Suicide prevention takes a village

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

REYNA OTERO
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Every day, 87 people in the U.S. commit suicide.
“Suicidal thoughts are so common in our society,” said Student Support Services Counselor Jenna Howard at a recent event titled “QPR (Question, Persuade and Refer): Recognizing the Crisis Warning Signs.”

“Most people at one time in their life have had a thought of suicide,” she said. “It’s what happens next that is important.”

Howard said the goal of the 40-minute speech was to give students and faculty the tools to help those who may have suicidal thoughts.

She said it’s important for friends and acquaintances to question a person about his or her suicidal thoughts. Howard said reaching out could save someone’s life.

Many suicidal people just need to be persuaded to stop and get help, Howard said.

“When someone is considering suicide, a lot of times there is a reason part of them wants to live and part of them doesn’t want to be here anymore.

“A lot of times [the person is] looking for a solution to this tremendous crisis [he or she is] feeling.”

Howard used the Golden Gate Bridge as an example of the struggle those with suicidal thoughts face.

According to www.bigthink.com, the bridge has been the site of 1,200 suicides since it was built in 1937. Howard said the few who have survived the jump later said, as they jumped, they wished they hadn’t — they had second thoughts.

That is an important fact Howard said. It stresses the importance of trying to persuade anyone who may be suicidal to get help.

See SUICIDE page 9

Film and discussion to explore women's issues

REYNA OTERO
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Student Life is hoping to generate a discussion about the portrayal of women when it has a showing of “Miss Representation,” a documentary film about how mainstream media contributes to the under representation of women in positions of power and influence in America, according to www.missrepresentation.org, the official website for the film.

See FILM page 9
EDITORIAL | College student learns about procrastination the hard way

Waiting can lead to missed classes

Most community college students are working, going to class, and balancing family and social lives but, somehow, we still think we have all the time in the world. That’s the folly of college students everywhere, right?

However, if you’ve ever tried to sign up for a class at the last moment, then you’ve probably learned an important lesson the hard way. Enrollment for an upcoming semester opens early for a reason, people. However, no doubt some of us will put off making the decision about what classes we’ll be taking until the last possible moment. But, as you’ll find, it might be too late.

I’m usually able to pride myself on being responsible and using the early enrollment period as a time to get my schedule in order. But two semesters ago I made a grave mistake that a lot of other students must have or probably will make sometime in their college career. At the end of the spring 2012 semester, I carefully chose my courses for the fall except for one. I waited to sign up for a math class.

I kept considering all of the possible times and dates that would probably be offered for the class that I needed, as it’s one of the more rudimentary courses offered in the department. Surely, I thought, there was no way all of those classes could fill up. I delayed enrolling on that basis alone.

And man, oh man, would I come to regret that decision (or indecision, if you prefer, because my failure to act is what landed me in trouble.)

The classes did fill up and to avoid taking an impossibly long class on one day during the weekend, what followed was me making a series of frenzied calls to different professors, beggimg them to please let me sit in on their class with the hopes that someone would drop and I could enroll in their place.

Luckily, I found a merciful professor and a few students did drop so I was able to enroll. But the whole ordeal was just too close for comfort. Lesson learned.

So what can you do to avoid a weird fugue state of uncertainty with classes?

It’s as easy as knowing what classes you want and need, and enrolling in those classes in a timely fashion. Planning and preparation are key. And hey, if you need a little extra help getting those classes in order, make an appointment to meet with someone at advising or talk to your faculty adviser if you’ve already chosen a major and been assigned one.

LETTER TO THE EDITOR | All interested dancers encouraged to attend

Auditions set for dance company forming at OCCC

To the Editor:

An audition will be held Saturday, May 11, at the Bruce Owen Theater for a new resident dance company at OCCC. Company repertoire will be broad and contemporary, from humorous or funky modern dance pieces to lyrical, classically inspired works.

All interested dancers, students and theater majors with some training in modern dance, jazz, and/or ballet are urged to attend. Company members as well as apprentices will be selected. Apprentices will work with the company and have performance opportunities as they progress.

For the audition, the theater will open at 2 p.m. for registration. Registration will be followed by a warm-up and audition in the form of a dance class.

Ladies should bring ballet or jazz shoes and pointe shoes if they have them. However, pointe proficiency is not required for inclusion in the dance company.

Anyone interested in dance training is urged to try OCCC’s Theatrical Dance class which accommodates beginning through advanced students.

The class meets from 3:45 to 5 p.m. Mondays and Wednesdays in the dance and aerobics room in the Wellness Center.

For more information regarding the dance class or company, contact Dance Instructor and Artistic Director Elizabeth Hobi at elizabeth.a.hobi@occc.edu.
**COMMENTS AND REVIEWS**

**TELEVISION SERIES REVIEW** | ‘Southland’ not for the faint-hearted

Police show touted for realism

As an experienced and dedicated viewer of all things entertainment, I’ve been around the block. When it comes to television, I feel like I’ve been privy to seeing the best of the best in programing as well as the worst of the worst and everything in between. I’m willing to try to watch anything at least once. It was on a friend’s recommendation that I started the TNT drama “Southland.”

