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OKLAHOMA CITY COMMUNITY COLLEGE
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PERSONHOOD LAW SHOULD BE FORGOTTEN

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For information on how to enter OCCC's chili cook-off, turn inside to page 10. All proceeds go toward a scholarship fund.

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PIONEER

OKLAHOMA CITY COMMUNITY COLLEGE

MARCH 2, 2012

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COVERING OCCC SINCE 1978

Play time



CHRIS JAMES/PIONEER

Leandro (Devin Dawson) and Ottavio (J. D. Bergner) ask Scapino (Hannah Leggett) to mastermind solutions for their respective problems in the college's most recent production "Scapino," performed the last weekend in February in the Bruce Owen Theater. The next OCCC student production, "A Funny Thing Happened on the Way to the Forum" will be performed the first two weekends of April. For more information on this and any upcoming performances, visit www.occc.edu/ah/theater.

COMPUTERS, PRINTERS, PLAY-DOH A FEW ITEMS FOUND IN WRITING AREA

Second Comm Lab opens in VPAC

LAUREN TUBBS

News Writing Student

An overcrowded Communications Lab in the Main building has led to the opening of a satellite location in the Visual and Performing Arts Center.

But students haven't beaten a path to its door — yet.

Communications Lab 2 is open from 11 a.m. to 3 p.m. Monday through Friday in the Room 146 of VPAC.

The second room became necessary when the main Communications Lab became the victim of its own success.

"The main lab sees about 20,000 students a semester," said Rachel Olsen, Communications Lab and World Languages Center supervisor.

The Lab became so busy it seemed essential to add on, she said.

Olsen said the second location is equipped with computers and printers, tables with small stress-relieving toys such as Play-Doh and, of course, tutors standing by to help students improve their writing assignments.

Lauri Fitzpatrick, pre-allied health major,

“I think everybody should use use the Communications Lab for any papers they have. It's good, free help.”

—LAURI FITZPATRICK
PRE-ALLIED HEALTH MAJOR

said she frequents the communications lab near the Student Union and now uses the VPAC communications lab.

"I just overheard some people talking about [Comm Lab 2]," Fitzpatrick said.

"I think everybody should use the Communications Lab for any papers that they have. It's good, free help."

Students interested in taking workshops in the Communications Lab should look into taking some in Communications Lab 2.

They host English as a Second Language sessions, Textbook Study Skills, and much more. Fliers can be picked up at either location.

For more information about both labs, call the main Communications Lab at 405-682-1611, ext. 7379, or email Olsen at rolsen@occc.edu.

Next year's budget being built now

Despite a bleak funding outlook, requests range from adding instructors to fixing bleachers

MIKE WORMLEY

Online Writer
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JEREMY CLOUD

Editor
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Budget proposals that ranged from the routine to the extravagant were brought to the President's Cabinet on campus Feb. 27.

President Paul Sechrist opened the meeting by sounding a pessimistic note about state funding for the next school year.

"The governor presented a budget that provides no increases in funding to most agencies, including higher education," he said.

Nevertheless, each campus division

See **MEETING** page 9

Writing workshop set for March 12

ROBERT BOLTON

Community Writer
communitywriter@occc.edu

OCCC's Communications Lab is hosting two workshops at 11 a.m. and 6 p.m. on Monday, March 12, in CU2.

Communications Lab Assistant Nick Webb will speak with students about quoting, paraphrasing, and summarizing and how to use these techniques effectively in papers.

Webb said the workshop is to help students with the techniques so they work to support topics instead of wasting space.

For more information, call 405-682-1611, ext. 7678, or visit www.occc.edu/comlab.

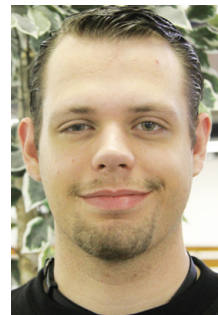
OPINION

EDITORIAL | Writer says life should not start at conception

Personhood law flawed, wrong

In a sweeping show of incompetence, religious showmanship and blind lack of consideration, the Oklahoma Senate has declared life starts at conception, meaning embryos and fetuses are full people and entitled to the same constitutional rights.

Called the personhood law, this law is designed to outlaw abortion while ignoring Roe v. Wade.



JEREMY CLOUD

It should be clearly stated at the outset that this author is not pro-abortion. Rather, this author is anti-stupidity.

There are so many things wrong with this bill.

First, there are no exceptions made for medical necessity or circumstance. If there is a serious complication and the only treatment is to terminate the pregnancy, the doctor must allow both mother and child to die, unless the child dies first.

If a woman is a victim of rape or incest, she must carry the child to term, regardless of psychological or physical trauma.

But those are only the immediate consequences. What happens when some unscrupulous person realizes just how easy it is to manipulate such a ridiculous law?

Let's say a woman goes in for treatment for some

common illness and is unknowingly pregnant. She gets treated, has a miscarriage. What's to prevent that woman from suing the doctor for manslaughter and malpractice?

