Winter brings Seasonal Affective Disorder

If you experience a lingering mood change, seek help

KATIE THURMAN
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With the approach of semester finals as well as the holiday season, many students may find themselves suffering from unusually high amounts of stress. This stress, or other feelings, can be exacerbated by a condition known as Seasonal Affective Disorder, or SAD.

"Some people experience a serious mood change when the seasons change," according to the U.S. National Library of Medicine. "They may sleep too much, have little energy and may also feel depressed. Though symptoms can be severe, they usually clear up."

Mary Turner, learning support specialist, said no one should have to suffer through the disorder.

"... It does respond to treatment," she said. "Seasonal affective disorder is a type of mood disorder, so it's in the same category as depression and bipolar."

"It is characterized by, primarily, changes in ultraviolet exposure," Turner said.

"One of the glands in our brain that regulates sleep produces melatonin and sunlight — or any type of light — can shut that production down."

"So for individuals [who] are very sensitive to that ultraviolet, moving into a season where there is less sunlight can impact their feelings of sadness, put them into a depressed state and make them less functional."

Primary care physicians often fail to diagnose seasonal depression or mood disorders. This can leave individuals who suffer from SAD feeling alienated, confused and lost, according to American Family Physician, www.aafp.org.

Turner said SAD symptoms, are "similar to any type of depressive disorder where the person feels lethargic, and just a general feeling of unhappiness and gloom."

"There may be body aches [in addition to psychological symptoms] and people may not be able to think as clearly."

Turner said when a person

Play time

Students
Connor Marshall
as Uncle Peck
and Tiffane Shorter
rehearse a pivotal scene from the Paula Vogel play “How I Learned to Drive.”

Issues of control and manipulation, incest and the sexualization of young girls will be explored in the play scheduled to run at 7:30 p.m. Thursday, Nov. 21 through Saturday, Nov. 23 in the Bruce Owen Theater.

For more about the play, turn to page 6.

KATIE THURMAN/ PIONEER

Volunteers sought for Christmas Connection

LAUREN DANIEL
Staff Writer
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One out of every four Oklahoma children live in poverty, which means that their families may not be able to provide Christmas gifts.

Christmas Connection strives to help bring normalcy to struggling families lives during the holidays, said Shelly Dutton, Christmas Connection executive director.
Auto-tune overused in music

Technology has been changing the face of music for many years now. One invention in particular, stands out — auto-tune or pitch-correct software.

So to auto-tune, or not to auto-tune: that is the question. It depends.

Technology in modern music should be for enhancement, not as a means to create instant pop stars.

When auto-tune is used for its intended purpose it can be a valuable time-saving tool in today’s fast-paced music industry.

The original purpose of auto-tune was to correct inaccuracies, allowing a track to be perfectly in tune without the vocalist needing to record multiple retakes. However, many labels tend to abuse the tool, pushing artists to use the device because it saves time and allows them to squeeze more musicians into the studio, increasing revenue. Many bands have been dropped from labels because they refuse to use auto-tune.

Auto-tune has completely conquered the music industry, leaving radio waves polluted with synthetic recording artists who lack substance and talent.

Musician Corey Taylor expressed his feelings on the state of the music industry in recent interview. “I would say three out of four people nominated [at the Grammys] were all auto-tune artists. At that point, you shouldn’t be allowed to be nominated in anything that has a vocal category. You should be nominated in an instrumental category because the computer did all the work for you. If you sound more like a keyboard than a human being, you shouldn’t be allowed to walk away with one of those trophies.”

This is not to say using auto-tuning techniques is entirely unjustified in the recording process. There is a difference between using auto-tune as an effect and solely relying on the tool in order for your music to be viable. When it’s used creatively, auto-tune can be a tool for artists, rather than a crutch.

But auto-tune has become a gimmick and like most gimmicks, gets used, re-used and finally, over-used. The truth is, in this day and age, there are very few singers who can sing a whole album perfectly in key. Minor tuning issues fall through the cracks during the recording process. At that point, the engineer can either request another session with the singer or tweak with auto-tune. I have no problem with tweaking an otherwise good track and making it great with a little technology.

However, the use of it has become a prerequisite to become a successful artist in today’s music industry.

— Lori Valentine
Community Writer

LETTER TO THE EDITOR | Black Student Association members show leadership through Open Mic event

Student group proves the future is secure, prof says

To the editor:

My heart was made happy this past Friday night, Nov. 8, in the College Union when the Black Student Association (BSA) presented their Open Mic event.

At a time when much talk centers around the lagging skill-levels and absence of values of our youth, young adults from across the city joined our BSA members to demonstrate virtuoso talent and skills that would rival those of famous artists.

Advertised as a “family friendly event,” I ventured to bring two of my grandchildren with me to the open mic and we were not disappointed.

