

PIONEER ONLINE

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EDITORIAL

YOGA IS BENEFICIAL TO EVERYONE

Staff Writer Bryce McElhaney says yoga, typically viewed as a workout for women, is great for men too. Read his thoughts inside.

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NEWS

POLITICAL UNREST IS STATE'S GAIN

International student Amr Elghondakly said Oklahoma is far different from the Egyptian city he hails from. Political issues brought him to the state. Read more.

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SPORTS

RECREATION AND FITNESS CLASSES

Abs Express, Cardio Kickboxing and Theatrical Dance are just a few of the classes offered through OCCC. Read more inside.

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COMMUNITY

STUDENT COUNCIL NAMES NEW CHAIR

Muslim Student Association club President Samir Elneser has been named as chair for The Leadership Council. To find out more, turn inside.

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PIONEER

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WWW.OCCC.EDU/PIONEER

COVERING OCCC SINCE 1978

Snow cone fundraiser



JOHN HUYNH/PIONEER

Scott Campbell, EMT student, and Bobbie Ledford, a paramedic student, sell snow cones for the Student Emergency Medical Sciences Association, a campus organization. SEMSA also had a bake sale March 27 to benefit the Muddy Angels memorial bike ride which honors Emergency Medical Services personnel who serve everyday, those who have become sick or injured while performing their duties, and those who have died in the line of duty, according to www.muddyangels.com.

Students still have time to succeed

Meet with professors; know where you stand

LAUREN DANIEL
Editor
editor@occc.edu

It's that time in the semester where low grades on tests, quizzes and other assignments can have students wondering if they should attempt to bring their grades up or just give up and drop classes.

Mary Turner, Learning Support specialist said, even this late in the game, there are a few things students can do to be

successful.

Turner said the first step to making it through the rest of the semester is to do what many students wait to do until it is too late — talk to their professor.

"The first thing [students] need to do is talk to their professor about what is coming up for the rest of the semester so they know exactly what they have to do and when those things are due," she said.

The second thing students should do is make a time management plan, Turner said.

Students may know what their assignments are, she said, but without a time management plan, may not

accomplish anything.

"They've got to execute their plan," Turner said.

"So, we're about halfway through the semester, they have until the end of the 12th week

— if it's a full semester class — to make any changes they need to make as far as withdrawing."

Turner said taking a class is a

See **SUCCESS** page 9

Nursing department wins reaccreditation

LAUREN DANIEL
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OCCC's nursing program was recently reaccredited by the state Board of Nursing and

recommended for another eight years of accreditation by the national Association Commission for the Education of Nursing, said OCCC President Paul Sechrist.

See **NURSING** page 9

OPINION

EDITORIAL | Studies show fewer than one-fourth of yoga enthusiasts are men

Yoga a great workout for all

For centuries, yoga has been a great mind and body exercise for Eastern men and women alike. Only in the last century has it been slowly introduced into the lives of western Americans. Today, yoga has become a regular practice for about 8.7 percent of Americans, according to a 2012 market study by YogaJournal.com.



**BRYCE
McELHANEY**

Yoga has become an increasingly popular exercise among American women compared to men, as statistics indicate that men take significantly less of an interest.

According to the 2012 market study, 20.4 million Americans participate in the practices of yoga, 82.2 percent being women and 17.8 percent being men.

There is a significant lack of men practicing yoga compared to women, but why is that? The stereotype that yoga is a feminine exercise may be keeping most men away from the benefits of the practice.

“Men shy away from yoga because they may be intimidated by poses that require more flexibility, and they might be turned off by various spiritual aspects of the practice, such as ‘Om’-chanting or naming poses in Sanskrit,” said Carolyn Gregoire in a HuffingtonPost.com article.

More people in general should consider practicing

yoga, as they might learn to appreciate their bodies in an introspective way, rather than a flexing-in-front-of-the-mirror kind of way.

The majority of men and women who do regularly exercise, however, seem to plant their focus on one thing: getting ripped quick. To do this, they put their bodies through rigorous training that includes lifting a lot of weights in a repetitive fashion.

Weightlifting exercises are meant for building muscles but can also cause injury during practice, or long-term harm to the body.

“A new study finds that from 1990 to 2007, nearly a million Americans wound up in emergency rooms with weight-training injuries, and that annual injuries increased more than 48 percent in that period”, according to NYTimes.com health section.

Also, “about 82 percent of the 970,000 people injured were men, according to the study, which first appeared in the April issue of The American Journal of Sports Medicine.”

With this being said, perhaps more men should take time to practice yoga to avoid the harms of heavy lifting.

Although men and women who practice heavy lifting regularly may see the results they want, they may be missing the great benefits and “spiritual discipline” yoga has to offer their bodies.

According to the University of Minnesota’s health blog, “The systematic practice of yoga has been found to reduce inflammation and stress, decrease depres-

Glasses.



Trained Thinking 042 © Nathan Scroggins 2013

sion and anxiety, lower blood pressure, and increase feelings of well-being.”

There are many different forms of yoga to try — one of the most popular being Hatha yoga. Hatha yoga includes physical strengthening, balancing and breathing practices, and can easily become a regular practice for just about anyone.

“Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner”, according to YogaYoga.com

With all of these incredible benefits from a mind-opening exercise, both men and women looking to become happier, healthier and more stress free should give yoga a try by throwing it into their workout plan.

—**BRYCE McELHANEY**
STAFF WRITER

LETTER TO THE EDITOR | Without financial help, graduate says she would have been forced to take out student loans

Women of the South scholarship changes woman’s life

To the Editor:

Married at 20, I dropped out of college and went to work. I had three children by the time I was 30 and was a stay-at-home mom. I worked from home as a typist, proofreader and editor for college students, helped write résumés, created commissioned art, and more to generate income. When I could afford to, I took college classes. I accumulated 95 credit hours from eight colleges in four states by the time I was 45.

Divorced at 47, making less than \$10 an hour, I knew I needed to decide how to make a new life for myself. I decided to obtain my bachelor of arts in Administrative Leadership through the University of Oklahoma. Classes were offered at OCCC and online, making class attendance easy to manage. My

next challenge was financing my education.

A staff member at the YMCA told me about Women of the South and their scholarship program. I submitted an application and waited. During the panel interview, I was told the scholarship was offered to women around the age of 20 who were supporting children and pursuing an associate degree at OCCC. I was none of those. But I held on to hope. Amy Simpson called me and let me know that not only were they offering me a \$1,000 scholarship but also they would continue to do so every semester until I completed my degree.

About six months into my pursuit of my bachelor’s degree in 2011, the health and wellness director position opened at my branch. I still had more than

a year to graduation so I was afraid I would not be considered. But I applied and was offered the position — with the stipulations that I obtain my degree by July of 2012 and that, until then, my salary would be lower. Once I obtained my bachelor’s degree in May 2012, my salary increase kicked in and it was official.

