Preparing for the future

When professors are not enough

Students can find help with writing, math and science

BRYCE McELHANEY
Editor
editor@occc.edu

OCCC offers a number of free, helpful resources for students including numerous labs that can help with writing papers and completing math or science homework, and thousands of books on most every subject. Some of the most used areas at OCCC are the Communications, Math, and Science labs, and the library.

COMMUNICATIONS LAB

One of the most popular labs on campus is the Communications Lab which primarily offers students assistance with writing, said Communications Lab Supervisor Lynette Leidner.

“(The Comm Lab can help with) essentially any step of the writing process, from understanding the assignment to brainstorming ideas about topics to write about, making outlines, how to write a thesis, how to write an introduction and how to structure the paper,” Leidner said. “... We help students with grammar, help them to develop their content, fully explain their ideas, research, conclusions — every part of it. We’re here to help.”

Students can drop by any time the lab is open, she said. “There are no appointments and everything is free. That goes for more than just classes in English,” she said. “We also help with test preparation.”

Communications Lab tutors go through an intensive training program, Leidner said. “There’s a variety of teachers out there, so I like to make sure we deliver consistent content and that we can basically back up the instructors instead of maybe giving information that works against what the instructor told them in class,” she said.

English as a Second Language Conversation Group is another Communications Lab feature, Leidner said. “It’s a safe place for students to

Lauren Daniel
Senior Writer
seniorwriter@occc.edu

Writing workshops planned for fall

Writing is an essential part of life, especially in college. Students can get help with writing skills via a number of writing workshops offered by the Communications Lab throughout the semester, said Lydia Rucker, senior communications lab assistant.

The first workshop, “Writing
EDITORIAL | While not having to lug around tons of books sounds nice, electronic books are not the same

Pros and cons to e-book use

With the rise of tablets like Kindle, college students can learn more efficiently and not be weighed down by several textbooks. However, having this kind of technology can benefit students in numerous ways but this convenience also has flaws. “As of 2012, only 30 percent of textbook titles are available electronically,” according to tablets-textbooks.procon.org. Many different companies manufacture tablets and most contract with one specific e-book seller. This means “some textbooks may not be sold across all tablets.”

With a lack of textbooks available electronically, students who would rather rely on tablets may be out of luck. People who read digital text also may comprehend the content slower than when reading print text which may hinder a student’s reading competency in the classroom or when doing homework.

“The brain interprets printed and digital text in different ways, and people generally read digital text 20-30% slower than print,” according to Princeton.

BRYCE McELHANEY

LETTER TO THE EDITOR | ‘Moving for Better Balance’ training offered as part of effort to prevent falls

Tai Chi instructor workshop offered free of charge

To the editor:

The Injury Prevention Service of the Oklahoma State Department of Health will host “Tai Chi: Moving for Better Balance” instructor training workshops across Oklahoma. Those who successfully complete the two-day workshop are qualified to lead “Tai Chi: Moving for Better Balance” classes.

Participants will be expected to help expand this program by teaching classes in their communities to help prevent injuries from falls. Free instructor training will be held in Norman with a limited number of spots available.

To enroll in a workshop, contact Avy Redus by phone at 405-271-3430 or at AvyD@health.ok.gov.

The training schedule is from 9 a.m. to 4 p.m. Sept. 25 and 26 at the Norman Senior Citizens Center. Every year in Oklahoma, about 7,000 older adults are hospitalized and more than 350 die from a fall. “Tai Chi: Moving for Better Balance” focuses on improving functional abilities, such as balance and physical function, to help reduce falls-related risks and the frequency of falls.

OSDH offers the following tip to help prevent falls:

• Exercise regularly. Exercises that improve strength, balance, and coordination are the most helpful in lowering the risk of fall-related injuries.
• Ask a doctor or pharmacist to review both prescription and over-the-counter medications to monitor side effects and interactions.
• Have vision screenings at least once a year.
• Reduce hazards in the home:
  • Keep floors clean and clear of clutter where people walk and maintain adequate lighting throughout the home, especially near stairways. Use non-slip throw rugs in the home, and use nonslip mats in the bathtub or shower. Install handrails on stairways and grab bars in bathrooms. Keep items needed for regular use in easy-to-reach places that don’t require the use of a step stool.

For more information, call 405-271-3430 or visit http://falls.health.ok.gov.

—OKLAHOMA STATE HEALTH DEPARTMENT
Delays leave traveler annoyed

By no means am I a frequent flyer. Hell, I have a hard time maintaining composure while riding the carnival ferris wheel, so being 50,000 feet above ground in a stuffy aircraft sandwiched between two strangers is not my idea of a good time.

That said, I generally opt for some melatonin and a sleeping mask while enduring air travel. Unfortunately, I was wide awake during my last experience flying with American Airlines.

My first flight delay from San Francisco International to LAX should’ve been an indication of how the rest of my trip might go, but I did my best to remain optimistic.

After it took the plane an extra half hour to arrive to our loading gate and required another 15 minutes of maintenance after the passengers boarded, I began to submit my final request to God: “Please let there be liquor on this flight.”

