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OKLAHOMA CITY COMMUNITY COLLEGE
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EDITORIAL

OPPOSING
VIEWS GIVEN
ON DRINK BAN

Staff Writer Joey Stipek and Online Editor Whitney Knight face off in opposing views about the state banning a popular alcohol-based energy drink

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AROUND CAMPUS

TURKEY TIPS
AND MORE
AS HOLIDAY
NEARS

Baking hotlines, childrens' recipes and area dinners signal the upcoming Thanksgiving holiday.

CAMPUS, p. 6 & 7

RECREATION

B'BALL
TOURNEY
HELD IN GYM

A 3-on-3 basketball tournament, held Nov. 13 and 14, marks the start of OCCC's 5-on-5 basketball season. See who won.

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CAMPUS LIFE

AFRICAN-
AMERICAN
REGENT
HONORED

OCCC's Black Student Association held a reception for Leonora Burdine, the college's first African-American regent.

COMMUNITY p. 10

PIONEER

NOVEMBER 19, 2010

WWW.OCCC.EDU/PIONEER

COVERING OCCC SINCE 1978

Winter months
often trigger
mood changes

Seasonal Affective Disorder affects more than 36 million Americans each year

JOEY STIPEK

Staff Writer

Staffwriter1@occc.edu

Winter months signal shorter days, two major holidays and semester finals. Those things may leave students and faculty dealing with added stress or depression.

Student Support Specialist Mary Turner said many people suffer with seasonal depression when the days get shorter.

Seasonal depression, also known as seasonal affective disorder or SAD, is a mood disorder that happens every year at the same time, according to WebMD.

"Seasonal Affective Disorder typically happens because of the lower amount of ultraviolet rays we get [in this area of the country]," Turner said.

"The ultraviolet rays affect our wake and sleep cycles and seasonal functions," she said.

"It is caused by the pineal gland that regulates production of melatonin."

According to WebMD, "with less sunlight ... the brain does not produce enough serotonin, the soothing neurotransmitter in the brain. This results in feelings of depression."

The National Institutes of Health estimates more than 36 million Americans suffer seasonal depression that occurs in the fall.

Signals you may be suffering from SAD can include:

- Increased need for sleep
- Increased appetite with carbohydrate craving
- Weight gain
- Irritability
- Inability to concentrate
- Problems with relationships (sensitivity to rejection)

• A heavy feeling in arms or legs

• The times you've been depressed during the fall or winter season outnumber the times you've been depressed at other times over your lifetime.

Turner said one solution to combating the disorder is to purchase special ultraviolet light bulbs which can trigger the effect that longer summer days have.

According to WebMD, "light therapy is treatment

See **SAD** page 9

Glve peace a chance



YASMIN SHIRALI/PIONEER

Student Cammy Eschler staffs a booth at the 24th Annual Fall Peace Festival hosted by The Peace House in the Civic Center Hall of Mirrors Nov. 14. The festival included more than 60 non-profit groups advocating for human rights. Each group had a booth where they sold different items with different groups donating the proceeds to different causes. OCCC's Advocates of Peace club donated money earned to help the victims of the flood in Costa Rica.

AFFORDABLE HEALTH CARE ACT PRAISED

Club explores health care

BONNIE CAMPO

Staff Writer

onlinewriter@occc.edu

“Children were being turned away for health issues such as asthma.”

—KENNETH MEADOR

COLLEGE DEMOCRATS PRESIDENT

The College Democrats recently met to discuss ideas and future goals concerning health care and what the newly-enacted Affordable Care Act means to students.

Club President Kenneth Meador said according to the Center of Disease Control, the U.S. houses 46 to 50 million people who don't have any type of health care coverage, which is 15 to 20 percent of the entire population.

He said a 2005 study showed more than 50 percent of all bankrupt-

cies are the result of expensive health care or from people losing health care altogether because of unemployment.

For example, Meador said, prior to the Act going into effect, someone who had to take time off of work to receive medical attention might be fired for missing too much work and lose their health care benefits altogether.

He said although there is no quick fix, he believes the Affordable Care Act will help people of all ages

with varying conditions including pre-existing conditions which, in the past, insurance companies didn't cover.

The bill will require everyone to purchase health insurance and will offer help to some in paying for that insurance.

"The bill will inflict penalties if a person has not retained a policy by Jan. 1, 2014, and is based on their personal income," Meador said.

"If you make no money,

See **BILL** page 9

OPINION

EDITORIAL | Opposing points of view

Alcoholic energy drink controversial

Controversial beverage Four Loko will disappear from stores starting Dec. 3. Four Loko, an alcoholic beverage that contains caffeine, taurine and guarana, has been blamed for sending college students in Roslyn, Wash., to the hospital after the students drank too much of it at a party. This has led colleges and states nationwide to ban the beverage.



Joey Stipek

It is a tiresome routine having the government police our civil liberties by regulating what responsible adults can or cannot drink due to a few irresponsible morons.

When the government starts regulating smaller civil liberties, people should start worrying about larger ones being restricted.

Meanwhile, energy drink mixers and other alcoholic energy drinks will still be available for sale.

If we could ban the behavior of a few irresponsible partiers, instead of the beverage, that might address the real issue. Apparently, common sense is crazier than Four Loko.

—JOEY STIPEK
STAFF WRITER

“... A drink that puts you over the legal limit in one gulp is not only ridiculous, but also dangerous.”

—WHITNEY KNIGHT
ONLINE EDITOR

Effective Dec. 3, an alcoholic energy drink blamed for hospitalizing at least nine college students in Washington will no longer be delivered to Oklahoma.

Four Loko is a controversial beverage containing the alcohol content of six light beers and as much caffeine as two cups of coffee in one can. It has recently gained popularity — and notoriety — among college students.

