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Oklahoma City Community College PIONEER

www.occc.edu/pioneer

Going the distance



Photo by LaWanda LaVarnway

A cyclist races toward the finish line in OCCC's 14th annual triathlon, held on campus June 13. For more photos and a story about the event, see page 7.

Numerous services offered to help students enrich campus experience

By Justin Combs
Editor
and Matt Montgomery
Staff Writer

OCCC offers several special services that students and faculty can use to enrich their time at the college. Those range from veteran help to academic support.

OCCC's Veteran's office is available for students wanting to use their G.I. Bill, said Janice Armstrong, Veteran Services coordinator.

Armstrong said the G.I. bill helps veterans pursue a degree after they've finished their service for the U.S. government.

"Basically, if a student has questions about their G.I. Bill or any type of veteran's benefit, we help them out," she said.

Armstrong said OCCC is unique in how it assists veteran students.

"The Veteran's Office is pretty much a one-stop visit," she said.

From veteran assistance to customized training, OCCC provides support

Armstrong said they also work with their veteran students one-on-one.

She said veterans can bring all their veteran documents, and she and her staff will keep track of all their classes and transcripts, and anything they need to prevent them from having to make trips around campus.

Not only are there services for students on campus, but for faculty as well.

"The Professional Development Center offers faculty and staff the necessary training to do their job as well as possible," said Penny Hampton, Professional Development director.

"We train in anything from technology or soft skills training to actual job skills training," Hampton said.

"Right now we are doing more customized training with specific departments

"The Veteran's Office is pretty much a one-stop visit."

—Janice Armstrong
Veteran Services
Coordinator

and divisions this summer," she said.

And, for students having trouble with their academics or even personal areas of their life, Student Support Services is available for help.

Student Support Services is not only available for a friendly conversation, but an early alert system has been recently updated to keep track of students who are having trouble or failing a class.

"We've had an early alert system since 2000," said Mary Turner, Learning Support specialist.

See **"Services,"** page 9

Scholarships available in most every field

By Stephen Sossamon
Staff Writer

Students looking for scholarships don't need to look far for them, said Linda Sapp, Recruitment Student Services assistant.

Free aid in the form of scholarships is available every semester, Sapp said. She said now is a great time to apply.

"The summer is a slow time for scholarships,"

Sapp said. "It picks back up in the spring."

The spring is the busiest time, she said, because most scholarship deadlines are in February and March.

Sapp said there are numerous scholarships from which to choose, she said.

"There is something to help fit anyone's needs."

Sapp said applying early will help bring the best results.

"I would recommend stu-

dents apply six months prior," she said. "Otherwise, if they wait until say two weeks prior, they will probably miss it and not be awarded anything."

Sapp said each scholarship has its own deadline.

However, she said, don't expect a quick turnaround on those applications.

"I'd say three weeks is the average to hear back about scholarships," Sapp said.

"It's just all so different. It's too hard to determine

an exact time."

She said students also need to be aware they aren't only competing against OCCC students for the monies.

They could be competing against students from across the state or even nationally.

One scholarship Sapp recommends is the Career Development scholarship, which is primarily for working students.

"It helps with books or

about six hours of tuition," she said.

"Pretty much anyone can apply for it."

Sapp said one of the hardest scholarships to get is the George and Donna Nigh Scholarship, which is given through the offices of Enrollment and Student Services, and headed by Vice President Marion Paden.

Sapp said the require-

See **"Scholarships,"** page 9

Editorial and Opinion

Editorial

A call for proper grammar

Next time you're texting someone or sending an e-mail, and you feel the urge to shorten words to save space, think about the habits you're developing and have developed.

Also, think about how you might be contributing to the demise of written and spoken language.

It's scary, but possible, that if slang usage and text writing and speaking is allowed, 50 years from now our language could evolve into useless slang and distorted jargon many couldn't possibly comprehend.

Gradually, proper speech and formal writing skills have depleted to a level of almost no return.

Even scarier and more immediate is practicing bad grammar and usage in speech-writing could cause an employee to lose a job or not be hired in the first place.

Most, if not all, employers look for and hire people with good communication skills.

Judy McGee, Employment Services coordinator, said employees who want the opportunity to be promoted and to become supervisors need to have excellent communication skills.

Luckily, there are simple ways to improve writing skills before they cost you a job.

One of the best ways to become a better writer is to read more.

OCCC has a fantastic library, located on the north side of campus, filled with hundreds of quality books.

Also, the school has a wonderful Communications Lab, located on the first floor of the Main Building, where students can receive instruction and aid with their writing.

Both the library and Communications Lab have assistants who are there to help you.

So, why not utilize these free services to better your communication and writing skills?

McGee said Student Employment and Career Services offers assistance for students trying to hone and polish their résumés.

She encourages students to utilize this free service.

If everyone could learn to write, read and communicate in a more professional fashion, we would all be better off.

Whether you've developed bad habits from shorthand text messaging or improper teaching at a young age, there is still time to change.

It's not too late to make a difference in your writing, reading and communication skills.

Start now by fostering these skills. Read more, write more and strengthen social interaction before proper communication skills are lost forever.

—Matt Montgomery
Staff Writer

Course credit earned on vacation

To the editor:

Ever since I was a small child, I have heard about Yellowstone National Park.

Its beauty was something to be heralded and is a testament to the forces of nature, especially time.

The chance to go came to me when the May 2009 intersession course Rocky Mountain Ecosystems was being offered at OCCC, taught by Dr. Stancampiano.

I became excited right away at the description of the itinerary, which involved keeping a species account and a journal.

The idea of observing wildlife, getting credit for it and hiking through a forest sounded like heaven to me.

We not only explored Yellowstone, but also visited the Grand Teton Mountains and its biological diversity.

We would find our new home for the next several days waiting for us: the newly-cleaned University of Wyoming-National Park

Research Center's AMK Ranch at a rustic-style dude ranch.

