EDITORIAL

FAMILY TIME SHOULD COME BEFORE WANTS

Staff Writer Reyna Ortero says too many put too much time into their wants and not enough into quality time with loved ones. Read more.

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CAMPUS LIFE

COX CENTER SITE OF MAY 17 GRADUATION

Turn inside to find the latest news about the upcoming commencement being held at the Cox Communications Center on Friday, May 17.

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SPORTS

SUMMER CLASSES SCHEDULED

OCCC's Recreation and Fitness department will offer most of the fitness classes offered during the spring and fall. Turn inside for a full listing.

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CAMPUS LIFE

NURSES TO BE PINNED AT OCCC MAY 16

One hundred nursing students are about to enter the workforce after they graduate from OCCC’s programs. Read more.

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INTERNET page 9

TEST page 9

EDITORS

KATIE THURMAN
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INTERNET page 9

Test Center a real hot spot during finals week

ARIANNA DERR
News Writing Student

Finals week, May 13 through 18, will be marked by long lines in the Test Center.

Test Center Director Jim Ellis has some tips on how to reduce the wait time.

"Most of the waiting is for a locker to open up," Ellis said. "If you would like to quickly take the test, then leave your stuff in the car or with a good friend. That way, you won't have to wait."

The only thing students are allowed to have in the Test Center is their student ID and a writing utensil.

Another tip is to get up early. Every year there are about 4,000 students who come into the Test Center during finals week.

"If you want to skip the crowd,"

See TEST page 9

In celebration of Arbor Day, psychology major Daniel Shaffer gets a free tree. OCCC celebrated Arbor Day in a number of ways that included the tree giveaway and informational tables on April 24. Shaffer said he planned to pay the favor forward by giving the tree to a friend.

For more on Arbor Day, visit the Arbor Day Foundation website at www.arborday.org.

Going green

"For me, it was my e-mail," Messiah said. "I felt like I needed to be constantly connected."

See INTERNET page 9

Internet addiction a real health issue

Dopamine dependency created by overuse of electronic stimulation

KATIE THURMAN
Staff Writer
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In the early stages of Internet or technology addiction, neurotransmitters in the brain begin overloading the body with dopamine. Dopamine is the chemical hormone that controls roles in behavior and cognition.

The prefrontal cortex and VTA areas of the brain are stimulated by the excess of dopamine and soon, a dependency on the overload is needed for a person to function.

More than 20 students gathered on April 17 in CU1 to listen to Dr. Peter John A. Messiah give a dynamic and engaging lecture about Internet addiction.

Messiah, an addiction prevention specialist and professor at Oklahoma City University, described the way that too much Internet can lead to addiction and the consequences this kind of addiction may reap for a person's health.

"Techno-addicts" as Messiah calls them, are people who suffer from an addiction to technology, whether it be the Internet, cellphones, or online or console gaming.

He said, in 2011, "Internet Addicted Disorder" was finally added to the DSM. The DSM, or Diagnostic and Statistical Manual of Mental Disorders, is used by physicians in the diagnosis and treatment of mental health disorders.

Messiah shared his own story, revealing that he, too, was once dangerously close to being a techno-addict.

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"If you want to skip the crowd,"

See TEST page 9
Never choose money over family

While deciding and debating on what to write this editorial about, I considered a few options. I decided on: “Is money the biggest motivator in life?” Why did I choose this topic? Because as we enter or exit college, or enter the “real world,” everything becomes about money. In fact, anything we look at deals with money or involves it in some form. With this being said, is money the biggest motivator in life?

I believe so, because money is needed to get through our day-by-day lifestyle choices.

Money is needed to purchase necessities. Money is needed to provide a family or a single person with food, shelter and healthcare.

However, when those necessities are provided, money can become a problem.

Instead of being OK with having enough, we want more. That pushes us to work harder so we’ll have enough money to afford the next best thing.

So money either breaks us or makes us.

With too little money, you could be worried about how you can save or how to pay the next bill.

On the flip side, if you have plenty of money, you can easily purchase the latest trends in fashion and the latest products on the market.

That brings us to an even bigger question: should money be the biggest motivator in life? The answer is no.

Family should be the biggest motivator in life. We should do what is best for our family, putting them before everything and anything else.

When we go out into the real world, we should think about them and not about the money we stand to make.

Some families work hard — sometimes up to two jobs — to be able to provide for their family.

But to provide what? Necessities or wants? And at what cost?

Do you replace quality time with your family for money you could afford to do without?

When asked that question, a close acquaintance of mine said yes, that it has gotten to the point where she has the latest fashions and technologies but doesn’t have her parents or that significant other around.

Worse, when you try to reverse this trend, it is already too late. Too much has been lost in the process — memories or moments that will never come back.

This brings us back to the beginning: “Is money the biggest motivator in life?”

Definitely. Although it shouldn’t be, it is — for our own well being and for those around us, it is.

However, here is the catch: while money is a priority and a motivator, do not let it get in the way of other priorities.

Learn to make time for loved ones. Even if you have to work a lot just to make ends meet, find a way to make a little room for your family, too.