While I survived my trip to Los Angeles, the delay in San Francisco pushed our arrival time back, permitting me no time for useless souvenir shopping or an overpriced dinner entree at a fancy airport restaurant.

Once we landed, I quickly gathered my bags and rushed to my next gate to board my connecting flight to Dallas.

Thankfully, American Airlines was late once more, which gave me time to purchase a banana and a $15 sandwich to satisfy my growing hunger.

But upon boarding my flight to Texas from California, I was disappointed to find my flight didn’t offer free WiFi as the previous flight did.

It didn’t make much sense since my first flight was only an hour and my second flight was three.

I leave it to Texas to ruin something for you while you’re 50,000 feet in the air.

The best part about my experience with American Airlines occurred when we landed in Dallas. After two delayed flights, we landed at 1 a.m., an hour after our original arrival time.

As if that wasn’t enough, we waited nearly 45 minutes at baggage claim. Since I’m not used to traveling, I saw it as an inconvenience — but people in first class went nuts because they waited so long.

One lady who somehow smuggled two Yorkshire Terriers on board almost fought another woman because their luggage was being held hostage.

To avoid rabid Yorkshire terriers and an overall terrible flight experience, I’d suggest you fly with anyone but American Airlines.

I’m just glad I made it home in one piece.

Rating: D

—Siali Siaosi
Online Editor

‘Manhunter’ does everything right

I recently watched the 1986 crime thriller “Manhunter.” Based on Thomas Harris’ novel, “Red Dragon,” the story takes place before the events of “The Silence of the Lambs.”

Will Graham (William Petersen) is a former FBI criminal profiler known for catching the serial killer Hannibal Lecktor (Brian Cox). Graham is visited by his past FBI superior Jack Crawford (Dennis Farina) who needs him to solve a new serial killer case. Reluctant at first, Graham agrees to take on the assignment. High fives all around for an awesome “I don’t do that anymore, I’m retired” scene.

The serial killer, Francis Dollarhyde (Tom Noonan), targets families on lunar cycles. Graham has three weeks until the next full moon to catch Dollarhyde. In order to find this man soon, Graham must think like a killer.

The atmosphere of this film is decked in 1980s culture, not only with synth driven music, but costumes, production design and marketing. It’s more ‘80s than most ‘80s movies. A few taglines this film has are

“It’s just you and me now, sport ...” and “Will Graham has the mind of a psychopath — thank God he’s on the right side of the law.”

It doesn’t get much better than that, folks.

Graham’s son asks how he caught Hannibal Lecktor. He explains to his son, “...I tried to build feelings in my imagination like the killer had... so I could find him ...” He explains that after Lecktor was caught, “... I still had his thoughts around in my head and I stopped talking to people ...”

Whoa, so Graham is risking his sanity trying to find this guy? That’s some heavy conflicts, doc.

“Manhunter” has many vivid images. The lighting is vibrant, colorful and uncommon. The most memorable images are Graham dreaming about his family and Reba McClane (Joan Allen) petting a tiger.

Anyone who enjoys crime thriller will like “Manhunter.” It’s not just any crime thriller — it’s Michael Mann taking crime thriller to the max.

Rating: B

—Ethan Cooper
Webmaster

Don’t drink without BAC app nearby

Nowadays, there’s an app for nearly everything. Whether it relates to food, friends or finding a hot date, there’s little that mobile applications can’t do.

Amazing as apps may appear, however, one app that most people would trade their grandmother’s good health for hasn’t been developed just yet — an app capable of bailing you out of jail.

However, after turning 21 a few months back, I’ve come to appreciate an app that does the next best thing: the blood-alcohol content calculator.

Whether you’re attempting to sober up or deciding if you should call a cab, the BAC calculator app can ease even the most nauseous stomachs.

While there are several BAC calculators featured on the App Store, the general function of each is to tell how drunk you currently are, how drunk you’re getting and how drunk you’ll inevitably be once those Vegas Bombs are gone — and, more importantly, when the safest time for you to operate a vehicle will be.

Each app has different options depending on which one you download, but most feature a calculator that allows you to input how many drinks you’ve had along with each drink’s alcohol content.

For an app dedicated to preventing drinking and driving — and legal fees — the BAC calculator app can ease even the most nauseous stomachs.

For instance, if a person just ordered a Long Island iced tea, the BAC calculator can determine approximate blood-alcohol levels and provide increased estimations as time progresses based on the person’s inputted information.

The tricky thing about BAC calculator apps is they’re only approximations — meaning, you’re probably far more intoxicated if your blood-alcohol levels are already high by the app’s standards.

While BAC calculators are only phone apps making an educated guess, they can potentially prevent a bad decision.

For an app dedicated to preventing drinking and driving — and legal fees — the BAC calculator is a must-have for any logical college student who’s smart about having fun.

—Siali Siaosi
Online Editor
Despite fancy label, it still tastes like water

It's been argued that water is free and we shouldn't pay for it. I beg to differ.

Human beings are mostly composed of water so we should care what kind we add to our bodies.

Tap water tastes like a hospital so I would not consider drinking water to be free.

Aquafina is decent. It is slightly nutty, but smooth and round.

Dasani is pleasantly sharp, but the aftertaste can only be washed out with soda or chocolate milk.

