PIONEER



New Rule Could Be Costly For Food Service Workers



STORY AND PHOTO BY JENNA LOWRANCE Pioneer Staff Writer

new rule by the Trump Administration will give employers the option to share their workers tips or deposit the tips in their own pockets.

In December the U.S. Department of Labor announced a Notice of Proposed Rulemaking regarding tip regulations under the Fair Labor Standards Act.

Under the proposed rule, workplaces would have the freedom to allow sharing of tips among more employees.

This rule would rollback regulations that prohibited the distribution of tips.

During the Obama Administration, the Department of Labor issued regulations in 2011, reaffirming that "tips are the property of the employee whether or not the employer has taken a tip credit under section 3(m) of the FLSA."

The department's proposal only applies where employers pay the full federal minimum wage of \$7.25 and do not take a tip credit and allows sharing tips through a tip pool with employees who do not traditionally receive direct tips.

The proposal is drawing complaints from industry workers.

Logan Young has had multiple jobs in the food industry, and he is one of many workers who are completely against the proposed rule.

Young said in some states tips are all servers get, which means servers have to feed families,

pay bills, and live off of tips that employers already dip into.

However, the retention of tips in the U.S. Department of Labor Wage and Hour division fact sheet says even if a tipped employee receives at least \$7.25 per hour in wages directly from the employer, the employee may not be required to turn over his or her tips to the employer.

The FLSA said the requirement that an employee must retain all tips does not preclude a valid tip pooling or sharing arrangement. A valid tip pool may not include employees who do not customarily and regularly receive tips such as dishwashers, cooks, chefs, and janitors.

According to the Trump Administration, "These 'back of the house' employees contribute to the overall customer experience, but may receive less compensation than their traditionally tipped co-workers."

Victoria Taylor, whose name has been changed for this story, is a young mother and a server at Louie's. Taylor said at the end of every night, servers have to report all their tips, so the government can know how much to tax employees from their earnings.

The restaurant can only keep track of credit card tips because they are entered in the computer and have to match the credit card receipt. Yet, the restaurant has no way of knowing if the tips that are made in cash unless the server claims

them at the end of the night.

This means there is money employees are earning that no one is aware of, and because of this employees aren't being taxed for it.

"Ît's not that the money doesn't exist, just that it's not being taxed. It's like being paid under the table," Taylor said.

Taylor believes President Donald Trump is so concerned about fixing the economy he probably thinks if tips were done away with or given to employers then all earnings would be accounted for.

According to the Department of Labor's Wage and Hour Division, there has been a significant amount of litigation involving the tip pooling and tip retention practices. The proposed rule may result in less litigation. It may also allow employers to reduce wage disparities among employees, and also incentivizes all employees to improve customers' experiences.

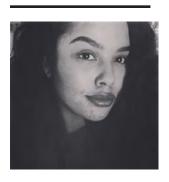
With this new proposal sharing tips among 'back of the house' employees, such as dishwashers, cooks, and chefs, is not the only option employers can make. Employers could share tips between servers, distribute tips among management, keep tips for their businesses, or keep the tips for themselves.

"Splitting tips up even further might be the difference between livable income and poverty," Young said.

Editorial/Opinion

Editorial/Opinion LEARNING TO UNDERSTAND

Understanding A Culture is Necessary to Change it



In remembrance of Black History month I want to reflect upon an Oklahoma City author. An author who inspired me to envision black culture apart from its oppression.

When Ralph Ellison wrote "Invisible Man" racial tensions were high and the civil rights movement had become mainstream. His unnamed character in the book was educated and class conscious.

A major theme of "Invisible Man" is the idea that in order for black people to survive in a society ruled by a dominant race, they must become immersed in the culture, but also be wary of it.

Ellison wrote, "I am invisible, understand, simply because people refuse to see, When I discover who I am, I'll be free."

As a child, I took on his philosophy without realizing it and because of this as an adult I had embraced a contrasting ideology.

I became aware of my place in society in a town called Quinlan. I faced indirect and at times blatant discrimination even as young as five years old. I remember a teacher told me I didn't deserve my place in school.

I was sent to suspension for the most minor of offenses, and called racial slurs by supposed friends. People never really saw me as a person, they hardly saw me at all unless I called attention to myself. I was only visible when I made them laugh; with me or at me. The hate I received for being mixed race, or black, didn't make me hate the people who treated me differently. Instead it made me hate a part of myself and suppress half of my identity. I embraced being Native, which I'm not.

A half Native identity wasn't as threatening as saying I was half black. Still people pressed me about my curly, big hair saying, "I've never seen a Native with that kind of hair."

Where I failed to adapt to Ellison's theory was embracing my own culture. impart I feel if my father or black side of my family were apart of my life things would have been different. Instead I found myself being the narrator in the beginning of Invisible Man, avoiding the dominant culture at all costs.

