

INSIDE

PIONEER ONLINE

To comment on stories, or to access the latest news, features, multimedia, online exclusives and updates, visit occc.edu/pioneer.



EDITORIAL

CORPORATE MEDIA CREATION

Writer Sean Tolbert examines what he feels to be a serious threat to the American people: The Society of Fear. Read on for more.

OPINION, p. 2

CAMPUS LIFE

SUBSTANCE ABUSE ISSUE EXAMINED

OCCC's police chief was one of three panelists discussing substance abuse, hoping to educate students on the subject. Continue reading for more.

NEWS, p. 7

SPORTS

CLOSE GAME OPENS FLAG FOOTBALL

A shortage of players didn't matter — it's flag football season and Sept. 30 saw the Brawlers take on the Smash Brothers. Read on to see who won.

SPORTS, p. 8

CAMPUS LIFE

HUMANITIES WEEK BRINGS SPEAKERS

Two Native American authors are visiting campus soon to discuss their work. Find out when by reading on.

COMMUNITY, p. 10

OKLAHOMA CITY COMMUNITY COLLEGE

PIONEER

OCTOBER 7, 2011

WWW.OCCC.EDU/PIONEER

COVERING OCCC SINCE 1978

OKLAHOMAN DENNIS FRITZ CONVICTED IN 1988, SAVED BY DNA TESTING

Author to tell of false conviction

ALISHA DAVIDSON

News Writing Student

Life without parole. That was the sentence imposed on Dennis Fritz in 1988 for a murder he did

not commit. Fritz will speak about his trek through the Oklahoma criminal justice system and the appellate court system during his presentation at 2:30 p.m. Wednesday, Oct. 12, in the College Union.

Fritz is the author of "Journey Toward Justice," a non-fiction book detailing his personal account of injustice, incarceration and ultimate vindication. Fritz will be meeting the public and

signing copies of the book before his campus appearance. He said his mission is to increase public awareness of wrongful conviction.

See **FRITZ** page 9

Spend some money, help some students



PRISCILLA COLLEY/PIONEER

Rodolfo Ivanmonsivas, mechanical engineering major, browses items at the OCCC garage sale Oct. 6. The garage sale ran from 8 a.m. to 5 p.m. Oct. 6 and 7 in College Union 1, 2 and 3. All proceeds benefit student scholarships.

LARGER STUDENT BODY CONTRIBUTES TO CAMPUS TRAFFIC JAMS

Parking congestion causing headaches

JEREMY CLOUD

Editor

editor@occc.edu

With close to 100 classes letting out for lunch at 12:30 p.m. Tuesdays and Thursdays, students who need to leave campus are in for a bit of a wait.

The traffic jams are due in no small part to the design of the campus roads, said Keith Bourque, safety and security coordinator.

"Both the in and outbound roads are two-

lane, one-way roads. When the outbound traffic on the circle road comes in and tries to merge, it has to cross four lanes of traffic on one side," Bourque said.

He also said, due to heavy traffic, officers are being stationed at major congestion points to keep traffic moving during peak use times.

Bourque said there is a way students can avoid the rush.

"If you're parked on the west side, lots D, E, or F, there's a back drive on the south side of the campus, that goes out behind the old

daycare center and the new John Massey construction that hardly anyone uses," he said.

As to parking, Learning Support Specialist Mary Turner admits the usual difficulties still apply, perhaps even more so during the rush times.

"Students and faculty have to budget their time and get here a little early for the good parking," Turner said.

"But if you have to park far away, try to just think of it as daily exercise, and remember to come a little earlier the next time."

OPINION

EDITORIAL | Frightening fringe elements take their toll on the Republican Presidential nomination

Talking-head pundits in full swing

Some of the most vocal and frightening fringe elements currently in the public eye are now presenting themselves in the form of ultra-conservative portions of the Republican Party and its offshoot cousin the Tea Party.

In small yet increasing numbers this niche element has made it blatantly apparent how they feel about a section of their fellow human beings, and the most damning examples have come while the debate season enters full swing with a handful of GOP hopefuls vying for the Republican Presidential nomination.



Sean M. Tolbert

While the candidates themselves have seldom deviated from their politically spun double-talk, certain supporters have decided to speak for

them — and the utterances have been nothing short of frightening.

The first example came during the NBC News/Politico GOP Debate.

Texas Gov. Rick Perry was led into a question by NBC anchor Brian Williams. Williams' statement: "[Perry] has executed 234 death-row inmates, more than any other governor in modern times." Before Perry could respond, raucous applause erupted from the audience; lasting only seconds. The implications, however, reverberated for days.

On Sept. 12, Texas Rep. Ron Paul was asked by CNN's own bumbling, maladroitness mouthpiece Wolf

Blitzer during the CNN/Tea Party debate: Should American society allow a man who voluntarily declines private health insurance to die?

Paul, deciding against committing the political equivalent of seppuku, was enveloped by a handful of conservative audience members that answered for him. "Yeah!" one shouted. A whistle of enthusiasm followed with another echoing the sentiment. Truly, compassion at its finest.

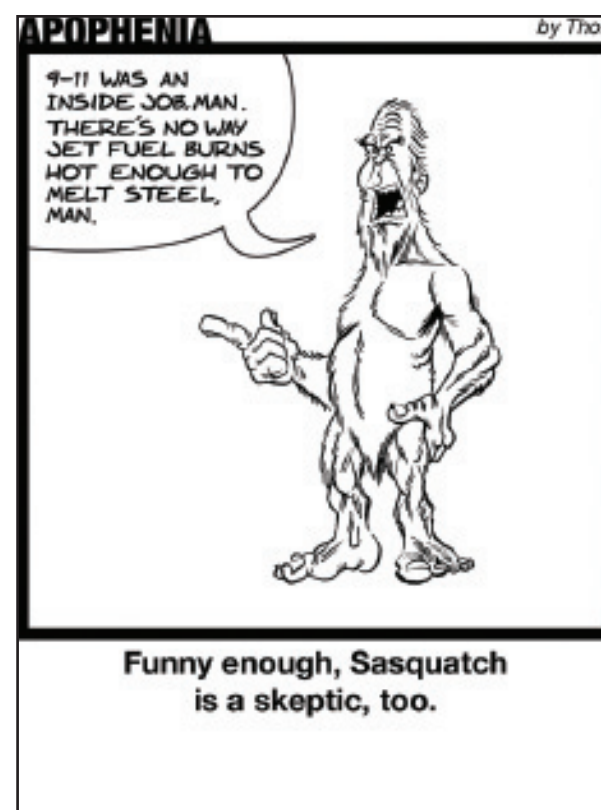
During last week's Florida FOX/Google debate, a YouTube clip of Stephen Hill, a U.S. serviceman who had recently come-out as being homosexual, asked the candidates: During their potential presidencies, would they consider circumventing the recent repeal of "Don't Ask, Don't Tell"?

Before former Pennsylvania Sen. Rick Santorum could offer a milquetoast, haphazard response, a sea of boos came from a large segment of the audience. Now, which of the candidates spoke up to defend Hill? Not a one.

What am I getting at? It's actually quite simple. Conservative America has lost the plot.

There is a segment of the population that would support the killing of inmates (some of whom may have been wrongfully incarcerated) while hypocritically claiming they support "the right to life." They claim helping those in need is what is "right;" yet they would allow a man to die before they should be asked to pay any of his medical bills.