Ozarka has the minerals I crave, but it's too savory for my delicate palate.

Because of this, the only water I will drink is my own concoction. It is equal parts Ozarka, Dasani and Aquafina. This is a huge pain to mix, so I normally just drink Dr Pepper.

When I noticed a bottle of Glaceau Smartwater at my local dollar store, I was taken by surprise. The bottle had a sleek design and the water within looked much more watery than the other waters.

The label boasted that it was "pure and crisp like from a cloud." I grabbed it up. Clouds have always looked delicious to me, and it's disgusting to think that most other bottled water comes from a filthy spring.

The bottle cost $1.25, which seems like a lot, but remember, this is a piece of cloud we're talking about.

I put the bottle up to my lips and felt the room temperature liquid bubble past my tongue. I anticipated a rush of energy from the electrolytes floating in the tiny currents.

Just as I expected, it tasted like water.

It tasted like Aquafina. It tasted like Dasani. It tasted like Ozarka. It tasted like Perrier. And it tasted like the wishing fountain at the mall. It tasted like my own saliva.

It was water: that tasteless, shapeless, colorless, ridiculously simple molecule that literally surrounds us in almost every environment.

If someone has just finished mowing the lawn and is dying of thirst, water can be delicious.

There is a drink that tastes amazing any time at any place, however. It is called beer. Have a bottle today. Please stop destroying the planet with plastic.

Rating: C

—Jake McMahon
Videographer

Smartphone game gets users moving

The world as you know it is a lie. We are not alone and they are influencing us now.

An alien race known as the Shapers have released Exotic Matter (XM) in order to manipulate human evolution — to what purpose, we do not know. But now we know of their existence and we have stolen their technology. With it, we can establish control fields to shield the minds of humanity and save the human race from shaper tampering. We are the Resistance.

Be wary, however. There are people who have already been controlled by the shapers. They want the shapers to control who and what we become. They fear our individuality. They believe they are enlightened.

We must stop them from creating control fields that influence our fellow man. They are a misguided people.

"Ingress" is an Augmented Reality game played on a smartphone and set in the real world.

XM Portals are created by agents at various points of interest (murals, government buildings, sculptures, places of significant historical interest, etc.). These portals are keys to the fight between the two sides.

Each side tries to claim them and use them to create fields. The game, created by the Niantic Project, is the brainchild of Google. It was designed to get people out from behind their computers and gaming consoles, and into the real world again. It encourages travel to new places and walking.

I highly encourage anyone and everyone with a smart phone of either the Android or iOS variety to play the game.

Get with the members of the team you select (which should, of course, be the resistance.)

Both sides have really good people who are willing to help you get started. Start claiming portals and start walking.

OCCC is home to 16 portals at this moment and there are hundreds all over the city in places like Bricktown, the Oklahoma State Capitol and History Museum, the zoo, Edmond’s Old Town on Broadway, OU Health Sciences Center and main campus, and the 45th Infantry Museum.

"Ingress" is available at the Google Play and Apple stores on each device respectively. For more information, check www.ingress.com.

—Michael McKaughan
Guest Reviewer

TOP 20 MOVIES
Weekend of Aug. 8 through Aug. 10
www.newyorktimes.com

1. Teenage Mutant Ninja Turtles
2. Guardians of the Galaxy
3. Into the Storm
4. The Hundred-Foot Journey
5. Lucy
6. Step Up All In
7. Hercules
8. Get On Up
9. Dawn of the Planet of the Apes
10. Planes: Fire and Rescue
11. The Purge: Anarchy
12. A Most Wanted Man
13. Boyhood
14. And So It Goes
15. Sex Tape
16. Magic in the Moonlight
17. How to Train Your Dragon 2
18. Transformers: Age of Extinction
19. Maleficent
20. Tammy

COMMENTS AND REVIEWS
PRODUCT REVIEW | Reviewer says H2O is ‘tasteless, shapeless, colorless’

Despite fancy label, it still tastes like water

When I noticed a bottle of Glaceau Smartwater at my local dollar store, I was taken by surprise. The bottle had a sleek design and the water within looked much more watery than the other waters.

The label boasted that it was “pure and crisp like from a cloud,” so I grabbed it up. Clouds have always looked delicious to me, and it’s disgusting to think that most other bottled water comes from a filthy spring.

The bottle cost $1.25, which seems like a lot, but remember, this is a piece of cloud we’re talking about.

I put the bottle up to my lips and felt the room temperature liquid bubble past my tongue. I anticipated a rush of energy from the electrolytes floating in the tiny currents.

Just as I expected, it tasted like water.

It tasted like Aquafina. It tasted like Dasani. It tasted like Ozarka. It tasted like Perrier. And it tasted like the wishing fountain at the mall. It tasted like my own saliva.

It was water: that tasteless, shapeless, colorless, ridiculously simple molecule that literally surrounds us in almost every environment.

If someone has just finished mowing the lawn and is dying of thirst, water can be delicious.

There is a drink that tastes amazing any time at any place, however. It is called beer. Have a bottle today. Please stop destroying the planet with plastic.