The show, which originally started its run on NBC, began airing in 2009. NBC dropped the show after two seasons due to low ratings but the show was picked up by the TNT network where it has now continued into its fifth season. While the abysmal ratings (which stemmed from a careless lack of promotion on NBC’s part) have improved, they’re still not as solid or strong as they should be. “Southland” is a one-of-a-kind show that deserves much more attention than it gets.

According to NBC, the show takes a “raw and authentic” look at Los Angeles and the lives of the officers of the LAPD. While “Southland” is billed as a police procedural, in reality, it is so much more than that.

The plot of the drama is character-driven and provides ample development of plot through the experiences of the different police officers and detectives profiled.

“Southland” was created by Ann Biderman, an Emmy-winning writer for police procedural classic “NYPD Blue.” Biderman’s experience and talent as a writer are fully showcased through “Southland,” which has some of the most amazingly crafted and well-rounded writing I’ve seen in a network television show.

When NBC canceled the show, they stated that the dark tone of the thematic elements of the drama were probably what was driving viewers away. But in fact, it’s one of the things that has kept me drawn to the program and engaged from week to week.

The writers of the show favor realism (which can be difficult to watch) over typical happy-go-lucky plots with quick resolution (which are always easy for viewers to deal with.)

Perhaps what I enjoy most about the show is its consistency. Now in its fifth season, the program continues to unfold artfully while surprising and challenging the viewers, no doubt living up to the glory of the first and second seasons.

If you’re looking for a new television show to get into over the break or you’re just a TV junkie like me, then I definitely recommend checking out “Southland” (also on Netflix or on the shelves of your favorite video store) for a good dose of police drama done right.

**Rating:** A+

—KATIE THURMAN
Staff Writer

**RESTAURANT REVIEW** | Subway leaves customers with full, but healthy stomachs

Reviewer trades greasy for fresh

Subway has become my all-time favorite place to eat and to enjoy time to myself. It has become my getaway from reality and my get-back-to-reality type of place.

As a college student, I am always on the go, running here and there from place to place. My schedule goes something like this: work, school and work again.

Because of this I often opt for unhealthy eating choices. McDonalds, Braums, Burger King, or any greasy place you could possibly imagine — I’ve been there. Fast food restaurants have become part of my daily life.

However, I started not feeling good about myself, not because of my weight but because I wasn’t feeling energized enough to get through my day. I was also not feeling satiated.

Subway has helped me overcome this. Their food is good and, versus the fast-food greasy places, I actually feel satiated after I finish my meal.

At every Subway I’ve visited so far, the service has been great. The staff is always very friendly and happy, wanting to help the customer.

Up to this day I have never had a problem with any order that I have made. Sandwiches are always made exactly how they are ordered. A big plus for me, is this.

Another plus is that they are located almost anywhere one travels. In just one week I have made four stops at different subway locations.

All restaurants I have visited are always very clean. This is something I appreciate very much because all vegetables and meats are in open areas with only a glass between the customer and the food.

The employees are constantly staying busy, whether it is with helping a customer or cleaning their area of work. I have yet to walk into an unclean Subway restaurant.

I receive the same customer service from any employee at any Subway I choose to patronize.

While I’m eating the meal, the restaurants are always very quiet and calm. There are no employees making scenes as I’ve seen at other fast food restaurants.

Subway also caters to parties.

The closest locations to the college are at 6021 S May Ave, 8425 S Western Ave, 2720 SW 29th St and 4536 S Pennsylvania Ave.

**Rating:** A+

—REYNA OTERO
Community Writer

Enroll as soon as possible

Enrollment for the summer and fall semesters for current students will open March 25. Students should enroll as soon as possible.

If you are working, have a family or other priorities that you must plan your coursework around, meeting with an adviser in advance can make enrollment a smoother process and your class schedule more convenient for you.

Classes fill up quickly, and optimal times and days for those on a restricted schedule become difficult to find. Therefore, planning ahead and meeting with an academic adviser now will ensure optimal course placement and course availability.

Enrolling early also 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 a intersession course? Can I enroll online? Do I need to test for course placement? When do I apply for graduation? These are all questions the Office of Academic Advising can help you get answers to.

The Office of Academic Advising can also confirm or change programs/majors; request faculty advisers; run degree checks; 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 this summer, it is important to come in and meet with an academic adviser to set up your fall courses.

By doing so, international students ensure their enrollment and degree/course planning is done and can spend the rest of their summer without worry about finding the appropriate courses at the right times for their schedules.

As always, all students can avoid long lines during the heavy enrollment periods the first few weeks before classes start by choosing classes and enrolling early.

When you enroll early, there is more class availability for you to choose from, the lines are shorter and, during the semester, faculty are available on campus to help you select your faculty approved electives.

We encourage students to meet with an adviser now to enroll for summer and fall.

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

—LINDA K. LITTLE
Transfer and Academic Advising Coordinator

May Ave, 8425 S Western Ave, 2720 SW 29th St and 4536 S Pennsylvania Ave.

**Rating:** A+

—REYNA OTERO
Community Writer
**COMMENTs AND REVIEWS**

**PRODUCT REVIEW |** With an LED readout, users can get a better idea of usage.

**Lavatube eCig offers flexibility**

With a new campuswide non-smoking policy in effect, August 2011 brought an end to my cigarette-smoking days. And with this end brought a start of my vaping days.