They will parrot every nationalistic, patriotic volley of word-vomit they hear in an attempt to "support the troops" — that is, as long as the troops are straight. Does this mean all conservatives believe



GREG HOLKAN/GREGHOLKAN.COM

this? Certainly not, I've had the pleasure of knowing many conservatives who are equally repulsed by these "ideals."

What it does mean is there is a segment of America so ingrained in this "society of fear" that has been created by mainstream corporate media and political, talking-head punditry; that they have suspended their better judgment and are working off emotion rather than reason. If left unchecked, this can lead to dangerous social consequences for everyone.

—SEAN M. TOLBERT
SPORTS WRITER

Oklahoma State Health Department | Flu vaccine will be available free to those who qualify starting Oct. 3

Officials say now is the best time to receive flu vaccines

To the editor:

"As much as 10 percent of the U.S. workforce will get the flu this year, with 17 million workdays lost as a result," said State Health Commissioner Dr. Terry Cline.

"Receiving a flu vaccination from your local county health department, your physician, or any of the many

places flu shots are available, is absolutely the best way for Oklahomans and their families to stay healthy this winter."

The flu vaccine is recommended for everyone 6 months of age and older. Persons at high risk of serious complications from flu are strongly encouraged to get a flu shot, including

pregnant women and people with asthma, diabetes, chronic heart and lung disease, or other chronic conditions.

Parents and family members of babies younger than 6 months of age and people who live with or care for anyone at high risk for complications from the flu, including health care workers, should also get the vaccine.

Vaccine protection declines over time, so an annual vaccine is needed to assure the best protection.

For more information, call your local county health department or visit the Oklahoma State Department of Health website at www.health.ok.gov.

—OKLAHOMA STATE
HEALTH DEPARTMENT

PIONEER

Vol. 40 No. 8

Jeremy Cloud.....**Editor**
Emily Schorr.....**Senior Writer**
Christy Johnson.....**Staff Writer**
Sarah Hussain.....**Staff Writer**
Priscilla Colley.....**Staff Writer**
Mike Wormley.....**Community Writer**
Sean Tolbert.....**Sports Writer**
Rachel Morrison.....**Photographer**
Brady Bell.....**Photographer**

Cynthia Praefke.....**Advertising Manager**
Whitney Knight.....**Online Editor**
Casey Akard.....**Videographer**
Robert Bolton.....**Online Writer**
Cybele Hsu.....**Graphics/Webmaster**
Aaron Donahue.....**Circulation Manager**
Richard Hall.....**Acting Lab Director**
Shawn Stawicki.....**Lab Assistant**
Sue Hinton.....**Faculty Adviser**

The PIONEER is a publication of Oklahoma City Community College through the Division of Arts and Humanities. It is published weekly during the 16-week fall and spring semesters and the eight-week summer session.

Opinions expressed are those of the author and do not necessarily represent those of the PIONEER, the college or the publisher.

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 in room 1F2 on the first floor of the Art and Humanities Building, mailed to 7777 S. May Ave., Oklahoma City, Okla. 73159, 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.

7777 S. May
Oklahoma City, OK 73159

phone:
405-682-1611, ext. 7307

email:
editor@occc.edu

COMMENTS AND REVIEWS

PLAY REVIEW | 'American Buffalo' leaves audience wanting more

Actors shine in controversial play

The show business axiom "always leave them wanting more" was alive and well Oct. 1, as an ensemble of three young actors performed David Mamet's "American Buffalo" in OCCC's Bruce Owen Theater.

The stage setting and the seedy sound of Tom Waits blues/jazz music transported the audience to Don's Resale Shop in 1970s Chicago.

Odds and ends were piled high, windows with peeling letters were dirty, and an old desk and counter reflected a junk shop business, while an antique kitchen table declared an almost homey atmosphere.

Shop owner Donny Dubrow grilled his go-pher, Bobby, about why he left his post of watching a "mark."

While Don owns a

business, it seems he makes his money by other means.

Don, Bobby, Walter "Teach" Cole, Ruthie and Fletcher play cards together while they plan their next "job." Ruthie and Fletcher are never seen, but the audience gets to know them through the other three characters.

A man who purchased a rare nickel for next to nothing has ripped off Donny. Bobby and Don decided to follow the guy and rob him. When Teach heard of the plan, he wanted Bobby out, and himself in.

Bobby feels a sense of loyalty toward Donny and took matters into his own hands, getting the nickel back. This didn't sit well with Teach, and he lost his temper, tore the shop up and beat Bobby with a metal pipe.

Roderick Wright brought the kind-hearted criminal pathos to the stage in his portrayal of Donny. From his fatherly treatment of Bobby, to his frustration while trying to balance friendships with business deals, he exuded loyalty in a questionable situation.

Gabriel Pranter burst on to the stage, cursing Ruthie with all the passion of someone who had much more anger built up than could be justified by one remark over a piece of toast. "That \$#\$% said 'Help yourself', like I shouldn't have touched her f%#\$ food!"

He gave voice to rage with his outbursts of violence and expressed the true essence of Teach's personality. The foul language and innuendo became a part of the character and, there-

fore, shocking but not offensive.

A big surprise was the acting ability shown by Mitchell McFarland in his role as Bobby. If there were an award at OCCC for most improved acting, it would go to this young man.

In several past performances McFarland has shown he is not afraid to tackle any role in order to hone his craft. That is the heart of a true actor. His perseverance paid off in his portrayal of the loyal, ex-junkie who, sadly, like a beaten pup, still sees his boss as a hero and friend.

Thanks to Director Brent Noel for a gutsy move in bringing this play to OCCC.

It worked!

Rating: A+

—**CYNTHIA PRAEFKE**
CONTRIBUTING WRITER

YOU asked FOR IT

Q: How do you get involved in a group on campus?

A: You can look at the club bulletin boards or online at the Student Life website at www.occc.edu/studentlife or occc.campusgroups.com. See when whatever club you're interested in is meeting and just show up.

—**KARLEN GRAYSON**

STUDENT CLUBS AND ORGANIZATIONS ASSISTANT

Q: Why is Carson's not using biodegradable packaging yet?

A: We are currently meeting with the Green Task Force on that. We are waiting on a comment card to poll students, faculty, and staff. Though (The Leadership Council) approved it, the Faculty Association didn't pass it so we want to hear from more faculty and staff before moving forward.

—**CORRINE AGUILAR**

CARSON'S CATERING GENERAL MANAGER

Q: What's the deal with parking stickers? Are they required? Are they being enforced?

A: Parking stickers are for free from Records and Graduation Services. The parking stickers enable us to identify the owners of the vehicles, but since this is a commuter campus we have many visitors. We do not enforce the stickers as a primary offence, but as a secondary to a primary offence.

—**KEITH BOURQUE**

CAMPUS SAFETY AND SECURITY COORDINATOR

Q: Why does it take so long to receive your financial aid after you get your awards letter?

A: Federal guidelines have to be followed and once you receive your award letter, you must wait for the government's lock-in date. It's about three weeks to disperse the money after that.

—**BETTINA PATTERSON**

FINANCIAL AID ASSISTANT

CONCERT REVIEW | Imani Winds second in OCCC's Cultural Arts Series

Wind quintet wows with unique sound

A crowd of more than 100 stepped back in time Oct. 4 when quintet Imani Winds performed in the Bruce Owen Theater as part of the Cultural Arts Series.