The performance modes varied from spoken word, poetry, songs, and street rap to Christian rap. The topics sprang from the heartache and pain of failed relationships, the anger of bullying and non-acceptance, to the encouragement and jubilation of a foundation in spiritual faith, unshakable belief in God, and the value and worth of self-acceptance and love.

The talent of these young performers was truly awesome.

Most of the pieces were original, proving that yes, students can write.

Some of those performing were nervous, even before a relatively small crowd, but the encouragement of the audience and their own real desire to perform brought them to the stage and left them with confidence and success.

Set up as a black-and-white event — a little dressed up, flavored with vegetable trays, hot wings, meat balls, and cupcakes, the atmosphere was filled with anticipation, support and hope.

My grandchildren and I left with smiles on our faces, continuous conversation about our favorite performers and performances, and the a satisfied feeling that the future is secure with talented, knowledgeable, conscientious, and caring young people such as these.

— Carlotta Hill
Learning Skills Professor
MOVIE REVIEW | Seeing the movie in 3D makes it even better

‘Thor’ sequel meets expectations

Marvel has proven yet again why they are the best at superhero movies with their sequel to “Thor.”

“Thor: The Dark World,” directed by Alan Taylor, has everything you would want in a movie — love, vengeance, action, comedy and unfortunately, death.

I thought this movie was better than the first in many ways.

First, it was like “Game of Thrones” meets “Star Wars.” They introduce the villain Malekith — a dark elf who sets out to darken the world with a weapon called the aether. Malekith is stopped by Thor, Thor’s grandfather.

Secondly, Tom Hiddleston who plays Loki in the film, makes the movie so much better with his wit and charm and the way he brings the character to life. He also takes the movie for a whirl a few times by creating a few twists that will have you begging for the answer.

Third, the movie focuses a little bit more on the nine realms this time around. They also show a little bit of Viking tradition when, after a huge attack, they send the deceased bodies out to sea on ships and later, set them on fire with the ashes floating up to the sky and becoming stars.

This scene was probably the most exquisite scene of the movie. The way it was edited made me feel like I was mourning the loss but also enjoying the beauty it created.

Finally, the fight scenes were choreographed and put together amazingly, especially when Thor first appears on screen. The battle ends with him destroying what seems to be a rock giant with just one swing of his hammer.

If you are planning to see the movie, I highly recommend seeing it in 3D. It definitely makes a difference in your viewing experience. Also, do not forget to stick around until the end of the credits and I mean the absolute end, to see the teaser they have.

Rating: A

—GRANT VAN WINKLE
SPORTS WRITER

BUSINESS REVIEW | Online or in-store, customer service is superb

Zumiez has cool clothes, great service

I recently decided I needed a few more clothes for this winter. I had been shopping online and I found some things at Zumiez that I would have liked to purchase. So, one day after class, I ventured my way to the Outlet Shoppes of Oklahoma City and made my way to the store Zumiez.

I was immediately greeted with a sincere hello as soon as I entered the store. I began to look through the sales clothes. They had at least three racks of markdowns, and I believe that there were even more in the back.

I started to look for the items that I had seen on Zumiez’s website. The employee offered to help me find what I was searching for so I described the items to her only to discover they did not sell them at the Zumiez outlet, only at the regular Zumiez.

The lady then offered to find them and order them from the website for me. At first, I was hesitant, because who goes all the way to a store to order online? She insisted on looking up the items so I finally gave in.

I found out the sweatshirt and hoodie I wanted was “buy one get one 50 percent off.” In addition to that discount, both of the items were also individually on sale, so I ended up saving quite a bit of money. I even received free shipping to my house. The website did not enter the right amount for one of the sweatshirts so the salesperson corrected that as well.

While I was waiting for my order to be completed on the cash register, I was given the store’s iPod touch so I could register for “The Zumiez Stash.”

“The Zumiez Stash” is a rewards program for customers where you can earn points toward free items and receive exclusive email updates. After a few minutes, the order was complete and I was on my way back to my house.

My trip to Zumiez was short and sweet. I left feeling very pleased because of the welcoming atmosphere, and the ease with which the employee made my shopping experience. I received my items within less than five business days and could not have been happier.

Although I did not physically purchase any items from the Zumiez outlet, I would recommend it to anyone because of their above-average friendliness, willingness to help and great customer service.

Rating: A

—LAUREN DANIÉL
STAFF WRITER

JOB & CAREER POWER

Students who plan ahead get better jobs

Choosing a college major and then entering the professional workforce is one of the biggest decisions a college student will make.

The office of Student Employment & Career Services offers a variety of resources to assist and complement this process. OCCC offers Associate of Arts and the Associate of Science degree programs that prepare students for transfer to the bachelor degree granting universities both in Oklahoma and across the United States.