Rating: C

—Jake McMahon
Videographer

APP REVIEW | ‘Ingress’ great way to get away from your desk and out into the world

Smartphone game gets users moving

The world as you know it is a lie. We are not alone and they are influencing us now.

An alien race known as the Shapers have released Exotic Matter (XM) in order to manipulate human evolution — to what purpose, we do not know. But now we know of their existence and we have stolen their technology. With it, we can establish control fields to shield the minds of humanity and save the human race from shaper tampering. We are the Resistance.

Be wary, however. There are people who have already been controlled by the shapers. They want the shapers to control who and what we become. They fear our individuality. They believe they are enlightened.

We must stop them from creating control fields that influence our fellow man. They are a misguided people.

“Ingress” is an Augmented Reality game played on a smartphone and set in the real world.

XM Portals are created by agents at various points of interest (murals, government buildings, sculptures, places of significant historical interest, etc.). These portals are keys to the fight between the two sides.

Each side tries to claim them and use them to create fields. The game, created by the Niantic Project, is the brainchild of Google. It was designed to get people out from behind their computers and gaming consoles, and into the real world again. It encourages travel to new places and walking.

I highly encourage anyone and everyone with a smart phone of either the Android or iOS variety to play the game.

Get with the members of the team you select (which should, of course, be the resistance.)

Both sides have really good people who are willing to help you get started. Start claiming portals and start walking.

OCCC is home to 16 portals at this moment and there are hundreds all over the city in places like Bricktown, the Oklahoma State Capitol and History Museum, the zoo, Edmond’s Old Town on Broadway, OU Health Sciences Center and main campus, and the 45th Infantry Museum.

“Ingress” is available at the Google Play and Apple stores on each device respectively. For more information, check www.ingress.com.

—Michael McKaughan
Guest Reviewer

Despite fancy label, it still tastes like water

When I noticed a bottle of Glaceau Smartwater at my local dollar store, I was taken by surprise. The bottle had a sleek design and the water within looked much more watery than the other waters.

The label boasted that it was “pure and crisp like from a cloud,” so I grabbed it up. Clouds have always looked delicious to me, and it’s disgusting to think that most other bottled water comes from a filthy spring.

The bottle cost $1.25, which seems like a lot, but remember, this is a piece of cloud we’re talking about.

I put the bottle up to my lips and felt the room temperature liquid bubble past my tongue. I anticipated a rush of energy from the electrolytes floating in the tiny currents.

Just as I expected, it tasted like water.

It tasted like Aquafina. It tasted like Dasani. It tasted like Ozarka. It tasted like Perrier. And it tasted like the wishing fountain at the mall. It tasted like my own saliva.

It was water: that tasteless, shapeless, colorless, ridiculously simple molecule that literally surrounds us in almost every environment.

If someone has just finished mowing the lawn and is dying of thirst, water can be delicious.

There is a drink that tastes amazing any time at any place, however. It is called beer. Have a bottle today. Please stop destroying the planet with plastic.

Rating: C

—Jake McMahon
Videographer

APP REVIEW | ‘Ingress’ great way to get away from your desk and out into the world

Smartphone game gets users moving

The world as you know it is a lie. We are not alone and they are influencing us now.

An alien race known as the Shapers have released Exotic Matter (XM) in order to manipulate human evolution — to what purpose, we do not know. But now we know of their existence and we have stolen their technology. With it, we can establish control fields to shield the minds of humanity and save the human race from shaper tampering. We are the Resistance.

Be wary, however. There are people who have already been controlled by the shapers. They want the shapers to control who and what we become. They fear our individuality. They believe they are enlightened.

We must stop them from creating control fields that influence our fellow man. They are a misguided people.

“Ingress” is an Augmented Reality game played on a smartphone and set in the real world.

XM Portals are created by agents at various points of interest (murals, government buildings, sculptures, places of significant historical interest, etc.). These portals are keys to the fight between the two sides.

Each side tries to claim them and use them to create fields. The game, created by the Niantic Project, is the brainchild of Google. It was designed to get people out from behind their computers and gaming consoles, and into the real world again. It encourages travel to new places and walking.

I highly encourage anyone and everyone with a smart phone of either the Android or iOS variety to play the game.

Get with the members of the team you select (which should, of course, be the resistance.)

Both sides have really good people who are willing to help you get started. Start claiming portals and start walking.

OCCC is home to 16 portals at this moment and there are hundreds all over the city in places like Bricktown, the Oklahoma State Capitol and History Museum, the zoo, Edmond’s Old Town on Broadway, OU Health Sciences Center and main campus, and the 45th Infantry Museum.

“Ingress” is available at the Google Play and Apple stores on each device respectively. For more information, check www.ingress.com.

—Michael McKaughan
Guest Reviewer
Part-time professor new TRiO program director

CHARITY WILLIAMS
News Writing Student

Lathonya Shivers, a long-time OCCC political science adjunct professor, is now the new OCCC TRiO program director. She began her new role on May 19.

“My goals as the new director of the TRiO program are to make sure that, as a result of participating in our programs, they feel like they are a part of our campus.”

The federal TRiO programs are educational opportunity outreach programs designed to motivate and support students from disadvantaged backgrounds, according to www.occc.edu/trio.