The band combines five vastly different members of the wind family — the flute, oboe, clarinet, French horn and bassoon — for one melodious sound is unlike anything played on radio today.

Posters touted the Grammy-nominated band as music from "almost yesterday."

That statement seems contradictory until you experience Imani Winds' music firsthand.

The band took to the

stage with the aptly titled "Red Clay and Mississippi Delta," an original, jazzy tune that would perfectly compliment a porch swing and a cool pitcher of iced tea on a sunny southern day.

At one point during the song, clarinetist Mariam Adam stood up and snapped her fingers to the beat, beckoning the audience to follow.

Before long, the theater resonated with the sound of snapping fingers and lit up with smiles all around.

Those smiles never faded as the show went on. "Puzzle-Tocas" was a particularly jaunty tune that would have suited

Bugs Bunny with its upbeat sound, cheerful riffs and sudden changes in volume.

However, the real showstopper was a four-piece ensemble originally written by Pavel Haas, a Czech composer who was killed in the Holocaust.

The set began with "Preludio," or prelude, which was written when Haas was a teenager unable to imagine the horrors that would someday end his life.

Perhaps the most stunning of the four was the second piece, "Preghiera," or "prayer" in Czech. The song started off soft, like a quiet wish, slowly

gaining momentum before exploding into a deafening roar of courage and strength that left the audience breathless.

That awe-inspiring piece set the stage for its successor, "Ballo Eccentrico," a delightfully eccentric tune that told the story of a maturing young man full of spirit, ready to enter into an adulthood full of promise.

We heard that promise come to fruition in the closing piece, "Epilogo," a fitting epilogue to an epic story. With nothing but the instruments gripped in their hands, Imani Winds managed to

paint a glorious portrait of an extraordinary man in a 45-minute ear extravaganza.

Performances like the Haas tribute makes the "almost yesterday" tagline make sense.

Like no other band before them, Imani Winds has the unique ability to take centuries-old pieces and make

them fresh again with an infusion of jazz, big band, and chamber music that sounds strange on paper, but incredible in action.

It is music that makes you think, imagine, and wonder: How did they not win that Grammy?

Rating: A

—**WHITNEY KNIGHT**
ONLINE EDITOR

BOOK REVIEW | Foxfire book captures feelings of old fashion story time

Book explores experiences of Appalachia

In a world...where information can be hunted down in mere instants...one school set out to do the impossible. To record history, and preserve the past...before it slipped away...

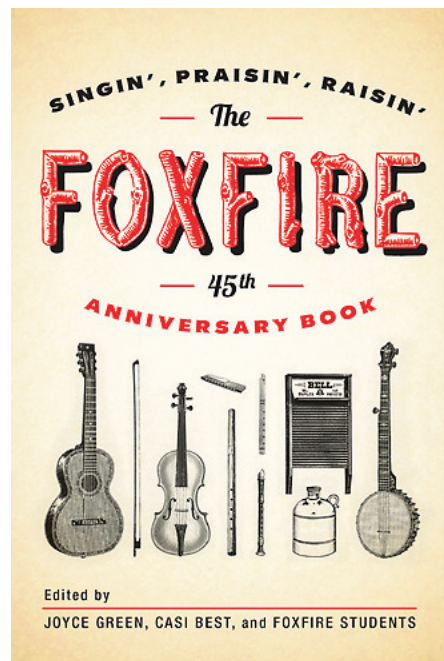
In 1966, a little high school in Georgia called Rabun Gap - Nacoochee School created a program to record the stories, experiences and knowledge of the natives of Appalachia.

They called the program "Foxfire."

This year, Foxfire released "The Foxfire 45th Anniversary Book," a collection of stories and tales spanning the history of the project.

Published by Anchor Books, the volume holds true to the tone of previous Foxfire anthologies. There's a little something for everyone.

There's true accounts of life lived in the Appalachian



Mountains at the turn of the last century, told in the words of the person who lived it, with colorful personalities and voices like Sammy Green and

“Reading these stories is like sitting down with the speakers and having a conversation.”

— JEREMY CLOUD
EDITOR

Madge Merrell.

For the lore enthusiast, there are folktales and legends, transcribed straight from the words of those telling the tale.

From a story for Halloween, to a man named Greg Stancil talking about his encounter with the Devil.

And there's the classic Foxfire how-to section, featuring tutorials ranging from how to tie a lover's knot, to forging a drawknife and braiding a whip.

But the most powerful element is the way the voices of these people come through.

Reading these stories is like sitting down with the speakers and having a conversation.

Of course, the drawback to straight transcription is that it reads choppy, with none of the polishing that the modern reader is used to.

Instead of the carefully con-

structed material one is used to imbibing in books, Foxfire is written out in plain speech.

For the casual reader, the history buff, the nature enthusiast, or those just looking to recapture the feeling of sitting with one's grandparents and listening to their stories, Foxfire should be at the top of the list.

But for those who want a more polished read, or are seeking happy endings and fiction, it'd be best to look elsewhere.

Rating: A

— JEREMY CLOUD
EDITOR

CONCERT PREVIEW | Three choirs to perform variety through famous composers

Choirs to perform for free

DAVID A. PARADA
News Writing Student

OCCC choirs will be performing a mix of Latin and English music at 7 p.m. Tuesday, Oct. 11 at Wilmont Place Baptist Church, 6400 S. Santa Fe.

Admission is free.

Three choirs will be performing: symphonic, concert, and chamber.

"We're doing a varied program with all different styles represented," said Ron Staton, professor of music.

"We're doing songs by famous composers like Mozart," he said.

"Also there's going to be some jazz, and we're doing music from a Broadway musical."

Student vocalist Victoria Penrod, a member of the concert and chamber choirs, said they have been preparing for the performance all semester.

"It's just something we're really proud of and we love to share with people," Penrod said.

"I've heard choirs before that have made me cry, so you might come here and cry it because it sounds so beautiful."

In addition to the concert Oct. 11, individual OCCC vocalists will perform at a recital Oct. 31, which will include songs in Italian, as well as English and Latin.

For more information contact Ron Staton at 405-682-1611, ext. 7249.



PHOTO COURTESY FREEDIGITALPHOTOS.NET



— CAREER TRAINING. MONEY FOR COLLEGE. —

AND AN ENTIRE TEAM TO HELP YOU SUCCEED.

Serving part-time in the Air National Guard, you'll have an entire team of like-minded individuals who want to help you get ahead. You can choose from nearly 200 career specialties, and develop the high-tech skills you need to compete in today's world. You also train close to home, all while receiving a steady paycheck, benefits and tuition assistance. Talk to a recruiter today, and see how the Oklahoma Air National Guard can help you succeed.

OKLAHOMA
**AIR NATIONAL
GUARD**

GoANG.com ► 1-800-TO-GO-ANG

CYNTHIA SHAW MAKES OKLAHOMA CITY HER NEW HOME AFTER SERVING DALLAS FOR 15 YEARS

Nursing professor leaves Texas to find home

ERIN BRINKWORTH
News Writing Student

Nursing Professor Cynthia Shaw had to cross the Red River to find the job she wanted.

Having graduated from the El Centro campus of Dallas Community College in 1981, Shaw used her medical skills by working at Parkland Hospital in Dallas for 15 years in infectious diseases, long-term care, home care, and telemetry, the practice of monitoring patients by machine.

