

- Get on the fitness wagon, editorial, p. 2.
- Colege for kids in full swing, p. 7.
- OCCC offers activities, sports, p. 8.
- Student Life offerings plentiful, clubs, p. 10.

PIONEER

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Tuition to remain at current levels under proposal

College regents set to vote on budget June 15

By Justin Combs
Editor

Students will see no tuition increase and will see more opportunities for employment if the OCCC Board of Regent approves the college's draft budget June 15.

The multi-million dollar budget approval also would mean all campus labs would stay open and and faculty would keep their jobs.

However, faculty and staff will not receive raises.

President Paul Sechrist said the board will review the budget in a special meeting Friday, June 12, and will vote on it in their regular meeting Monday, June 15.

"We're fully funding all positions that are currently in the staffing plan and are actually adding a few positions that are directly related to keeping our current services available for more students," Sechrist

said.

He said the college also plans to spend more money on student employment services, the Student Employment Program.

"We're going to make sure that we fully fund that so students who want to work on campus can find a job," Sechrist said.

"We're going to make sure ... students who want to work on campus can find a job."

—Paul Sechrist
OCCC President

He said the budget from the state fund was cut 6 percent (\$2 million dollars) but in an agreement with Governor Brad Henry, federal stimulus funds will be used to cover the reduction.

"We will have a balanced budget just as last year," Sechrist said.

"We actually got a little bit extra than last year from the state but it's primarily to cover our fixed costs — things that have to be covered like contract agreements, employee health insurance and anticipated increase in utilities."

He said unless a plan is made to fill

See **"Budget,"** page 9

Teamwork



Photo by Joseph A. Moore II

Michele Williams, sophomore nursing major, observes as biology professor Cassandra Meek outlines the chambers and components of a sheep heart, the only animal heart that is most anatomically similar to a human heart, Meek said.

If budget is approved, OCCC employees won't get raises

By Justin Combs
Editor

Due to a shortage in the college budget, OCCC employees will not see an increase in pay if the budget is approved next week.

President Paul Sechrist said the decision concerning staff raises were a scenario

he and his cabinet talked about early in the budgeting process.

He said when the college gives salary increases it wants employees to be able to count on them from that point on and not have to do such things as cut positions to maintain those increased salaries.

"When things do turn around, we will look at some kind of compensation increase for our employees," Sechrist said.

"We will consider how long it's been since an employee has received a raise and have that amount be high enough to cover what they didn't get."

Sechrist said the

college continues to honor the annual performance appraisal system.

"This system is how employees get raises which is based on their performance," Sechrist said.

"We want to honor that system when considering pay increases."

Debra Vaughn, Ca-

reer and Employment Services director, said she isn't bothered about not getting a raise.

"With the way the national economy is, we're just glad to be here and help students," Vaughn said.

"If that's what we need to do, that's what we'll do."

Tonja Nelson, Com-

munications Lab assistant agrees with that concept.

"I think it's a good thing instead of stopping hiring and laying people off, they just put a freeze on a pay increase," she said. "I'm grateful for my job, and if I have to postpone a pay in-

See **"Raises,"** page 9

Editorial and Opinion

Editorial

Exercise more, excuses less

Summer is here and with it comes fewer clothes and the dreaded swimwear. We can hide under loose clothes during cold months, but summer is reality time.

Diet pills, fad diets and special food-delivery programs are a bandage on a broken leg.

These things are a temporary fix, are costly, and require a major commitment most of us do not have. Otherwise, we would be fit and healthy already.

If we base our eating habits on the latest findings of all the nutrition experts, we may find ourselves grazing with the cows, providing there is no insecticide on the grass.

Our food is processed, our water is contaminated and our air is polluted.

So where do we turn to get our bodies back in shape?

The answer is exercise.

Of course with that eight-letter word comes an outpouring of excuses as to why we cannot possibly find time to do something which is so good for us.

After all, we have to work and study. (Not to mention all the hours we must spend on the Internet, sleeping, and in front of the television.)

The word exercise also brings to mind the cost involved in:

- 1) Buying the correct workout clothes in order to look serious.
- 2) Purchasing a gym membership that rarely pays for itself because we don't use it.
- 3) Hiring a personal trainer to beat us into submission.

Instead of going through all that why not do a few small things like: Stretch while you are still lying in bed each morning? It gets your metabolism started.

Wake up early enough to eat breakfast, and you will have more energy and eat less at lunch.

Park further out in the parking lot and walk those extra steps to class or work.

Use the stairs instead of the elevator.

Take a walk around campus between classes and at lunch.

These are a few small but effective changes that can make a difference in everyone's fitness.

For the truly serious, OCCC has a fully-equipped wellness center. Most of the facilities are free to students.

There also are classes in spinning and aerobics, for a small fee.

The point is we have all we need at our chubby little fingertips. We just have to take the time to make use of our resources while we still can.

—Cynthia Praefke
Staff Writer

Prisoners receive a direction

To the editor:

Reality shows have painted a realistic picture of life in jails across the country, but until you've experienced it yourself, you cannot understand what it feels like to be behind bars.

On Oct. 10, 2003 I was invited to speak to prisoners at the Danville Correctional Institute, a medium-maximum security facility, located close to the Illinois-Indiana border.

Almost 300 men would be released on parole in the next several months. My responsibility was to show them how to interview and keep a job.

Guard towers and high walls broke up the countryside as I approached.

As I parked my car and started to walk toward the gate, a tower guard watched my every step to the first check point. A prison official met me and took me through other checkpoints.

I was becoming more and more apprehensive. "What if the prison went

into lockdown while I was there?"

Steel doors clanked and magnetic locks clicked behind me. Nervousness increased.

My identity was confirmed and reaffirmed at every stop. My presentation notes were inspected.

I met with about 70 prisoners in each of four meetings.

They listened intently, while two guards stood in the back of the room.

I was told not to make any physical contact with the men, but I violated that by shaking hands with every man as he left the room.

Each man thanked me. One asked, "Didn't they tell you not to make contact with us? They usually tell that to visitors. Some of us might have a contagious disease."

As the day came to a close, I started the long walk out of the prison.