Ten to 30 minutes can make a difference in someone’s life, even if it is to hear a simple hello. Remember money can either make you or break you.

—Reyna Ortero
Staff Writer

Drivers cautioned to stay focused on road, not phone

To the editor:

Do you eat or drink while driving? Talk to passengers? Adjust your radio, CD player or MP3 player? Attend to children or pets? Use a navigation system or look at a map? Check out your appearance in your visor mirror? Text? If you answered yes to any of these, you are a distracted driver.

Distracted driving is any activity that could divert a person’s attention away from the primary task of driving. There are three main types of distraction: manual — taking your hands off the wheel; visual — taking your eyes off the road; and cognitive — taking your mind off driving.

A driver is 23 times more likely to crash when texting, according to a 2009 Virginia Tech Transportation Institute study.

From 2007 to 2011, the Oklahoma Highway Safety Office reported that 199 fatal crashes involved some form of driver distraction (documented by law enforcement at the crash scene); 28 percent of those cited an electronic device as the reason for distraction.

Within that same five-year period, there were more than 14,000 injury crashes related to driver distraction and approximately 21,000 non-injury crashes.

Nearly one-quarter of these crashes occurred when the driver was distracted by a cell phone or other electronic device.

The Injury Prevention Service of the Oklahoma State Department of Health offers these tips to help drivers manage common distractions and prevent crashes from occurring:

• Before you start your vehicle, put your cell phone, or smart phone, out of sight and on silent to avoid the urge to check it.

• Prepare in advance for your trip by checking directions, eating, grooming, or handling anything else that may distract you from the road.

• Ask a passenger to be your designated caller or texter if necessary.

• Adjust your radio, CD player, or MP3 player before you drive your vehicle.

• Pull over if you need to make a call, tend to your children, eat or drink, groom, check a map or navigation system, or make any adjustments to anything in your vehicle.

• Secure children in a child safety restraint prior to leaving for your destination.

• Secure your pets in a safety restraint or pet carrier.

• Focus on the task at hand by refraining from doing any activities that take your mind and eyes off the road and hands off the wheel.

For more information on how to prevent motor vehicle crashes, contact the OSDH Injury Prevention Service at 405-271-3430 or visit http://ips.health.ok.gov.

Additional information on managing driving distractions and preventing crashes can be found at Oklahoma Highway Safety Office: http://okhso/Program_Areas/Other/Distracted_Drivers, National Highway Traffic Safety Administration.

—Oklahoma State Department of Health

Reyna Ortero
Community Writer
COMMENTS AND REVIEWS

ALBUM REVIEW | ‘Save Rock and Roll’ 11-track success

Fall Out Boy gets A+ from listener

On April 16, American pop-punk band Fall Out Boy released their fifth studio album, “Save Rock and Roll.” It marked the band’s first full-length album release since December 2008 when the band announced that they would be going on a hiatus to pursue down time and solo careers.

The news left many fans heartbroken and uncertain about the future of the band. Would they ever return to the music scene as the foursome many had come to cherish? And if they did, would their music still be what we wanted to hear?

The hiatus left people with doubts and rightly so but “Save Rock and Roll” has marked a triumph for the band and a prolific milestone in the history of their discography. The album reached number one on American music charts within a week and it’s been met with widespread critical and fan acclaim. At this point, the only thing I can do is heap on more praise.

With the creation of the tracks on “Save Rock and Roll” — recorded over the span of six months — without the prying eyes and ears of the media, Fall Out Boy finally managed to make the album they wanted to make without the influence or input of critics or fans who would laud their work. The result is nothing short of stellar.

It seems the band has finally found their niche with a strange but effective pop-rock fusion. Arguably, all of the material is less radio-friendly than hits from the band’s sophomore album that thrust them into the limelight but it’s definitely better and provides for a more enjoyable listening experience.

There are very few points where “Save Rock and Roll” actually falters. The placement of track nine, “Young Volcanoes,” seems a little off as it’s situated between two of the heavier songs on the album. Something about the light, lilting melody of “Young Volcanoes” just seems oddly timed. It takes the listener out of the experience that the album has been building.

However, even at its low points, “Save Rock and Roll” is a joy to listen to. In true Fall Out Boy fashion, the album features several unexpected guests: indie soloist Foxes is featured on one track while rapper Big Sean and ‘90s grunge icon Courtney Love is featured on another.

The highest of highs on the album is the title track, “Save Rock and Roll,” which closes the album and features music legend Elton John whose unique voice brings something extra to a track that proves to be extremely masterful.

With ease, “Save Rock and Roll” (the song and album) could and probably should be Fall Out Boy’s biggest success to date.

What’s so great about this album is the thing that people feared most — it sounds different from its predecessor, “Folie a Deux,” — the way that album sounded different than the one before it, and so on. Fall Out Boy have done something not many bands are capable of. They’ve continually made albums that reflect a natural maturation and development. “Save Rock and Roll” is the band’s most personal album yet and there are definitely more hits than misses on the 11-track LP.

“Save Rock and Roll” is available on iTunes and at music stores near you now.