Shaw said she jumped at the opportunity to teach at OCCC, and joined the nursing staff in August.

She earned her bachelor's degree in nursing in 2007, her master's in nursing in 2009, and is currently working on her doctorate, all from Oklahoma City University. She lived in Oklahoma from 2000 to 2010, until moving back to Texas for a position in home-care.

Aside from nursing, Shaw has worked as a case manager coordinating services for patients, having obtained her license



Cynthia Shaw

in 2007.

She said she chose the medical field because she knew she enjoyed caring for people, and considers herself a "people person."

An added bonus was being able to wear scrubs, the comfortable medical uniform, to work.

Shaw said she is new to the teaching field, but her on-the-job experience is sure to lend itself well in the transition to professor.

When Shaw decided to leave nursing and enter the teaching profession, she said she could not find the job she wanted in Texas, so she broadened her search to Oklahoma City, where she had lived briefly as a child and for 10 years as an adult. It was then she found OCCC.

"I love the dedication Oklahoma City has to its residents," Shaw said. "Oklahoma City feels like home now."

She said she was impressed with the city's MAPS program, as well as the OCCC campus, faculty, and nursing program. The most impressive aspect for her, however, is the students, she said. She loves it that any Oklahoma resident can come to OCCC because it gives opportunities to many students.

"OCCC has a good system," Shaw noted.

Shaw has already begun "team-teach-

"I love the dedication Oklahoma City has to its residents."

—CYNTHIA SHAW
NURSING PROFESSOR

ing," where she partners with Professor Heather Worden, her mentor, to teach classes. Shaw said this method will allow her to ease in to the "OCCC rhythm" until late October, when she will begin teaching her first class on her own with a lecture covering HIV.

Worden said the mentoring process for first-time faculty is important for new professors.

"As a mentor and team member of Cynthia's, I meet with her several times a week to see how everything is going with her assignments, clinical group and to discuss any questions," Worden said.

"It also allows experienced faculty members to share observations, experiences and constructive criticism with the new faculty member."

EXPERIENCED NURSE BECOMES FULL-TIME INSTRUCTOR

Kansas woman joins psychology department

NIMA TAJBAKHS
News Writing Student

A horse woman from Kansas is the new psychology professor on campus. Jennifer Kay Allen said she grew up on a farm near a small town in western Kansas called Scott City where she bred and raised quarter horses for a number of years.

Her background in education includes a doctorate in psychology from Capella University in Minneapolis, Minn., which she completed in February after working on it for three and a half years.

Allen has been an adjunct professor online and at Clovis Community College in New Mexico.

She said she discovered she enjoyed teaching and working with students more than providing psychotherapy and counseling, which she had been doing in eastern New Mexico for 12 years.

Having joined the OCCC faculty this fall, Allen teaches Introduction to Psychology and Social Psychology, both of which offer a variety of ways to learn more about this field.

These classes can be fascinating for students because they learn the cognitive process of the mind and how everything is managed, she said.

In Social Psychology for example, Allen said,

"I enjoy working with students directly."

—JENNIFER KAY ALLEN
PSYCHOLOGY PROFESSOR

she might assign a social experience for students to do a "random act of kindness."

Or she might ask them to do something abnormal, such as laughing out loud in the hallway or standing really close to someone in the elevator.

Whatever the case may be, it will definitely cause people look at you differently, Allen said.

Allen asks her students to write a report based on the observation from the experiment.

"I am incredibly excited to be here," Allen said.

For those students who might want a one-to-one interaction with their professors, Allen said she might be a good fit.

"I enjoy working with students directly," she said.

Early in her academic career, Allen said, she became interested in fine arts



Jennifer Kay Allen

as well as psychology. Allen loves oil paintings, a passion she believes she inherited from her grandmother who was a painter. One of her biggest inspirations is the French painter, Claude Monet. Allen has actually visited his home in France which she described as "very cool."

For more information, contact Allen at jennifer.k.allen@occc.edu or visit her office in room 1H13-H in the Social Science Division.

OCCC

STUDENT EMPLOYMENT AND CAREER SERVICES

JOB BOARD

www.collegecentral.com/occc

Students register with their 7-digit student ID number
Alumni enter AL+last 5 digits of Social Security number

Find Jobs Post Your Resume Apply for Positions

FUTURE JOURNALISTS LEARN FROM PROFESSIONALS

Journalism students tour local newspaper

SARAH HUSSAIN

Staff Writer

staffwriter3@occc.edu

MIKE WORMLEY

Community Reporter

communitywriter@occc.edu

“The most important thing you can do is starting early to form the foundation of your career. If you wait until you’re about to graduate, you’re starting way too late,”

—Joe Hight

Oklahoman and NewsOK.com
Information and Development Director

OCCC’s Introduction to Mass Communications students took a tour of the Oklahoman Sept. 28 to gain knowledge of how a publishing company operates.

Joe Hight, director of information and development for The Oklahoman and NewsOK.com, led the tour.

Hight, trying to impress upon the students a sense of history early in the tour quoted Thomas Jefferson in saying, “For if left to me to decide whether we should have a government without a free press or a free press without a government, I would prefer the latter.”

This illustrated the foundation of the media in early American history, but he also stressed personal development.

“The most important thing you can do is starting early to form the foundation of your career,” Hight said.

“If you wait until you’re about to graduate, you’re starting way too late.”

“If you’re in communications, [starting early] includes working for your college media, getting internships and learning what it takes to pursue

your particular career.”

Hight noted that Thom Shanker, Pentagon correspondent for the New York Times, started at The Oklahoman many years ago. Shanker spoke to Hight about how the foundation he established at The Oklahoman was important for him to learn the fundamentals.

Hight said Shanker is asked a lot today about how to get his job as the Pentagon correspondent for the New York Times.

Shanker advises learning the fundamentals of working certain beats, not missing anything and honing in on skills.

“Learning those fundamentals led him to Moscow and different places as well,” said Hight.

“It’s very important to get good grades, but it is also very important to gain experience through whatever the college offers. That is the beginning of the foundation.

“Then the foundation grows to getting internships outside where you can build relationships and start networking and you can start building what you need for the future.”

Hight said many students have the perspective they’ll

start out at the big companies right away. Most of the time this is not the case. Usually people earn awards and credibility at another job and are noticed by the larger places and, over time, they look into hiring that individual.

Hight also pointed out interns are not always hired immediately after their internships at The Oklahoman. Many go on to other internships or jobs and, if they come back, the likelihood of getting hired increases.

“It’s not a straight path, it never has been a straight path and you have to realize you may end up in places you never intended to be in the first place,” Hight said.

“Most places will ask for your published work, whether it’s writing or video.”

At a stop in the tour at one of the Oklahoma Publishing Company’s video studios Hight explained the differing tiers of video.

“If you are in the media in the future you will need to understand what the different tiers of video are,” Hight said.

“Tier one is basically a shot of an individual talking.

Located outside the ground floor break room at The Oklahoman, three statues with the words “Investigation,” “Analyse” and “Publication” inspire employees. More than 15 journalism students attended the field trip to The Oklahoman Sept. 28.

SARAH HUSSAIN/PIONEER



SARAH HUSSAIN/PIONEER

The Oklahoman building, located at 9000 N. Broadway in Oklahoma City, was the destination for OCCC journalism students Sept. 28.

