Greenhouse life

Biology major and tutor Theron Blunck waters the plants inside the greenhouse on April 23. There are more than plants in the greenhouse at this moment. Biology lab assistant Joshua Freeman said that the greenhouse is used to store plants for use in biology and botany classes.

OCCC buildings being closely examined

College used same architectural firm that designed Briarwood

LAUREN DANIEL
Editor
editor@occc.edu

President Paul Sechrist said he feels confident in the structural integrity of OCCC’s buildings — most of which were designed by RGDC, the same company that has been called into question over the design of Briarwood Elementary. One of two Moore schools destroyed in a May 20 tornado.

OCCC officials are taking extra measures to make sure the president’s confidence is justified by hiring an architectural and engineering firm with structural engineers.

“The analysis is under way and the results are not yet available,” Sechrist said. “However, we don’t know of any concerns at this point. We have no evidence that would indicate there are problems with the structural integrity of the buildings on campus. … We’re double checking, using an outside firm, just as a precaution and not because we are aware of any problems.”

According to a Feb. 20 Journal Record newspaper article, Briarwood Elementary was found to have insufficient rebar steel or, in some areas, no rebar pieces, used to strengthen walls.

RGDC/Triad Design’s history

Two RGDC partners, Donald G. Douglas and Richard D. Gravlin, had their professional licenses taken away for six months in 1996 after being found guilty for working on projects they were unqualified for, according to the same Journal Record article.

RGDC founder and architect F. Robert Cornell was ordered to cease and desist from working as an engineer without a license.

OCCC buildings

The architectural firm has played a major part on OCCC’s campus, having designed the
Pleasure reading relaxing, healthy

In today’s world with so many televisions, cell phones, laptops and many other forms of electronic media, people have turned away from reading books. I know people lead busy lives and have too much of this or that going on to be able to sit down and take the time to actually read. It’s time to start making time.

The numbers of those who do not read anything at all for pleasure has almost doubled over the past 20 years, according to raisingbookworms.com. That is a fairly high percentage which shows we have started to lose a very important thing.

Taking time to read a good book can bring nothing but good to the whole of society.

Where I think we have really started to go wrong in this issue is not pushing children to read more for pleasure. Children now mostly only have the time to bury their noses in school books and not much else. They also need time to enjoy recreational reading.

I personally fell in love with books at a young age. Those reading habits I acquired then have stuck with me all of these years and have been beneficial in a number of ways.

I hope to instill the same love for reading in my children one day. Good reading habits follow children throughout their academic careers and lives.

With more adults not taking the time to read for pleasure, the percentage of children not reading will go up as well.

People seem to think because they are out of school that reading is just not a priority anymore — this thinking is where we suffer.

According to HuffingtonPost, “the benefits of reading are paramount, and we do not mean to those still in school. Mental stimulation like reading can potentially slow Alzheimer’s, and can actually enhance your memory.”

Also reading as a whole can expand your vocabulary which is an asset to many employers. There are tons of upsides to reading and yet it is being done less and less.

I know college students have very busy schedules, and a lot of things to read just for classes. But reading a book not pertaining to school work for a small amount of time will allow the brain to rest and unwind for a short period.

I know I find great pleasure in recreational reading and finding time for that is important in keeping me sane in this busy world.

I believe more people would be able to slow down and enjoy life a little more if reading were made important in our society again.

So with this being said, take a good book and get to reading.

—Mycalyn Blomstrom

Online Writer

LETTER TO THE EDITOR | Being a part of community service helps people become enlightened.

Letter writer encourages everyone to become involved

To the Editor:

Community service and volunteering commonly get interchanged in their meanings.

You can volunteer your time without it helping the community or you can perform community service and be reimbursed for you time.

This is why I state my experience as a community service through volunteering.

“A personal value is absolute or relative ethical value, the assumption of which can be the basis for ethical action. A value system is a set of consistent values and measures. A principle value is a foundation upon which other values and measures of integrity are based.” (Wikipedia)

With this said, I use a combination of values with every experience.

Some people choose only one form and stick with it but I feel being rounded is only a plus when enhancing my service learning. Service learning itself is extremely rewarding and is the building blocks of your value system.

I have spent many years working with agencies that mostly focused on emergency situations and disasters, and my goal for this portion of my service learning was to experience something on the personal community level, a one-on-one or small group experience.

This year I was successful in completing the Bronze medal status for the Presidential Service Award with about 180 hours. It was done in various arenas and my experience was amazing.

I know I will continue my services of volunteering for the rest of my life and I feel it is not an extra item in my to-do list.

I have always felt that this is part of who I am human and it is my duty to give my time to others. There is no other guidance that requires me to fulfill this desire, just the standard I have placed on myself, both personally and professionally.

Every day is an adventure, every moment is sacred and every life is shared.

Service is a shared experience and when all people participate in community service, life can be shared and our experiences will be enlightened.

—Bobbi Wilson

OCCC Nursing Student
Runner, you can play with threeing a table or an empty tissue box. Tap is completely unnecessary. It translates your taps into all sorts of imagery, like fireworks or water rippling and makes for a relaxing experience. Whether you're a person who taps their foot along to a song, or a drummer, you should definitely give "Let's Tap" a try. Rating: A

—JOHN HUYNH
Photographer

THE PLAZA DISTRICT

Empire Slice pricey yet worth it

If you haven’t been to the Plaza District, located at 1618 N Gatewood Ave. in Oklahoma City, I strongly recommend that you experience the atmosphere of unique culture, food and shopping. The Plaza District has many good restaurants and my favorite one so far has been Empire Slice House, located at 1734 NW 16th St. Empire Slice House is a work of art.