Before I left, guards checked me for contraband and other items that I might be carrying away

from the facility.

In the parking lot, I turned and gave a friendly wave to the tower guard. He didn't wave back. As my car left the grounds, a weight was lifted from my shoulders.

—Dale Clifton
Author

PIONEER

Vol. 37 No. 26

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The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. However, the PIONEER will withhold the name if the request is made in writing. The PIONEER has the right to edit all letters and submissions for length, libel and obscenity.

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OKLAHOMA CITY COMMUNITY COLLEGE

off the mark by Mark Parisi

www.offthemark.com



Comments and Reviews

Green Day remains aware

Green Day is not a band known for being far-reaching or even intelligent, yet both describe the band's eighth album "21st Century Breakdown."

Released May 15 by Reprise Records, "Breakdown" is a concept album similar to the band's previous release, the 15 million selling "American Idiot." Like "Idiot," "Breakdown" tells a story through characters, offering 69 minutes of political and religious commentary, thoughts on love, government and dissent, and the occasional bit of humorous pop culture.

"Breakdown" has 18 songs divided into three acts, similar to a play. Act one introduces political protestor Gloria and troublemaker Christian. Act two centers on villains and the trouble they cause, while the final act is full of conflict and reflection.

"In '94 we were known as the slacker band," Billie Joe Armstrong, Green Day's lead vocalist, said in a recent interview with contactmusic.com. "Now we're known as the most socially conscious band out there."

Armstrong insists the band did not initiate the album with a clear storyline in mind.

"We laid out tracks, we started to notice a continuity as the album went along," Armstrong said. The result is an aural poetry unique to the band, as well as the punk/modern rock scene. It is sure to add fuel to the debate that Green Day is a punk band.

The album begins with the title track sounding more pop than punk. A harder edge comes in under Billie Joe's upbeat sounding voice which belts pessimistic lyrics.

"Know Your Enemy" sounds like older Green Day, with catchy vocals and crunchy guitars. The implied enemy is quiet disagreement. Vocal protest will accomplish change, yet silent disagreement will not.

The next song, "¡Viva La Gloria!" introduces a character meant to symbolize idealism, and the song is a message not to give up hope.

Despite the musical and lyrical changes, longtime

Green Day fans will recognize the sound. High dollar production techniques don't cover the simple drumming of Tré Cool, or Billie Joe Armstrong's clear and urgent vocals. This formula has not changed since their breakout album "Dookie."

The formula works, as "Breakdown" has sold 215,000 copies in three days, without the help of Wal-Mart sales. Wal-Mart, the biggest music retailer, refuses to stock any album containing explicit lyrics, including Green Day's newest.

With the launch of "Breakdown," Green Day also announced on their website a 70 date world tour starting July 3.

Opening bands are not confirmed, with possibilities listed including The Bravery, and Franz Ferdinand.

"We're not worried about it," drummer Tré Cool said in a recent Rolling Stone interview. "We'll play after anybody. We're Green Day, dude."

Rating: A

—**Andy Jensen**
Staff Writer

Acting saves 'Taking Lives'

Few times have I been impressed with Angelina Jolie in a movie, yet this time she exceeded my expectations with her role in "Taking Lives."

In the 2004 release "Taking Lives," Jolie stars as Special Agent Illeana Stone, whose services are used to help catch a serial killer who kills his victims by posing as them.

The movie begins in a chilling manner, as the serial killer methodically follows then kills his first victim.

Frighteningly, he then assumes the lifestyle of his victim seemingly without remorse or regret.

Ethan Hawke's portrayal

of Costa, an exceptional artist, is intense. Jolie's acting as Stone is precise and entertaining.

Kiefer Sutherland, best known as Jack Bauer in the T.V. show 24, also makes an appearance.

"Taking Lives" is a great psychological thriller with a decent plot executed well, superb acting, and exciting and entertaining mystery.

It's easy to get lost in the movie, making the hour and 40-minute duration easier to sit through.

The plot, though a little redundant, was executed remarkably well.

The acting was mostly spot-on, and the various characters kept even the

most cunning minds on the ropes.

The only real knock to the movie was the love-tension between Stone and Costa. It seemed adolescent, awkward and unreal.

In the end, the lacking romance almost hurts the film.

But the superb acting and great plot save the film from it's near romantic disaster.

The film is rated R for brief nudity, language and violence.

This is a must-see and can be found anywhere DVDs are sold.

Rating: B+

—**Stephen Sossamon**
Staff Writer

YOU asked FOR IT

Q: Why are the TVs around the college always set on MSNBC?

A: "We wanted to run a national channel during severe weather. As far as why MSNBC was picked...it was the first one that came up. We are hoping by this fall to be running mostly in house content instead of a national news source. We will still run the national news channels if events are going on that the public would be interested in like, shuttle launches, presidential speeches and other world events."

—**Dave Anderson**

Telecommunications System and Services Director

Q: Does the coffee shop carry any items the cafeteria does not?

A: "We have lunch items like wraps, salads and sandwiches. We also carry desserts and pasteries."

—**Alicia Hyman**

Food bar assistant

Q: What is the student ratio of younger students to older students, and what is the average age of OCCC students?

A: "The average age is 25.7 years old and the median age is 23. Students who graduated high school last year make up 3.39 percent of OCCC students. Students over 30 years of age make up 23.3 percent of our students."

—**Stephen Crynes**

Institutional Effectiveness Decision Support Analyst

Q: Why isn't the Aquatics Center open on Saturdays?

A: "The Aquatics Center hasn't been open on the weekends for a long time. It's due to low usage on Saturdays, because during the summer people would rather go to an outside pool. This is why indoor pools lose a lot of business because people would rather go outdoors."

—**Stephanie Scott**

Recreation and Fitness Coordinator

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Comments and Reviews

Bush's life chronicled in 'W.', now on DVD

There is nothing funny about "W." Now out on DVD, this movie is advertised as "dark and comedic."

The movie begins by showing the early college years of George W. Bush.

There is little humor in a man in his 20s, who has been given every opportunity to succeed, but who still has so little direction in life.

The film highlights Bush's transition into politics.

There is nothing amusing about a man becoming president because of a highly controversial voting decision, and against his fathers' advice.