Or worse, what if women could be accused of assault on the unborn for having a glass of wine or a cigarette while pregnant?

And what does this law seek to accomplish?

Even if abortion is made illegal in Oklahoma, those seeking those treatments may go elsewhere. That's thousands of tax dollars and medical fees flowing to other states.

Readers may think, oh, how dreadful to discuss abortion in terms of tax dollars and economic necessity. Those wonderful people working to pass this bill are only thinking of the children.

Ok, let's talk about the children. Let's talk about the child born with a congenital illness as a result of rape, incest or some other cause.

Let's talk about the child whose parents will be unwilling or unable to take care of him or her or the child whose birth results in the death of his or her mother, who has no other relatives. In short, let's talk about the children who will become wards of the state.

On a related note, as of last year, it costs just over a quarter of a million dollars to raise one child from birth to 18, according to a report by CNN Money.

Bottom line: this law would create problems for mothers, placing them in harm's way through denial of treatment and possible legal consequences for

BALLIARD BILL



JEREMY CLOUD

seeking treatment.

This law would create problems for health-care providers, by removing options they might otherwise have had, and opening them up for a whole new class of lawsuits.

This law would create problems for the very children it attempts to help, by ensuring that resources for helping children who are wards of the state will be spread even more thinly.

And it would create problems for taxpayers, by enacting a difficult-to-enforce law that would drive up taxes, lower revenue and create bottomless money pits if it's enforced to the letter.

So who the heck is this law for?

Why, politicians of course. After all, how can they get re-elected if they don't prove they care more about religion than constituents?

—JEREMY CLOUD
EDITOR

LETTERS TO THE EDITOR | Soup doesn't belong in contest

Writer says annual chili cook-off may need to be revamped

To the Editor:

I noticed recently the annual chili cook off is about to take place.

This led me to wonder: will this year's winning recipe actually be chili?

Last year, several excellent chili recipes were entered — along with one non-chili entry. That particular entry was more like a chicken soup.

I know because I bought a bowl of each entrant's chili last year to share with friends — and a bowl of the winning soup.

It was a great soup. It was tasty, different and quite popular with those who tasted it.

It just wasn't chili.

We wondered how it made it in to the

competiton and moreso, how it won.

It was like having a hot dog eating contest with one contestant eating pudding, or a Miss America contest with one male entry. Which of these things is not like the other?

Yes, I know this may sound petty because, after all, the event is held to raise money for scholarships and I believe a

substantial amount was raised last year.

So, perhaps it's time to compromise.

Maybe the college's Faculty Association could have a chili/soup cook off instead.

Then, there could be different categories with different winners in each category. Just a thought.

—NAME WITHHELD BY REQUEST

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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.

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COMMENTS AND REVIEWS

LETTER TO EDITOR | Professor should bend a little, show compassion

Student says teacher fails in classroom

To the Editor:

It is my opinion that some teachers give the ones that do care about how someone understands a concept a bad name. My computer teacher goes way too fast for anyone to really keep up with her. I understand how to work a computer, and most of the applications.

The only thing is that she does not slow down to let the students ask questions. If they are lost in what she is saying, then they have to stay lost.

I am visually impaired, and even though I know how to go through the applications on auto pilot, I am slow at going through them step-by-step with trying to read a book that is on Adobe.

I want to be a nutritionist when I get done with the degree I need, but teachers like her make me want to transfer out.

Some students, such as myself and my roommate, do not understand some course concepts. The

“The teacher needs to learn that sometimes being kind, and giving alternate turn-in dates, can actually make you a better teacher.”

teacher does not understand that some students need this class for their major. They want to learn how to do the applications and concepts right without having to feel lost in a sea of uncertainty of what they need to do to get what the teacher wants as proper paperwork or homework done.

She needs to learn how to respect the students that take her class.

She might get somewhere with how she teaches if she actually would take late work, and work with the students who have a hard time understanding the objectives that are required for her class.

This teacher does not accept late work, and does not work with the students who need the extra help

to understand what she wants as the final work in her inbox on Angel email.

She just does not want to give you an alternate turn-in date if you miss the first one.

She expects you to remember when these assignments are due, and some of her students have a hard time

remembering when to study for the unit exams because they have other things they have to do in their everyday lives.

The teacher needs to learn that sometimes being kind, and giving alternate turn-in dates, actually can make you a better teacher.

It keeps your students at the school that has less tuition. The graduation rate will go up if you actually give a little bit of a bend to a hard-working student who does not want to transfer, but thinks that is the only way they can get cooperative teachers that work with them.

—MARILYN WALKER
STUDENT

MOVIE REVIEW | At age 52, Morgan still delivers note for note

Lorrie Morgan concert ‘engaging’

Grand Ol’ Opry star Lorrie Morgan recently performed in Duncan for an exclusive night of live music. Other than a few technical setbacks, I would say the night was an overall success.

Morgan started the concert with one of her first hits, “Trainwreck of Emotion,” but did so with a rocky start.

Not a great way to start a show to say the least, but the elderly demographic of the audience was sure to bypass such a blunder.