As a teenager I embraced the culture of my white peers; avoiding in depth conversations about race knowing my blasphemous half would come out in conversation. I agreed with the ignorant things people would say, anything to be seen. I couldn't go back to being a loner fighting against the world much like the narrator.

It wasn't until I became class conscious and educated later in my life that I became angry with them. I understood there had been worse experiences, but I hated that the people who dehumanized me, spit on me, stabbed me, weren't given the Justice they deserved.

Moving to the city, I had no understanding of black culture other than oppression. I didn't know any black

people for the first thirteen years of my life and the only thing I could relate to was the idea of covering myself in white to blend in and be successful.

As an adult I've embraced both sides of my identity with more of an emphasis on my black half. I have embraced my version of black culture as a celebration of the diversity in my life rather than flaws. I'm beginning to take on parts of Ellison's philosophy that there is more to me than oppression and being a victim of society.

Ellison said, "much in [black] life remains a mystery."

Much in black life remained a mystery in part because black people in the 1950's had not been able to have a culture for less than a century. However, It will for the most part remain a mystery because black life, or black culture, is written by each black person's future. We are what makes up black culture.

I think Ellison's point of view could be misconstrued in some instances. I think we as black people still need to grasp our culture tight for self preservation and a sense of community, and we should not forget about the oppression we and other minorities face.

I encourage mothers to biracial children to allow their children to understand both cultures and for biracial or black people feeling weighed down by the overt racism in society to read literature, and find a support group.

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All letters must include the author's name, address, phone number and signature.

E-mail letters should include all but the signature. The PIONEER will withhold the

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Letters should be no more than 250 words. Students must list a major. OCCC staff and faculty must list a work title.

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Quick Action Can Save Heart Attack Victims



The King famiy. From left, Walter, (in red) Joel, and Nicholas. Front, from left, Natalie and Frica.

Photo provided.

BY KARALEE LANGFORD

oel King is a husband and a father of three children. His father died from a heart attack at age 55.

King was 56 when he had his own heart attack. "Knowing the history of our family, it made me wonder if it was a heart attack coming on, but because it was different and not really painful, I knew something was wrong," King said.

On March 5, 2017 King's family business, Metro Golf Cars, was stationed in downtown Forth Worth providing carts for a horse show the day before the marathon. People lined the streets cheering on the runners and an emergency medical tent was prepared to help any injured athletes.

Around 7a.m. King felt a strange sensation. "Pressure on my chest, and my right hand started tingling," he said. "After a couple minutes later, I started getting dizzy. My right elbow was achy also."

At the time, King wasn't sure what was happening and he even thought about lying down until the strange feeling passed. Fortunately for his family, he decided to step into the medical tent that was just several feet away from where he was working.

As King stepped into the medical tent he was greeted by Dr. Darrin D'Agostino, who works at Medical City Fort Worth as well as the UNT Health Science Center. After connecting King to an electrocardiogram machine, D'Agostino

could tell immediately that King was having a heart attack. With this, it become a race to save King's life.

Once King arrived at Medical City Fort Worth, he died. Dr. Keith Vasenius and nurses at the facility rushed to bring him back using defibrillator paddles, giving him a second chance at life.

King said he remembered a doctor standing above him when he regained consciousness. "I don't remember much, but I do remember her saying that I had died."

Dr. Alana Snyder was the attending medical director at Medical City Fort Worth.

Snyder said that had medical staff not been stationed at the marathon, things would have taken a very different turn. King suffered from what is called a "widowmaker" heart attack. This particular type of attack is almost always fatal.

The Center for Disease Control and Prevention estimated that 610,000 people die from heart disease each year.

Dr. Mustafa Ahmed, a cardiologist and director of Structural Heart Disease at Princeton-Baptist Hospital the heart attack becomes fatal when the main artery down the front of the heart is totally blocked or has a critical blockage, right at the beginning of the vessel.

This means if King had decided to lay down and let the strange feeling pass, his children would not have a father and his wife would not have a husband. "If that artery is blocked right at the beginning of its course, then the whole artery after it goes down. This essentially means that the whole front wall of the heart goes down," Dr. Ahmed said. "As far as heart attacks go, this is a big one, with big consequences if not dealt with appropriately."

Now more than ever, King stressed the importance of maintaining a healthy heart. "If you eat healthy, stay active, and feel something that is different or strange, it would be good to get it checked out."

Knowing heart attacks are genetically a part of King's family history, he said he wants his children to stay healthy and aware as well as listen to what their bodies are telling them. King said the importance of exercise and eating the right foods was to preserve strength in your heart.

After recovering from his heart attack, King said it has forced him to put things into a different perspective and to adjust his previous way of life.

"I am eating a lower sodium diet and I exercise three days a week, cardio therapy," he said. "I don't have the stamina I used too, but I still have a fairly normal activity schedule."

For the first time King was not at the Cowtown marathon to run.

