Many students suffer from test anxiety

College expert says steps can be taken to identify cause of stress

SARAH HUSSAIN
Editor
editor@occc.edu

While some students have test anxiety year ’round, others suffer from it mainly toward the end of the semester when finals are looming, said Learning Support Specialist Mary Turner.

And, Turner said, test anxiety is different than everyday anxiety.

“Anxiety is a natural function of our body that lets us know that something is really stressful or we have the sense that maybe we can’t handle what’s about to happen,” she said.

“When we . . . talk about test anxiety we’re talking about an anxiety that stems specifically from the act of taking the test.”

Turner said test anxiety occurs for a number of reasons.

“So it isn’t a simply, ’Oh, you have test anxiety? Here’s five things you can do.’

“There’s no quick fix. Sometimes people expect the magic pill. We don’t have any of those.

“We would have to sit down with the person and . . . try to help them pinpoint what about that experience is stressful for them and what is causing the anxiety, and is it more of a generalized type of situation,” she said.

Turner said she would first try to determine if the anxiety is specific to testing by asking when exactly the student is experiencing the anxiety.

“Anxiety is a natural function of our body that lets us know that something is really stressful or we have the sense that maybe we can’t handle what’s about to happen,” she said.

“The number one thing that people with any type of anxiety have to identify is what are the pieces of my situation that I can control,” she said.

“The reason some people go out and do quite well is they feel like they’re in control.”

She said the next question would be, have you been doing what you should have been doing all semester.

“If we’re rolling in here at the end and you think, ’OK I haven’t been in classes now for a . . .”

Students can get vehicle help from campus police

ALYSSA ROBERTS
News Writing Student

As colder weather approaches, it seems more frequent for students to return to vehicles with dead car batteries or to accidentally lock their keys in their cars, said OCCC Police Officer Jimmie Watts Jr.

However, he said, students can rest easy as the Campus Police Department is available to help when that happens.

Watts said there is always an officer or security staff member
Was Hostess shutdown avoidable?

In November, America learned the well-loved and popular company Hostess Brand Inc. had filed bankruptcy. This has been the provider of Twinkies, Ding Dongs, Wonder Bread and many other delicious treats for years. A virtual panic swept across the nation, causing store shelves to be emptied and many individuals being fearful of losing a big part of their childhood. With the successful company setting tradition for many children since their establishment in 1930, one can imagine that’s a lot of people. While it is a sad thought to lose these delicious and nostalgic treats, people are missing the big picture.

The real tragedy here is not the dissatisfaction of taste buds, but that more than 18,000 people are losing their jobs.

Hostess's decision to file bankruptcy is partly due to its workers striking, according to Hostess CEO Greg Rayburn in an interview on the ARC News website.

The strike started in November by workers who were upset about a pay cut that would reduce their wages by 8 percent, while also cutting benefits. When the strike went beyond the deadline set by the company to end it, the company chose to liquidate, according to a press release. Hostess filed for bankruptcy in 2004 and also in 2011 so this is not a huge surprise.

The decision didn’t hurt everyone, however. Federal bankruptcy Judge Robert Drain granted $1.75 million in bonuses to 19 executives, with the stipulation they would meet certain benchmarks in managing the liquidation, according to a press release.

While strikes have been a successful way to get voices heard and things changed in the past, it doesn’t seem to have worked in this case. Could the strike have been avoided? I think so.

It is understandable that workers would be upset over the pay and benefit cuts. However, despite this fact, different actions could have been taken to enable a less dramatic outcome. Taking legal action, petitions, or other methods might have been more lucrative and may have prevented the closing of the company.

If the issue had been brought to the attention of more people, things also might have turned out differently. When people come together, difficult tasks can be conquered. But, instead of coming together, Hostess's situation was a result of taking sides and miscommunication.

Both parties, the workers and the executives, could have treated the situation differently in order to save the company. Instead, it seems as though the executives were apathetic to the conditions of their workers.

With the outcome not necessarily affecting them negatively, it’s easy to see that there was really no motivation for them to be concerned about the strike. It’s a sad example of how the American dream is being neglected.

I wish Americans would focus more on fixing problems rather than making things worse. Sadly, money drives society and it seems that in Hostess's situation, it's every man for himself. Thus, the American people are suffering the consequences, and it doesn’t seem that anything is being done about it.

Thousands of citizens are left unemployed, and the deliciousness of Hostess goodies is no more.

—Paris Burris

Employee calls for stop to food service price gouging

To the Editor:

As an OCCC graduate I have a lot of pride in this college as a whole. If it had not been for the somewhat-affordable tuition rates and the personable size of the classes, I would never have attended OCCC.

When I was a student here, I felt like the college really cared about me and had my best interest at heart. I was able to get a good education and ordered the same thing. I paid half the price and the food was fresh.

I told the cashier to keep the food, so imagine my surprise when my purchase totaled more than $11. I then went to the most expensive restaurant around here just across the street, Carson’s, and ordered four chicken strips, onion rings, and chocolate milk. Now these chicken strips did not do tricks or offer to rub my back. They just sat in a heat well for God knows how long, getting greasier and colder.

Why are college officials allowing price gouging? And I guess the better question is: why are the students and faculty putting up with it?

When attending the University of Oklahoma, I never had this problem. Their prices are affordable and the food is delicious. Students can get Chinese, pizza, Chick-fil-A and other wares for $5.

According to the lady at the Carson’s register, their chicken is 65 cents an oz. That means they are charging more than $10 a pound for a product that averages $1.50 a pound at even the most expensive of grocery stores.

And I know Carson’s is getting an even better deal by buying through a bulk supplier.

