

PIONEER

PIONEER ONLINE

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EDITORIAL

BRING OUR TROOPS HOME NOW

Editor Jeremy Cloud makes his case for why the Obama Administration needs to bring American troops home sooner, rather than later.

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CAMPUS LIFE

LEARNING NATURE'S LANGUAGE

OCCC's English as a Second Language students took a class trip to observe and learn about nature. Read on to find out what they brought back with them.

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SPORTS

SWIMMERS SUMMONED TO COLLEGE

Ten high school swim teams will compete Nov. 12 in OCCC's Aquatic Center. Continue reading to learn which teams will compete.

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CAMPUS LIFE

LEADERSHIP LEARNS HOW TO DIFFUSE

OCCC's Leadership Council was recently trained on how to intervene in stressful situations. Turn the page to learn more.

COMMUNITY, p. 10

OCTOBER 14, 2011

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COVERING OCCC SINCE 1978

Enroll now for spring

Advisement encourages students to enroll online

SARAH HUSSAIN

Staff Writer

staffwriter3@occc.edu

As the fall semester continues, planning for the spring semester is on students' minds. Current students were able to begin enrolling for the spring semester Oct. 10. New students will be able to enroll in classes beginning Oct. 17.

Mary Ann Bodine, Academic Advising assistant director, said students should begin enrolling as soon as possible to ensure they get necessary classes.

The Academic Advising office stays open for extended hours in January for any late comers and enrolling can be done in either the office or online up until the first week of classes which start Jan. 17.

Students may still be able to enroll into classes after the first week of the semester, but faculty approval must be met first, "We strongly discourage students to wait that long," Bodine said.

Berenece Mendz, graphic communications major, was unaware of the early enrollment dates.

"This is my first semester at OCCC," Mendz said. "I'm just trying to figure out the rest of the fall semester before enrolling for the spring."

Registrar Alan Stringfellow gave insight on the registration and enrollment process.

"I would strongly suggest that a student attempt to use the online option to enroll," Stringfellow said.

Stringfellow said the online option allows students to enroll late into the night if they need to.

"As you know, many students aren't getting home until late at night anyway because of going to school

See **ENROLL** page 9

Going solo



RACHEL MORRISON/PIONEER

Music major Victoria Hazbon performs a solo on stage Oct. 7 during Music Professor Michael Boyle's Jazz Ensemble concert in the Bruce Owen Theater. Hazbon sang "Body and Soul" by Diana Krall and "Rehab" by Amy Winehouse.

PROGRAM DIRECTOR SAYS COLLEGE WANTS BIG PRODUCTIONS

'Girls Night' musical coming here

JEREMY CLOUD

Editor

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The off-Broadway play "Girl's Night: The Musical" will be making a two-week run in OCCC's Bruce Owen Theater, said Lemuel Bardeguez, cultural programs director.

The play follows three women as they spend the night at a karaoke bar, Bardeguez said.

"What's happening is one of

their friends passed on, and her daughter just got married. So, they're out celebrating this occasion for their friend," he said.

The play focuses heavily on themes that appeal to women, with women's anthems, including "I Will Survive," and "We Are Family," he said.

The actresses perform the songs live, according the production's press release. The play got its start when Louise Rouche, the playwright, went

out with friends to see a musical.

Rouche said she looked around at the audience, realized they were mostly women, and said, "I could do this ... I could write a show that lots of women will enjoy watching."

Bardeguez said the decision to bring in a larger production is twofold.

"On the one hand, we want to

See **NIGHT** page 9

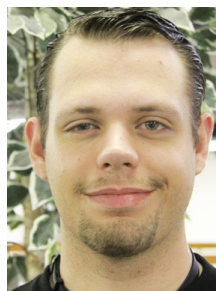
OPINION

EDITORIAL | U.S. military presence in the Middle East has had its consequences

Costly decade of war must end

America marked 10 years at war Oct. 7, 2011. Some 6,279 soldiers have died since the war was declared in 2001. Another 46,162 soldiers have been wounded.

Why are we still fighting?



Jeremy Cloud

On Sept. 11, 2001, a series of terrorist attacks destroyed the Twin Towers in New York, attempted to destroy the Pentagon, and led to a group of courageous airline passengers' deaths when they brought down their plane rather than allow terrorists to fly it to its target, which is still unknown.

President George W. Bush responded by declaring war

on Afghanistan.

That bears repeating: In retaliation for a terrorist attack, the president declared war on a sovereign nation that he suspected to be harboring terrorists.

Two years later, President Bush declared war on Iraq based on faulty evidence that Saddam Hussein

possessed nuclear weapons.

Finally, while Congress allowed the president the authority to pursue terrorists in Afghanistan, and gave its approval for the Iraq War, Congress never approved an outright war in Afghanistan, and was led to believe Iraq posed a nuclear threat.

In short, America's longest war has been costly, unsuccessful and an utter crapshoot across the board.

And we're still fighting! In a war that can't be won, for goals that are unachievable, our soldiers are dying.

Through a deep recession, and heading toward another, the military budget is as high as it's ever been, and growing.

The time has come to end the operations over seas and bring the soldiers home.

Not "reduce to a police force."

Not "gradually withdraw."

Leave.

It's time to admit that "terrorism" is not an opponent that can be fought head to head, that there can be no line in the sand to cross and declare victory.

It's time to pull back and rebuild the country our



GREG HOLKAN/GREGHOLKAN.COM

soldiers have died to defend — and time to let our country heal from a decade long bloodbath.

It's time to honor the memories of those who died in the Sept. 11 attacks with something more than death, pointless war, and a generation that has never known peace.

—JEREMY CLOUD
EDITOR

Online Editor | People should abide by 'The Golden Rule' and think before posting hurtful comments online

Cyber-bullying on Facebook is not taken lightly

To the editor:

No matter your religion, political affiliation, gender, taste in music, or whatever other silly criteria you use to separate yourself from the general populace, I'm willing to bet you have heard this gem: do unto others as you would have them do to you. That is the golden rule, and according to British philosopher Simon Blackburn, it can be found "in some form, in almost every ethical tradition."

If that's true, why does it seem that people have forgotten the meaning?

I was absolutely ecstatic to attend a news conference this week with some fellow media-minded co-workers and friends. However, that elation faded fast after a guest speaker took a poorly timed photo that included yours truly as I helped myself to some breakfast. As most things do these days, the picture made its way to Facebook, and not 10 minutes later a comment had already been made — by a complete stranger — about how funny it was that the "fat" girl was "stuffing her face."