For those who are unaware of the term "vaping," it refers to using an electronic cigarette or personal vaporizer to receive nicotine flavoring, flavoring with no nicotine or in some cases, caffeine, to simulate carcinogenic cigarettes without all the tar and cancerous chemicals.

I recently upgraded my personal vaporizer from a King variable voltage mod to a Lavatube mod and have enjoyed every minute of the experience.

In the vaping world, a mod refers to a vaporizer that uses a modified battery source.

In some cases people make their own modified battery source from flashlights and cell phones, but the Lavatube is actually manufactured and quite well I might add.

The Lavatube I bought allows me to vary the voltage from 3 volts to 6 volts at .1 increments.

This ability means I can control the exact amount of vapor and throat hit I receive. The lower the voltage, the more vapor and less throat hit.

This comes in particularly handy for someone like myself who really wants to taste my flavored nicotine, but still get a good hit. My King mod allowed me to change volts but only from 3 to 5 volts.

The other thing I really enjoy about the Lavatube is its ability to determine and display the milliamps (mAh) emitted from the atomizing unit.

The atomizer is the piece that physically holds the nicotine liquid and heats it to create the vapor.

If the mAh's are too low, then setting my Lavatube at 6 volts would burn up the atomizing unit.

With the LED display, I am able to determine exactly what voltage I would like to keep my vaporizer set to, without burning up my atomizers and it also displays the battery life available.

This is a major upgrade since my King would just die without warning.

My Lavatube came with two 2200 mAh batteries, two atomizers, a home charger and instructions — and best of all, it came in chrome which looks really cool compared to the basic black. Lavatube mods run around $65 from local vapor shops or can be found online from various vapor stores.

**Rating:** A

—**Shawn Stawicki**

**CONTRIBUTING WRITER**

**RESTAURANT REVIEW |** Norman eatery inspires mom to make affordable salads at home.

**Coolgreens a little too cool for family outing**

One weekend after church my husband and I decided our family needed a day out.

We drove to Norman to eat at Coolgreens at 3700 W Robinson, before heading to Sooner Mall. We wanted something fresh but delicious and we were disappointed.

On their website Coolgreens boasts: “a healthy alternative to casual dining. Using only the freshest, natural ingredients available, we refuse to have any processed foods or trans-fat in any of our menu items which include made-to-order salads, wraps, flatbread pizzas and homemade soups.”

They were out of pizza sauce so we had to order a pizza with pesto or barbecue sauce instead. We ordered BBQ and it was so spicy my children didn’t want it. We spent more than $30 on two salads, a small flatbread pizza and two cans of soda.

The sodas were $2 each so we asked the cashier if they had fountain drinks. He seemed to take offense to the question and replied, “This is the only soda we have.”

So, we paid for our food and found a table. Once seated, we saw a drink area with teas and water.

I am inclined to believe the cashier purposefully misunderstood us to increase our bill. The food was OK. Healthy? Definitely. Flavorful? No way.

I felt like I was eating cardboard. So $30 later with two toddlers still hungry we left Coolgreens, never to go back.

If I were a young health nut, or a yoga fanatic, even a hip young University of Oklahoma college student I might like Coolgreens.

However, I am a mom trying to find a healthy place to enjoy a lunch with my family.

Coolgreens seems to be a place to be seen eating healthy because it is well, cool, not because of any real thought to what you are eating. The atmosphere was choked in high-class discomfort.

With the money I spent there I could have made a week’s worth of salads at home.

I will save my money and make my own salads from now on.

**Rating:** D

—**Buffie Richardson Brown**

**STAFF WRITER**
Computer hackers wanted for defense

BUFFIE RICHARDSON BROWN
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Being able to defend against attacking computer hackers can be fun Information Systems Security expert and author Jayson E. Street told members of the Cyber Security Club at their first official speaker meeting Feb. 21.

Street is hired to “attack” companies’ security and then put a defense system in to protect the areas he was able to penetrate.

Club President Jonah McPhaul said the Cyber Security Club started in October and has about 60 members. McPhaul said the club’s goal is to get the members active in cyber security, to get them into real defensive training.

Street agreed with McPhaul. The team to be on is blue, he said.

In cyber security, the blue team is the defense while the red team is the attack team.

“The fun part of penetration testing is helping out the client. Your goal is to make it better,” Street said. “Being able to defend against the enemy is fun.”

While most in this line of work began as hackers, Street said he began his career in physical security.

“The industry for cyber security is becoming important to everyday life and even everyone’s personal life.”

—JONAH MCPHAUL
CYBER SECURITY CLUB PRESIDENT

McPhaul said he was surprised by the number of attendees and he was pleased with the outcome of the meeting.

“It was good and very informative to listen to,” Melton said.

Students who want to join the Cyber Security Club can email their first and last name, phone number and email address to cyberclub@my.occc.edu McPhaul said.

The club meets from 12:30 to 1:30 p.m. the second Thursday of every month in Room 407 on the fourth floor of the Keith Leftwich Memorial Library.