Rating: A+

—Katie Thurman
Staff Writer

BOOK REVIEW | Looking for a good book?

‘Mitford’ series tugs at heartstrings

Do you need a good book to read? Pick up a copy of Jan Karon’s book “At Home in Mitford.”

Full of charm, faith and many other wholesome qualities, this is a great leisure read.

I bought a mystery box of books at the annual fairgrounds book sale this year. In my box was the first three books in the Mitford series.

The series is about Father Timothy Kavanagh, an Episcopal priest who is set in his ways and not at all happy about it.

His life becomes disrupted when a large black dog begins to follow him around town.

Initially he wants nothing to do with the oversized dirty animal but eventually the dog, now named Barnabas, begins to disrupt Father Tim’s “ordered life.”

Barnabas gets the Father into all kinds of crazy and messy situations, and will only desist when scripture is quoted to him.

Barnabas is the first step toward Father Tim open-
Spring concert to feature all three OCCC choirs

CHELSEY OLIVER
News Writing Student

An original composition written by a member of OCCC’s Symphonic Community Choir will be presented at the final spring concert at 7 p.m., Tuesday, May 7, at the Wilmont Place Baptist Church, 6440 S. Santa Fe Ave.

The Symphonic Community Choir, composed of any student or community member enthusiastic about singing, will perform “Sea to Shining Sea,” written and directed by Symphonic choir member Michael Ware.

Ware is the music minister at Wilmont Place, where OCCC has held its concerts while the new Performing Arts Center is being built on campus. Choirs have performed other compositions by Ware previously. Staton said. He said they look forward to singing Ware’s original interpretation of the classic, “America the Beautiful.”

“I’m excited to be presenting the piece,” Ware said. “The choir is doing very well, and I’m grateful to (music professor) Ron (Staton) for giving me this opportunity.”

The concert will feature music genres such as Broadway and jazz that all three OCCC choirs have studied throughout the semester.

Conducted by Staton, the Concert, Chamber, and Symphonic Community choirs will all come together to present their final performance of many different compositions.

OCCC’s Concert Choir will feature three songs, including a rendition of a classic African-American spiritual entitled, “Keep Your Lamps,” as well as “Unexpected Song,” from the musical “Song and Dance.”

Chamber singers will focus on jazz ballads, such as “At Last” and “Two for the Road.”

All choirs will come together at the end to present an original piece by Dr. Darla Eschelman, vocal music education coordinator at the University of Central Oklahoma, entitled “The Music in Our Life Plays On,” as well as “Cindy,” an arrangement by Mack Wilberg.

Although excited about the final performance, Staton said he feels mixed emotions about the closing of the spring semester.

“You’re building to the end of the year, and that’s always a good thing,” he said.

“But yet we have people graduating and transferring from here, and that’s the sad thing because you’ve worked with them for years. It’s bittersweet.”

Ware said the concert is going to be exciting. He commended Staton for his commitment to all the choirs.

“He brings such an expectation of excellence to every rehearsal and performance,” Ware said.

Admission is free and all are welcome to attend.

Bossa nova makes its way into jazz concert

GENNY HICKMAN
News Writing Student

Some call it the dance of love. Others think of it as easy-listening music.

No matter the label, the bossa nova sound will permeate the atmosphere in the Bruce Owen Theater on campus Thursday, May 9.

The second jazz concert of the semester will feature this Brazilian sound when musicians take the stage at 7:30 p.m.

Music Professor Michael Boyle will conduct the concert, comprised of three OCCC music majors. The concert will feature bossa nova classics from the 1920s, 30s, 60s, as well as a new song from the 1990s.

Brazilian music on the program includes “Garota do Ipanema” (“The Girl from Ipanema”), and “Preciza Dizer te Amo” (“I Must Say That I Love You”).

Boyle said he picked these particular songs to reflect the addition of a new band member.

“His sound reminds me [a little] of Stan Getz, a famous American jazz saxophone player who ‘discovered’ and popularized bossa nova for us Norte Americanos.”

The three performers will be Stanley Hall on tenor saxophone, Zach Lebo on bass and Jared Bross on guitar.

Boyle summed up jazz in a couple of sentences.

“Jazz differs from nearly all other forms of Western music in that it features extensive use of improvisation,” he said.

While we expect Beethoven’s Fifth Symphony to sound exactly the same every time, we expect jazz to sound different every time.

“That’s one of the things that I love about jazz; the interactive nature and the interplay between musicians.”

Boyle said he has a passion for the jazz band because he has grown up playing jazz.

He began playing jazz music in 1975 when he was in ninth grade.

“Teaching is a way to pass it on to the students,” he said.

The show is free to everyone.

For more information, contact Boyle at mboyle@occc.edu

Mother’s Day ideas can be unique, creative

PARIS BURRIS
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Mother’s Day is Sunday, May 12. It’s a time to celebrate the women who have influenced our lives.

While this holiday can guarantee tons of fun, it may leave many wondering how to celebrate it in more than just the traditional ways. While the typical flowers, dinner or day at the spa are great, this list offers more out of the box ideas for this Mother’s Day.