It was an awesome place to study.

Not only did we get a view of the Teton Mountains and Jackson Lake as our backyard, but the ranch was within close proximity to Yellowstone National Park.

One particular highlight of our trip involved a grizzly bear who was merely feet away from our bus.

It was grazing in the grass on the opposite side of the road and commenced to cross the street well by the time we all got back inside the bus after taking pictures.

Dr. Stancampiano had said he had not seen a bear so close before.

Species of bird life we saw included raptors like bald and golden eagles to waterfowl such as the common merganser and green-winged teal. In this, binoculars proved necessary.

This class only reinforced my love of nature and

drive to get out and do field work.

I appreciated this opportunity to learn what I could outside of the classroom and meet a variety of people from park rangers and other classmates who also share a passion for wildlife.

—Kristi Hendricks
OCCC Student

PIONEER

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The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. 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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Letters may also be e-mailed to editor@occc.edu. A phone number for verification must be included.

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OKLAHOMA CITY COMMUNITY COLLEGE

off the mark.com by Mark Parisi



Comments and Reviews

Incubus' newest release filled with greatest hits

It's been a two-year hiatus since rock band Incubus released their last album.

The band released their new double-disc album, "Monuments and Melodies," June 16 on Sony Records.

Essentially, this album is a greatest hits album, with the exception of several new tracks and rarities, including their newest radio hit single, "Black Heart Inertia."

The album includes some of their most popular songs, such as mega radio hits "Stellar," "Pardon Me," "Anna-Molly," and "Wish You Were Here."

The new songs have a positive voice and a progressive new direction for Incubus.

Just like on their last two albums, "Monuments and Melodies," was produced by music mogul Brendan O'Brien.

He also produced albums for Soundgarden, Rage Against the Machine, and Bob Dylan.

Unlike previous Incubus records, however, "Monuments and Melodies" isn't an album to showcase new material.

Rather, it's an album showcasing the best Incubus songs from the last decade, and a few new tunes as well.

The record is comprised of two discs with 26 tracks.

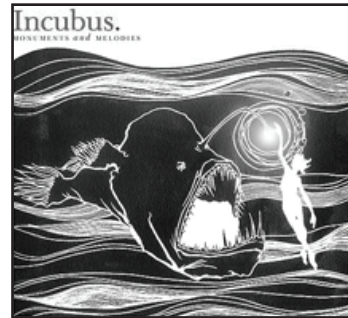
Disc one includes 16 tracks taken from previously released albums, "Light Grenades," "Make Yourself," "A Crow Left of the Murder," and "Morning View."

Disc two contains older, well-known hits, as well as an ambient acoustic version of a grunge-rock Incubus classic, "A Certain Shade of Green," set with mellow tones and supple rhythm.

Listeners don't have to be die-hard fans to enjoy this release.

They can simply be recreational music appreciators.

Usually, when a band



releases a greatest hits album it means they're in financial straights or they're quitting as a band.

Hopefully, Incubus isn't calling it quits, but if they do, this is definitely the way to say goodbye — in style.

Incubus has made a phenomenal run over the past 14 years, releasing four tracks that made it to number one on Billboard's top 40.

Those four tracks and many others are some of the album's highlights.

"Monuments and Melodies" certainly won't disappoint anybody.

Rating: A-

—**Matt Montgomery**
Staff Writer

'Pelham' an action-packed thrill

"The Taking of Pelham 1 2 3," a less psychological and more action-packed remake of a 1974 film, exploded into theaters June 12.

Get your popcorn and drinks before you sit down because you won't want to miss a minute of this movie.

The storyline is a team of four hijackers who take control of the Pelham section of a subway train in New York City. The city must pay a ransom or the men will kill the commuter hostages one at a time.

Ransom for the passenger's safety has been set at \$10 million, and time for the delivery has run out.

Ryder, played by John Travolta, is the leader of

the four.

Travolta's portrayal as a maniacal, ex-Wall Street broker is eerily realistic. His facial expressions, mannerisms, and use of language show Ryder as an extremely troubled man.

The subway dispatcher who is the first person to be in contact with Ryder is Walter Garber, played by Denzel Washington.

In the earlier movie, the name of the transit police lieutenant was Zachary Garber, played by Walter Matthau.

Washington puts a more sensitive spin on the character, portraying Garber as a demoted transit supervisor.

Every minute past the

deadline means another life lost unless Garber can talk Ryder into another plan.

As Ryder switches from manic to friendly and back again, it is Garber who attempts to maintain contact and keep the highjacker from killing more passengers.

The exchanges between Ryder and Garber are chilling.

They reveal the sick logic of an angry man who is not afraid to die or to kill.

There are several shoot-outs and chase scenes through the streets of New York that give this film great action as well as an R rating.

The considerable overuse of profanity also contrib-

Counselor's Corner

"The superior man, when resting in safety, does not forget that danger may come. When in a state of security he does not forget the possibility of ruin. When all is orderly, he does not forget that disorder may come. Thus his person is not endangered, and his States and all their clans are preserved."

—**Confucius**

Even with our economic woes and random acts of violence, America is a good place to live. We possess a level of affluence and safety that allows us to occasionally feel bored and to grumble when we have to walk outside for a safety drill.

People in some parts of the world do not know what it's like to live with our relative peace and prosperity. Even when we believe our lives are hard and our situations desperate, they really aren't that bad. All in all, we live pretty good lives.

Perhaps, that is where the danger lies for us. Life is comfortable, so we react when something bad happens close to home, and then we push the event aside and keep doing what we do.

It is this complacency that may present problems.

Having a plan of action is one of the best solutions to any problem life may throw at us. We may never experience a house fire in the wee hours of the morning, but if we do, and if we have a plan of action, we're more likely to survive.