Of course, being a glamorous country star and a woman of class, Morgan still worked the stage as if it were her first performance.

For a career that has



lasted more than 25 years, it is fair to say her concerts have just as much excitement and energy as when she first started her musical journey.

Though I admit to be the first to brazenly flog her newer album releases, there is little to suppress when it comes to a live Lorrie Morgan concert despite whatever

technical difficulties may have arisen.

Some of her first hits such as “What Part of No Don’t You Understand” or “Something In Red” were the ones most well received by those in attendance.

I think Ms. Morgan knew

her number-one fan was among those in the audience, as she played a personal favorite of mine, “Except for Monday,” which was a big hit for her in the early ’90s when she was still with RCA records.

Before performing “Mirror, Mirror,” she comically explained how

she ended up writing the song with fellow producer Mark Oliverius. If her musical career ever ends, I think Morgan could catch a spot on Comedy Central.

Though the aging process has been a little less than kind to her in regard to her vocal deliveries, the 52-year-old still puts on an engaging show for any ol’ country music fan.

Morgan still radiates an enchanting attractiveness that shuns the younger names in show biz. If her voice doesn’t do it for ya, her looks certainly will.

I would say that for a Lorrie Morgan concert, it was just enough to keep my soul sustained.

Rating: A-
—CASEY R. AKARD
VIDEOGRAPHER

ADVISER'S 411

Students should plan for future

Summer and fall enrollment are rapidly approaching so students should start planning now to avoid long lines in the Office of Academic Advising. Enrollment for returning students opens March 26.

Visiting with an adviser early to pre-plan your next semester is a smart idea.

Students who set their goals early and have an action plan are often more successful in their academic careers.

Likewise, if you are working, have a family, or other priorities that you must plan your coursework around, meeting with an adviser in advance can make enrollment a much smoother process.

Classes will fill up quickly and optimal times and days for those on a restricted schedule will be difficult to find.

When you enroll early, there is more class availability for you to choose from, the lines are shorter and, during the semester, faculty are available on campus to help you select your faculty-approved electives.

Pre planning your future after graduation from OCCC is also a good idea.

Students who plan to transfer to a four-year university in the fall should apply for admissions at their chosen institution as soon as possible.

Many institutions have transfer enrollment days that allow transfer students to enroll before other students at the institution; however, students must be admitted to the institution to take advantage of these transfer enrollment days.

Students who are planning to attend the University of Central Oklahoma will have the opportunity to complete the admissions process on the OCCC campus from 11 a.m. to 3 p.m. March 13 in the Oklahoma Room.

Admissions representatives from UCO will be available to assist OCCC students with the process and will be able to confirm the students’ acceptance to UCO at that time.

Being admitted to UCO will allow students to attend UCO Transfer Enrollment Days April 4 through 6.

Attending Transfer Enrollment Days is a big advantage to transfer students as they will be able to enroll even before continuing UCO students.

—LINDA KAY LITTLE
TRANSFER AND ACADEMIC ADVISING
COORDINATOR

COMMENTS AND REVIEWS

MUSIC REVIEW | Local band The Night Cart scores with upcoming release

‘Same Daydream’ an eclectic mix of music genres

The world of music has grown so dense that sometimes it becomes a battle just deciding what is worth listening to. Every once in a while however, an album comes along that shatters that image for a brief moment.

“Same Daydream” by The Night Cart is that kind of album.

The Night Cart is an Oklahoma City-based indie-rock group with roots in so many genres that the resulting sound is like a properly aged scotch for the ears.

From the first track to the last on “Same Daydream,” listeners can hear hints of jazz, folk, post-punk, grunge, country and old-fashioned rock ‘n’ roll.

The emotional tones of many of the tracks are similar to the emotional tone of Dorothea Lange photographs, Berthe Morisot paintings, or Alexander Wang couture.



It is a tightly harnessed, mature sound with a tonality that presents intellectualism and raw emotionalism as left and right channels to this aural yin-yang symbol.

“Five O’Clock,” the ninth track on the album, exemplifies this worn, beaten and tired feeling that seems to scream, “Despite it all, I will make the best of this.”

There are no bad, or filler tracks on this album. Every song has deep lyrical meaning. For instance the hook on “Right

Charade” says, “cause I want to belong /to the right charade. /But I’m gonna sell my soul /just to feel in control.”

There also are technical achievements subtly added to several tracks.

With “Drown in the Sea,” the addition of an accordion over the refrain makes parts of the song feel a bit like a shanty, which has been wrapped into this nouveau grunge tune.

Brandon Isaak, vocalist for the band and OCCC Communications Lab assistant, describes the band as a “trans-genre band.”

“I like an eclectic collection of music,” Issak said. “So why not play eclectic music?”

The band formed in the summer of 2010 under the moniker of Mockingbird but changed its name to The Night Cart as they became more serious about music.

“Everyone in the band wants to be a professional musician,” Isaak said. “The Oklahoma scene will only get you so far, so we are submitting the album to online radio stations, online stores, and audio and recording reps.”

