carradine. “Welcome Week is (held) the first week of classes ... to get students excited about being here,” Carradine said.

“It is a welcome to the college, to tell [students] we will be doing some great, fun and exciting things.”

Students can have free caricature drawings done from 10 a.m. to 2 p.m. on Tuesday, Aug. 21, in the General Dining Area.

“There’s an artist that will come and draw cartoon characters of the students,” Carradine said.

Carradine, in her first year with Student Life, said she heard the caricature drawings were a huge hit last year so decided to bring it back again this year.

“Students loved it and wanted to see it again,” she said.

The following day, students can make personalized coffee mugs, Carradine said.

The free event will be from 11 a.m. to 2 p.m. Wednesday, Aug. 22, in the General Dining Area.

On Friday, Aug. 24, while supplies last, the Student Life office will have OKC RedHawks Baseball tickets for sale for $5, a fraction of the normal cost.

“It’s on a first-come, first-serve basis,” Carradine said. “We have 100 tickets to sell. I believe they will be on sale for $5 a piece so students can take their families to a RedHawks game for a lot cheaper than they normally would be able to,” she said.

Carradine said she is very optimistic about “Welcome Week is (held) the first week of classes ... to get students excited about being here.”

—Brittany Carradine
Student Life Coordinator
OPINION

EDITORIAL | OCCC Recreation and Fitness fails when it comes to planning ahead

Recreation area needs to wake up

Every year, OCCC’s Recreation and Fitness Department offers a Group Fitness Pass which includes an impressive package of 16 different classes for $50 a semester. This Fitness Pass is widely popular among the OCCC students, faculty, and community because of the variety of classes the package provides.

You would think an institution that had such a popular product would be organized and prepared for the upcoming fall semester.

Unfortunately for the OCCC community, as of Tuesday, Aug. 14, the Recreation and Fitness Department has yet to provide a schedule for the upcoming semester. Department employees say they will have a schedule ready when school starts Aug. 20.

Many would just blow off such a minor transgression but I like to look at things from others’ perspectives.

Think about that single mother who has two kids and is trying to go to school and also stay healthy. She may be interested in a class but has no clue what the Group Fitness Class schedule is. She won’t have any time to prepare her schedule for daycare or work.

Think about the college kid who can barely afford a higher education but has scrounged up $50 to be able to let off some stress in a kickboxing class but has no way of adjusting her rigorous schedule on such short notice.

I know the Recreation and Fitness Department works really hard to offer fair and efficient programs, which they do well but you must be prepared in every way.

Otherwise, you lose the opportunity to really help many of the people you are reaching out to.

—BRANDON WILLIS

Sports Writer

LETTER TO THE EDITOR | Oklahomans urged to take action against pertussis

Whooping cough on the increase, state officials warn

To the Editor:

Recent reports about whooping cough (pertussis) in Oklahoma have raised concerns about how to protect children, especially babies, from the disease. Whooping cough is a serious disease that can affect people of any age, but infants are at greatest risk.

Most persons infected with pertussis experience severe coughing fits that may last over a period of months.

The sound of pertussis is like no other, often marked by a “whoop” made when gasping for breath. Vomiting after coughing fits may also be an indicator of pertussis.

The Centers for Disease Control and Prevention states parents, brothers, sisters, and others living in the same household are the source for 75 percent to 83 percent of whooping cough cases in infants under age 1. Grandparents are the source for 6 to 8 percent of whooping cough cases in babies.

Two vaccines are available:
• DTaP vaccine (diphtheria, tetanus and pertussis vaccine), used for children 6 years of age and younger.
• Tdap vaccine, a combination vaccine that provides a booster dose of pertussis (whooping cough) along with the tetanus and diphtheria booster (Td). Tdap vaccine is routinely recommended for all children at 11 and 12 years of age.

Tdap vaccine is recommended for all children over 6 years of age not complete with DTaP series, teens 11 and 12 years of age. If an adult or teen has not received a dose of Tdap previously they should receive a dose at least two weeks before they anticipate having contact with a baby.

The more people who are immunized with the Tdap vaccine, the lower the risk of exposure to whooping cough for babies.