I like to think that I am pretty good

with my words, but I can tell you right now that no number of them can sum up how embarrassed, humiliated, ugly, and outright worthless I felt after reading one sentence from someone I have never met in my life.

I also like to think that I am not easily wounded. I am lovingly known as a "pit bull" among my friends and co-workers. I never thought that words written by someone over the Internet could hurt so badly — but they did.

Listen up, guys: the golden rule isn't something that stops being relevant

once you hit adulthood. Bullying is not left behind with the monkey bars and plastic slides on the playground. It is a very real tragedy that has driven too many to depression and even suicide.

Physical pain goes away eventually, but emotional scars do not.

Take a second and think before you open your mouth with a hurtful comment. Would you want someone calling you dumb, fat or ugly? I didn't think so.

—WHITNEY KNIGHT
ONLINE EDITOR

OKLAHOMA CITY COMMUNITY COLLEGE
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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.

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COMMENTS AND REVIEWS

Local band gaining recognition

GINNIE ESCOBIDO
Guest Writer

Sept. 23 a local hard rock band by the name of Lock-17 performed on the main stage at Club Raw. The band really knew how to use the theatrical aspect of putting on a good show. The crowd was neither big nor small, but much like every hard rock/metal concert the crowd was on the verge of moshing.

Lock 17 consists of Justin Combs on drums, Craven Harris on lead guitar, Rick Wescott on bass guitar, Rusty Wigham playing rhythm guitar, Erica Foster, electric violinist, and Dewayne Clifton on vocals.

Combs, Harris and Wescott have been playing together for three years. Clifton, the former lead singer of Waiting For Decay, joined the band in 2010 after moving to Oklahoma from California.

"After moving here, I really wanted to get back into the music scene," Clifton said. "My manager started helping me look for a project. He told me of a band in Oklahoma City that was looking for a singer.

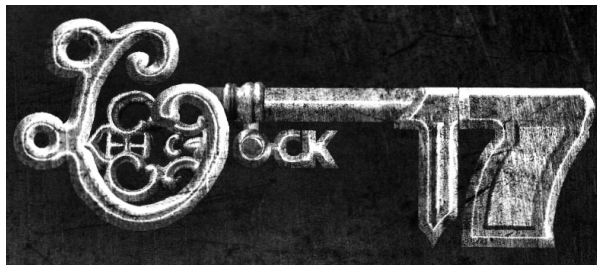
"When I went to meet the guys, I was blown away. They already had 20 songs laid out and the only component that was missing was the lyrics. We instantly hit it off."

Not being the typical "just-starting-out" hard rock band, snail trailing their way to recognition by covering songs other bands have already released, Lock-17 has already recorded and released a music video called Circle and then followed that up with the release of their EP "Release the Monster," all within 2011.

"We've talked about doing covers but none of us were really interested in doing anything like that. We all wanted to write original music," Clifton said.

"All the songs are Lock-17 originals! I have always tried to make each band that I have been in authentic in its own way."

Lock-17 decided to branch out and explore new



COURTESY LOCK-17

roads to enhance their music. Erica Foster, electric violinist, stated she joined the band about a month ago.

"Being in Lock-17 allows me to explore a new avenue to express myself musically. Plus, I am able to be myself," Foster said.

"We had been talking about adding this element in the past, but none of us knew any players that would be a good fit," said Wescott. "We found Erica almost by accident and I don't think we could have asked for a better fit."

Lock-17 is now working on their second music video "Fighting People" and this time they will be producing and shooting it themselves.

Wescott said the band lives for playing shows.

"I love that the music makes people feel good," Wescott said. "I love it when I hear people say things like 'I can't help it...that song makes me smile!'"

"When I do something that makes the hair on my arms stand up, it pumps me with indescribable emotion! That is what I love about L17," Clifton said.

On Nov. 2, Lock-17 will be playing at the Roxy, located at 1164 N MacArthur in Oklahoma City, alongside Left to Die and One Gun Solution, opening up for legendary metal band Anvil. The doors will open at 8 p.m. and the show will start at 8:30 p.m. Tickets are \$12 in advance or \$15 at the door.

"Let's just start by saying WOW! We get a chance to play with Anvil. We are super pumped about the show," Wigham said.

JOB & CAREER POWER

Dear Students,

Have you ever considered applying for a student job on-campus? If so, I invite you to attend a workshop presented by Karen Schmidt, OCCCHuman Resources Specialist, on Tuesday Oct. 18, in College Union II. The workshop will feature two sessions: 11 a.m. to noon and noon to 1:00 p.m., and also include time for questions and answers.

OCCC has approximately 230 student jobs per academic year with a beginning salary of \$8 per hour during the first year of employment followed by \$8.50 per hour the second year of employment. Students enrolled in a least six college credit hours are eligible to apply. The two categories include student and work-study positions.

Work-study positions are available to students who file the Free Application for Federal Student Aid (FAFSA) and receive Work-Study designation. Please visit with the financial aid office to verify this designation. Then, bring the authorization letter to the Student Employment & Career Services office to begin the application process online.

We will assist you with creating your resume, cover letter and the scanning of your transcripts for attachment to the online application site.

Student jobs are a career positive as they provide real-world employment experience and training. The work schedule is flexible and does not interfere with your class schedule and students may work 20 hours per week. Many students also apply for campus jobs that are related to their prospective and future career fields.

Please attend the workshop and/or contact our office for assistance with any job or career questions you may have. We are located in the Main Building, Room 1G7, next to the Student Life office.

—DEBRA VAUGHN
STUDENT EMPLOYMENT & CAREER
SERVICES DIRECTOR

WEB REVIEW | Facebook beta application records history based on birth dates

"Timeline" not popular for users

With recent changes to the layout and appearance of Facebook, the empire of creator Mark Zuckerberg has upset many users. That, however, does not prevent the company from rolling out new features to the website at the whim of their CEO.

One such feature open beta for developers is "Timeline."

Timeline, according to Facebook's blog, is trying to be a "digital scrapbook for your life," and will replace your profile if you opt-in once it rolls out.

This feature may be frightening for some because it takes things that already exist online and orders them all in one place, in chronological order

of when they happened. These things are all of the activities related to a user, every "Like," every game, every app, every post, every picture added and every picture tagged in order.