This doesn't mean we live life cowered in a closet waiting for the world to end. It simply means we acknowledge the world is an uncertain place and that stuff can happen. When it does, we at the college want us all to be prepared.

I encourage each of you to read the instructions that were sent out by Safety and Security via OCCC e-mail June 3.

It's important to know what to do in the event we really do have an imminent threat while we're here on campus.

Give special consideration to the fact we should not use cell phones or other electronic devices during our evacuation as these items can be used as detonation devices.

So, even if it's hot, or it's cold, or it's raining, and we have to "walk all the way out there," the idea is that we get to go home safely at the end of the day.

If you find you are really sensitive to or upset by these drills or the potential threats which make them necessary, please stop in and see us in Student Support Services. We can give you a safe place to talk about your feelings.

—**Mary Turner**
Learning Support Specialist

utes to the rating although it is in keeping with the characters' personalities.

The movie's 106 minutes of action-packed suspense

ends with an unsuspected twist.

Rating: B+

—**Cynthia Praefke**
Staff Writer

Comments and Reviews

‘Year One’ a disappointing movie

There are good Jack Black movies, and there are bad Jack Black movies. “Year One” is one of the latter.

The movie opens with a tribe of hunters chasing a wild boar through the jungle.

The intense music and the film work create a feeling of being there with the hunters. Suddenly, a spear strikes the lead hunter in the back, and the silliness begins.

Enter Black with ridiculous lines about his innocence in the matter until he finally says, “He shouldn’t stand in the way

of a wild boar.” (Or, in this case, a bore.)

The rest of the movie is about Black being Black. The character of Zed is just a cover for Black’s antics. The bright side of the movie is Michael Cera in the character of OH, Zed’s sidekick.

After the two are expelled from their village for eating the forbidden fruit, they begin a journey into scenes from the Bible.

Cera’s honest appraisal of what is happening around him in each scene is much funnier than Black’s inane one-liners and ridiculous facial expressions.

Perhaps I expected too much because the movie was directed by Harold Ramis of “Ghostbusters” fame. Or, possibly, I thought the writing would be better since it was collaboration between Ramis and Gene Stupnitsky (“The Office”).

I was disappointed on both counts. Much of this movie was bad satire, and the laughs were few and far between.

It’s rated PG-13 for sexual content, brief strong language and comic violence.

I was ready for the film to be offensive, but it ventured above and beyond

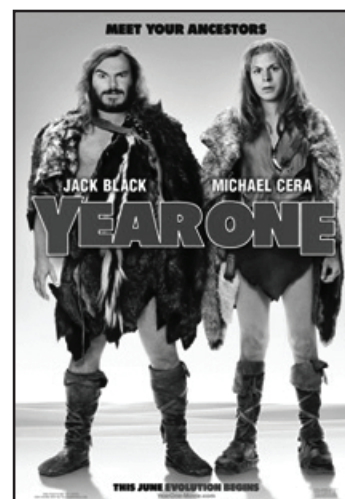
bad taste in some scenes.

For instance, Cain bashing Abels’ head in with a rock several times and joking about his brother’s death.

I don’t think I was alone in finding it distasteful when Black ate feces and described what the ingredients were. Many viewers around me found their gag reflex working overtime.

Perhaps when this movie comes out on DVD in the very near future, it will be great to watch at a keg party in the wee hours when people will laugh at anything.

“Year One” is not the best



way to spend an hour and 40 minutes.

Rating: D

—Cynthia Praefke
Staff Writer

‘Hangover’ shines with comedic value, leaves audience laughing for more

Laughter echoed through the theater as “The Hangover” started to play. It wasn’t even five minutes in before half the audience was in tears from laughing.

“The Hangover” chronicles the journey of Phil Wenneck (Bradley Cooper), Stu Price (Ed Helms) and Alan Garner (Zach Galifianakis) in their search for best friend and groom-to-be Doug Billings (Justin Bartha) after taking him to Las Vegas for a bachelor party.

The guys down some shots on top of Caesar’s Palace and the rest is history — at least to them.

The comedy is filled with ridiculously hilarious one-liners.

Alan’s antics are something the audience was constantly laughing about.

He is shown as a weird, and possibly mentally-challenged guy who has a knack for getting into sticky situations.

The portrayal of each character is pretty good. It isn’t spot-on, but it is still pretty good.

Phil, who is an elementary school teacher, seems to be the leader of the group searching for Doug, and has the best head on his shoulders.

Stu is a dentist with a nagging wife and a thirst for thrill when he is wasted.

Along the way, the three friends trace their steps from the night before to find their lost friend who is to be married the next day.

The funniest part about the movie is the one-liners. The group cracks jokes like any group of friends would, taking shots at each other but knowing it’s all in good fun.

The movie is packed with crazy situations and scenarios no rational human being would ever find themselves in, unless, of course, they are partying in Vegas for a night.

The group steals a police car, meets former boxing champion Mike Tyson, and another of the friends gets married. Although many times these sort of comedies, the ones with crude humor, have a hit-or-miss possible, “The Hangover” rises to the occasion.

The movie is reminiscent of the hit comedy “Superbad,” which portrayed high school life. “The Hangover” portrays an older,



more mature comedy.

Anyone who needs a good laugh and = doesn’t mind the sometimes crude humor needs to check out “The Hangover.”

The movie is rated R for language and nudity.

Rating: A

—Stephen Sossamon
Staff Writer

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Greater Grads kicks off summer session with 15 OCCC graduates

By **Justin Combs**
Editor

With 250 interns, 15 from OCCC, the Greater Grads program kicked off its first session of the summer, themed "Quality of Life," June 10 at Will Rogers Theater.

Greater Grads is an internship program designed to encourage Oklahoma college graduates to take advantage of the many job opportunities around the state.

The summer program will last through July.

Companies such as Chesapeake Energy Corporation, Devon Energy Corporation, Box Talent and Clear Channel Radio are a few of the several companies involved in the program sponsored by the Greater Oklahoma City Chamber.