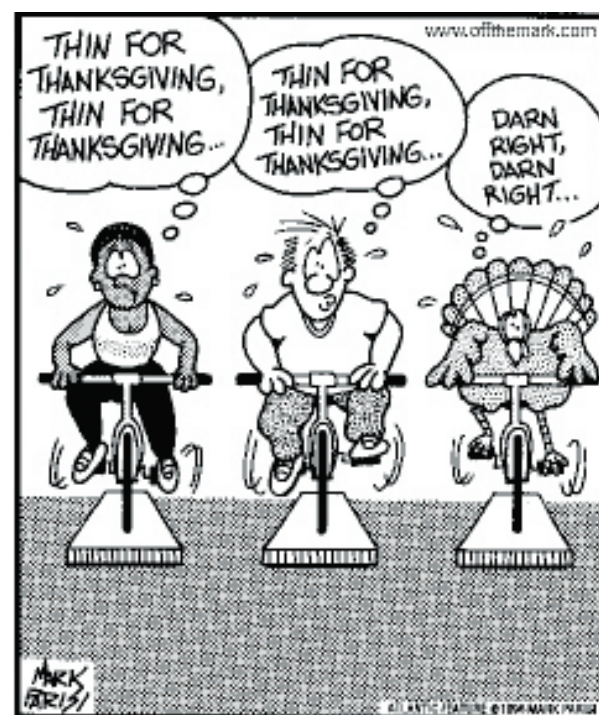
A product like this never should have been created in the first place.

Drinking in moderation is fine, but a drink that puts you over the legal limit in one gulp is not only ridiculous, but also dangerous.

Arguably, Four Loko could be consumed just as



Whitney Knight



COURTESY OF OFFTHEMARK.COM

responsibly as any other beverage. However, the potential for tragedy is much greater.

What is more important: allowing individuals to get drunk off one beverage, or saving the lives of innocent people who might get killed as a result of their drunk driving?

Oklahoma is making the right decision on an issue that is downright loco.

—WHITNEY KNIGHT
ONLINE EDITOR

YOUR VOICE | Letter to the editor a hasty generalization

Republican party not a collective, defacing whole

To the editor:

In response to Kenneth Meador's letter to the editor regarding the defacement of a political ad, I agree the action was childish and had no place in a college.

What does have a place in college is logic.

Therefore, I disagree with the author's leap

from logic to emotion to explain who was responsible.

It is logical to say that the act was childish.

However, it is illogical to make generalizations regarding the Republican Party.

“Upon hearing this, though, I have to ask myself if this is what the

Republican Party has come to,” Meador said [in his letter.]

I read the letter again to see if I had missed the facts about the Republican Party as a collective whole meeting in the halls of OCCC to deface the picture of a Democratic candidate.

I have taken some time

recently to use political advertisements to discuss logical fallacies with my students.

In politics, many times, emotion takes over and logic is left behind.

This letter is an example.

It begins with logic and then the editorial quickly switches to emotion.

It produces a logical fallacy called hasty generalization.

A hasty generalization occurs when there is a leap in logic based on insufficient evidence.

One person's childish act cannot possibly be logically generalized to be the fault of an entire political party.

As the president of the College Democrats, Mr. Meador was clearly emotional about the Democratic candidate for governor, but this emotion does not excuse the leap in logic.

—ANGELA D. COTNER
ENGLISH
PROFESSOR

OKLAHOMA CITY COMMUNITY COLLEGE
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. E-mail letters should include all but the signature. The **PIONEER** will withhold the author's name if the request is made in writing. The **PIONEER** has

the right to edit all letters and submissions for length, libel and obscenity. Letters should be fewer than 250 words. Students must list their major. OCCC staff and faculty must list their work title.

Letters to the editor can be submitted to the **PIONEER** office, located on the second floor of the Main Building, across from the elevator, mailed to 7777 S. May Ave., Oklahoma City, Okla. 73159, faxed to 405-682-7843, or submitted via e-mail to editor@occc.edu with a phone number for verification included. The **PIONEER** ONLINE also can be accessed at www.occc.edu/pioneer.

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COMMENTS AND REVIEWS

YOUR VOICE | Native American heritage month about more than past struggles

Celebrate pride, not negative past

To the editor:

I was told that there would be an article on Native American Heritage month in the Nov. 9 paper.

When I saw the article I was less than impressed by it and honestly, a little offended.

Native American Heritage and Pride, the title of the article, was disheartening to read.

When I think of my personal pride for my native culture, I believe that, yes, it is important to recognize the past and the hurt that our people have gone through in the the past years of turmoil.

However, there is the side of pride and tradition that is celebrated throughout this entire

month.

Many Native students, like myself, felt disappointed that our people's culture and successes were not highlighted, as should have been according to the title of your article. OCCC has many Native students on this campus who are successful and forces to be reckoned with in an intellectual and cultural world and none of that was highlighted.

We have over 2,000 Native students on our campus. Such things as how we celebrate who we are and how our ancestors played a huge role in our present success as a people and as the great nations we have become today should be some

of the great successes recognized.

The article represented one person's opinion on a very broad subject.

The quote, "My people are originally from Florida."

"I am a direct descendent of Chief Wild Cat, the guy who kicked Andrew Jackson's ass in the Great Seminole War," was not a quote that represented us as a people.

We have flourished through time despite the obstacles they have endeavored and many other Native students would agree.

I would have liked to have seen more about our culture/heritage being that it is Native American Heritage Month as

well as Cultural Awareness Month, instead of what was written, which was not at all about our heritage. It was not an article that represented who we are as a people in a respectable manner.

Yes, I agree that we should celebrate our heritage as often as we can; however, Native American Heritage Month is much more than the article represented.

I am thankful that there was some recognition but I would like for non-Native people to remember this article as something positive and uplifting about who our people and our heritage is really about.

—CANDACE PARKER
OCCC STUDENT

YOUR VOICE | Campus dining options limited with space available on campus

Unrealistic food vendor options posed

To the editor:

The editorial "Campus Needs More Dining Options" in the Oct. 29 issue of the Pioneer raised a lot of valid issues regarding on-campus dining options.

A couple of things the writer did not consider, however, are the issues of space availability and limited consumer base.

OCCC does not have the space available to accommodate other food vendors, whether it is in the building or in the parking lots.

The parking lots are already congested.

Adding vendor trucks and customers to the conglomeration already in the parking lots would be unmanageable.

The college already

“ Carson's Catering & Food Concepts provides a large variety of dining choices in a very limited space...”

—NAME WITHHELD BY REQUEST

uses every available space on campus.

I do not see anywhere that we could add additional food vendors.