The Oklahoma County Health Department has Tdap or DTaP vaccine available for all ages. For more information, contact the Oklahoma County Health Department at 405-427-8651.

All persons who have or will have contact with babies should be vaccinated against whooping cough including:
• All children at 2, 4, 6, and 12 to 18 months of age and at 4 to 6 years of age.
• Pregnant women past 20 weeks gestation.
• Women not vaccinated during pregnancy should receive Tdap immediately post-partum.
• Child care workers.
• Health care personnel, including anyone employed in clinics or hospitals.
• All family members and relatives.

OSDH officials urge parents of sixth graders to seek vaccination for their children now, rather than waiting for the back-to-school rush. Children of this age should also receive meningitis and HPV (human papillomavirus) vaccines, although these vaccines are not currently required for school entry.

There is no grace period allowed for students to comply with this requirement with the exception of military children transferring from another state who may be allowed up to 30 days from the date of enrollment to obtain state required immunizations. All other students must receive the vaccine and present an immunization record before entering the seventh grade.

Tdap vaccine is available from doctors, clinics, and county health departments statewide. For more information about the vaccine, contact your health care provider or the your county health department.

—OKLAHOMA STATE DEPARTMENT OF HEALTH

The PIONEER is a student 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, libel 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 in room 1F2 on the first floor of the Art and Humanities Building, mailed to 7777 S. May Ave., Oklahoma City, Okla. 73159, 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.
CONCERT REVIEW

Heart & Soul tour like a trip back in time

Nicks, Stewart offer timeless night

The BOK Center in Tulsa came alive Aug. 8 as Rod Stewart and Stevie Nicks rocked the stage as part of their Heart & Soul Tour, which kicked off March 2011.

The concert began promptly at 7:30 p.m. with a Led Zeppelin cover performed by a silhouetted Nicks who was dressed in her usual attire of mystical, flowing, black clothing complete with platform boots.

A couple more moderately paced songs kept the momentum going until the moment Nicks slowed things down with a few Fleetwood Mac songs such as the number one hit "Dreams" and "Gold Dust Woman." Midway through the setlist, Nicks got many dancing with her solo hit "Stand Back" while draped in a black and gold cape which she claimed was the one she wore in the 1983 video for the same song.

The atmosphere intensified as Nicks performed "Soldier's Angel," a song off her new album which she recounted as having written over a period of four years, beginning with a trip to the Walter Reed Army Medical Center. Nicks was emotional as she told her story of visiting with soldiers and later watching from the street as wounded men were brought into the facility via Medivac.

"I went there a rock chick with not many cares, and came out of there a changed woman," Nicks said.

"In my last days, it won't be being a rock star or being part of Fleetwood Mac I will remember most, but the impact I made and that I am a soldier's mother."

The hit song "Rhiannon" soon trailed with a high-energy for more than an hour wasn't enough, Stewart continued by kicking out autographed soccer balls into an excited audience while performing his hit "Hot Legs."

"the night ended with "Maggie May" and "Do Ya Think I'm Sexy?" which had the crowd both singing and dancing. The band continued to play as the curtain went down and Stewart took his final bow.

One point Stewart left stage all together and allowed his backup singers to perform a Tina Turner tribute of "Proud Mary."

If watching a man in his late 60s perform with high-energy for more than an hour wasn't enough, Stewart did not perform any duets together as they formerly have this tour. While Stewart's set list was slightly more extensive than Nicks', both gave an outstanding performance that proved their music and talent have and will continue to stand the test of time.

Rating: A

—ERIN PEDEN
STAFF WRITER

EVENT REVIEW

Paseo will hopefully add Backyard Blues Bash to lineup

First Fridays just became even better

First Fridays on the Paseo may have a new addition with the introduction the Backyard Bash that occurred Aug. 3 in the backyard directly behind Sauced in the Paseo Arts District of Oklahoma City.

Jen Hutchings recently moved into the area. She wanted to say hello to her new neighborhood and add more good food and music to First Friday.

Hutchings contacted the Oklahoma Blues Society who helped get a lineup together and set up the stage on the day of the event. The music started around 6 p.m. and played on into the night.