For more information on the Cyber Security Club, contact McPhaul at jonah.t.mcpaul@my.occc.edu. For more information on Street, visit www.twitter.com/dissectingthehack.com.

Wellness Challenge calls for involvement

PARIS BURRIS
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About 200 students, faculty and staff participated in the college’s 30-Day Healthy Now Wellness Challenge. The challenge, which ran through March 10, encouraged participants to make healthy choices concerning food, physical fitness and mental wellness.

Health and Fitness Specialist Carole Valentine said, “We want to get people in their minds to start thinking about ways they can be healthy,” Valentine said. “If we can improve our health right now before we get sick then, hopefully, we won’t get sick.”

Valentine said she hoped the challenge would influence students to get more involved in health and wellness.

Valentine said each day, points were given to those participating in cardiovascular activities.

“It can be walking, spinning, an aerobics class, swimming,” she said. “It can be really anything they want it to be.

“So for every 30 minutes, they get a point.”

Valentine said participants also had a daily sheet of activities.

Challenges varied from taking the stairs all day, trying a new fruit or vegetable, going a day with no television or caffeine, and many more.

“They can get a total of eight points a day,” Valentine said.

Diet is another important factor of the challenge.

“We encourage eating fruits and vegetables, drinking water, staying away from carbonation and fried foods,” Valentine said. “Simple things that we should be doing anyway so it’s nothing that difficult.”

Students have many other opportunities to strengthen their health and wellness on campus beside the challenge, Valentine said.

The Wellness Center offers an open gym, aerobic classes, basketball, volleyball and swimming among other options. Many of the activities are free for OCCC students.

Valentine said there are hopes for more challenges in the future but no permanent plans have been made.

Valentine said rewards will be given to everyone who completes the 30-day challenge.

“We are working on T-shirts,” she said. “We also have some door prizes, some gift cards to Message Envy Spa, all sorts of things like that.”

Students are encouraged to stop by Valentine’s office with any questions or concerns about health and wellness in the Main Building, Room 1C1A.

For more information, contact Valentine at 405-682-1611, ext. 7662 or by email at carole.m.valentine@occc.edu. For more information about signing up for classes or sports, call the Recreation and Fitness office at 405-682-7860.
A movie filmed on OCCC campus is coming soon to DVD and Cox On Demand. "Crazy Enough" is a family comedy with an '80s style, said Sean Lynch, Film and Video Production coordinator.

Lynch, who also produced the film, said it is family friendly with a PG rating.

OCCC students gained professional experience and got to do a number of jobs with the movie from makeup artists to electricians, Lynch said.

Sarah Hoch, who now works in the equipment and editing lab, was a hair and makeup assistant on the set of the film.

"It was my first experience so it was really nuts," Hoch said. "Especially with the really hot weather, keeping everyone looking good [was tough]."

The film stars Chris Kattan, known for his roles on "Saturday Night Live" and also for acting in "A Night at the Roxbury.

In "Crazy Enough," Kattan plays twins — a mental patient and a psychiatrist — who are at the same mental institution.

Hoch did the touch-ups and last looks on set for many of the actors, including Kattan.

"It was a very good learning experience," Hoch said. "It was my first time being on set with any type of budget.

"I didn't realize how much hair and makeup was needed until I did that."

The film will be released on Amazon on April 16 for $24.99 and is available for preorder at this time, Lynch said.

The movie also will be available to watch on Cox On Demand from March 5 to May 4.

Lynch is optimistic that other outlets also will pick it up.

"We're hoping other videos will come on as well, we are hoping Comcast … and Directv [as well]," Lynch said.

"Crazy Enough" will be coming to DVD at Barnes And Noble, Hastings, Redbox and Family Video.

The team also is working on making the DVD available at Walmart. The dates for these releases are still unknown.

Through film festivals, the movie has made its way across the country in the last year, Lynch said. It even made it across the globe, appearing in theaters in the Middle East, in places like Dubai, Kuwait and a few others, where it bears the original title, "Just Crazy Enough."

The movie has been shown at festivals, such as Trail Dance Film Festival in Duncan, United Film Festival in Tulsa and the Los Angeles Comedy Festival.

The deadCENTER Film Festival in Oklahoma City showed the movie at Harkins in Bricktown, one of the few opportunities for locals to see the film on the big screen, Lynch said.

They were able to fill a Harkins Theater twice with 350 people.

"We had a lot of good response," Lynch said.

At United Film Festival in Tulsa, "Crazy Enough" won the Jury Award for Feature Length Narrative. The movie also was selected to be the opening film for the Golden Door International Film Festival in Jersey City, N.J., in October.

The film will have upcoming appearances at Bare Bones International Independent Film Festival on April 13 in Muskogee.

The next chance for a local screening will be at the Oklahoma City Museum of Art at 415 Couch Drive in downtown Oklahoma City.

Screenings of the movie will be at 5:30 p.m. and 8 p.m. on March 15 and 16. On March 17, the film will be shown at 2 p.m.

After the showings there will be guest speeches by people who worked on the film, one of whom will be Steven Drozd of the Flaming Lips, who worked on the music. They will take questions at the end.

Admission is $8 but college students with a valid ID will get in for $6.