The album releases Thursday, March 15, and will be available on Amazon and other retail sites.

Overall, this is a phenomenal album that plays well with the quiet moments in life.

Rating: A+

—MIKE WORMLEY
ONLINE WRITER

MOVIE REVIEW | Critic says story of little people who live beneath floorboards one of best film in years

‘Arrietty’ modern anime remake of 1953 novel

No name is more synonymous with breathtaking Japanese animation than that of Hayao Miyazaki, the brilliant filmmaker behind anime classics like “Spirited Away” and “Kiki’s Delivery Service.”

With Miyazaki nearing retirement age, fans of his work have wondered who will take the reins of Studio Ghibli, the film and animation studio he cofounded more than two decades ago.

That question was answered Feb. 17 when “The Secret World of Arrietty,” directed by longtime Studio Ghibli animator Hiromasa Yonebayashi, hit American movie screens.

A project pondered by Miyazaki for 40-something years, “Arrietty” is a little different from original flicks like “Princess Mononoke” and 2009’s “Ponyo.”

If you will, it’s a little borrowed. “Arrietty” is a modern retelling of “The Borrowers,” a 1953 novel by Mary Norton about 4-inch-tall people of the same name.

Borrowers live beneath the floorboards of humans’ houses, taking only the little things — a dropped thimble here, a piece of

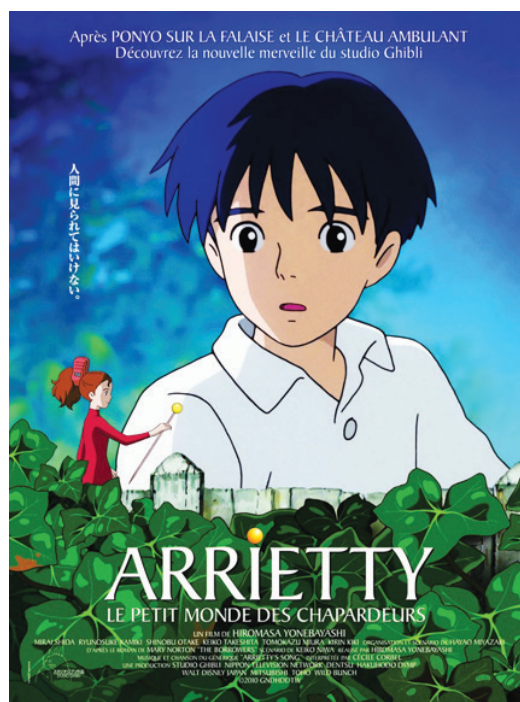
tissue paper there — that they need to make their own homes.

The film follows Arrietty (voiced by Bridgit Mendler), a young borrower who lives with her mother and father under the floors of a quaint countryside cottage.

As Arrietty begins to embark on her own borrowing expeditions, she is spotted by Shawn (voiced by David Henrie), a lonely human boy with a potentially fatal heart condition that’s left him bedridden.

Despite the warnings of Arrietty’s parents (voiced by Amy Poehler and Will Arnett), who know all too well about the dangers of being found out by humans, she strikes up an unlikely friendship with Shawn, who risks his health — and life — to protect them all.

“Arrietty” is as compelling a story as any with Miyazaki’s name attached, and like his other films, the imagery will take your



breath away.

In masterfully animated landscapes, we see how the refreshing first drops of a spring rain storm can turn violent for the borrowers, and how awe-inspiring tiny ants can be when they are seen as more than just multi-legged pests.

The attention to detail is mind-boggling.

In Arrietty’s shoebox-sized home beneath the floor panels,

framed postage stamps serve as wall décor and pen cap sconces hold miniature flower sprigs.

All of these elements lead to a fantastic viewing experience, but what has always set Miyazaki films apart is their heart, and “Arrietty” certainly has it.

The film focuses on the extraordinary found in the ordinary, the not-so-simple feats that we take for granted every day.

Watching “Arrietty,” you’ll find yourself immersed in an enchanting world, moved by Arrietty’s passion for her family and worrying for Shawn when his breath begins to falter.

It seems the future of Studio Ghibli is in good hands, because “The Secret World of Arrietty” is more than just a magnificent work of animation, it is one of the best films — animated or otherwise — that’s come around in years.

Rating: A+

—WHITNEY KNIGHT
ONLINE EDITOR

TOP 20 MOVIES

weekend of Feb. 11
through 13
www.yahoo.com

1. *Act of Valor*
2. *Tyler Perry’s Good Deeds*
3. *Journey 2: The Mysterious Island 3D*
4. *Safe House*
5. *The Vow*
6. *Ghost Rider: Spirit of Vengeance 3D*
7. *This Means War*
8. *Wanderlust*
9. *Gone*
10. *The Secret World of Arrietty*
11. *Chronicle*
12. *Star Wars: Episode I - The Phantom Menace*
13. *The Artist*
14. *The Woman in Black*
15. *The Descendants*
16. *Hugo*
17. *The Grey*
18. *The Iron Lady*
19. *Big Miracle*
20. *Red Tails*

Jazz ensembles will showcase talent next week

PARIS BURRIS

News Writing Student

From New York City to Oklahoma City, saxophonist Miguel Correa is now directing two student jazz bands on campus.