“Then you get into tier two and three which add b-roll and tier five adds actual production work.

“When going into an interview, you need to learn about the place,” Hight said.

“How they operate, what their website is like and what the presence is, so you can ask intelligent questions about what the place is all about,” he said.

“Some of the candidates I’ve interviewed in the past, the interview is more of a discussion where both parties are asking questions, which makes for a good interview.”

The same goes for cover letters and resumes, according to Hight. Blanket cover letters and resumes show the lack of knowledge a candidate has for the company they are ap-

plying for.

“Pinpointing five to 10 places of where you want to go and showing you have done some research is very important.”

“Social media presence is important. It shows that you have a credible presence — you know who your audience is and at least you use it as an entrepreneur and as someone who is seeking a position at a company,” Hight said.

“I always encourage students to not only build your foundation, (but also) be involved in your school, be involved in your community,” Hight said.

“That community is the field you’re pursuing and also the community of your school. That is where you’ll ultimately build some foundation and network that can help you in the future.”



OCCC POLICE CHIEF IS ONE OF THREE PANELISTS TO TACKLE DRUG ABUSE AND TREATMENT

Substance abuse panel educates students

MARK L. SIMPSON
News Writing Student

Drug abuse and substance abuse are prevalent in American society, which means it extends to the OCCC campus, said college Police Chief Jim Fitzpatrick.

"It all stems from one overriding major factor and that is the insatiable need of Americans to alter their behavior," Fitzpatrick said.

Fitzpatrick was one of three panelists at a campus program on drug abuse and treatment options in late September.

The list of substances is long, including alcohol, marijuana, heroin, crack-cocaine, crystal meth, and prescription drugs.

According to Fitzpatrick's statistics, over half of all criminal offenders are convicted of drug or alcohol crimes, while there has been a 10 percent increase over the last 10 years in drug crimes.

Illicit drugs come from all over the world, Fitzpatrick said. They include "ice" imported from Latin America,

"BC weed" from British Columbia, heroin from Afghanistan and Asia, or prescription pills from the average household medicine cabinet.

The worldwide drug trade maintains a strong foothold in America, and neither Oklahoma City nor OCCC is immune to its long reach, he said.

Fitzpatrick is a former Narcotics Special Investigations commander and 35-year veteran of the Oklahoma City Police Department.

Deanna Harris, Cher A. Bumps and Associates representative, told the audience of 35 that OCCC contracts with her company, known as CABA, to provide substance abuse evaluation and rehabilitation services for students, faculty and their families.

"If a situation arises that a family member or you yourself are struggling with this, you can call us," she said.

"It's all confidential; we are located way off campus so confidentiality is a big deal."

Harris also provided information from the State Depart-



Chief Jim Fitzpatrick

ment of Mental Health and Substance Abuse.

"They also have a reach-out hotline you can call if you don't want to call us and just want some information," she said.

The number, 1-800-522-9054, would put callers in touch with treatment centers in their area.

Student Support Services counselor Jenna Howard told about free mental health counseling programs available through OCCC.

"We counsel students from 8

"It all stems from one overriding major factor and that is the insatiable need of Americans to alter their behavior."

—Jim Fitzpatrick
POLICE CHIEF

a.m. to 8 p.m. Monday through Thursday, and 8 a.m. to 5 p.m. on Friday."

A part-time counselor comes in the evenings, Howard said. Counseling is free for students because it's included in student fees.

One student said much of the information in the program was news to her.

"I came from a high school where using drugs was not cool at all," said Holly Hudson, a 20-year-old nursing student from Mustang.

"Nobody worth anything did drugs so I've had no experience with it.

"The program was very informative. We need more education about it."

The seminar touched home with 50-year-old Anna Nowell. "I've experienced it person-

ally," she said.

"I was married to a man who was abusive with both alcohol and drugs.

"It's a generational thing. Back then everyone did it and it wasn't a big deal.

"I think this program should have been out in the cafeteria or something where all the students could have accessed it, not just nursing students.

"I didn't even know we had counseling services available."

The panel closed by taking questions and discussing safety on campus, including a network of over 200 security cameras.

For information about on-campus counseling services, call 405-682-7520 or email dshuman@occc.edu.

For CABA, call 405-840-0231.

EVENT ORGANIZER PREDICTS AS MANY AS 300 DANCERS COULD ATTEND

Annual Zumba benefit event comes to OCCC



SEAN M. TOLBERT/PIONEER

Sandi K. Price, OCCC student and Zumba instructor, leads a group of Zumba enthusiasts in a demonstration before a crowd of students in the College Union.

STEPHANIE LUNA
News Writing Student

As many as 300 dancers could be moving to the beat of Latin music at the Zumba event on campus from 3 to 5 p.m. Saturday, Oct. 15, said Jennifer Ball, director of the physical therapy program and one of the event organizers.

She said their goal is to double last year's participant total of 150.

Zumba is a Latin style dance workout that is referred to as "exercise in disguise."

For the second year in a row, the PTA student club will host the Zumba event as a fundraiser, Ball said.

They will have licensed instructors from all over the state teaching the classes in the Recreation and Fitness area of the Aquatics Center.

The event will include the original Zumba as well as Aqua Zumba. Land

Zumba provides more of a lower body workout while Aqua Zumba offers more of an upper body workout, Ball said.

Aqua Zumba participants still do the dances but in slower motion because of the resistance the water provides. Participants for Aqua Zumba will need to bring a swimsuit and towel.

Aqua Zumba benefits everyone but is especially good for people with bad joints, pregnant, or obese, Ball said. Zumba is generally recommended for ages 12 and up.

PTA students will staff the event which is being offered in October in celebration of Physical Therapy Month.

After the cost of the event is paid for, the remaining proceeds will be donated to the Rylyn Meacham Center in Oklahoma City that provides people with physical therapy after their insurance runs out, Ball said. They also provide physical therapy for patients who have

no insurance.

Rylyn Meacham is a pro bono center, where OCCCPTA students donate their time as a service to the community.

The goal of the Zumba event is to promote active, healthy lifestyles and prevent obesity, Ball said.

Participants can register at the door on the day of the event or online at www.signmeup.com/78409. The cost will be \$20. Only cash will be accepted at the door but participants can use a credit card online.

OCCC offers both Zumba and Aqua Zumba classes on Tuesday and Thursday, instructed by Sandy Price. Aqua Zumba is at 11 a.m. at the pool on those days and land Zumba is at noon in the aerobics room.

For more information, contact Jennifer Ball at jbhall@occc.edu, or 405-682-1611, ext. 7305. A waiver must be signed to participate.

SPORTS

Having Fun

OCCC Pathways Middle College High School student Joey Wash, 15, hits the volleyball during a game with classmates Sept. 28 in the Sports and Recreation area.



RACHEL MORRISON/
PIONEER

UPCOMING
INTRAMURALS
EVENTS

Aug. 23 - Oct. 19: Registration for O-Trip 3-on-3 Basketball Tournament takes place Oct. 28. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

Oct. 15: The Student Physical Therapist Assistants Program will be sponsoring a Zumbathon to benefit National Physical Therapy Month. Land and Aqua Zumba will be offered. For more information, contact Jennifer Ball at 405-682-1611, ext. 7305.

Oct. 18: OCCC will be sponsoring the Senior State Games. A series of activities that senior citizens in the community may take part in. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

All event news is due Monday by 5 p.m. for inclusion in the next issue. Email sportswriter@occc.edu.