The National Association of Colleges and Employers in their NACE Salary Survey for September 2013 has identified the top-paying industries for bachelor degree graduates, regardless of major, as:

• Mining, Quarrying, and Oil and Gas Extraction: $85,733 average starting salary.
• Management of Companies and Enterprises: $57,462 average starting salary.
• Construction: $57,153 average starting salary.
• Manufacturing: $55,558 average starting salary.
• Finance & Insurance: $53,964 average starting salary.
• Education: $53,964 average starting salary.
• Professional, Scientific, & Technical Services: 305,500.
• Healthcare & Social Assistance: 270,000.
• Federal, State, and Local Government: 203,500.
• Finance & Insurance: 95,400.


Visit Student Employment & Career Services, the Advising office or meet with your faculty adviser for additional career guidance.

Student Employment & Career Services office hours are from 8 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 5 p.m. on Friday.

The office is located in 1G7 on the first floor in the Main Building.

For more information, call 405-682-7519, or email employmentservices@occc.edu.

—DEBRA VAUGHN
STUDENT EMPLOYMENT & CAREER SERVICES DIRECTOR
Lady Gaga album fails to impress

Hate her or love her, it’s pretty hard to ignore Lady Gaga.

The pop music ingenue is currently gearing up for the release of “Artpop,” her third studio album.

Admittedly, my relationship with Gaga’s music has been a bit up and down over the years. I typically champion pop music with high spirits because I like to think it’s all right to appreciate something a little silly every now and then. For that reason, Gaga’s first album “The Fame” and subsequent “Fame Monster” re-release were the pinnacle of the Jersey-born artist’s dance-pop greatness.

However, it would seem Gaga herself let the fame of “The Fame” go to her head and what followed was 2011’s “Born This Way” which was boring, self-indulgent and frankly, just not good.

I decided in the spirit of fairness, I would give the brand new “Artpop” a listen, hoping maybe Gaga would go back to her roots of creating music that was simple, fun, but still fresh and exciting.

What I found was that while “Artpop” isn’t as disastrous as its predecessor, it still isn’t great. Perhaps now more than ever, Gaga seems to be full of herself and her ego has pushed what could be likeable tracks on “Artpop” to noisy medleys that just make me roll my eyes.

As a general rule, Gaga still seems to be just trying too hard, and the result is an album that is messy, uncoordinated and has too many things going on all at once.

It’s not to say some of the things on “Artpop” aren’t catchy. Among the better of the songs are tracks like “G.U.Y.,” “Venus” and “Dope.” Unsurprisingly, what makes these songs so good is the throwback fashion in which they’re written. They transport you back to a time when most of Gaga’s music was fun. The rest of the album falls short simply because it’s so bizarre. “Artpop” sounds like a futuristic nightmare version of “The Rocky Horror Picture Show” soundtrack, and at times, it’s laughable.

Rating: D

—Katie Thurman
Editor
STUDENTS HAVE BEEN PREPARING TO PERFORM CLASSICAL MUSIC SINCE BEGINNING OF SEMESTER

Guitar students ready to show off hard work

NATALIE DAVIS
News Writing Student

Fourteen OCCC students will take the stage at 7 p.m. Thursday, Nov. 21, in room 132 in the Visual and Performing Arts Center to showcase classical music on the guitar. They will play a particular style of acoustic guitar music, said sophomore music major Jared Bross.

"Classical guitar takes older styles from the classical period and the baroque period, as well as pieces from Latin America, and is played on a nylon [string] acoustic guitar," he said.

Bross, along with 13 other guitar players, has been preparing since the beginning of the semester for the fall performance, said Professor Terry Isaacs, who has been teaching guitar lessons at OCCC for 14 years.

"Students have been rehearsing once a week and also on their own time outside of school," Isaacs said.

The concert will consist of 14 solo performances and three ensemble pieces played by a quartet including Bross, sophomore music major Matt Colston, junior music and photography major John Magelssen and guitar student Debbie Mauldin.

Colston said he has been playing for many years.

"I was 14 years old when my grandmother and I went to a pawn shop and bought me an acoustic guitar," he said.

"I love playing because it is like when everything else lets you down, it doesn't," he said.

The students are looking forward to performing in front of their peers. Their professor is glad to give them that chance.

"My favorite part about this concert is seeing students grow as musicians," Isaacs said.

"This concert is giving these students a chance to showcase their talent in front of a crowd."

"The free concert is open to the public. Concert-goers are likely to hear a new style of guitar music, "Bross said.

"It will broaden their horizons," he said. "People really don't know a lot about classical guitar and there are some really beautiful pieces they will be exposed to."

Magelssen said he encourages everyone to come.