The question begs: do you want to support a group that is obviously making a killing off of faculty and students? I made my decision and the answer is no.

I will keep my hard-earned and extremely hard-to-come-by money. I will hope the rest of you will join me.

—Name Withheld by Request
COMMENTS AND REVIEWS

FROM THE VAULT REVIEW | ‘Sliders’ leaves viewer wishing for more episodes

1995 television series still wows

Winter means sitting at home and watching a lot of television at my house. Having had Netflix for some time now, I recently had the opportunity to catch up on “Sliders,” a show from 1995 that I was never able to get into in my teenage youth. And now I can’t help but want more.

Sliders stars Jerry O’Connell as Quinn Mallory, a physics grad student who accidentally discovers the ability to slide into other dimensions with the use of an interdimensional timer. He discovers dimensional travel in his basement.

Mallory, along with Professor Maximilian Arturo, played by British actor John Rhys-Davies, and friend Wade Welles, played by Sabrina Lloyd, attempt to slide for the first time and accidentally pick up former musician Rembrandt “Crying Man” Brown, played by actor Cleavant Derricks, who is driving past Mallory’s house in his prized pink Cadillac. The four embark on a journey to find their way home to Earth Prime, with plenty of problems on the way.

Each time the Sliders get to a new Earth, there are dangers they must face. There are dimensions where dinosaurs still walk the planet, lottery winners are executed, technology is banned and there is almost always a race against time to get their timer back before whoever has it, before the wormhole opens and leaves them stuck in the wrong dimension forever. The four friends find love and war on more than a hundred alternate dimensions.

This premise is great. Sometimes the Sliders meet their alternate selves — who at times, are helpful and at other times, evil.

I think this was an original idea, the likes of which has not really been topped in some time from writers and producers of sci-fi shows. But unfortunately, in Season 3 there were a lot of changes made.

Season 3 brought death to one Slider, as Rhys-Davies was replaced with the sexy Kari Wuhrer, who might be attractive, but sure cannot act. Wuhrer plays Captain Maggie Becket, a military fighter pilot whose husband invented a sliding machine in his dimension and is killed. Becket vows to capture his killer on whatever world he goes to.

A few episodes later, Lloyd’s character is captured by another dimensional race and also leaves the show, to be replaced by O’Connell’s brother Charlie O’Connell, which was also a big mistake. The latter O’Connell must have been added for his looks, because his character is a bit of an idiot.

All in all, the show started great but finished its fifth season kind of weakly — not bad enough though, because I still found myself wishing more seasons were made.

Rating: B-

—SHAWN STAWICKI
Contributing Writer

WEBSITE REVIEW | www.thinkgeek.com great for those looking for a unique gift or a fun site to surf

Think Geek a fun place for nerds

Think Geek even invites its customers to be part of the community by offering “Action Shots” for each product.

After you receive your loot, Think Geek encourages you to take a picture and email it to them. Then, they will post the photos on the product’s page for the world to see.

The store also is good about having frequent sales, whether you’re shopping for the budding sci-entist or gamer in your life, or you’re just looking to kill a little time online with something besides

Rating: A+

—WHITNEY KNIGHT
Contributing Writer

JOB & CAREER POWER

Student Employment & Career Services would like to invite you to visit our office to see a demonstration of the new online career guidance program, Kuder Journey. This program offers students an opportunity to answer online questions that will then generate a report detailing the careers they should investigate further. The first assessment focuses on career interests, the second on skills confidence and the third on work values. The average time needed to complete all three assessments is approximately 20 minutes.

The Kuder Journey program helps students identify the college major that then leads to a career field best suited to their interests, strengths and work values. Additional research categories include: occupations, majors, education & financial aid, job search tools, jobs, and my portfolio.

Under occupations the following categories are included: career summaries; task and conditions; interests/skills and work values; education and experience; salary and outlook; related occupations and additional information.

Another feature that students enjoy is the salary by state option. Many students want to see the Oklahoma salaries first and then they explore what the same job is currently paying in New York, east coast jobs and then, California, west coast jobs. It is important to remember that although the east and west coast jobs list a higher salary, students need to consider the cost of living which is higher outside of Oklahoma and the Midwest.

Our students also have said they enjoy the 550 career videos Kuder Journey features. Watching these clips online helps to form a better understanding of what takes place during a regular work day specific to each career field.

Please visit the office of Student Employment & Career Services at your earliest convenience and we will help you explore the Kuder Journey program. We also will provide the individual activation code that allows access and registration. We are located in the Main Building, first floor, room 1G7, next to the Student Life office.

—DEBRA VAUGHN, Director
Student Employment & Career Services

YouTube, head on over to www.thinkgeek.com and embrace your inner nerd.

Rating: A+
Final ‘Twilight’ installment step above the others

Well, it's over now. The teen craze of the decade, the founder of more meme wars than I care to think about. Love it or hate it — there's no more “Twilight” coming. “Breaking Dawn, Part 2” hit theaters Nov. 16 with a massive bang.

As a film series, “Twilight” has had its problems. Kristen Stewart, who plays Isabella “Bella” Swan, has a remarkably limited range of facial expressions for a highly paid actress, for example. But setting those problems aside, “Part 2” was fabulous.

My husband and I have been waiting for this for two simple reasons — Bella as a vampire and a massive fantasy battle.

We got both.

The SFX for the film — and it's been no slouch in previous films — stepped up hard for this last installment. Every effect previously seen was included seamlessly, and with greater effect and realism than we've seen before. The wolves look more like wolves than CGI creatures, and when the vamps move, it looks like someone moving at super speed. Plus a whole slew of effects that hadn't been in previous movies were rolled out and those also were incredible.