Without the financial help from Women of the South, I would have been forced to take out student loans. Because of the generous scholarship, I was able to graduate with no student loan debt at all and am currently the Health and Wellness Director at Earlywine Park YMCA.

— **ALINE LUDWIG**
HEALTH AND WELLNESS DIRECTOR
EARLYWINE PARK YMCA

PIONEER

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The **PIONEER** welcomes **letters** to the editor and encourages the use of this publication as a community forum. All letters must include the author’s name, address, phone number and signature. E-mail letters should include all but the signature. The **PIONEER** will withhold the author’s

name if the request is made in writing.

The **PIONEER** has the right to edit all letters and submissions for length, libel and obscenity. Letters should be no more than 250 words. Students must list their major. OCCC staff and faculty must list their work title.

Letters to the editor can be submitted to the **PIONEER** office, located in room 1F2 on the first floor of the Art and Humanities Building, mailed to 7777 S May Ave., Oklahoma City, Okla. 73159, or submitted via e-mail to editor@occc.edu with a phone number for verification included. The **PIONEER ONLINE** also can be accessed at www.occc.edu/pioneer.

COMMENTS AND REVIEWS

MOVIE REVIEW | Reviewer says movie's strong content worth watching

Film sheds light on show animals

When I was a child, SeaWorld was always a mesmerizing place to visit. But as an adult, I'm not sure if I'll ever visit SeaWorld again.

One of my earliest memories involves boarding an airplane decorated as a killer whale, however, my most recent memory regarding killer whales only involves dismay.

Over the weekend, I watched "Blackfish," a bitter documentary exposing the grueling conditions in which orcas live while performing for theme parks like SeaWorld.

The film's focus is around Tilikum, an orca whale who has killed two trainers during his time performing in captivity.

According to the film, Tilikum is the largest whale in captivity and has bred several generations of the performing orcas currently held in captivity.

The film incorporates archived video footage from SeaWorld and similar theme parks, countless interviews with eyewitnesses, former whale trainers and park employees, as well as brilliant showcases of wild orcas in their natural surroundings.

The details of "Blackfish" aren't meant for young audiences.

However, I found the film very informative.

The beginning of the film highlights the deaths of whale trainers Keltie Byrne and Dawn Brancheau.

In both incidents, Tilikum exhibited violent, rebel-

lious behavior that resulted in both of their deaths.

"Blackfish" then proceeds to reveal Tilikum's origins, from capture to his current state.

Prior to watching the documentary, I'd never considered where the killer whales in captivity came from, but audiences witness the whale-hunting process firsthand.

After seeing the obscenities in the video footage, I'm not sure if I can view SeaWorld in the same light again.

"Blackfish" also documents the substandard living accommodations provided by some parks.

Rather than roam the waters and swim great lengths, the film shows orcas in captivity living sedentary lifestyles in pools no bigger than themselves.

Furthermore, "Blackfish" goes into great detail regarding the lifestyles of the wild orcas and stresses the importance of social relationships among the whales.

The film shows that the social aspects of whale pods are distorted when orcas are forced into captivity with one another.

The end of the film features the ongoing legal battles between orca advocates and SeaWorld.

While "Blackfish" is certainly not as fun as "Free Willy," I believe it's worth watching.

Rating: B+

—SIALI SIAOSI
STAFF WRITER

RESTAURANT REVIEW | Outdoor patio, restaurant enjoyable

Warm nights well spent at Mont

The Mont is a not-so-shabby restaurant located at 1300 Classen Blvd in Norman, right next to the train tracks where it's nice and noisy.

Most people would think the train is too loud and disrupting for a nice evening meal, but that isn't the case at The Mont.

The Mont is noisy place whether a train is involved or not, which isn't a bad thing.

The outside patio area is a great place for food and drinks on a warm summer night and could probably be compared to a lively backyard get-together.

The atmosphere allows people to feel an awesome, welcoming vibe that says "Hey, let's drink beer and eat nachos!"

Although I am not currently of age to drink alcohol, the nachos are splendid.

The nachos, by the way, include monterey jack cheese with Wisconsin cheddar topped over salty corn tortilla chips, with jalapeños on the side, all for \$5.99.

If that doesn't make your stomach rumble with hunger, maybe adding some guacamole for \$2.59



will make your stomach reconsider.

If you're more into American food, they have your cheeseburger fix with a range of 10 different burger options all ranging from \$5.99 to \$6.99, which are also on the cheaper side of fine dining.

From all burger choices, I would go with the Santa Fe

Burger, which is a char-grilled third-pounder with bacon, pepper jack cheese and guacamole.

Anything with guacamole from the Mont is pretty decent.

Although the restaurant is a little rough around the edges, everyone eating or drinking seems to be pretty happy, which must mean that they all found parking — that sometimes seems nearly impossible for me when going to the Mont.

Overall, the Mont is a pretty good summer night place to hang out and eat some tex-mex style foods in Norman.

Rating: B

—BRYCE McELHANEY
STAFF WRITER

CYBER TALK 101

Be wary of webcam hacking

It's possible for a hacker to access your webcam from anywhere in the world where they have access to the Internet and a computer. With recent advancements in technology, no one is safe from prying eyes. Unless you begin to use best practices when using the computer or Internet, all information is an open target.

Webcams have become, behind iPhones, tablets and smartphones, probably the most widely used technology since the computer itself. Because it is used in almost all technological devices today and it allows you to see who you're speaking with, it's truly a wonderful accessory. But on the flip side, a hacker can be watching you for several minutes, several hours, or several days without you ever having a clue your webcam is recording your every word and move.

There are several kinds of webcam hacks that have occurred over the past few years. The main purpose of a hacker is to find security vulnerabilities, whether in the software that controls a webcam or the hardware itself.

One popular method is clickjacking. This changes the look of the webpage a user is viewing so the malicious application link becomes transparent. The user would then be presented with an unsuspecting webpage linked to an image, a video play button, or a window close option, which is a script to allow the hacker to gain access to your PC and change the webcam settings to begin recording.

Another type of software used frequently is remote access tool (RAT). This allows a hacker to remotely access a computer. The hacker would trick a user into clicking on a link, open a picture or email attachment and then download the RAT software. Once the user does this, it is secretly installed on the user's PC and the hacker now has full remote access and can change the user's settings to turn on the webcam.

Other vulnerabilities that exist can be found in a particular brand or model of webcams. Other types of webcam hack attacks include vicious malware and viruses, infected email attachments, or direct access attacks from someone who knows your IP address.

You now know some of the main techniques a hacker would try to use to see what you're up to. Protect yourself at all times.