OCCC GREATER GRADS

Jeremy Adams
McKlein Aguirre
Glenda Ainooson
Durell Carter
Michelle Cole
Justin Combs
Sylvia Corrujedo
Nayeli Favila

Misty Hamilton
Adriana Lopez
Bishal Malla
Alisha O'lague
Alesha Spears
Diana Trejo
Christopher White

Drew Dugan, vice president of Education and Workforce Development for the Greater Oklahoma City Chamber of Commerce, said the chamber tries to help its members.

"This is a chance for us to help out those chamber members who have interns by giving their interns extra opportunities, leadership and an extra chance to learn about Oklahoma City," Dugan said.

He said interns are more likely to stay in Oklahoma

City if they have connections and are more familiar with the city.

"We want to tell them about all the opportunities Oklahoma City has to offer," Dugan said.

"When you're in college, you're focused on your work, on that social life, and not necessarily thinking about the big picture."

Aubrey McClendon, chief executive officer of Chesapeake, spoke about his early years in developing his company.

"Listening to the speakers helped me realize the value of being involved in an internship program, whether it's paid or not. I strongly recommend it because it's an important building block to begin a career."

—Bishal Malla
OCCC Graduate

McClendon said he began with a \$100 per month office that consisted merely of a typewriter and taught himself how to build the business.

Bishal Malla, a current Greater Grads member and an OCCC 2009 journalism/broadcasting graduate, said the program has opened his eyes to the importance of obtaining an internship to further his career.

"It's nice to meet other interns and students from other schools and getting to know new people," Mal-

la said.

"Listening to the speakers helped me realize the value of being involved in an internship program, whether it's paid or not."

"I strongly recommend it because it's an important building block to begin a career."

For more information, contact Debra Vaughn, Career and Employment Services director, at 405-682-1611, ext. 7362, or visit www.greatergrads.com.

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

Nursing Student Association to sponsor races Oct. 3 to raise scholarship money

By **Cynthia Praefke**
Staff Writer

The Nursing Student Association will sponsor a 5K run Saturday, Oct. 3, to raise money for scholarships, said Deborah Myers, Nursing assistant program director.

She said the Life Saver 5K Race and 1 Mile Fun Run will be held on the OCCC campus. All ages can participate.

Myers, committee chairperson for the event, said proceeds will go to help fund nursing scholarships.

"[Proceeds] will also be used in supporting the Nursing Student Foundation," she said.

NSA sent a letter to area corporations requesting sponsorship for the event,

Assistant program director says a discounted registration fee will be offered Aug. 1 to Oct. 1

Myers said.

"(The) foundation at OCCC assists nursing students with funds to help them in emergency situations that might otherwise interfere with their ability to remain in school," according to the letter.

With that goal in mind, the NSA would like to make this fundraiser a success, Myers said.

"We want to make the announcement early so those interested in running the event can start training," she said.

"We would like as many participants as possible."

Myers said registration begins Aug. 1, and those who register before Oct. 1

will pay a discounted registration fee of \$20.

The fee includes a T-shirt, entertainment and an after party, she said.

Myers said there is a registration fee to cover the cost of the event.

"We initially didn't know the cost involved to do the run," she said. "It cost \$300 just to certify the course."

Myers said the course will be certified by DG Productions.

"(The course) is actually two times around Faculty Circle, plus a bit extra," she said.

The runners also will be timed by the Champion Chip System, supplied by DG Productions, Myers

said.

"Each runner will have a microchip that registers the time they cross the finish line," she said.

"There will be prizes and awards for the top three finishers in each age group as well as overall top male and female finisher."

The race is scheduled

during football season, but Myers said there is good news.

"[The University of Oklahoma] has an away game in Florida that Saturday," she said.

For more information, or to register for the run, visit www.occc.edu/lifesaver, or e-mail Myers at dkmyers@occc.edu.

Staff Writer Cynthia Praefke can be reached at adman@occc.edu.

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

Child Development Center focuses on birds, light

Instructors shift curriculum to birds due to ducks nesting outside the lab school

At the Child Development Center and Lab School, children from three classes are studying two topics — birds and light, said Lee Ann Townsend, Child Development Lab supervisor.

Constance Pidgeon, Preschool B teacher and lab assistant, said Preschool B is learning about various species of birds such as: flamingos, owls, humming birds, peacocks, robins and woodpeckers.

“We are learning about birds because of the duck nesting outside the school,” Pidgeon said.

As part of their learning activities, the children built birdhouses and showcased them into an art show, she said.

Along with Preschool B, the Infant/Toddler class also is studying birds.

“We are learning about the basics of birds,” said Mary Fitzgerald, Child Development teacher assistant. “What structures they have, where they live and what they eat.

“We have bird seed in our sensory table so they can see what birds eat.”

Fitzgerald said the children have been making regular trips to the pond to observe the different birds that habitat OCCC.

In Preschool A, the children are exploring the properties of light, such as reflection and refraction, said Lisa Jones, Preschool A teacher and lab assistant.

“We’ll go in the direction that they are showing the most interest in,” Jones said.

She said the children will perform experiments on light color with flashlights fitted with red, blue and green cellophane plastics.

The CDCLS typically has around 50 children enrolled, but are licensed for 67, Townsend said.

The CDCLS is different from other day-cares, she said, because it provides childcare accredited by the National Association for the Education of Young Children, a prestigious association.

The NAEYC has very strict requirements for staff qualifications and facility regulations, according to its website www.naeyc.org.

Townsend said the Child Development Center and Lab School is conducting tours and accepting applications for the fall for children ages 3 to 4.

The CDCLS is open to the public, she said.

For more information about the Child Development Center and Lab School, contact Townsend at 405-682 1611, ext. 7423.