Take a class together

Is your mother the artsy type? Treat her with a few glasses of wine along with a fun, social group painting class with Wine and Palette Studio located at 201 NW 10th Street, Suite 120, in Oklahoma City.

Malissa McIntire will be the featured artist from 2 to 5 p.m. Saturday, May 11. The class is $35 and currently has seats available.

A class planned from 6:30 to 9:30 p.m. Friday, May 10, currently has 38 seats available. The cost is $45. The class will be at the Wine and Palette Studio.

Bill’s Island Grill is the location of a class scheduled from 2 to 5 p.m. Sunday, May 12. That class has sold out but participants are able to get on a wait list. For more information, visit wineandpalette.com.

See a live performance

If your mother is a fan of soul music and great food, treat her to live reenactment performances of Michael Jackson, Etta James, Muddy Waters and even modern stars of today along with a three-course meal at the Yellow Rose Theater.

This event is part of the theater’s “Soul Express” show and will continue through May 25. The theater is located at 1003 SW 4th St. in Moore. Times and ticket prices vary. For more information, call 405-793-7779 or visit www.yellowrosetheater.org.

Go shopping, for cheap

Shopping is always fun, but if you don’t have the money to splurge, it can be stressful.

Inexpensive consignment stores and thrift shops are a great way to have a shopping spree on a budget. Our Sister’s Closet sells clothes, purses, shoes, jewelry and other items for less than half of the new price. It’s located at 2209 SW 74th St. in Oklahoma City.

Similar stores include My Sister’s Closet, located at 1712 Golf Course Dr. in El Reno. Plato’s Closet located at 2229 NW 138th St. in Edmond.

Daisy Exchange has various locations. To find locations, visit daisymall.com.

For more unique ideas, visit www.pinterest.com.
Sex addiction requires professional help

BYRCE WALLAR
News Writing Student

Addiction to Internet pornography is just one part of a large spectrum of life-damaging behaviors that can prevent a person from functioning well in a society or in a family, said Dr. Vicki Wyatt. The licensed professional counselor gave a seminar on sex addiction on campus April 16.

Wyatt encouraged the small group who attended to work on the addictions, sex and otherwise.

"Addiction is not just that you’re not doing something right," she said. "You didn’t cause it, you can’t cure it, and you can’t control it."

Wyatt explained how to recognize addiction.

"Addiction is characterized by the inability to consistently abstain" from something which creates "significant problems with one's behaviors." Rather than accepting an addiction as a sign of bad character that can’t be fixed, Wyatt said, the person suffering from sex addiction, or any other compulsive behavior, should seek professional help in overcoming it.

Wyatt said her program, Intensive Recovery, focuses on working through the betrayal that sex addiction brings so a couple can heal. Without treatment, sex addicts will find it difficult to maintain a healthy relationship with a partner.

She said although sex addiction is often about Internet pornography, it does not have to be. A sex addiction can develop using secret affairs, often cultivated through social networks, in the workplace, and many other ways.

"You’ve got a secret life and a public image. Part of the recovery is how to integrate those," Wyatt said.

Wyatt made it clear that intimacy is not about sex. Intimacy presents vulnerability, and it is based on genuine trust.

Wyatt said that intimacy should be used only for good. A relationship with a sex addict houses betrayal, which creates a rift in a relationship.

Wyatt also took questions from the audience. A man asked her about a specific addiction, fighting, and she said that these were similar, because a stimulus still needs to be met in both instances. She suggested replacing the adrenaline by doing another activity.

"Boundaries are an important part of any relationship, specifically a sexual one," Wyatt said.

A woman asked about setting boundaries on television and the Internet for adolescents.

Wyatt suggested that family units be transparent with each other. She said she believes in setting parental controls, but more than that, having an open line of communication, especially when it comes to sexual behavior.

"Sex addiction is not about an attraction," she said. "It's about compulsive behavior."

For more information, visit Wyatt’s Intensive Recovery website, www.intensiverecovery.com. Also, you can take the Internet Sex Screening Test for free at www.sexhelp.com.

More than $7 million needed for Capitol Hill Center project

GENNY HICKMAN
News Writing Student

Few students on campus know about the college’s off-campus branch in the Capitol Hill area just south of downtown Oklahoma City.

Those who do know may have taken advantage of the services offered there, including GED instructional and English as a Second Language classes.

But its visibility in the community could increase when the new Capitol Hill Center is ready for occupancy.

A campaign to raise funds for the new Capitol Hill Center will kick off in a few short months, said Steven Bloomberg, Community Development vice president. The campaign is expected to take about nine months and aims to raise $5 million.

OCCC has rented temporary facilities to hold classes in the Capitol Hill area since 2000, Bloomberg said. With services in this area of Oklahoma City, education can reach more people who may not have had access to it before. The branch campus in this area allows more citizens in the community to take classes to prepare for jobs.

The current location is in the United Methodist Church, located at 123 SW 25th St. OCCC has been leasing the second floor of this building since February 2012. The 5,000-square-foot space houses four to five classrooms. The facility helps build programs before they move a few blocks down to the permanent location in a couple of years, Bloomberg said.