The acting, never the series strongest part, focused on the interactions of the characters for once as opposed to highlighting Bella's weirdly calm reaction to all the crazy stuff that happens around her. That choice made a huge difference, bringing more depth and dimension to the characters.

A special shout out must go to the wildly talented Mackenzie Foy, who plays Renesmee, Bella and Edward’s daughter. That little girl brought an ethereal quality, and a quiet calm and intelligence to her role that made the performance not only believable but possibly one of the three best performances in the whole series. The other two, in my opinion, have to be Ashley Greene as Alice Cullen, and Billy Burke as Charlie Swan.

And while, with typical Hollywood grace, the last movie stepped out of the scope and story of the books, for once all the changes were actually sensible. There wasn't one difference I saw that made me go, “wait ... why?”

“Breaking Dawn: Part 2” is a wonderful grace note for the Twilight series to go out on. And it’s definitely worth taking the time and money to see in theaters.

Rating: A

—JEREMY CLOUD
Community Writer

Grandad’s a smoke-free homey bar

One of my favorite smells is of my grandpa's garage. He was a mechanic and I always remember him smelling like the oil in his garage.

On occasion, I’ll catch a whiff of that smell and be taken back to some of my favorite memories before Grandpa died.

Recently, a bar opened in Oklahoma City that reminds me of my grandpa too.

Grandad’s is located at 317 NW 23rd Street.

Grandad’s is a smoke-free bar with a wonderful atmosphere.

When you walk in, you instantly feel like you’re at your grandparent’s home. Large family-style tables are the norm, an old couch and a couple of old arm chairs sit around an old tube-style television. An old, broken motorcycle sits high, overlooking the bar beside rusted oil cans and tools. The bar is made of finished wood emblazoned with the Grandad’s logo.

A garage door rests against the main wall.

My favorite decorations though are the many black- and-white photographs of grandads on the wall.

After striking up a conversation with the bar owner behind the bar, he said we could bring in framed pictures of our grandad and they would hang them up.

The service is absolutely friendly.

In multiple trips to the bar, the small staff has remembered me and my girlfriend and kindly struck up conversations.

One night, two older men played guitars and banjos and sang classic country songs by Johnny Cash and the like.

The bartenders serve up beers either from cans, “just like Grandad drank,” or from local breweries on tap as well as having a full liquor bar. Grandad’s doesn’t serve Bud Light and Coor’s Light and for that, I love them.

The patrons of Grandad’s are a mix of characters. On any given night you could get a healthy mix of hipsters, people in their 50s and 60s, and everyone in between.

Grandad’s probably isn't for everyone. It's not a dance hall and it's not a place to go get wasted but rather a place to have a beer and enjoy conversation with the people around you.

If my grandfather were alive today I'm sure he would approve of Grandad’s.

Even though I never saw Grandpa drink a beer, I feel like he would feel at home sitting at the bar, telling his stories from the war and of his 14 grandkids.

Rating: A+

—MITCHELL RICHARDS
Special Project 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. Rise of the Guardians
4. Lincoln
5. Life of Pi
6. Wreck-It Ralph
7. Killing Them Softly
8. Red Dawn
9. Flight
10. The Collection
11. Silver Linings
12. Anna Karenina
13. Argo
14. Talaash
15. Taken 2
16. Hitchcock
17. Pitch Perfect
18. The Sessions
19. Cloud Atlas
20. Here Comes the Boom
December graduates wait for May ceremony

The following students have applied for December graduation. Diplomas will be granted after credentials are completed and degree requirements are met. Students who fulfill degree requirements may participate in the May commencement ceremony.

ASSOCIATE IN ARTS


Caleb Jackson, Jodi Jackson, Michalah Janjua, Jeneika Jessie, Joyce Johnson, Timothy Johnson, Kaiilin Karna, Jessica Kemp, April King, Tellecia Kitchten, Whitney Knight, Stephanie Knox, Jamie Lane, Stephanie Lanzo, Maria League, Tamara Lewis, Denise Lopez, Heather McDougal, Chas McKe, Moriah McKenzie, Michele McKnight, Kelsie Mcman, Christi Miller, Micah Miller, Cyrus Moini, Anna Morgan, Kimberly Morton and Chuckney Murch.


Andrea De-mylo Reisman, Marlee Robertsson, Quincy Robinson, Dustin Rodgers, Crystal Rodriguez, Shwanna Roggows, Lauryn Romines, Natasha Russell, Jesse Sanders, Laquana Sango, Shara

ASSOCIATE IN SCIENCE


Barbara Ebune, Kimberly Elliott, Taylor Ellis, Xiuxi Fan, Rebecca Feller, Kristi Fites, Shawna Finley, Wesley Fomin, Shelby Forbes, Ashford Gachangi, Nicole Garrison, Raeann Gifford, Tiffany Goade, Lauren Greer, John Grebowski, Grizz Guzman, Seddick Halabi, Marissa Hamilton, Elizabeth Hanna, Morgan Heck, Morgan Heitt, Jorje Hemphill, Kristin Hefunil, Logan Hillbergrant, Cecia Hopkins, Katherine Horton, Brandi Houchin, Michelle Houston, Matthew Huddleston, Holly Hudson and Monica Hutchison.


Jason Mallory, Derek Malone, Amanda Massey, Becky Maurer, Lauren McKenzie, Rhonda McLaughin, Jerrion McManus, Keyshia Melo, Angelina Menassa, Jemal Meas, Yosef Menjivar, Tina Metzger, Travis Meyers, Norman Mico, Sashi Miller, John Mitchell, Sandra Moon, Juan Moreno-Bernal, Barbara Morgan, Alicia Morris, Terry Murphy and Emily Musick.