SPORTS | FLAG FOOTBALL TEAMS BATTLE TO THE BITTER END

Smash Brothers score big in intramural flag football

BRANDON RASHAD WILLIS
News Writing Student

An offensive shootout between the Ballers and the Smash Brothers marked the intramural 8-on-8 flag football game on campus Sept. 30. The Smash Brothers came out on top 42-36, scoring the winning touchdown in the final 40 seconds of the game.

At first there was a little confusion on who would be on whose team because of a shortage of players on both sides. As a result, Eric Watson, Recreation and Sports specialist, allowed them to play 7-on-7.

The Smash Brothers started out the game strong with the second play of the game being a beautiful deep connection between quarterback Victor Quezada and receiver Will Crome for the touchdown.

The Ballers tried to answer the Smash Brothers quick

score with a long ball toward the end zone but it was picked off by Crome.

Smash Brothers capitalized on their opponent's mistake as Quezada and Crome hooked up for another touchdown as Crome added a celebration dance afterwards. Smash Brothers took a 14-0 lead after the 2-point conversion.

The Smash Brothers would cap off their dominance in the first half with two more touchdowns plus the two-point conversion to make the score 30-12 at the end of the first half.

The official shootout began in the second half. After scoring again to make it 36-12, the Smash Brothers would struggle for the rest of the half because of the Ballers' defense becoming more sophisticated.

"We played way too conservative and by that time, we were just ready to get the game over with," Quezada

said.

The second half was owned by the Ballers who did whatever they had to do to get first downs, either by running or through the air.

The Ballers quickly set the tone with a "take whatever the defense gives you" attitude that created scoring opportunities. The Ballers quickly made a game out of it with the score knotted up at 36-36.

With the momentum completely shifted in the Ballers' favor, the Smash Brothers struggled to pick up any yardage.

This caused the Ballers to get the ball for one more chance at the lead.

Unfortunately for the Ballers, they could not convert on fourth down in the red zone which would be their final possession of the game.


With 40 seconds left on the clock, Quezada was cool as he drove his team down the

field with situational running and strategically brilliant timeouts.

With less than 10 seconds left in the game, Quezada found Sean Roberts for the game-winning touchdown in the back of the end zone, in a play reminiscent of a high-

light found on ESPN Sportcenter's Top 10 plays of the week.

The Ballers showed great effort in the second half but the Smash Brothers' play-making ability down the stretch was the deciding factor.



Assessments 10 & 24 Hour ADSAC "DUI SCHOOL"

DUI, DWI, APC or Drug Arrest
-Court & Drivers License Requirements-


10-Hour Class-
Oct. 14, 15 & 16 F 5:30-8:45p, S/S 8:30a-12
OR Oct. 17, 18 & 19 M/T/W 5:30-8:45pm
24-Hour Class- Start anytime, call for times

Assessments- Call for appointment

NW OKC, 3160 N. Portland

Call: 94-DRIVE (943-7483)

AT&E, INC.: check us out at www.okduischool.com



Fritz: Man studied law behind bars to fight injustice

Continued from page 1

tions.

Along with Ron Williamson, Fritz was charged in May 1987 with first-degree capital murder in the December 1982 rape and death of a waitress in Ada. He said the evidence was plagued by a botched police investigation, false information and insufficient forensic science.

Fritz was convicted of the crime in April 1988. One juror's vote spared him from the death penalty. Williams wasn't so lucky. In the midst of severe mental illness, he learned he had been sentenced to death.

"I could never imagine what Ronnie went through," Fritz said in a telephone interview.

Upon incarceration, Fritz soon realized the difficulty of prison life.

Fritz said he began working in the prison's law library in order to fight the miscarriage of justice and reclaim his freedom. Another inmate told him about an organization and its mission to free innocent people through DNA testing. Fritz sought help from the Innocence Project to overturn his conviction.

After spending more than 11 years in prison, Fritz had exhausted all of his legal appeals. At that time, Williamson

was five days away from execution. The Innocence Project accepted their cases and succeeded in exonerating both men in April 1999 through DNA technology which also revealed the identity of the true killer.

Fritz and Williamson subsequently sued and won an undisclosed settlement against the state of Oklahoma and city of Ada. Williamson died in 2004.

Through it all Fritz relied upon his faith and family to sustain him. He now works with the Midwestern Innocence Project in order to support reform to a legal system that failed him.

Attorney and author John Grisham also wrote about the case in his first non-fiction bestseller, "The Innocent Man," published in 2006.

The Innocence Project reports 273 post-conviction DNA exonerations in America with 18 cases in Oklahoma.

Fritz opposes the death penalty and worries about the current criminal justice system.

"The Troy Davis deal is a real setback," Fritz said, referring to last month's execution of Davis in Georgia after the U.S. Supreme Court denied his last appeal. "Seven out of eight witnesses recanted."

Davis insisted he was an innocent

man and never altered his declaration.

This also is the first year of a local school's foray into the innocence movement. The Oklahoma City University School of Law established the state's first innocence project clinic this fall.

Innocence Project Director Tiffany Murphy said there already are cases in the project.

"Dennis is an amazing man to survive and prosper after such a horrific injustice," Murphy said in a telephone interview. "His spirit and courage are commendable."

Fritz's appearance coincides with the celebration of Humanities Week and the Keith Leftwich Memorial Library's "The Big Read," a program designed to promote reading and related discussion sponsored by the National Endowment for the Arts.

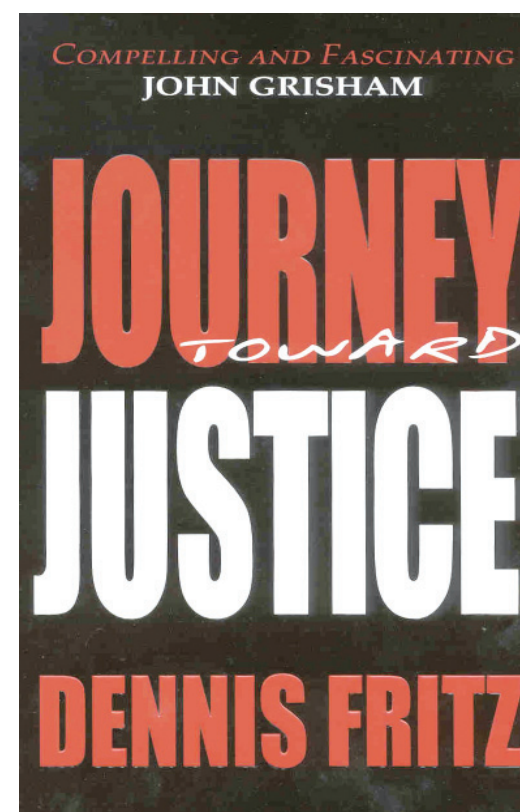
This year's selection is "A Lesson Before Dying" by Ernest J. Gaines. The story is about a man who is wrongfully convicted of murder and sentenced to death.

For more information about "The Big Read," visit www.neabigread.org. For more information about The Innocence Project, visit www.innocenceproject.org.

“ [Fritz] is an amazing man to survive and prosper after such a horrific injustice. His spirit and courage are commendable.”

