Cold temperatures, more hours of darkness contribute to mood changes for many

SARAH HUSSAIN
Editor
editor@occc.edu

Seasonal Affective Disorder can be something many people face around this time of year when it gets colder and there are more hours of darkness. Shorter daylight hours and a lack of sunlight in winter can create a biochemical imbalance in the area of the brain that controls emotions, according to the SAD Association.

Learning Support Specialist Mary Turner said the symptoms of SAD are similar to depression. "The difference is that instead of the individual being affected year 'round, it happens at times when there's less ultraviolet light which usually would be cloudy days, the fall and winter seasons when it does tend to be more grey and overcast," Turner said.

For many people SAD is a seriously disabling illness, preventing them from functioning normally without continuous medical treatment, according to SADA. For others, it is a mild but debilitating condition causing discomfort but not severe suffering.

"Others could really shut down and not be able to do very much," Turner said like all illnesses, there are ways to treat SAD. She said there are special lamps with bulbs that simulate sunlight. "They're not cheap but they do emit that ultraviolet."

Turner said those who are affected by SAD can use the lamp as needed to “help keep their mood elevated.” She said for other individuals, touching base with a counselor or talking to someone who can help one sort through their feelings.

See SAD page 9

Shop around for best book buyback deals

ERIN PEDEN
Staff Writer
staffwriter1@occc.edu

It's about that time again when students start thinking about turning their used textbooks into a little extra cash. Many companies, both local and online, will pay for those books.

Bookstore Director Brenda Reinke said many students find OCCC’s buyback to be convenient. "It's on campus, it's fast, and we

See BUYBACK page 9
When did Oklahomans go soft?

To my fellow Okies: I heard that some of us want to secede from the United States mostly because of the fact we (read: they) re-elected Barack Hussein Obama as our (read: their) President. This seems like a pretty good idea because I think Oklahoma would fare pretty well on our own.

At the time of writing this, almost 17,000 people have signed a petition on www.petitions.whitehouse.gov to “Peacefully grant the State of Oklahoma to withdraw from the United States of America and create its own NEW government.”

As I wonder what this means, I submit some ideas for our “new” government:

- We obviously need a leader of some sort — a figurehead — and since Mr. Obama won’t be ours, I suggest Barry Switzer.

- Everyone loves Barry Switzer. I mean sure, his dad was arrested for being a bootlegger back in the day and Barry himself was arrested for trying to take a gun on a plane back in 1997 (according to the New York Times) but that’s just the kind of leader our state/new country needs — a real American. Wait, I mean a real Oklahoman — even though he was born in Arkansas. Then again, I haven’t seen his birth certificate.

- Enough with this democracy business, it has run its course! We are all Republicans here, so who needs the Dems? This will make things like voting and decision making obsolete because that’s how we vote — red all the way, a true Red Dirt Republic. I mean, even the name Oklahoma is a Choctaw phrase for “red people.”

- I don’t think America would miss us much anyway. Oklahoma is traditionally on the wrong end of many state rankings: teen pregnancy, female incarceration, obesity and education — problems we can definitely handle on our own.

- And who decided we should leave peacefully? With as many strapped up, open-carrying sharpshooters as we have around here, we can at least take over Kansas and Nebraska with ease. Do people actually live in North and South Dakota? We can take them too, creating a strip right down the United States, separating the east and the west (Texas is wanting to secede well and already has 108,000 signatures.)

Wait a second. A small part of being an Oklahoman is being able to pull yourself up by your bootstraps, shake off the red dust and keep on doing what you do without complaints. It’s understandable to have opinions and things to believe in and to be passionate about, but to pout when things don’t go your way and want to secede from the U.S.? America isn’t a place where if you don’t like what is going on, you throw your hands up and storm off. It’s great to be political and to stand up for the things you believe in but this? Secession?

Things going on in a White House in a city far away don’t have nearly as much effect on us as we would like to believe. We can survive, at the very least, together as Oklahomans.

—Mitchell Richards

Special Projects Reporter

LETTER TO THE EDITOR | Those with health conditions and some minorities can develop complications

To the Editor:

Did you know that while the flu can make anyone sick, people with long-term health conditions such as asthma, diabetes (type 1 and 2), and heart disease are at greater risk for complications from the flu? Serious flu complications like pneumonia and bronchitis can lead to hospitalization and sometimes even death. Many adults who live with these chronic diseases do not receive the flu vaccine.

Oklahoma state health officials are particularly concerned that nationwide surveys show low flu vaccination levels among African-American adults. Data from the Centers for Disease Control and Prevention indicate that during last year’s influenza season, flu vaccine coverage for adults 65 years of age and older in Oklahoma was higher for non-Hispanic white adults at 63.1 percent, compared to non-Hispanic black adults at 50.7 percent.

Public health officials emphasize that both the flu shot and the nasal spray flu vaccine have excellent safety records and are constantly being monitored. One reason that people avoid getting a flu vaccination is the notion that the flu shot gives you flu. This is simply not true. It takes approximately 14 days to develop full protection after vaccination, so if people are exposed to flu viruses shortly after vaccination, they may develop illness. The most common side effects reported after flu vaccination are minor and are far outweighed by the benefits of the vaccine. Millions of flu vaccines have been given safely over the years.

In addition to the traditional seasonal flu shot available for persons 6 months and older, a nasal spray flu vaccine is available for non-pregnant, healthy people between 2 and 49 years of age, and a high dose flu shot is available for persons 65 and older. An intradermal flu shot, which uses a needle 90 percent smaller than the regular flu shot, is approved for people 18 to 64 years of age.