For more information about the classical guitar concert or upcoming performances by guitar students, contact Isaacs by email at terry.t.isaacs@occc.edu or by phone at 405-691-6376.

System upgrade causes MineOnline shutdown

SAVANNAH BURKE MARCOS
News Writing Student

Brace yourselves OCCC students. Starting at 6 p.m. Thursday, Nov. 21, MineOnline will go down and will remain out-of-service until early Tuesday morning, Nov. 26.

During this time, students will not be able to enroll in or drop classes, nor will they be able to pay tuition online, check financial aid status or request a transcript, said John Richardson, online marketing coordinator in the Marketing and Public Relations department.

All of the MineOnline data is currently stored in one database format, said Connie Drummond, OCCC programming coordinator and systems analyst.

The system upgrade will consist of converting to "more of an industry-standard database," Drummond said.

Richardson acknowledges the timing of the shutdown isn’t perfect.

"Whenever you’re doing big technological upgrades, there’s never a good time to do them," he said.

He and Drummond pointed out the enrollment period is usually not heavy at this time of year.

Crystal Fry, premed major, is worried about the maintenance period affecting her schooling, mainly because of her upcoming move shortly after the site shutdown.

"I, for one, need it to pay my balance and also to transfer to El Paso next month and I can’t do that if the site is down," Fry said.

While it may be inconvenient in some situations, there is still good news.

Student email accounts will still be operational and Moodle, the online learning system, will still be accessible, Richardson said.

Also, tuition bills can always be paid by cash or check in the Bursar’s office on campus.

Employees in the registration area can provide assistance surrounding scheduling and enrollment.

The staff will be able to reserve student enrollment requests for processing once the new system is made available.

Faith Nowak, business accounting major, said she was involved in a long class discussion over the MineOnline system upgrade while in her Introduction to Business class.

Nowak’s professor, Michelle Anderson, brought her husband, David Anderson, to discuss the matter with the students.

As Information Technology Infrastructure director at OCCC, he was able to answer some student questions, as well as provide them with alternative solutions for their MineOnline needs.

After being advised to take advantage of the Bursar’s office and academic advisers during the maintenance period, Nowak said she was still frustrated.

"That would be a great alternative, except for the fact that most people, even me, don’t have time out of classes to go do things like that," she said.

"I literally go to school every day and then straight to work."

Nevertheless, she said, she came away from the class with a better understanding of the issue.

David Anderson reminded Nowak and her fellow students that the site shutdown would not occur during a popular enrollment period.

She said her classmates brought up the point that many students wait until the last minute to enroll anyway.

Nowak said next semester’s payments aren’t due until after the maintenance period, so it may or may not be a big issue for most students.

Richardson said the best advice is to plan ahead.

Looking over schedules, tuition bills, transcripts, and financial aid information as soon as possible, just to make sure, will help prevent being out of luck during the MineOnline shutdown from Nov. 21 through 26.

For more information, call David Anderson at 405-682-1611, ext. 7799, or email danderson@occc.edu.

Campus technology issues, concerns addressed

SPENCER GRANT
News Writing Student

OCCC Information Technology Infrastructure director David Anderson took questions about technological problems students have experienced on campus at the Nov. 7 meeting of The Leadership Council.

"My goal is to find out what students think of the technology on campus and if there are any additions needed," he said.

Students voiced concerns about the lack of cell phone service in parts of the campus, specifically some areas on the first floor and in the engineering lab.

Some students also said it is time to upgrade some computers in the engineering lab, referring to them as "long in the tooth" and "practically unusable."

He said his department is taking a survey of computers in the college and reporting to him about their performance.

Anderson said the report should be completed by the end of December.

"The goal of this program is to replace computers across campus that need to be replaced," he said.

Individuals also voiced issues with accessing the Pioneer website.

Anderson said it appears to be a classroom or computer-specific issue.

Anderson said he wants to assist in phasing out chalkboards and dry-erase boards and replace them with smartboards throughout the school.

Smartboards are touch-screen operated projectors that have been set in classrooms in order to make classes more interactive and modern.

The next TLC meeting will be at 12:30 p.m. Thursday, Nov. 21 in CU1.

For more information, email TLC Chair Megan Selby at megan.a.selby@my.occc.edu.
‘How I Learned to Drive’ explores real-life issues

CODY JONES
News Writing Student

I ssues of control and manipulation, incest and the sexualization of young girls will be explored in OCCC’s first play of the year, “How I Learned to Drive,” written by Paula Vogel.

Performances will begin at 7:30 p.m. Thursday, Nov. 21, and run through Saturday, Nov. 23, in the Bruce Owen Theater on campus.

“The purpose of art is to provoke and to get people out of their comfort zone,” said theater Professor Brent Noel, who directs the play.