The circumstances surrounding the president's decision to begin military action in Iraq is a major portion of this movie.

Comedy doesn't come to mind when discussing a war being declared before all the facts were properly reviewed.

All these things are addressed in this movie. Some are fact and some are exaggerations, but none are satirical.

The well-played roles of Bush (Josh Brolin), Dick Cheney (Richard Dreyfuss), as well as oth-

ers close to the president make the viewer forget this is a movie rather than a documentary.

The cinematographer's use of inserting the actors into real-life news footage, as in the style of "Forest Gump," adds to the realism of the characters.

There are elements of daydreaming and flashbacks that lend to the interest and development of the story.

Bush is shown having fraternity parties and walking out on jobs, and then making executive decisions with the same cocky attitude he had in his youth.

The movie also addresses George W. Bush's love for sports and includes scenes of the future president playing baseball in an empty stadium.

This is a dream sequence, so he always does well.

In the final scene he is playing in a suit and drops the ball. Oliver Stone is not subtle in expressing his opinion.

As the focus changes from his life as a wild college student to one of an irresponsible adult, and then to president of the United States, the music also makes a metamor-

phous from Texas-country to an eerie sounding instrumental.

This sets a strange mood at the end of the movie and sends a few chills down the spine of the viewer.

"W." is for those who are interested in knowing more about the last Bush administration and the forces behind it, or about how a complete buffoon can turn his life around and become one of the most powerful men in the world.

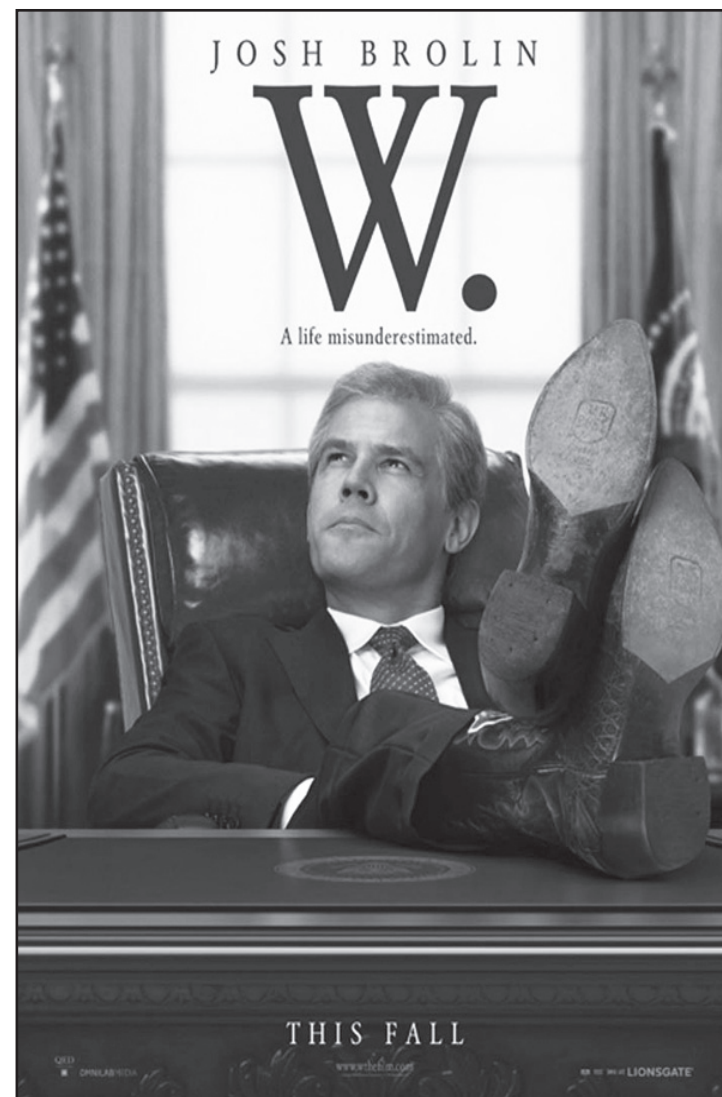
Either way, it is worth the rental fee.

Knowing the outcome of this story does not make seeing it unfold anticlimactic.

An added bonus to renting or buying a DVD is the added material, and this movie has a great deal of documentary footage and interviews worth watching. Oliver Stone and Gore Vidal are among those offering opinion about changes in government.

All these interviews come after six movie previews and the movie, so it will fill your evening and provide plenty of entertainment.

Rated PG-13 for language, sexual reference, alcohol abuse, smoking, and some disturbing war



scenes (naked bodies, and one body with no head) the two-hour movie would not hold the attention of young children.

Whether you like former president George W. Bush

or not, the Oliver Stone movie "W." is an eye-opening experience that everyone should enjoy.

Rating: B

—Cynthia Praefke
Staff Writer

'inFamous' walks on the line of good and evil

Life and death, good and evil seem such an easy choice. That is until you are forced to choose one or the other. Moral decisions leaving lives hanging in the balance is what you are faced with.

Sony Computer Entertainment hit another one out the ballpark with "inFamous". You play the role of a hero/villain in a super-powered sandbox in the game. Released May 26 with developer Sucker Punch for the PS3, it is a one-player action game that puts you in control of Cole, the main character, and his decisions.

The graphics are very

detailed, yet the city's color range is a little bland, leading to a nice backdrop of the vibrant colors of Cole's powers. The voice acting is second-to-none, and the industrial soundtrack isn't what you might expect right off but fits the game like a glove.

In the game, a massive explosion rips through Empire City, leveling everything and everyone. At the center of the blast is Cole MacGrath, the only survivor, his life forever changed, never with a dull moment again. Now a wanted man, Cole must go about learning to control his newfound powers and

find out what happened to Empire City all the while keeping it from falling to complete anarchy.

Playability is always important for a console game and inFamous nails it.

Intuitive controls make navigating the city and electrical combat flawless.

InFamous has a very high replay value making it a game to own rather than just rent. Gamefly, which is an online rental website for games, will not be getting this one back from me for awhile.

The story of "inFamous" is really Cole's coming-of-age story. Like Stan Lee's "Spiderman," the line

"with great power comes great responsibility" has to be taken to heart.