Members of the Oklahoma City Art Museum get in for $5.

For more information, contact Sean Lynch at 405-682-1611, ext. 7129.
**Profs look for different angles in next TEDx talk**

**ALLEN MITCHELL**  
Sports Writer  
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When you compare the vastness of space with the capacity of the human mind to learn, you might get a unique blend of the scientific and philosophical extremes of the intellectual spectrum, rather than the division that typifies American education today.

That is the premise of a series of TEDx talks featuring English Professor Stephen Morrow and Physics Professor Tad Thurston.

Their next lecture will be at noon Wednesday, March 27, in CU 3 as part of the Campus Voices Lecture Series.  

In the first talk last month, Morrow focused on Grecian concepts of science and humanities. “Students and individuals need to get more practice at tying those ideas together,” he said.

Thurston, who is a professor of physics and astronomy, illustrated the size of the universe, highlighting how small the Earth is in comparison, by using beads, basketballs and Google maps.

Thurston gave each person in attendance a small blue bead, about the size of a BB, to represent the Earth. Then he held up a basketball to represent the Sun. To relate the distance between the Earth and the Sun, Thurston said the bead would have to be placed about 50 yards away from the basketball.

At this scale, the outer reaches of our solar system can be represented by Faculty Circle, the road that encircles the OCCC campus. Continuing to expand upon this visualization, Thurston used Google maps to show how far away the nearest star would be -- somewhere around Hawaii.

“The takeaway is just to try to understand how vast space is,” Thurston said. Because humans live on planet Earth and never get off, it’s difficult for us to comprehend the huge scale of the universe and the minuscule part played by our small planet, Thurston said.

“I hope the audience gained an understanding [of] our place in our immediate universe,” he said.

Chris Shelley, Student Life assistant director, helped organize the lecture series with the goal of expanding students’ academic experience at OCCC. “TEDx really is to give the students an opportunity to engage other students outside the academic classroom,” he said. “It gives them a broader spectrum of the topics that they may not come across in the traditional classroom setting.”

The series is scheduled for a final lecture on Wednesday, April 24, which also will feature Morrow and Thurston. The lectures are from noon until 1 p.m. in room CU3 and will expand upon the topics discussed in the first lecture.

In contrast to the immense size of the universe in comparison to Earth, Thurston said, he may focus on tiny particles in March.

“It’s possible I might go the other direction,” he said. “Because we are, by far, not the smallest things in the universe.”

For additional information, call Student Life at 405-682-7523 or visit their website at www.occc.edu/studentlife.

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**Actors overcome struggle to portray roles**

**LORI VALENTINE**  
News Writing Student

Some performers who played characters in August Wilson’s Pulitzer Prize winning drama “Fences” on campus said they wrestled with the task of portraying people quite unlike themselves.

Rose’s character was played by Alexis Ward, an 18-year-old freshman at OCCC. Ward had to portray a middle-aged wife and mother. She admitted she struggled at first because she was unable to relate to Rose’s character.

“I had to learn how to lend the character my body and step out of the way,” Ward said in a question-and-answer session after the opening night performance Feb. 28.

The talk-back portion gave the audience an exclusive opportunity to interact with the guest director Al Bostick and the other members of the cast.

This 1957 drama explores the life of Troy Maxson, played by Brian Scott. It shines light on the African-American family experience during a time of segregation in the U.S.

Theater Professor Brent Noel opened the feedback session by asking the audience what they thought of the production. “It was intense,” one member of the crowd replied.

Bostick said all kinds of research was required, “just like one does when they get ready to do a term paper.”

Not only did Bostick study Wilson and the time period, but also he confessed he has played the role of Troy Maxson within his career.

Scott said the aggressive, domineering, in-your-face character of Troy Maxson is quite unlike himself. This was Scott’s fifth play, he said.

“Playing Troy was by far the most challenging role I’ve done, so in a way it’s like being out here for the first time,” Scott said. “I’ve never been pushed by a director the way I have been pushed by Mr. Bostick.”

This was a first performance for students Jude Floyd, Reginal Stafford and Jeffrey Zachary.

“It’s hard work, that’s for sure,” said Floyd, who portrayed Cory, Troy’s teenage son, on Feb. 28.

Stafford played Troy’s best friend Bono.

“When I first auditioned, I wanted to be Troy Maxson,” he said.

He admitted that he was grateful to be chosen for the character of Bono.

“If I can’t be Troy, I’m going to be the best Bono I can be,” he said.

Cory’s understudy, Zachary, played the role March 1 and 2.

Bostick gave some tips to beginning actors.

“Art is a jealous mistress,” he said. “She requires that none come before her. The more you know, the better actor you can be.”

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**Recharging:**

Computer animation major Jon Hilovesky takes a nap on a couch in the Main Building lobby.

OCCC’s Main Building has a number of areas with sofas and chairs where students can be found in between classes resting, studying or visiting with others.

In addition, rest areas are located in the Library and the VPAC.
SPORTS

Despite starting the season 0-2, Coach Yeboah expects to make playoffs

Soccer club has high hopes

The OCCC Soccer Club has started the spring soccer season with a record of 0-2, said OCCC Soccer Coach K.B. Yeboah. Nevertheless, he has high hopes for the team that is required to supply its own uniforms and soccer balls. The team practices on the southeast corner of campus without the benefit of soccer goals.