Shivers, an OCCC employee since 2006, said she was initially hired as a political science adjunct professor, teaching government classes.

After working for the state government for a number of years, she said, she wanted to apply her knowledge to the classroom. Shivers also has first-hand experience with TRiO programs, since she took part in the Student Support Services program at Cameron University when she attended college there.

She said she is currently working with the Upward Bound program this summer and is helping 40 high school students on campus every day, providing them with a college experience.

Shivers said she plans to continue to teach political science classes at OCCC as an adjunct professor.

“I am happy to be at OCCC,” Shivers said. “TRiO is a great program because it helps students access higher education — students who might not otherwise have the opportunity.”

For more information about the TRiO program, visit www.occc.edu/trio.

To contact Shivers, call 405-682-7865.

Intoxication, car-bike collision, suspicious man reported

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

Recent crime reports include an intoxicated man on campus, vandalism, an auto accident and suspicious activity.

An intoxicated man was reported by Vice President of Academic Affairs office employees at approximately 11:55 a.m. July 16.

When OCCC police officers asked for identification, the man, whose name was redacted from the report, provided them with a Texas driver’s license.

The report shows after performing field sobriety and balance tests, Officer David Madden believed the man to be under the influence.

According to the report, Madden smelled alcohol on the man’s breath who explained that he had four or five drinks the previous night.

After Madden determined the man posed no threat and had no warrants, he was escorted to the Metro Transit bus.

Additional information can be found on a supplemental report that was not provided.

At approximately 10:20 p.m. on July 16, Officer Patrick Martino saw two males, age 15 and 16, near a light pole on campus. After shattering the glass on the light pole, the suspects ran toward houses along SW 82nd Street.

The suspects were caught and placed in investigation detention. After being searched, a slingshot was found on one of the youths.

According to the police report, one of the minors admitted to shooting out the glass. One was released to his father at the scene. The other suspect was photographed, issued a trespass notice and released to his father.

The case is still active. Additional information can be found in a supplemental report not provided.

Officer Ronald Ventresca was called to an auto accident off campus at SW 65th and Drexel in Oklahoma City involving an OCCC vehicle, and a bicyclist at approximately 4:09 p.m. July 24.

Driver of the van, Andre Hafner, 23, part-time OCCC employee, said he was driving southbound on SW 65th when he saw John Galbraith, 47, riding a bicycle.

According to the report, Hafner braked and swerved to the left, but could not avoid hitting the bicycle to his right. Hafner said he failed to stop because it was obscured by tree branches and it was too late to stop.

Galbraith said he stopped for the stop sign. A witness to the collision said neither stopped at the stop sign. Galbraith was transported to an area hospital.

No further action was taken.

Donate plasma today and earn up to $300 a month!

Who knew I could earn money, save lives, and get free wi-fi at the same time?

1327 E. Lindsey St, Norman, OK 73071
405-447-9977
716 NW 23rd St, Oklahoma City, OK 73103
405-521-9204

Scan for an insider look at the plasma donation process

To scan and view content, you must download a QR code reader from your App store.

*Applicable for eligible, qualified new donors. Fees vary by weight. New donors must bring photo ID, proof of address and Social Security number.

CSLPlasma.com
Parking tips, traffic guidelines offered

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

Driving around in circles trying to find a parking spot is not an ideal way to start the first day of your college semester. Thousands of students will converge on campus Aug. 15 which can result in parking frustrations.

OCCC Police Chief James Fitzpatrick said students who plan ahead can avoid that.

He said students who arrive to campus early fare better at finding parking and getting to class on time than those who arrive just at the time class is starting.

One resource students can use to assist them while parking is following the OCCC Parking Twitter at @OCCCparking. Fitzpatrick said he encourages all students to follow and check the site frequently.

“We can kind of keep them advised as best we can. When the lot is full, they don’t have to come in and try to look around and see. We usually try to update it every 10 to 15 minutes… ,” he said.

Fitzpatrick said parking in less popular lots also will help.

He said, during the first couple of weeks, students tend to park in the lots closest to 74th Street and May where college entrances are located instead of looking for parking at the back of the campus.

“There is normally ample parking if they’ll go around to D, E, and F lots on the back end,” he said.

“… Timewise, they will probably reach their class faster by going there and finding a parking place quickly, getting into the building and just walking down from the College Union area over to the Main Building or wherever they have their class.”

Students will be fined for infractions such as parking in an employee/faculty spot or handicap spot.

Fitzpatrick said students are most often fined for parking in an employee/faculty spot.

Students also can’t create a parking spot.

“They can’t park on the grass,” he said. “If there’s no more lines painted, that’s the end of the line.”

Students who park there, they’ll get a ticket,” he said.

“If they’re blocking traffic, they can get their car towed. We can only spend so much time trying to find them.”

Safety also is a concern.

Fitzpatrick said students should lock their cars and keep their valuables out of sight, and not hesitate to contact OCCC Campus Police if they need help.

“If they see anything suspicious or uncomfortable out in the parking lots, call the campus police immediately, and we’ll go check it out,” he said.

Fitzpatrick said after the first few weeks, things should mellow out.

Campus Police also provide escorts to cars, if requested, and can unlock doors.