—TIFFANY MURPHY

INNOCENCE PROJECT DIRECTOR



**WE WILL BE GIVING ONE LUCKY CUSTOMER AN IPAD 2 ON
OCTOBER 15TH AT 1:55P.M.**

**ENTER AT 1604 W I-240 SERVICE ROAD
SE CORNER (BEHIND STARBUCKS)
MUST BE PRESENT TO WIN**

ADDITIONAL ENTRIES AT: www.facebook.com/mediahubokc



WE BUY ELECTRONICS FOR CASH.

LAPTOPS, APPLE PRODUCTS, DESKTOPS,

T-MOBILE AND AT&T CELL PHONES

WE PAY CASH FOR YOUR USED ELECTRONICS

**Iphone 3G 8GB \$100
Iphone 3GS 8GB \$130**

**IPAD 1 16GB WiFi \$325
IPAD 2 16GB WiFi \$400**

**Mytouch 4G Slide \$325
Sensation 4G \$300**

CAMPUS COMMUNITY

The courtyard has many uses

Students Courtney Deskin, pre-med student, and Katie Harrell, undecided, enjoy the OCCC courtyard located in the center of the main building. The courtyard is a popular spot to hang out, study, exercise and eat.



RACHEL MORRISON/PIONEER

COMMUNITY | Novelist, poet to speak Oct. 13

Native writers to visit OCCC

MICHELLE BORROR
News Writing Student

Two Native American writers will speak at 6 p.m. Thursday, Oct. 13, in the Bruce Owen Theater as part of Humanities Week. The event is free and open to the public.

Osage author Charles H. Red Corn wrote the novel "A Pipe for February," which is being taught this semester in English Professor Michael Snyder's Native American Literature class.

Phillip Carroll Morgan, of Choctaw-Chickasaw descent, wrote a collection of poems called "The Fork-in-the-Road Indian Poetry Store," which won the Native Writers Circle of the Americas First Book Award for Poetry in 2002.

Both authors were invited to speak by Snyder, who said he first met Red Corn at the "I lo'n shka" dances that take place in June in Gray Horse in Osage County.

Red Corn will be visiting Snyder's class on Wednesday morning, Oct. 12, to talk about his novel.

Red Corn graduated from Oklahoma College of Liberal Arts with a bachelor's degree in psychology and earned a master's degree in education from Penn State.

"A Pipe for February" was published by the University of Oklahoma Press in 2002. It covers a time in the 1920s when the Osage of Oklahoma became the wealthiest of the Native American tribes in the U. S. because of commercial oil and mineral leases to their land.

"It tells the story of the two sides of having oil wealth," Red Corn said.

"One side was very good and allowed the Osage to have access to a life they didn't before, but also there was a danger when criminal elements got involved."

Snyder called this a story of transition.

"They were moving from a tribal, traditional life to a Western, Christianized lifestyle," Snyder said. "It was sort of an end of an era for the Osage."

The book is fiction and there has also been talk of a movie based on the book, but the story is based on fact, Red Corn said.

"I've written a screenplay," Red Corn said.

"It's exciting. I've never done it before and it's a very interesting process."

Red Corn currently lives in Norman with his wife and is a contributor to the Osage News.

Morgan writes for the Chickasaw Press, as part of the Chickasaw Nation Division of History and Culture, and is a guitarist and song writer. He earned a doctorate in Native American literature from the University of Oklahoma.

His work "Chickasaw Renaissance" details with the experiences of the Chickasaw Nation after Oklahoma achieved statehood and the tribe subsequently lost the rights to tribal lands, through the following decades of rebuilding their government and nation.

Morgan co-authored "Dynamic Chickasaw Women," a biographical account of women in Chickasaw history, and has contributed to "Reasoning Together: The Native Critics Collective."

Morgan lives on his family's farm in the Chickasaw Nation.

Faculty members will read work at the beginning of the night to prepare the stage for Morgan and Red Corn.

The event, which has the theme "Seeing with the Heart's eye," is expected to last until 8 p.m.

CAMPUS HIGHLIGHTS

Brown Bag: Insurance Basics

The office of Student Life will be sponsoring a lecture on the basics of Insurance at noon on Monday, Oct. 10, in CU1. For more information contact Student Life at 405-682-7523.

TRiO Open Orientations

The TRiO Student Support Services will host orientations for members and non-members alike at 5:30 p.m. Monday, Oct. 10, and 9:30 a.m. Wednesday, Oct. 12, in CU1. For more information, contact the TRiO office at 405-682-7865.

Humanities Fair

As part of Humanities week, student organizations, Arts and Humanities professors and students will have displays from 11:30 a.m. to 1:30 p.m. on Tuesday, Oct. 11 in the General Dining Area. For more information contact Student Life at 405-682-7523.

Biotech Club presents: Summer Research

OCCC Student Meagan Anderson will be sharing her experiences working as a research intern in the botany lab at the University of Oklahoma. Her presentation will be at 11 a.m. on Wednesday, Oct. 12, in the Biotech lab, room 1C7 of the SEM. For more information contact Fabiola Janiak-Spens at ext. 7414.

Frame Creations

Student Life will be hosting a crafts table from 11 a.m. to 2 p.m. on Thursday, Oct. 13, in the General Dining Area. For more information contact Student Life at 405-682-7523.

Spring 2012 Tuition Waivers

Tuition Fee Waiver applications for the Spring 2012 semester are now available in the Financial Aid Office. Completed applications must be submitted before 5 p.m. on Nov. 20. For more information, call Student Financial Support Services at 405-682-7525.

All Highlights are due Tuesday by 5 p.m. for inclusion in the next issue.

Highlight forms can be picked up in the Pioneer office, located in 1F2 of the AH building, just inside Entry 2.

OCCC 

STUDENT EMPLOYMENT AND CAREER SERVICES

OPTIMAL RESUME

www.occc.optimalresume.com

Students' access ID is their OCCC email address
example > john.t.doe@email.occc.edu

Resumes Cover Letters Interview Skills

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: 1994 Mazda Protege', over 200,000 miles, but very well maintained, good a/c. Standard. Priced to sell. Call: 405-840-5334.

CAR FOR SALE: 2004, VW Beetle, GLS. Two door, power windows, locks and steering. Leather interior. Sun roof. Cruise control. 71K miles. Excellent condition inside and out. Gets great gas mileage. \$9,995./OBO. Call: 405-863-4195.

CHILD CARE

NEED HIGH QUALITY CHILD CARE ON CAMPUS WHILE YOU ATTEND CLASSES AT OCCC?
For more information contact:
Dr. Barb Carter at the OCCC CDCLS.
405-682-7561

FURNITURE

FOR SALE: Entertainment center/bookshelf/TV stand has multiple uses for books, photos, etc. Maple color engineered lumber. \$50. Email: 4allmypets@gmail.com for photo.

READ THE PIONEER ONLINE FOR ALL THE LATEST IN CAMPUS NEWS!
www.occc.edu/pioneer

RESEARCH VOLUNTEERS NEEDED
Researchers at OU Health Science Center need healthy volunteers ages 18 to 30, who have a parent with, or without a history of an alcohol or drug problem. Qualified participants will be compensated for their time.
Call (405) 456-4303 to learn more about the study and to see if you qualify.

FOR SALE: Pecan, Baldwin, upright electric piano. Great sound. Call: 405-840-5334.

FOR SALE: Beige, bomber-jacket leather sofa. Good condition. \$75 or best offer. Call: 405-532-4872.