Also, one of the key reasons the University of Oklahoma and Oklahoma State University have a large selection of franchise fast food restaurants in their food court is because the student union areas are considerably larger than OCCC's.

Students live on campus and eat on campus.

This provides a larger

consumer base for the vendors.

OCCC, as everyone knows, is a commuter college.

This makes it a totally different environment when it comes to food service.

Our food service provider, Carson's Catering & Food Concepts, provides a large variety of dining choices in a very limited space.

There is a large selection of deli sandwiches, hot pizza, hamburgers, hot dogs, tacos, chick-

en strips, hand-tossed pasta and green salads, and hot entrees, as well as numerous breakfast items in the mornings.

I understand there is even sushi at least once a week.

The Coffee Shop offers specialty coffee drinks and pastries from morning to evening, hot menu items for evening students, and breakfast items and lunch selections for those attending classes during the day.

Carson's does a remarkably good job of providing a wide variety of dining selections in a limited amount of space.

My opinion is that OCCC, in partnership with Carson's Catering & Food Concepts, is

JOB & CAREER POWER

Job search resources

An excellent resource for both career and employment information is the United States Department of Labor website and the Occupational Outlook Handbook 2010-11 edition located at <http://www.bls.gov/oco>.

The site features hundreds of jobs. For example: registered nurse, automotive technician, aviation maintenance, accounting; computer science, teaching and biological fields.

Each career field article explains the educational level required, earnings/salaries, expected job prospects, work duties and links to additional resources.

Also included are 100 occupations in Spanish. And, recently added is career information for the wind energy industry.

For the field of registered nurse:

According to the website, median annual wages were listed at \$62,450 in May of 2008. The middle 50 percent earned between \$51,640 and \$76,570.

The lowest 10 percent earned less than \$43,410, and the highest 10 percent earned more than \$92,240.

There are an estimated 2.6 million nursing jobs and 60 percent of RN's work in hospital settings.

In addition the website said overall job opportunities are expected to be excellent.

The article closes by listing numerous sources for additional information including the National League for Nursing at: <http://www.nln.org>

The search box and index tabs make your research quick and easy.

I highly recommend this website and will be happy to assist you with further career and employment questions.

Please visit student employment and career services in the main building, first floor, room 1G7 or at 405-682-7519.

—DEBRA VAUGHN
STUDENT EMPLOYMENT &
CAREER SERVICES DIRECTOR

providing the best possible dining experience for our students with the resources we have available.

The next time you are lamenting the fact that there are no fast food vendors on campus like OU and OSU; con-

sole yourself with the thought of the excellent education you are getting at a bargain price in comparison to these larger universities.

I think you will feel much better!

—NAME WITHHELD
BY REQUEST

COMMENTS AND REVIEWS

YOUR VOICE | Tyler Perry's new drama a success

Emotional performances award worthy

Don't let the name fool you. "For Colored Girls" is a movie for every woman and man of all backgrounds, ethnicities, and walks of life. "For Colored Girls" had an inaugural opening of more than \$20 million at the box office. The provocative movie is one of three R-rated movies to do that well at the box office this year. This movie is the first R-rated film for the African-American media mogul Tyler Perry.

The opening weekend proved the mogul has transitioned well from his stereotypical main character "Madea" movies, to very controversial characters with hosts of provocative problems. The movie follows eight black women including Whoopi Goldberg, Thandie Newton, Kerry Washington, Janet Jackson and Kimberly Elise among the all star cast. The movie deals with



several aggressive issues such as a dance teacher dealing with rape, abortions, and disturbing violence. There is a woman trying to break double

standards about sex and anger and a married wife dealing with her husband being a "brother on the down low." In the film, everyone has to learn the root of their problems. They have to face their inner insecurities and the problems that have strong holds on their lives. By tracing the problems to their beginnings, the women are able to move away from denial and live much happier lives. All of the main characters delivered award winning performances. Perry brought this film to the big screen from the adaptation of a choreopoem and play of Ntozake Shange's 1975 classic feminist play "For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf." **Rating: A** —CHASADI FAILS-ORTIZ STAFF WRITER

YOUR VOICE | Animated film appeals to adults and kids

Super villain charms all ages in 'Megamind'

Will Ferrell delights kids and adults alike in DreamWorks' new animated film, "Megamind." Directed by Tom McGrath, of the Madagascar films, "Megamind" is a goofy, intelligent look at the flip side of superheroes, the supervillain. At just eight days old, Megamind's parents send him and his devoted sidekick Minion (David Cross) to Earth in an attempt to save him from the black hole that is consuming the planets in his galaxy. To his disdain, there is another alien baby sent from a different planet whose parents have the same idea. Both kids land in Metro City but are raised under very different circumstances. Megamind's rival is raised in a wealthy albeit oblivious home while Megamind lands in The Prison for the Criminally Insane. As a child, Megamind



is taunted for his mischievous intellect. As he gets older, Megamind realizes he can have more fun as a villain than as an outcast. His arch nemesis eventually becomes Metro City's protector, Metro Man (Brad Pitt), and years of rivalry between the superhero and the supervillain ensue. Pitt, for his small part, is dry compared to the genius comedy of Ferrell. Tina Fey, who plays re-

porter Roxanne Ritchie, is a perfect counterpart to Ferrell's Megamind. Her witty banter is more for an older audience but won't go unnoticed by kids. When Metro Man is destroyed in a showdown with Megamind, Megamind becomes bored of life. Without his adversary, he invents a machine that gives humans superpowers so he will have someone to battle and make life interesting once again. Ritchie's cameraman, Hal Stewart (Jonah Hill), accidentally becomes Megamind's unknowing superheroic subject. Hill does a good job of playing his funny self as he does in all of his films. With a soundtrack including "Loving You," "Bad to the Bone," and Elvis Presley's "A Little Less Conversation," Megamind is a rollercoaster ride of great music, killer animated action, brilliant comedy, and a whole lot of heart. Megamind is geared more toward an adult audience and is for anyone who has ever rooted for the underdog. As with most animated films these days, Megamind is also available in 3D. **Rating: B+** —JENNIFER MASSEY EDITOR

THIS WEEK AT THE BOX OFFICE	
TOP 10 movies in terms of weekend gross the weekend of Nov. 12 through 14	
1. Megamind	\$29,120,461
2. Unstoppable	\$22,688,457
3. Due Date	\$15,419,042
4. Skyline	\$11,692,415
5. Morning Glory	\$9,203,266
6. For Colored Girls	\$6,517,280
7. Red	\$4,973,539
8. Paranormal Activity 2	\$2,980,201
9. Saw 3D	\$2,862,449
10. Jackass 3D	\$2,235,457
—weekendTop10.com	

WOMEN TO HOST ART SHOW FOR FIRST TIME IN MORE THAN 10 YEARS

All-female group to host art show

CHASADI FAILS-ORTIZ

Staff Writer

Staffwriter3@occc.edu

For the first time in more than 10 years, an all-female group of students will host the Eclectic 2010 Student Portfolio Art show.