“I think that does this a bit. There are going to be people who say this is bordering on obscene or perverse. "But we do 'MacBeth' and that's about murder and all kinds of nasty things. No one complains about that." The play does deal with harsh real-life issues that may be uncomfortable for some to talk about, Noel said. To help those who think the subject matter may be too intense, Noel and the performers will take questions about the play and its themes on opening night after the play.

People from the psychology department and Student Support Services will be available to talk about the themes and issues the play deals with as part of the talkback session opening night.

A lobby display also will be presented and will be up for the duration of the play for those unable to come to the talkback session.

Theater major Tiffane Shorter plays the female lead Lil’ Bit. She said she hopes people come away with the message that forbidden sex between an older man and his teenage relative is not such a taboo in our society that people can’t even discuss what the boundaries of sex are.

“It does really have the potential of being controversial and that’s just because it makes people uncomfortable," Shorter said. "It should make you uncomfortable because we should be asking these questions and talking about it."

“My mom and my grandparents told me I shouldn’t have auditioned but I think it’s really important. These are the kind of messages that we should be delving into.”

Noel said the play has achieved critical acclaim.

"It's a Pulitzer Prize-winning play," he said. "It's a very well-written play. It's a very educational play and I think that’s why we are here."

"Like theater that pushes the boundaries a bit and makes people deal with real-life social issues. I think this one does that extremely well.”

Theater major Connor Marshall plays the male lead Uncle Peck. He said the play deals with the most intense subject matter he’s ever been a part of.

“It challenges me as an actor to come from a different viewpoint,” he said. The darker issues the play brings up might keep some people from seeing it but the message behind the play is something everyone should be aware of.

“What are we willing to accept as a society?” Noel said. “Just because it’s taboo, does that mean it’s not worthy of discussion?”

Tickets are $5 for students and $10 for general admission. The Nov. 21 performance is free with an OCCC ID and will include the talkback session.

Controversial play explored via workshops

KATIE THURMAN
Editor
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In preparation for OCCC’s production of Paula Vogel’s "How I Learned To Drive," the theater department teamed up with Student Support Services and Student Life to present two sessions of informational workshops about the play.

On Nov. 12, theater Professor Brent Noel led a roundtable discussion about the play which deals with issues such as pedophilia and abuse.

“How I Learned to Drive” has been challenged by some and praised by others since its original production debut in 1997.

At the roundtable, Noel brought up the subject of whether the arts could be used to “stimulate discussion on campus” of subjects that might seem hard to talk about or may even be considered taboo.

Noel said he hoped to get students to think about “how one can utilize arts” as a way to start a healthy and helpful dialogue about “sensitive subjects.”

Students and faculty discussed what is considered art and what the benefits of the arts — specifically theater — are. Participants discussed art as an outlet, the therapeutic effects of practicing or viewing art, and the benefit of literature and art in allowing students to explore and learn about themselves as well as others.

Brenda Valencia, Occupational Therapy Assistant major, said she supports the arts as a creative outlet for real-life issues and advocates discussions about hard-hitting issues at OCCC because “[School] is a safe setting," for such conversations to take place.

On Nov. 13, two members of the cast presented a monologue and scene from the play and then sat down with Noel to give students some insight as to what it’s like to be a part of putting on a play like “How I Learned to Drive.”

They explained how the production helped them gain insight into their role as spectators.

Noel asked attendees to consider the boundaries of comfort and discomfort the audience will be faced with, and what those boundaries mean.

“One of the ways you get people out of their comfort zone is to [present them with] something that is going to give them a bit of a jolt,” Noel said.

“It happens in class when I try to get students to think in new ways. It happens in the theater when I’m trying to get young actors to react. “We’re … taught to limit our reactions and to hide our feelings, and in the theater, it’s the opposite. We want to bring those out.”

He said there’s a fine line between being provocative and pushing the limit. Noel asked attendees to consider why certain things make them uncomfortable and to seek out value and learning in that discomfort.

He said being forced to look at something, such as the sensitive content in the play, from an objective stance like that of an audience member can be a learning experience for them. "How I Learned To Drive" will be presented at 7:30 p.m. Nov. 21 through 23 in the Bruce Owen Theater.
Campus construction nearly completed

JOEL VIEZCAS
News Writing Student

The date for completion of the new theater and related sidewalks, plaza and landscaping is now anticipated to be early in December, said President Paul Sechrist. The theater will seat 1,070 people.

Construction includes an allée, a shaded walkway with lighting and landscaping leading from the main entrance of the Main building to the front entrance of the state-of-the-art Visual and Performing Arts Theater.

A tour of the facility reveals its grandeur. The sheer volume and open space are evident when walking through the atrium with light streaming in from the three-stories-tall glass panels that define the west wall.