You are controlling Cole's morality. Like in "Fable" (first-person rpg game) you make decisions that lead to the "Dark Side" or to the light. Almost every mission in "inFamous" can be competed using either a good or evil approach.

The morality system is not as black and white as it seems. Cole's evolution of powers are tied directly to the decisions the player make. Make good choices and you are rewarded with blue lightning and different powers. Whereas, if you follow the path of evil,

you are branded with red lightning, yet unattainable power if you walked the path of light.

Obviously the game has an alternative ending and to see both, you have to play it through twice. It is well worth it in my opinion.

Will you be the hero and save the day, or will you be the grim reaper, there to take their lives and souls? "InFamous" is a very welcoming site, a game that has entertaining game play and is well worth the investment.

Rating: A

—W Hoyle
Staff Writer

Job Board provides students, alumni with many employment opportunities

By W Hoyle
Staff Writer

Student Employment and Career Services is available to help students find work through the OCCC Job Board, said Judi McGee, Employment Services coordinator.

There are currently 213 job postings available, according to the job board's web site.

The job board can be found online at www.collegecentral.com/occc and is available to all current OCCC students and alumni, according to the site.

"It's important to know that people can be hired off the job board," McGee said.

According to the job board, positions are not only listed for the metro area, but also across the state and the country.

Students can browse through more than 1,500 employers registered on the board.

The pay range of the jobs listed is from \$8.50 an hour to \$120,000 a year.

Résumé building

With the help of the job board, students can prepare the necessary materials needed to secure a job.

Résumé building, cover letters, follow up letters, and even interview secrets can be found on the board.

Videos also are available to view, according to the web site.

Welcome to Student Central. Your job search starts here!

Oklahoma City Community College
Employment Services Office: 405-682-7519 | [Email](#)

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School Job Search Results

Search Criteria	
Company Name	
Job Title	
Jobs Posted	All Dates
School ID	
Degree	Any Degree
Major	Any Major
Job Target	Any Job Target
Job Location	Any Location
Type of Job	Any Job Type
Special Skills/Certifications	

Click the **Job ID** to view the Job Details. **Jobs are sorted by Deadline Date.**

There are **201** jobs that meet your criteria.

Displaying records **1-20** of **201** [Next](#)

Personal Care Aide (PCA)
HealthCare Innovations Private Services

Job ID	School ID	Location	Job Type	Deadline
1671626		Oklahoma/CanadCounty, OK	Full Time, Part Time	06/03/2009

Scholarship Program Specialist II
Oklahoma State Regents for Higher Education

Job ID	School ID	Location	Job Type	Deadline
1672116		Oklahoma City, OK	Full Time	06/03/2009

Computer Technician
Oklahoma City Community College

Job ID	School ID	Location	Job Type	Deadline
1684483	0400824	On Campus (Oklahoma City)	Full Time	06/04/2009

Photo illustration provided

The OCCC Job Board is available to all current OCCC students and alumni. The board currently has more than 200 job listings posted and more than 1,500 employers registered.

she said.

Assistance available

The staff at the Student Employment and Career Services offer additional assistance to prepare students for the job market, McGee said.

Workshops are held ev-

ery Wednesday to help students sharpen their interview skills to learning how to properly dress, she said.

Recent graduates and young professionals can find more help through the Greater Gads Resource Center on the job board.

There also is the OCCC

Nursing Job Resource Center which lists numerous positions for students in the Nursing Program.

For more information, contact Student Employment and Career Services at 405-682-7519.

Staff Writer W Hoyle can be reached at StaffWriter2@occc.edu.

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New face in charge at OCCC Coffee Shop

By Shawn Stawicki
Staff Writer

The OCCC Coffee Shop now has something new to perk up the day, D.J. Head, manager.

Head said she started at the coffee shop May 19, replacing former manager Murod Mamatov, the student who conceived the idea for the shop.

She said she is not an OCCC student, but was the assistant manager at

Carson's Catering and Food Concepts when she was presented with the opportunity to manage the coffee shop.

Carson's operates the cafeteria in the student union and oversees the coffee shop.

"I like people," Head said. "You kind of have to in order to work here."

She said she has always worked in the service industry and has even dabbled in catering for small

events like weddings, but is dedicated to her position at the coffee shop.

Head said she believes she has some big shoes to fill, but is confident in herself and her past management experience.

Mamatov said he believes Head is ready to take over the operation and he is confident in her abilities to manage.

"I am doing my best to get the smoothest transition we can get," Mamatov said.

Head said she will not be changing a thing to the coffee shop, but is always open to suggestions.

"There's no need to fix something that's not broken," she said.

Head, a 30-year resident of Oklahoma and mother of four children, said she absolutely loves her job at the coffee shop.

Head said what she likes most about her job is her employees.

She said she believes if it weren't for her employees, she would never have made it past her first two weeks.

"The nice thing about my crew is they have helped me out considerably," Head said.

The coffee shop is open from 7:30 a.m. until 2 p.m. Mondays through Thursdays and from 7:30 a.m. until noon Fridays. It is closed Saturdays and Sundays.

The OCCC Coffee Shop is located near the elevators in the Main Building.

Head said right now her favorite drink at the coffee shop is an iced drink, but said in the winter it will probably be a hot mocha.

"I am more of an iced mango (person) right now," she said.

Head encouraged students, staff and faculty to visit the shop for iced and hot coffee, as well as salads, sandwiches, pastries and more.

Staff Writer Shawn Stawicki can be reached at StaffWriter2@occc.edu.



Photo by Joseph A. Moore II

D.J. Head, OCCC Coffee Shop manager, sells a piece of cake during her shift. Head recently took over at the shop after the previous manager left.