Left to Right: Infant/Toddler students Isabella, 1, Jackson, 2, and Ella, 2, explore the sensory tub. The sensory tub is filled with bird seed so the children can familiarize themselves with what birds eat.



Top: Left to Right: Jonah, 3, adjusts the colors and light on Jocely, 5, and Kylie, 4, in Preschool A. Preschool A students are studying the basic properties of light such as: where light comes from, and reflection and refraction. They soon will conduct experiments with bending light.

Left: Preschool B student, Kyle, 4, arranges feathers on a paper mask in class. Students in Preschool B are studying birds and have been doing such activities as building birdhouses.

Text and photos by
Joseph A. Moore II

Athletes come to OCCC to swim, bike, run



Top: A participant in the 14th annual Super Sprint Triathlon at OCCC exits the swimming pool and turns the corner as he heads for the next portion of the race. During the event, athletes started by swimming 500 meters, then biked a 12-mile route before returning to campus for a 5-kilometer run.

OCCC was the scene of athletic prowess June 13 as 174 individuals and two relay teams participated in swimming 500 meters, biking 12 miles and running 5 kilometers as part of the 14th annual Super Sprint Triathlon.

Participants from across the state competed in the early-morning event with hopes of beating personal records, crossing the finish line, or finishing with the fastest time.

Stephanie Scott, Recreation and Fitness coordinator, said the event attracts several first-time triathlon athletes since the course is relatively flat, compared to other courses in the state.

She said people also are interested in the event because the college has an Olympic-size swimming pool.

However, Scott said, participation was noticeably lower this year because many out-of-state competitors did not make an appearance.

The race started at 7:30 a.m. when men's competitor Eric McCrarry from Owasso entered the pool.

Although McCrarry was the first to enter the pool, Clint Bob of Sand Springs earned first place in the men's category with a time of 59:53 and Kara Cassel of Tulsa placed first out of the women with a time of 1:06:43.

One first-time athlete competing was Kaitlin Scepanski, 19, of Oklahoma City who had the second fastest pre-registered swim time of the race.

Scepanski finished the race with a time of 1:14:39.

Scott said the same three directors have organized the event for the last 11 years.

She said planning the event is a lot of work for two hours of actual competition.

The registration fees the participants paid goes into OCCC's Fitness and Recreation fund after all the expenses are covered, Scott said.

Another major contributor to the race was DG Productions who provided the machine that kept track of the athlete's race times, she said.

All competitors wore an ankle bracelet that began timing them as soon as they crossed the blue line at the beginning of the pool and ended once they crossed the finish line, said Jane Scepanski, 48, from Oklahoma City.

The triathlon attracted families, friends and athletes, many of whom said they are looking forward to next year's race.

While some people used the race as a one-time training course for other events, others cannot stay away from this annual event, Scott said.

John Shelton, 51, from Oklahoma City, said he has been competing in the Super Sprint meet for around a decade and has no desire to stop, thanks to the camaraderie of this event.

"No one's a stranger," Shelton said.



Competitors in the annual Super Sprint Triathlon run from the Aquatic Center toward their bikes. Participants began the event by swimming 500 meters and then headed off for a 12-mile bicycle race. OCCC's Olympic-size swimming pool was a big attraction for triathlon athletes across the state and was the reason many people competed in the race, said Stephanie Scott, Recreation and Fitness coordinator.

Photos by
LaWanda LaVarnway
Text by Haley Jackson

Sports

UPCOMING

OCCC INTRAMURALS EVENTS

• **June 29:** Junior Guard begins for youth ages 11 to 14 from 8 a.m. to noon Monday to Thursday, in the Aquatics Center. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

• **July 2:** Maki Shark Team beginning and advanced swim teams meet at 6:30 to 8 p.m. Mondays, Tuesdays and Thursdays, in the Aquatics Center. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

• **July 2 - 30:** Hatha Yoga classes will be held from 6:30 to 7:30 p.m. every Tuesday, in the Wellness Center. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

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

• **July 6:** Beginning Golf begins from 5:30 to 6:55 p.m. every Monday and Wednesday, at the Earlywine Golf Course. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

• **July 7:** Beginning Golf begins from 5:30 to 6:55 p.m. every Tuesday and Thursday, at the Earlywine Golf Course. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

• **July 10:** Lifeguard games start at 6:30 a.m. at Whitewater Bay.

• **July 13:** Private swim lessons are available at 12:30, 1, 4 or 4:30 p.m. every Monday and Wednesday, or Tuesday and Thursday. For more information, call the Recreation and Fitness office at 405-682-1611, ext. 7442.

Step up, step down



Photo courtesy LaWanda LaVarnway

Cardio Boot Camp members participate in step aerobics during their class session. Cardio Boot Camp is a low-impact workout designed to lose weight and increase muscle while working with equipment including: the stability ball, hand weights, tubing, body bars, steps and the participant's own body weight. For more information, contact the Recreation and Fitness office at 405-682-1611, ext. 7442.

Zumba Fitness program to kick off at Wellness Center in July

By Shawn Stawicki
Staff Writer

Students, staff and community members who wish to shed a few pounds while having fun can take new fitness classes at the Wellness Center, said Eric Watson, Recreation and Sports specialist.

The class — known as Zumba Fitness — begins in July, Watson said.

"It is actually our newest class," he said.

Watson said the program has been gaining popularity across the U.S. so the Wellness Center decided to add it.

"It's like a dance aerobic class with Latin-type movements," Watson said.

According to a Zumba flyer posted in the Wellness Center, Zumba "fuses hypnotic Latin rhythms and moves to create a workout designed to be fun and simple."

Catherine Trevino, a University of Oklahoma student taking

physics classes at OCCC, said the class sounded interesting.

"It sounds like a fun way to lose weight," Trevino said. "It is something I would be interested in."

Classes have no set instructor so instructors will vary. Prices are the same for students, faculty and community members, Watson said.