The new building will be located at 325 SW 25th St. The site is one property but two separate buildings, Bloomberg said. The new and permanent Capitol Hill Center will be the old Langston building and the former, and famous, Katz drug store, where Civil Rights leader Clara Luper and her students staged sit-ins during the 1960s.

These two buildings will provide a total of 44,500 square feet in the new facility.

Bloomberg said the strategy behind having the temporary location a few blocks from the future facility is to “incubate programs” because it is easier to build them this way.

Bloomberg said the Capitol Hill Center has three purposes.

The first is to provide adult education, such as the ability to receive GEDs, learn English as a second language, provide employment transition classes, and to give people basic skills for good paying jobs.

The second reason is to offer credit courses such as “gateway” classes or general education courses. This is to prepare students to “matriculate” to the main OCCC campus from the Capitol Hill Center.

The third reason is for business development. The Capitol Hill Center wants to help people start new businesses in the area and help people improve their business if they already own one.

Current Capitol Hill Center student, Cinthia Figueroa, has been attending this campus for almost three months. She said in high school she got lost.

“in high school I did not understand what was being taught,” she said. But in her classes now “they explain and help more.”

Figueroa is working on earning her GED, after which she plans to attend the OCCC main campus.

Another Capitol Hill student, Diana Salas, is working toward her GED, while taking classes in English as a second language. She said this location makes it easier to take classes and learn. She hopes eventually to transition to the OCCC main campus, as well.

The whole project is expected to cost more than $7 million for construction, Bloomberg said. This does not include furnishings or electronics. The funding for the center will not come from students, but instead will come from private funds and contributions.

The plan is to complete the center in phases.

The first phase is estimated to take 18 to 24 months after the kick-off. It will accommodate roughly 8,000 to 10,000 people in the 10,000 square feet that will be renovated.

The second and final phase will be finished approximately two years after the first phase. The overall estimate of people this center will serve when the entire facility is finished is 10,000 to 15,000 people, Bloomberg said.

The temporary facility served 5,500 people in 2012, so this new facility will be able to reach many more people. It is a hope to keep growing existing programs with each phase of the center, Bloomberg said. He said with the growth of the metropolitan Oklahoma City area, it is definitely a possibility to have more OCCC campuses in the future.

For more information about the Capitol Hill Center, call Bloomberg at 405-682-7814 or email sbloomberg@occc.edu.
OCCC graduates ready for transition

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OCCC’s commencement ceremony for 2012 and 2013 graduates will be Friday, May 17, at the Cox Business Convention Center in downtown Oklahoma City.

Forty-seven-year-old graduate Inda Davis said she is ready.

Davis said she had struggled with the idea of going to college. She said she didn’t think she could do it. “It was really scary for me to go back to school,” Davis said. “I graduated from high school in 1984, so it was very frightening …”

“So many years had passed, I was afraid I wouldn’t be able to do it; I wouldn’t be able to keep grades up and I wouldn’t be able to perform the way I had before.”

Davis said she was wrong. She said the relaxed atmosphere on campus and the professors helped her deal with her fears.

Davis said she won’t be alone when she receives her diploma.

“My whole family and my grown kids are going to be there,” she said with tears in her eyes.

Davis is transferring to Trident Technical College, a nursing school in South Carolina, where her husband has gotten a job offer. Her advice for others is “just don’t be afraid and go.”

Once there, she said, work with your professors if you are struggling, and don’t overload yourself.

Interpersonal communications major Lauren Tubbs, 21, also is one of this year’s graduates. She will be transferring to the University of Central Oklahoma in the fall.

“I have really enjoyed OCCC,” Tubbs said. “I liked getting to know my professors one-on-one, just having that personal relationship.

“[OCCC] has given me the transition from high school to a university.”

Tubbs’ advice for other student’s who are graduating is to “realize you are one step closer to your career or dream. Take the time to appreciate this moment in your life.”

Graduation Services Director Barbara Gowdy also has advice for those participating in the commencement — check the news to be aware of what is going on downtown that night. She said those attending should arrive early for check-in.

Students will be given a name card to fill out with their address so their diploma can be mailed to them, then will line up in the robing area for the commencement. During the walk across the stage, students will be handed a diploma cover, Gowdy said. Students will receive their diplomas in the mail by July.

Enrollment and Student Services Vice President Marion Paden said the college can expect as many as 444 students to participate in the 2013 commencement ceremony. She said this number is figured each year by the number of caps and gowns ordered from the bookstore.

“Last year 360 students ordered caps and gowns from the bookstore and approximately 370 participated in the commencement ceremony,” Paden said.

Gowdy said on graduation night many students will be feeling a lot of relief and excitement about going from one phase of their life into another.

For more information about commencement ceremonies, contact the Records and Graduation Services offices at 405-682-7512.

Chancellor Glen Johnson chosen to speak at graduation

PARIS BURRIS
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Oklahoma State Regents for Higher Education Chancellor Glen D. Johnson will be OCCC’s keynote speaker for this year’s commencement ceremony at 7:30 p.m. Friday, May 17, at the Cox Business Convention Center.