Local health departments charge a $25 fee for regular seasonal flu vaccine for those with insurance and reimbursement sources to pay. The flu shot is covered by Medicare Part B for adults 65 years of age and older. No fee is assessed for persons who are on Medicare and do not belong to an HMO, for those who are on SoonerCare (Medicaid), and for those children who are eligible for the Vaccines for Children program. Some people may be eligible for fee waivers based on income. No one is denied a flu shot because of inability to pay. Voluntary donations are accepted.

For more information about the influenza vaccine, contact your health care provider or your local health department.

—Oklahoma County-City Health Department
PIONEER | OCCC.EDU/PIONEER

COMMENTS AND REVIEWS

ALBUM REVIEW | ‘Good Kid, m.A.A.d. City’ represents well

Lamar shines on freshman album

When you pick up the album of Kendrick Lamar’s “Good Kid, m.A.A.d. City,” on the cover it reads “A short film by Kendrick Lamar.” I couldn’t have said it any better. GKMC is basically an audio story that satisfies the ears. Kendrick Lamar has become the “Chosen One” in the rap community and this debut album may be the most anticipated album since 50 Cent’s “Get Rich or Die Trying.”

This album is pure genius from the start to the finish. It starts with a scenario where Kendrick describes being a teenager who is enticed enough by a girl named Sherane that he decides to take his grandmother’s van and drive through the infamous city of Compton, Calif., to reach her. Kendrick breaks down in great detail how it is to be a boy who is tempted, yet scared of the situation.

One of the best songs of the album is “Don’t Kill My Vibe.” This song has an outstanding beat so listeners can’t help but nod along. Kendrick and his engineer MixedbyAli have a great talent for altering Kendrick’s voice to fit the situation and vibe of the song. Kendrick used that to his advantage in this song.

Kendrick did not have many collaborations on this album, but the one he did have was genius and calculated. Top Dawg Entertainment peer and Watts native Jay Rock may have had the best verse on the entire album with his passionate story on the song “Money Trees.” Another great collab for Kendrick was Drake’s input on “Poetic Justice.” Drake was the perfect choice for the song which is romantic and lyrical.

The only dud on the album is “good kid” produced by Pharrell. It just did not fit with the others produced by Pharrell’s hook just wasn’t one of his best works. “m.A.A.d.city” really stood out to me because it had a great beat and it’s a song that could be played in the clubs where Kendrick’s music is usually not played.

The final song on the album is called “Compton” which has Dr. Dre and Just Blaze’s fingerprints all over it. From the loud, dramatic drums of “Just Blaze” or the sonic sounds of Dre it is a great collaboration of production which allowed Kendrick do his thing and represent for his hometown city.

Unbelievable album overall.
Rating: A+

—BRANDON WILLIS
SPORTS WRITER

RESTAURANT REVIEW | Eatery offers affordable home-cooked goodness

Perry’s Diner quick, near college

Students looking for a quick meal or quiet place to study in between classes may want to check out Perry’s Diner. Open 24/7 and located across the street from campus at SW 74th and May, Perry’s offers a good quality meal at an affordable price.

A friend introduced me to Perry’s a few weeks ago after I mentioned I had nothing to do before my 5:30 p.m. class. She suggested we go grab dinner. I was a little hesitant about going to a sit-down restaurant with only 45 minutes before my class but agreed to go.

I was pleasantly surprised at the service we received. The staff was friendly and we received our food within 10 to 15 minutes of ordering. Not only did we get excellent service, the food was reasonably priced. I received an entrée, two sides, a salad and dinner roll all for under $10. The portion sizes were nearly enough for two people.

After paying, I made my way back to school full and satisfied with five minutes to spare.

Surprisingly, there weren’t a lot of younger people there. Just from my observation, it was obvious a lot of people come there often and it appears the staff really get to know customers on an individual basis.

The restaurant was not too crowded or loud, making it the perfect place to have a conversation with my friend while we ate.

Ever since I went for the first time a few weeks ago, my friend and I have made it a weekly tradition every Thursday before my class.

With its great food and convenient location, I am surprised more students don’t go there.

Next time you think about grabbing a burger before class, I suggest you try Perry’s instead.

—ERIN PEDEN
STAFF WRITER

ADVISER’S 411

Enroll now to get class choices

October and November have been busy months in the Office of Academic Advising. Fall classes are quickly coming to an end and for those who have not yet enrolled for spring semester, it is important to get enrolled as soon as possible.

Enrollment for the spring semester has been open since early October. Classes are filling up quickly, and optimal times and days will become difficult to find.

Students who wait until after winter break to enroll should expect long lines and closed classes.

Planning ahead and meeting with an academic adviser now may ensure optimal course placement and course availability.

Enrolling early allows you to ask important questions and get informed responses.

Students often want to know: What classes do I have left to take? Can I take an intersession course? Can I enroll online? Do I need to test for course placement? Where do I apply for graduation? These are all questions the Office of Academic Advising can help you get the answers to.

The Office of Academic Advising also can: confirm or change program/majors; request faculty advisers; run degree checks; write diversified studies contracts; help with course selection; evaluate test scores; and establish personalized education plans.

For international students who will be traveling within the U.S. and abroad over winter break, it is important to come in and meet with an academic adviser to set up your spring courses.

By doing so, international students ensure their enrollment and degree/course planning is done and they can spend the rest of their break worry free about finding the appropriate courses at the right times for their schedules.

As always, all students can avoid long lines to enroll should expect long lines and closed classes. As always, all students can avoid long lines during the heavy enrollment period in January by choosing classes and enrolling now.