That's not all. The starting place for users' timelines is not each user's join date, that the day of that user's birth.

Now, I was born before the Internet became more than a collection of military and university computers talking over phone lines, so when I saw this I clicked between my birth and join date and discovered a function I might have missed. Timeline allows you to add events to it that occurred when Facebook wasn't around to catch it.

Excuse me while I run off to put on a tin foil hat. So now we have an all-pervasive "big brother" we willingly report to, that allows us, or anyone really, to fill in details that existed before it did. We also can have a one-stop spot for a report of our complete personal history. Is this a good thing?

I digress. Technically, in my testing, I have not had any problems with the feature. From a design perspective it is cleanly laid out, easy to navigate and more appealing to the eye than anything Facebook has designed thus far.

Aside from the things that make my

inner conspiracy nut stand up, my only problem with the feature is it is not out for the general public yet.

One reason for the delay is, according to Tech Crunch's website, Facebook is being sued by timelines.com which says the new feature would "completely kill" its business.

So, all-in-all, this is a creepy feature that is so darned beautiful it begs to be used, but is being held up in litigation.

Rating: C

—MICHAEL WORMLEY
COMMUNITY WRITER

VIDEO GAME REVIEW | Newest 'Red Faction' game great stress relief

Players herald destruction in 'Armageddon'

"Red Faction Armageddon" is the newest game in the "Red Faction" series, but a lot of people don't think it does the series justice. I would have to agree on some parts.

Some of the older games were sandbox style, which is to say, you can go on a killing spree in the game and progress with the story. Basically, you can do anything you please.

This time, the game is much more linear. There's no more free roaming action and, while you can explore the map you are on, you can't backtrack.

The shooting aspect of the game isn't too terribly bad for a third-person shooter. The story itself is pretty good as well.

The graphics are amazing, though sometimes the game engine itself can cause problems.

The enemies in the game are masterfully rendered, and the sounds let you know if something is coming behind you, though at times it seems like you don't have any time to do anything about it.

The environment is also done very well. And now, on to the destruction.

Many games let you blow up a lot of things, usually cars and little things along the side of the road, but have more of a story involved, or less, depending on the game.

With "Red Faction: Armageddon," meaningless destruction is a way of life.

The best way to get money in "Armageddon" is to destroy buildings and generators. As a plus, you can rebuild almost everything you destroy



with the nano-forge.

The nano-forge is a wrist-mounted factory that shoots out nanites — tiny machines that will repair any man-made construct you have destroyed — though it doesn't work on buildings that have been infested by aliens.

There's even a game mode that focuses on completely destroying everything around you as fast and as spectacularly as possible, with a point-based system to track your childlike ability to wreck anything and everything around with no regard to ammunition.

Needless to say, that's a lot of fun, and there are six stages for you to smash to your heart's content.

The problem that the engine faces with dealing with the destruction is that sometimes something you've rebuilt will start to fall apart if something moves on it.

I had rebuilt a bridge then bumped a crate, which made the panel I was standing on disappear, which in turn made me die.

That tends to get annoying at times, I must admit. Other times, even if you destroy a man-made structure, you can't

rebuild it, because it starts to fall apart immediately.

Other than the destructible landscapes, there's actually a story involving aliens, cultists and angry colonists.

The basic story is that you are trying to stop some cultists from destroying the terraformer that keeps the surface of the planet from becoming a stormy wasteland.

Unfortunately, they succeed in their mission, which sends the entire population of Mars underground, with short stints on the surface for mining operations.

Sometime later, protagonist Mason gets tricked into breaking a seal in a temple, which releases a whole mess of aliens. Aliens that want you on a platter.

The aliens range from simply annoying to devastating in their power, and the game gets difficult at times, even on normal difficulty, and sometimes the autosave function will screw you over in ways that should be illegal.

One time I had to go into a boss fight where I could only take a single hit before I died, and that's not easy at all.

Aside from that, you

have the ability to augment your prowess in battle by paying money, called salvage.

One of my favorite examples of said upgrades is Berserk.

Your weapon damage and accuracy go way up, and if you take Berserk further, your nanites simply make ammo for you to waste during the time that you've gone completely crazy.

Another one that you will be sure to get is called Autopsy, which gives you money every time you kill anything, even though the amount is nearly negligible at two to four salvage per enemy on average, so you still have to go around and destroy things.

As for the weapons, the lineup is fairly imaginative. Your melee weapon of choice is a motorized sledgehammer called the maul that lets you destroy any building with ease, and it even works on enemies.

If you don't want to look at a body while you're wrecking the town, use the maul, hit the corpse with it, and it suddenly disappears in a red spray. I want one of those hammers.

Overall, the game is really fun even if it is

fairly short. However, if you spend enough time breaking stuff, it will last for weeks because, there's just that much destructible stuff in the game.

The boss fights are pretty harrowing as well, especially the last boss in the game, though defeating it doesn't mean it's the actual end.

It just takes you in one big freaking loop to the very spot you started the game in, but this time to fix things.

As for the multiplayer, there is no player versus player mode, but there is an infestation mode, where you have to survive as long as you can against hordes of aliens, and you have to get ammo packs from the ground as you

normally would through the game, though you get to choose from any weapon in the game once you unlock them in the main story.

I would recommend the game purely for stress relief, though sometimes it will make you angry just because it can just be that hard.

That being said, beating the game even once will give you the most hilarious weapon ever: Mr. Toots. Think Ace Ventura. Seriously.

I liked it, and I even paid the \$5 for ruin mode even though it's a rental. The game is totally worth it.

Rating: A+

—ROBERT BOLTON
ONLINE WRITER



— CAREER TRAINING. MONEY FOR COLLEGE. —

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TRAINING PREPARES STUDENTS FOR A CAREER

Students gain emergency experience at OCCC

MACKENZIE MANN
News Writing Student

The ambulance in the Health Professions hallway is not just for show. It's also for training students in emergency medical sciences, said Professor Brent Stafford.

The program has been using an ambulance "since the dawn of time" or when the program started in the 1970s.

However, this is the first time the ambulance has been indoors, Stafford said.

"The previous ones were outdoors but they ran," he said.

"So we actually moved them around. Students got to drive them and work in them, as they were moving."

Due to liability and other concerns, plus larger class sizes, the ambulance is now conveniently inside the hallway, Stafford said.