The inside is filled with a collage of random paintings, newspapers and pictures. Simply put, wear something hipster, because taking a selfie is a must.

On the night I went, the Plaza District was especially busy, because that night happened to be “Live on the Plaza,” which is when the Plaza has special entertainment and events.

We had to wait for a table, but we were seated fairly quickly. My family and I sat outside under a giant tent, which was perfect, because we were able to have the outside atmosphere without the sun beating down on us.

The menu was scaled down considerably, because it was “Live on the Plaza,” but they still had a nice selection of different pizzas and appetizers.

Pizzas were only available in slices instead of regular whole pizzas, which was a bit of an inconvenience for my family. However, we were all able to try something new, so I would say it worked out for the better.

We all shared their 16th Street Garlic Knots for an appetizer, which cost $6. They were very buttery and garlicky, so I would say they lived up to their name. I got a slice of pizza called Foghorn Leghorn and it has asago, chicken, bacon, jalapeno, sweet marinara and sriracha drizzle. The flavors of sweet, salty and spicy were a delicious mix.

The crust was perfectly cooked and was the right amount of chewy and crispy. The sauce also tasted very fresh. Only certain types of pizza are sold by the slice daily for $3.25. Whole pizzas are offered for anywhere between $19 and $23. Overall, Empire Slice may be a little pricey, but their pizza and unique atmosphere make it a great place to dine.

Rating: A-

—LAUREN DANIEL
Editor

‘Let’s Tap’ ultimate party game

You no doubt have a Nintendo Wii gaming system or know someone who does. With the new Playstation 4 and Xbox One in the spotlight, it’s easy to forget the Wii.

While it doesn’t have full high definition graphics, or offer many hardcore gaming experiences like “Call of Duty,” it does excel in one thing — party games.

One game that should definitely be added to the best party game list is “Let’s Tap,” a game made up of five mini games.

Touching the controller in “Let’s Tap” is completely unnecessary. To start playing all you need to do is put your controller face down onto an even surface.

Finding a comfortable surface can be tricky, so I recommend trying a table or an empty tissue box.

In the first mini game, “Tap Runner,” you can play with three other friends (or with “COM’s”) to run through a linear race filled with obstacles.

To make your character run, all you need to do is to tap your surface while alternating your tapping fingers.

“Rhythm Tap” has you go through catchy songs with scrolling notes much like “Guitar Hero” or “Rock Band.” “Silent Blocks” is like “Jenga” and “Bejewelled” on crack.

The rules are too extensive to list, but be prepared to lose a friendship or two over this one.

“Bubble Voyager” is possibly the least accessible of the five and I don’t recommend trying it unless you’ve mastered the other mini games.

“Visualizer” is not really a mini game at all. It’s exactly what it sounds like — a visualizer.

Overall, Empire Slice House is a hip atmosphere, fresh food make for good experience.

It’s easy to forget the Wii.

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N-Style party service more like a nightmare

Take a Juicy J music video, any film starring Seth Rogen and James Franco, add several shots of Tequila and it still wouldn’t compare to the mayhem I endured while aboard a party bus hosted by N-Style Party Bus.

N-Style is a local Oklahoma City party service whose website insists “a night on our bus will be unforgettable” — and it was.

First and foremost, I’ll say I’m not a heavy drinker. I’m freshly 21 and prefer an afternoon of eating junk food and watching “Game of Thrones” to a booming nightclub with overpriced mixed drinks.

Despite this, I pressed my best button-down, sported my nicest Oxfords and boarded a magic school bus that would’ve made Ms. Frizzle weep.

Like any respectable party service, the N-Style Party Bus arrived fashionably late. Our original departure time was 9:30 p.m. but the host — a small, excitable man aptly named Happy — insisted he had to get ice, causing us to leave around 10:15 p.m.

If you’ve ever seen the NBC show “Parks and Recreation,” Happy is Tom Haverford personified.

Upon arriving, Happy hurried us aboard and whisked us away on a journey I probably wouldn’t have agreed to if I were thinking straight.

While I was looking forward to an air-conditioned, neon-lit charter vehicle with expensive leather seats, we instead boarded a graffiti-decorated, tricked-out school bus.

It looked like it had just come from the set of MTV’s “Pimp My Ride.” Plastic tubes filled with Christmas lights limply hung from the ceiling, doubling as handrails.

There was a makeshift bar with a small cooler, but the most impressive appendage was the dancing pole in the middle.

Once I boarded the bus, I found myself immersed in a cesspool of hot bodies and hedonism because drunk partygoers and lack of air conditioning rarely end up G-rated.

Perhaps the best part about the party bus was the pit stop we made before reaching our destination.

We pulled into an undisclosed parking lot in Moore and Happy’s friends hopped aboard — a pair of gents who looked like they belonged in New York City and their female companion clad in what appeared to be the remnants of a prom gown that’d been drastically cut short.

I’m sure these were nice people. They probably just make bad decisions, like hanging out with Happy. While my friend’s birthday went well and we had a fun evening overall, I definitely would not book another N-Style Party Bus.

Rating: D-

—SIALI SIAOSI
Staff Writer

Airheads trump Laffy Taffy candies

The great rivalries of our time: Ali vs. Frazier, Zeus vs. Hades, Twitter vs. Facebook — are all overshadowed by the greatest of all: Laffy Taffy vs. Airheads.

Laffy Taffy is a beloved treat and Wonka candies of all kinds have a childlike charm to them.

It is a good thing the jokes on the wrapper aren’t funny, since an ill-timed laugh with candy in one’s mouth can make the punchline a slow-choking death. The candy itself is OK. The flavor is rich, yet lacking in tanginess.

The weirdest part about taffy in general is the oily skin it develops during the chewing. It leaves a faint, milky film on the tongue when it is finally swallowed.