—OCCC CYBER SECURITY CLUB

COMMENTS AND REVIEWS

MOVIE REVIEW | Reviewer says dialogue strays from cheesy, is original

‘The Apartment’ still charming after 54 years

“The Apartment” is an amusing romantic classic containing honest characters many people can identify with today.

Directed, produced and partly written by Billy Wilder, this winner of five Academy Awards (including “best picture”) is as charming and witty today as it was 54 years ago.

In the movie, Jack Lemmon (Grumpy Old Men, Glengarry Glen Ross) plays C.C. Baxter.

An aspiring insurance salesman, Baxter allows his several bosses to borrow his apartment for their secret affairs.

That is, until he falls head over heels for one of their mistresses, Miss Fran Kubelik, played by Shirley MacLaine (Bernie, Steel Magnolias).

Momentum picks up quickly after an unfortunate crisis occurs, resulting in Miss Kubelik becoming stuck in the apartment and nurtured by Baxter.

That’s when the romance begins to blossom and



we witness both characters bond with one another.

Aside from romance and humor, this story says a lot about corporate tyranny and how easily someone can lose his or her soul climbing the corporate ladder.

Baxter believes sacrificing his apartment, health and relationships are reasonable choices because his promotions are more important.

Since Baxter’s superiors promise success will be the reward for his kind gestures, he tolerates their manipulative and mistreating behavior.

Once Baxter reaches the top, he realizes his reward isn’t as satisfying as he once thought it would be.

But don’t be deceived — “The Apartment” isn’t against the American dream, but merely opposes it being misused.

Character-wise, Miss Kubelik is an adorable mess. She’s convinced the man she sleeps with appreci-

ates her.

And like Baxter, Miss Kubelik accepts mistreatment in favor of an illusory future.

Additionally, the dialogue between Baxter and Miss Kubelik is sincere.

None of their lines comes off as sappy or lovey-dovey.

The lines are original and accurate.

It’s something most writers try to express but can’t because they don’t know how to write honest stories.

Billy Wilder had it figured out and this film is proof that no genre is sterile or a waste of time.

“The Apartment” is available on Netflix.

I highly recommend it for anyone who enjoys classic movies or a satisfying story... romance-wise.

Rating: A+

—ETHAN COOPER
WEBMASTER

TV SHOW REVIEW | ABC’s a new show too weird to stop watching

‘Resurrection’ vivid, interesting plot

ABC recently premiered a new show, “Resurrection.”

It looked pretty weird to me, considering that it is about dead people coming back to life, but I decided to watch it anyway.

The episode starts out when a boy named Jacob mysteriously wakes up and is found in a field located in rural China.

With no information other than the baseball team name on his shirt, authorities send him to the U.S.

At the airport, Immigration and Customs Enforcement officer Marty picks him up and begins to try to figure out where Jacob is from, but nothing seems to add up.

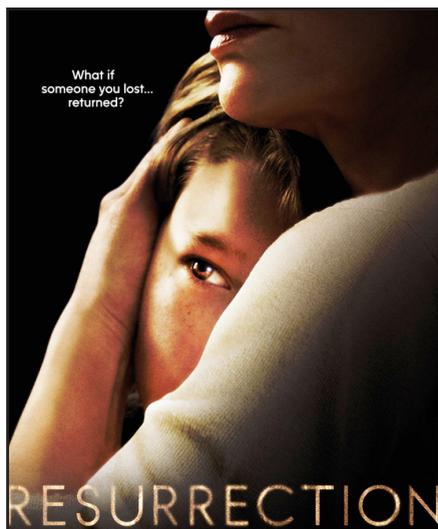
While playing on Marty’s phone, Jacob writes “Arcadia” down in a note.

Marty decides to take him to Arcadia, Mo., and Jacob leads him to “his house.”

An older man opens the door and explains to Marty that his son had drowned in a river 32 years ago.

The man disregards everything Marty says until he lays eyes on Jacob.

Jacob’s parents stand in disbelief, because their son appears to be standing just like he looked before he died.



Marty, a doctor, and Maggie, who happens to be Jacob’s cousin, begin to do tests and investigations to figure out what has happened.

Jacob died in an accident in the river with Maggie’s mom, Barbara.

His account of the incident makes the entire family question the legitimacy of the reports and story they have believed for so long.

The people involved with Jacob are dumbfounded as to how he miraculously appeared,

alive.

Just when the story could not get crazier, Maggie’s best friend has a loved one who has been dead for a number of years reappear, as well.

This show was creepy and just flat out weird.

However, it is intense and I was constantly on the edge of my seat, forming my own theory about the mysterious dead coming back to life.

Although the show is freaky, I will be watching the rest of the season.

Rating: B

—LAUREN DANIEL
EDITOR

TOP 20 MOVIES

Weekend of March 21 through March 23
www.newyorktimes.com

1. *Divergent*
2. *Muppets Most Wanted*
3. *Mr. Peabody and Sherman*
4. *God’s Not Dead*
5. *300: Rise of an Empire*
6. *Need for Speed*
7. *The Grand Budapest Hotel*
8. *Non-Stop*
9. *The Lego Movie*
10. *Tyler Perry’s Single Moms Club*
11. *Son of God*
12. *The Monuments Men*
13. *Frozen*
14. *Ride Along*
15. *3 Days to Kill*
16. *Bad Words*
17. *Veronica Mars*
18. *12 Years a Slave*
19. *The Nut Job*
20. *American Hustle*

STUDENTS HAVE UNTIL APRIL 4 TO ENROLL FOR SPANISH IMMERSION TRIP

Student Spanish Immersion trip planned for April 11

KELSEY ABRAHAM
News Writing Student

No passport required. OCCC's Spanish Immersion Weekend is the easiest way to study abroad without having to leave the country, Spanish Professor Ginnett Rollins said. She said the weekend of April 11 through 13 is better known as a weekend of learning Spanish, expanding vocabulary and exploring different Hispanic cultures.

This one-credit-hour course is held at Canyon Camp and Retreat Center in Hinton,

about 55 miles west of the OCCC campus.

Over the course of this weekend, students will get to enjoy the company of others and participate in numerous activities.

But they must commit to speaking Spanish, and only Spanish, most of the time, Rollins said.

"We show at least one film, play games, go on nature walks around the camp," she said.

"But a lot of the time, students get to determine what we get to do."

"We show at least one film, play games, go on a nature walk around the camp ... But a lot of the time, students get to determine what we get to do."

—GINNETT ROLLINS
SPANISH PROFESSOR

The cost is \$103 for tuition and fees, plus \$145 for food, lodging and activities at the camp.

"We actually have approxi-

mately five to six new Spanish speakers who are volunteering for the weekend from different countries and different nations," Rollins said.

"We have a professor from Spain and a student from Ecuador who will be joining us as well."