The event featured local blues acts, 2P and Trading Company, and had a jam session for anyone able to play an instrument. Both bands were skilled, but I was very impressed by a two-man group with a big sound, Trading Company. They played the type of gritty blues I enjoy most. Two musicians of note that participated in the jam were a trumpet player known locally as Butter and guitarist James Slaw of the James Slaw Trio that sometimes plays at Jazmoz Bourbon Street Cafe. Another great guitarist was University of Central Oklahoma student Cory Wilmot.

Music wasn’t the only thing the bash brought to the table. Food was for sale in the form of barbecue sandwiches and chips from Food Factory and delicious gourmet bratwursts from Frank’s Wurst. Beer was supplied by Budweiser. Being an all-ages event, there were even games, and arts and crafts for the kids.

Overall, the Backyard Blues Bash was a nice change of pace from the typical First Friday on the Paseo event. It attracted a more diverse crowd than merely the art goers and hipsters that usually frequent the area. I hope to see the bash become a regular addition.

Rating: A+

—CHRIS JAMES
STAFF WRITER

COUNSELOR’S CORNER

Student jobs available

"Excellence is not a singular act, but a habit. You are what you repeatedly do."

—Shaquille O'Neal

Hello and welcome to another fall semester of school. If you’re a new student who went through orientation this summer, you may recall your tour guide stopping outside of our office area and telling you this is a great place to come if you’re having problems. I would like to expand on that just a bit. This is a great place to come to be proactive and avoid those problems.

Learning Support Specialists Alta Price and I do work with students who are experiencing academic difficulty. However, we also work with students who want to address such issues as time management, taking tests, reducing anxiety or developing better study habits because they know those are weak areas for them.

Assistant Director of Disability Services Sarah French has an entire staff of people dedicated to helping students who have documented disabilities to receive appropriate accommodations. Everyone has strengths and weaknesses, and we learn differently. This doesn’t mean that one way of learning is better or worse than another; it simply means those ways are different. We encourage you to speak with Sarah before you encounter difficulty so that accommodations can be in place to help you if you need them.

An accommodation is not the same as cheating. Besides being dictated by federal law, accommodations are designed to level the playing field for you if you need to access information differently. Think of getting a handicap in golf or another sport.

One full-time licensed counselor Jenna Howard, and one part-time licensed counselor works with students with a wide array of needs. Whether life is really sad for you right now because you just broke up with your significant other or whether you have severe clinical mental health diagnosis, it is helpful to have someone to talk to in a safe, confidential environment.

TRIO Student Support Services, led by Karolyn Chowning, is a federal grant program that provides for much more personalized services to 160 students who meet the criteria. If you are a first generation college student, have a documented disability, and/or financial need, this program might be able to help support your needs on campus.

We all do what we do because we love what we do: helping our students successfully meet their academic goals. We wish you all a wonderful semester and look forward to opportunities to work with you.

—MARY TURNER
LEARNING SUPPORT SPECIALIST
Floating the river can be a fun, relaxing time

Taking a day trip on any of the state's rivers, or as locals call it - floating the river, is something everyone should experience before the summer is officially over.

I was slightly wary about planning a trip, knowing the entire state is in such a terrible drought, but being that it is a family tradition, I decided we would just see how it went.

Whether we were going to have to pull our kayaks down the river the entire time or not, we were going to enjoy ourselves.

Researching float businesses was very easy to do online at www.oklahoma-roadtrips.com. From there you can navigate around to which river interests you and exactly what type of floatable device you want to travel down the river in.

Choosing Falcon Floats, located outside of Tahlequah on the Illinois River, was an easy decision. They currently have a special going on that includes rental of any float, whether it be a canoe, kayak, tube or raft, for $10 per person between Mondays and Thursdays. Their website is www.illinoisriver.net.

Locating the business was quite simple as well. Although it is quite a hike from Norman, it turns out to be a day-long adventure.

As the summer wraps up, you might want to take advantage of the last days available in this wretchedly hot season by playing around in the cool river.