Since the class is so new, there are plenty of spots open, he said.

Watson said he expects the classes to fill up in the fall and spring semesters like all the other fitness classes.

He said there would be three demonstration classes coming up for people to see what the class is about.

The first demonstration will take place from 12:30 to 1:30 p.m. Wednesday, June 24, in the College Union.

The next two will be offered from 7:30 to 8:30 p.m. Thursday, June 25, and from 4:30 to 6 p.m. Friday, June 26. Both sessions will

be held in the Aerobics Room in the Wellness Center, Watson said.

There are three options for attending classes. The first option is a 45-minute class from 7:30 to 8:15 p.m. every Thursday from July 2 to July 30. This class costs \$25, he said.

Watson said the other sessions are two 30-minute classes, offered from 4:30 to 5 p.m., or 5 to 5:30 p.m., every Friday from July 3 to July 31.

Students can choose one 30-minute class for \$20 or both for \$30, he said.

For more information or to enroll in Zumba Fitness, contact the Wellness Center at 405-682-1611, ext. 7310.

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

www.occc.edu/pioneer

Services provided to students, faculty to help with career choices

“Services,”

Cont. from page 1

However, Turner said, the new component was added earlier this year.

The new system allows professors to contact Turner about a student who is struggling in a class.

“The new system is a part of Datatel, which is our student database we’ve used for a number of years,” she said.

Turner said the purpose of the program is to help

students get back on track and be successful in the future.

She said now, when she types in a name or I.D. number, it automatically connects with all of the information about that student.

Turner said it makes it a lot easier to track and check on the status of a student struggling in one or more classes.

Another service that facilitates the needs of students to achieve success in college is TRiO Student

Support Services.

However, this isn’t a service for every student at OCCC.

“In order to be a participant in our program, students must meet one of three criteria,” said TRiO Student Support Services Assistant Director Tiffany J. Brown.

She said students must be first-generation college students who have low-income as defined by their tax returns or be a dependent, or they must have a documented physical or

learning disability.

The TRiO program is a free program, offering tutoring in all subjects, peer mentors for students to ask questions, and transfer visits to four-year institutions such as the University of Oklahoma and the University of Central Oklahoma, she said.

Brown said the TRiO program also exposes students to things they may not be familiar with.

“We take our students on cultural trips, including trips to the Oklahoma

History Museum, the Oklahoma City Museum of Art, and recently the Lion King on May 21,” Brown said.

She said the students who take advantage of the services can gain a lot from the program, and the success rate for graduation is very high.

For a complete listing of services available on campus, visit www.occ.edu or refer to the OCCC Student Handbook.

Editor Justin Combs can be reached at Editor@occ.edu.

Scholarship money is available for students willing to do the paperwork

“Scholarship,”

Cont. from page 1

ments are strict and could be straining to some students.

According to scholarship information, students must be an Oklahoma resident, Oklahoma High School graduate, have a 3.2 GPA, entering a public service career, be enrolled in OCCC at least 12 hours per semester and must attend two required 3-day leadership academics in the spring or forfeit the scholarship.

A complete list of scholarships available can be found either in the Recruitment and Admissions office on the first floor of the Main Building or at the Pioneer Online, www.occ.edu/pioneer.

Students who may need help filling out the scholarship applications can refer to a brochure called “How To Play The Scholarship Game And Win,” which has pointers and helpful tools for filling out and completing scholarships, Sapp said. That also can be found in the Recruitment and Admissions office.

For more information about scholarships, contact Sapp in Recruitment and Admissions at 405-682-7580.

Staff Writer Stephen Sosamon can be reached at SeniorWriter@occ.edu.

Below is a partial list of scholarships available to students. Provided by OCCC’s Recruitment and Admissions Office, the 23-page list was last updated in April. For a complete list, visit the Recruitment and Admissions Office, located on the first floor of the Main Building, or go to the Pioneer Online at www.occ.edu/pioneer for a complete electronic version.

ARMY EMERGENCY RELIEF – SPOUSE AND CHILDREN SCHOLARSHIP PROGRAM

Requirements: Scholarships are available for stateside spouses, overseas spouses and dependent children.

Check website for eligibility.

Deadline: March 1

www.aerhq.org (Click on Education)

BANK OF OKLAHOMA - FRESHMAN SCHOLARSHIP

Requirements: Graduating high school senior, minimum HS GPA

3.0, minimum ACT 20 or SAT 930, leadership and community involvement, U.S citizen and Oklahoma resident.

Deadline: March 30

Toll free: 1-800-204-INFO

Apply online www.bok.com/personal/student

COCA-COLA TWO-YEAR SCHOLARS PROGRAM

Requirements: High school senior planning to enroll at OCCC, U.S. citizen or permanent resident, minimum 2.5 GPA, must have completed hours of community service within the 12 previous months as validated by a school official, planning on enrolling in at least two courses during the next term.

Deadline: May

See website for application – www.coca-colascholars.org

Contact Person: Linda Sapp – Recruitment and Admissions, 405-682-7580 for more information and deadlines

NATIONAL FEDERATION OF THE BLIND SCHOLARSHIP

Requirements: Legally blind, pursuing or planning to pursue a full-time post-secondary course of study in the U.S. for the fall 2009 semester, OR, one scholarship is for full-time employee attending school part-time

Deadline: March 31

Contact Person/Phone: Mrs. Peggy Elliott, Chairman

National Federation of the Blind Scholarship Committee

805 Fifth Avenue

Grinnell, IA 50112

641-236-3366

NATIONSBANK ABILITIES SCHOLARSHIP PROGRAM

Requirements: High school graduating senior, four-year college undergraduate or attending vo-tech, documented disability as defined by the ADA, minimum 3.0 GPA, finance, business or computer systems major

Deadline: March 31

Contact Person/Phone: The NationsBank Abilities Scholarship Program

P.O. Box 1465

Taylors, SC 29687

864-268-3363 or fax 864-268-7160

(Call or write for application or download www.seals.com.)