The ambulance is used in exercises to help students practice real life simulations.

The students dress in uniforms and use everything they might use in a medical emergency.

"It provides that lifelike effect," Stafford said.

"If you just have a classroom and a laboratory, it doesn't put it in the right perspective.

"When you put them in the ambulance, it gives them a feel of what it is really like out there."

Recently in Stafford's Begin-

ner EMS class, each student took turns being the lead paramedic.

Students were given different scenarios to manage, including a man in cardiac arrest and a man who had possibly overdosed on drugs.

The student used the skills they had acquired to assess and handle the situation as they would in real life.

It was helpful, one student said.

"I think by doing the group ambulance exercises, students are allowed to experience an emergency situation first-hand and run through all possible scenarios we could encounter in the field," student Symbre Allen said.

"We learn basic operation of a standard ambulance, features of two different types of patient cots, and how to safely transport a patient in a high-stress situation."

During these exercises students used the ambulance to practice loading and unloading the patient.

Unfortunately students couldn't actually practice operating the ambulance because it has no electricity.

EMS Professor Shawn Ballard said this is a challenge.

"We are working in it to make the ambulance more functional for the students," Ballard said.

Even without electricity, the ambulance still seemed to offer



RACHEL MORRISON/PIONEER

Instructor Megan Pfeiffer shows EMS major Jason Fisher how to properly transfer fellow EMS major Jessica Leal onto a stretcher as part of training on Sept. 29. EMS students also learned how to load a stretcher onto the ambulance located in the hallway of the Health Sciences building.

“These practice scenarios allow us to be better trained,”

—Symbre Allen
Health Professions Student

great practice for the students.

Once the patient-simulator dummy was inside the vehicle, the students gave it CRP for about the amount of time it would have taken to get to a hospital.

During this time, as they would in a real situation, the lead paramedic used the radio to call dispatch to let them know they were in route to the hospital.

Then they proceeded to call

the hospital to let them know how far they were and the condition of the patient.

When asked if he thought students were more prepared because of the ambulance training, Stafford said,

"Oh absolutely, there's no doubt about it."

The students agreed.

"These practice scenarios allow us to be better trained, better prepared for clinicals and future job opportunities," Allen said.

Fall break leaves students with possibilities

EMILY SCHORR
Senior Staff Writer
seniorwriter@occc.edu

The OCCC campus will be closed Oct. 20 through 23 for fall break, giving students a mini vacation this semester.

There are a variety of activities to do in the Oklahoma City metro area, but some students plan to venture out of state for their vacations.

Kylee Jones, literature major,

is heading south.

"I am going to Dallas for fall break," Jones said.

"I'm visiting a friend."

One student, Taylor Alldridge, said she's headed to Arkansas for a camping expedition at Eagle Mountain.

Taking a road trip may not be in the cards for everyone. OCCC student Chris Hanna said he is using his time constructively to help others.

"I will be [doing volunteer

work] with an agency that deals with children," Hanna said.

Diana Rivera, nursing major, said she's going to take it easy.

"I will be working, doing homework, and trying to relax," she said.

Many OCCC students like Diane Higley, sociology major, are planning on relaxing and staying in the area.

"I'm just going to relax," Higley said.

"I have no particular plans."

OCCC

STUDENT EMPLOYMENT AND CAREER SERVICES

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Biggest Losers Cahill delivers emotional speech

EVIN MORRISON
News Writing Student

Danny Cahill's dream was to be a musician, but marriage, kids and his weight got in his way. Through hard work, determination and a season on-NBC television's "The Biggest Loser," Cahill lost 239 pounds, 55.8 percent of his body weight, and has rediscovered his love for music.

Cahill spoke Oct. 6 at OCCC's Campus Voices Lecture Series, leading a discussion about following dreams. Cahill was raised in Oklahoma City and was the contestant who lost the most weight in the 8th season of the popular television show in 2009.

Cahill explained his challenge with weight loss. At one point, he weighed 460 pounds. When the show began, Cahill weighed in at 430 pounds. Over a six month period Cahill brought his weight down to 191 pounds. Not only did Cahill lose the weight, but also he has devoted himself to physical activity. He has run in two marathons and is preparing for his third.

Cahill shared his four-point personal philosophy with the crowd of almost 200 attendees. "I am going to teach you to be successful," Cahill said, "Today is the day you get the dream back." Cahill closed the speech with his original song entitled "Second Chances." Cahill wrote the song while on the show; the lyrics are all about not missing out on a second chance. The song was featured on "The Biggest Loser" and the season was titled "Second Chances."

Whether it be losing weight, quitting an addiction like smoking, or being a better role model, Cahill said the process starts with the individual. His motto is "lose your quit," his first step to success.

On his right wrist Cahill wears a black rubber bracelet with those three words written on it. The bracelets were given out before and after the speech as a reminder to never give up. Lose your quit is the first step to achieving your goal, Cahill said.

Step two, lose your regrets. Cahill said this step was very important to achieving his success. Out of all the steps, not worrying about the past seemed to be the most important. While filming the show, Coach Mo comforted Cahill after he lost a challenge. In an attempt to win a the chance to pick his coach and his team, Cahill decided to play a



Danny Cahill

spin-the-wheel game. Cahill spun the wheel hoping to win, but instead the pointer landed on a chocolate cupcake, which he had to eat.

Discouraged, Cahill returned to the line regretting that he had decided to play. Coach Mo saw Cahill's reaction and approached him.

"Danny, some day you are going

to have to be OK with the choices you make," Mo said. Cahill took this advice and began looking towards completing his goal.

"If you have something on your heart holding you down, you have to let it go," Cahill said.

"Lose your lies" was the third piece of advice Cahill offered. During the struggle to lose weight, he found himself making excuses to cover the problem. Cahill said rather than fixing the problem, he would turn his weight into a joke. Cahill knew his goal was to lose weight, but after all the lies he told himself, he never made any progress. When he stopped lying and began being honest about his problem, he made progress.

The last action Cahill said everyone must take in reaching a goal is to find a "why." He stressed how important

“

I am going to teach you to be successful,”

—Danny Cahill
"The Biggest Loser"
Season 8 Contestant

inspiration is. Another lesson Cahill brought back from his coaches on the show was, "If you find your why, you can tolerate any how."