There is a bus that takes you, your kayak, tube or raft, for $10 per person. From there it takes between three to six hours to get back to the business which is easy to spot while on the river.

There were some areas of the river that had small rapids. In some of those areas, if you don't navigate the path correctly, the possibility of getting stuck is high.

Other areas were well over five feet deep with calm, relaxing swimming holes.

The wildlife was immense from large catfish, bass and turtles to herons and dragonflies. Fortunately, I did not see any snakes because I might have flipped over my kayak in fright.

Whether we were going to have to pull our kayaks down the river the entire time or not, we were going to enjoy ourselves.”

“—Sarah Hussain
Editor

Once arriving back at Falcon Floats, they have a beautifully shaded pool to enjoy, showers and changing rooms.

I would highly recommend this to anyone, whether it be to get some sun, escape the city or leave technology behind for a day.

I know I will be going back next summer.

Rating: A+

—Sarah Hussain
Editor

Will Ferrell makes another hit movie

A movie making fun of the crooked political system of America is always a must watch but adding Will Ferrell and Zach Galifianakis makes it a blockbuster hit.

In a political climate where congressmen are having affairs and senators are taking money under the table, there was plenty of material for "The Campaign" to take advantage of.

I really like the way the movie made fun of how a statement or accusation with no credibility can turn an entire political race on its head.

I also enjoyed the fact that they had a great cast, which set up Ferrell and Galifianakis to do what they do best, be funny.

Ferrell really shined in the role of a North Carolina Democrat defending his seat in office, against a newcomer to the political scene.

Ferrell was hilarious, as he used certain phrases some politicians use today, that make no sense whatsoever.

Ferrell was hilarious, as he used certain phrases some politicians use today, that make no sense whatsoever.

—Brandon Willis
Pioneer Staff

Christie and Sarah Palin. You couldn't help but laugh once Galifianakis showed up on the screen.

From his awkward smile to his somewhat na"ive walk, Galifianakis caused chuckles to erupt across the theater.

Galifianakis did a great job of making you root for him and his particular campaign.

Galifianakis has a great feel for being awkwardly funny and he capitalized on that throughout the picture.

I truly enjoyed "The Campaign," and I really liked how they incorporated an allstar cast with two veteran stars who carried the movie.

"The Campaign" was not the funniest movie I have ever seen, but the talents of Ferrell and Galifianakis definitely caused several dramatic interruptions between me eating my popcorn.

Rating: B+

—Brandon Willis
Pioneer Staff

TOP 20 MOVIES
Weekend of Aug. 10 through Aug. 12
www.yahoo.com

1. The Bourne Legacy
2. The Campaign
3. The Dark Knight Rises
4. Hope Springs
5. Total Recall
6. Diary of a Wimpy Kid: Dog Days
7. Ice Age: Continental Drift
8. Ted
9. Step Up: Revolution
10. The Watch
11. The Amazing Spider-Man
12. Brave
13. Nitro Circus The Movie 3D
14. Beasts of the Southern Wild
15. Moonrise Kingdom
16. Men in Black 3
17. Ruby Sparks
18. Magic Mike
19. Madagascar 3: Europe's Most Wanted
20. To Rome With Love
STUDENTS RECEIVE INSTRUCTION ON LIFE SKILLS

Success in college courses taught on campus

DEONNE KING
News Writing Student

Entering college can be scary for many incoming freshman, with a bigger school, more people and harder classes.

How to be successful in college is a concern many freshman face. OCCC offers a course called Success in College and Life (SCL1001) that teaches students many important skills about being successful in college.

Many OCCC students agree that the SCL1001 class was beneficial to their college career. Helping them cope with the transition from high school to college and also lifelong lessons such as how to handle financial situations.

According to the OCCC college catalog, the skills taught in this course are setting educational, financial, and personal goals, time management, major and career exploration, study skills, critical thinking, diversity and global awareness, college ethics, library skills and information literacy, using technology effectively and health and wellness strategies.

According to Brenda Reinke, OCCC bookstore director, many students have substituted other courses in place of the success in college course.

The courses that can be substituted, can be found in the OCCC College Catalog.