His family joked around saying that next year King would actually be running in it. Now on February 24, with his family alongside him, King plans to walk the exact marathon that a year ago could have killed him.

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Reviews/Opinion

Timberlake's Latest Album is Catchy, Fun



BY CICI SIMON Pioneer Senior Writer

Released on February 2nd, Justin Timberlake's new album, 'Man of the Woods' hit record breaking sales at 293,000 sales, and 55 million streams. Five years after his last release, 'Man of the Woods' was a change of pace for Timberlake.

With a typical boy band, blues-esque persona, Timberlake had a new feel to his writing and overall style with each song.

With new additions to producing, having a helping hand Pharrell Williams, Timerlake, and Chad Hugo each brought a new definition of edgy, and creative.

Heavy sounds with dedications to his son and wife make the album innovative, a mark of his work lately.

This album shows a Timberlake we haven't experienced.

"Mama just can't get enough of you My little young man, yeah, you know your daddy's so proud of you" a lyric from one of Timberlake's father to son song's 'Young Man.'

The album is wide spread. Not one song is like the other.

Timberlake features collaborations with Alicia Keys, Chris Stapleton for funky and folk interludes with songs like Flannel to electronic hits like Filthy -- the album is truly eclectic.

Timberlake's lyrics lead from heartfelt and meaningful, sexual examples of foreplay in some, to flying back to his home in Montana. "Just to show up and hear your sounds (The multiple times!)"

Though they weren't hard hitting, soul wrenching melodies, as a listener I still found a connection by how he produced and wrote his music and the layers of sounds.

A variety of vocals, differentiating between funk to soul, varieties of guitar, to soft drums, and drum pads, it was a blend that worked.

Timberlake's 'Man of the Woods' held variety high with an essence of americana, and a remake of Michael Jackson singles slammed together with a spice of funk, versus the bleached blonde we remembered from NSYNC, or the Madonna inspired album that was the two part '20/20 experience' in his last album.

Compared to his previous work, there was more guitar. A lot more guitar. An overall 'fun' tune with each song. Songs like 'Sauce' give a heavy funk guitar, and beat that holds a faint reminder of Prince.

You can tell, he enjoyed every song he wrote.

This album is hard to compare to others. It is a melting pot of different genres. R&B, blues, funk, folk, acoustic pop, straight pop, though in other interviews he mentioned it wasn't as' widespread as he hoped,' but it was far from a let down and still held the album as one of its own.

Rolling Stone could even compare his folk renditions with a sound like Fleet Foxes, which I can see and definitely agree with.

Some have similar melodies to previous songs, but you still find yourself nodding to the beat, and mouthing the words. Not necessarily a guilty pleasure, but you can't help but love it. He shows Bruno Mars 'Uptown Funk' to the same level of get up and dance kind of beat

The album is simply that - catchy, and enjoyable. Like his recent single 'Can't Stop the Feeling' it makes you happy. It makes you nostalgic to older pop that is no longer made, but happy that this newer generation can still create a song that isn't dated, or lacking. Timberlake put his heart into the album, it shows. It truly defines who Timberlake currently is. A bold, hip, family man, with a need for the wilderness.

SELF HARM: For Cutters, Recovery is Often Difficult



BY JENNA LOWRANCE **Pioneer Staff Writer**

I have never and will never be proud to say those words but it is the Latruth and there is no running from them.

I have an addiction. I say I have an addiction because I am still struggling with it even after almost nine years. My addiction makes me hide parts of myself every day and to live a secretive life. I bottle up my emotions, my thoughts, all my self-hatred and release them by opening my skin with a knife. I hide behind layers of clothes to cover the evidence. İ plaster fake smiles to disguise all the pain I am in, and it continues over and over again.

Self-harm can turn into an addiction just like anything else, and I am proof of that. It does not only hurt me but it also hurts those around me.

Psychology Today describes an addiction as a condition that results when a person ingests a substance or engages in an activity that can be pleasurable π but the continuation of which becomes compulsive and interferes with ordinary responsibilities and concerns.

An addiction completely takes over you. You forget who you are and which thoughts in your head are your own.

My brain has trained me into thinking what I was doing was okay, that I deserved it. The voice in my head kept saying, "Just one more" and I listened every time.

I never intended for things to get so horrible.

The harmful act became a habit which later turned into an addiction. The urge to get a blade and hurt myself started becoming so strong, the only way to make it go away was to eventually give in.

Hurting myself became a normal action and a way to survive. Each year would keep on getting worse. It became so bad I couldn't realize what I kept doing to myself. Whether I had good days or bad days I would always end up hurting myself. I lost reasons to fulfil cutting, I just did it because

The summer of my sophomore year in high school my parents made me get counseling. I did not realize what I was doing was hurtful and cruel, I was in denial and did not want to go.

Since I did not want help I did not work at improving, actually I only got worse. I learned how to hide my cuts and scars better, and how to further convince people I was okay.