The film leaves the consumer with a long aftertaste. It takes a barnacle scraper to cleanse the palate afterward. Succinctly speaking, Laffy Taffys are good. But they are no Airheads.

The special thing about Airheads can be reduced to one word: consistency.

When an Airhead hits a person’s tongue, it is rigid as if it were made of plastic, yet one can detect a subtle sweetness. Upon the first chew, the sweetness explodes.

Four or five chews later, the plastic-esque object is gone and replaced by a bizarre and wonderful lump of dough.

The dough is very resilient and chewy, and filled with grains of sugary delight. I imagine that if one ate clay in heaven, it would taste like an Airhead.

As one chews, the grains dance and tickle their way across the tongue, then disappear. Where they go, nobody knows. Unlike chewing gum, the grains dissolve as soon as the candy dissolves, making for a satisfying “tying all loose ends” ending.

No other candy is quite as fun to eat. Airheads obliterate the most hardcore candy junkie’s sweet tooth. The only problem I find is the name; the word Airhead has never made anyone’s mouth water. It’s like naming a candy “Fruity Fuselages”.

Regardless, Airheads win by a landslide.

Rating: Airheads: A, Laffy Taffy: C

—JAKE McMAHON
Videographer

TOP 20 MOVIES
Weekend of April 25 through April 27
www.newyorktimes.com

1. The Other Woman
2. Captain America: The Winter Soldier
3. Heaven is for Real
4. Rio 2
5. Brick Mansions
6. Transcendence
7. The Quiet Ones
8. Bears
9. Divergent
10. A Haunted House 2
11. God’s Not Dead
12. Draft Day
13. The Grand Budapest Hotel
14. Noah
15. Oculus
16. The Railway Man
17. Muppets Most Wanted
18. Mr. Peabody & Sherman
19. 2 States
20. Walking With the Enemy
Broadway tunes to be on choir concert set list May 8

KEEGAN PARRISH
News Writing Student

Broadway musicals will flavor the playlist when OCCC’s three choirs take the stage for their second concert of the semester at 7 p.m. Thursday, May 8, in the Visual and Performing Arts Theater.

Choir Director and music Professor Ron Staton is still basking in the afterglow of the March 4 performance in the “big” theater.

“We had a tremendous concert,” Staton said. “We had a great crowd … responsive audience. And the choirs sang great.”

Staton hopes to recapture the magic with the upcoming concert.

“The Concert Choir will be performing a ‘Fiddler on the Roof’ medley,” Staton said. “And they are also doing a medley of ‘Phantom of the Opera.’”

Staton also will perform two piano duets with accompanist Lisa Barsaleau. “Tonight” from “West Side Story” and the theme from the film “The Apartment.”

The Chamber Singers, OCCC’s audition-only choir, will perform several jazz standards, Staton said, while the Symphonic Choir will perform an arrangement of the folk song “Shenandoah.”

The Chamber Singers and the Symphonic Choir will perform The Beatles’ tunes “Because” and “Yesterday,” respectively, in honor of the band’s 50th anniversary.

OCCC President Paul Sechrist will welcome the audience to the performance. An accomplished pianist, Sechrist will perform an original composition on piano, Staton said.

Megan Dressler and Kelli Smid, both members of the Chamber Singers and Concert Choir, had some difficulty naming one favorite piece.

“I really like ‘Phantom,’” Dressler said. “Although ‘Jabberwocky’ is pretty fun, too.”

Smid settled on the Fab Four. “‘Because’ by The Beatles, you should put that down,” Smid said. Staton, however, had a harder time singling one out.

“We’re doing an hour and 15 minutes worth of music,” he said. “There’s no way you could say which one is your favorite.

“Each piece is unique and offers different ideas and evokes different thoughts and feelings. That’s the point of doing a varied concert.”

Dressler and Smid both said they hold their choir director in high regard.

“‘He makes us work hard so that we can sound the best that we can.’”

Dressler described Staton as “professional.”

Staton said the feeling is mutual. “‘I’m very proud of them,’ he said. For more information, contact Staton at ronald.g.staton@occc.edu or 405-682-1611, ext. 7249.

Speaker sheds light on Islamic, Muslim misconceptions

ALEXANDER LE
News Writing Student

Many people harbor misconceptions about the Islamic faith, something Professor Imad Enchassi would like to correct. Enchassi spoke at OCCC on April 16 in the college union to about 20 students. He serves as assistant professor of Islamic Studies at Oklahoma City University.

“The most degrading myth about Islam is that all Muslims are terrorists,” Enchassi said. “The terrorism experienced by Americans is from extremists that use Islam as propaganda to legitimize their violence.

“Muslims condemn violence of any form and welcome the arrest of any terrorists.”

The status of women in Islamic countries raises concern, Enchassi said, but the problem often lies outside the boundaries of religion and is not dictated by Islamic teachings.

“The idea of women not being entitled to the same rights as men is something that even progressive societies struggle with,” he said.

Nonetheless, one often sees more inequality in the Islamic world.

“While in many countries, the laws are geared against women, this simply does not comply with the rules of Islam, where the prophet Muhammad actually said ‘women are the exact twin halves’ of men,” Enchassi said.

Another myth is that all Muslims are of Arab descent, he said. This simply is not true.

“If you look at countries like Malaysia, whose citizens are considered Asian, approximately 61 percent of the country is Muslim,” he said. “With a lot of other east Asian countries, Islam is predominant.”

Another misconception is that Muslims do not accept Jesus.

“In Islam, Jesus is the main messenger of God,” Enchassi said. “The main difference of Islam and Christianity is that Muslims do not believe in the divinity of Jesus.