Nevertheless, Yeboah said, he expects the team to make the playoffs.

The club is currently made up of 16 OCCC students who have a passion for the game of soccer.

“They just love the game, that’s why they’re here,” Yeboah said.

For the spring season, they play in the Central Oklahoma Adult Soccer League at the South Lakes soccer complex located in southwest Oklahoma City. Students can register for the Soccer Club at www.coasl.net. The registration fee is $35, and covers the Fall and Spring seasons.

The club members provide all their own equipment and use cones in place of goals on their practice field just south of the John Massey Center.

Lacking regulation soccer goals makes it harder to practice shooting, said midfielder Ozzy Orozco, physical therapy major.

“If we had a goal like we should be practicing on, it would have made a huge difference in our last game,” Orozco said, referring to a 3-0 loss.

“We can get opportunities,” he said. “We just can’t get them in the back of the net because we’re not used to shooting.”

In the past the campus field has had goals; however, they were removed due to safety concerns given that the goals were oversized and not stationary, said Eric Watson, OCCC Recreation and Fitness specialist. While there are no immediate plans to install new goals, Recreation and Fitness eventually hopes to find a permanent location for a soccer field, Watson said.

With several new players this spring, the team is still getting to know each other.

“We have a lot of good players, good talent, good quality, but our problem is team chemistry,” Orozco said. “We need to get used to playing together.”

Despite these setbacks, the club has had success during the six years Yeboah has been the coach, regularly making the playoffs and twice making the regional semi-finals, Yeboah said.

Orozco, who is one of the team captains, said he joined the club because he loves to play and will play anytime he gets a chance. He also believes it is important to have the support of the school.

Yeboah said he understands that community college students often lack the time to commit to evening practices and Sunday games.

OCCC students face obstacles such as jobs, family obligations, and school workload that might discourage them from coming out and joining the club, he said.

But Yeboah would still like to encourage any student with passion and motivation to come out and play, or even just support the club as a fan.

The Soccer Club is open to any OCCC student. There is a $35 registration fee that pays for play in both the Fall and Spring seasons. To register, go to www.coasl.net or contact Coach Yeboah at 405-255-7735, or by email at dakm921@yahoo.com.
Auto accident, disorderly conduct reported

BUFFIE RICHARDSON BROWN
Police Reporter
seniorwriter@occc.edu

Campus Police were busy Feb. 20 and 21 with a disturbance in the library, a non-injury auto accident and a case of disorderly conduct.

Officers Tim Harris and Gordon Nelson were dispatched at 10:51 a.m. Wednesday, Feb. 20, to the Library in response to a call regarding an elderly female who is a frequent visitor to the library. Officers said they found the woman sitting in the south lobby visibly upset.

It was reported, however, the officers found there had been no offense committed against the women and referred the incident to the Department of Human Services.

Officer Patrick Martino was notified of a non-injury auto accident around 8:15 p.m. the same day at the intersection of Keels Blvd and Faculty Circle. Martino arrived on the scene to two wrecked cars — a black 2009 Acura and a red 2009 Honda, at the northwest corner of the intersection.

The report shows John Loudermill, 28, was driving westbound in his Acura on Keels Blvd. when Austin Troy Piper, 17, driving his Honda northbound on Faculty Circle, failed to yield and struck Loudermill’s vehicle.

Both cars had to be towed from the scene according to the report.

At 8:55 a.m. Feb. 21, Officer Gordon Nelson responded to a call from Officer Jeremy Bohanon regarding a man refusing the leave the Main Building.

Kenneth Eugene Scoggins, 58, an OCCC student, refused to leave the college when instructed to by Bohanon. The college was opening late that day because of inclement weather.

Officers Tim Harris, Brent Stringer, David Shriver and Nelson went to the location near Entry 1 of the Main Building to assist Bohanon. Nelson reportedly approached Scoggins who was seated at a table near the atrium arguing with Bohanon, advising him the college was closed until 9:30 a.m. because of the weather and asked him to leave.

After identifying himself as a police officer, Scoggins then said he was going to call “the real police.” Nelson reported that he apologized for any inconvenience and again, told Scoggins to leave the building.

After Scoggins said he was going to file a complaint, Nelson provided him with his officer card and instructed him again to leave the building. After escorting Scoggins to the Wellness Center to get his jacket, Nelson escorted the man out of the building without further incident.

To contact campus police, call 405-682-7872. For an emergency, use one of the call boxes located inside and outside on campus or call 405-682-1611, ext. 7747.

Suicide: Help available for those feeling suicidal

Continued from page 1

get help, she said.

“Question the person about his or her suicidal thoughts, persuade them to talk about the problem and refer them to a professional,” Howard said.

Howard said it is OK to ask if someone is feeling suicidal.

“It’s OK to do that and it’s good to do that,” she said.

Help is available through a number of places, Howard said.

Students can visit the Student Support Services office located on the first floor of the Main Building. A national suicide hotline also can be reached by calling 1-800-273-8255 or, if necessary, Howard said, call 911 if someone is in immediate danger.