After a few months I stopped attending counseling and instead kept

I am not struggling alone.

Research from Mental Health America indicates that self-injury occurs in approximately as many as four percent of adults in the United States. Rates are higher among adolescents with approximately 15 percent of teens reporting some form of self-injury, and studies show an even higher risk for self-injury among college students with rates ranging from 17 to

For outsiders, it may be hard to understand why and how someone can engage in an act that is so painful and dangerous, but there is no one single or simple cause that leads someone to self-injure.

Mayoclinic.org says self-injury is usually the result of an inability to cope in healthy ways with psychological pain. The person has a hard time regulating, expressing or understanding emotions. The mix of emotions that triggers self-harm is complex. For instance, there may be feelings of worthlessness, loneliness, panic, anger, guilt, rejection, self-hatred, or confused sexuality.

Individuals who engage in self-harm have different lifestyles and experiences, so their reasons may differ from others.

As for me, I have used my cutting as a punishment. I blame myself for everything that goes wrong, and the fact that I take up space by being alive. It was never because I wasn't able to cope but because I held so much self-hatred. There will never be enough scars on my body to count all the reasons why I hate myself.

Unfortunately, self-harmers are not the only ones affected. My addiction affects my family and loved ones as well.

The first time my mom saw my cuts she was shocked. For her, shock gave way to so many other feelings like confusion, disbelief, anger, and complete heartbreak. As my self-harm intensified she became so angry that something so devastating could take a hold of me, and completely change how I see myself and the world.

There were countless times I sat in her room, just wanting to feel close to her, to understand. My heart completely in pieces and feeling physically ill with each thought of her having to run a sharp blade over her precious skin to quiet the voices. I would cry all the tears I could," she said.

I feel absolutely horrid for bringing such negative emotions on my mom and the ones I love most. I wish they didn't have to experience so much pain, but without them I would not be able to make it.

I am thankful for the things my parents do for me, every sacrifice they had to make for me throughout their life, and the endless love they give me. I am thankful for my boyfriend and when he holds me while I soak his shirt with tears, the times he helps bandage me, and the way he still looks at me like I am the most beautiful girl in the world despite all the scars covering my body.

My addiction tries so hard to make me forget there are people who love and care about me. It pushes me to do hurtful things to myself because I don't matter. The voice in my head fills me with fear and I understand if I don't fight it, it will kill me.

To stop my addiction the first thing I have to do is realize it is even there by confessing the darkest part of me. It is extremely hard and painful but I need it to heal.

As of right now, I am in the middle of finding a therapist and treatment that will be effective and right for me.

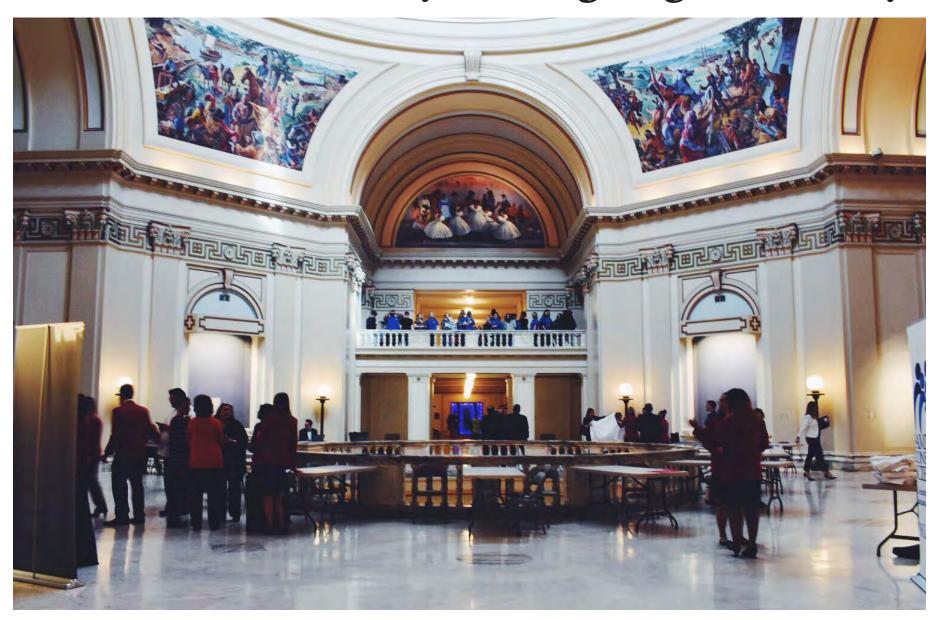
I will not be recovered, not for a while. Recovery for me requires patience, courage, determination, love, and self-acceptance. I know there will be lots of ups and downs in the process, but I am ready to try. I am willing to work on myself to live another day.