HARLEY DAVIDSON SCHOLARSHIP

Requirements: Own a Harley; be in good academic standing

Deadline: Oct. 1

Contact Person/Phone: Harley Owners Group #1

2624 N. Moore Avenue

Moore, OK 73160

Highlights

New Student Orientation

Student Life will present New Student Orientation at 9:30 a.m. Tuesday, June 23, in room CU3 in the College Union. For more information, contact Student Life at 405-682-7523.

Student Life Blood Drive

Student Life will host a blood drive from 10 a.m. to 3 p.m. June 23 and June 24, in room CU1 in the College Union. For more information, contact Student Life at 405-682-7523.

TRiO Student Support Services summer events

Upcoming events for current TRiO students include:

- June 23 — Wichita Mountains Refuge and Cameron University
- June 24 — Oklahoma City University and Myriad Botanical Gardens
- July 7 — University of Tulsa and Oklahoma Aquarium
- July 8 — Mid America Christian University and Southern Nazarene University
- July 21 — Southwestern Oklahoma State University and The Ropes Course
- July 22 — TRiO SSS Day of Service

Students can pre-register in room 1X7 in the Main Building or contact TRiO at 405-682-1611, ext. 7723.

\$1,000 Chesapeake Scholarship

Students are encouraged to apply for a \$1,000 scholarship funded by Chesapeake Energy Corporation. The Chesapeake Scholars Program will be used for the Fall 2009 and Spring 2010 semesters. Students need to have completed 12 credit hours at OCCC, with a minimum grade point average of 3.0, and be involved in an OCCC student club or community organization. Students need to be an Oklahoma native or have attended high school in Oklahoma. Applications can be picked up at the Recruitment and Admissions office or the OCCC Foundation office. Deadline for submission is 5 p.m. Friday, June 26. For more information, contact the Foundation Office at 405-682-7591.

H.O.P.E. to attend conference

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

Tuition Fee Waiver Information

Tuition Fee Waiver applications for the fall semester are available in the Financial Aid Office. Completed applications must be submitted before 5 p.m. Monday, July 20. For more information, contact Student Financial Support Services at 405-682-7525, ext. 7188

Child Care Spots Open

The Child Development Center and Lab School will have several full-time child care spaces available for 3- and 4-year-olds beginning in August. The CDCLS is open from 7 a.m. to 5:45 p.m. Monday through Friday for students, employees, and the community and from 5 to 10 p.m. for students. For more information, or to register, contact Lee Ann Townsend, CDCLS supervisor, at 405-682-1611, ext. 7423.

All Highlights are due by 5 p.m. Tuesday 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.



Left to Right: Michael Hendricks; TRiO peer mentor, Kristine Henry and Terry Raeder, TRiO students, stand outside the Oklahoma History Center June 16. The TRiO office arranged the trip, along with several others this summer, for TRiO students. Other scheduled trips include visits to a number of Oklahoma colleges.

Photo provided by Tiffany Brown

TRiO offers student support

By Shawn Stawicki
Staff Writer

Students who are first-generation college students, have financial hardships, or have physical or mental disabilities are encouraged to participate in TRiO, said Ginelle Gordon, TRiO director.

TRiO is a program for OCCC students with specialized needs, Gordon said.

TRiO serves up to 160 students by assisting them with the following: study skills coaching, college transfer information, obtaining financial assistance, free tutoring and peer mentoring, Gordon said.

The program is full, but TRiO will graduate current members at the end of the summer semester, which will create openings, said Tiffany Brown, TRiO assistant director.

She said students must apply to the TRiO office, room 1X7 of the Main Building, just down from

the Bursar's office.

Gordon said TRiO is successful and believes the success shows in the number of students who return to the office to utilize the services.

Erika Ochoa, psychology major and TRiO participant, said she enjoys utilizing the TRiO office.

"I get to use the computer if I need to use it and hang out with people," Ochoa said.

The program also provides two student mentors who aid students by staying in touch with them through many forms of communication, Gordon said.

The office will hire two new mentors in the fall to replace one who is graduating this summer and to add a third mentor, she said.

"Students feel more comfortable dealing with other students," Gordon said.

She said TRiO is creating new programs to further assist students.

"We are developing the

orientation and trying to get more in-depth than the new student orientation," Gordon said.

She said topics students could learn about include how to use the Internet, as well as how to use the Higher One debit card.

Erinn Guzik, TRiO program adviser, said the best thing about her job is helping students who might not otherwise know how to help themselves.

"I think the goal of the program is what I like about it," she said.

Guzik said the office is a good place for students to get support.

For more information on TRiO Student Support Services, contact the TRiO office at 405-682-1611, ext. 7723.

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

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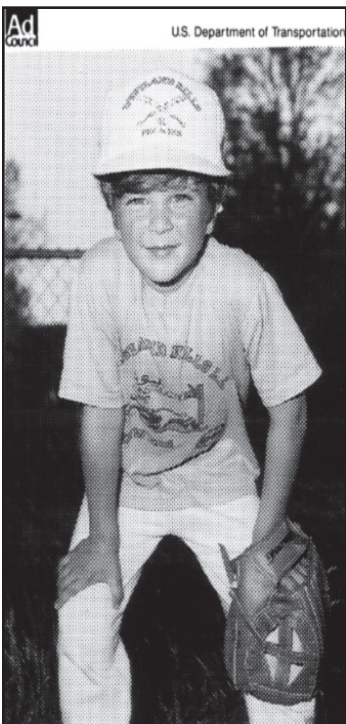
Pioneer Classified Advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ads must be submitted in writing with IDs supplied or work area and college extension included. Deadline for advertising is 5 p.m. Tuesday prior to the publication date. For more information,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