Rollins said this gives each student a chance to encounter different dialects, nationalities and diverse Hispanic cultures.

Also, they will have the opportunity to learn some Spanish dances such as the Flamenco, salsa and other moves.

The purpose of this course is

to give students the confidence they need in order to speak Spanish, Rollins said.

The course gives students the assurance of knowing they do not have to rely on someone else to interpret for them.

The deadline for enrollment is Friday, April 4.

To enroll for the course, go to the registration office on the first floor of the Main Building or visit <http://mineonline.occc.edu> and search for "SPAN 1151" or "Spanish Immersion."

For more information, contact Rollins at 682-1611 ext. 7704 or at grollins@occc.edu.

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THE RESERVE
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CORRECTION

In the March 14, issue of the Pioneer, it was incorrectly reported in the jump of the story "Student council says no guns at OCCC," the TLC resolution "strongly opposes any legislation, regulations, or policies that would allow guns on campus by law-enforcement personnel."

That should have read "by non-law-enforcement personnel."



Professors chosen for teaching excellence

LAUREN DANIEL

Editor
editor@occc.edu

Eight OCCC professors are recipients of the 2014 Excellence Award for the National Institute for Staff and Organizational Development. NISOD recognizes excellent professors, faculty, administrators and staff members.

The Institute was created in 1978 and includes community colleges and technical colleges all over the United States and Canada.

This year's OCCC honorees are Graphic Communications professor Randy Anderson, English professor Angela Cotner, Cyber Security Professor Al Heitkamper, Administrative Office Technology Professor Jenean Jones, Human Patient Simulator and Nursing Lab Coordinator Katherine Milam, Mathematics professor Christopher Oehrlein, Sociology department chair and professor J. M'Lou Smith and Chemistry Professor Kristy Bailey.

According to the NISOD website, colleges who are members of NISOD pledge to uphold high standards, which include: enriching student's learning experience, enhancing the standards of excellence throughout the academic community, and celebrating, recognizing, and rewarding educators.

Recommendations are confirmed by the president of each individual college. After the confirmation, recipients will receive a confirmation email, congratulatory letter and certificate.

THE WINNERS

Anderson was an adjunct professor at OCCC for 13 years before becoming a full-time staff member.

"I've been a full-time faculty member for almost eight years ...," he said.

Anderson teaches photography and applied graphics classes in the Arts division.

He said he is pleased to receive the NISOD Excellence Award.

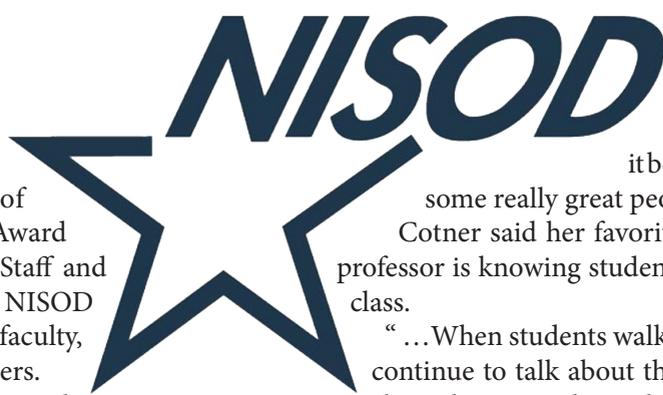
"I like helping people," he said. "I like to help them make their goals. I like to see them succeed. We're a starting point in a lot of people's lives, and I like to help them get started."

Cotner won the award in the English and Humanities Division.

"I started working at Oklahoma City Community College in the fall of 2003," she said.

Cotner became a full-time employee in 2010. She has taught English Composition I and II, philosophy, ethics and many other classes.

"I'm kind of shocked because I haven't been working here full-time



very long," she said. "It sounds cliché, but I'm really humbled by it because I work with

some really great people."

Cotner said her favorite part of being a professor is knowing students truly enjoy her class.

"... When students walk out the door and continue to talk about the subject ... anything that reminds me that my students are learning and aren't bored to death are good days."

Heitkamper was the winner in the Information Technology division. He has been at OCCC for 15 years. In 2004, he said, he began running the cyber security program.

Although Heitkamper has won before, he is still happy to be a recipient.

"I think it's great," he said. "I have won it in the past. I feel like it's great to be recognized."

Heitkamper said his favorite part of being a professor is helping students and seeing them graduate.

"... I've seen a lot of students who came through who have had to struggle. Because I've taken the time to give them

individual attention and just kind of encourage them, they've been able to be successful."

Jones won the NISOD award in the Business Division. As a professor at OCCC for more than 35 years, she has taught classes such as PowerPoint, office management, word processing and business communication. Jones said she feels honored to receive the award.

"It makes me feel humble," she said. "To me, there's all kinds of deserving people that could receive it. The college is made up of excellent professors so it makes me feel humble but appreciative," she said.

Jones said her favorite moment as a professor is when a student thanked her for giving her the motivation to graduate.

Milam was given the award in the Health Professions Division. Milam, a nursing professor at OCCC for three years, said she feels honored to have received the NISOD award.

"It's kind of a little overwhelming," she said. "I never expected it, so it's nice."

Milam's favorite thing about being a professor is getting to see her students achieve their dreams.

"My favorite thing ... is going into the hospitals and seeing former students — seeing my former students being nurses. Also, I've had the opportunity to even work with some

former students ...

"I think that's my greatest sense of pride is helping someone achieve their dream."

Oehrlein was the recipient in the Mathematics, Engineering and Physical Science division. He started at OCCC in 1997. He teaches many math-based courses including statistics and calculus. Oehrlein said he was surprised that he received the award.



Christopher Oehrlein

"... There were so many other people in the department who are just as deserving," he said. "I think we have a very strong math department."

Oehrlein said his favorite part of being a professor is when students come back to visit and tell him stories about their success.

Smith received the award in the Social Sciences Division. She has been a professor at OCCC for five years, teaching Intro to Sociology, family classes and more. Smith said winning the award is great.



M'Lou Smith

"I mean, the award is related to excellence in teaching and your work in general, and the thing is, my colleagues in sociology and in social sciences are all worthy of that exact award. I'm really happy to be this year's recipient."

Her favorite part about teaching is seeing how college shapes people's lives.

"So often we encourage people to come to college to get that credential they need for that job they want and it isn't the most important reason to get an education by far.

"The most important reason by far about getting an education is becoming a better thinker and a better person."

Bailey, the recipient in the Chemistry and Biological Science Department, was unavailable for an interview.

However, the OCCC employee directory shows Bailey teaches general and organic chemistry.

She has a bachelor's degree in chemistry from Cameron University in Lawton and a master's degree in organic chemistry from Oklahoma State University.

All NISOD 2014 Excellence Award winners will be honored at the Excellence Award Dinner and Celebration during the NISOD Conference held in late May in Austin, Texas.