Student Support Services and Student Life sponsored the program that will be given again in the fall.

For more information, contact the Student Support Services office at 405-682-7520.

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Film: Students encouraged to discuss women’s issues

Continued from page 1

The event is open to students, faculty and staff, Carradine said. The Student Life office will serve popcorn during the showing, Carradine said, and immediately following the film, have a discussion of the various topics.

Carradine said she hopes students will engage in the discussion and have conversation about what the media says about women and how the media portrays women.

“The only policy that we have is that students come with an open mind to engage with other students but also doing so in a space of respect because we are talking about sensitive things and ideas,” she said.

“We certainly do not want anyone to be offended but we want everyone’s comments to be welcomed as long as it is done in a proper way.”

The movie screening and discussion is part of the ExCEL series, a program that seeks to make students more culturally competent and aware of other cultures.

She said a movie screening and post discussion is being offered once a month during the spring semester. Three films are part of the ExCEL series.

The next film, “Bully,” is scheduled to be shown in April, Carradine said. She said it was brought to Student Life by the Gay Straight Alliance club.

“We want to talk about disabilities, women, the LGBT community and other cultures outside of just black and white.”

For more information about the series, contact the Student Life office at 405-682-7523 or email bcarradine@occc.edu.

Every 13.7 minutes someone in the U.S. dies by suicide.

Nearly 1 million people make a suicide attempt every year.

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Suicide rates are highest for people between the ages of 40 and 59.

Recent data puts yearly medical costs for suicide at nearly $100 million (2005).

Men are nearly four times more likely to die by suicide than women. Women attempt suicide three times as often as men.

Native American peoples are most likely to die by suicide, followed by white individuals.

— www.afsp.org
Get the job done

Community member Tim Huff asks Agency Opportunities Representative Katrina Austin about job availability with Farmers Insurance Group on March 6 at an OCCC job fair in the Main Dining Area of the College Union.

Bake sale to include chili dogs

AMY HERRINGTON
News Writing Student

Business Professor Michael Machiorlatti has a lot on his plate this semester — and it’s more than just a heaping platter of chili dogs.

In addition to the usual course load, he has taken on the position as chair of the Make-It Bake-It Sale, an annual fundraiser for Faculty Association scholarships.

The sale will run from 9 a.m. to 4 p.m. Wednesday, March 27.

Homemade chili and hotdogs will be sold from 11 a.m. to 2 p.m., or until they run out.

Machiorlatti said they tend to run out of food before they run out of customers, which is good.

The homemade chili comes from faculty chefs who compete with one another for bragging rights.

When it comes to the chili cook-off, science Professor Tad Thurston is the man to beat.

“He seems to win it almost every year,” Machiorlatti said.

“If we’ve had the contest seven times, he’s probably won it five.”

Even so, Machiorlatti said, it won’t stop him and business Professor Charles Myrick from teaming up to enter the chili cook-off this year, although he doesn’t expect to win.

“If I won, we’d be suspected of rigging the competition,” he said.

The sale has been going on for many years at OCCC, although no one seems to recall just how long. Machiorlatti said he and the rest of the committee have been working together on the event for the last five years.

Even though they are in charge of coordinating the event, members of the Faculty Association help by bringing items for the biannual sale.

In addition to chili and hotdogs, the sale will feature baked goods and a silent auction for new and gently used items. Anyone is welcome to donate goods for the sale, and proceeds will directly benefit student scholarships.

Machiorlatti said the reason he gets involved in organizing the sale is solely for the benefit of students.

“The whole point of doing this is for student scholarships. So while we’re coordinating all of this, everyone realizes that’s why we’re doing it.”

Approximately 40 to 50 people usually participate in donating food and items for the sale, Machiorlatti said.

In years past the sale has brought in anywhere from $800 to $2000.

“For the silent auction, people donate gift baskets, and other items, such as paintings.

“Those things actually bring in a lot of money.”

Throughout the years, the sale has evolved and changed.

The committee has added the chili cook-off and a soup contest for the sale in the fall semester.

“We definitely listen to faculty and staff suggestions, as well as students’ suggestions,” Machiorlatti said.

For more information or to donate items, contact Machiorlatti at mmachiorlatti@occc.edu.

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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.

For Sale: Limited edition wakeboard, still packaged: $100; new, limited edition Jim Beam bean bag/cornhole toss game, $100. 405-815-0083.

Advertising rates start at $8/week. Call 405-682-1611, ext. 7674, or email adman@occc.edu for details and to request an ad rate booklet.

Personal classified ads are free to students and employees. adman@occc.edu.

90's Songs 2
Find and circle all of the 1990's songs that are hidden in the grid. The remaining letters spell an additional song.