For more information, contact the OCCC Campus Police Department at 405-682-7872 or visit www.occc.edu/police.

---

**at a glance**

**TRAFFIC FINES**

- Parking in a fire lane: $100
- Parking in a handicapped space without a proper permit: $100
- Failure to stop at a stop sign: $25
- Going the wrong way on a one-way street: $25
- Reckless driving, unsafe driving: $25
- Parking in a faculty and staff area without a proper decal: $15
- Double parking: $5
- Improper parking (parts of vehicle outside of marked space): $3
- All other parking violations: $5
- Failure to display parking decal or parking permit: $5
- Improperly stipped parking decal or parking permit: $3

If a fine isn’t paid, a hold can be placed on a student’s records until receipt of payment of the citation is presented to the campus Police department.

For more information, visit www.occc.edu/police/pdf/trafficparkingbrochure.pdf.
Navigating OCCC made easier

MAIN BUILDING
First, Second and Third floors

For additional printable campus maps, visit www.occc.edu/maps/index.html
Students can sign up for Intramural sports at www.imleagues.com

Dodgeball, football, more offered for fall

Intramural sports are returning to OCCC for the fall semester, said Intramural Sports Assistant Matthew Wright.

“[There are] six different sports going on,” Wright said.

“We have dodgeball (and) flag football. Later on in the semester, there will be ultimate Frisbee, volleyball, badminton.”

At the end of the semester, he said, a five-on-five basketball tournament will be held.

Wright said sign-ups for all sports take place at www.imleagues.com/occc.

Information about all OCCC intramural sports, including rules, are posted there, he said. That also is where players go to register.

“Once you have an account, you can register for all the different leagues,” Wright said.

After the account is created, he said, there are a few ways to get involved — create a team with others, join a team that needs additional players as a free agent.

“...Let’s say you want to look up flag football. [When you] click on flag football, you can see what teams are currently registered, you can see what players are registered. There’s a link for the rules … .”

Wright said he is adding more to the site daily.

“Once I have schedules posted, that will all be on there,” he said. “That’s where you can find all the information.”

Wright said he recommends students join OCCC intramural sports as opposed to joining outside sports leagues.

“They’re free for OCCC students, faculty and staff.

“After college, any league you go play in ... you’re going to be paying $50, $60 a person most likely.

“So this is a good opportunity to take advantage of free sports while you’re in college.

“Once you’re out of college, everything has a price.”

Wright said sign-ups begin the first day of classes, Monday, Aug. 18. He said he will update the site throughout the semester to include all the sports that are available.

There also is a mobile version of imleagues that can be accessed after an account is created at the website, Wright said.

For more information, visit www.imleagues.com/occc or email Wright at matthew.j.wright@occc.edu.
Help: OCCC labs, library offer free resources in many areas

Continued from page 1

... come,” she said. “We work on breaking down cultural barriers and language barriers. It’s not a place where they’re going to get lectured to. We have interactive activities and it’s a lot of fun.”

All students need to visit the lab at least one time, she said.

“We’re willing to sit down and work one-on-one with students wherever they’re at on their academic journey.”

For more information and hours, visit www.occc.edu/comlab, or call 405-682-1611, ext. 7379.

MATH LAB

The Math Lab is available for students needing math homework assistance and is open 72 hours a week, said Math Lab Supervisor Christine Peck.

“We have a lot of available times for working students or students who are only here on Saturdays or only here in the evenings,” she said. “We have a lot of open hours.”

Peck said tutors are ready to help.

“If you’re in Calculus III, somebody can help you. If you’re in College Prep Math II, somebody can help you — anytime we’re open,” she said.

The Math Lab also has books, calculators and other resources that can be checked out and used in the lab, with a valid student ID, Peck said.

“None of our materials leave the lab, but students can use them here in case they didn’t carry their book to and from campus,” she said.

“The Math Lab has more than 100 computers with Internet access for student use.

“Students who aren’t even in a math class can come in and use the computer to write a paper, or research something.”

The Math Lab also rents graphing calculators.

“... We lease graphing calculators for a rental fee of $25 a semester ...”, she said.

Peck said the Math Lab will offer calculator workshops for students who are unfamiliar with the TI-83 and TI-84 calculators, which she said, are used for several math classes.

“Peck suggests students come in to the Math Lab as soon as possible and make regular visits to the lab.

“Math is one of those subjects that you need to do a little bit of it every single day or every other day,” she said.

For more information and hours, visit www.occc.edu/mathlab, or call 405-682-1611, ext. 7291.

PHYSICAL SCIENCES CENTER

The Physical Sciences Center is a good place for students to have group study, quiet time, or socializing with friends, said B.J. Higgins, Physical Sciences Center Supervisor.

Free tutoring and computer resources are available to students, she said.

“For new students taking chemistry or physics for their first semester, this center will help them because we have a lot of resources available to them. If they’re in either chemistry or physics that first semester, they will be using Mastering Chemistry or Mastering Physics. If they’re in engineering students, we have tutors for engineering physics.”

Higgins said the center offers a quiet refuge too.

“We have a little seating area over in the corner to study quietly or chill,” she said.

Higgins said students must sign up for lab appointments 24 hours in advance.