For more information, visit www.nisod.org. The nomination procedure can be found at <http://portal.luzerne.edu/documentspace/po/NISODExcellenceAwardRequestforNominationsSelectionNotificationandRecognitionofAwardRecipientProcedureOctober2>.



Randy Anderson



Al Heitkamper



Jenean Jones



Katherine Milam



Angela Cotner



Kristy Bailey

it's a small world

Political unrest sends student to Oklahoma

SIALI SIAOSI
Staff Writer
seniorwriter@occc.edu

Born and raised in Alexandria, Egypt, pre-pharmacy major and international student Amr Elghondakly said the wide open spaces of the Oklahoma plains are nothing like the Egyptian cities he once called home.

Egypt is located in the northern part of Africa, Elghondakly said, and is considered a part of the Middle East.

Elghondakly said there are highways and skyscrapers in Egypt, but the socio-economic conditions are less than ideal.

Before moving to America in late 2011, he said, he lived in Egypt until he was forced to relocate due to political conflict within the country.

"I moved [to America] because, in 2011, there was political upheaval and a revolution started in the country.

"I think the main problem with the Egyptian society is we don't have a middle class. It's either you're poor ... you don't have an education ... or you're filthy rich.

"Everyone was so excited

about [the revolution] ... they were basically asking for equality for everyone ... [but] Egypt still is a Middle Eastern country and things there aren't really stable to begin with."

He said there were often clashes between Muslim radicals and other political entities during the revolution in Egypt.

"It was really ugly there ... people were opening prisons ... It was really not safe."

Elghondakly said his parents felt it was best for him to relocate to America to ensure his safety.

Upon moving to Oklahoma, Elghondakly said, he was surprised to find everything much bigger than what he's used to.

"Bigger houses, bigger roads, bigger meals ... I had a culture shock when I moved here because everything was kind of stretched out.

"I didn't know there was a place called Oklahoma to begin with ... it was a huge difference.

"I lived in a coastal city [in Egypt]," he said.

"It's kind of a small city, but we don't have much cultural or ethnic diversity like [in America] ... we have like, our own small culture."

Elghondakly said before



JAKE MCMAHON/PIONEER

Amr Elghondakly

moving to Oklahoma, his idea of America consisted of the Statue of Liberty, the White House and Broadway musicals.

But, he said, living in Oklahoma has taught him aspects of American culture that he couldn't have learned any-

where else.

"I think this part of the country and Oklahoma ... all of this is the real American culture," he said. "I think it's a different experience for me."

He said Oklahoma's hometown feel, such as its love of

country music, is what makes it feel truly American.

"I won't say I don't like [Oklahoma] — it's just kind of different," he said.

To contact Elghondakly, follow him on Twitter @ Ghonda33.



Egypt

Capital: Cairo

Population: 80.72 million (2012)

GDP: 257.3 billion USD (2012)

Size: 386,700 sq. miles (1.001 million km²)

Official Language: Modern Standard Arabic

Currency: Egyptian Pound

Government: Provisional Government

Religion: Islam

Details: Egypt is a transcontinental country spanning the northeast corner of Africa and southwest corner of Asia via a land bridge formed by the Sinai Peninsula.



SPORTS

Going for the goal



JOHN HUYNH/PIONEER

Nursing major Don Madrano dribbles the ball towards the goal March 14, in the OCCC basketball court. The last game of the season between the Thunder Chickens and Thirsty Camels was set to take place. However, not enough people showed up due to Spring Break.

SPORTS | Even newcomers can enjoy high-cardio classes

Dance, kickboxing offered to students

SIALI SIAOSI

Staff Writer

seniorwriter@occc.edu

Whether it's burning calories, tightening the core, or maybe just dancing around a bit, fitness instructor Elizabeth Hobi said she hosts three classes to accomplish each of those.

For \$35 a semester, Hobi said, OCCC students can purchase a Campus Recreation fitness pass and gain access to the Abs Express, Cardio Kickboxing and Theatrical Dance classes she instructs.

Regarding the Abs Express class, Hobi said it's important to add variety to exercises that only focus on specific parts of the body.

"I keep it moving, I keep it changing," Hobi said. "It's pretty intense."

Abs Express is a 25-minute workout beginning at 5 p.m. on Mondays and Wednesdays.

Following Abs Express, Hobi said, she teaches Cardio Kickboxing from 5:30 to 6:25 p.m. on Mondays and Wednesdays as well.

Hobi said students shouldn't be intimidated by the idea of a high-intensity kickboxing routine.

"I think a lot of people are turned off by the name ... it's called Cardio Kickboxing, but it's really a misnomer," Hobi said. "I think a lot of people think they have to be pretty a

“I think a lot of people think they have to be a pretty good boxer ... [but] I think if they tried the class out, they'd be pretty surprised.”

—ELIZABETH HOBI
FITNESS INSTRUCTOR

good boxer ... [but] I think if they tried the class out, they'd be pretty surprised.

"I give those people a full workout ... we use steps, we do some combinations of stuff and I keep them going pretty quick," she said.

Hobi said the Cardio Kickboxing class is ideal for those seeking to break a sweat.

"You sweat a bucket if you come — it's cardio," she said.

Hobi said the Theatrical Dance class

is more specific to strength and conditioning.

She said the dance class is held from 6:30 to 8 p.m. following her kickboxing class.

"It's got a lot of classical elements," Hobi said. "We use big movements and some ballet ... type of stuff, because that works so much of the legs."

Hobi said OCCC students should take advantage of the fitness opportunities Campus Recreation offers.

"This is the best kept secret [at OCCC]," said Hobi. "It's so cheap to work out here."

Fitness passes are available in the Campus Recreation office.

For more information, contact Hobi at 405-305-4592 or at elizabeth.a.hobi-1@ou.edu.

To purchase a group fitness pass, contact the Campus Recreation office at 405-682-7860 or stop by their office on the first floor of the Main Building.

UPCOMING INTRAMURALS EVENTS

- April 7 - April 21:

Intramural Kickball. Individual registration deadline is Monday, April 7. Call 405-682-7860 for more information.

- April 9 - April 23:

Intramural 4v4 Football. Individual registration deadline is Wednesday, April 9. Call 405-682-7860 for more information.

- April 11 - May 2:

Intramural 7v7 Soccer. Individual registration deadline is Friday, April 11. Call 405-682-7860 for more information.

- April 14 - June 28:

OCCC will field a dragon boat team made up of students, staff and alumni. Weekly practices are held from 6:30 to 8 p.m. each Monday beginning April 14. The spring season will conclude with the participation in the Stars and Stripes River Festival on June 28. To sign up, visit www.occc.edu/dragon/application.html.