Edgar Garay, an OCCC student who attended the lecture, said he found Cahill's story and advice inspiring.

"The quote he used was 'Never stop starting,'" Garay said. "It helped me; it inspired me to start today."

After the lecture ended Cahill stood off stage to speak one-on-one with the students, faculty and staff that came to see him. The line wrapped around the room, everyone waiting for a chance to meet the man that taught them to: Lose your quit, lose your regret, lose your lies and find your thing, your why.

Former student inspired to change

MACKENZIE MANN
News Writing Student

Last year former OCCC student Lisa Mosley began a weight-loss journey that would change her life. Mosley talked about this journey with a group of students at OCCC on Oct. 6.

Mosley was on campus to introduce her friend Danny Cahill, who lost more than half his body weight during season eight of the television reality show "The Biggest Loser."

His speech topic was "Committing to a Healthier Life."

Mosley's story is equally as interesting and it too involves being a contestant on "The Biggest Loser."

She said the first reality she had to confront was that her weight problem had its origin in her own decisions. She said she told herself: "Lisa, you did this to yourself one bite at a time; every bite counts," as she sat crossed-legged on top of a table.

This was an excerpt from her video diary at the beginning of her journey on the reality show.

The first step in Mosley's journey was as candidate number 800 in a seven-hour line to go before the Biggest Loser panel.

"I think our first test was to stand in line for a long period of time without chairs," Mosley said.

Once she reached the panel, Mosley told them her reason

for wanting to join the show, which was that her 12-year-old daughter had suffered from temporary blindness.

Her daughter had stopped eating or drinking because she didn't want to be fat like her mom, Mosley said.

After receiving fluids the youngster was fine.

Mosley hadn't realized how much her eating habits were actually affecting her family.

"That was heartbreaking because, just as a person in general, you don't think your weight affects anybody but yourself. You think it's my joints, it's my heart, it's my brain, all of it's me that it affects," Mosley said.

After more interviews Mosley was offered a place on the show.

"I was so excited because I was going

to get to change my life," Mosley said. "I was waiting for that external thing to happen to change me internally and this was it."

As Mosley talked about being on the show, she focused more on the emotional and mental aspects of the experience than the physical demands.

"The physical part is a cake walk in comparison to what you go through emotionally and mentally," Mosley said.

Within six months on the show, three months at the ranch and three months at home, Mosley lost a total of 97 pounds.

Now about a year later, Mosley and her family are working hard to live healthy lifestyles.

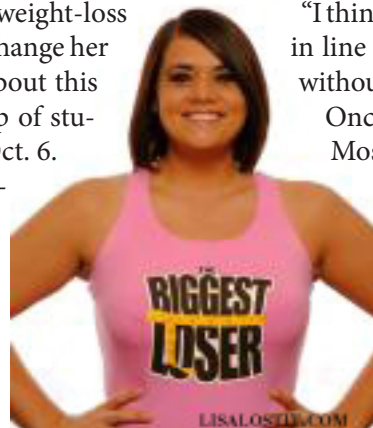
"There are a couple of things I do that save my life every day," Mosley said.

Mosley drinks Body by Vi shakes for breakfast and lunch, eats healthy snacks in-between, practices portion control, stays away from soda and grains, and continues to exercise.

The key to exercising is "find[ing] something you enjoy doing," Mosley said, which she has done.

Mosley leads an exercise boot camp at Irving Middle School in Norman from 5:30 to 6:30 a.m. on Mondays, Wednesdays and Fridays.

Visit her website www.lisalostit.com to sign up for classes.



Lisa Mosley

ENGLISH AS SECOND LANGUAGE PROGRAM EXPLORES LOCAL WILDLIFE REFUGE

Students visit historic Oklahoma mountains

MARK L. SIMPSON
News Writing Student

Nineteen students from 10 different cultures came together in late September when a group of students from OCCC's English as a Second Language program traveled south to the Wichita Mountain Wildlife Refuge to learn about the Oklahoma prairie.

"The students are enrolled in our Bridge class, a college transition course for ESL students who have reached the point of being able to enroll in college courses taught in English," said Lydia Rucker, the Communications Lab ESL coordinator.

Buffalo, longhorn cattle, and the unrelenting prairie heat greeted the blended group of students led by Professor Abra Figueroa, ESL program director.

"We feel it's important for international students to have exposure to the best of what Oklahoma has to offer," said Figueroa, warmly known as Abbie by her students.

"The Wichita Mountains are a beautiful and historic place

where students can see the prairie as it might have looked before our state was settled."

The students enjoyed miles of unobstructed views as they rode to the top of Mount Scott, the tallest mountain in the refuge.

Cameras and smart-phones clicked as students from Asia, Africa and South America huddled together for pictures with Lake Lawtonka and Lake Elmer Thomas providing beautiful panoramic backdrops.

"This place is very beautiful," said Sahar Chavili, an Iranian student in the program. "But the mountains in my country are much taller."

Speaking clearly articulated English with a Middle Eastern accent, Chavili has been in the U.S. for seven years.

She said she feels the Bridge program is a tremendous asset in helping international students learn to speak better English.

The students toured the visitor center where they saw many examples of prairie wildlife and the rugged plains in their natural state, including buffalo, white-tail deer and prairie dogs, along with several species



PHOTOS COURTESY MARK L. SIMPSON

First row (left to right): Quyen Truong, Joy Lee, Elena Collins, Lana Dang, Yanming Brown, Thi-Thanh Le, Stephane Nkolo Balla and Seok Hwang. Second row (left to right): Abbie Figueroa, Sahar Chavili, Areej Yacoub, Sharada Dahal Bhattarai, Sangita Shrestha, Naomi Septier, Tram Le, Rossana Mas, Jungmi Oh, Alex Dao, Mohammed Rakha, Reza Rangbast and Allen Park.

of birds and insects.

A short movie taught the students about the history of the 59,000-acre wildlife refuge, which is now inhabited by approximately 650 buffalo, 280 longhorn cattle, 800 elk, 450 white-tailed deer and many coyotes.

After lunch at a restaurant in nearby Lawton, the students took a short tour of the museum at Fort Sill, led by curator Mark Megehee.

Megehee took the students through the original Army barracks, demonstrating how soldiers of the 7th Cavalry and the famed Buffalo Soldiers of the 10th Cavalry, the Army's first African-American division, lived and fought in the prairie fort against Indian incursions during the Indian Wars of the early 1870s.