COFFEE SHOP | PLENTY OF DRINKS AVAILABLE

COLD BEVERAGES

Iced Cafe Latte
Iced Cafe Mocha
Iced Carmel Macchiato
Iced White Chocolate Mocha
Iced Cafe Americano
Iced Tazo Chai
Tazo Iced Tea

ESPRESSO DRINKS

Cafe Latte
Cappucino
Caramel Macchiato
Cafe Mocha
Cafe Americano
White Chocolate Mocha

COFFEE ALTERNATIVES

Tazo Hot Tea
Tazo Chai
Steamed Cider
Hot Chocolate
Steamed Milk

ESPRESSO

Espresso
Espresso Macchiato
Espresso Con Panna

BLENDED

Creamice Latte
Creamice Mocha
Caramel Creamice
Creamice Mango

BLENDED COFFEE

Coffee of the Day
All Coffee

OCCC Coffee Shop drinks range in price from \$1.25 to \$4.45. Price subject to change.

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OPENS NATIONWIDE FRIDAY, JUNE 12

Comments? Opinions?
E-mail Justin at
editor@occc.edu
Let your voice be heard!

SUMMER | ACADEMICS BECOME PRIORITY OVER LEISURE

Students enroll in summer semester for various reasons

As Suzie Ondak and Natalye Tate settle into their summer classes, they also must adjust to the OCCC campus as they complete their final requirements for graduation.

These students are not completing their associate degrees. Rather, they are taking classes at OCCC to finish their bachelor's degrees.

Ondak, a biology major at the University of Central Oklahoma, and Tate, a sociology major from Oklahoma State University, said they enrolled at OCCC to complete requirements for graduation from their respective universities.

OCCC is not unaccustomed to seeing students from other colleges enroll for the summer semester, as it serves as a less expensive and, sometimes, more convenient option for students.

Tate said these were the reasons she will be on campus for the next couple months.

"It's cheaper and nicer here," she said.

Ondak said their experience at the college has been great, and they are glad they chose to take summer classes here.

Outside of cost, she said the reputation of the college's professors was one of the reasons that drove them to the campus.

"We heard good things about the professors," Ondak said. "And they have been true."

Completing courses for other colleges is not the only reason students enroll at OCCC during the summer.

Many students have made the decision to forgo a vacation and take classes for academic purposes such as catching up or even getting ahead.

Still, other students have chosen the summer semester for more unconventional reasons.

Jerrod and Julie Idleman, business majors, said they came to OCCC because their schedules have slowed down for them this summer and the extra time allows the couple to work towards their degrees.

Julie said she started working on her degree in 2003, but had to put her plans on hold when she had her son, who is now 4 years old.

With things at home being more relaxed during the summer, Julie said she finds this to be the perfect time to continue forward towards her associate degree.

Jerrod, on the other hand, said he has already earned an associate degree in Manufacturing Technology, but he said he wants to earn a second degree.

"I am working a flex schedule because my job is slow right now," he said. "I have time to get a business degree with this time off."

While students sharpen their pencils and study their notes this summer instead of lounging around, it is not as if their summer vacation is completely done away with, said Taylor Rice, English major.

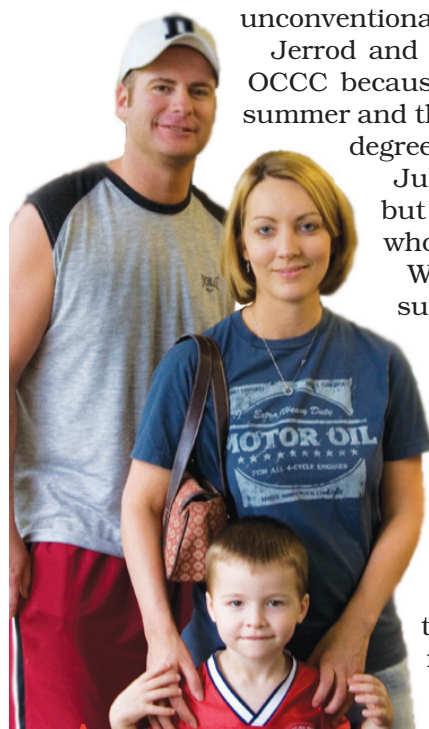
"I took five classes this spring, and I will be taking five classes this fall," Rice said. "I'm only taking two classes now, so although I do have to devote time to homework, that's still three classes of time I can spend laying out at the pool or goofing off with my friends."

"I'll still be able to have fun this summer, and I'll graduate quicker than most of my friends. Sounds like a win-win situation for me."



<< Natalye Tate,
biology major

Suzie Ondak,
sociology major



Jerrod and Julie Idleman,
business majors

Why are **you** here
.....this **summer**?



"I want to graduate sooner and go on to [the University of Oklahoma]."

—Daniel Vargas
pre-engineering major



"I am here because the (nursing) program starts today."

—Chika Atoyosoye
nursing major



"I want to keep moving and not waste any time getting my degree. Summer is a good time to study. It's quiet here."

—Skye Huang
nursing major



"To be honest, I'm a big football fan, and I want to get the difficult classes out of the way now so I don't have to miss any games in the fall."

—Chris Scott
psychology major



"I am taking summer classes at OCCC because they are less expensive than [Oklahoma City University]."

—Eli Coronis
OCU business major



"I am taking English and biology — general education classes — to get them out of the way early."

—Danthi Troung
diagnostic medical student

Text by Cynthia Praefke

Photos by W. Y. Hoyle

Sports

UPCOMING

OCCC INTRAMURALS EVENTS

• **June 4 - 25:** Abs 'n' Back core training starts. Classes are from 6:30 to 7:25 p.m.

• **June 2 - 30:** Body sculpting starts with classes from 5:30 to 6:25 p.m.

• **June 1 - 29:** Cardio boot camp classes start and are from 5:30 to 6:25 p.m. Combo aerobics are from noon to 12:55 p.m.

• **June 1 - 29 and 2 - 30:** Pilates classes are held from 6:30 until 7:30 p.m. as well as from noon to 12:55 p.m.

• **July 2 - 30:** Hatha Yoga classes are from 6:30 to 7:30 p.m.

• **July 2 - 30 and 1 - 29:** Spinning program is from 5:30 to 6:25 p.m. for both sessions.

• **July 3:** The Wellness Center will be closed in observance of Independence Day.

• **July 6 - Aug 12:** Beginning Golf is from 5:30 to 6:55 p.m. with additional cost being paid to Earlywine golf course.

• **July 7 - Aug 13:** Beginning Golf is from 5:30 to 6:55 p.m. with additional cost being paid to Earlywine golf course.