“In Islam, the idea of divinity is that only God is divine, not Jesus.”

“The idea of jihad also creates confusion. ‘Jihad’ is not a single-meaning term indicating terrorism,” Enchassi said. “Jihad is a multi-meaning word and while it means ‘the struggle,’ the most common meaning of jihad is to try harder to be closer to the creator,” Enchassi said.

Myths about Islam often stem from an inability to separate culture from religion, Enchassi said. The media can magnify this problem.

“You have intolerance and violence in the culture created by those in power, who claim to follow Islam,” Enchassi said. “The problem is that their culture sometimes contradicts Islam.”

For more information, contact msa@my.occc.edu or email Enchassi at ienchassi@okcu.edu.
Mother’s Day a perfect time to show gratitude

JAKE MCMAHON
Videographer
pioneervideo@occc.edu

To a mother, Mother’s Day may simply mean a day of slightly less cleaning than a normal day. To sons or daughters, Mother’s Day often means buying flowers and trying to cook their own breakfast for the first time in 364 days.

According to reuters.com, there are more phone calls made in the world on Mother’s Day than any other day of the year. Its roots are more humble than one would think, however.

History.com shows that Mother’s Day became an official American holiday in the year 1914. However, the struggle to make a national holiday for women dates back a bit farther. Americans had been trying to make a mother’s holiday since the Civil War era.

Interestingly enough, Jarvis had no children of her own and her mother had died in 1905. Jarvis wanted her mother, and every mother, to be honored for their sacrifices.

Ultimately, she got President Woodrow Wilson to declare it a national holiday. It would then go on to be worldwide. However, History.com reports Jarvis regretted her decision after just a few years.

“... By 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother’s Day flowers, cards and candies.” She eventually tried to have Mother’s Day removed from the calendar.

Keisha Williams, single mother’s academic resource team center coordinator at OCCC’s Child Development Center and Lab School, would have agreed with Jarvis to a small extent.

“Sometimes I think the younger generation may miss the mark on what it means to truly appreciate a mother,” Williams said.

“I think we need to get back to the core of Mother’s Day ... Sometimes it’s not about purchasing elaborate gifts. It can be just showing gratitude.”

“I look at Mother’s Day as a time to show appreciation for sacrifices your mother made for you,” Williams said. “Motherhood is one of God’s great gifts but it’s also a great challenge...”

“When you have children, that makes [Mother’s Day] special because they show gratitude for you.” Whether one buys gifts, writes cards, does chores or makes a phone call, the day to mark on your calendar is May 11. Don’t worry. Walgreens will be open.

Pampering mom can be uniquely affordable

Mother’s Day is Sunday, May 11. Many people may use this day to spend time with their mothers, grandmothers or other women in their lives to show appreciation.

Most of us would love to treat the women in our lives to something special but can’t afford to go all out, so here are some easy, unique and affordable gifts to celebrate Mother’s Day:

- **PERSONALIZED PICTURE BOARD**

An affordable option for Mother’s Day is an easy, do-it-yourself picture board. By purchasing or making a ribbon bulletin board and printing out some of your giftee’s favorite pictures, this is a personalized gift that will add a little touch to her walls that she can enjoy for years to come. Stores like Walmart and Target sell ribbon bulletin boards in various colors for under $20, according to their websites. You could also make the bulletin board yourself with supplies from Marshall’s or Hobby Lobby. Walmart offers picture printing for as little as 58 cents depending on the size and type of pictures. The way the boards are made allows for pictures to easily be added or replaced, so updated pictures will always be an option.

- **HAND-PAINTED CRAFTS AND CERAMICS**

If you’re looking for a gift for an artsy type, consider giving her a hand-painted craft or ceramic from Unpluggits, located at 575 Enterprise Drive in Edmond.

According to their website, Unpluggits lets customers pick out pre-made crafts and ceramics which range from Christmas ornaments and picture frames, to figurines and more.

From there, customers add their own unique touch to the gift by hand-painting it with provided supplies. After you’ve added your giftee’s favorite colors or a unique message, you can take the gift home the same day if you choose a “Paint’n Take” craft. But if you choose pottery, Unpluggits keeps the creation and glazes it in the fire of one of their kilns, and you’ll get it back in a few days. While Unpluggits is mainly aimed as a service toward children, there’s nothing wrong with an adult getting their hands a little dirty to bring a fun, unique and affordable gift to a special person’s life.

Prices range from $4 to $50.

For more information, call Unpluggits at 405-340-7584 or visit Unpluggits’ Pinterest board at pinterest.com/unpluggits.

- **A DAY AT THE SPA — FOR CHEAP**

Groupon.com offers special deals for Mother’s Day, including a 120-minute spa day package for $59, a 51 percent discount from its original $120 value. According to the website, this includes a 60-minute facial, a 30-minute massage and a 30-minute reflexology. The deal is offered from Simple Elegance Massaging and Yoga, located at 8505 S Pennsylvania Avenue in Oklahoma City. The deal can be purchased from Groupon.com but with a limited quantity available, it might not be a good idea to wait until the last minute.

For more information, visit Groupon.com.

- **UNPLUGGITS**

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For more information, visit Groupon.com.

Mother’s Day is always the second Sunday in May.
- **Mother’s Day is always the second Sunday in May.**
- **Mother’s Day is the third-largest card-sending holiday in the United States, with 133 million cards exchanged annually.**
- **2014 marks the 100th anniversary of Mother’s Day.**
- **Almost 85 percent of adult men and women celebrate Mother’s Day.**
- **Depending on the country, Mother’s Day is celebrated on many different days throughout the year. In Mexico, it is always celebrated May 10.**
- **Mother’s Day is the second most popular holiday for gift-giving, following Christmas.**

—www.hallmark.com
College, area stores want to buy used textbooks

SIALI SIAOSI
Staff Writer
seniorwriter@occc.edu

It’s the end of the semester and every student knows the best way to make quick cash for summer time fun is to sell back their textbooks.