"When we visit the exhibits at Fort Sill, we can learn about how the U.S. Cavalry tried to keep peace back in earlier days," Figueroa said.

The students ended their tour of the historic jail with a visit to the original jailhouse that once housed the famous Indian warrior known as Geronimo.

"I feel claustrophobic," said

“The Wichita Mountains are a beautiful and historic place where students can see the prairie as it might have looked before our state was settled.”

—Abra Figueroa
ESL PROGRAM DIRECTOR

Rucker, as she stepped into the tiny, 6-by-8-foot, thick-walled cell that held the Indian chief captive.

Rucker, who also heads the ESL program's conversation groups, was quick to leave the cramped cell through its narrow door.

On the way home the ESL students were happy to discuss how much they enjoyed the trip.

Areej Yacoub, from Palestine in the Middle East, made a connection to a children's book the class is studying.

"I loved the trip because we learned from 'The Little House on the Prairie' some about the beginning of Oklahoma culture," Yacoub said.

"And when I see it in the mountains and the museums, it becomes real."

Tired and weary as they were, students and faculty alike

agreed the time was well spent.

"No matter how much we study these historical events in our classroom, nothing makes them come alive like a first-hand visit," Figueroa said.

The students that attended the ESL trip are listed below, along with their home countries:

Quyen Truong, Vietnam; Joy Lee, South Korea; Elena Collins, Mexico; Lana Dang, Vietnam; Yanming Brown, China; Thi-Thanh Le, Vietnam; Stephane Nkolo Balla, Cameroon; Seok Hwang, South Korea; Sahar Chavili, Iran; Areej Yacoub, Palestine; Sharada Dahal Bhattarai, Nepal; Sangita Shrestha, Nepal; Naomi Septier, Argentina; Rossana Mas, Cuba; Jungmi Oh, South Korea; Alex Dao, Vietnam; Mohammed Rakha, Palestine; Reza Rangbast, Iran; Allen Park, South Korea.



ESL student Sahar Chavili enjoys the view from on top of Mount Scott near Lawton. Chavili said the mountains were beautiful but not as tall as those in her home country of Iran.

SPORTS

He shoots he scores



ROBERT BOLTON/PIONEER

Kyle Ward, business major, enjoys a friendly work out on the basketball court at the OCCC Wellness Center. The Wellness Center is free to students, faculty and staff with proper ID.

UPCOMING INTRAMURALS

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 | Jaguar Swim Meet to test athletes' mettle

Swim Invitational attracts local high schools

SEAN M. TOLBERT
Sports Writer
sportswriter@occc.edu

OCCC's Aquatic Center will play host to Westmoore High School's "Jaguar Invitational," a multi-high school swim tournament, on Saturday, Nov. 12.

The Invitational, currently entering its 12th year, is a multi-divisional event that will include 10 teams hailing from both the 6A and 5A sporting divisions respectively.

Westmoore Jaguars Swim Coach Brent Long expects an exciting time for the schools as well as the fans.

"This year, the teams that are participating look to be very evenly matched," Long said.

Long said that, despite this being a rebuilding year for the Jaguars, his team is more

than ready to compete.

"In the past, Westmoore may have dominated the event in a few areas but this year it looks like we'll have a more wide-open field," he said.

President of the Westmoore Swim Club Cindy Bothwell said the main objective behind the invitational is to support the Westmoore swim team.

"The goal of hosting the Jaguar Invitational is to raise funds that in turn will enable us to support the swimmers and coaches," Bothwell said.

When asked what he thought about the OCCC Aquatic Center being made the venue for the event, Long was effusive with praise for the facility.

"It's a great place to host an event and [The Aquatic Center] is a high quality venue," he said.

"It's great for the teams, it's great for the fans and it's great for the kids — and that's what it's there for."

With a plethora of events ranging from a medley relay to freestyle and stroke-specific events, Long said fans are in for the biggest treat if they are able to watch the relays.

"The relay has the potential to be the most exciting event because you have so many swimmers competing against each other and the competition can get intense," he said.

For the novice swim fan, Long said the way in which the event is run as a whole is a good introduction to the sport.

"One of the great things about swim meets in that they are run so well," he said.

"In track meets, sometimes you have to wait 30 to 45 minutes between events.

With tournaments like this you're liable to go seconds — with almost no down time between events."

Bothwell said the possibility for record-breaking performances should compel any novice swim fan to attend.

"It is exciting to see these young athletes put themselves to the test; personal records will fall and maybe some state or national records," Bothwell said. "You might just see a future Olympic athlete."

While the complete listing of teams has yet to be released at press time, the high schools that are confirmed by Long to be participating in the event include Moore, Southmoore, Mustang,

Yukon and Putnam City. The invitational will begin at 11 a.m. with warm-ups beginning at 9 a.m.

General admission to the event is \$5 at the door and \$3 with a valid student I.D. Children under 10 will be admitted free.

For more information on the invitational visit the Westmoore Swim Team's official website at www.swimmingjags.com

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Assessments- Call for appointment
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Call: 94-DRIVE (943-7483)
AT&E, INC.: check us out at www.okduischool.com

Enroll: Enrolling early key, popular classes fill quick

Continued from page 1

and work, so it gives them the opportunity to get out there and try and enroll.”

Stringfellow said close to 60 percent of students are using the online option of enrollment.

“The trend over the past few semesters is that students are [enrolling] early which means sections are filling up quite quickly,” Stringfellow said.

Developmental Math, English Composition and

the nursing program classes tend to be the first to fill up, he said.

Stringfellow said the college’s new website design won’t affect how MineOnline is accessed.

Night: Community reaction positive

Continued from page 1

let the community know that OCCC is a viable entertainment venue, before we open the bigger theater in 2013.

“But we also want to begin getting used to running big productions like this. In the past, our offerings have been small shows, one or two performers, maybe a quartet. There’s a lot more that goes into a production like this.”

Bardeguez said the size of the production was a deciding factor in the unusually long run.

“Again, in the past, our offerings have been fairly small shows. One, maybe two, nights were enough to recoup the costs of bringing in the artists,” Bardeguez said.

“But with a production like this, you have two big lump costs — one in putting it up, and the other when the show tears down. And the question then is: How many nights do I need to fill so many seats to meet costs?”

Bardeguez also said the advertising campaign for this show has been more widespread and aggressive than anything they’ve done before.