"We are very proud of the new facility," said Cultural Arts Director Lemuel Bardeguez. "It will have a cultural impact on Oklahoma City."

Funding for the $21 million theater comes from a variety of sources — with student fees contributing $8 million toward the total cost.

In 2007, students in The Leadership Council voted in favor of paying a $3 per-credit-hour increase to the facility fee for construction of the theater, said John Boyd, vice president for Business and Finance.

Bardeguez said student support was critical in getting the project moving almost eight years ago.

This was an important time for OCCC to accomplish a dream it had for many years, Bardeguez said.

"We wanted to have a great community college with a great performing arts center. Students realized the value that had," he said. "Without the students, the facility would not be here."

Bardeguez expects the theater to be a training facility for students in the performing arts and hospitality fields.

"The significant amount the students have invested for the theater is definitely worth it," he said. "We would like the facility to one day be a working lab for students to get preparation for their future careers."

Boyd said the allée, or walkway, is expected to cost a little more than $1 million, all of which came from the South Oklahoma City Area School District building fund levy.

He said the remaining funding came from the following sources:

- Section 13 Offset Funds: $2.8 million. Boyd said Section 13 offset funds are provided by the Legislature for campus maintenance and construction.
- Master Lease Real Property Funds: $4 million. Boyd said this fund is a financing program under which the Oklahoma State Regents for Higher Education may finance acquisition of or improvements to, or refinance or restructure outstanding obligations for real property.
- Auxiliary Funds: $3 million. Boyd said auxiliary funds include Bookstore revenue, facility fees ($3 per credit hour of which was used to support the $8 million bond resolution approved by students), the student activity fee, Arts Festival, Food Services and other activities of OCCC that are not related to education and general expenditures.
- Private Donations: $1.9 million.
- South OKC Area School District Ad Valorem: $1 million. A portion of ad valorem, or property taxes, paid by South Oklahoma City residents is designated for OCCC.

Sechrist said the theater space also will include the Inasmuch Art Gallery. Displayed art will be for sale and will serve as a fundraiser for student scholarships.

The first exhibit in the new gallery will feature the work of Desmond Mason, an artist with Oklahoma connections. The opening for the art show will be the evening of Saturday, Jan. 18.

Art will be outside as well as inside.

Private funds have been raised to create and install a large outdoor sculpture that will be located in the plaza near the front of the building, Sechrist said.

The sculpture, "Crescendo," was designed by local artist Colin Rosebrook. It will be unveiled at the plaza-naming ceremony late in the afternoon on Thursday, Jan. 16, according to an email from Sechrist.

Project Manager Larry Barnes said construction took a little longer than expected.

"You can't rush this," Barnes said. "You can push in early stages of a job but when you get down to the final finishes, you don't want to push those.

"We need to make sure it is done right. My job is for quality assurance during this process," he said.

Sechrist said once the building is finished, move-in will begin.

"It will take a few weeks to complete the installation of furniture and equipment to ready the theater for events," Sechrist said.

"Presently, the first event in the new space is the GED Commencement, scheduled for Friday evening, Jan. 10. Many other activities, including OCCC choral concerts, pinning ceremonies and performances by outside groups, are already scheduled throughout the spring."

The formal dedication ceremony will be a part of the Spring Semester Prep and Planning Week, when professors return to work after the new year.

The ceremony will be held at 1:30 p.m. Tuesday, Jan. 14, in the lobby of the theater.

"We are planning tours of the facility directly following the ceremony," Sechrist said.
Registration for the 2014 Winter Youth Basketball League is under way, said Intramural Sports Assistant Matthew Wright.

"The season will begin Jan. 4 and will run until Feb. 22," Wright said. "Each team will play eight games."

Wright said games will be from 9 a.m. to 5 p.m. on Saturdays.

"These games include four divisions for both boys and girls in this league consisting of third, fourth and fifth graders."

Wright said the age cut-off date is Sept. 1.

"The player must be 8-years-old by the age cut-off date," he said. "(In addition), players 13-years-old prior to age cut-off date (also) are ineligible."

Wright said pre-formed teams also can join the league. In fact, he said, half of the teams entered are pre-formed.

"Teams can have up to 11 players ... ," he said. "The individual registration fee is $55 and that fee includes an OCCC game jersey."

"[For] team registration, that fee is $390 but the organized teams must supply their own game jersey."

Wright said players must bring a copy of their birth certificates to registration.

Early registration is from Oct. 1 through Nov. 22, he said.

Late registration is from Nov. 25 through Dec. 6, Wright said, with an additional $10 fee for individuals and an additional $20 fee for pre-formed teams.

Wright said that each team will be allowed a one-hour practice, one day each week. It will be up to each team to set up a practice time.