Talisa Davis, Samantha Hayes, Tara Samuels, Betty Schwartz, Sara Smith, and Tina White are all graduating visual arts students, said visual art Professor Mary Ann Moore.

The exhibit will be 6 to 8 p.m., Dec. 3 to 16 in the OCCC Visual and Performing Arts Center gallery, Moore said.

The opening reception is Dec. 3, with free refreshments.

“The exhibit will give the students a chance to display their final work, before leaving OCCC,”

—MARY ANN MOORE
OCCC VISUAL ART PROFESSOR

All of the shows are free.

“[It’s] a senior thesis for artists,” said visual art major Schwartz, “a chance to start showing our art to the world.”

Moore said the women will showcase eclectic works of arts including drawings, paintings, pottery, mosaics, and pottery.

“The exhibit will give the students a chance to display their final work, before leaving OCCC,” Moore said.

She said students are not just showcasing their work. Some of the art will be for sale.

Moore said the group decided on the name Eclectic for this year’s exhibit because they are all offering a diverse variety of art.

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THANKSGIVING HOLIDAY CELEBRATED IN VARIETY OF WAYS

Volunteers, students prepare for turkey day

WHITNEY KNIGHT

Online Editor

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As millions of Americans prepare to feast upon turkey, mashed potatoes and pumpkin pie this Thanksgiving, Nov. 25, thousands more are starving.

That's why groups like the City Rescue Mission have organized seasonal events to give those stricken by poverty, addiction, mental illness and homelessness something to be thankful for, said Tiffany Webb, development director.

Event volunteers are needed to put together Thanksgiving meal boxes and adopt dinner tables at the City Rescue Mission's annual Thanksgiving dinner, Webb said.

"We are always in need of volunteers, especially for the holidays," she said.

City Rescue Mission is located at 800 W. California Avenue in Oklahoma City.

"Our mission is to serve not only the homeless in our building, but also people we call 'near homeless,'" she said. "These are people who live in an apartment and pay their rent, but they may not be able to afford a Thanksgiving dinner."

For the near homeless, Webb said, the City Rescue Mission assembles Thanksgiving boxes filled with a turkey or ham, canned vegetables like green beans and corn, pumpkin pie mix and a premade piecrust, she said. They feed up to four people.

"We are hoping to hand out at least 2,000," Webb said.

Last year, she said, a line to receive boxes stretched more than three blocks.

Webb said the City Rescue Mission is in need of volunteers to collect food, pack boxes, and pass the completed boxes out all day Nov. 23.

On Thanksgiving Day, she said, the City Rescue Mission will hold its annual Thanksgiving meal from 10 a.m. to 1 p.m.

Webb said although the City Rescue Mission already has plenty of volunteers to serve Thanksgiving meals, the organization needs families and individuals to "adopt a table."

Adopting a table means being assigned a dinner table at the City Rescue Mission for Thanksgiving Day. Participants are encouraged to adorn the table with personal decorations as well as bring a dessert.

City Rescue Mission workers will then seat a homeless person at your table to dine with, Webb said.

"You get to be their family for that day," she said.

"Many of our clients have been alienated from their families, and

"We are always in need of volunteers, especially for the holidays."

—TIFFANY WEBB
CITY RESCUE MISSION

others have lost theirs.

"For them to know that someone cares enough about them to spend their Thanksgiving eating with them has a pretty profound effect. They feel so special."

To adopt a table, Webb said, visit www.cityrescue.org and fill out a brief form.

She said the City Rescue Mission is relying on volunteers to make this Thanksgiving special for thousands of Oklahomans.

"We are trying to accomplish a big task with a small staff," Webb said.

"We have 31 full-time employees and we feed about 400 people a night. We rely on volunteers."

Because of volunteers, she said, the City Rescue Mission sees a significant increase in the success rate of their clients. Patrons who spend time with volunteers are more likely to receive the support and help they need, Webb said.

"Volunteering can really change someone's life."

For more information or to volunteer, e-mail Webb at twebb@cityrescue.org or visit www.cityrescue.org.

Student voices: *What tradition does your family follow on Thanksgiving?*



"Every year we get together at my grandparents and eat lots and lots of food."

—Gabriel Pranter
Theater Major



"My family always does a pot luck with lots of turkey and other Thanksgiving foods."

—Michelle Luong
Public Relations Major



"My family comes over and I eat all the turkey and Mexican food I can."

—Oscar Chavez
Undecided Major



"Our tradition is that all the women on my mom's side of the family get together. We cook, make gifts, and play Trivial Pursuit."

—Jamie Worchester
Diversified Studies Major



"We have a family get together at my parents house. We eat traditional Nigerian food."

—Esther Adedayo
Bio-Chemistry major



"At Thanksgiving we celebrate November birthdays and also Thanksgiving."

—Angela Curtis
Theater Major

PHOTOS BY RACHEL MORRISON/PIONEER

From free food to children sharing recipes, Thanksgiving brings out kindness in many

OCCC closed Nov. 23-25

CHRISTY JOHNSON

Community Writer

communitywriter@occc.edu

OCCC's campus, labs, and offices will be closed Wednesday, Nov. 23, Thursday, Nov. 24, and Friday, Nov. 25, in observance of Thanksgiving, said Cordell Jordan, Media Relations coordinator.

The campus also will be closed Saturday, Nov. 26, he said.