“We’re seeing some good reaction from the community, people hearing about the show on the radio, or reading about it in the paper.

“We’re hoping to get a lot of the community in to see what we can do.”

“Girl’s Night” is separate from the Cultural Arts Series, and the tickets will be a flat rate of \$35 for general admission.

While there was initially no student pricing, Bardeguez said the producer, Entertainment Events Inc., has approved a \$25 special ticket price for current OCCC employees and students.

The \$25 tickets may only be purchased by phone or in person, and they are not available online. To purchase by phone with a credit card, call 405-682-7579.

To purchase tickets in person, visit the Office of Cultural Programs (1G1A MB), just inside SEM Entry 1.

HOW TO: Enroll Online

- Go to occc.edu
- Choose the MineOnline link to the left
- Log In
- Select Current Students
- Under the Registration, select Register for Sections
- Select Search and register for sections
- Enter the Term and Subject of the class you are searching for, then select Submit
- Select the box next to the course you choose, choose Submit
- Under Action, choose Register, select Submit
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CAMPUS COMMUNITY

Health Jobs Fair draws future caregivers



RACHEL MORRISON/PIONEER

Occupational Therapy Assistant major Patrick Kelley (left) gets advice from Integris Health recruiters Deidre Wyly-Oldham (middle) and Loree McMahan (right) during the Health Jobs Fair, Oct. 5.

COMMUNITY | The Leadership Council learned when to intervene in situations involving harm

Student leaders learn lessons

JORDAN LUKENS
News Writing Student

The Leadership Council members used role-playing to practice how to deal with conflict situations at the last meeting in September.

Mental health counselor Jenna Howard taught the student leaders how to assess a situation in which another person might be at risk of harm, be that physical, emotional or mental.

Howard offered techniques to help directly, indirectly or in a group environment.

For example, one could help directly by introducing oneself directly to the individual that may be causing the situation to escalate. Indirect action could involve calling the local police, or by calling upon the people around the scene to help. A group environment would ideally be the optimal situation, for groups can overpower individuals.

"Is someone at risk of harm? Consider all possible options. Do I intervene? Is this safe for me?" Howard said these are questions a concerned bystander should ask before intervening in a crisis.

Tell others about the situation at hand once these questions have been answered. Groups, more so than individuals, tend to intimidate those that are trying to cause a public conflict situation.

Erin Logan, director of student relations, divided

the council into small groups in order to analyze and assess different scenarios depicting a person in need. These exercises gave the students experience in handling difficult life situations.

One example consisted of an obvious stranger approaching a woman awaiting her friend's arrival at a restaurant. If a conflict arises from this situation and is witnessed, contacting the restaurant manager would be an excellent solution.

"We want the meetings this semester to have training to help the student leaders work on some different areas," said Cadmus Sorrell, TLC chair.

"We want meetings this semester to have training to help the student leaders work on some different areas."

—CADMUS SORRELL
CHAIRMAN OF THE LEADERSHIP COUNCIL

Morgan Miller, College Republicans representative, said he joined TLC because of the positive impact he can have on the student body.

"I really value relationships with other people, and using those relationships to make the world a better place," Miller said. "The

student council is the pragmatic way of getting that accomplished."

The main purpose for the TLC is to share information with the student leaders on campus. The council has representatives from all the campus clubs, plus a number of at-large representatives. It falls under the supervision of the vice president of enrollment and student services, Sorrell said.

TLC meetings are held on Thursdays in College Union room 1. This semester's remaining meetings will be held on Oct. 27, Nov. 10, and Dec. 1. TLC meetings are open to all students and faculty of OCCC.

CAMPUS HIGHLIGHTS

Brown Bag: Relationship Violence

Student life will be sponsoring a workshop on violence in relationships at noon on Monday, Oct. 17 in CU1. For more information contact Student Life at 405-682-1611, ext. 7523 or visit www.occc.edu/StudentLife.

'Girls Night: The Musical' on campus

The OCCC Cultural Programs are hosting a production of the Louise Roche musical "Girls Night" at 7 p.m. from Monday, Oct. 17 to Saturday, Oct. 29 in the Bruce Owen Theater. Tickets will be \$32 per ticket for series subscribers and \$35 for others. Tickets for Students and Staff \$25. For more information contact the office of Cultural Programs at 405-682-7579 or visit www.occc.edu/cp.

TRiO Open Orientation

The TRiO Student Support Services will host an orientation for members and non-members alike at 9:30 a.m. Tuesday, Oct. 18, in CU1. For more information, contact the TRiO office at 405-682-7865.

Silent Witness

Student Support Services and Student Life as part of Domestic Violence Awareness Week will be gathering students to remember, raise awareness of, and advocate for victims of domestic and civil violence against women, men, and children. The event will be from 10 a.m. to 2:30 p.m. on Wednesday, Oct. 19 in the Union Foyer. For more information contact Jenna Howard in the office of Student Support Services at 405-682-1611, ext. 7621.

HOPE Fundraising Taco Sale

The Hispanic Organization to Promote Education will be selling tacos to raise funds from 11 a.m. to 2 p.m. on Wednesday, Oct. 19 in the foyer near the general dining area. For more information contact Sergio Gallegos, HOPE faculty sponsor, at 405-274-3767.

Fall Break

There will be no classes from Thursday, Oct. 20 to Sunday, Oct. 23 for Fall Break. The building will remain open for administrative purposes on Thursday and Friday. For more information contact the Public Relations office at 405-682-1611, ext. 7736.

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 Monday 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.

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.