• **August 10 - 15:** The Wellness Center will be closed for preparations for Fall semester.

For more information, contact the Recreation and Fitness Center at 405-682-7860.

Do you have sports news you'd like to share? Maybe you know of an OCCC athlete worthy of a mention. If so, contact Wyatt at StaffWriter1@occc.edu or call 405-682-1611, ext. 7440.

Getting fit



Photo by W. Y. Hoyle

Lindsey Hall, FitKids camp coordinator and aerobics instructor, leads exercise drills. Taylor Scott (left) and Tiffany Greg (right) follow Hall's lead during warm-up stretches. The camp, set around nutrition and fitness, teaches campers how to stay healthy and fit. For more information, contact Sports and Recreation Specialist Eric Watson at 405-682-1611, ext. 7786.

OCCC summer programs for adults

By W Hoyle
Staff Writer

Summer at OCCC is full of summer camps and programs for kids true but it also is full of programs and classes for adults as well.

"We have [10] different classes available and the great thing about the schedule this time is it was arranged so students could take a cardio class and toning class," said Stephanie Scott, Recreation and Fitness coordinator.

"Abs 'n' Back core training is fairly new and was added because a lot of people asked for it, mostly women who want to focus on their abs," she said. "It also helps strengthen your core to reduce back injuries."

Body Sculpting puts emphasis on the problem areas of the body. The class uses aerobic activity, weights and toning. "It is a great class to tone and get fit," according to the Recreation and Fitness centers brochure.

Cardio Boot Camp is a low-impact workout designed to increase lean muscle.

"It's kind of designed for people

who get bored of the same repetitive workout. It's very vigorous. It is not a social class, there is no time to socialize," Scott said.

Combo aerobics is a combination of land aerobics, step aerobics, and interval training. The class offers a great variety of aerobic exercises according to the Recreation and Fitness centers brochure.

Pilates classes are offered through the recreation and fitness center as well. "Pilates will lengthen, invigorate, and energize your body," according to the brochure. Most Pilates exercises are done on a mat with emphasis on body alignment, according to the Recreation and Fitness centers brochure.

"I love pilates, it is extremely helpful dealing with my pooch in the tummy," said Amy Kerr, an OCCC student who took Pilates last semester.

Hatha Yoga is offered to help you to learn to relax and invigorate your body.

"Hatha is most common western yoga, it is a balanced yoga of workout and meditation", Scott

said. The goal is the gain elasticity, strength, flexibility, firmness, and confidence as you build self-reliance and inner peace.

OCCC recently announced the grand opening as an official Spinning Center. The spinning program was created by Mad Dogg Athletic, Inc. in the early '90s.

"I thought it was going to be a lot easier than it really is," said Mark Ramirez, spinning student.

"Spinning is a high intense low impact but very hard workout," Scott said. "We are very proud to be have spinning. Because of the cost of the equipment though we have a very limited amount of space for the class."

Learn how to swing a club in the beginning golf classes, held at Earlywine Golf Course and lasting 6 weeks.

Enrollees must supply their own golf clubs and golf balls according to the Recreation and Fitness Center's brochure.

For more information, contact the Recreation and Fitness office at 405-682-7860.

Staff Writer W Hoyle can be reached at StaffWriter2@occc.edu.

Students can enhance transcripts with START

By **Stephen Sossamon**
Staff Writer

Students don't need to go far to bolster their transcripts and become more appealing to employers and scholarship committees.

OCCC offers a service called START — Student Activities and Recognition Transcript, said Marcy Roll, Student Life assistant.

"It's a record of students co-curricular experience while attending OCCC," Roll said.

"[Students] can use the START to supplement job applications and scholarships."

START is similar to an academic transcript, she said. It is a record of both on- and off-campus experiences, according to the START brochure found in the Student Life Office.

There are four categories

for students to choose from in START, according to the brochure:

- **Leadership involvement:** includes participation in any on- or off-campus clubs or organization, including formal positions held.

- **Professional development:** includes any conference, workshop and seminar attendance through an academic field, community organization or an OCCC club that enhances the student's career goals.

- **Honors and awards:** includes formal recognition for academic achievement, community related activities or co-curricular involvement.

- **Community service:** almost any volunteer experience lasting at least an hour in length and providing service to those in need.

"START begins once the

student signs up [for the program]," Roll said.

To sign up for START, students must go to the Student Life website, located at www.occc.edu/studentlife.

From there, click START, the fourth link down on the left sidebar. Once the page loads, click Register.

Once students fill out the form and submit it electronically to Student Life, their accounts will be in a pending status until Student Life approves and activates the account, Roll said.

When a student's START account is activated, he or she can begin making submissions online.

Submissions are then validated and listed on the official START transcript.

"There are no grades and no competition," Roll said. "It's just whatever they

choose to do on their own time."

She said the START transcript gives students an edge and added experience to add to future applications.

Roll said there is no time limit for students to complete START. The program is for their own personal use and gain, she said.

Students can retrieve a copy of their transcript online or can get a copy at Student Life.

Students' records database will be electronically saved for five years beyond the last submission date, according to the website's FAQ section.

"There are no grades and no competition. It's just whatever they choose to do on their own time."

—Marcy Roll

Student Life Assistant

All students are welcome to register and use START according to the website.

For more information about START, contact Student Life at 405-682-7523, or visit their website at www.occc.edu/studentlife.

Staff Writer Stephen Sossamon can be reached at SeniorWriter@occc.edu.

College officials say they are 'cautious' about including recurring costs in budget

"Budget,"
Cont. from page 1

an anticipated state budget shortage next year, college officials are cautious about putting things in the budget that would be recurring costs such as salary increases and new staff and faculty positions.

Sechrist said student tuition and fees contribute 30 percent to the college budget.

Some employees accept budget plan, others unhappy

"Raises,"
Cont. from page 1

crease to keep my job so they don't have to cut budgets I'm happy with that."

Nicholas Webb, Communications Lab assistant, doesn't share the sentiment.

"I'm not happy about it," Webb said.

"If we don't receive the

"Students have a great stake in their education," Sechrist said. "They pay a third of their education themselves."

The school does maintain about a \$2.75 million reserve, he said.