“If our center is open, we usually have a tutor available.”

She said her door is open to students with questions.

“If there’s ever a problem with a tutor or lab assistant when you’re in here, come see me. If you have a question about the center, you’re always welcome to come in and ask.”

For more information and hours, visit www.occc.edu/physicslab.html, or call 405-682-1611, ext. 7711.

BIOLOGY SCIENCES CENTER

The Biology Sciences Center is a facility for any students taking a lab or lecture course, said Senior Biology Lab Assistant Stephanie Rollins.

She said Biology Sciences Center employees have a lot of the basic knowledge of what the students need to know.

“The people who work in the Biology Sciences Center are students with a degree or who are pursuing a degree,” Rollins said.

The center also is where online students complete their labs. Those who make appointments fare best, she said.

“If they make an appointment 24 hours ahead, they can do anything from experimenting with pill bugs in general biology all the way up to the digestive lab in anatomy and physiology,” Rollins said.

Students are encouraged to study in the lab. Rollins said.

“The students can ask questions and we can quiz them for their test. We’ll do anything with you,” she said.

For more information and hours, visit www.occc.edu/sm/biolab.html, or call 405-682-1611, ext. 7269.

LIBRARY

The library is a good place for students to do research, check out general education textbooks for a couple hours or complete their homework, said Electronic Services Reference Librarian Tricia Sweany.

Students also can check out general textbooks for up to two hours at a time for use in the library, she said.

Sweany said students can get help at the Librarian Assistance desk.

“We help students with anything from finding a topic for a paper, to kind of narrowing their key words down so they can do research,” she said. “We help direct them to which databases to use, which articles, and how to find books.”

Sweany said she also can help students with their assignments.

“It’s a lot easier for us because we can see what the professor is asking for so we can know how to direct students,” she said.

Sweany said the computers in the library are available to all students.

She said all students are allowed to make 100 copies on the library copier for free each semester by logging in to the library computers. Additional copies are 10 cents each.

Sweany said students should ask for help.

“A lot of students don’t ask for help when they should or they ask for it when it’s too late,” she said. “We actually like getting questions. That’s what we’re here for and that’s the main part of our job.”

For more information, visit www.occc.edu/library, or call 405-682-1611 ext. 7251.

For more information about other OCCC labs and resources, visit the main website at www.occc.edu.

Workshop: All students can benefit from Comm Lab help

Continued from page 1

Basics,” will take place at noon on Monday, Aug. 25, and at 6 p.m. Tuesday, Aug. 26, she said.

Both sessions will cover the same material and be taught by Rucker. She said students can expect to learn the basic essay format while at the workshop.

“We will go over what an introduction is and what an introduction does, how to create thesis statements and write thesis statements, how to structure paragraphs, the different parts of paragraphs, incorporating quotations and things like that, and the conclusion.”

At the workshop, Rucker said, students can expect to learn in creative ways. She said this helps enforce information while students also have fun.

“The tables are set up in groups so we’ll talk about something for a little bit but then we’ll do an activity. For example, when we do the thesis statement, everybody gets chocolate. They get to create a thesis statement about the chocolate that they have.”

The workshop will help students in other areas besides their English courses, Rucker said. She said every student can benefit from attending.

“No matter if you’re doing a 15-page paper for history, you’re still going to have an introduction and a conclusion. You’re still going to have a thesis or a point, and ... supporting paragraphs. No matter what length of paper you have, this teaches you those basic foundations that you need.”

Rucker recommends the workshop to any student. She said no matter where you are on your academic journey, writing basics are essential to becoming successful.

“... Here on campus, you write in every class. You may be taking a contemporary math class that you write in, so even math does not escape the writing.”

Rucker said students who attend more presentations, get involved with labs, and become more involved on their campus have a higher grade point average and are more apt to successfully complete their courses.

The Writing Workshops are now considered Brown Bags, which are provided and promoted by Student Life. The new partnership allows them to have door prizes and for Student Life to become more involved with the Communications Lab.

In addition to door prizes, Rucker said, they will have free food and other prizes. She encourages all students to attend.

“They can bring their lunch and eat. We usually have candy or brownies.”

The Comm Lab will offer other workshops such as “Telling Your Story: Writing the Narrative,” “Grammar Boot Camp,” “Integrating Research, Persuasive Writing,” and more.

For more information about Brown Bag Workshops or the Comm Lab, call 405-682-7379 or visit www.occc.edu/comlab.
Made to order

Consolidated Management employee Connor Maxey prepares lunch for customers in OCCC’s cafeteria. The cafeteria offers a wide variety of food and is open from 7:30 a.m. to 6 p.m. Monday through Thursday and from 7:30 a.m. to 3 p.m. on Friday.

Discounted Redhawks tickets offered

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

JORGE KRZYZANIAK
Sports Writer
sportswriter@occc.edu

Discounted Redhawks tickets go on sale at 9 a.m. Saturday, Aug. 16, in the Student Life office during Opening Day, said Student Life coordinator Kendra Fringer.

The Redhawks is Oklahoma City’s minor league baseball team.

She said Student Life will continue to sell tickets to the Aug. 23 game through Welcome Week, Aug. 18 through 22.