To set up an appointment to meet with an academic adviser call 405-682-7535.

—LINDA KAY LITTLE
TRANSFER AND ACADEMIC ADVISING COORDINATOR
Wednesday nights get a lot less boring here in Oklahoma when they’re spent at Kamps Lounge during Robotic Wednesdays.

The doors open every Wednesday night at 9 p.m. Anyone 18 or older can dance the night away to electro, dubstep and dance rock music for only a $10 entry fee.

I attended the nightclub’s pre-Thanksgiving party during Robotic Wednesdays, and it’s definitely on the list of the most fun I’ve had during Thanksgiving break.

Deejay Katie Wicks, also known as Crystal Vision, did an amazing job keeping the beats going and amping up the crowd as everyone danced their hearts out. The atmosphere is ideal, with laser lights on the dance floor to accompany the high-bass music, while also conveying a laid back feel with lounge areas that include couches and coffee tables for those who want to sit back and have a drink.

The nightclub is accompanied by a great waitstaff, and the ones I encountered were super friendly and talkative.

Clubgoers can even look back at their night on the Robotic Wednesdays Facebook page. Professional photographers and videographers capture the night’s clubgoers in action throughout the night. Within days, the pictures and videos are posted on the Robotic Wednesdays Facebook page for clubgoers to view and share for free.

Since Robotic Wednesdays are growing in popularity, the line to get in can get pretty lengthy. While the 21-and-older line usually gains entrance pretty quickly, the 18- to 20-year-old line wait can get pretty killer. To skip the line, VIP tickets are offered for immediate entry and can be bought in advance online for $15 at www.ticketstorm.com. Kamps Lounge’s next Robotic Wednesday on Dec. 5 will feature special guest deejay ProtoHype.

With great music, great atmosphere and lots of dancing, Kamps Lounge is the place to go on Wednesday nights. It’s located at 1310 NW 25th Street in Oklahoma City.

Rating: A

—Paris Burris
Online Editor

THEATER REVIEW | R-rated performance earns its letter

‘Avenue Q’ is Muppets gone bad

“Avenue Q” is a hilarious musical that stars puppets side-by-side with humans. But before you cancel your babysitter to take the kids along, the musical has — and earns — an R rating. Maybe it’s the language. Maybe it’s songs like “The Internet Is For Porn” or “Everyone’s A Little Bit Racist.” Maybe it’s one puppet’s homosexual dream about his male roommate. Or maybe it’s the full-on puppet sex scene. But like I said, it earns its R rating.

“Avenue Q” was recently performed by the The University of Oklahoma Weitzenhoffer School of Musical Theatre and University Theatre in early November.

Heading into the musical, I was unfamiliar with “Avenue Q,” knowing only that it had puppets and that it was a little racy. The musical takes place on Avenue Q, a fictional neighborhood in New York City, where it seems Sesame Street and a trashy back alley have met up. The setting is a set of dingy apartments and houses with trash strewn about the stage.

“Avenue Q” focuses mostly on Princeton, a recently graduated puppet seeking a place to live within his price range. He lands on Avenue Q and begins to meet his neighbors: Kate Monster, a kindergarten teacher’s assistant; Rod, an uptight banker who constantly denies his homosexual tendencies, and his roommate Nicky, a complete slacker and Rod’s perfect contrast; Brian and his Asian fiancée Christmas Eve, the only two non-puppet characters; and Trekkie Monster. What Cookie Monster is to cookies, Trekkie Monster is to porn. Did I mention Princeton’s landlord is Gary Coleman?

The musical has actually had great success on and off Broadway, winning three Tony Awards in 2004.

The cast, comprised of mostly OU students, performed the musical brilliantly, getting the audience laughing right out of the gate with the songs “What Do You Do With A B.A. In English?” and “It Sucks To Be Me.”

On the outside, it’s a musical with puppets, but if you catch the play at the right time in your life, it shows a much deeper side.

Princeton is sort of the everyman of the show, wandering through life trying to find his purpose, a place many of us can relate to. He tries finding it in things like sex and alcohol, hurting himself and others along the way. The show is about much more than puppets. It’s about life and trying to find yourself. It gives you the sense that life doesn’t slow down and wait for you to catch up. Life and the rest of the world continues to move at the pace it wants to and it’s hard — and “Avenue Q” shows that honestly.

Rating: A

—Mitchell Richards
Special Assignments Reporter

TOP 20 MOVIES
Weekend of Nov. 23 through Nov. 25 www.newyorktimes.com

1. The Twilight Saga: Breaking Dawn - Part Two
2. Skyfall
3. Lincoln
4. Rise of the Guardians
5. Life of Pi
6. Wreck-It Ralph
7. Red Dawn
8. Flight
9. Silver Linings Playbook
10. Argo
11. Taken 2
12. Anna Karenina
13. The Sessions
14. Pitch Perfect
15. Jab Tak Hai Jaan
16. Here Comes the Boom
17. Cloud Atlas
18. The Perks of Being a Wallflower
19. Hotel Transylvania
20. Looper
OKLAHOMA CITY BARONS TEACH MIDDLE COLLEGE MORE THAN HOCKEY

Pathways students learn valuable lessons

JORDAN HUFF
News Writing Student

Oklahoma City Barons staff taught students more than just ice hockey when Pathways Middle College High School students attended a game this semester.

On Nov. 13, Pathways students attended a game that was more than just hockey for the students. The Barons allowed the students to sit on the floor of the Cox Convention Center and gave them a tour of the Barons’ locker room.

The tour was organized by the Pathways Principal Carol Brogan.