Jazz fans will have their first opportunity to critique his work when the ensembles perform in concert at 7 p.m. Wednesday, March 7, in the Bruce Owen Theater.

Correa is standing in for Professor Michael Boyle, who is working with the campus musical in production this semester.

Correa said this is his first semester to teach the jazz bands.

"I've been a featured guest saxophonist for the past couple of years so I've played in a bunch of the jazz bands' concerts on campus and have gotten to know them before this," Correa said.

Correa said he heard about the OCCC jazz groups from



his saxophone teacher.

"I went out to the campus and was instantly amazed," he said.

Correa said the concert will be worthwhile for many reasons.

"It's free, it's here, and it's

“

I've been a featured guest saxophonist for the past couple of years so I've played in a bunch of the jazz bands' concerts on campus,”

—MIGUEL CORREA

DIRECTOR/SAXAPHONIST

fun,” he said.

The concert will feature two different bands and should last a little over an hour.

One band includes vocalists Scott Whitehead and Nicole Pearce. This group practices on Mondays.

"We have them trade off between tunes, and we're going to include some duets also," Correa said.

The Wednesday band is more of an instrumental classic jazz ensemble that features guitar players and bass players.

"I myself play saxophone and keys for the band," Correa said.

Other performers will be students Zach Lebo on bass

and Steve Silver on guitar.

"We've got a couple of other students who have been showing up to rehearsals more recently so we are going to work them in as well," Correa said.

Students can look forward to hearing popular tunes from artists such as Alicia Keys and Adam Lambert, as well as traditional jazz music.

Along with leading the jazz ensembles, Correa also teaches courses in world music and music appreciation at the college.

For more information about the jazz ensembles contact Miguel Correa by email at miguel.a.correa@email.occc.edu.

Eating disorders problem among college students

NATALIE STORGARDS

News Writing Student

College age women, or even younger, are most prone to disordered eating, said Rebecca Williams, a licensed professional counselor who works with clients dealing with this issue.

In a speech on campus Feb. 22, Williams said "disordered eating" is the term used by professionals. Fifteen percent of women 17 to 24 years old suffer from this problem.

Disordered eating is an attitude about food, weight, and body size that significantly affects your life in a negative way, Williams said. Eating disorders affect more women than men.

The most common are anorexia nervosa, bulimia nervosa and binge eating.

Anorexia nervosa is defined as dramatic weight loss, due

to not eating enough calories.

Bulimia nervosa is bingeing and purging. With this disorder, the person eats enough food, but then induces vomiting or uses laxatives to expel the food before it can be absorbed by the body.

Binge eating, a compulsive eating disorder, involves consumption of large amounts of food in short periods of time. Binge eating, especially, is anxiety and depression driven, Williams said.

Williams is director of Caba EAS, an employment assistance program. Thirty people came to hear her speech.

Disordered eating results from women, and some men, striving to be so thin they cause themselves harm.

Eighty percent of women in the U.S. report they are dissatisfied with their appearance, Williams said.

She said her first major interaction with an eating disorder was in her college years, when her roommate suffered with bulimia. Her disease got so bad that their living area smelled like vomit from all the purging.

Williams and her other friends were able to get the young woman home to her family when her bulimia got out of hand.

Through her encounter with disordered eating, Williams said, she learned the individual may be incapable of recognizing the seriousness of the situation and seek help on her own. Only 6 percent of people with bulimia receive mental health care.

Williams said those enslaved to disordered eating patterns can break free.

"Every moment is a new start," Williams said. Long-term counseling is often

one of the solutions to the problem, Williams said. Long-term counseling is needed to break the cycle of unhealthy behavior. There is no quick fix, only slow progress, when it comes to disordered eating.

A big problem is that a lot of people go undiagnosed, Williams said.

That's where friends may have to step in to help. Williams said friends have to be supportive and listen and suggest professional help in a

gentle way.

On the OCCC campus, students can turn to professionals if they need help for themselves or for a friend.

Student Support Services offer free counseling for students Monday through Thursday 8 a.m. to 8 p.m. and Friday 8 a.m. to 5 p.m. For more information, call 405-682-7520

For reading material on eating disorders, visit nationaleatingdisorders.org.

OCCC

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example > john.t.doe@email.occc.edu

Resumes Cover Letters Interview Skills

DEPARTMENTS PARTNER TO OFFER ADDICTION RESOURCES

Campus series tackles various addictions

SARAH HUSSAIN
Senior Writer
seniorwriter@occc.edu

Professional Development and Student Support Services presents an Addiction Series Monday, March 5 through Thursday, March 8 in College Union 3.

Presenter Erin Koos will cover “Drug and Alcohol, Use and Misuse” from noon to 12:50 p.m. March 5.

OCCC Student Support Services Counselor Jenna Howard said this will not be the first time the addiction series has been offered.