ASSOCIATE IN APPLIED SCIENCE

Olawumi Ade-Apata, Elham Aghillou, Irina Akimova, Rita Akubueke, Kelsey Allsopp, Scott Anderson, Rosie Annang-Johnson, Sherry Antoon, Branden Burney, Kelsee Butterfield, Courtney Caldwell, Jessica Campbell, Julie Campbell, Ana Castillo, Kearstin Chaffin, Marina Che Matteu, Sarah Clark, Bobbie Compton, Nikia Compton, Brittan Condren, Stephanie Cook and John Curry.


Malou Taulo, Chris Tran, James Tyler, Todd Vanbebeeb, Amy Varghese, Barbara Violette, Brent Watson, Chanda Webb, Kathryn Whitaker, Amy Whitley, Bryan Wiltie, Molly Williams, Jeremy Wright, Richard Yeo, S. Michael Yontz, Alexandra Young, Dennis Yurchenko and Marie Zadelhoff.

CERTIFICATE OF MASTERY


Brian Harper, Samuel Hayworth, Melissa Head, Christopher Henry, Nored, Bexami, Theodore Honda, Michael Homic, Randy Hutchins, Andrew Jackson, Brandon James, Brenton Jenkins, Nicole Johnson, Julian Jones and Cynthia Joslin.

Timothy Kirkpatrick, Patana Kittichaisombat, Yunwei Kuo, Jason Landers, David Laughlin, Bradley Levescy, Jason Lilly, Kevin Little, Steven Love, Jorge Luevano, Grace Macias, Christopher Maple, Kevin McCoy, Colin McEwen, William McKinsey, Emily McSherry, Kathryn Merritt, Robert Micheil, Robbins Miller, Gregory Morris, and Abigail Morrison.


Completing a degree or certificate is a significant milestone. Each of you for this accomplishment. I wish you great success in the future.

—PAUL SECHRIET
OCCC PRESIDENT
Holiday shopping tips ensure safe season

PARIS BURRIS
Online Editor
onlineeditor@occc.edu

The upcoming holidays bring the excitement of holiday shopping. In today’s fast-paced society, it can also be stressful due to a shortage of money and time. Many find it convenient to choose online shopping because it’s fast, easy and affordable.

This holiday season, by following safety procedures and steps, online shoppers can also add safe to that list. Special education major Gabriela Trigueros said that while she shops in person more than she shops online, she does enjoy the benefits of online shopping. “I mostly shop at nordstroms.com and zulilly.com,” Trigueros said. “The websites are safe, have wide selections, and they have quick delivery times.”

Trigueros said she has never had any trouble with online shopping security.

Research provides that sites like amazon.com, overstock.com, ebay.com, zappos.com and modcloth.com are among the exclusively online websites that are popular, safe and trustworthy.

Website’s like getsafeonline.org, bcs.org, and knowthenet.org provide step-by-step tips in ensuring online shopping safety this holiday season:

- Researching an unfamiliar website is important and can be done by online review articles or by peer review and opinion. Good websites for that are sites like epinions.com or bizrate.com.

- Asking peers if they have used the website before and what their experience was like is also beneficial in ensuring a website’s legitimacy.

- Choose to pay with a credit card as opposed to other payment methods. Credit cards are safer than most other methods, according to getsafeonline.org.

- Double check all details before finalizing a transaction, and keep the receipts to all online orders for future reference.

- Ensure that effective antivirus and firewall programs are installed on your computer before making online transactions.

- Make sure that any third party website that a site may redirect you to is safe and secure.

- While these are some of the main steps an online shopper should take, static.cnhi.zope.net provides the things an online shopper should not do while holiday shopping:
  - Don’t provide any information that includes Social Security numbers, bank account information, or other financial information other than a credit card number.
  - Stay away from payment methods with debit cards, cash, or wire transfer. Credit cards or charge cards are the safest method, as the aforementioned methods can be extremely difficult to reverse or refuse.
  - Don’t go against your gut feeling. If you feel that a website is illegitimate, stay away! If there is an offer that seems too good to be true, that’s a sign that it could be too good to be true and most likely is a scam.

For more information about safe online shopping, visit safeshopping.org.

HOLIDAY HITS TO JAM TO WHEN FEELING JOLLY

Pioneer staff share holiday music favorites

MITCHELL RICHARDS
SPECIAL PROJECTS REPORTER
Album: “Christmas Pageant” — Family Force 5
Song: “The Baby” — Family Force Five

PARIS BURRIS
ONLINE EDITOR
Album: “Songs for Christmas” — Sufjan Stevens
Song: “O Come, O Come Emmanuel” — Sufjan Stevens

RONNA AUSTIN
NEWS WRITING
INSTRUCTIONAL ASSISTANT
Album: “Heavy Metal Christmas” — Twisted Sister
Song: “Happy Christmas (War is Over)” — John and Yoko Lennon

SHAWN STAWICKI
NEWS WRITING LAB ASSISTANT
Album: “Christmas In the Stars” — Star Wars Christmas Album
Song: “What Can You Get a Wookiee for Christmas (When He Already Owns a Comb)?” — Star Wars Christmas

WHITNEY KNIGHT
ADVERTISING MANAGER
Album: “Christmas Eve and Other Stories” — Trans-Siberian Orchestra
Song: “Mary Did You Know?” — Kenny Rogers and Wynonna Judd

I mostly shop at nordstroms.com and zulilly.com. The websites are safe, have wide selections, and they have quick delivery times.”
—Gabriela Trigueros
SPECIAL EDUCATION MAJOR

HAPPY HOLIDAYS FROM THE PIONEER STAFF!
CHRISTMAS CONNECTION OPPORTUNITY ALLOWS STUDENTS TO GIVE BACK

Service Learning volunteers receive rewards

COLBIE STOECKEL
News Writing Student

Five OCCC students took time out of their weekend, Dec. 1, to give back to the community by volunteering at Christmas Connection. In some cases, they were simultaneously completing a service-learning requirement for their courses this semester.