While the end of the semester typically prompts the most traffic for book buybacks, Textbook Brokers Store Manager Billy Mulally said students can sell back their textbooks year ’round.

Textbook Brokers is located across the street from OCCC at 7445 S May Avenue in Oklahoma City. There is a second location at 123 N University Drive in Edmond.

Mulally said although Textbook Brokers doesn’t buy every book students bring in, they will most likely buy it back if the textbook is still being implemented in upcoming curriculums.

“We’ll pretty much buy all the OCCC books back as long as [OCCC] plans on using them again,” Mulally said.

Depending on the condition of the books, he said, students could be given up to half the amount of the original purchase.

“The most any place will give you is half,” Mulally said.

Textbook Brokers is open from 8 a.m. to 5 p.m. Monday through Friday.

Just up the street from the college is another store that buys textbooks.

Susan Mueggenborg, a sales associate at Half Price Books located at 1449 W Interstate 240 Service Rd., said the store will buy back anything — not just books — that is professionally published.

“It’s really anything,” Mueggenborg said.

“It includes books, movies, music, video games, magazines, textbooks — just about anything that is media, really,” Mueggenborg said.

Mueggenborg said the cash amount for a textbook buyback is determined by the book’s condition and age as well as supply and demand.

“If you bring in six boxes of just nothing but romance paperbacks, we’re not going to be able to offer you as much [as we could] if we had a shortage of romance paperbacks,” she said.

Mueggenborg said students can visit Half Price Books at any time to sell something back.

“We don’t have set hours for that,” Mueggenborg said. “… any time we’re open, you can bring books in to sell.”

“It’s year ‘round — it’s every single day.”

A second location is at 6500 N May Ave.

Those looking for convenience may want to just walk from class to the campus bookstore to sell their books.

The OCCC bookstore is conducting its book buyback hours from 8 a.m. to 8 p.m. Monday, May 12; from 8 p.m. to 6 p.m. Tuesday, May 13 through Thursday, May 15; from 8 a.m. to 5 p.m. Friday, May 16; from 9 a.m. to noon Saturday, May 17; and 8 a.m. to 8 p.m. Monday, May 19.

For more information about Textbook Brokers, visit okc textbookbrokers.com.


For more information about OCCC’s buyback program, contact Bookstore Director Brenda Reinke at 405-682-7242, or visit http://bookstore.occc.edu/buyback.

Book buyback options also available online

Some students prefer to buy and sell their textbooks online. A quick Google search will bring up a number of available sites. Some of those are:

www.amazon.com
www.buybacktextbooks.com
www.cash4books.net
www.barnesandnoble.com/textbookbuyback
www.textbookrush.com
www.chegg.com
Brooke Carlson and Rawson Sheppard saw improved fitness, motivation

CrossFit improves students’ lifestyles

COURTNEY LYNN BOGGS
News Writing Student

When Brooke Carlson and Rawson Sheppard walked through the gym doors of Koda Crossfit Norman, they had no idea their lives would soon be affected in a big way.

Sheppard, 33, a health science major, tried his first CrossFit class in April of last year.

A former college and professional baseball player, he said he has always been drawn to competitive atmospheres.

"After I left the league and moved back to Oklahoma, I continued training at a globo-gym in Norman," Sheppard said.

"But I knew after my first day trying CrossFit at Koda that I was hooked."

Carlson, 18, also a health science major, decided to give CrossFit a try after returning to school from her holiday break.

Carlson said she was interested in improving her health and getting back to an active lifestyle.

"I knew a bunch of people who were doing CrossFit and loved it," Carlson said. "I wanted to be more fit and avoid the ‘Freshman 15.’"

CrossFit is defined as the sport of fitness, or more specifically, "constantly varied functional movements at high intensity."

Contrary to what people see on ESPN each year during the CrossFit Games, CrossFit was founded by Greg Glassman on the idea that health and fitness are a universal need for athletes and non-athletes alike.

"The CrossFit Games consist of the top 0.02 percent of CrossFit athletes," said Kevin Schuetz, owner of Koda Crossfit Norman.

"The majority of CrossFitters are just looking to get in better shape and improve their health."

Jazmine Robinson, OCCC Wellness Center attendant, said the Wellness Center does not offer CrossFit classes, but does contain most of the necessary exercise equipment needed to do CrossFit.

"We have a cardio room, weight room and a pool," Robinson said.

"Bars, weight plates and dumbbells are available also."

"Training has allowed me to meet a lot more people and make friends with people I have stuff in common with," Carlson said. "Plus I’m more motivated to eat healthy too."

Sheppard also recommends the sport.

"CrossFit has fed my competitive nature and inspired me to be the best I can be;" he said. "I eat clean, train hard, and focus each day on getting stronger and faster than my competition."

CrossFit can be a good resource for average people wanting to improve their health, Carlson said.

"I feel like CrossFit is a great thing for students to get involved in because it’s not like the usual elliptical or machine workouts you normally do at the fitness center," she said. "It’s exciting and always keeps you wanting to go back."

The approximate cost for students to attend a CrossFit gym in the Oklahoma City metro area ranges from $75 to $115 a month.

For more information, visit www.crossfit.com.

UPCOMING INTRAMURALS EVENTS

• May 5 - May 7:
The Third Annual Employee Volleyball Tournament will take place at 5:30 p.m. Wednesday, May 7, in the Recreation and Fitness Gym. Registration forms are due by 5 p.m. Monday, May 5. For more information, call 405-682-1611, ext. 7684.