“Drugs and alcohol, we usually do every year, especially right before spring break,” Howard said.

Howard said the departments are partnering to put on this series due to the issues addiction creates in our society.

“Many people either struggle with it or know somebody that has some type of addiction,” she said.

“It not only affects the individual, but it affects the whole family and society.”

The series is free for all OCCC faculty, students and staff.

Howard said she has contacted many professors who have given her positive feedback on the anticipated attendance.

“I’m hoping we’ll get a really good turn out,” she said.

“I also contacted the Health Professions department and they are going to encourage their students who may be working with people who have addictions,”

“My hope is that if people understand addictions better, they may see that they or a friend or family member have an addiction and to reach out to them,”
—JENNA HOWARD
STUDENT SUPPORT SERVICES COUNSELOR

Howard said.
Presenter Doctor Vicki Wyatt will cover “What Everyone Should Know About Love, Sex and Porn Addiction” from 12:30 to 1:20 p.m. on March 6.
Howard said this is the first time the addiction series will touch on this type of addiction.

“Sexual addiction, we’ve never done that, it is a big issue in society,” she said.
“I think it’s out there but people are afraid to talk about it.”

According to Howard, pornography addiction is very high due to how easy it is to access it now.


“Addiction is anything that we use to escape from personal issues that becomes habitual and unmanageable and causes problems in our relationships,” Howard said.

“There is a lot of shame in addictions, which perpetuates the problem,” she said.

Howard anticipates this series will help everybody understand addictions and the cycles and how to get help.

“My hope is that if people understand addictions better, they may see that they or a friend or family member have an addiction and to reach out to them – they can also learn what resources are out there.”





Student Support Services and Professional Development present


Addiction Series

All Students, faculty and staff are welcome to attend. All meetings held in College Union 3.
“Each of you already knows someone, or will, who experiences an addiction. ‘Addiction Series’ is an opportunity to better understand addiction and how to effectively deal with those friends and loved ones.”
—Dr. Cook, Psychology Program Chair

Monday March 5th, 12:30pm–12:50pm, CU3
“Drug and Alcohol, Use and Misuse”
Presenter: Erin Koos, LCSW, LADC, OU Physicians, ExecuCare program.

Tuesday March 6th, 12:30pm–1:20pm, CU3
“What EVERYONE should know about Love, Sex and Porn Addiction”
Presenter: Dr. Vicki Wyatt, Ph.D., LPC, LADC, Certified Sexual Addiction Therapist, with over 20 years of experience.

Thursday March 8th, 12:30pm–1:20pm, CU3
“Gambling addiction, how it affects individuals, families and society”
Presenter: Cindy Satterfield, LPC, LADC, NCGCH Clinical Director of Gateway to Prevention and Recovery.



COURTESY STUDENT SUPPORT SERVICES

Howard said.
Howard emphasized that the first step of all addictions is to realize you have an issue.

Presenter Cindy Satterfield will cover “Gambling Addiction, How It Affects Individuals, Families and Society” from 12:30 to 1:20 p.m. on March 8.

For more information on this series, contact either Professional Development at 405-682-1611, ext. 7308 or Student Support Services at 405-682-1611, ext. 7520.

LOCAL HELPLINES

Reachout Hotline	1-800-522-9054
Gambling Helpline	1-800-522-4700
Tobacco Helpline	1-800-QUIT-NOW (1-800-784-8669)
Sex Addiction	1-877-259-5634
Oklahoma Free Addiction Helpline	1-866-535-9821
Alcoholics Anonymous Meeting Locator/Helpline	1-405-524-1100

www.odmhsas.org

5 myths about drug and alcohol addiction

- Myth 1: Overcoming addiction is simply a matter of willpower.**
Prolonged exposure to drugs/alcohol alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.
- Myth 2: Addiction is a disease; there’s nothing you can do about it.**
Most experts agree that addiction is a brain disease, but that doesn’t mean you’re a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy.
- Myth 3: Addicts have to hit rock bottom before they can get better.**
Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat.
- Myth 4: You can’t force someone into treatment; they have to want help.**
Treatment doesn’t have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.
- Myth 5: Treatment didn’t work before, so there’s no point trying again.**
Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn’t mean that treatment has failed or that you’re a lost cause. Rather, it’s a signal to get back on track.

helpguide.org

Lions, tigers and outlaws, oh my! 10 local Spring Break destinations

MARY MCATEE

Staff Writer

staffwriter2@occc.edu

With spring break coming, many students will be using the week to travel to exciting destinations.

For students who simply cannot afford to travel far, there are closer activities for a night out, a day trip or weekend getaway within the state:

DAVE AND BUSTERS-OKC

Known for: being an arcade for adults. Dave and Busters requires that an adult accompany all guests under 18 years of age.

OKLAHOMA CITY ZOO-OKC

Known for: having lions, tigers, and bears, oh my! The Oklahoma City Zoo also has an exhibit showing all the different animals that can be found in Oklahoma.

OKLAHOMA CITY MUSEUM OF ART-OKC

Known for: an extensive art collection and Cocktails on the Skyline, which happens on Thursday nights.