Christmas Connection is a local non-profit organization dedicated to serving low income families and senior citizens in central Oklahoma by providing clothing and household items. The organization is located at 5728 South May in Oklahoma City. The students began their day by sorting clothes that people had donated in preparation for Christmas shopping that was to begin the following week. Students also sorted shoes according to size. Anything that needed to be done the students were willing to do.

OCCC’s Student Life office put together the day’s activities. Student Life organizes service days for students each semester to give them the opportunity to volunteer at community organizations. Their mission is to empower students to become community assets.

“It is a great way for students to get involved with the community and give back,” said Brittany Carradine, Student Life coordinator.

Students came to help for different reasons. Jennifer Phillips, an OCCC nursing student, said she came as a requirement of her President’s Leadership class.

“I have already finished my required community service for nursing school but I came for my leadership class,” she said.

Gabrielle Keil said she volunteered because she wanted to.

“I am through with my community service for my nursing classes but wanted to come and help today,” she said.

Kristena Garcia said she went to the Student Life office because she was looking to do some community service.

“When I went to Student Life, they told me about the service day at Christmas Connection and I decided to take part in it.”

Zohal Ahmad called Christmas Connection to see if there was a good time she could come by and help.

“When I called, they told me that OCCC was having a service day and that I could join them.

“I am not a student at OCCC this semester but I will be attending next year,” she said.

When I went to Student Life, they told me about the service day at Christmas Connection and I decided to take part in it.”

—KRISTENA GARCIA
OCCC Student

Heather McDougal was helping due to a requirement in her humanities course.

“My Advocates of Peace class requires that we do some sort of service learning through Student Life,” McDougal said.

Student Life will be offering several opportunities in the spring semester for students interested in taking part in Service Learning.

For more information, stop by the Student Life offices located on the first floor of the Main building, or call 405-682-7596.

Holiday fun in town

There are plenty of local events happening for the holiday season. Here is a short list of activities for the whole family.

Devon Outdoor Ice Rink
Open from 3 to 8 p.m. on Mondays and Tuesdays, 3 to 10 p.m. Wednesdays and Thursdays, 10 a.m. to 11 p.m. Fridays and Saturdays, and 10 a.m. to 8 p.m. Sundays outside the Myriad Gardens. The cost is $10 or $7 if you supply your own skates. For more information, call 405-297-3423.

Chesapeake Snow Tubing at the Brick
Fresh snow blows down a large slide and a children's slide to cruise down on inflatable tubes. Sessions start every two hours from noon to 10 p.m., Saturdays & Sundays through Dec. 20 and every day (except Christmas Day) from Dec. 20 through Jan. 5. Admission is $10 for an hour and a half session.

Free Movie Mondays
Continental Resources is sponsoring a series of free holiday movie screenings each Monday at 7 p.m. at Harkins Bricktown Theatre. To attend, you must register online. The schedule is: Dec. 10 - White Christmas, Dec. 17 - It’s a Wonderful Life, Dec. 24 - Miracle on 34th Street, Dec. 31 - Home Alone.

There are many other events happening in the Oklahoma City area. For a complete list, visit http://okc.about.com/od/attractionsandevents/p/downtowndecem.

Affordable gifts that won’t hurt a wallet

STAFF REPORTS

With the holiday season coming quickly, finding the perfect gift can be a stressful necessity. Here are just a few ideas for under $10 to help keep your friends and loved ones happy this holiday break.

- Gourmet coffee and a personal mug.
- A pretty basket filled with jams or mustard
- A hand decorated photo album or journal
- A variety of bread or sweet bread mixes in a basket or bag
- Movie theater gift cards
- 7-11 or Murphy's USA gift cards
- Soaps, bath crystals or salts and a sponge
- Gourmet popcorn and flavor toppings
- Homemade cookie dough with instructions
- Holiday serving bowls or plates
- Holiday meat and cheese trays
- Nail polish kit
- A month subscription to Netflix
- Holiday T-shirt, socks or gloves
- Ear warmers and scarves
- Favorite holiday movie from the bargain bin at Wal-Mart
- A good book
- Homemade salsa and a bag of chips
- A seasonal jar candle
- A Bomb iPhone, MP3 or Smartphone portable speaker from Dollar General

Of course there are many other gift ideas that are under $10. For more ideas, visit www.betterbudgeting.com or www.frugalliving.com.

Doors close for holiday

The OCCC campus will be open from 7 a.m. to 9 p.m. from Dec. 17 through Dec. 20 and 7 a.m. to 5 p.m. Dec. 21. The campus will be closed to all visitors, students and employees from Dec. 22 through Jan 1. OCCC will resume regular operating hours Jan. 2.
SPORTS

Having a ball

OCCC students and Aquatic Center lifeguards Enrique Benitez, Tyler Young, and Nick Robinett take turns doing crunches while throwing a six to seven pound medicine ball on Nov. 29 in the Wellness Center. According to history.com, medicine ball training is one of the oldest forms of strength and conditioning training. The first reference to training with sand filled bladders appears in Persia nearly 3000 years ago. In ancient Greece the physician Hippocrates had them sewn out of animal skins and stuffed with sand. His patients threw them back and forth for injury prevention and rehabilitation.