“I wanted a day to celebrate various cultures, something that would give the spotlight to the language arts,” Troutman said.

“I wanted a day to celebrate various cultures, something that would give the spotlight to the language arts.”
— CHIAMI TROUTMAN
WORLD LANG UAGES AND CULTURAL CENTER COORDINATOR

Modern Language Festival draws poetry fans

REYNA COVARRUBIAS
News Writing Student

Professors and students united in the World Languages and Cultures Center to celebrate the Modern Languages Festival on Nov. 13.

“I wanted a day to celebrate various cultures — something that would give the spotlight to the language arts,” said Chiaki Troutman, coordinator of WLCC and the event.

“I wanted a day to celebrate various cultures, something that would give the spotlight to the language arts.”
— CHIAMI TROUTMAN
WORLD LANG UAGES AND CULTURAL CENTER COORDINATOR

Today I learned to be very prepared for an event, never leave things until the last minute.”
— IVAN FLORES
PATHWAYS JUNIOR

Pathways Middle College High School is housed on the OCCC campus. Although it is not exactly the traditional high school one might think of, they do take part in a few of the same activities other high schools do.

At the game Nov. 13, Haley said, about 2,000 middle school and high school students would be attending the event as guests of the Barons.

Pathways Principal Carol Brogan said because Pathways does not have sporting events, or extracurricular activities typical of other public schools, this is a way for students to have some fun during their school time.

I wanted a day to celebrate various cultures, something that would give the spotlight to the language arts.”
— CHIAMI TROUTMAN
WORLD LANG UAGES AND CULTURAL CENTER COORDINATOR

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Resumes Cover Letters Interview Skills
Hanukkah claims two different origins

JEREMY CLOUD
Community Writer
communitywriter@occc.edu

While many are out shopping for Christmas presents at this time of year, some families in Oklahoma City are finding joy in another cultural holiday, said Temple B’nai Israel of Oklahoma Cities Rabbi Vered Harris. She said Hanukkah, a Jewish holiday that closely coincides with the Christian celebration of Christmas, has two different origins.

Both are based on the events of the re-taking of the Holy Temple in Israel by the Maccabees after Antiochus desecrated it in 168 B.C. “The first is that because they’d been fighting during the Biblical festival of Sukkot, she said. “It was a way of celebrating Sukkot a couple of months after its prescribed time because they missed it while they were fighting.”

The second, she said, has to do with a miracle that occurred while the temple was being restored. “There’s an eternal light that is always burning in a sanctuary and it had gone out. They wanted first and foremost to get that lit, so they went looking for oil. They only found enough oil to last one day but when they lit it, the oil lasted for eight days, which was the duration of time it took to make more oil.”

The celebration is a post-Biblical holiday, a holiday that is not ordained by God, Harris said. She said there are traditions associated with Hanukkah, but the primary tradition is the lighting of the menorah. “A menorah [is] a candelabra that has nine branches, one for each of the eight days plus one ... candle that’s used to light the other candles.”

“So on the first night, you light the leader candle and you light one candle for that first night. “Then the second night, you light the leader candle and you light two candles, and so on for each of the eight nights. “That’s the main religious obligation for Hanukkah.”

She said recounting a story of Hanukkah is another tradition, usually the miracle of the oil. Harris said there are also customary foods and some families have the tradition of exchanging presents.

In addition, she said, there are songs, prayers and a game called dreidel, which is played with a four-sided top with Hebrew letters on each side. “It’s a culturally big deal, but in terms of religious observance, it’s (usually) a pretty minor holiday. “There’s a couple of special prayers inserted into the regular worship service, but there isn’t a separate Hanukkah service,” Harris said.

However, she said, Hanukkah is considered a big religious holiday. “Most people consider it to be one of the main ways they express that they are Jewish during the year,” she said. “There’s so much going on with Christmas.”

JEWISH HOLIDAY COINCIDES WITH CHRISTMAS

Hanukkah history

The events that inspired Hanukkah took place during a turbulent phase of Jewish history. Around 200 B.C., Judea, known as the Land of Israel, came under control of the Seleucid king of Syria, who allowed the Jews to practice their religion. His son, Antiochus IV Epiphanes, proved less benevolent. Sources say he outlawed the Jewish religion and ordered them to worship Greek gods. In 168 B.C., his soldiers massacred thousands and desecrated the holy Second Temple, erecting an altar to Zeus and sacrificing pigs.

Led by Jewish priest Mattathias and his five sons, a rebellion broke out. When Mattathias died in 166 B.C., his son Judah took over. Within two years the Jews had driven the Syrians out of Jerusalem. Jews cleansed the Second Temple, rebuilt its altar and lit a menorah whose seven branches represented knowledge and creation.

—www.history.com

Students looking to volunteer their time this holiday season have a number of great choices, said Student Life Coordinator Brittany Carradine. She said in addition to the list of partner organizations Student Life maintains to help students find organizations they’d like to volunteer with, her department offers service learning trips throughout the semester.

While most of the trips have already passed for this semester, Carradine said, there are two left, both appropriate for students looking to spread holiday cheer.

Carradine said Student Life will visit the Christmas Connection, a non-profit that serves low-income families and seniors, according to the Christmas Connection website. “The trip will be from 8 a.m. to 4 p.m., Dec. 1. The organization’s seasonal program provides food, clothing, and presents to eligible families and seniors at no cost.”