President Paul Sechrist said he invited Johnson to be the speaker.

“Speakers are invited based on a number of factors,” Sechrist said. “The speakers generally hold high stature in the community or in the state, have a track record of supporting OCCC and the mission of higher education, have a reputation for having a message that is interesting and inspiring for our graduates.”

Sechrist said Johnson is expected to speak about the importance of completing a degree and what it means to each graduate as well as Oklahoma’s future economic development.

“I also suspect that the Chancellor will provide words of congratulations and will challenge graduates to continue learning,” he said.

“Chancellor Johnson is one of Oklahoma’s most prominent citizens and has influenced the state in many ways,” Sechrist said.

“Prior to becoming Chancellor, he was a member of the House of Representatives and was elected Speaker of the House. He later became the President of Southeastern Oklahoma State University. He has been inducted into the Oklahoma Hall of Fame.”

The ORSHE serves as the coordinating board for the 25 public colleges and universities in Oklahoma, including OCCC, Sechrist said.

“Completing a degree or certificate is an important milestone and signifies that the graduate has reached a new level of educational achievement. Congratulations to the class of 2013!”

—PAUL SECHRIST
OCCC PRESIDENT

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The ORSHE serves as the coordinating board for the 25 public colleges and universities in Oklahoma, including OCCC, Sechrist said.
Summer fitness classes are planned and ready for participants, said Intramural Sports Assistant Matthew Wright.

In fact, this summer, OCCC Recreation and Fitness Department is offering most of the fitness classes they offered during fall and spring semesters.

Scheduled classes include: Theatrical Dance, Abs Express, Total Body Workout, Cardio Kickboxing, Combo Aerobics, Yoga, Spinning Program, Zumba, Water Exercise and Deep Water Exercise.

According to the schedule, the only class offered not on the calendar for summer that was offered in the spring is the Pilates class.

Most of the classes also will be held at the same times they were during the spring.

The only differences, according to the schedule, are Theatrical Dance start time moves from 3:45 p.m. to 6:30 p.m.; Zumba is no longer offered on Monday and Wednesday, and Water Exercise gets an additional time slot from noon to 12:55 p.m. on Mondays, Wednesdays and Fridays.

While most monthly fitness class prices will remain the same, enrollment in Theatrical Dance will increase by $5 per month.

As always, Wright said, Student Group Fitness Passes can be purchased for $35 each.

Student Group Fitness passes give students access to all of the group fitness classes offered during the summer semester at one price.

Class availability is on a first-come, first-served basis.

Stop by the Recreation and Fitness Department on the first floor of the Main Building for a schedule of events or go online to www.occc.edu/rf/pdf/Spring-13.pdf.

For more information, contact the Recreation and Fitness Department office at 682-7860.
**Police respond to numerous calls in April**

BUFFIE RICHARDSON BROWN  
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Numerous calls kept the campus police occupied in April.

Around 3 p.m. Wednesday, April 10, Jon MacNeill reported that his basketball had been taken from the gym.

MacNeill said he put his ball down to play basketball with other students. When he was done around 2:50 p.m., he discovered his ball was gone.

MacNeill said Wellness Center attendants said no one had turned in the ball. Officer Gordon Nelson reviewed security camera footage but was unable to determine who had taken the ball. The basketball is a Wilson Evolution brand estimated to be worth $60.

MacNeill said his last name is on the ball.

Officer Tim Harris and Patrick Martino were dispatched to the library at approximately 7:19 p.m. the same day about a disturbance there.

Students Teodoro Leon, 47, and Scott Stauffer, 22, reportedly had gotten into a verbal altercation in the library and wanted to make the campus police aware of the situation. Both Leon and Stauffer were spoken to and agreed to avoid contact with one another.

A fire alarm in the Aquatic Center at 1:08 p.m. Saturday, April 13, brought out Officer Jeremy Bohannon and Security Officer Jeff Edwards who investigated the area and found no evidence of fire. The alarms were not sounding and the strobe lights were not flashing. The alert was canceled and the fire department notified.

At 3:50 p.m. Monday, April 15, campus police were notified of a suspicious black male soliciting in the library.

Officers Nelson, Harris and David Madden responded.

A man was found in parking lot A that matched the description given, exchanging money with another man.

Nelson identified the man as Brandon Featherstone from California. He asked Featherstone if he had permission to solicit on campus. Featherstone said he did not.

Nelson said he explained the campus soliciting policy and notified the man that he had violated that the policy.

Featherstone was served a notice to leave the campus.

At 8:28 p.m. the same day, Harris was dispatched to parking lot C concerning a woman who had fallen and injured her ankle.

When Harris arrived, he said he found Samantha Nelson, 47, sitting on the grass.

Nelson said she had been walking through the parking lot to her vehicle when she stepped off the grass, and stepped on a crack in the asphalt, twisting her ankle. The woman said she heard a snapping sound from her ankle and was in extreme pain.

She said she was unable to stand or walk. Nelson said she did not want any medical attention or an ambulance to be called. The woman was taken to the hospital by her husband.