T. LOGAN MAYHUE
News Writing Student

Communicator-in-chief for the Oklahoma City Thunder basketball team told students in Gwin Faulconer-Lippert’s Public Relations class that the NBA team adds value to the community.

Dan Mahoney is the vice president of Communications and Community Relations for the Thunder. He told students Nov. 26 his job entails organizing community events and updating the team’s social media accounts, along with other duties.

His favorite part of the job is working with the community, he said.

“We can’t control the 48 minutes of the game, but we try to control everything else,” Mahoney said.

That afternoon the Thunder had its one-thousandth appearance in the community at a nursing home in Yukon. Players Nick Collison, Reggie Jackson and Jeremy Lamb chatted with the senior citizens and even played a game of Bingo with them, Mahoney said.

“If we aren’t winning on the court, we will be winning in the community,” Mahoney said.

He explained the message behind the Thunder’s new navy blue alternate jersey with a big vertical stripe on the front. The design was unveiled at the Chesapeake Energy Arena on Nov. 9 against the Detroit Pistons. Mahoney said the design symbolizes the strength and the rise of the community and the team itself.

Mahoney said he really enjoys the culture of the organization and loves the way Oklahoma embraced the Thunder from the beginning.

“OKC Thunder Vice President of Communications

If we aren’t winning on the court, we will be winning in the community.”
—DAN MAHONEY

He said he appreciates the “away” jersey saying Oklahoma City across the front because it gives Oklahoma City great exposure.

Mahoney said the Thunder are ranked number three in social media behind the Los Angeles Lakers and the Miami Heat.

“Several things will change in the world but communication will never change,” he said.
Test: Prioritizing can help students avoid stressful times

Continued from page 1

month, and I haven't done all of my work and I've got all of this stuff now at the end that I've got to do," we're in a salvage situation — and that may or may not happen," Turner said.

She said at this point in the semester students have to think realistically about what they can do.

"For some that may mean [sacrificing a class] because if mathematically you can't pass that class, you just need to put your time and effort into the things you still can do."

Turner said often, a student just needs someone to listen.

"Certainly I encourage students to talk to someone, whether it's someone in this office where they can have a really serious heart-to-heart about their situation and get an objective view of where they are, [or] it's a family member, a fellow student they trust or a faculty member. It's good to have somebody looking from the outside in at the situation with you."

Turner said with upcoming finals, there is a greater amount of stress for students.

"On Dec. 15 this semester is going to end whether you're ready for it or not," she said. "Those students who maybe procrastinate or have just kind of slid by to this point, now have to face the reality that, 'Oh gosh, I've got three tests that I've got to … make up for this class, and I've got the final and this paper.' They've got to find a way now to get all of that done."

Turner said information and resources where students can find ways to relieve some of that pressure or take more control of their situation is available on the Student Support Services website at www.occ.edu/support.

"For those individuals who have more of a pathological anxiety that really shuts them down [where] they can't perform at all, we encourage them to work with their physician or to let us refer them to someone. Whether they need medication or they just need more in-depth kinds of conversation about those issues, they can get that help and start resolving them."

FINALS WEEK TESTING CENTER HOURS

- Open from 8 a.m. to 11 p.m. Monday through Friday. Students must arrive by 10 p.m. to start a test.
- Open from 8 a.m. to 5 p.m. Saturday. Students must arrive by 4 p.m. to start a test.

All students must provide a current photo ID.

Police: Students can get help with vehicles

Continued from page 1

ready to provide jump starts, assist in unlocking doors, or airing up tires.

Watts said campus police are not allowed to change tires or assist with any mechanical issues with vehicles due to liability reasons.

In order for students to retrieve keys from a locked car, they must provide the location of their keys inside the car, their driver's license and once the car is opened, they must show the police officer or security officer a copy of proof of insurance or registration to the vehicle with either their name or their parents' name on it, he said.

Watts said these steps are taken so campus police don't inadvertently aid in a car theft.

Also, he said, the Campus Police Department can call a tow truck and wait with the student until it arrives.

Watts said there was one instance in which a student had locked the keys in the car when it was pouring down rain.

"We put on our raincoats and got out there and got the car unlocked for them," he said.

In most cases, Watts said, keys are left in the ignition or in the seat in plain sight.

OCCC Campus Police Department unlock doors and jump start cars on average a dozen times a week. At times, there may be as many as three students during one shift who need their car doors unlocked.

Students can reach the campus police department at 405-682-7872, 24 hours a day, seven days a week, Watts said. The office is located on the first floor in the Main Building just behind the OCCC Coffee Shop.

Steps can lessen anxiety

According to the Huffington Post, there are ways to stay on task and avoid some of the test anxiety students face. Those are:

**Study in Chunks:** Although it’s tempting — and sometimes inevitable — cramming really isn't the best way to study. According to the Dartmouth Academic Skills Center, you should study in 20- to 50-minute increments and give yourself a 5- to 10-minute break between each session. For best results, study throughout one full week.

**Listen to Mozart:** Certain types of music, like Mozart’s compositions — which follow a 60 bpm pattern — have been shown to activate both the right and left sides of the brain in listeners. That is linked with increased recall, so listening while studying can help increase the likelihood you will retain relevant information.

**Alternate Study Spots:** In 2010, the New York Times recommended that rather than sticking to one study spot, students should switch things up when reviewing for exams.

**Drink Cacao:** Packed with antioxidants as well as cognitive and mood enhancers, the unadulterated cacao bean has been lauded as a superfood. To take full advantage of the nutritious bean, dissolve a spoonful of organic cocoa into hot milk, and add cinnamon, espresso and cayenne pepper for optimal energy.