One OCCC student, Logan Hiltabrand, started in the fall of 2009 and will be finishing at OCCC this fall, 2012. "Success in College and Life gave me some good ideas about how and when to study for college courses."

STAFF PLAN AHEAD FOR STUDENT RUSH

Bookstore offers more than just class textbooks

ROBERT GALBRAITH
News Writing Student

More than 80 boxes were stacked against the walls of the bookstore for workers to start sorting through and filling the stores shelves, as the OCCC Bookstore was getting ready for the fall semester in early August.

According to Brenda Reinke, OCCC Bookstore director, new students will be directed throughout the store and assisted by staff the second they step foot in the store.

Reinke said the bookstore will be run by five or more employees, with three employees running registers during rush hours.

The hassle of looking for books should be taken away, making for a quick, easy, and enjoyable experience in the OCCC bookstore, Reinke said.

Students who do not want to venture to the bookstore or take a long trip to go to the OCCC college campus, do not need to worry.

Books can be purchased online at http://bookstore.occc.edu, from the comfort of home, for the current fall classes.

Reinke said one benefit of ordering online, includes possible discounts offered to students on merchandise.

Not only are supplies for the bookstore being stocked in plenty, but the apparel items are being brought in by the box load.

The apparel filling the racks ensures students, faculty and staff are able to exhibit their OCCC pride.

Reinke said the clothing items provided in the OCCC bookstore include hats, short sleeve shirts, long sleeve shirts, shorts and hoodies.

Students having trouble carrying all their newly purchased items can also purchase the many different styles, shapes and colors of bookbags.

For more information on the college bookstore, visit http://bookstore.occc.edu, or contact the bookstore at 405-682-7510.

OCCC library offers eBook program for mobile devices

KRISTY VANDEN HEUVEL
Newswriting Student

The OCCC library offers an online program where college students can download books to their mobile device and read them on the go. The program, called Overdrive, can be accessed via the website http://library.occc.edu, and is free to all OCCC students.

The program is directed at freeing students from making a lengthy trip to the OCCC library.

Overdrive allows students to check out and return books, from non-fiction to textbooks, from the comfort of their home.

"Overdrive is mainly fiction and leisure titles. We try to keep current, hot titles in our collection," said Amanda Lemon, Electronic Services director in an email.

According to the Overdrive website, eBooks can be checked out for 14 days. As to how many books you can have out, the Overdrive website says you are limited to three titles at a time.

Just as easy as it is to check out books, the Overdrive website says that returning the online titles is just as easy.

The site states that after the 14 day period, the files are simply deleted off of your computer as well as your mobile devices.

Online student Sally Chairez said she has not used the program because she does not have a mobile device.

Chairez said the thought of using it is convenient. "The idea of being able to look at it, it’s a great help," Chairez said.

Despite the fact that not all OCCC students have mobile devices, Lemon said that the service is reaching more students than when it launched in the summer of 2011.

"The service has picked up speed since it’s initiation last summer."

—AMANDA LEMON
ELECTRONIC SERVICE DIRECTOR

The service has picked up speed since it’s initiation last summer.

"The service has picked up speed since it’s initiation last summer."

"We plan on doing a Brown Bag in the fall semester over the eBook and eAudiobook collection and the different devices students can use to download titles," Lemon said in an email.

Lemon said the Brown Bag workshop is currently scheduled for late October.

For more information on the Overdrive program, visit http://occc.lib.overdrive.com, or call the OCCC library at 405-682-7564.
OCCC has 3,170 parking spaces waiting to be filled

Parking fines

- Failure to stop at a stop sign: $25
- Going the wrong way on a one-way street: $25
- Reckless driving, unsafe driving: $25
- Parking in a fire lane: $100
- Parking in a handicapped space without a proper permit: $100

Parking in a faculty and staff area without a proper decal: $15
Double parking: $5
Improper parking (parts of vehicle outside of marked space): $3
All other parking violations: $5
Failure to display parking decal or parking permit: $5
Improperly affixed parking decal or parking permit: $3


Parking: Plenty of campus parking spaces available

Continued from page 1

“I suggest people plan ahead and get here early at least for the first few weeks of school or until they figure out what their schedule will be like.”