L M E Y E I L E B A R B I E G I R L O
O E V O L S S E L D N E L I N G E R
O T E M O T I O N S S I D E T S I W T
V O Y U A P P N B G B A B Y B A B Y G
E W E Y N L O U E I V G N O L M W Y
I N N D U D R B M Y E S L C D O Y S E D
S P O S A C E A Y D S L E L I T R A O
L H H E S P J R I N A A R H R P N K B
R I L O F O A R S W N O T O T G E B O
I L N T T U S C R T W I N N E I T O N
G L R T H T N E S Y A G K R A O S O P
R Y U E I D K R E N O S O F P M O
E O C L N S A D N V U D F N M O B T
M Y R Y O A N K O A S O U I O U O A S
M A U W A I W U I F N L U N D N S T
U D S I D W G A A S K I T L I G M T N
S O H R O H Y M Y Y S H E M A N A I A
H T O O M S O M A L I A B D G E N C C
N D O W N T O W N T R A I N A I R S
A G A I N
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B O O M B A S T I C
C A N T S T O P
C R U S H
D A N G E R O U S
D O W N T O W N T R A I N
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M C M A C H N E L L Y
N O M I T O W N P H I L L Y
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405-682-1611, ext 7674

It’s a connected world. Do your share.

Earth Share
For 3G ways to help the environment, write Earth Share, 3402 International Drive NW, Suite 2K (AD4), Washington, DC 20028.
OKLAHOMA COMPOSER PENNED MANY TIMELESS CLASSICS FOR COUNTLESS PERFORMERS

Webb bringing his homegrown music to OCCC

ASHLEY ROSS
News Writing Student

"Wichita Lineman," "Galveston," "Up, Up and Away," "By the Time I Get to Phoenix."

These are just a few of the tunes written by Oklahoma native Jimmy Webb, who will perform to a sold-out crowd on campus at 7 p.m. Tuesday, March 26, in the Bruce Owen Theater.

Webb's hits have been performed by Carly Simon, Keith Urban, Frank Sinatra, Elvis Presley and many other well-known artists.

Cultural Arts Director Lemuel Bardeguez said this concert will be a great fit to end the season for the 2012-2013 Cultural Arts series. In Webb's performance, he will be combining storytelling of how the collaborations came together along with what inspired each song he will be singing.

For those who missed out on concert tickets, Webb will give a free master's class, "A Conversation with Jimmy Webb," at 1 p.m. Tuesday, March 26, at the Rodeo Opry, 2221 Exchange Ave. in Oklahoma City. The class is open to students and the public.

Bardeguez said this is an opportunity to hear Webb's music as he intended for it to be done.

"This show will be a unique experience, to be able to hear a song performed by the person who originally wrote it, the way that they originally envisioned it," Bardeguez said.

Bardeguez, who has seen Webb perform live, said Webb is described as one of music's most accomplished singers, songwriters, and composers.

Many people have most likely heard one of Webb's songs and not realized it was written by him instead of the artist singing it, Bardeguez said. A lot of Webb's songs have been platinum selling classics for years, and he is also the only artist to ever receive Grammy Awards for music, lyrics and orchestration.

At the Jimmy Webb concert, Bardeguez will be announcing the events to come for the 2013-2014 Cultural Arts series. This announcement will also be on the website after the concert.

For more information, visit www.occc.edu/CAS or call 405-682-7579.

College, Western Heights band to jazz it up

ANDREA DEKKER
News Writing Student

It's a rare opportunity to see both Western Heights High School band students and OCCC musicians perform together in a jazz concert on campus.

The free concert will be held at 7:30 p.m. Thursday, March 28, in the Bruce Owen Theater.

The musicians will play pieces from Tower of Power, "All Blues" by Miles Davis, "Stolen Moments" by Oliver Nelson, "Black Orpheus" by Luiz Bonfa, and much more.

Three different bands will be performing a variety of jazz music, said Michael Boyle, OCCC music professor.

OCCC students and faculty, combined with some Western Heights band members, will make for a lively concert.

Western Heights student musician Zachary Craven said he is looking forward to the show.

"This will be the first time working with a jazz combo group," Cravens said. "It's an exciting opportunity."

To get ready, Western Heights musicians Marcos Alvarez and fellow musicians were recently on campus for a joint rehearsal.

Alvarez plays the saxophone and the flute. He said his favorite part about having a joint concert is getting to play some jazz flute with the OCCC student combo group.

"I'll be a great experience for everyone who hasn't heard jazz before," said OCCC student musician Stanley Hall.

Boyle said the additional musical talent of Western Heights band students will add a new dimension to the concert.

Western Heights approached him about doing a jazz concert, Boyle said.

"It seemed like a good fit, because many of these students will attend OCCC, due to the OKC-GO Program," Boyle said.

Western Heights High School is in far west Oklahoma City, near Council Road and SW 44. The OCCC campus sits in the southeast corner of the Western Heights district.

The OKC-GO Program provides graduates of Western Heights and Oklahoma City Public Schools an opportunity at higher education by attending OCCC tuition-free for the first year, with the possibility of renewing the scholarship for the following year.

This gives the students motivation to finish high school and pursue higher education, according to OCCC website.

This concert will expose the high school students to college level resources, practicing with more experienced musicians at OCCC and being under professor Boyle's teaching.

The students also will get the opportunity to play in a concert that is professionally produced by the college. The students will have access to technical equipment and production services, Boyle said.

Boyle said the college offers a strong jazz program that he is pleased to showcase.

"We do a great job here at OCCC," Boyle said.

"Everyone should come because we want a big rowdy audience."