**Form a Study Group:** Study groups can motivate you to get started when it’s hard to motivate yourself. Plus, explaining difficult concepts aloud will help you figure out what you understand and what you still need to go over. And getting a group together will allow you to divide and conquer definition of terms and explanations of concepts.

**Prevent Test Anxiety:** If mere mention of the phrase “final exam” makes your heart beat a little faster, mastering exam material may not be all you need to worry about. To calm yourself down and prevent blanking during the test, spend some time before the exam imagining yourself acing it. You also might want to induce stress while studying and then practice quelling fear by taking deep breaths, focusing on what you know and keeping things in perspective.

**Take Exercise Breaks:** According to some, just 20 minutes of cardio a day can help improve your memory. And for those of you who can, cardio outside is even better — taking a break in nature is more relaxing than taking a walk down a city street, which calls upon you to engage actively with your environment. If it’s freezing out and the gym is closed, take a quick dance break.

**Manage Your Time:** By the time finals roll around, your time is precious — every minute counts. This is why scheduling is essential during the weeks and days prior to exams. So as not to go totally bonkers during this stressful time, make a realistic study schedule for yourself. Leave yourself time for breaks and be sure to prioritize according to which class you’ll need to study for the most.

**Go to Office Hours:** Nobody ever wants to go to office hours, which is why professors and TAs are so happy whenever students do show up. The trick is to go a few weeks before finals, when you are sure to have plenty of time to meet and discuss. Even if you only have one question, feedback from a professor will help you figure out what is most important, and help you figure out what to focus on while studying.

**Approach Each Class Differently:** If you try to study for your calculus exam the way you would study for a literature exam, you probably won’t do very well. Check out this handy guide to learn how to study for language, chemistry, math and essay-based exams: www.uic.edu/depts/ace/strategies.

**Build On What You Know:** If you start by studying what you know and add difficult or recent material as you proceed, you can associate new information with familiar material. This will ease you into a comprehensive review and ensure you don’t forget basics.

**Make It Interesting:** Just as it’s harder to recall a list of 20 words than a 20-word sentence, it’s harder to recall a list of boring facts than a story. To help retain information, try to connect with whatever it is you’re learning. Whether by using memory aids like mnemonic devices or making facts personal, bringing test material to life will make it much easier to remember.
Finals preparation calls for priority list

COMMUNITY | College official says planning is important

JEREMY CLOUD
Community Writer
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As finals approach, there are a number of steps students can take to prepare for them, said Learning Specialist Mary Turner during her Brown Bag about finals preparation on Dec. 5. The most important thing is to take a good, realistic look at where you are in your classes and prioritize accordingly, she said.

"At this point in the semester, you should have a pretty good idea of what a professor’s tests are going to look like," she said. She also said that if a student is unsure of what to study, to use the course objectives as a guideline.

Turner said that when it comes to effective studying, there are a few easy ways to improve. Cutting distractions is one she recommends strongly, though she understands it may not be easy. Avoiding Facebook and social media is one way to cut down on distractions, she said.

Another is to avoid people who are themselves distractions.

"It’s not that they’re bad people, of course. I’m talking about the people that like to stop you in the hall and chat, the people that call you or text you all the time," she said.

"Turn your phone off, change your route through the school. Not to be mean, but because you might need the time they’re taking to study or write papers, or talk to professors or tutors."

Turner also said that it’s important to recognize when “good enough is good enough.”

"I can sympathize with falling into the perfection trap,” she said. "I’m working on my doctoral dissertation right now, and I’ve taught English for almost three decades. I have to keep catching myself from going back and saying, ‘Oh, this could be so much better. This could be the next great American novel!’"

Pre-education major Lahna Vann said she had to attend a Brown Bag to fulfill one of the requirements for her Success in College and Life class.

"At this point in the semester, you should have a pretty good idea of what a professor’s tests are going to look like."

—MARY TURNER
LEARNING SUPPORT SPECIALIST

"With finals coming up, and minorly freaking out, I thought it’d be a good idea to do this one," she said. Vann said she found the lecture helpful, especially when Turner spoke about the perfection trap.

"I’m very much a perfectionist, so things being good enough is one of the things I struggle with," she said.

Turner said students can find resources and help by visiting the Student Support Services website at www.occc.edu/support, or talking to her or her colleague Alta Price.

"Unfortunately, magic just isn’t in the budget this year, so we can’t wave our hands and make it all better. But we can definitely help you find the resources you need, or just help you figure out how to handle the stress."

Back off

HOLIDAY ON BROADWAY:
Thursday, Dec. 13, at 7 p.m. in the Bruce Owen Theater the Best of Broadway presents “Holiday on Broadway!” an evening of music to celebrate the most festive time of year. Ticket prices are $10 for students and youth (under 17), $20 for adults and $17 for seniors. For more information, contact Lemuel Bardeguez at lbardeguez@occc.edu.

USAO Recruiter to visit Dec. 10
A USAO recruiter will be visiting campus to answer any questions from students from 9 a.m. noon on Monday, Dec. 10 at the OCCC Transfer Center located on the first floor of the Main Building. For more information, contact the Transfer Center at 405-682-7567.

Multiple recruiters visit campus Dec. 11
Recruiters from Mid America Christian University and the University of Phoenix will be visiting campus from 1:30 to 5 p.m., Tuesday, Dec. 11, at the OCCC Transfer Center located on the first floor of the Main Building. For more information, contact the Transfer Center at 405-682-7567.

2013 students art calendars for sale
The Arts and Humanities office is selling 2013 desk calendars featuring art from OCCC students. To purchase one, bring $5 to the division office or call 682-1611, ext. 7558.