- Spring semester:

Visit www.occc.edu/rf/swimming-diving to enroll in a number of events held in the college's Aquatic Center.



Scan the QR code with your smart phone to be directed to a list of OCCC Intramural events, complete with the most current updates.

(Free QR code reader apps can be found online or in app stores on smart phones. Follow the directions for the app you download.)

All event news is due Monday by 5 p.m. for inclusion in the next issue. Email your news to sportswriter@occc.edu.

Attempted car theft reported to campus police

LAUREN DANIEL
Editor
editor@occc.edu

This week's crime reports include an attempted car theft and a verbal altercation.

At approximately 12:20 p.m. March 10, Rosa Rojo, 37, reported that someone had attempted to steal her car from parking lot B.

Rojo said she was on campus to enroll. After entering the building, she realized she had left her identification in the car.

When she went to her car to get her ID, she said it was running. There was no one near the brown Chevy Yukon.

Rojo said she had the keys for

her car. Nothing was reported missing from the vehicle but it would not go into gear or shut off.

McIntyre discovered that the plastic cover underneath the steering column was torn off and a few of the mechanisms inside the steering columns had been tampered with.

Campus surveillance footage in the area showed two men arriving in a green Chevy truck getting into the vehicle at 11:53 a.m. but they left without the vehicle.

A vandalism report was filed with Oklahoma City police.

A visitor was banned from the OCCC campus for six months after he became dis-

ruptive in the library.

At approximately 5:20 p.m. on March 7, the 24-year-old man requested an access code for the computers but the request was denied by a library employee because his driver's license was expired.

According to a report filed, he then began yelling at the employee and threw his bag on a table.

The man's name was redacted on the report under the direction of Marketing and Public Relations Director Cordell Jordan who said names are redacted "according to OCCCPD Standard Operating Procedures involving information released and information

withheld."

To obtain a copy of the procedure, email cjordan@occc.edu.

Library staff called campus police. Officers Jeremy Bohannon and Kevin Hammond met the suspect at the bus stop, where they took his picture, and had him fill out a notice to leave campus. The man left without further incident.

In another incident, student worker Sara Hanson called campus police after she witnessed a verbal altercation between two students at approximately 4:23 p.m. March 12 in the Plaza between the Main Building and the Library. Officer Ronald Ventresca and Officer Piazza met with Ahmed

Anwar, 24, at the scene.

Anwar told them he had stopped his running car to talk to his fiancée, Samia Shoma, 28, about some personal matters at the west end of Keels Avenue.

He said Shoma had the passenger door open and was leaning on the car with one foot on the door frame when the discussion became heated and Anwar pulled forward and drove off with the door still open. No one was injured and further action was not taken.

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.

Success: Students need to have a game plan for college

Continued from page 1

serious decision.

"They need to make a commitment for this last half of the semester. I really urge them at this point to make that commitment just like if they were in a relationship with somebody ...," she said.

Turner said students also

should take advantage of any free help offered on campus.

"If they haven't been using the resources on campus like the learning labs, I definitely encourage them to start doing that," she said.

OCCC also offers online tutoring that is available for all students.

The link can be found the

college website located at www.occc.edu/onlineresources/gradesresults, Turner said.

In addition, she said, students can make an appointment in Student Support Services to get specialized one-on-one attention and make sure any financial aid status isn't affected.

"We can talk to them in

general terms about how to salvage their classes because that's what we do."

Turner said students should consider if they have set their standards too high as well.

She said just because a student does not have an A or B does not mean they should give up.

"Maybe it's going to be a C

or a D that gets them through."

Students who are enrolled in second eight-week classes that started March 24, need to be especially aware of their assignments, Turner said. She said those students should make a success plan now.

For more information, contact Turner at 405-682-7544 or visit www.occc.edu/support.

Nursing: OCCC president says program very successful

Continued from page 1

He said the accreditation is mandatory.

"Every eight years, our nursing program is required to be reaccredited, both by the Board of Nursing for the State of Oklahoma and also by the National Association of Accredited Nursing Programs," Sechrist said.

Deborah Myers, nursing program director, said the program received positive marks from both the state accreditation and the national accreditation.

"The Board of Nursing said it looks wonderful ... Everything is great," Myers said.

She said although the program was recommended for

another eight years of national accreditation, the accreditation will not be official until it is reviewed by people other than the site visitors.

"There is still some time that we have to go through before we can advertise that we are good to go but it's very rare that what the site visitors tell you at the time of exit, that gets changed," Myers said.

"It looks like from the first level of review that we will get the full level of accreditation.

"They did, of course, have some recommendations, which is really what you want them to do," she said.

Sechrist said OCCC will use those recommendations to be a more successful program.

"We do have a couple of

things to work on ... We know that we will become better," he said.

The process for accreditation is long and difficult, requiring years of preparation, Myers said.

"You really need to start planning two years out to make sure that you have your program in order, that you have satisfied all the standards and starting to collect the documents and the evidence of that," she said.

Myers said because of all of the effort and time that goes into the process, the nursing administration decided that electing to do both evaluations at the same time would be most efficient for both students and faculty.

"We felt like it would be less disruptive to our program to do it together and just spend the time being stressed out, make it one time instead of two. It did create extra work ..."

Myers said they were prepared for the visit and the site visitors asked for very little information that was not already included in the reports provided by OCCC nursing staff.

She said students also were a big part in helping improve the nursing program.

Nursing students sit in on faculty meetings, and even sat in on a meeting with the site visitors, Myers said.

"Students are invited to our faculty meetings, so they have a voice. They have an opinion."

Myers said without national accreditation, students would not have the option of obtaining a higher degree later in their career.

"It allows them the flexibility to continue their education and to know that their school they graduated from is held to a certain standard ...," she said.

For more information about the nursing program, contact Myers at 405-682-1611, ext. 7318, or visit www.occc.edu/academics/programs/nursing.

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CAMPUS COMMUNITY

Concentration



JOHN HUYNH/PIONEER

Construction science majors Chris Brezny and Grant Walker work together March 10 in the Physical Sciences Center. The Physical Sciences Center offers free tutoring and resources to students in physics and chemistry throughout the week. For more information, call 405-682-1611 ext. 7711.

COMMUNITY | Student Samir Elneser steps up

Council chair eager to lead, learn

BRYCE MCELHANEY

Staff Writer

communitywriter@occc.edu

New chair to The (Student) Leadership Council, student Samir Elneser, gave a warm welcome to students during TLC's meeting on Thursday, March 13.

Elneser appeared enthusiastic about taking on the new position as he explained why he decided to take the opportunity of becoming chairman.

"I feel that it's a wonderful way to represent the students and to show that we're all trying to do the same thing, which is to do well in school and to find a great career outside of school," Elneser said.

Elneser has experience with leadership, as he is also the president of the OCCC Muslim Student Association.