"The reserve is money that we don't budget and is for emergency situations.

"We really don't like to think about it but if something catastrophic happened we would want to

cost of living raises then basically we are getting a pay cut.

"As things around us get more expensive our salaries aren't increasing with that," said Webb.

"We are actually are losing buying power losing money."

Editor Justin Combs can be reached at editor@occc.edu.

have the cash to immediately be able to purchase emergency resources to get us through and back in operation."

There also is a contingency fund to help for a shortage, Sechrist said.

"The primary reason for a contingency fund is to pay for more instructors with an increase of enrollment." He said the contingency fund also is for unforeseen things such as a leaky roof, a water main break or learning equipment that has to be fixed.

"It's also used for an opportunity that comes up like a new program the state may ask us to provide instruction," Sechrist said.

Editor Justin Combs can be reached at editor@occc.edu.

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up-to-the minute sports news
and weekly sports podcasts!
www.occc.edu/pioneer

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June 24 _____ Optimal Cover Letter

July 01 _____ Dress for Job Interviews
July 08 _____ Lunch Etiquette for Interviews
July 15 _____ DISCOVER Career Exploration
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July 22 _____ Internships "Greater Grads"

For more Info: 405-682-7519
employmentservices@occc.edu

Highlights

Hiring at U.S. Census Bureau office

The Oklahoma City U.S. Census Bureau office is in the process of hiring temporary workers to gather information for the state of Oklahoma for the 2010 Census. Applicants must be 18 years or older, must have a valid Social Security number and be available to work 20 to 40 hours per week. For more information, call 405-254-9140 or 1-866-861-2010. For more information, visit the Census Bureau website, www.2010censusjobs.gov.

New Student Orientation

Student Life will be presenting New Student Orientation at 9:30 a.m. Tuesday, June 9, in CU2. For more information contact Student Life at 405-682-7523.

Student Life Blood Drive

Student Life will host a blood drive Tuesday June 23 and Wednesday June 24 in C1. Times will be announced at a later date. For more information, contact the Student Life office at 405-682-7523.

H.O.P.E. to attend conference

The Hispanic Organization to Promote Education will attend the National Council of La Raza, Wednesday, July 22, in Chicago, Ill. The NCLR is a hispanic civil rights organization.

Certificate in Mastery in International Business

The Business division will offer two of six classes related to the Certificate of Mastery in International Business in the fall semester. The 18-hour mastery program is targeted at men and women who have a college degree, as well as current OCCC associate degree-seeking students. For more information, contact the Business Division office at 405-682-7550.

Faculty Association garage sale

The Faculty Association garage sale will take place Oct. 28 and 29th in CU 1, 2 and 3. Contributions will be taken throughout the summer. New health department rules will prohibit the sale of toys or jewelry that might contain lead. For more information, contact Linda Boatright at 405-682-1611, ext. 7468.

Faculty Association garage sale

The Child Development Center and Lab School will have several full-time child care spaces available for three- and four-year-olds in our preschool classrooms beginning in August. The CDCLS is open from 7 a.m. to 5:45 p.m. Monday through Friday to students, OCCC employees and the community. The CDCLS serves student-parents in the evening from 5 to 10 p.m. for Student Scheduled Child Care. Please contact the CDCLS Lab Supervisor Lee Ann Townsend, at 405-682-1611, ext. 7423, if you or someone you know would be interested.

All Highlights are due Tuesday by 5 p.m. for inclusion in the next issue.
Highlight forms can be picked up in the Pioneer office, located on the second floor of the Main Building, across from the elevator.

Read the Pioneer Online for breaking news and extra features.

www.occ.edu/pioneer

Joining a club

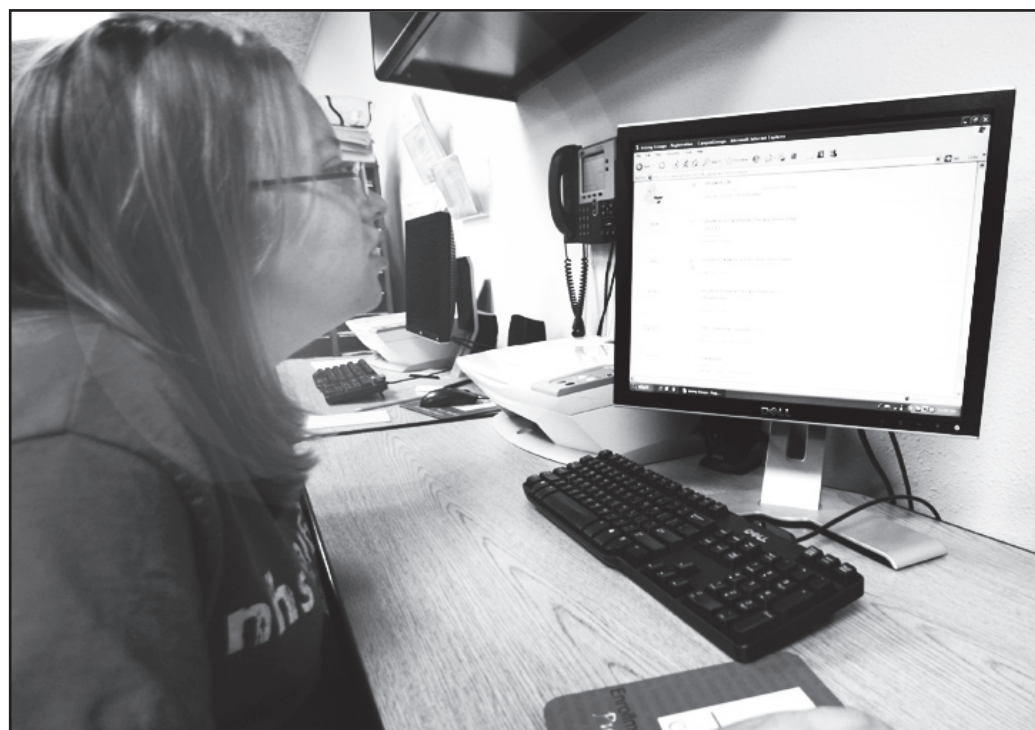


Photo by Joseph A. Moore II

Rebecca Whitson, pre-education sophomore and OCCC Student Life programs leader, shows students how to join clubs online. Students can join by logging onto the main site, clicking the Student Life tab, selecting join a club. Follow the link and then register with their own OCCC student e-mail address.