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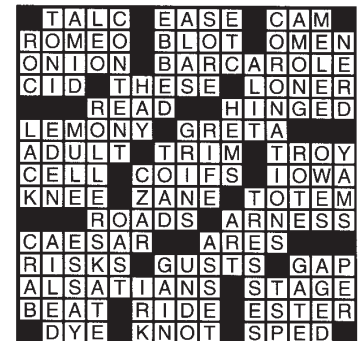
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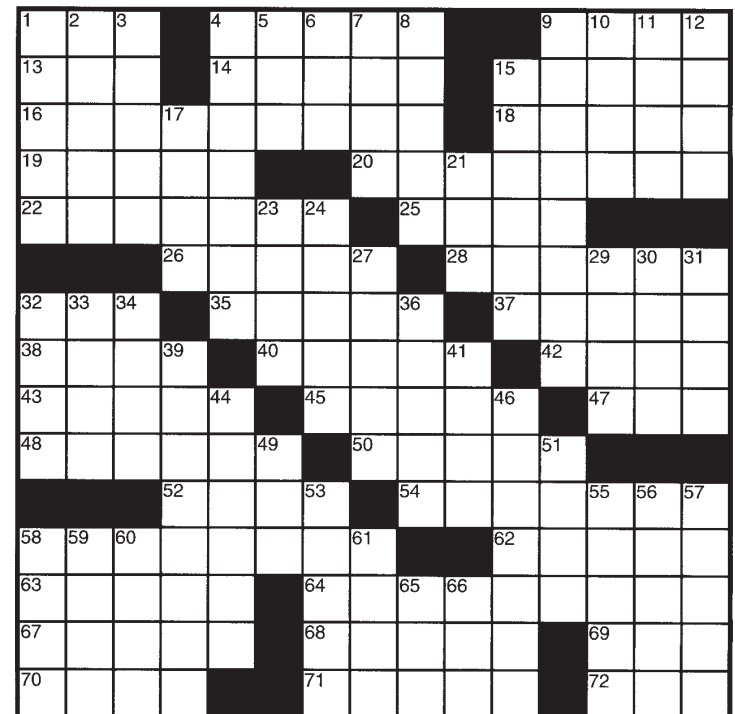
PREVIOUS PUZZLE SOLVED



7-24-98

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Jury finds former professor not guilty in 2008 stun gun assault

Julie Bell absolved of assault, conspiracy charges after testifying

By Daniel Thompson
and Nicole Warren
News Writing Students

A former OCCC adjunct professor was found not guilty in an Oklahoma County court this week of assault and battery with a dangerous weapon and conspiracy to commit a felony in the case involving the 2008 stun gun attack on a Putnam City North High School biology teacher and cheerleading coach.

Bell showed no reaction as the verdict reached by a jury of nine women and three men was read. She and her attorney left the courtroom without saying a word.

The verdict came just five hours after Bell, 40, while wearing a white shirt and black skirt, told the jury of nine women and three men neither she nor her family had anything to do with the 2008 stun gun attack on Bethany Lorenz, a Putnam City North High School biology teacher and cheerleading coach.

"I was shocked and genuinely concerned for [Lorenz's] well being," Bell said.

For 45 minutes and with shaking hands, Bell defended herself, saying the allegations have ruined her and her daughter's relationship.

"I want to explain to [my daughter] that I'm innocent ... that all the evidence she's heard was circum-

"I was shocked and genuinely concerned for [Lorenz's] well being."

—Julie Bell
Former OCCC Professor

stantial," she said.

Bell worked as a psychology professor and as a licensed personal counselor at OCCC. Bell was arrested in 2008. She has not worked at the college since 2007.

If found guilty, Bell could face up to 10 years in prison and a \$5,000 fine.

Prosecutors alleged Bell conspired with LeShawn Cathlene Fisher, 37, to attack Lorenz after Bell's daughter did not make the varsity cheer team.

Fisher, a former OCCC student, pleaded guilty and no contest to the same charges earlier this year. Bell and Fisher's relationship is not clear.

Bell did not use the stun gun, but was charged for allegedly masterminding the attack, according to NewsOK.

Defense attorneys claim Fisher acted alone without any influence from Bell.

Bell said she was not mad at the cheer coach and had no motive to want her harmed.

"Lorenz did not judge the tryouts. She was never Jessica's coach or her

teacher."

Bell cried openly June 16 as her daughter Jessica Barton, 16, told the court that although she did not physically hear or see Bell ask Fisher to attack the coach, she still believed Bell played a key role.

"[M]y mom conspired with Leshawn to haze Mrs. Lorenz," Barton said.

"It made my mind race putting it all together."

Barton accused Fisher of being crazy and said Fisher would often go out of her way to impress Bell.

"Mom's attitude changed when she was around," she said.

Bell tried to convince her she had nothing to do with the stun gun attack, Barton said.

"She brainwashed me," she said. "She kept telling me, 'You know I am not guilty, right?'"

Over prosecution objections, defense attorney Mark Bailey challenged Barton's testimony.

"Before we get to the (North Korean President) Kim Jong il brainwashing ..." he said.

The prosecution told the

judge the sidebar comment was making Barton sob.

"It's not my sidebar comment that is making her cry," Bailey said. "It is shame that is making her cry."

Judge Ray Elliott dismissed jurors and told defense that Bailey's behavior would not be tolerated in

his courtroom.

"I will not let this girl be intimidated in my courtroom," Elliot said.

After the disruption, Bell was visibly shaken and sat quietly mumbling to herself.

News Writing Student Lay Lulla contributed to this story.

YOU AND A GUEST ARE INVITED
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Tuesday, June 23, 7:30 p.m.
AMC Quail Springs

*Supplies are limited. Complimentary passes are available in the Pioneer office 2M6 MB on a first-come, first-serve basis. One admit-two pass per person with a valid OCCC ID and proof of age.

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