"My experience with leadership is that I've been a manager at my work professions for several years," Elneser said. "I know that leadership always comes down to one thing — listening to the people you supervise and working with them rather than dictating them."

Elneser said he believes that in order to become a good leader, one has to become a good listener.

Though he is currently president of the Muslim

Student Association, he manages to give TLC the same amount of priority.

"The Muslim Student Association and The Leadership Council are both priorities of mine in two ways: with The Leadership Council, I'm representing all students, whereas the Muslim Student Association, I'm representing my faith," Elneser said.



Samir Elneser

He started the meeting by welcoming all representatives of clubs and groups that attended the March 13 meeting and told of his plans for spring break.

"I'm happy to be here and my plan for spring break is to spend time with my wife and study for my physics test," he said.

Elneser is continuing his own academic journey as a pre-allied health major. He plans to transition into diagnostic medical

sonography.

"My wife did some research on diagnostic medical sonography and it shows that most people [who] graduated from the program went straight into the job and I also took a look at the median income for that field," he said. "I knew that my wife's research had been justified."

Elneser plans on attending the diagnostic sonography program at Moore-Norman Technology Center if he is accepted.

CAMPUS HIGHLIGHTS

Soweto Gospel Choir to take stage April 1

The Grammy and Emmy award winning Soweto Gospel Choir will perform at 7 p.m. Tuesday, April 1, in the VPAC. Tickets range from \$10 to \$45. To purchase tickets, visit the Cultural Programs Office in room 161 in the VPAC. For more information, call the Cultural Arts Series Box Office at 405-682-7579.

Professor Doug Gregory retirement reception

The children of computer aided design professor Doug Gregory will hold an open retirement reception for him from 2 to 4 p.m. Sunday, April 6, at the Moore Central Church of Christ located at 411 S.W. 4th St. in Moore. The reception is open to students, faculty, staff and those who want to wish Gregory a happy retirement.

Service Trip to Mustang Middle School

Volunteers will serve as test monitors and will be in the spirit of National Volunteer Week from 8 a.m. to noon Thursday, April 10, at Mustang School's mandated testing. To volunteer or for more information, call the Student Life office at 405-682-7523 or email SLStaffDL@occc.edu.

Essay writing techniques taught at discussion

Students will experience a lesson on basic essay writing by Communications Lab Assistant Lydia Rucker from 11 a.m. to noon Monday, April 14, in CU1. For more information, contact Lydia Rucker at the Division of Arts and Humanities office at 405-682-1611 ext. 7105.

Women of the South Scholarship deadline

Women of the South Primary Provider Scholarships are available to women who are the sole or primary providers of their household. Recipients will receive funding toward obtaining an associate degree from OCCC. The scholarship includes tuition, fees and books. A recipient must be a primary provider with a high school diploma or equivalent who resides in the south Oklahoma City metropolitan area and meets income requirements. Visit www.womenofthesouth.org to print an application, or call Linda Carr at 405-270-1669. Deadline is April 15.

Authors to share literary works at reception

Authors featured in the OCCC Absolute Journal will share their literary works with students at 12:30 p.m. Thursday, April 24, in the College Union. The journal features poetry, short stories, photography and art. For more information, call Lyndsie Stremlow at 682-7558 or email lstromlow@occc.edu.

Students showcase classical guitar skills

Students will perform classical guitar music at 7 p.m. Thursday, April 24, in room 132 in the VPAC. Performances will consist of guitar trios and solo performances. Music will include traditional classical guitar to modern contemporary music. The free concert is open to the public. For more information, call Michael Boyle at 405-682-1611 ext. 7245.

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

CLASSIFIEDS

Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Fridays prior to the next publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

tailgate liner. \$75. GC. Text 405-818-0083 for pictures or more information.

FOR SALE: Neiman Marcus Robert Rodriguez collection size 14 strapless cocktail dress. Never worn. Still has store tags. \$50. Text 405-818-0083 for pictures.

FOR SALE: New size 26 jeans — never been worn. Brands include Vans, Levi's and Zumiez. \$10 per pair. Retail for \$40 each. Text 405-818-0083 for pictures.

FOR SALE: HP office jet all-in-one printer. New color and B&W cartridges. Power cord. Works great. \$50. 405-602-6499 or 405-568-5996.

TUTOR WANTED: Part-time tutor wanted for Accounting I and Macroeconomics. Pay is negotiable. This is a great opportunity for anyone looking to make extra money. Text 405-443-8448.

FOR SALE: This advertising space. For just \$8 per week, you could advertise your business here. For more rate information, email adman@occc.edu, or call 405-682-1611, ext. 7674.

AUTOMOTIVE

FOR SALE: 1994 White Saturn model SC1. Body type CP, 169,000miles. Asking \$800.00. Call 212.6027 for more information.

FURNITURE

FOR SALE: 40" CRT television in excellent condition. The big screen makes it great for a gaming TV in the kids' room. \$30. Text 405-818-0083 for pictures.

MISCELLANEOUS

WANT TO RENT A ROOM: 21-year-old male Looking for a room to rent. Call or text Roman at 770-301-2791 with information and price.

FOR SALE: Bed liner for standard long bed pickup w/

THIS WEEK'S CROSSWORD PUZZLE

Across

- 1. Port
- 5. Interval
- 9. Hooded creature
- 14. The Segway has one
- 15. Tower town
- 16. Use
- 17. Swedish ____
- 19. Anvil Chorus composer
- 20. Backseat feature, maybe
- 21. Kitchen worker's headgear
- 23. Whistle blower?
- 24. Island, beverage, and computer language
- 25. Creed
- 28. Astray
- 33. Sound of 9 Across
- 36. Mythological ferryman
- 38. Buck ender
- 39. Irish ____
- 41. English ____
- 43. Leeds' river
- 44. Tennis player, Roscoe
- 46. ____ Moines
- 47. Team's luck bringer
- 49. Part of a stair
- 51. ____ Linda, CA
- 53. Planted
- 57. Go gaga over, in Great Britain
- 61. Type of reaction
- 63. Israeli desert
- 64. Swiss ____
- 66. Russian ballet great, Diaghilev
- 67. Fossil fuel
- 68. The 24th and 31st
- 69. Lock
- 70. Turkish title
- 71. Hideouts