I am not writing about my life to upset or trigger anyone. I am not asking for sympathy or attention, so please don't give it. I am sharing a part of my life for those who feel like me, alone

I am a cutter.

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OCCC Tells Its Story During Higher Ed Day





n Tuesday February 13th, hundreds of students and faculty gathered at the Oklahoma City Capitol to discuss the importance of higher education at Higher Ed Day.

Speakers included Gov. Mary Fallin, Sen. Roger Thompson, Rep. Jadine Nollan, State Regents chair

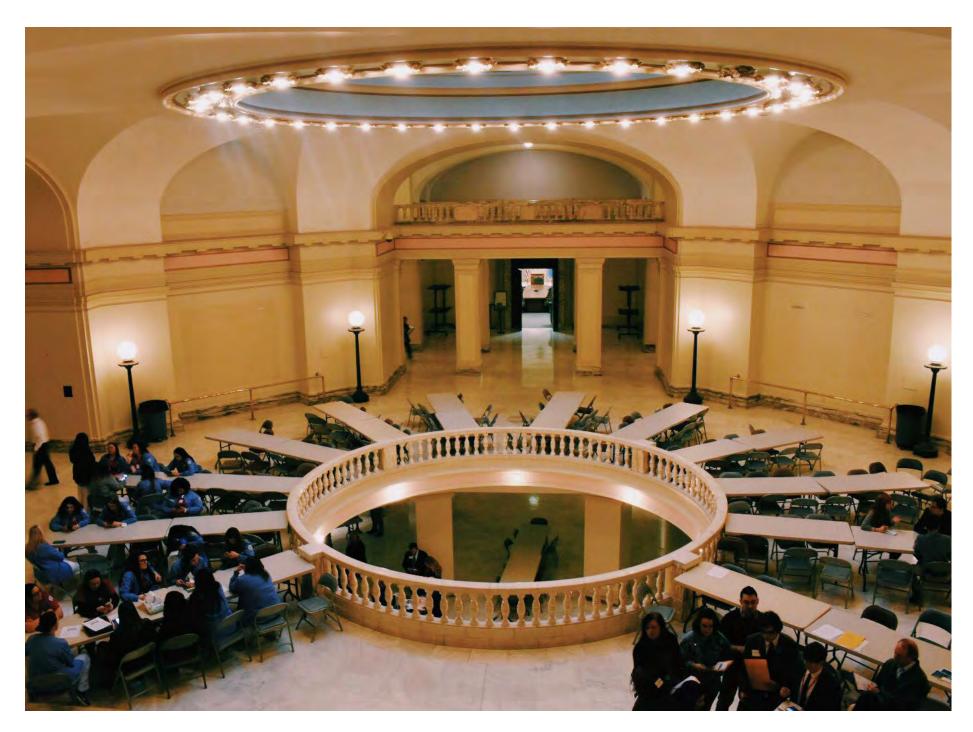
Speakers included Gov. Mary Fallin, Sen. Roger Thompson, Rep. Jadine Nollan, State Regents chair Ronald H. White, M.D., State Regent Gen. Toney Stricklin, State Regent Jeff Hickman, Chancellor Glen D. Johnson, and Jerry Steward, president of Oklahoma City Community College.

Students and educators met with legislators to help restore funding and value in the Oklahoma education system.

Chancellor Glen Johnson said higher education is the best investment in Oklahoma's economic future.

"The State Regents' Task Force on the Future of Higher Education has affirmed that we must remain focused on increasing college degree completion in our state," Johnson said.

Tuesday's event focused on financial aid, scholarship programs, concurrent programs, and degree completion programs.







PHOTOS BY CICI SIMON/Pioneer

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June Vote Set For Medical Marijuana Question

BY CICI SIMON Pioneer Senior Writer

n June 26th, 2018, Oklahoma voters will decide the fate of State Question 788, the Medical Marijuana Legalization Initiative. The proposal would legalize marijuana for medical purposes in Oklahoma. But in order to obtain a state-issued medical marijuana license this would require a board-certified physician's signature.

The state question states there would be no specific qualifying conditions to receive medical marijuana. "People with licenses would be permitted to possess up to three ounces of marijuana on their person and eight ounces of marijuana in their residence," the measure's ballot title said.

"A seven percent tax would be levied on marijuana sales, with revenue being allocated to administrative costs, education, and drug and alcohol rehabilitation. Licenses would be required to operate dispensaries, commercial growing operations, and processing operations. Municipalities would be prohibited from restricting zoning laws to prevent marijuana dispensaries."

In order to obtain a license, an individual 18 years old or older who wants to obtain a medical marijuana license would need a board-certified physician's signature.

"An individual under the age of 18 would need the signatures of two physicians and his or her parent or legal guardian. There would be no qualifying conditions, but a doctor would be required to sign according to, 'accepted standards a reasonable and prudent physician would follow when recommending or approving any medication."