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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.
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TODAY'S CROSSWORD PUZZLE

ACROSS

1 Norway's capital
5 Anchor
9 Daisy Mae's creator
13 Jungle charger
15 Act like a wolf
16 Flu symptom
17 Buffalo
18 Witnessed
19 Nothing more than
20 Mineral spring
21 Capri, for one
23 First game of the season
25 Pepsi's rival
26 Slim
27 Word with the opposite meaning
30 Paving substance
31 Impends
32 Toss overboard
37 Melody
38 Yawning
40 Singer McEntire
41 — but: by no means
43 Coral or poppy
44 Pie — mode
45 Filmmaker
47 Soft fabric
50 Scurries
51 Thin coat

DOWN

2 Spheres
3 Freighter
4 Lennon's love
5 Islam follower
6 S-shaped molding
7 Bullfight cheer
8 Restore to an earlier condition
9 Desert animal
10 Representative
11 Fruit pulp
12 Look closely
14 Liver and —
22 Shade of blue
24 Sassy
25 Hale-Bopp, e.g.
26 Pace
27 Can. province
28 It could be

PREVIOUS PUZZLE SOLVED

LOGO	SKATE	INNS
OMIT	UNLIT	COOP
PERT	BELLE	TOTA
ENDORSE	TRACKER	
MOO	NIL	
TITANIC	TALENTS	
ANON	LABEL	SORE
MAN	RIP	BOA
ENID	PONES	PLUM
DECIBEL	EYELETS	
OAR	MOA	
HATRACK	OBSURE	
OSHA	HIPPO	ARIA
AHEM	ETHEL	TABS
XENA	SHINS	ELSE

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 ENVIRONMENTAL DEFENSE FUND 

GARAGE SALE AND SILENT AUCTION RAISED MONEY FOR SCHOLARSHIPS

Campus fundraiser a success

SHEILA MAZKOORI
News Writing Student

The Faculty Association garage sale and silent auction made a record sum of more than \$3500 for student scholarships, said librarian Linda Boatright, a member of the scholarship committee.

Books, clothes, movies, radios, televisions and a dining set were just a few of the items at the sale Oct. 2 and 3 in the OCCC Union. The silent auction and the garage sale were seen as a success by faculty and students alike.

"The faculty garage sale was a great way for all of the faculty members to come together for a common good," Boatright said. She wanted to thank the various contributors for their donations. "The sale allowed people to get things they needed and even a few things they probably didn't need," Boatright said.

Student Wendy Turner said, "I'm loving the deals and it is so great that the faculty is raising money that will go toward helping students in need of scholarships."

Elizabeth and Emanuel Ramos, both students, said that they thought the garage sale was really cool and that the faculty should do a garage



SHEILA MAZKOORI / NEWSWRITING STUDENT

The Faculty Association held a garage sale and silent auction on Oct. 2 and 3 in the College Union raising more than \$3,500 for student scholarships.

sale more often.

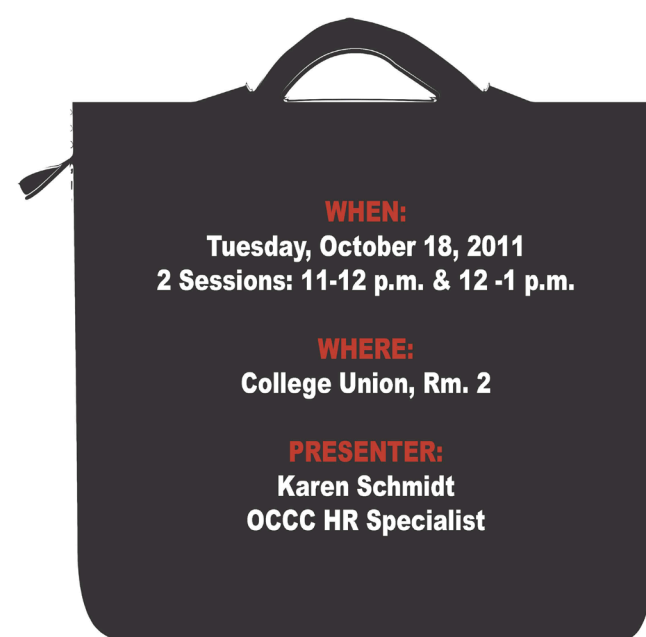
On the second day, remaining items were marked half off which for several was seen as an additional bonus. The silent auction ended at noon on Friday and everyone was allowed to pay and claim their items.

Students who would like to apply for a Faculty Association scholarship must first obtain a faculty sponsor who would be willing to recommend them. Both the professor and the student must complete portions of the application form, which can be obtained from history Professor Jeff Carlisle or other members of the Faculty Association Scholarship Committee.

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OCCC HR Specialist

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STUDENTS AND FACULTY DONATE ITEMS TO RAISE MONEY FOR LOCAL CHARITY

United Way silent auction starts week of Oct. 24

WHITNEY KNIGHT
Online Editor
onlineeditor@occc.edu

If you're looking to be a superhero this Halloween, skip the yellow spandex and put your powers — and money — to good use by participating in OCCC's silent auction for the 2011 United Way campaign.

Beginning Monday, Oct. 24, and lasting throughout the week, gift baskets and other items created and donated by OCCC students and employees will be up for bids along the walls outside the campus bookstore.

This is the second year OCCC has raised money for the United Way by auctioning off gift baskets and other goods, said Student Relations Director Erin Logan. "Last year we raised right around \$3,000 from the silent auction alone," Logan said.

Because of the group effort involved in making gift baskets, she said, the silent auction allows anyone who wishes to participate in the United Way campaign an

opportunity to do so.

"If you can only give \$2 to a basket, you can buy \$2 worth of candy to help fill it and you've still made a big impact," Logan said.

"(That basket) might sell for \$60 or \$70." Lower-priced items also allow a wider variety of people to bid on them, she said.

"That \$2 donation offers an opportunity for a wide variety of price ranges on the baskets, so everybody has the opportunity to buy something," Logan said. "We're trying to be as fair as possible and reach as many people as we can."

This year's theme for the campaign is the power of one gift, so Logan said she is encouraging participants to create items with a super-powered theme. "Everything we're doing has a superhero theme like Spider-Man or Aquaman," she said. "We're asking people to donate baskets that have to do with a theme."

Logan said possibilities for baskets include the "Transformers Car Care Kit" with items to detail

your favorite Autobot or Decepticon, or "He-Man's Basket" for all things testosterone-filled.

If you're feeling short on creativity, she said, individual donations will also be accepted. Last year's donations included a Dell laser printer, two tickets to see the musical "Wicked," and a massive Jansport backpack that measured six feet tall and four-and-a-half feet wide.

"A student won it, put it on his back and walked out of the building with it on," Logan said. "It was the funniest thing ever."

Although she cannot divulge what has been donated so far, Logan said an email will be sent out to all employees and students previewing some of the items to be up for auction as the event draws nearer.

"I can tell you now that the average cost of baskets that we have received so far is \$250," she said. "We've got some fantastic stuff this year."

For more information or to participate, email Logan at elogan@occc.edu or call 405-682-1611, ext. 7821.