Jordan said the campus will reopen at 6 a.m. Monday, Nov. 29, with regular business hours beginning at 8 a.m.

Hotlines offer tips

Butterball Turkey Talk-Line: 800-BUTTERBALL.

Available Nov. 1 through Dec. 28, weekdays 8 a.m. to 8 p.m., weekends 8 a.m. to 6 p.m., Thanksgiving Day, 6 a.m. to 6 p.m. www.butterball.com.

Foster Farms Turkey Helpline: 800-255-7227.

Live operators answer turkey cooking questions 24 hours a day through Nov. 27. After that date, 8 a.m. to 5 p.m. Monday through Friday. www.fosterfarms.com.

Dial-A-Chef Holiday Hotline: 888-723-4468.

Provided by Shady Brook Farms, a 24-hour, 7 days a week, automated culinary guidance and recipe service. www.dialachef.com.

Empire Kosher poultry customer hot line: 800-367-4734.

Year 'round help 5 a.m. to 2 p.m. that offers recipes, newsletter, video, tips on defrosting and cooking poultry. www.empirekosher.com.

Ocean Spray consumer help line 800-662-3263.

Open weekdays year 'round 6 a.m. to 1 p.m. Answers questions on cranberries, offer recipes, cooking tips, and nutritional information. www.oceanspray.com.

Reynolds Turkey Tips Line: 800-745-4000.

A year 'round 24-hour automated hot line offers advice on turkey defrosting, preparation and cooking options, free brochure and recipes. www.reynoldspkg.com/reynoldskitchens

Honeysuckle White Help Line: 800-810-6325.

Offers pre-recorded answers to turkey preparation questions and leftover recipes. www.honeysucklewhite.com

Perdue Farms: 800-473-7383.

Find out about roasting, carving, stuffing, gravy and turkey leftovers. www.perdue.com

Land O'Lakes Holiday Bake Line: 800-782-9606.

All baking questions are answered from 8 a.m. to 7 p.m. from now until Christmas Eve. www.landolakes.com

Crisco Pie Hotline: 877-367-7438.

Answers the most common questions about baking pies. Hours: 8 a.m. to 6 p.m. except Nov. 16 through 25 and 7 a.m. through 7 p.m. Dec. 14 through 23. www.crisco.com

USDA's Meat and Poultry Hotline: 888-674-6854.

From 9 a.m. to 3 p.m. Monday through Friday. Closed weekends and holidays, except Thanksgiving. Hours of operation on Thanksgiving are 7 a.m. to 1 p.m. www.fsis.usda.gov/

OCCC Child Development Center and Lab School students share their turkey recipes



"[Cook it for] 10 minutes and you put cherries and strawberries on it and cook it in the oven."

—Averie, 3



"I put water first, then I put chicken in it, then I stir it up, then put some celery in it, then I'm done. [Cook it] for five minutes."

—Kayla, 4



"I leave it in the oven for five hours or maybe eight hours and then my mommy and daddy take it out and it looks like turkey."

—Gunnar, 4



"Put chocolate, strawberries, and carrots and sparkles. Put sugar on it, then put it in the oven [for] 10 minutes."

—Emily, 4



"I put it in the oven first, then I take it in the refrigerator, then I eat it."

—Moria, 4



"[I put it in the oven] for one minute. Then, I put it in the fridge. Then, I eat it."

—Madison, 4



"[My mom] makes it roasted. She cooks it 5 minutes. [It looks] like a chicken."

—Jollie, 4



"Cook it, you put it in the oven for two [hours]. It looks like a chicken."

—Joaquin, 4

Food, warmth offered on Thanksgiving

For those who need a place to eat on Thanksgiving, several area organizations are offering free dinners. Some of those are:

City Rescue Mission located at 800 W. California is having a Thanksgiving Day dinner starting at 11 a.m. Nov. 25. The dinner is open to the public. For more information, call 405-232-2709.

Grace Rescue Mission located at 2205 Exchange Avenue in Oklahoma City is providing Thanksgiving dinner. The dinner will open to the public on Nov. 25. For more information, call 405-232-5756.

The **Jesus House** located at 1335 W. Sheridan in Oklahoma City is providing large food baskets for those with low incomes or in need of assistance. They are providing the baskets on a first-come, first-serve basis Monday through Wednesday (Nov. 22, 23 and 24) at 7 a.m. The Jesus House is serving brunch Thanksgiving day at 10 a.m. For more information, call 405-232-7164.

The **Salvation Army** is providing a brunch from 8 to 10 a.m. Thanksgiving Day, Nov. 25, at the Coca-Cola Bricktown Events Center located at 425 E. California in Oklahoma City. The brunch is open to the public. For more information, call 405-246-1100.

SPORTS

College fun



MORGAN BEARD/PIONEER

Nick Johnson tries to block Jeremy Carolina's shot during a friendly game of pick-up basketball. The OCCC basketball courts are open to all students with a school I.D. Balls can be checked out upon arrival for free.

INTRAMURALS | THREE-ON-THREE BASKETBALL TOURNAMENT COMES TO A CLOSE

Triple Pen wins tournament

MORGAN BEARD

Staff Writer

sportswriter@occc.edu

With the onset of the NBA and college basketball season, OCCC is getting into the mix following the flag football season.

Before the intramural season of 5-on-5 basketball, the college held a 3-on-3 tournament Nov. 10 in the OCCC gym.

Four teams came to play that day in hopes of taking home the tournament crown. The Dream Team, the Hoopers, the OKC Ballers, and Triple Pen took their turns in the round robin competition.

Triple Pen, consisting of Cody Bivens, Alex Savage, and Cameron Venetten, proved to be the standout team of the tournament. Triple Pen won the opening round to land a spot in the championship game against the Hoopers.

The game to 15 points swayed back and forth as momentum shifted with each point scored.

Triple Pen relied on their dominant duo of Bivens and Savage as they did throughout the tournament, giving other teams fits guarding the big man down low, Bivens, in tandem with a hot shot outside, Savage.

Savage drained crucial three pointers as Bivens grabbed key rebounds, leading Triple Pen to the championship, 15-13.

Venetten's hustle and defense helped in the end, keeping the Hoopers from scoring the game-winning bucket.