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.

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**Internet: Online addiction is connected to brain waves**

Continued from page 1

He said the demands of his dependency began to take a toll on his health and it was for that reason he began to strictly monitor his online presence.

Messiah said Internet dependency and techno-addiction can lead to problems within interpersonal relationships — going so far as interfering with a person’s professional life and health.

Carpal tunnel syndrome, dry eyes, back and neck ache, eating irregularities, exercise disruption and even sleep disorders are among the health troubles he said technology addiction can lead to.

“Set perimeters. Say I’m going to go online and I’m going to work for x amount of time,” Messiah said.

“You’re doing online on your personal time. But it’s easy, Messiah said, to monitor this and make time spent online both healthy and productive.

“Do work stuff at work so that it doesn’t bleed over and you can truly examine what you’re doing online on your personal time.”

Messiah said the next step to curing the techno-addict is to get it classified as a more serious medical disorder so that the treatment for it will reflect as much.

While he did caution that anyone can fall victim to technology addiction, Messiah said those willing to admit they may have a problem and do things to correct it, are capable of helping themselves without giving up the Internet or technology altogether.

“We need to talk about balance. I’m not one of those people that says Facebook is evil or that the Internet is evil,” Messiah said.

“I think the Internet serves a good purpose. Do whatever makes you happy but do it in moderation.”

According to OCU’s Facebook page at www.facebook.com/ocuacdictionprevention ionstudies, “Oklahoma City University … appointed Dr. Peter John A. Messiah to lead its … Addiction Prevention Studies program.

The … program at OCU was started by a donation from Jack Turner, who served on two governor’s task forces regarding addiction and on the board for the Oklahoma Department of Mental Health and Substance Abuse Service.

Turner cited findings of a study conducted for the most recent Governor’s Task Force showing more than 6,500 students in Oklahoma colleges and universities drop out … because of problems related to alcohol addiction and abuse.

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**Test: Take finals early; avoid wait**

Continued from page 1

the first two hours of the day, from 8 to 10 a.m., are fairly light,” Ellis said.

Test Center hours are extended for finals week. Monday through Friday it will be open from 8 a.m. to 11 p.m. Saturday hours will stay the same, 8 a.m. to 5 p.m.

Students must arrive at least one hour before closing time.

They also must have their student ID. Without the student ID, a student will not be allowed to take a test.

Sophomore Ashley Milligan said she dreads taking finals.

“There is just so much information, she said.

Student Support Services has information about how to reduce test anxiety. A few good tips are:

• Do not cram.
• Replace any negative thoughts with positive ones.
• Don’t get bogged down and worry about questions you don’t know, move on.

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Nursing students ready to get to work

REYNA OTERO
Community Writer
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Students who have completed either of OCCC’s two nursing degree programs will be recognized at Nursing Pinning Ceremonies Thursday, May 16, in the OCCC dining area, said Nursing Professor Karla Schenk.

Sixty-two students from the Traditional Pathway program and 38 from the Career Ladder Pathway program are eligible to be pinned, Schenk said.

She said family and friends of the graduates are invited to attend the Career Ladder and the Traditional Pathway events being held at 6 p.m. and 7:30 p.m. respectively. A reception will follow.

CLP is a two-year pathway for current Licensed Practical Nurse’s and Paramedics, said Nursing Professor Carol Heitkamper. In contrast to CLP, the Traditional Pathway program is for students admitted for the first time in the nursing program.

Nursing Program Assistant Director Terri Walker said Schenk and Heitkamper planned the ceremonies.

Schenk teaches the Traditional Pathway program and Heitkamper teaches the CLP program.

Heitkamper said students must pass the course in order to attend the pinning ceremony.

She said after graduation, the students are eligible to take the RN NCLEX (Registered Nurse National Council Licensure Examination), the last step in becoming a registered nurse.

She said the exam is long and difficult but students who pass can start working as a registered nurse.

Heitkamper said that is just the beginning of a new chapter.

“I would like our students to continue to be lifelong learners,” she said. “I would like them to take advantage of learning opportunities that promote critical thinking and sound clinical judgment.”

“These characteristics are necessary for safe nursing practice,” Schenk said.

Schenk said she expects great things of her students.

“I want my students to take integrity and an understanding of professional behaviors with them as they enter the profession of nursing,” Schenk said.

Walker said she is excited for the graduates.

“Congratulations,” she said. “Welcome to the profession of nursing. Your journey has just begun.”
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:** 1965 Chevy truck. $3,000 OBO. Rebuilt motor. Runs. Needs painting. 1962 Chevy car. $1,500 OBO. Call/text: 405-517-4117 for more info.

**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.

**TELEVISIONS FOR SALE:** Both are 40” CRT. One is a Sony and the other is a Magnavox. They both were recently repaired and are in excellent condition. $35 each. Call or text 405-667-0101.

**LOOKING FOR A ROOM/HOME TO RENT:** Will share all bills. Call 443-812-0917 or qmmountain@yahoo.com.

**REWARD OFFERED:** For missing prescription glasses. Lost Monday, April 15, on the second floor by the Math Lab or near the coffee shop & restrooms in the Main Building. If found, please turn in to the OCCC police or call Jorie at 405-919-5475.