The Redhawks square off at home against the El Paso Chihuahuas that day inside the Chickasaw Bricktown Ballpark at 2 S Mickey Mantle Dr.

According to MiLB.com, the Redhawks — Triple-A affiliate to the MLB’s Houston Astros — are riding very close to a .500 win/loss percentage this season, seeking to clinch their American Northern Division. The Chihuahuas are the Triple-A affiliate to the San Diego Padres playing out of the Minor League’s Pacific Southern Division.

Fringer encourages students to get the tickets while they can.

“Once they’re gone, that’s all that we have,” she said. “It’s first come, first served … .”

Students will pay $3 per ticket. Faculty and staff can purchase tickets for $8.50 each; however, they will not be able to purchase the tickets until after the students have been given the opportunity, Fringer said.

“Faculty and staff can start purchasing any tickets that are leftover on Wednesday of Welcome Week,” she said. “We want to make sure that students get the option first and if they’re gone before Wednesday, then they’re gone before Wednesday.”

Each person can purchase up to four tickets so they can invite family or friends, Fringer said.

She said she this is a great opportunity for everyone to have fun.

“I think it’s a really great option for students to be able to see and participate in a wonderful activity we have here in Oklahoma City.

“They may not normally get an option to purchase tickets or have the time to do it, so we just wanted to give students the option and a venue that they may not have the option to experience at a normal time.”

Although a specific group from OCCC will not be going, Fringer said, students can expect to run into someone from campus.

“The tickets that we do have available are in the same section,” she said.

“When they actually show up for the game, they’ll all be sitting in the same area … . Everybody they’ll be sitting by will be OCCC affiliated somehow,” Fringer said.

She said the Student Life office is striving to make this a great event for students and they hope students participate.

“I hope they enjoy the tickets.

“We really do these things because we want students to have experiences and options and get to do really fun things.”

For more information about purchasing tickets, contact the Student Life office at 405-682-7523 or visit www.occc.edu/studentlife.
Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Fridays prior to the next publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

**FOR SALE:**
- **1994 White Saturn model SC1.** Body type CP, 169,000 miles. Asking $800.00. Call 212.6027 for more information.
- **White gas digital stove.** Less than six months old. Super clean. No visible scratches. Call 405-922-0022 for prices and pictures.
- **Dark brown sofa and love seat sofa recliner.** Both microfiber. Call 405-922-0022 for prices and pictures.
- **40” CRT television in excellent condition.** The big screen makes it great for a gaming TV in the kids’ room or for the games in the man cave. $30. Text 405-818-0083 for more information.
- **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.

**UPGRADED APARTMENTS**
- **STUDIO, ONE AND TWO BEDROOM LESS THAN ONE MILE AWAY!**
  - Two sparkling swimming pools • Two laundry centers • Sand volleyball courts
  - Outdoor grill & gazebo • Renovated club room • Ample parking • Courtesy patrol • 24-hour emergency maintenance • Professional & caring management

---

**THIS WEEK’S CROSSWORD PUZZLE**

**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:**

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

**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/tailgate liner.** $75. GC. Text 405-818-0083 for pictures or more information.
- **Neiman Marcus Robert Rodriguez collection size 14 strapless cocktail dress.** Never worn. Still has store tags. $50. Text 405-818-0083 for pictures.
- **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.
OCCC houses two futuristic 3D printers

KENDALL MORGAN
News Writing Student

Three-dimensional, or 3D, printing is no longer something of the future. OCCC students have had access to two 3D printers since earlier this year, said Gary Dominguez, Student Computer Center Supervisor.

Dominguez said the printers, located in the Student Computer Center, create 3D models using plastic that is fed into the printer where it melts. The 3D object is built layer by layer. He said a 1-inch tall object can take up to one hour to complete.

“A software called Thingiverse allows students to download different things — such as phone cases — and then print them into 3D models.”

Dominguez said since OCCC acquired the printers in late February, hundreds of objects have been printed by students and faculty.

“When we first got [them], we printed out a little elephant in every color so that students can see what their models would look like in each color.”

Dominguez said 3D printers can be used to solve problems. “A student took half of a pump, scanned it into the computer and recreated the other half, and then printed the full pump,” he said. “It can literally fix broken things in this way.”

OCCC’s design classes also have started using the printer so students can see their designs come to life.

An online search shows the many ways in which 3D printers are used all over the world. That includes creating limbs for amputees, 3D homes, crime scene recreations and more.

Dominguez said students wanting to see a 3D printer in action should visit the center located on the third floor of the library in Room 322.

That’s fresher than George Washington’s wooden grill.

Just go to facebook.com/buckthenorm and enter to win.

And, since you’re obviously not up to much and already messing around on the Internet, check out BucktheNorm.com — where you can get solid advice like how to buy your first car or tips for nailing the interview.

It’s the least you could do if you win that $2,000.

BucktheNorm.com

That’s fresher than George Washington’s wooden grill.

Just go to facebook.com/buckthenorm and enter to win.

And, since you’re obviously not up to much and already messing around on the Internet, check out BucktheNorm.com — where you can get solid advice like how to buy your first car or tips for nailing the interview.

It’s the least you could do if you win that $2,000.