Savage reflected on their victory. "We were the most prepared out there today. We had our team ready to win and it showed."

Bivens said from remarks he heard prior to the game, he believes no one expected them to do so well.

"Everyone underestimated us because we're white boys," Bivens said. Aside from the tournament, Triple

“We were the most prepared out there today. We had our team ready to win and it showed...”

—ALEX SAVAGE
OCCC STUDENT

Pen is looking forward to the upcoming season. "Be ready for us in intramurals," Bivens added.

OCCC students can now sign up for the intramural basketball season gearing up at the beginning of next semester.

Teams can join at any point in the season; however players are encouraged to put in an application as a team or individually as soon as possible, said Charlie Tarver, recreation and sports assistant.

Last year's intramural basketball season was a success, and a big turnout is expected yet again, Tarver said.

"That's one thing students are always asking about, when does intramural basketball begin?"

UPCOMING INTRAMURALS EVENTS

• **Nov. 22:** Abs Express class from 5:05 to 5:25 p.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 22:** Cardio Kickboxing class from 5:30 to 6:25 p.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 24:** Combo Aerobics class from noon to 12:55 p.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 24:** Pilates class from 6:30 to 7:30 p.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 25:** Hatha Yoga class from 6:30 to 7:30 p.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 25:** Zumba class from noon to 12:55 p.m. and again from 7:30 to 8:15 p.m. in the OCCC Wellness Center. Additional classes offered Mondays, Wednesdays, and Fridays. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 26:** Water exercise class from 7:45 to 8:40 a.m. and again from 9 to 9:55 a.m. in the OCCC Wellness Center. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

Have sports news?
E-mail Morgan Beard
sportswriter@occc.edu

SAD: Millions affected by shorter days, less sunlight

Continued from page 1

with a special type of light that is much brighter than a lamp or other light fixture in your home. The most common form of this therapy is done with a light box that contains fluorescent — not ultraviolet or full-spectrum — lights.”

Turner also suggests setting a routine and finding ways to volunteer in the community as a few ways to help overcome wintertime blues.

“Even if you’re alone, attending a holiday dinner is a great way to meet or talk to new people,” Turner said. “You do not even have to be destitute to attend one.”

In addition, Turner said students who know of classmates from other countries could invite them to dinner to make them feel less alone.

“Let people know you care, but you need to take care of yourself as well,” she said. “It helps talking to somebody you can trust to help sort out your

feelings.”

Psychology major Elizabeth Carlton, 23, said she has not personally experienced depression but has noticed mood changes among her friends.

“I have seen my friends go through these mood changes,” she said. “They have them due to feeling the need to be in a relationship to justify the holidays.”

Jennifer Karner 19, undecided major, said she has dealt with depression before.

Karner said she was diagnosed with an ailment similar to depression at the age of 16.

“I had a lot of issues and had trouble adjusting to relocating, but I found that talking to family and my church helped matters.”

Turner said Student Support Services, located on the first floor of the Main Building, offers counseling.

Counseling is available from 8 a.m. until 8 p.m. Monday through Thursday and from 9 a.m. until 6 p.m. Friday.

Understanding Ongoing Depression

Major depressive disorder (depression) is not just a temporary mood [like SAD is] and it’s not a sign of personal weakness. Depression is a serious medical condition with a variety of symptoms. Emotional symptoms can include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, and trouble concentrating or making decisions. Physical symptoms can include fatigue, lack of energy, and changes in weight or sleep patterns. Additional symptoms of depression may include vague aches and pains, irritability, anxiety, and thoughts of death or suicide.

There are many theories about the cause of depression. One common theory is that depression is caused by an imbalance of naturally occurring substances in the brain and spinal cord.

Someone with depression might think or say any of the following:

- “I feel sad all the time and just don’t feel like myself.”
- “I don’t enjoy being with my friends or doing any of the things I usually love to do.”
- “I’ve been having a lot of trouble sleeping lately.”
- “Sometimes I feel like my life is not worth living anymore.”
- “I feel like I don’t have any energy.”
- “I’m not really interested in eating.”
- “Even after a long day, I still feel restless.”
- “I feel so indecisive and that I can’t make any decisions.”
- “I just feel so worthless.”

Seek Help

Many people suffer in silence with depression. Some are ashamed or afraid to seek help; others try to downplay the severity of their symptoms. It’s important to remember that depression isn’t something that’s “all in your head.”

Take Suicidal Thoughts Seriously

Thoughts about death or suicide are common in depression and it’s important to take such thoughts seriously. If you feel like giving up or as if you might hurt yourself, get help immediately:

- Call your doctor
- Go to the emergency room
- Call 911
- Call the National Suicide Prevention Helpline: 1-800-SUICIDE (1-800-784-2433)

—www.webmd.com/learning-treat-depression/serious-medical-condition

Bill: Democratic club president supports health care plan

Continued from page 1

you will pay nothing, and if you make very little you will pay a small fine.”

According to the White House website, the Act, passed by Congress and signed into law by the president in March 2010, gives citizens “better health security by putting in place comprehensive health insurance reforms that hold insurance companies accountable, lower health care costs, guarantee more choice, and enhance the quality of care for all Americans.”

Meador said he has hopes the bill will fix some of the current problems with healthcare.

“Children were being turned away for health issues such as asthma,” he said.

Meador said now that the new legislation is in effect companies can no longer deny those children coverage.

He said the package also

will help senior citizens with their prescriptions, while closing what lawmakers call the “donut hole.” The bill also promotes lowering the price of medication.

“If an immediate rise to the cost of healthcare means adults and children get the coverage they need, then it’s worth it.”

Meador said the bill is already law, but is up for further discussion to solidify terms.

He said health care is not an issue that will be solved overnight, but said it is important that strides are made to find a beneficial outcome so citizens can begin to receive the coverage they deserve.

“This is something that affects everyone and in the long run, hopefully, it will be a wise economic choice for our country,” Meador said.

For more information, visit www.healthcare.gov. For the bill, visit the Pioneer Online at www.occc.edu/pioneer.