To purchase one, a license would cost \$100 and last two years. Recipients of Medicaid, Medicare, or SoonerCare would pay \$20 for a license. A Caregiver license would also be available.

For some, the bill seems like a positive addition to the state.

"At this point there is no excuse or reason why it remains illegal," said working Cody Carter. "No counter argument can hold ground without staggering comparisons to alcohol, cigarettes, or prescription abuse."

Carter said the plant isn't a 'miracle all-fixer,' but added that overall, he feels it's an extremely useful tool and a safer alternative in treatment.

"CBD oils have been studied to offer incredibly beneficial effects when administered," he said. "There are numerous cases of the various forms of marijuana and its derivatives being used to treat seizures, migraines, body aches, and loss of appetite among other issues."

Carter isn't alone in support of the bill.

As of February 9th, two political action committees had registered to support State Question 788—Vote Yes On 788 and Oklahomans for Health SQ 788.

Americans for Equal Liberty operating as Vote No OK 788 recently formed to oppose the state question. The first campaign finance filing for 2018 ballot measure PACs was due on January 31, 2018.

According to ballotpedia.com, "Oklahomans for Health, led the signature petition effort. Leaders within Oklahomans for Health became chairpersons for the two separate PACs registered to support State Question 788. If the proposal is defeated, that leaves concerns for those in need for

health reasons.

For student, Brittany Holland, who asked that her name be changed, the proposal has benefits. "I've seen a lot of people praise it as an alternative to a lot of medications," she said.

Holland smokes 'recreationally' but said the real reason she uses it is for anxiety issues she's had since her childhood.

"I was diagnosed with a panic disorder in high school and used to have panic attacks almost daily. I've been put on every prescription, or anti anxiety medication out there and they all had terrible side effects," she said. "I have never been more depressed than when I was on anti anxiety meds. I use marijuana because it is the only thing I have ever tried that treats my anxiety without having negative side effects."

Holland lost her father a year ago to liver disease.

"He couldn't take pain meds because of it and he was in an extreme amount of pain toward the end of his life," she said.

"I used to smoke with him when I would visit and he would always talk about how it relieved his pain and even gave him an appetite again."

Like Carter, Holland thinks it would be beneficial not only for people with epilepsy and chronic seizures, but people with chronic illnesses and constant pain.

Under the state question, "the department will issue seller, grower, packaging, transportation, research and caregiver licenses. Individual and retail businesses must meet minimum requirements to be licensed to sell marijuana to licensees."

If someone sells medical marijuana unlicensed, the the punishment for individuals who can state a medical condition is a fine not exceeding \$400.

The state question would also establish fees and zoning restrictions and set a seven percent state tax on medical marijuana sales.

Though there lies perks in the recreational drug, there are underlying restrictions to receiving them.

This has created frustration for some of the

voters.

Student Cale Cline, who has also changed his name, is livid about the restrictions when prescribed.

"What they don't tell you is that one of the facets of the law, if it is approved is that a physician can't prescribe it for mental illness or pain management." Cline said.

"Conservative Republicans don't want it legalized so they are putting safe guards in the bill to make sure that if it does pass they can squash it."

Cline said that pain management and mental deficiencies (anxiety, depression) are two of of the biggest reasons to prescribe medical marijuana.

He feels the bill would become pointless to those who truly need it.

With positives and negatives, State Question 788 raises eyebrows in a conservative state.

With those in favor, to raise awareness, and a health changing impact, with those against, to dilute and potentially raise more health care risks, addictions, and community issues.

Until then, Oklahoma waits for June to arrive for the final decision.





Love Isn't Easy, But It Is Worth The Effort

BY NATALIE NELL Pioneer Staff Writer

ove is lost and found, cherished and abused and all over the place. In 2018, people have yet to find out what true love is, and the ones who do, know to hold on to it.

Ben King, 19, owns his own construction company. He has been with his girlfriend, Morgan, for two years now. He says one day he will build his own house when he gets married and has children.

King says marriage is a commitment that people should do when they're serious, not when they're bored.

"İt's taken so lightly today, it's almost like a game for some people. Like, am I picking the right one?" he said. "You can connect with somebody in a way that is so good as a friendship or a partnership, but not a relationship. Those are very different. And you need to have all three to have a good marriage."

The United States Census Bureau reported that 47 percent of Americans ages 15-64 were married in 2017, and 9.3 percent were divorced.

Census data also shows the median age for marriage for men was 29 years old, and 27 for women, as opposed to the median age of 23 and 20 back in the 1950s and 60s.

"And that's another reason why people get divorced so fast, it's because they haven't lived their lives and experienced the things they've wanted to experience. They rush into it," King said.

In college, and in their early 20s, is when people say they, 'find themselves' and 'try new things.' However, most of them associate that with sex, and frequent sex with multiple partners.

Society calls this 'hook-up culture.'