• June 2:
Scuba practice runs from 6:30 to 8 p.m. on Wednesdays in the Aquatic Center. Cost is $5 per person. For more information, call 405-682-1611, ext. 7310.

• June 28:
Row-Triple-C, OCCC’s Dragon Boat Team, will compete at the Stars and Stripes River Festival Saturday, June 28. For more information, call 405-682-7552.

• 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 smartphone to be directed to a list of OCCC Intramural events, complete with the most current updates.

(All event news is due Monday by 5 p.m. for inclusion in the next issue. Email your news to sportswriter@occc.edu.)
OCCC’s safer areas can withstand 90 mph winds

LAUREN DANIEL
Editor
editor@occc.edu

SIALI SIAOSI
Staff Writer
seniorwriter@occc.edu

Contrary to popular belief, OCCC is not a storm shelter. The campus has “safer areas,” but that doesn’t mean the college is a viable or safe place to seek shelter when severe weather threatens, said Marlene Shugart, who oversees Planning and Risk Management for OCCC. 

“…That’s what all of our signs on campus say safer areas, because they are not constructed shelters …

“…That’s what we need to get out there to the public … This is not a public shelter.”

Jackie Wright, state emergency management officer, said OCCC’s safer areas appear to be as safe as they can be.

“Having just done the analysis, I would say that [the college’s] safer areas … are extremely safe,” he said.

“I would not say that they’re shelter quality because only shelters are shelter quality but they are very safe refuge areas, as long as you understand that’s what they are.”

Wright said the safer areas are built to meet national construction codes that can withstand winds up to 90 mph. “They are refuge areas,” he said. “A refuge area by definition is one that doesn’t meet the standards for a safe room or a shelter.”

OCCC President Paul Sechrist said the safer areas are the best areas on campus for students to be during severe weather. “The safer areas were selected by using the criteria widely available — interior rooms or hallways, away from windows, lower levels …”

“However, no building or area on campus is a tornado-rated shelter. OCCC has recently engaged Safer Schools 101 to confirm that our safer areas are the best areas of refuge in a storm. The results have not been received. We feel confident that the designated areas are the best, but we are using outside consultants to double-check and confirm,” Sechrist said.

Six safer areas exist on campus:

• The lower level area hallway between MB3 entrance and the Biotechnology and Bioinformatics area, including Student Support Services, Student Life, and Student Employment and Career Services.
• The lower level of the Health Professions center back and away from the glass, outer doors and ambulance trainer.
• The Production Studio in the Visual and Performing Arts Center.
• The firewall stairwells, restrooms, break room and technical librarian’s room in the library.
• The SSC hallway, rooms 1H10 through 1H13, and the Wellness Center locker rooms also are safer areas.
• Although some people may decide to seek other shelter in the event severe weather threatens OCCC, Wright said everyone should stay put.

Students may or may not have enough time to outrun the storm, he said, citing traffic as a factor.

“If there’s a warning issued, stay here, because by the time a warning is issued, it’s too late to run,” he said.

Wright said it’s a personal choice to seek shelter at OCCC. “As far as the locals are concerned … if they’re in their home, they’re probably better off staying in their home,” he said.

Students who were asked about OCCC’s safer areas expressed concern.

Computer engineering major Steven Ouandji said he was confused as to why he was led to an OCCC bathroom during the severe weather drills on April 8.

“They took us to the bathroom — like the urinal was going to save us from a tornado,” Ouandji said. “I’m not going to lie … I was perplexed.

“I just did it because it was part of the procedure,” he said.

“But I don’t feel too safe about the safer areas.”

Ouandji said if he felt threatened by a severe thunderstorm or tornado, he’d leave the campus.

“If I saw it coming … I’d probably run,” he said.

Physics major José Sagredo said he had a similar experience with the severe weather drills.

“I was standing next to a window,” Sagredo said.

The last time he evacuated OCCC because of severe weather, Sagredo said, it was the day of the May 20 tornadoes. He said he’d stay put if severe weather threatened him again.

Public relations major Kathy Nguyen said she doesn’t know where many of the safer areas are located on campus and has mixed emotions about staying at OCCC during severe weather.

“I’m in the mix … [about] if I feel safe or not,” Nguyen said.

During the severe weather drills, Nguyen said, she was in the Aquatic Center and was led to a nearby hallway.

“They were just making us stand in this hall near the swimming pool,” she said.

“They were just making us stand there.”

Engineering Tutor James MacDonald said during the severe weather drill held on the morning of April 8, students lacked the urgency they’d have during an actual storm.

“There wasn’t much of a rush, to be honest,” he said. “[But] the [student] population size was ginormous.”

Regarding the safer area located in the Science, Engineering and Math Center, MacDonald said that’s where he felt safest.

“I do feel fairly safe — much safer than I do in the rest of the college,” he said.

Although students are advised to go to the safer areas during severe weather, Sechrist said, they will not be forced to comply. However, he said, students should stay on campus.

First responders will come to the designated safer areas on campus first should the campus be hit, Sechrist said.

“One risk of being injured is much higher if you remain in an area that is less safe.”

For more information, call 405-682-1611, ext. 7442, or email at.mshugart@occc.edu.

The safer areas of campus are named in OCCC policy 3048 found at www.occc.edu/policy/pdf/3048.

Design: College officials say OCCC is structurally sound

Continued from page 1

majority of the college’s buildings.

“... We have [designed] every building out there except the [Main Building] and the underground facility,” Johnston said.

“Everything else on campus we have designed.”

J.B. Messer, OCCC Facilities Management director, said RGDC designed the second floor of the SEM Center as well as all of the other existing buildings on campus and the college’s parking areas.