Affordable Care Act benefits that started Sept. 23:

If you purchased or joined a new plan on or after Sept. 23 insurance companies must:

• **Cover recommended preventive services without charging out of pocket costs:** Services like mammograms, colonoscopies, immunizations, pre-natal and new baby care will be covered and insurance companies will be prohibited from charging deductibles, co-payments or co-insurance.

• **Provide an opportunity to appeal coverage decisions:** Consumers will be guaranteed the right to appeal insurance company decisions to an independent third party.

• **Guarantee enrollees their choice of primary care provider:** Consumers will have their choice of provider within the plan’s network of doctors, including OB-GYNs and pediatricians, without a referral, as well as out-of-network emergency care.

These three provisions will benefit up to 88 million people by 2013.

A Bridge to 2014

Other changes including new benefits, protections and cost savings will be implemented between now and 2014.

The Affordable Care Act builds a bridge to 2014 when a new competitive insurance marketplace will be established. The new marketplace will include state-run health insurance exchanges where millions of Americans and small businesses will be able to purchase affordable coverage, and have the same choices of insurance as members of Congress.

—www.whitehouse.gov/healthreform/healthcare-overview

CAMPUS COMMUNITY



RACHEL MORRISON/PIONEER

Members and officers of the BSA welcome the first African-American female Regent Lenora Burdine during the meet and greet reception hosted by the BSA. Front Row (left to right): Justine Ellis, Dayshawn Burns, Lenora Burdine, Ashley Thomas, Diamond Ramirez, Renitta Server. Back Row (left to right): Gariece McDonald, LaNeisha Smith, Matthew Bediako, Shana McLaughlin, Shanice Anderson, Centerria Wright, Chris Hill, Samir Howard.

BLACK STUDENT ASSOCIATION | Focusing on education and pride

Campus club honors new regent

CHRISTY JOHNSON

Community Writer
communitywriter@occc.edu

OCCC's first African-American regent Lenora Burdine, was honored with a welcome reception held in the College Union Wednesday, Nov. 10.

The reception began with Black Student Association President Centerria Wright highlighting Burdine's past accomplishments.

A rose ceremony followed with seven of the BSA officers reading words they had written about what Burdine's accomplishment as the first black board college regent means to them.

As each officer finished reading the special words in honor of Burdine, she was presented with a rose.

BSA club officers read "Phenomenal Woman," a poem by Maya Angelou.

President Paul Sechrist was among those in attendance at the ceremony. He said he feels good about Burdine's appointment to the board.

"It is important for students to see people who look like them," he said. "It is easier for them to be able to identify with that person."

"Her appointment is representative of this school, and the caliber of hard work and determination,"

“It’s important for students to see people who look like them.”

—PAUL SECHRIST
OCCC PRESIDENT

he said.

Burdine said she didn't do anything special to get her position.

"It was the Lord, keeping me in his grace," she said.

Burdine said she is happy the Black Student Association took the time out to recognize her.

"It makes me feel good. It makes me feel proud," she said.



**If you have community news
and you would like it to be heard,
contact Christy Johnson at
staffwriter1@occc.edu or call
405 682-1611 ext. 7676.**

CAMPUS HIGHLIGHTS

Bible study group

Christians on Campus will be holding a bible study on the book of Galatians from noon to 12:45 p.m. on Monday, Nov. 22, in room 2R7 in the Main Building. For more information, contact James Kennedy at 405-314-7739.

Campus closings

Campus will be closed in observance of Thanksgiving Wednesday, Nov. 24, Thursday, Nov. 25, Friday, Nov. 26 and Saturday, Nov. 27. Regular business hours resume at 8 a.m. Monday, Nov. 29, with the Main Building opening at 6 a.m. For more information, go to www.occc.edu.

Club meeting

Advocates of Peace will hold a club meeting at 12:30 p.m. Tuesday, Nov. 30, in VPAC Room 126. For more information, go to www.occc.campusgroups.com/advocatesofpeace.

World AIDS day

Free HIV testing will be available on campus from 11 p.m. to 1 p.m. Wednesday, Dec. 1, in CU3. For more information, contact Student Life at 405-682-7523.

BSA holds general meeting

Black Student Association will hold a general meeting from 1 p.m. to 2 p.m. on Friday, Dec. 3, in room 1X5 of the Main Building. For more information, www.occc.campusgroups.com/bsa.

Student Life holds service day

Student Life will have their final service day of the semester for the Regional Food Bank from 8:30 a.m. to 4:30 p.m. Saturday, Dec. 4. Participants should meet in the Student Life office located in the Main Building by the Safety and Security office. This event is open to students and staff only. For more information, contact Student Life at 405-682-7523.

Club officer meeting for sife

Students in Free Enterprise will hold an officers meeting from 3:30 p.m. to 4 p.m. Thursday, Dec. 9, in the Business Lab, room 2RO in the Main Building. For more information, go to www.occc.campusgroups.com/

Health Professions meeting

Health Professions club will meet from 12:30 p.m. to 1:20 p.m., Thursday, Dec. 9, in room 2A7 SEM. There will be a guest speaker from the OU College of Medicine. For more information, www.occc.campusgroups.com/health.

Spring Classes offered downtown

Three OCCC courses are being offered on Thursdays this spring through the OKC Downtown College Consortium. Contemporary Oklahoma Writers (ENG 2113), Understanding Art in OKC (HUM 2003), and Accounting I/Financial Acct (ACCT 2113). For more information visit www.downtowncollege.com or call 405-232-3382.

CLASSIFIEDS

Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Mondays prior to the publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

AUTOMOTIVE

FOR SALE: 2005 Dodge Neon, four door, four cylinder, manual transmission, 35 mpg, 144K miles, runs great and good condition. \$2,950. OBO. Call: Mike at 405-702-0562.

APPLIANCES

FOR SALE: Used Galanz microwave oven for only \$25. Works good and looks great. Call: Ahmed at 405-996-0609.

ELECTRONICS

For Sale: Ti 84 & Ti Inspire keyboards, operating systems. Looks new, used for one semester. Manual, software. \$50.00. Call: 405-682-7804 or e-mail jatkinson@occc.edu.

FURNITURE

For Sale: Little Tikes outdoor playhouse -ideal for a boy or girl. GC. Cost \$450 new. \$150. For more information, Call or text 405-818-0083.