ROBBER’S CAVE STATE PARK-WILBERTON

Known for: being a former hideout of outlaws Jesse James and Belle Starr. Rumor has it treasure may still be buried near the cave.

ALABASTER CAVERNS – FREEDOM

Known for: being the largest gypsum cave in the world open to the public.

REDBUD VALLEY PRESERVE-CATOOSA

Known for: having mountain, prairie, and desert life within its premises. Many of the plants and animals found within Redbud Valley’s borders are found nowhere else in northeastern Oklahoma.

THE GREAT SALT PLAINS – JET

Known for: having a saltwater lake. The area is also covered with salt crystals, left behind from a prehistoric ocean.

LITTLE SAHARA STATE PARK – WAYNOKA

Known for: its sand dunes. Little Sahara is a favorite for dune buggy and ATV riders.

G. W. EXOTIC ANIMAL MEMORIAL PARK – WYNNEWOOD

Known for: providing a sanctuary for abused and abandoned exotic animals throughout the country.

PHILBROOK MUSEUM OF ART-TULSA

Known for: both its art collection, and beautiful gardens.

For more spring break destinations or more information on these parks, visit www.travelok.com.

Student voices: *What are your plans for Spring Break?*

“

I plan to work and enjoy my time away from school. I work at Hallmark & Dillard’s,”

—CRYSTAL RODRIGUEZ
BROADCASTING MAJOR



“

My family will be going camping for my kids’ birthday”

—ROBIN ROSAS
MEDICAL ASSISTANT MAJOR



“

I’m going to be working for part of it and enjoying a break from school. Hopefully I’ll get a few days off work to do something.”

—SHEA HUNTEMAN
PUBLIC RELATIONS MAJOR



“

I will be working through the break in the warehouse at McKesson.”

—JOHN SNEED
MEDICAL ASSISTANT MAJOR



SPORTS

SPORTS | Women's Swimming and Diving Conference draws crowd to campus

Aquatic Center hosts Mountain West Championship swim meet

CAMERON RAMSEY
News Writing Student
BRANDON WILLIS
Sports Writer
JOEY STIPEK
Contributing Writer

The Boise State Broncos made a huge splash at the Mountain West Conference's annual Women's Swimming and Diving Conference Championship, taking home the victory.

The Mountain West Conference's championship meet was held at OCCC's Aquatic Center from Feb. 22 through 25.

The University of Nevada at Las Vegas placed second behind the Broncos. The San Diego State Aztecs finished in third place.

The Broncos trailed the 2011 champion Aztecs by one point (707-708) entering the 400-yard freestyle relay, but broke the record with a time of 3:17.55 in their first time in a Mountain West Conference competition.

Teams and coaches from the Mountain West Conference said they enjoy having the annual championship meet held at OCCC's Aquatic Center.

"It's been an excellent venue," said Dan McAllen, official of the Mountain West Conference swim tournament.

"We've enjoyed our time here."

McAllen said coming to Oklahoma City for the championship makes every team perform better and levels the playing field for those teams in different altitudes and climates.

McAllen cites the neutral location of Oklahoma City as a major reason for the conference's swimming and diving championship being held at OCCC's Aquatic Center.

"In our conference, a lot of schools swim at altitude and they come down here and it's easier to swim," McAllen said.

"Teams that swim at low altitude, like Texas Christian, don't like to go up and swim at high altitude."

McAllen said the coaches, teams, and officials enjoy coming to the college for the meet and look forward to



CHRIS JAMES/PIONEER

Chelea Kelly, 21, and Mary Kate Hardy, 19, perform a synchronized dive at the Mountain West Swimming and Diving Championship on Feb. 25. The women were representing Colorado State University in the OCCC hosted event.

“In our conference, a lot of schools swim at altitude and they come down here and it's easier to swim”

—DAN McALLEN

MOUNTAIN WEST CONFERENCE OFFICIAL

returning in future years.

Eight teams participated in the event, including Air Force Academy, Boise State, Colorado State, New Mexico, San Diego State, Texas Christian University, UNLV, and Wyoming.

For more information about the Mountain West Conference Swim Meet or statistics from this past week-

end, you can locate their official website at www.themcw.com/sports.

For a complete listing of future Aquatic Center sponsored meets, visit <http://www.occc.edu/RF/pdf/Schedule.pdf>.

For additional information contact the Wellness Center at 405-682-1611, ext. 7310.

UPCOMING INTRAMURALS EVENTS

March 2: CoRec Intramural Volleyball. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

Mar. 16: HeyDay Mini-Golf Season begins. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

April 11: Singles Table Tennis Season begins. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

April 19: Intramural Spring Swim Meet begins. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

April 25: Laser Tag begins. \$5 per player. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

April 29: Paintball Tournament: Capture the Flag Tournament. 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.