That would include the Aquatic Center, Keith Leftwich Library, John Massey Center, and the Visual and Performing Arts Center and theater.

“RGDC [or] Triad has done all of our capital projects since then until now,” Messer said.

"Every project that we have done, they have been the architect of record for.”

He said the Main Building and the first floor of the Science, Engineering and Mathematics Center — also referred to as the underground structure — were designed by Jones Hester Bates Rees, a company that is no longer active.

And, Messer said, OCCC is using Frankfurt Short Bruza for a current project — the renovation of OCCC’s Capitol Hill Center.

Messer said knowing RGDC was involved with Briarwood Elementary does not make him feel any less confident in the buildings on OCCC’s campus.

He said campus designs were reviewed several times and built per the specifications.

“"The structures of the buildings on our campus are built per the design code," he said.

He said once the designs are completed, a code review is done by either state or city project review teams.

“They are built per the specifications,” Messer said.

Although college administrators are confident OCCC’s buildings comply with legal requirements, Planning and Risk Management Director Marlene Shugart said they were not built to serve as tornado shelters.

For more information, contact Messer at 495-682-7812 or by email at jmesser@occc.edu.
Go green

Pre-engineering majors Anthony Norton and Covey Barlow give out free 8-month-old Loblolly pine trees for Arbor Day on April 24 outside the Communications Lab. Arbor Day is a holiday where individuals and groups are encouraged to plant and care for trees.

Club seeks truth through scripture

BRYCE McELHANEY
Staff Writer
communitywriter@occc.edu

The Christians on Campus is a club that meets frequently at OCCC to allow students to learn more about Christianity. It has been on OCCC’s campus for at least three years, said Nehemiah Kennedy, pre-engineering major and club member.

Kennedy said the club focuses on studying Christian beliefs during meetings.

“We really just try to get into the Bible a lot and we just search the scripture to find a lot of the truth,” Kennedy said.

Kennedy said the club meets twice a week to incorporate communication and community within the club.

He said they meet at noon on Mondays in room 1X5 in the Main Building and at 12:30 p.m. on Tuesdays in room 1C3 in the Main Building.

Club staff member Deborah Miller said one objective of the club is to study God’s teachings.

“Our main focus, every time we get together, is to [focus] on our love of God and Christ,” Miller said.

She said along with their meetings twice a week, the club will sometimes have additional meetings to accommodate schedules and add more opportunities to discuss the Bible.

“Sometimes we meet in the evenings at [members’] homes near campus,” she said.

Miller said along with Bible studies, the club incorporates different kinds of activities as well.

“We have a ‘truth meeting’ Monday night in a home near campus and then on Thursday nights we have another college meeting down in Norman,” she said.

The club strives to go above and beyond just weekly club meetings or discussions, Miller said.

“Throughout the semester, we’ll have different weekend outings for larger regional conferences, or we’ll join the Christians on Campus clubs from Texas [and] Arkansas,” she said.

“[Christians on Campus is] a national and international club.”

Students who are interested in joining the Christians on Campus club can experience a club meet up in Norman to celebrate Christianity by barbecuing.

“We have our last outing of the semester [on] May 3, [which] we call the ‘celebration meeting’ and we get together with Christians on Campus clubs from Norman and Edmond, from the University of Oklahoma and the University of Central Oklahoma, and we’re going to have a barbecue and a bonfire at Camp Rock Creek in Norman,” Miller said.

For more information, contact the club at christiansoncampus.ok@gmail.com.

To join, attend the club’s next meeting at noon on Monday, May 5, in room 1X5, or Tuesday, May 6, in room 1C3.

OCCC Choirs to perform May 8

The OCCC Concert Choirs will perform at 7 p.m. Thursday, May 8, in the Visual and Performing Arts Center Theater. The concert will include performances by the Concert Choir, Chamber Singers and Symphonic Community Choir. The free event is open to the public. For more information, contact the Division of Arts at 405-682-6278.

Gamel scholarship deadline May 9

Applications for the Ralph and Connie Gamel scholarship will be accepted until 5 p.m. Friday, May 9, at the OCCC Foundation, room 1A4 in the Arts and Humanities building. The scholarship is open to all currently enrolled OCCC students who have a GPA of 2.0 and are committed to obtaining a degree from OCCC. Students can get applications in the Foundation office and must hand deliver the application. Students will also need to submit a 500-word essay. For more information, contact Jennifer Harrison at jharrison@occc.edu.

Graduate pinning ceremony set for May 12

The graduating class of 2014 will be recognized for their success in a graduate pinning ceremony at 4 p.m. Monday, May 12, in the Visual Performing Arts Center Theater. Graduates are allowed to bring one guest to accompany them to the ceremony. There will be a reception following the ceremony. For more information, call Student Life at 405-682-7523 or email SLStaffDL@occc.edu.

May intersession classes begin May 19

Intersession classes will begin Monday, May 19, and end Saturday, May 31. To register, visit mineonline.occc.edu.

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

**FEMALE ROOMMATE WANTED:** with bathroom. Washer/dryer, Internet, cable. Close to OCCC. Big room. All amenities. Nice neighborhood. $450 a month, all bills included. Honest person, no drugs, no alcohol. 405-317-4002.

**ROOM FOR RENT:** Only female. Includes all services. Near OCCC. Call or text Norma at 405-317-4002.

**FOR SALE:** 21-year-old male looking for a room to rent. Call or text Roman at 770-301-2791 with information and price.

**FOR SALE:** Neiman Marcus Robert Rodriguez collection size 14 strapless cocktail dress. Still has store tags. $50. Text 405-818-0083.