MISCELLANEOUS

SUBLET AVAILABLE FOR OCTOBER: Female to share with 3 other friendly, clean, non-smoking girls in a 4 bedroom, 4 bath apartment. Rent is \$369 per month, all bills included. Campus Lodge Apartments in Norman. Call for more information: 405-368-5886.

FOR RENT

FOR RENT: Nice bedroom in a house with other students. \$380 per month with all bills paid, including internet. Located in good neighborhood near 104th and Western. \$100 deposit. No pets or indoor smoking. Call: 405-794-9999.

DO YOU ENJOY WRITING STORIES? ARE YOU A POET? IS PAINTING YOUR PASSION? CAN YOU CAPTURE LIFE ON FILM?
Why not submit your entry to the OCCC Absolute literary anthology for possible publication?
Applications are available on the table outside the Arts and Humanities Division office.

TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Letterhead feature
- 5 Use a rink
- 10 Lodges
- 14 Leave out
- 15 Dark
- 18 Condo alternative
- 17 Fresh
- 18 — of the ball
- 19 Tiny bit
- 20 Approve
- 22 Scout
- 24 Barnyard sound
- 25 Nothing
- 26 DiCaprio movie
- 30 Natural gifts
- 34 Soon
- 35 Tag
- 37 Achy
- 38 "— overboard!"
- 39 Tear
- 40 Glamour wrap
- 41 Oklahoma city
- 43 Combread cakes
- 45 Type of pudding
- 46 Acoustical measure
- 48 Holes for shoelaces
- 50 Rower's need
- 51 Extinct bird
- 52 Fedora's place
- 56 Not well-known

DOWN

- 1 Stride along
- 2 Portent
- 3 Encircle
- 4 Hassock
- 5 Farmer's concern
- 6 Type of jerk
- 7 Everything
- 8 Lean
- 9 Timeless
- 10 Winter sights
- 11 Cozy corner
- 12 Observe
- 13 Practice boxing
- 21 Reagan's nickname
- 23 Foal ill
- 26 Domesticated
- 27 Silly
- 28 Gin and —

PREVIOUS PUZZLE SOLVED

SWAM	HOOPS	YOYO
KATE	RODIE	IRON
IGOR	CIDER	PERU
PENGUINS	APPLES	
EFT	AGEE	
MONROE	CLIENTS	
AMASS	SARI	YEA
CAR	CAMEO	LAB
ANG	OTIS	PROSE
WISEGUY	WIENER	
PURR	ANY	
HERONS	ORIENTAL	
AVOC	INPUT	ARGO
LEAH	NOISE	ROUT
ERRS	GREED	DYES

© 1995, United Feature Syndicate

BUY RECYCLED.

AND SAVE.

Thanks to you, all sorts of everyday products are being made from recycled materials. But to keep recycling working, you need to buy those products. For a free brochure, call 1-800-CALL-EDF.

Ad Council A Public Service of This Publication **SEPA** **ENVIRONMENTAL DEFENSE FUND EDF**

30 PERCENT OF STUDENTS REPORT TROUBLE FUNCTIONING

Depression common among college students

CASEY R. AKARD

Videographer

onlinewriter@occc.edu

While some may be leery to utter the word, the fact remains that depression affects a large group of college students.

Researchers from the American Psychological Association say depression is more common in college students than it was even a decade ago.

According to the National Institute of Mental Health (NIMH), nearly 30 percent of college students reported trouble functioning due to a clinically diagnosed case of depression.

In addition, more than 6 percent seriously contemplated suicide.

To combat depression, one must recognize the symptoms of depression.

Losing interest in things

you once enjoyed, feelings of sadness or anxiety, distancing yourself from friends, and being irritable are all symptoms of depression.

The NIMH states, among many things, depression can affect academic performances.

Depression is a familiar word for business major Shawna McDaniel.

"My second year in college I went into a big depression," McDaniel said. "I had to drop out of school."

Although the manifestation of depression is sometimes unclear, academic pressures and life transitions seem to be a commonality among college students suffering from depression.

Student Support Services counselor Jenna Howard says depression can occur for multiple reasons.

"Sometimes it's a biological

issue, such as hormones; sometimes it's maybe relationships aren't working well or there is a conflict; or sometimes it's constant negative thinking about oneself."

McDaniel remembers these all too well.

"I think it was from the stress of college life, being on my own, having a lot of stuff on my plate, and other things."

McDaniel recommends using Student Support Services, located on the first floor of the Main Building, if students think they are experiencing signs of depression.

"It's a great tool for anyone who thinks they are in a depression."

"That's why they are there. And it's free."

Effective treatment for depression is available on campus, free of charge, for individuals seeking help.

Student Support Services offers confidential counseling to students. As licensed therapists, they treat depression, loneliness, anxiety, eating problems, abuse issues and conflict management.

The American Psychiatric Association noted that the onset of many mental health conditions is the typical college age range of 18 to 24 years old.

If left untreated, depression can last a long time, and can also become increasingly worse.

According to the American Psychiatric Association, approximately 1,100 college students commit suicide each

year.

Howard said a good safeguard to battle depression is having a strong social support group.

"I think when people isolate themselves, they can become more susceptible to depression."

Individuals interested in a mental health screening can do so through Student Support Services at the OCCC website.

Student Support Services is located in the main building and open Monday through Thursday, 8 a.m. to 8 p.m., and Friday from 8 a.m. to 5 p.m..

For more information call 405-682-7520.

ICU nurse teaches at OCCC

SARAH MUKIRI

News Writing Student

Professor Kajal Pandya left Missouri to join the OCCC nursing faculty in August.

She will be teaching in a specialized accelerated nursing program open only to applicants who already have earned a bachelor's degree in another field. It is called the Bachelors to Associate Degree Nurse Accelerated Pathway or BADNAP, for short.

Pandya moved to Oklahoma City from Springfield, Mo. She has a bachelor's degree in nursing from the University of Missouri in St. Louis and another bachelor's degree in biology from the University of Missouri in Columbia.

She has practiced as a registered nurse for three years. Although Pandya no teaching experience at a university or college before she came to OCCC, she said she had worked as a patient educator



Kajal Pandya

in a hospital setting.

She is also an intensive care unit nurse and continues to work part time at the Great Plains Regional Medical Center in Elk City, OK.

She said she is excited to be at OCCC.

"I have made so many friends already," Pandya said. "The students are very helpful and my colleagues have made me feel so welcome. I am happy to be here."

Pandya is currently pursuing

a master's degree in nursing for a family nurse practitioner from the University of Southern Indiana.

She got married last summer to her long time sweetheart, Premal Vora, who also lives in Elk City. He is a professional engineer who works in the field of renewable energy.

Pandya said her interest in the nursing field was sparked by the shortage of highly trained professional nurses.

"My advice to those aspiring to be nurses is that it is a very rewarding field," she said.

"It may take you some time to find your niche from the many areas there are to work in, in the field of nursing, but you will find the area that you love."

The need to fill in this gap prompted her to pursue teaching in the field, she said.

"When you're a nurse, you know that every day you will touch a life or a life will touch yours."



"LEARN HOW TO APPLY FOR STUDENT
JOBS ON-CAMPUS!"



OKLAHOMA CITY COMMUNITY COLLEGE

For more information, please contact Employment and Career Services (MB, 1st Floor) 405.682.7519