"The gym will be closed at 5 p.m. Monday, Tuesday, Thursday and Friday for youth basketball league practices," he said. "Wednesday they will be open for intramural games."

Wright said to enroll, call 405-682-7860, go online to www.occc.edu/rf or visit the Recreation and Fitness office located on the first floor of the Main Building.

For more information, call Sports and Recreational Specialist Eric Watson or Wright at 405-682-7860.
Switched SD card, intoxicated man reported to cops

KATIE THURMAN
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A lost or missing SD card and an intoxicated visitor in the library kept campus police busy on Oct. 29.

Student Kevin Stout reported the SD card in his phone had been replaced without his permission or knowledge.

According to a report filed by Officer Gordon Nelson, Stout had been in a study group in SEM 1D2. Stout said sometime after this, he tried to turn his phone on and the screen displayed a message that said the SD card was blank. Stout then reportedly checked the card and discovered that his 32 GB Samsung SD card had been replaced with a 16 GB card of an unknown brand.

Stout said while he was in his study group, he had placed his phone on the table and left it there until he went to a lab. Stout said he left the room on three occasions but each time he returned, his phone was in the same place as when he left. Stout gave Gordon the names of the people in his study group. Stout placed the value of his SD card at approximately $69.99.

On the same day, Officer Ronald Ventresca was dispatched to the library regarding an intoxicated person who was causing a disturbance.

The man, Jack Johnson, a visitor who had prior police contacts on campus, was seated at a computer. Johnson told Ventresca he was getting ready to leave and told Ventresca he was “looking at stuff [he] shouldn’t have been looking at.”

Ventresca reported that Johnson was visibly intoxicated.

When Ventresca told Johnson to follow him outside to talk, the man twice refused, then reached for his backpack.

Ventresca said he then took control of Johnson’s arm and Johnson became even more resistant.

Ventresca said Johnson shouted obscenities as he was escorted from the library.

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

SAD: Students should seek help when symptoms appear

Continued from page 1

feels something has changed and he or she doesn’t feel quite right, that’s the time to seek help.

“If they notice that they’re undergoing some changes or they understand that they’re more susceptible, [they should act immediately] and get treatment,” Turner said.

Turner said, while SAD typically tends to fade with the departure of the winter season, there are things that can be done to alleviate the symptoms of the mood disorder when it occurs.

“Individuals may be helped by installing [an ultraviolet] light in their homes and getting that exposure.

“They may be able to benefit from various talk therapies to get a better sense of what’s happening to them, because if we know what’s going on, we can handle things better.”

Turner said any student who may be affected by SAD also can get counseling at OCCC.

“Of course, [students] have access to our licensed counselors on staff,” she said. “If it’s determined they might need something more, the counselors can make appropriate referrals.”

In some cases, according to www.aafp.org, the first step to identifying SAD is to identify major (or recurrent) depression in a patient.

A doctor will then use a variety of screenings to determine whether the patient’s depression is directly correlated to a certain season.

Seasonal depression is more common among women than men, but the disorder can affect anyone, according to the website.

Turner said the important thing to be aware that SAD is real and affects many people. Treating the disorder is of the utmost urgency she said.

“Mental health is as treatable as our physical health … and we shouldn’t hesitate if we feel like something’s wrong … because we’re talking about our quality of life and our overall well being and those are important.”

For more information, contact Turner at 405-682-7544, mturner@occc.edu or go by 1F8 in the Main Building.

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Symptoms may start out mild and become more severe as the season progresses.

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Heavy, “leaden” feeling in the arms or legs
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating

It’s normal to have days when you feel down. But if you feel down for days at a time and you can’t seem to get motivated to do activities you normally enjoy, see your doctor. This is particularly important if you notice your sleep patterns and appetite have changed or if you feel hopeless, think about suicide or find yourself turning to alcohol for comfort or relaxation. — www.mayoclinic.com

Christmas: Student volunteers a big help to community

Continued from page 1

OCCC students will be taking a service trip to Christmas Connection on from 8 a.m. to 4 p.m. Nov. 22. There is a constant flow of volunteers …

“Large groups of students … that they’re more susceptible, [they should act immediately] and get treatment,” Turner said.

Kevin Stout, a sophomore psychology major, said she views the trip as beneficial.

“It helps out the families in need, and I’m there sure are a lot of people looking for volunteering hours and community service hours …”

OCCC students provide a real service for Christmas Connection.

“Large groups of students come two or three times a year. There is a constant flow of OCCC students volunteering their time at Christmas Connection …”

OCCC students are encouraged to volunteer because of the benefit to them and the community.

“It’s an opportunity to give back,” she said. “It’s an opportunity to be with other students and get better acquainted with other students, and just to help as a community as we approach the holiday season,” she said.