Student Life promotes success

By Shawn Stawicki
Staff Writer

Student Life employees, under the direction of Student Life Director Darin Behara, are committed to providing OCCC students with success in school, said Marcy Roll, Student Life assistant.

"The Student Life motto is, empowering students to become community assets," Roll said. "That's our mission."

"I think we all need to reach out to our community and service learning gives students that opportunity."

This is why Student Life offers Service Learning opportunities, she said, allowing students to volunteer in the community for up to six credit hours and possibly receive awards and recognition according to the Student Life website at www.occ.edu/studentlife.

Karlen Grayson, Student Organizations assistant, said she believes another way students can achieve success is by

joining a student club or organization.

"They help our students get connected," Grayson said.

"And it is proven students in clubs and organizations mature faster."

Grayson said OCCC recently celebrated its first successful semester using e-campus groups online which allows students to enroll in organizations on the Student Life website.

Student Life also is responsible for providing Brown Bags, which Roll describes as free mini trainings that vary in topic throughout the spring and fall semesters.

Additionally, said Student Programs Leader Rebecca Whitson said, Student Life offers a Campus Voices program that brings national and local speakers to the campus, and LeaderQuick, which teaches leadership skills.

Whitson said students who participate in activities and events have the opportunity to logon to the Student Life website

and post the activities they complete to their Student Activities and Recognition Transcript (START), for potential future employers.

Another feature on the Student Life website is the used book board, Roll said.

She said it has been in effect for a couple years and helps students buy and sell their used books.

"It replaced the annoying paper submission board," Roll said.

Roll said Student Life offers bookmarks with all information about how to use the website bulletin board.

Student life is located on the first floor of the Main Building at entry 11.

Hours of operation are from 8 a.m. to 6 p.m. Mondays through Thursdays and from 8 a.m. to 5 p.m. Fridays.

For more information, contact Student Life at 405-682-7523 or e-mail Roll at mroll@occ.edu.

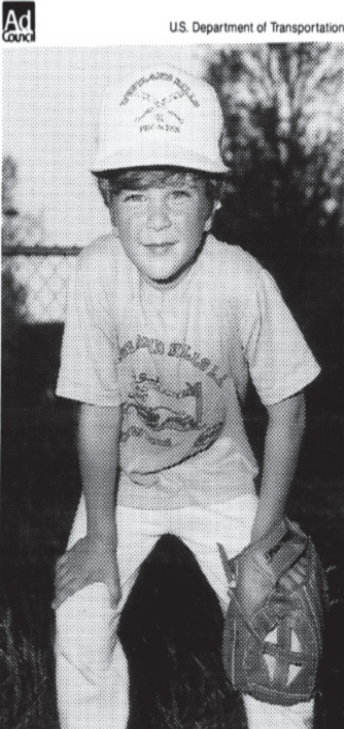
Staff Writer Shawn Stawicki can be reached at StaffWriter1@occ.edu.

Classifieds

Pioneer Classified Advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ads must be submitted in writing with IDs supplied or work area and college extension included. Deadline for advertising is 5 p.m. Tuesday prior to the publication date. For more information, call 405-682-1611, ext. 7674, or adman@occc.edu.

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Nicholas Esposito, killed Oct. 13, 1989 at 8:25pm.

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Hannah and Sarah Fogleman, killed Dec. 12, 1988 at 2:22 pm on I-95 South, Brunswick, GA.

Next time your friend insists on driving drunk, do whatever it takes to stop him.

Because if he kills innocent people, how will you live with yourself?

FRIENDS DON'T LET FRIENDS DRIVE DRUNK.



U.S. Department of Transportation

TODAY'S CROSSWORD PUZZLE

- ACROSS**
- 1 Kind of earring
 - 5 Mountain tops
 - 10 Fly high
 - 14 Columnist
 - 15 Small harbor
 - 16 Unsightly
 - 17 "An apple —"
 - 18 European river
 - 19 Sad
 - 20 Rain gear
 - 22 Methodologies
 - 24 Spicy
 - 25 Actor Mineo
 - 26 Managed
 - 29 Owns
 - 32 Long (for)
 - 36 Writer Waugh
 - 37 Western shows
 - 39 View
 - 40 Selects carefully
 - 43 A Gabor
 - 44 Chirps
 - 45 Huck Finn's boat
 - 46 Detect
 - 48 Tooth fixer: abbr.
 - 49 Gulf
 - 50 Container
 - 52 Caesar's dozen
 - 53 Entertained sumptuously
 - 57 Bureaucratic delay
 - 61 — Mountains of
- DOWN**
- 1 Mound
 - 2 Church calendar
 - 3 Muscat's place
 - 4 Something to be stretched?
 - 5 Swing around
 - 6 Baseballer
 - 7 "— hands on deck!"
 - 8 Barrels
 - 9 Hangs around
 - 10 Not so obvious
 - 11 Flirtatious look
 - 12 Reunion-goer
 - 13 Canadian whiskeys
 - 21 Coal scuttle
 - 23 Authority
 - 26 Cod and Fear
 - 27 Martini garnish
 - 28 Pie nut
 - 29 Sharpened
- Russia**
- 62 Certain heathen
 - 64 Actor Jannings
 - 65 Liver's output
 - 66 Type of acid
 - 67 Knocks
 - 68 — out: scraped by with
 - 69 Soviet founder
 - 70 Mets' stadium

PREVIOUS PUZZLE SOLVED

MAP TOTAL ADIEU
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CONDIMENT ULTRA
AUDIO SUAVE
WRAP MINUS ERRS
CANAPES LIL
REVELING HOUSE
ORIGINS CROWDED
MASON ROOTLESS
ASI GASEOUS
NEON BETTE BABA
NOVEL TUBAS
AWARE DEODORANT
FARMS OLDEN STE
TRYST MIENS HUR

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an OCCC student
worthy of a mention.

If so, contact
Stephen at [editor@
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