All Highlights are due Monday by noon for inclusion in the next issue.
Email your event to communitywriter@occc.edu
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.

AUTOMOTIVE

MUST SELL: 1995 Vulcan 750 motorcycle. (needs carb repair and more) $1,000. (Includes parts bikes.) Text 405-532-6262 for more information.


FOR SALE: 2001 Dodge Durango SLT 4x4, pearl white. $2,500. Engine overheated, needs some work. 164,000 miles. Would be great hunting vehicle. Call Cheryl: 405-912-7401.

FOR RENT

ROOM FOR RENT: $450/mo. Bills included. 3-bedroom located near OCCC. Males only. One friendly dog already, no more pets. No smoking preferred. Call/text Reginald at 405-249-4550.


MISCELLANEOUS

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: 405-598-5052 or 405-395-2779.


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


FOR SALE: Limited edition wakeboard, still packaged: $100; new, limited edition Jim Beam bean bag/combom toss game, $100. 405-816-0083.


FOR SALE: 2001 Dodge Durango SLT 4x4, pearl white. $2,500. Engine overheated, needs some work. 164,000 miles. Would be great hunting vehicle. Call Cheryl: 405-912-7401.


FOR SALE: 1995 Vulcan 750 motorcycle. (needs carb repair and more) $1,000. (Includes parts bikes.) Text 405-532-6262 for more information.

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Spanish professors glad to be part of college

ROSEMARY JOSEPH
News Writing Student

Two of three full-time OCCC Spanish professors are native speakers. It is beneficial to have native speakers teach the courses because it is like having first-hand experience learning the culture and language, said Ginnett Rollins, head of the Modern Language Program and a professor in the program.

Gina Villamizar and Sandra Herron joined the faculty in August. Villamizar is from Colombia and Herron is from Chile. They are replacing Professor Dianne Broyles, who resigned to move closer to her family, Rollins said.

Herron said her classes encompass more than Spanish vocabulary.

“There is an interdisciplinary exchange in most of my classes that happens among Hispanic and Anglo students talking about cultural differences,” Herron said.

Rollins said although she is not native to the Spanish language, she has dedicated herself to languages and teaching others to learn their beauty just as she did. She has her doctorate in Spanish with a minor of French from Texas Tech University.

In October Herron led an on-campus celebration of Dia De Los Muertos, the celebration of the dead. In Mexico, it is traditionally believed that the dead come back to visit their loved ones on Nov. 1.

Day of the Dead is one of the biggest holidays celebrated in Mexico and many other Hispanic countries, Herron said. Celebrations are becoming more common in areas of the U.S. with a large Hispanic population. Festivities often include traditional foods and visiting the graves of loved ones.

Mary Kirk
News Writing Student

“O Holy Night,” “Feliz Navidad” and “You’re a Mean One, Mr. Grinch” will be on the play list when The Best of Broadway performs on campus at 7 p.m. Thursday, Dec. 13, in the Bruce Owen Theater.

Raymond Saar, Diane Ketchie, Valerie Perri and Scott Harlan will present “Holiday on Broadway.” The performers are from Los Angeles, Pennsylvania, New York and North Carolina.

“This fun-filled holiday music celebrates the most festive time of the year,” said Saar, president of ETC Entertainment.

“Our exciting show combines seasonal music from Broadway, film and television as well as hilarious twists on favorite holiday songs,” he said in a telephone interview.

The Broadway production is produced by ETC Entertainment Company. Scott Tigert, Cultural Programs assistant, said the concert will be light-hearted.

“These are Broadway stars who have put together an upbeat holiday program,” Tigert said. “These well-known individuals have performed for years and for venues all over. They are fully aware of what appeals to local audiences.”

The Broadway performers, Saar and Ketchie, fell in love while starring in “The Phantom of the Opera,” Saar said. Now they combine their unique talents to create thrilling performances all over the world.

Tigert said the group uses their background knowledge to hand select each song for the Holiday on Broadway performance.

The music to be performed consists of holiday standards from the great American songbook. Saar said the music consists of everything from classical and “poptera,” a la Sarah Brightman and Josh Groban, to jazz, pop, country music and songs that are popular from film, television and Broadway.

The musical accompaniment will be a five-piece band, which will include piano, synthesizer, drums, guitar and bass.

“Whether you are an experienced theater goer or a first timer, our Broadway stars will lift your spirits and warm your heart,” Saar said.

Tickets for the Holiday on Broadway performance can be purchased in advance at the Cultural Programs office between the hours of 8 a.m. and 4:30 p.m. or by phone at 405-682-7579. Tickets also can be purchased online at www.occc.edu/cas/tickets.

Ticket prices are $10 for students and youth (under 17), $20 for adults and $17 for seniors. Tickets can be purchased the night of the event in the lobby of Bruce Owen Theater. Season subscribers can purchase tickets at a reduced price.

Spanish professors glad to be part of college

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Herron teaches Spanish classes both on campus and online. Herron began teaching Spanish at a private Catholic school about 20 years ago, Rollins said. Then Herron taught at a college in Plano, Texas.

Herron said her favorite thing about teaching is her love for the language.

“I love it that my Anglo students are learning with passion how to speak a foreign language, but also are learning the culture behind the language.”

Gina Villamizar received her master’s degree at the University of Arkansas. She is finishing her doctorate at the University of Pittsburgh. Villamizar has been teaching for seven years, and said this is her first time to teach as a professor at a college.

“I felt really welcomed by my peers, faculty and staff,” Villamizar has said about her experience so far.

“I have enjoyed my classes and every single experience I’ve had here at OCCC.”