Carradine said Student Life also will visit assisted living center Ross Healthcare where volunteers will be able to interact with the residents in activities including crafts and singing. Carradine said she’s especially excited for the visit to Ross Healthcare because it provides a unique opportunity to volunteers. “All our service learning is important and fulfilling,” she said. “But when you’re building a house with Habitat for Humanity, you might not meet the family that will live there. When you’re working at the Regional Food Bank, it’s incredible to know you’ve helped hundreds of people who might otherwise have gone hungry.”

“But here, students get to actually sit down with the people they’re volunteering with. “They can see the effects, get to know someone, interact with the residents. It’s a huge opportunity for us and I’m really looking forward to it,” she said.

Carradine said her department accepts applications to go on the trips up to midnight the day of the trip. “For those who can’t make it to the service trips but still want to donate their time, she said, Student Life has a booklet students can pick up or find online that lists local organizations in need of volunteers. “Especially around this time of year, a lot of our partner organizations would love to have more people coming out and lending a hand.”

For more information about service learning trips or to get a list of organizations to volunteer with, go to occc.edu/studentlife, or visit the Student Life office on the first floor of the Main Building.

STUDENT LIFE OFFERS OPPORTUNITIES TO HELP OTHERS

Volunteers needed for the holiday season

JEREMY CLOUD
Community Writer
communitywriter@occc.edu

There’s so much going on with Christmas. So when you don’t celebrate Christmas, but you do have another fun holiday to celebrate that’s part of your tradition, it’s joyous.”

—Vered Harris
Temple B’nai Israel Rabbi

So when you don’t celebrate Christmas but you do have another fun holiday to celebrate that’s part of your tradition, it’s joyous. And I think people really get into it.”

Hanukkah history

The events that inspired Hanukkah took place during a turbulent phase of Jewish history. Around 200 B.C., Judea, known as the Land of Israel, came under control of the Seleucid king of Syria, who allowed the Jews to practice their religion. His son, Antiochus IV Epiphanes, proved less benevolent. Sources say he outlawed the Jewish religion and ordered them to worship Greek gods. In 168 B.C., his soldiers massacred thousands and desecrated the holy Second Temple, erecting an altar to Zeus and sacrificing pigs.

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—www.history.com

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—www.history.com
OCCC CHORAL DEPARTMENT TO PERFORM DEC. 4

CLAIREE CONNER
News Writing Student

Traditional Christmas favorites, both sacred and secular, will be performed at the annual Christmas Concert put on by OCCC’s Choral Department, said Kody Jones, student and choir member. The performance will take place at 7 p.m. Tuesday, Dec. 4, at Wilmont Place Baptist Church, 6440 S. Sante Fe Ave.

Admission to the concert is free.

“We have to perform off campus because the Bruce Owen Theater is not large enough for the audience that typically attends,” Jones said.

The Wilmont Place Baptist Church is the church home of one of the choir members so church leaders have agreed to let the choir use their facilities for the program.

Jones said he hopes the choir concerts will occur on campus next fall in the new theater if it is finished on schedule.

Jones said they have printed 500 programs for the concert and hopes they have close to that many in attendance.

The music has been chosen to please a variety of tastes.

“Have Yourself a Merry Christmas” and “Angels We Have Heard on High” are just two of the many selections, Jones said.

During the concert, the three choirs will perform different musical pieces. These include the Concert Choir, comprised of 34 student voices; the Chamber Singers, made up of 26 students who had to audition for membership; and the Symphonic Choir, made up 83 members who come from the community and the campus.

Jones said some vocalists participate in all three groups. He is among them.

Violinist Jeremy Scott, also a Chamber Choir member, and two piano accompanists, Lisa Barsaleau and Tony Carrillo, will perform with the choirs, Jones said.

Jones said he will be performing for the second time in the Christmas program. He has been a student in the choir for the past three semesters with this year being the first year to be in all three choirs at OCCC.

Jones is a music major and not sure what classification he would be considered.

“I’m a non-traditional student so it’s hard to determine if I would be considered a freshman or a sophomore,” he said.

“I’m having to approach my education a little bit slower since I have three kids.”

He said he initially joined the Concert Choir because it’s a requirement for his major.

Later he joined the other two choirs because they are required for his job as assistant to the choral director.

“I’m enjoying being in all the choirs, and I can tell my voice is improving with every practice,” Jones said. In the concert Jones will be singing every piece.

He said his favorite is probably “Veni Emmanuel” by Tom Fettke, which will be a part of the Chamber Singers portion of the show.

TRIP TO CHICKASAW CULTURAL CENTER INFORMATIVE

YEHODA ASHONG-LAMPTLEY
News Writing Student

An international student from West Africa could see similarities between the stomp dance, a ceremony that dates back to early Chickasaw tribal history and a dance performed in her country to honor the dead.

“That looks like menag,” said Gaelle Ekvonne Ndong to a fellow student when the stomp dance was performed at the Chickasaw Cultural Center near Sulphur, Okla. She said the stomp dance reminded her of a dance performed to celebrate the departed in her native country, Gabon.

Twenty-three international students embarked on a trip in early November to visit the Chickasaw Cultural Center.

Students said they were excited about the trip because their professor, Abra Figueroa, had talked a lot about the native Indians in Oklahoma.

International students from about 10 countries gathered to learn more about the state they live in now.

“I was excited to go on this trip,” Trang Nguyen said. “Miss Abbie talked a lot about the Native Americans and I want to know more about them.”

At the center, the students learned about the Chickasaw nation and their contribution to Oklahoma and America as a whole.

Students who participated in a November field trip to the Chickasaw Nation Cultural Center near Sulphur, Okla. pose for a picture outside a replicated Chickasaw tribal homes from the 17th century. At the center, students learned about the Chickasaw nation and their contribution to Oklahoma and America as a whole.