FOR RENT

Roommate Wanted: Nice room to share close to OCCC, two-bedroom, pets allowed, no smoking or alcohol inside the apartment, \$250 per month. Call A.J. at 405-549-3398 or e-mail olalekanjl@yahoo.com.

Roommate Wanted: Nice room to share close to OCCC, two-bedroom apartment, no pets, no smoking or alcohol, \$400 per month. Call Jaime at

OCCC
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www.collegecentral.com/occc
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Alumni enter AL+last 5 digits of Social Security number
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example > john.t.doe@email.occc.edu
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405-520-1262 or e-mail jaimecom@lycos.com.

REAL ESTATE

For Sale: No down payment, 3 bed, 1.5 bath, 2 car, CH&A, Move in ready, spotless, close to OU and OCCC, 227 S Bristow, Moore, OK. \$87,500. Call: 405-364-8555, 405-820-3630 or e-mail cshutt1@cox.net.

SERVICES

NEED A RIDE: Looking for somebody who can give a ride from Norman to OCCC for Spring 2011. Willing to pay or make an arrangement if anybody is interested. Call: Fatoumata at 405-474-1332 or e-mail fatoumatacisse@email.occc.edu.

Tutoring Offered: Are you struggling in any subject? Take a tutoring class with Nguyen. Call: Nguyen at 918-850-5625 or e-mail nguyen.h.truong@email.occc.edu

TEXTBOOKS

FOR SALE: Larousse student dictionary English-French for only \$5. Useful for students. Few other books for Business major are also available. Call: Ahmed at 405-996-0609 or e-mail anth19@gmail.com.

Follow us
online at www.occc.edu/pioneer

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Mist
6 Breakfast order
10 Play group
14 Marry in haste
15 Stringed instrument
16 Lab-culture medium
17 Pries
18 Corsica's neighbor
19 Tree trunk
20 — and only
21 Hairstylist's tool
24 Quicksilver
26 Apartment-dweller, usually
27 Biddy
28 Alberta natives
30 Fourth dimension
33 Small amounts
35 Mink or sable
38 Foul-up
40 Over there
41 Choice group
43 Singer Starr
44 Wanderers
47 Sandwich cookie
48 Smelled bad
49 Coal scuttle
51 Even though
54 Ennui
58 Fall sky sight
61 Greek letter
62 Buffalo's lake

63 OPEC nation
64 Pseudonym
66 State positively
67 Baseball star
Murphy
68 Rows of seats
69 Take a chance
70 Gazed at
71 Composition

DOWN

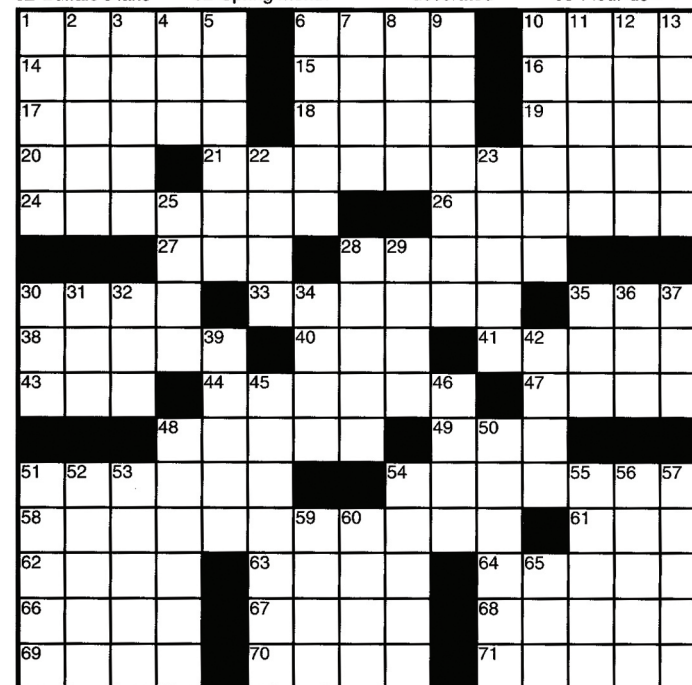
1 Rattlesnake's weapon
2 Without help
3 Tough question
4 Unlock, poetically
5 Save
6 Each and —
7 Fish part
8 Mongolian desert
9 Tilted
10 Liner
11 Rattlesnake's compartments
12 Beauty —
13 English river
22 Coffee servers
23 Silly ones
25 Escoffier, for one
28 Pond sound
29 Split
30 Expression of disapproval
31 "— jiffy!"
32 Spring month

PREVIOUS PUZZLE SOLVED

LAST ALARM COBS
OGEE DECOY AMAH
CURMUDGEON RATE
KEEPS MAGENTA
OAF MESAS
HISS OWED USUAL
ONA LOAN AGENDA
VANDALS SLEDDOG
ENTERS MOOD IRE
LEASE CASH ORDER
IDAHO ALL
DISROBE ADAGE
ANTI HEAVYMETAL
SCAN OSSIE SELL
HANG REACT TEAS

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34 Choir song
35 Evergreen
36 Colorado
Indian
37 Antique auto
39 Loosen
42 Mother —: rich source
45 Not in the house
46 Drive away (birds)
48 Rigorous
50 Overly decorated
51 "Full steam —!"
52 Insect stage
53 Prickly plant
54 Filleted
55 Uses a dishcloth
56 Actress
Maureen —
57 Unlike a rolling stone
59 Waiter's burden
60 Masculine
65 Fleur-de —



Correctly answer four Treasure Hunt Questions and be entered in our final drawing of the semester:

- 1: How many OCCC professors are included in the website RateMyProfessors.com?
- 2: Which team became the OCCC league champions of the 2010 flag football season?
- 3: What is the name of the professor who is visiting the university in Mexico in January as part of a faculty exchange program?
- 4: What is the name of the student who was featured in It's a Small World article in the Oct. 12 issue and where was he from?

Correct Answer for last week:

1: 60 percent. 2: More than 1,000. 3: You Know. 4: 5 p.m. Saturday, Nov. 20.



Read the Nov. 12 Pioneer issue for the answers. Send your answers to: adman@occc.edu.