The deadline to sign up is by noon on Nov. 22. To sign up, choose the Service Learning tab on the Student Life website at www.occc.edu/studentlife/serviceday.

For more information, call 405-682-7523 or visit www.occc.edu/studentlife/index.
Nursing students share experiences

LAUREN DANIEL
Staff Writer
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“If I can do nursing school, then I think everybody can do it,” said nursing student Sara Belmir to a group of about 40 during the Health Professions Club meeting Nov. 7.

The HPC strives to help health students get into professional schools, said Steve Kash, professor and sponsor of the club.

Belmir and nursing student Sanaa Qarqour spoke about their journey in the OCCC nursing program. “Nursing school will take your brain to thinking in a different level,” Belmir said.

She said being in the program takes a large amount of perseverance and sacrifice. “It’s doable, it just depends on dedication, hard work, and how bad you want this,” she said.

Kash said student success is the focus of the activities for the club. “Our director, right now at least, is dedicated to bringing successful former students back to talk to our students,” he said.

Students currently in professional school have been invited back to speak to students.

“I think it’s real important for our pre-nursing and pre-professional students to actually meet with former OCCC students rather than just a professor or representative of another school,” Kash said.

“I think that’s a very powerful statement—to be able to talk in a room with somebody who is in a place where you want to be in another year or so,” he said.

Nursing major and HPC member Tony Feehen joined the club because he thought it would help him with his career.

“I felt it would correlate with my nursing program—my ambitions to become a nurse,” Feehen said. “It’s always nice to get a different perspective from other people going through it.”

Feehen recommends the club to anyone in a health-related field.

Kash said students don’t have to major in a health profession to join the HPC or attend their meetings and seminars. “Whether you’re a science person or not, whether you’re an official member of the club or not…it’s basically an open-door policy,” Kash said.

Nursing major Srilan Maranan said he would like to join the club.

“The meeting was very informative,” Maranan said.

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“The meeting was very informative,” Maranan said.

The willingness of former students to speak at club meetings positively represents OCCC, Kash said.

“I think this is a very tightly-knit campus, and you only discover that when you find no lack of folks who want to come back and talk to the students on campus and they are not compensated for it in any way,” Kash said. “They are just doing it out of the kindness of their heart and the fact that they feel strongly about their alma mater.”

For more information, visit their website at www.occc.edu/studentlife/clubs or call Kash at 405-682-1611, ext. 7169 or by email at skash@occc.edu.
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Professor enlightens class about homeland

LAUREN DANIEL
News Writing Student

The majority of deaths in Africa do not come from diseases, AIDS, or starvation, said Germain Pichop, economics professor and native of Cameroon. He spoke Oct. 22 to a class of 20 News Writing students about the common misconceptions about Africa.

He said despite the depiction by the media about many African children dying from AIDS, that is not the leading cause of death.

"People end up dying more from traffic accidents than … from diseases," Pichop said.

"(Also) more people die from malaria than AIDS … people don't take it seriously until it is too late and then they die."

Pichop also cautioned students about giving money to organizations that claim they are helping people in Africa.

"One of the misconceptions is that giving aid will really help Africa," he said.

He said quite a few non-profit organizations do not actually give money to the cause they claim they are helping.

Pichop said about 90 percent of the money raised returns to the company that raised it.

"Really, the people who need help are not being helped."

Pichop also spoke about child soldiers in Africa. Although he said he had never seen a child soldier, he said there are a few places where that still occurs.

In those areas, he said, the young soldiers are forced to fight against the government so warlords can get all of the resources the country has.

He said those areas are few.

"It's not like Africa is an open conflict zone."

He said most African countries have abundant resources; however, the government makes it hard for wealth to be distributed.

"… Many African countries have bad governance and corruption."

"The people in power tend to be very rich and the rest of the population is very poor, usually with no middle class."

However, he said, education is very important in African households.

"Families take the education of their kids very seriously."

He said boys and girls are treated equally and most families send their children to school.

"Women are more successful in school," he said. "They tend to take it more seriously than men."

Pichop came to Oklahoma on a Fulbright scholarship, where he attended Oklahoma State University and completed his doctorate in 2003.

"I was lucky enough to get a Fulbright scholarship …"

He said he grew up working on a coffee farm with his parents, six brothers and one sister. Pichop said he is now living the "American dream."

"One thing that I like about the culture here is that if you work hard, you succeed. It's not always that way in Africa."

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Germain Pichop

Cameroon is in the west Central Africa region. It is often referred to as “Africa in miniature.” Natural features include beaches, deserts, mountains, rainforests and savannas. Cameroon is home to more than 200 different linguistic groups. French and English are the official languages. —www.google.com

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