I would love to bring my children here to see and learn about the Chickasaw people.”

—Graiciela Lopez
OCCC International Student

According to the tour guide, the Chickasaws are the third largest Indian nation in Oklahoma and the 13th largest in the U.S.

The Chickasaws came to Oklahoma after they were forced to leave their land in the Southeast part of the U.S. At the center, students watched a video about the Chickasaw people and why they tell their story.

“We believe that we have something special to share with the world,” according to the film narrator.

The students climbed an elevated bridge where they saw replicas of tribal homes where the Chickasaw people lived in the 17th century.

Students then saw the stomp dance which is usually done to welcome warriors when they came back from wars. Students joined in the dance which was led by Chickasaws in period costumes.

“I like this center,” said Graciela Lopez, who is from Mexico. “I would love to bring my children here to see and learn about the Chickasaw people.”

The following students participated in the field trip: Ninett Aquilar de Campos, from Nicaragua; Farouk Altaie, from Iraq; Rosa E. Dennison, from Peru; Gaelle Ekvonne Ndong and Jean Mbo Meye, from Gabon; Pedro Grijalva, Graciela Lopez and Alberto Ruiz, from Mexico; Mingyuan Li, from China; Jongchul Lee, Kwang Won Lee, Aera Shin and Boram Shin, from Korea; Hung P. Tran, Nhiem Q. Tran, Lam T. Nguyen, Hien Nguyen, Lam X. Ngo, Hung T. Mach, Hoang T. Le, Trung D. Le, Wy T. Le, and Thanh H. Vo, from Vietnam; Pome Mang, from Burma; Yadid Villalba and Celida Vannaman, from Colombia.

For more information, contact Professor Abra Figueroa at 405-682-1611, ext. 7326, or by email at afigueroa@occc.edu.
Recreation and Fitness now hiring

BRANDON WILLIS
Sports Writer
sportswriter@occc.edu

The OCCC Recreation and Fitness department has 19 different job openings for the 2013 Spring semester said Sports and Recreation Specialist Eric Watson.

Jobs that are currently open include head lifeguard, aquatic instructor, basketball instructor and sport league official.

From head lifeguard to basketball instructor, Watson said, the Recreation and Fitness department is looking for qualified applicants to fill these diverse positions. The jobs have specific requirements, he said.

The head lifeguard position requirements are that applicants must have a Red Cross water safety instructor certification or the equivalent, preferred to have a current Certified Pool Operator (CPO) or Aquatic Facility Operator (AFO) certification and must be able to work 30 hours per week.

Applicants must be able to supervise the facility and the staff. Pay will range from $9.70 to $10.67 per hour, said Aquatic Specialist Marlene Shugart.

Watson said the Sport League Official is responsible for officiating various sporting events including: volleyball, basketball, flag football, T-ball and soccer.

Requirements for the job are experience officiating, CPR and First Aid Certification and the applicant must be 18 years or older.

Watson said officials' hours will be set according to the sports league seasons and game schedules.

The officials will be paid $15 to $20 per game.

Business major Lee Cooper said he believes the sports league official position may be the most popular because officiating is such an appealing job.

"A lot of people I know have played high school basketball and refereeing always seems like a cool job to have so I think plenty of people will apply including myself," Cooper said.

Pierre Davis, a current sports official, said he believes the official position is a good way to gain experience.

"If you just go out there and do your best and learn, you may be able to referee in other leagues in the future," Davis said.

To see open jobs and their descriptions, visit www.occcjobs.com and click on the Recreation and Fitness department link.

For more information, contact 405-682-7860, or contact Recreation and Fitness Director Roxanna Butler at 405-682-1611, ext. 7425 or email her at rebutler@occc.edu.
A student viewing inappropriate materials on a library computer, stolen items and an attempted armed robbery kept OCCC police and security officers busy the week of Oct. 29.

Around 4 p.m. on Oct. 30, a student, whose identity is withheld from police reports, was caught viewing inappropriate materials on a library computer. Campus Police Officer Nathan Graves was sent to the library upon being notified of the student, who is 40, viewing the inappropriate content.

Graves contacted the student and confirmed inappropriate materials were being viewed, then escorted him to the Campus Police Department, according to the police report. Since the man was a student, the case will be referred to Student Services as a misconduct issue, according to the report. The man’s name was redacted from the report by college officials.

Also on Oct. 30, Graves witnessed a “suspicious young male” walking near the John Massey Center. Graves stopped him after noticing he had “contraband materials” in his possession according to the report. It was discovered the male was a 15-year-old minor. The juvenile’s mother was contacted and he was released into her custody, according to the report. His name was redacted from the report by college officials.

Two calculators were stolen out of a student’s locker in the Wellness Center on Oct. 31, according to a campus police report.

Students Samuel Nicholson and Jacob Blough reported to campus police that their locker had been broken into. Blough reported two calculators missing from his bag.

On Nov. 1, Tracy Bell notified Campus Police that her orange Geo parked in the southeast corner of Parking Lot B had items missing from it.

Of the items missing were a phone charger, change, approximately $30 from the glove box and a pack of cigarettes, according to the report.

On Nov. 5, a timely warning was issued via email to students and faculty with the notice of a attempted robbery with a firearm. On that day, Robert Hernandez, 45, alerted Campus Police of two suspects dressed in dark hoodies who tried to rob him according to police reports. The attempted robbery happened while Hernandez was walking onto campus on J. Lee Keels Blvd.

Hernandez said he believed one of the suspects had a gun, according to the report. The report shows the Oklahoma City Police Department is investigating the incident further.