Down

- 1. Buddhist priests

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69						70					71	

- 2. Wield
- 3. Sweetheart, symbolically
- 4. Foursome
- 5. Things with springs
- 6. Medieval combat
- 7. Immigrant's course
- 8. Ottoman ruler
- 9. Russian ____
- 10. Done
- 11. Animal house?
- 12. Do dressage
- 13. Dismounted
- 18. Treat with contempt
- 22. Park and 5th
- 24. Preserve, in a way
- 26. Certain urban areas
- 27. Yucatan settler
- 29. Ump
- 30. Anti-perspirant brand
- 31. What the fourth little piggy got
- 32. Chuck
- 33. Took a dip
- 34. Sunni counterpart
- 35. Titles of knighthood
- 37. Dodge model, once
- 40. Word on a wine bottle
- 42. Mural
- 45. Org. for Heston
- 48. Spanish ____
- 50. Oats, often
- 52. Pilgrim's destination
- 54. Make a mat
- 55. Consumed
- 56. Prepare game
- 57. Tech. coll.
- 58. Tractor company symbol
- 59. Grimm character
- 60. Endurance, slangily
- 61. Big boat builder
- 62. Westwood campus
- 65. Be greedy

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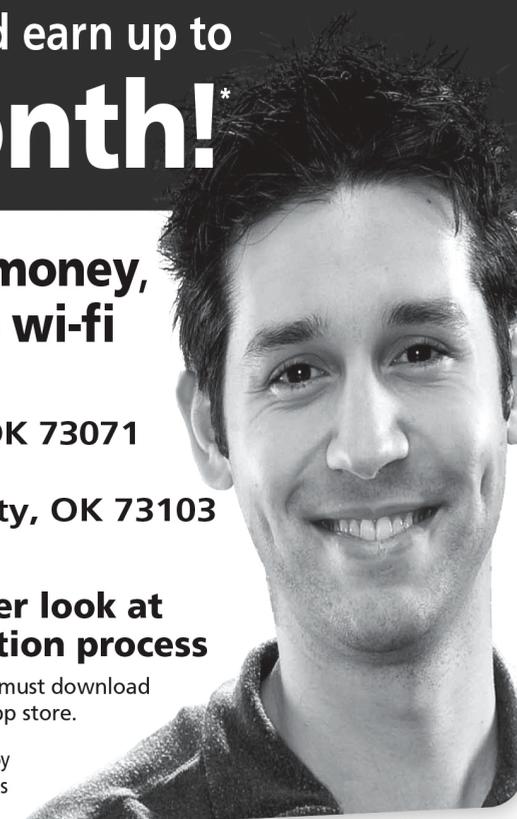
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OCCC welcomes a new vice president after 42 years

JAKE MCMAHON
Videographer
pioneervideo@occc.edu

The OCCC Human Resources department has a new vice president for the first time since, well, ever.

Angie Christopher started at OCCC on Feb. 3 of this year, taking over the post for Gary Lombard, OCCC's vice president since opening its doors in 1972.

"... Those are absolutely huge shoes to fill," Christopher said. "... Everyone has been very gracious in embracing [me] — a person that didn't necessarily have higher education experience, but really [brings in] business knowledge and business experience."

Christopher certainly knows business, but she is hardly a stranger to Human Resources.

For eight years, she reigned as Vice President of Human Resources for the Oklahoma Farm Bureau.

She started at the bureau as a training director and was promoted to vice president in her first year.

Before that, she did everything from training to litigation.

Like her predecessor, Christopher is

in this position for the long haul.

"I want this to be a lifelong career opportunity," Christopher said.

In a nutshell, as vice president, Christopher makes sure that Human Resources is in compliance with the law in all of its endeavors.

Christopher's extensive law background comes in handy for the job.

Christopher said that she does not wish to necessarily make changes to the Human Resources department so much as improvements.

"... There are some enhancements that we can make to programs that are already flourishing and existing, so I'm really here to take a strong look at the programs we have and make them better," she said.

Christopher is a firm believer in equal opportunity employment and intends to make sure that all prospective employees will have a fair chance.

"I have an initiative to really focus on diversity in our workforce," she said. "Try to find different ways to reach out



Angie Christopher

to the community for a diverse group of faculty and staff so that it matches our goals for our college and also it matches the students they're teaching.

"Another goal is really being able to reach out and communicate with the employees so that they understand everything that they need to know as far as their employment and have that available to them"

Christopher is optimistic about OCCC's future.

"I feel that my ideas and my kind of out-of-the-box thinking are going to be a benefit to this department and this college," Christopher said.

"... That's my ultimate goal: provide quality service and satisfaction to our employees and make [OCCC] a better place to work."

FRAN MASTERS USES REAL-LIFE EXPERIENCES TO TEACH NURSING STUDENTS

Professor's passion for nursing still burns strong

MICHELLE WITT
News Writing Student

Fran Masters is the voice of the teaching manikin in the OCCC nursing school skills lab.

Projecting her message through the lifelike patient simulator, she plays the role of patients needing medical care, so students can assess their needs and respond appropriately.

A retired nurse of 32 years who has worked in veterans hospitals in five different states, Masters said she has seen a lot of different patients.

Some could communicate clearly and some couldn't communicate at all, leaving the nurse to figure out what to do based on other sources of information, such as medical charts and test results.



Fran Masters

When teaching her lab students, Masters has to evaluate their responses to the medical situation to see if it shows good nursing skills.

Ever since she was a girl growing up in El Reno, Masters said, she knew she wanted to

become a nurse.

When she was a senior at El Reno High School, she had the opportunity to get into the medical field by taking vocational classes and working in the hospital there as a lab and X-ray technician.

"I decided that was not my bag and that nursing was definitely what I wanted to do," she said.

Masters began her nursing career in 1968 at the Oklahoma Veterans Hospital. Her husband, Joe, joined the Air Force and was transferred to Biloxi, Miss., for tech school.

When Joe got his regular assignment, they moved to Denver for two years.

After that, they moved back to Oklahoma. All the while Fran accompanied her husband, she was taking care of America's veterans.

When her husband began

working for the federal prison system, they transferred to Philadelphia.

Masters worked in the Philadelphia Veterans Hospital where she experienced a bit of a culture shock.

"I screwed up so many Italian names that it wasn't even funny," she said.

Fran and Joe were in Philadelphia for the Bicentennial Celebration in 1976 before moving back to Oklahoma later that year.

Masters finished her nursing career in 2001 at the Oklahoma Veterans Hospital. That is when she and her husband went on another adventure. After reading the journals of the Lewis and Clark Expedition of 1804, the couple organized a road trip to follow the historic trail.

From Kansas City, the couple set off in a 35-foot Winnebago with a 1999 Mustang convert-

ible tow car. They followed the trail and stopped at every exposition center along the way to Seattle, where they met their daughters.

After only nine months of retirement, Masters said she grew bored, so she began work at the University of Oklahoma Medical Center in the education department.

When the pace became too fast for her desired schedule, a friend recommended that she check out the OCCC nursing program. That is when Masters made the change.

Masters has worked at OCCC since 2008. Since then she has been using her passion for caring for others to mold the future nurses of Oklahoma.

"I just love being with the students," Masters said. "That is the nicest thing about being a nurse — you can do a million different things."