In addition to parking, students must also make sure they are following the rules set in place for campus parking. These rules include parking in the correct faculty or student parking spot, having a decal correctly placed on a vehicle, parking correctly within the lines and not parking in a fire lane.

According to the Campus Traffic and Parking Regulations Brochure found on the campus police page of the college website, those who do not follow these regulations could face fines between $3 and $100. Once a parking spot has been found, the next obstacle for students may be locating classes.

Messer said “wayfinding signs” posted just inside all college entrances are there to provide general guidance and direction to those who are not familiar with the campus. For more information on campus parking, contact Facilities Management at 682-7554 or visit www.occc.edu/police/mapsandparking.
Wayfinding on campus can be easier with help

POINER STAFF REPORTS

Students across campus may have noticed new wayfinding signs positioned throughout the halls of the college which cost about $130,000.

The signs are designed with colors that complement the current campus designs and colors, said Facilities Assistant Director Chris Snow, in an interview with the Pioneer last spring.

The wayfinding signs are a result of a competitive bid process for new directional signs on campus, Snow said.

The company Sign-A-Rama received the contract as the lowest bidder.

Snow said the college policy is set up to award the bid to the lowest bidder.

“Typically the lowest bidder is chosen, but if documentation shows that they didn’t meet expectations then they are no longer considered responsible,” Snow said.

“Sign-A-Rama is the college’s contractor of choice for all campus signage.

“They did the exterior parking lot, which was also a bid process.”

Snow said faculty and staff initially approved the parking signage and began the approval process for the monument exterior group.

“We presented (the approved design) to the students and the signage committee after the President’s approval,” Snow said.

Installation of the kiosks in multiple locations was completed last spring.

Snow said there was good reason the first signs were tested in the Transportation Technology Center and the first floor of the Science Engineering and Math Center.

“The reasoning behind it is we are entertaining a new numbering system because the grid is confusing for some,” he said in an interview last spring.

“The numbering system is a part of all software systems. To make a change would have a huge impact on all the operations.

“We aren’t ready to do this nor are we sure that the college wants to do this yet,” Snow said.

Snow said the kiosks provide a location and a direction for the neighboring rooms.

For example, if students were looking at the kiosk on the second floor of the Main Building, they would see a design layout of the rooms and an arrow pointing to the Math Lab.

That includes Main Building rooms 2G4/2G5 and Main Building 2J4/2J5, as well as the World Languages & Cultures Center.

The classroom and office signs have braille, for the benefit of those who need it.

Students may see interactive signage in the future.

The classroom and office signs have braille, for the benefit of those who need it.

That includes Main Building rooms 2G4/2G5 and Main Building 2J4/2J5, as well as the World Languages & Cultures Center.

“The classroom and office signs have braille, for the benefit of those who need it.

Students may see interactive signage in the future.

“Since there are several other departments involved, the IT department may take the lead on it, Snow said.

“They are already responsible for all of the digital signage we currently use.”

The project was completed May 14.

For more information contact Chris Snow at 405-682-1611, ext. 7575.

Keith Leftwich Memorial Library
A fitness pass can save students money

BRANDON WILLIS
Sports Writer
sportswriter@occc.edu

The group fitness pass is back in effect for the 2012 Fall semester. The Recreation and Fitness department is offering a pass for $50, which includes 17 different fitness classes at students’ disposal.

Aquatic Specialist Marlene Shugart said the group fitness pass includes classes for every aspect of cardio. Zumba, hatha yoga, Pilates, cardio kickboxing, total body workout, abs express, spin express, yoga, combo aerobics, aqua Zumba, deep water workout, shallow water workout and theatrical dance make up the fitness classes offered.

They even offer classes for children, like ballet and kid’s dance party.

The great advantage of these fitness classes is that a particular class will vary from 25 minutes to an hour and 15 minutes long, according to the fitness class schedule. These fitness classes take the quality over quantity approach to working out.

A popular choice among students and faculty is Zumba, Shugart said. Zumba is a method of exercise that involves music and dance. Child Development Professor Dawn Ladeski said she believes the class is a fun way to shed pounds.