To contact the Campus Police, call 405-682-1611, ext. 7747.

**SAD: Many suffer from Seasonal Affective Disorder**

*Continued from page 1*

ings may be the key.

“Sometimes people are reluctant to admit that they have a problem and they just try to deal with it. I strongly encourage people [who] think there may be something wrong to get help so they can feel better.”

There are a couple of ways to prevent the onset of SAD, Turner said.

“Certainly if they’re aware that they experience this they may prepare for it by putting the lights on before it becomes an issue, just having them as a regular component in their homes,” Turner said.

To learn more about SAD or to speak with Turner or a counselor, contact Student Support Services at 405-682-7520 or visit the Student Support Services office on the first floor of the Main Building.

Turner can be reached by email at mturner@occc.edu.

**Buyback: Students have options for selling used books**

*Continued from page 1*

give you cash for your books,” Reinke said. “We give students up to 50 percent for books, depending on the condition and if they will be used again by instructors.

“We generally buy back all books unless they are falling apart or have water damage.”

Music major Jessica Johnson said she prefers to use the bookstore.

“I like selling my books back to the bookstore because I can just take them over as soon as I finish my last class of the semester,” Johnson said.

Other students prefer to shop around.

Textbook Brokers, located just across the street from the OCCC campus at SW 74th and May, buys used textbooks as well.

Business major Joshua Harding said he uses Textbook Brokers not only for its convenience but also for its quality.

“I had to buy my history book new because there were no used copies available and a semester later, the (college) bookstore wouldn’t buy it back. It was very frustrating.”

“I saw Textbook Brokers across the street from campus and decided to check them out and they bought back the book OCCC wouldn’t.”

Selling books doesn’t have to be limited to bookstores. Many websites such as half.com, www.chegg.com, and www.amazon.com all provide book-selling options.

Music major Alyssa Casey said amazon.com is the way to go.

“I prefer to buy my books from Amazon because I can buy them used for cheap, then sell them back later,” Casey said. “Sometimes I get more money back than I paid for them.”

For those wanting to sell back books on campus, the OCCC bookstore will host book buyback Dec. 10 through 17. Reinke said students who don’t want to wait until book buyback to sell their textbooks can bring them in now, providing they won’t need them any longer.

“We buy books daily for those who don’t want to wait until the end of the semester,” Reinke said. “The only disadvantage is you may not get as much money as waiting until the buyback because we aren’t sure what books instructors will use for the next semester.”

Textbook Brokers also buys books on a daily basis. For questions or more information about selling books, contact the OCCC Bookstore at 405-682-7510 or visit Textbook Brokers at www.textbookbrokers.com/buy-back-program.

For online book buyback programs, Google the phrase “textbook buyback.”
Get social

Student Dylan Wilhoit talks to Jamie Thompson, resource coordinator of The Education and Employment Ministry, and Catherine Williams, social work intern, about the stock market and employment opportunities at the Let’s Talk Community Service Fair on Nov. 15 outside of the Communication Lab. The fair was set up to help students get acquainted with social service programs in the area.

Stress free experience offered

JEFFREY CLOUD
Community Writer
communitywriter@occc.edu

Between final exams, seasonal affective disorder and the doldrums that linger around the holiday season, stress can be a serious problem for students and their families, said OCCC Counselor Jenna Howard.

To combat this stress, Howard and her department are partnering with the Student Life and TRiO offices to offer the Stress Free Experience, which will be held from 10 a.m. to 2 p.m., Dec. 4 and 5, in the General Dining area.

Howard said the Experience, which offers students multiple avenues of relaxation, was originally based on her desire that everyone she knew take a tropical vacation over fall break.

So Howard said she wants to bring the beach to OCCC.

The activities in the experience include coloring, a laughter table, soothing music, a beach simulation and free massages for students.

Howard said while the other activities do serve to provide something for students to do while waiting for a massage, they also can be beneficial as stress relief techniques.

Another important technique in cutting stress is time management, said Learning Support Specialist Mary Turner.

Turner suggests students take stock of their current progress before forming a plan to finish the semester.

“If there’s simply not any way you’re going to pass a class and you’ve missed the drop date — let it go. Put your energy into studying for your other classes,” Turner said.

Strengths Quest session offered

Student Life will host a Strengths Quest session from 12:30 to 1:30 p.m. Dec. 4, in room 1X5 in the Main Building. This will be session two of two. For more information, contactbrittany.f.carradine@occc.edu.

SOTA bake sale scheduled for Dec. 6

The Student Occupational Therapy Association will be holding a bake sale from 11 a.m. to 3 p.m. on Thursday, Dec. 6, in the Main Building. For more information, contact Karlen Grayson at kgrayson@occc.edu.

All Highlights are due Monday by noon for inclusion in the next issue.

Email your event to communitywriter@occc.edu

Kappa Beta Delta fall induction Nov. 30
Kappa Beta Delta will hold its fall induction ceremony from 6 to 9 p.m. Friday, Nov. 30, in CU3. For more information, contact Karlen Grayson at kgrayson@occc.edu.

Gamers Guild Tournament to be held
The OCCC Gamers Guild will hold a League of Legends tournament from noon until 4 p.m. Saturday, Dec. 1, in CU2. For more information, contact Karlen Grayson at kgrayson@occc.edu, or stop by the Student Life office in the Main Building.

Students invited to Stress Free Experience
Get a free massage and enjoy other relaxing activities at the Stress Free Experience from 10 a.m. to 2 p.m. Dec. 4 and 5 in the General Dining area. This event in the past has drawn over 100 students to relax during finals preparation. For more information, contact Student Support Services Counselor Jenna Howard at 405-682-1611, ext. 7621.