"As long as you're not stealing them from somebody else, you're not playing them as fools, and you're being respectful and clean about it, there's nothing wrong with it in my opinion," King said.

He said he is not a hook-up culture person, but that he is definitely a "one and done" kind of man.

"I look forward to having a wife more than

anything because that's the person I know is gonna be there for me the way I will for them. Instead of this hook-up culture where you wake up and the person is gone before you even get to say bye. That's not very thrilling or fulfilling," King said.

Denise Spillers, 45, is a registered nurse who has worked at several hospital emergency rooms in the Oklahoma City metro over the years. She said she's seen examples of true love while on the job.

"I worked many years in critical care, which afforded me the opportunity to be there at the passing of many people," she said.

She's seen couples who have been together more than seventy years and have stayed by each other's side, despite the uncomfortable hospital furniture and life.

"Just the simple things – the 'I love you's', the 'that's my beautiful wife', the 'you know the doctor said you're not supposed to have soda,' kind of caretaking love which, when done right, can be quite sweet,' she said. "I've even seen love. in the kindness of strangers in the face of death. People are often so much more thoughtful and respectful to total strangers when a family is faced with a serious illness or potential loss of a loved one. This too, is love."

Spillers said when it comes to falling in love, she's not sure there is such a thing as the one, but when she is in love, it is unconditional.

"If I see myself regarding my partner in an unconditional nature, and putting their needs before mine, but not to the exclusion of mine, and respecting them without losing that respect after a little time has passed, I believe that is love for me," she said.

In the process of falling in love and being in love, comes a stage called the "honeymoon phase." It reflects the excitement of a new relationship, where partners can do no wrong, and everything is euphoric.

"I think of it as the infatuation phase, and I

believe it's an inevitable step," Spillers said. "I know people who have spent their entire lives going from person to person until this part fades, as they consider it the only real part."

She said the solidification of a relationship into a more mature partnership is actually the best part, and the emotions heightened during the honeymoon phase will show up occasionally throughout a healthy relationship. "Love is work," she said.

"Give as much of yourself as you can, in whatever way your partner needs. A healthy relationship means you're getting equal back in return, so it all evens out," she said.

Spillers said if you love someone, trust them.

"You can't love someone you can't trust, so don't doubt the one you're with. Don't give in to human nature that might tell you to doubt your loved one. Love is trust," she said.

Jennifer Dawn, 37, says her recent reunion with her boyfriend 20 years later is like a fairytale.

They met when she was eight, and her boy-friend, Chris, was ten.

"In 1996, we started dating in highschool. He was my first real dating experience," she said.

She said she ended the relationship to date another woman and "broke his heart."

"I see people. I don't see race or gender," Dawn said.

In 2004, they saw each other again, but things didn't go well, and never spoke again until he reached out to her on Facebook this past September.

"He took me to the botanical gardens the next day and we have been together since. We jumped head first so we are still learning about each other daily," she said.

"I live by that saying, 'If you love something set it free. If it comes back to you, it is yours and if not it was never meant to be," she said. "I couldn't see my life without him." Page 10 February 16, 2018 PIONEER I PIONEER.OCCC.EDU

Lawmakers Urged To Fully Fund Higher Ed System

BY SAVANNAH MELHER Pioneer Editor

klahoma college students, faculty and staff urged Oklahoma lawmakers to support local colleges and universities during Higher Education Day at the state Capitol, this week.

The goal of the event was to raise lawmakers' awareness of the problems faced by the state's higher education system.

"Today, more than 300 students from Oklahoma's public colleges and universities, as well as members of our statewide campus community, met with legislators to underscore the importance of restoring funding for higher education," said State Chancellor of Higher Education Glen D. Johnson. "We believe that higher education is the best investment in Oklahoma's economic future. The State Regents' Task Force on the Future of Higher Education has affirmed that we must remain focused on increasing college degree completion in our state."

The State Regents annual report showed from that 2006-2007 to 2015-2016, six-year graduation rates for new freshmen increased from 62.6 percent to 68.2 percent at research universities and decreased from 36.8 percent to 35.8 percent at regional universities.

At community colleges, three-year graduation rates for new freshmen increased from 19.8 percent to 23.0 percent.

The report showed more than 36,000 were earned at the end of the 2016 semester, with more than 6,700 students receiving degrees and certificates in STEM fields.

The regents requested \$901.9 million for the next fiscal year, a 16.6 percent increase from last year. Increased financial aid funding will also be a priority for the State Regents in the upcoming legislative session. The State Regents are seeking \$18.4 million to restore scholarship programs, including Academic

Scholars, the National Guard waiver, and the Regional University Baccalaure-ate Scholarship.

University of Central Oklahoma President Don Betz said there isn't an instituition in Oklahoma thats going to be able to accomplish its goals in isolation from one another. "And so theres a broad statement of collaboration that you find throughout the document," he said.

Betz said in this new fiscal year legislators and schools officials have to push for a new initiative.