“Exercising and music are always a great combination,” Ladeski said.

She said she also likes the way the class appeals to everyone.

“You can make the workout as intense as you want it to be,” she said.

“You take it at your own pace and the instructor is really good at showing you new techniques.”

The group fitness pass costs $50, but it is a savings over the stand alone cost of $20 per class.

“You might as well buy the group pass which will save you money and give you access to all of the classes,” Shugart said.

Instead of paying $80 a semester you can pay $50 with better benefits,” Shugart said.

To purchase a group fitness pass, a student can visit the checkout desk in the Wellness Center, Shugart said.

The Recreation and Fitness department can be found on the first floor of the Main Building just south of the General Dining area.

“You might as well buy the group pass which will save you money and give you access to all of the classes.”

—MARLENE SHUGART
OCCC AQUATIC SPECIALIST

For more information on the fitness pass, call the Wellness Center desk at 405-682-1611, ext. 7310. Also, for more information on the particular time and date of a classes being offered, a schedule is available in the Wellness Center.
Disruptive man handcuffed, escorted off campus

MITCHELL RICHARDS
Police Reporter
seniorwriter@occc.edu

A man was handcuffed, detained and eventually escorted off school grounds by campus police because of disruptive behavior during the afternoon of Aug. 9, according to an OCCC incident report.

The man, whose name was redacted from the report, is quoted as having said, “I don’t get angry, I get even,” to employees at the Advising office after he became upset while trying to enroll, according to the Campus Police Department’s incident report.

The 53-year-old man made the threat upon his return to the Admissions area after having left minutes earlier. As Police Chief James Fitzpatrick attempted to take the man to the campus police office, the detained man repeatedly shouted, “What did I do?” to Fitzpatrick, the report shows.

Fitzpatrick said the man resisted, stiffened and tried to get away from Fitzpatrick. After a brief struggle, the man was handcuffed by Sgt. Kevin Tipton and escorted to the police office.

Fitzpatrick wrote in the report, “It became clear the man was suffering from some type of mental disorder. There was no detection of alcohol nor drug effects.”

The report shows the man had no car on campus so was escorted to the bus stop by Officer Gordon Nelson.

The bus driver said he was familiar with the man and told the officer the man was not welcome on the bus, but said he would make a one-time exception to help get him off-campus. The driver indicated the man had been removed from the bus for similar types of behavior.

Contact campus police at 405-682-7691.

Welcome Week: Free fun events await OCCC students

"… If it's not what I envisioned … next year we can look at some different types of events.”

Carradine said Student Life information also will be available at the events. In addition, students interested in joining a club will be able to do so. Members from various clubs will be on hand to provide more information, she said.

For more information on Student Life, and the clubs and organizations OCCC offers, visit www.occc.edu/studentlife.
Club contact overhauled

JEREMY CLOUD
Community Writer
communitywriter@occc.edu

New and returning students interested in participating in student organizations will find simplified, more user friendly ways of joining, finding and contacting those organizations this semester, said Student Life director Erin Logan.

"In the past, you would have to log into an external computer [program] to contact, or join a group," Logan said. "You would click on a link, and it would take you to another page. Then you'd have to log in, find the club you wanted to contact, and then contact them."

The new system removes most of those steps, she said.

"We have gone to assigning each group a unique email address. For example, the Black Student Association is bsa@my.occc.edu. We've used the same format for all the club emails, and that way it'll be fairly easy to figure out what a club's email is going to be," Logan said.

"This way you don't have to log in to anything, you don't go to another web page. You can go straight to the Student Life page, hit join a club or click on their email address and an email box will pop up."

Logan said one of the main reasons for the changes is negative feedback on the old system, which required students to contact club officers to communicate with clubs.

"Officers change, sometimes semester to semester. Sometimes one officer is more active than another officer. If you only have Officer A's email, and they're not as engaged as Officer C, you're not getting a response, you're not getting information."

"This alleviates that guessing game. There's only one email for the club, and whoever is active can respond to that email. So we're hoping this will fix some of that lapse in communication."
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