**ROOM FOR RENT:** Mayfield Addition. Quiet neighborhood. Furnished with private bath. $450 which includes all utilities, cable, wifi, washer, dryer, hot tub. Must be a non-smoker and drug free. No pets. We have 3 cats. Tgs3224@aol.com or 405-227-9408 after 6 p.m.

**LOOKING FOR ROOM TO RENT:** Male, 23, full-time student looking to rent a room close to campus for no more than $250-$300 a month from May 17 to the end of the fall semester. Email john.white336@occc.edu.

**FEMALE ROOMMATE WANTED:** with bathroom. Washer/dryer, Internet, cable. Close to OCCC. Big room. All amenities. Nice neighborhood. $450 a month, all bills included. Honest person, no drugs, no alcohol. 405-317-4002.

**ROOM FOR RENT:** Only female. Includes all services. Near OCCC. Call or text Norma at 405-317-4002.

**FOR SALE:** Standard long bed pickup w/tailgate liner. $75. GC. Text 405-818-0083.

**FOR SALE:** Robert Rodriguez collection size 14 strapless cocktail dress. Still has store tags. $50. Text 405-818-0083.

**ROOM FOR RENT:** Mayfield Addition. Quiet neighborhood. Furnished with private bath. $450 which includes all utilities, cable, wifi, washer, dryer, hot tub. Must be a non-smoker and drug free. No pets. We have 3 cats. Tgs3224@aol.com or 405-227-9408 after 6 p.m.

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Bullets in parking lot, white powder reported to cops

LAUREN DANIEL
Editor
daniel@occc.edu

Current campus police reports include a campus employee finding a baggie of white powder, an unattended child and bullets discovered in a parking lot.

At approximately 9:08 p.m. April 22, a suspicious white powder in a small plastic baggy led to a call to campus police.

The baggy was found by Lab Tutor Theron Blunck, 24, while watering plants in the Science Engineering and Math building near SEM entry 3.

Police Officer Jeffrey McIntyre took the bag to the campus police department. No further action was taken.

Additional information was included in a supplemental report that was not made available.

A report dated April 22 shows at approximately 12:25 p.m. April 21, police officers Zachary Andrews and Gordon Nelson made contact with a suspicious person who was standing outside of Main Building entry 2.

Additional information was included in a supplemental report that was not made available.

Police were dispatched to look into a report of two rifle bullets that were discovered at approximately 2:14 p.m. April 25 in Parking Lot F.

According to a police report, the rounds appeared to be old because they were rusty and had been run over.

The bullets were submitted for destruction by Officer David Madden. No further action was taken.

Additional information was included in a supplemental report that was not made available.

A report of an unattended child in Parking lot E was made at approximately 8 p.m. April 25. McIntyre took the child to the OCCC gym after finding out his brother was there.

The child was instructed to stay with his brother. No further action was taken.

Additional information was included in a supplemental report that was not made available.

At approximately 10:40 a.m. April 28, News Writing Instructional Assistant Ronna Austin reported some disturbing messages had been left on her voicemail system over a three-day period.

The caller identified herself as Charlotte Declue, a 65-year-old OCCC student. OCCC records show the woman is not attending classes this spring but is enrolled for the fall.

The case remains open, but no further action is being taken at this time.

Any names redacted on the reports were done so 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.

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.

Student fluent in six languages from years in Army

BRYCE MCELHANEY
Staff Writer
communitywriter@occc.edu

How do you say hello in Farsi, Mandarin Chinese, Arabic, Tajik and Dari?

Ask diversified studies major Mark Shemwell. He speaks all of these languages fluently.

Shemwell, who has attended OCCC for about a year, said he learned these languages during his 17 years in the military, where he served in the intelligence field.

“I joined the Army when I was 17 years old,” he said. “The army sent me to school to learn Farsi and I found that I had a proclivity for languages.”

Shemwell said, of all the languages he knows, Farsi is his favorite to speak.

“To me, it’s by far the most expressive and poetic,” he said. “Arabic is a little gruff, Chinese is a little toney, Persian has a real soothing sound and, you know, you can’t beat Iranian women — they’re beautiful.”

Despite his love for Farsi’s style, he said, it wasn’t his favorite to learn.

“Intelectually, I would say Arabic (was my favorite to learn),” he said. “It’s very, very grammar intensive. It’s a group-based language, which means they start out with three or four letters and then they have 10 to 15 different ways that they manipulate [the letters].”

Shemwell, who is left-handed, uses his ability to write in different languages to his advantage — by writing his class notes in Farsi.

“For me, the Arabic and Persian languages are much easier to write from right to left, so I don’t get ink or lead on my hand,” he said.

Farsi is written from right to left as opposed to English’s left to right style of writing.

“It makes it more convenient,” Shemwell said.

With the exception of Tajik, Shemwell can read and write all six languages.

“I can’t read the Cyrillic alphabet,” he said.

During his time in the Army, Shemwell has traveled in many different countries.

These countries include Afghanistan, Tajikistan, Uzbekistan, Kyrgyzstan, Germany, Turkey and France.

Shemwell has also visited different countries on his own time, which are the United Kingdom, Canada and Mexico.

When Shemwell isn’t busy attending his classes at OCCC, he spends time with his 8-year-old daughter, Elise.

“He teaches me English, [Farsi] and all of that,” Elise said. “The language I want to learn the most is Spanish.”

Other than passing on his knowledge of languages to her, Elise said, her dad also makes time for other hobbies.

“I like to play drums with him,” she said.

“We like to go out for dinner, we watch television together and play games,” Shemwell said though he doesn’t currently work, he is a full-time student and plans to apply to OCCC’s nursing program.

For more information, visit http://pioneer.occc.edu to watch the Pioneer’s video interview with Shemwell where he shows his abilities on screen.