The Task Force for the Future of Higher Education's report showed that in Oklahoma, despite an increase in graduation rates, funding has dwindled over time

The report said in addition to the changing student demographics of our colleges and universities, our state system colleges and universities have experienced significant cuts in state appropriations, declining approximately 22 percent over the last three years. For FY2017, the Oklahoma state system of higher education received \$805.5 million in state appropriations, representing a \$157.5 million decrease since 2016.

After months of special session the Oklahoma Legislature has yet to pass any major funding for higher education, and failed to pass legislation to increase k-12th grade teacher pay.

President steward along with other school officials pushed for legislators to make a call on legislative funding, putting partisanship aside.

Higher education is more important to Oklahoma's future than it has ever been," said Chancellor Glen D. Johnson. "Increasing the number of college graduates in our state is essential to building a globally competitive workforce and a strong state economy. We remain committed to accessibility, affordability, and academic quality and to increasing degree completion in our state system of higher education."

Word of the Week

Sponsored by the OCCC Communication Lab

Perfidy - (Noun)

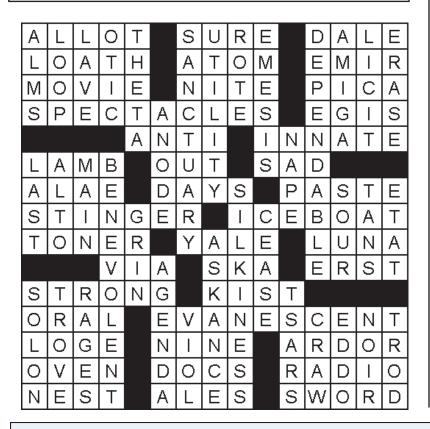
"The best laid plot can injure its maker, and often a man's perfidy will rebound on himself."

Jean de La Fontaine

Hours M – Th: 8 a.m.to 9 p.m. F: 8 a.m to 3 p.m. Sat: 10:30 a.m. to 2:30 p.m.

CLASSIFIEDS

LAST ISSUE'S SOLUTION



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WEEKLY CROSSWORD

ACROSS

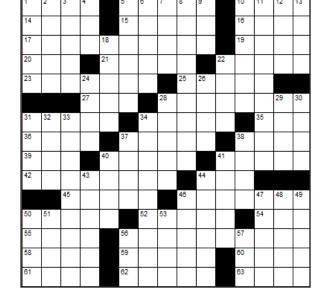
- 1. Goulash
- 5. Look at with fixed eyes
 - 10. Constellation bear
 - 14. Apiary
 - 15. Cassettes
 - 16. Principal 17. Jungle
 - 19. Elevator (British)
- 20. Website address
- 21. Got up
- 22. Desires
- 23. A medieval steel helmet

- 25. A watery discharge 27. One or more
- 28. Pass
- 31. Dirty
- 34. Dwarf
- 35. Barbie's beau
- 36. Arm or leg
- 37. Foundation 38. Noxious plant
- 39. Shade tree
- 40. A thorny stem
- 41. Deservedly receives
- 42. Silver-tongued
- 44. A Buddhist temple
- 45. Governs
- 46. Dry sharp-tasting

ales

- 50. Dve with wax
- 52. Yes

- 54. Japanese apricot
- 55. Dash
- 56. Despotic
- 58. After-bath powder
- 59. Interlace
- 60. Start over
- 61. Anagram of "Sees"
- 62. Law and
- 63. Lock openers



DOWN

- 1. Bush
- 2. Crown
- 3. Iniquities
- 4. A common cyst
- 5. A level in a building
- 6. Fortuneteller's card
- 7. Mimics
- 8. Man-made lake 9. Eastern Standard Time
- 10. Dieresis
- 11. American Indian medi-
- cine man
- 12. Sieve
- 13. Picnic insects

- 18. Backside
- 22. Used to be 24. Poetic foot
- 26. Skirt lines
- 28. Beginning
- 29. Avid
- 30. Terminates

ume

- 31. Delight
- 32. Small brook
- 33. Supernatural beings
- 34. A person who denies
- 37. Broth (Scottish)
- 38. Light bulb unit 40. Vol-

- 43. Acid-tasting pear-shaped

fruit

- 44. Hotdog
- 46. Courageous
- 47. Master of ceremonies
- 48. Prepared
- 49. Grain storage buildings
- 50. Mend (archaic)
- 51. "Oh my!" 53. Alumnus
- 56. Pair
- 57. Bother

HELP WANTED

City of The Village is accepting applications

for part time employment in the Code Dept. General maintenance.

mowing, painting, ability to lift/carry 50+ lbs

is required. Valid Okla. Drivers license, drug screening and back-ground check

> required. \$9.50 per hr/ 20+ hours per week.

Apply online at thevillageok.org/aboutus

The Village City Hall 2304 Manchester Dr. The Village OK. 73120

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