**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.

**COLLEGE ALGEBRA TUTOR WANTED:** Will pay up to $10 an hour. Anyone interested PLEASE message or text 405-496-1920.
Downtown art course takes students to odd places

AMY HERRINGTON
News Writing Student

A blue concrete nose the size of a sedan extending out of the wall is the first art object the students notice as they walk into the gallery. The piece was designed by the Flaming Lips lead singer Wayne Coyne.

This is just one of several three-dimensional artworks at The Womb Art Gallery at NW 9th and Broadway in downtown Oklahoma City, which 20 students toured April 18.

The students in a special eight-week course, “Understanding Art in OKC,” were treated to a private tour guided by Curator Jake Harms.

“We just want to add something else to art besides just looking at a painting on a wall,” he said. “We always like to do stuff differently.

“When you come to our gallery, we want you to walk through the installation,” Harms said.

“We want stuff to hit you in the face. We want you to touch stuff. We want you to sit down. You might have to duck under something as you go.”

Mary Beth Babcock, owner of Dwelling Spaces, the gift shop next door, assisted Harms with the tour.

“This is not a cookie-cutter building,” she said. “It’s unique. I think that’s a very cool thing for the state to have — something this different.

Instead of meeting in a traditional classroom on campus, each week the class gathers at the Oklahoma City Museum of Art in the downtown area.

“The atmosphere is so different from traditional courses on campus,” said student Sophia Thurman.

“The instructor has a great sense of humor, and I learn about a new and interesting place to visit every class.”

Students enrolled in this non-traditional course have many opportunities to take field trips during the semester.

Each week, they visit a different local gallery, art show, or festival, and learn how to critique artwork of all different forms.

Through this course, students have the chance to experience local art in a new way.

“The Womb Gallery changed my perspective on what we would usually consider ‘art,’” Thurman said. “I thought it was fun and exciting for this area.”

Student Tom Hudman said that is why he took the course, which is offered through the OKC Downtown College.

“The field trip was enjoyable because I could interact with other members of my class and have discussions with them. I would recommend the class to others, and already have,” Hudman said. “I’m taking the class for fun, because I wanted to understand art more and learn about the different forms of art.”

Adjunct Professor Narciso Arguelles is the instructor, as well as a local artist himself.

“I love teaching. I love to inspire people,” he said. When students are considering taking this course he wants them “to be open minded and adventurous.”

The OKC Downtown College is a consortium of five colleges and universities, including OCCC.

Credit classes on the schedule for fall include Museum Studies, OKC Arts Alive!, and Storytelling. Each of these non-traditional courses will fulfill the requirement for a humanities credit. The Downtown Courses fill up quickly when enrollment opens, said Gus Pekara, director of OKC Downtown College.

He can be reached for any questions about the courses at 405-232-3382 or gpekara@downtowncollege.com.

Art graduates showcase final projects in VPAC gallery

SABLE SANER
News Writing Student

Ten graduating visual arts students showcased various drawings, paintings, photographs, sculptures, ceramics, and more at the bi-annual art portfolio exhibition on April 19 in the college art gallery in the Visual and Performing Arts Center.

All artwork will remain on display in the VPAC art gallery through May 10.

The opening event was sponsored by the Student Art Guild, who provided music and food. The exhibition was a chance for students to show off some of their work to friends, family and the public.

“We had to narrow it down to our best artwork from the time we were at OCCC,” music and art major Pam Dobbs said. “It was hard for some of us to pick which artwork we wanted to show.”

Each student’s name was displayed outside the gallery along with an artist statement about themselves, how art inspires them, and what they plan on doing in the future.

Visual arts major Christina Garcia said she plans to transfer to the University of Oklahoma for Studio Art and hopes to use her artistic abilities in a more unique form, such as tattooing.

“Becoming a tattoo artist is something I have wanted to do since I was a little girl,” Garcia said.

One of Garcia’s pieces was a pencil sketch of a human fist, detailed with muscles and wrinkles which Garcia believes make the drawing come alive to viewers.

Visual arts major Jynet Finley said the hardest piece of work she did was one she named “Gravidity,” a clay piece carved using a styrofoam block.

“It meant a lot to me because I was pregnant while making the piece. “It represents my motility,” Finley said.

Finley said she hopes to someday use her talent by being an art therapist, owning her own business, or teaching.

The portfolio class, worth one credit hour, serves as a capstone and is a requirement for all visual art majors to graduate.

“I took this class to become a better artist, learn how to use different tools, and learn a different way of using art,” visual arts major Tanner Veal said.

Students meet once as a class at the beginning of the semester and from there must work both as a team and on an individual basis to finish their work.

Dobbs said she likes the fact the professors give students such creative independence.

“They give you the foundation and say, ‘now go from there’ and they allow you freedom.

“It’s awesome.”

During the exhibition, students also had the chance to sell their pieces if made an offer.

Gallery hours are 11 a.m. to 7 p.m. Monday through Friday.