Brown Bag lunch about finals preparation
Student Life will host a Brown Bag luncheon on Wednesday, Dec. 5 in CU1. The topic will be finals preparation. Bring a lunch. Missed Brown Bag videos can be viewed or re-viewed online at www.occc.edu/studentlife/brownbag. For more information, contact brittany.f.carradine@occc.edu.

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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. Fridays prior to the next publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.


ROOMMATES WANTED: Looking for 2-3 students to rent in SW OKC. Would share rent/other bills. Call: 405-651-3421.


FOR SALE: English Realities Vol. 1 history textbook. Slightly used. $50. Text/call Robert at 405-248-8849 for more info.

Classified ads are free to students and employees. Email: adman@occc.edu.

Advertising rates start at $8/week. Call 405-682-1611, ext. 7674 for details.

ROOM FOR RENT:

FOR SALE:

MISCELLANEOUS:

BABY ITEMS FOR SALE:

LOOKING FOR RIDE: Need ride from Norman to OCCC. Legally blind student. Will pay for gasoline. Classes Monday, Wednesday, Friday 11 a.m. to 4 p.m. Call: 405-508-0502 or 405-395-2779.

TRiO

STUDENT SUPPORT SERVICES

TRiO helps students GRADUATE from OCCC and TRANSFER to earn a Bachelor’s degree.

M–F, 8–5 in MB 117 (by the Bursar’s Office) www.occc.edu/trio

Now accepting applications for Spring 2013

STUDENT EMPLOYMENT AND CAREER SERVICES

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Students register with their 7-digit student ID number
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TRIUMPH

(T)he (R)ight (U)nder (M)y (P)arent's (I)nfluence

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Nine individuals were recognized Nov. 13 at the annual OCCC Alumni Hall of Fame Banquet.

Alumni Relations and Community Development Coordinator Randy Cassimus said the purpose of the annual event is to honor OCCC alumni who have used their experiences at the college to go on and do great things in their career.

“It’s basically designed to highlight success stories of OCCC,” Cassimus said.

Following a welcome invitation and dinner, a video was played of each person before each one went on stage to receive an award.

“It was a moving ceremony,” Cassimus said. “Our honorees had the opportunity to have their story told first in video form, then express in their own words live at the event.”

Cassimus said one thing he enjoys is getting to know the inductees and seeing how their careers have been helpful to people.

“I think it’s fantastic to be able to recognize the people because it helps highlight what influence OCCC had on people who have gone on to do really good things for the community,” he said.

Dr. Tom Jones, an inductee, was recognized for his work with City Rescue Mission while Tenecka Holley was recognized for founding “T Holley Walk Again Campaign,” devoted to raising awareness of the needs of spinal cord injury patients.

Brandee Morgan, a current admissions coordinator and OCCC professor recounted in her acceptance speech about how a student had once stopped her at OCCC’s graduation ceremony and told her he wouldn’t have made it that far if not for her.

These represent only a few of the many touching stories presented.

“It is an honor to once again recognize a number of our outstanding alumni,” President Paul Sechrist said in an email.

“These individuals have distinguished themselves both professionally and personally, and I know you will join me in congratulating them.”

There is no set number for how many people receive the honor each year. Anyone can nominate an individual for induction.

For more information, contact Cassimus at john.r.cassimus@occc.edu or 405-682-1611, ext. 7478.

OCCC inducted nine members into the OCCC Alumni Hall of Fame Nov. 13 at a banquet held on campus.

Pictured left to right: front row: Chad Alexander, Alexander Companies President; Mary Brese, Brink Jr. High School Math Department Head; Marvin York, (honorary inductee), Former Oklahoma Senate President Pro-Tempore; Tracey Bewley, MTM Recognition Department Manager and Artist. Back row: Michael Brooks-Jimenez, attorney; Tenecka Holley, Serenity Properties, Inc. Vice President and Senior Project Manager; Brandee Morgan, OCCC Admission and Compliance officer; Dr. Kenneth Hamby, Pawnee Indian Clinic Physician; Tom Jones, City Rescue Mission President.

Graduation application process should be started now

Students nearing the end of their time at OCCC may want to start the graduation application process soon, said Graduation Service Director Barbara Gowdy.

Gowdy said the beginning step is for students to look at their degree evaluations through MineOnline to see how close they are to meeting their degree or certificate requirements.

“You can speak with your faculty adviser, academic adviser or a graduation adviser for guidance,” she said.

Next is the application process, Gowdy said. She said the application can be found online and printed to be sent in or picked up at the Graduation Services offices on the first floor of the Main Building.

Once that office receives a student’s application, that student will receive an email within a couple of weeks. Students will be notified if additional classes need to be taken or if the student will need transcripts or course approval from faculty advisers, Gowdy said.

OCCC does not have a winter graduation ceremony, she said. However, all students are eligible to participate in the commencement held in May. Spring applicants who expect to complete the programs as well as applicants who are within six hours of graduating following the May commencement, also are eligible to participate. If a student fails to apply for graduation, his or her degree or certificate will not be awarded to them until the process is done.

Nine named to OCCC Alumni Hall of Fame

ERIN PEDEN
Staff Writer
staffwriter1@occc.edu

Bucky’s Tip: Know Your Plan like the Back of Your Hand
Pay off your highest interest debt first and pay the minimum on the rest.
When the first debt is clear, use the extra money to pay off the next, then the next, and so on.

Find more tips on being free of debt at BucktheNorm.com/empowerment