**Have sports news you wish to share?
Email Brandon at sportswriter@occc.edu
or call 405-682-1611, ext. 7676**

**THE PIONEER
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WITH
MORGAN BEARD
AND
BRANDON WILLIS
LISTEN TUESDAYS AT
[WWW.OCCC.EDU/
PIONEER](http://WWW.OCCC.EDU/PIONEER)**

Meeting: President pessimistic about state funding

Continued from page 1

presented its needs to the group. While many of the items could be boiled down to new computers, bigger space, and more full-time employees, some items stood out.

BIGGER SCIENCE LABS

One was the suggestion to reconfigure science labs to accommodate mostly group instruction.

The ongoing cost would be \$40,000 per year to hire additional lab assistants, said Max Simmons, science and mathematics division dean.

Another one-time cost would be \$200,000 to remodel the science centers for that purpose.

"The group labs have been more successful than independently paced labs, and the students seem to be enjoying them more," Simmons said.

MORE LANGUAGE SKILLS TEACHERS

Another academic item called for adding two Language Skills instructors at an ongoing cost of \$100,000 per year.

This would fund a change in OCCC's language curriculum.

Susan VanSchuyver, Arts and Humanities dean, said the addition of two new professors would allow for a shift from Learning Skills classes to a College Prep English system, similar to the College Prep

Math model.

FIXING

BLEACHERS

Another high-dollar item on the proposed budget is the repair or replacement of the bleachers in the Aquatic Center at a cost of \$34,000.

"The end rails ... do not meet code requirements. The gap between the bars is too wide, and could allow a child to fall through," according to the budget request.

The request also notes that the seats themselves are cracked and may present a risk to spectators' skin and clothing, while others are broken entirely and may trip spectators.

"They can be repaired for now," said Jessica Martinez-Brooks, Community Outreach and Education director.

"The problem is some of the parts aren't made anymore. So it would be a temporary fix at best."

WEIGHT ROOM UPGRADE

Martinez-Brooks also presented a request for funds to enlarge the Weight and Cardio room in the Wellness Center.

The requested funds, \$600,000, would go to expanding the size of the room and to adding more equipment, Martinez-Brooks said.

“Good ideas don’t come in a particular schedule. We want to be sure we are servicing the ideas when they come along.”

—STU HARVEY

PLANNING AND RESEARCH EXECUTIVE DIRECTOR

"Right now, we're close to capacity in that area," she said.

"Students, faculty and community members who utilize that facility often have to wait in line for the equipment to open up."

BETTER WI-FI

Improving the lives of those who use of the college's Wi-Fi was at the heart of the first budget request presented by Robin Ying, Information Technology vice president.

Ying proposed an upgrade to wireless device registration and tracking at the college, to the tune of \$32,000.

The initiative would aid the college by eliminating the need for network users to constantly sign into the network, Ying said.

By recognizing devices instead of log-in information, users would be able to create an account and be automatically logged in whenever the device is in range of the network, Ying said.

"This would allow students to remain online all the time, instead of being logged out ev-

ery time the device sleeps."

Ying said the tracking program also would allow greater forensic opportunities to OCCC police in relation to improper web use, and locating and

preventing unauthorized use of the OCCC Wi-Fi emergency notification network.

A proposal to update the college's emergency notification system was presented by Lealon Taylor, institutional advancement executive director.

Taylor said the current system, Campus Alert Network or CAN, has demonstrated some problems.

He cited the example of the 2010 blizzard, when the CAN system sent out the same message several times for no reason.

Paula Gower, marketing and public relations director, explained why.

"The software CAN is based on — Regroup — actually isn't

designed for this," Gower said.

"If it wasn't for all the work John [Richardson] had done on it, CAN wouldn't even have as much functionality as it does now. We were mis-sold on that product."

The replacement system, RAVE, would cost the college an additional one-time expenditure of \$9,290 to implement — over and above the recurring annual cost of \$10,000 to maintain a campus alert system, according to the budget request.

Stu Harvey, planning and research executive director, said some people wonder why college administrators go through this process when they have little hope of getting the money they ask for.

"Good ideas don't come in a particular schedule," he said. "We want to be sure we are servicing the ideas when they come along."

Harvey noted the benefit of gathering good ideas, even if the college has to hold them until funding increases.



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Earth Share

Before last weekend, the only thing he'd ever burned was a CD.

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This message is brought to you by the International Association of Fire Fighters. **Harold A. Schaitberger**, General President

FIRE FIGHTERS BURN FUNDATION

Read the Pioneer Online
www.occc.edu/pioneer

CAMPUS COMMUNITY

A view from above

OCCC student Tuan Pham, practices flipping in the main courtyard Feb. 24. Pham uses a combination of martial arts and free-running elements as a form of self-expression known as martial arts tricking. The courtyard can be a popular place for students to eat, exercise and study.



CHRIS JAMES/PIONEER

COMMUNITY | Faculty Association Scholarship fundraiser comes to campus

Chili cook-off to raise funds

MIKE WORMLEY

Online Writer
onlinewriter@occc.edu

From 11 a.m. to 2 p.m. on Tuesday, March 6, the walkway outside of the college bookstore will be lined with tables for the Faculty Association Scholarship Committee Annual Chili Cook-off and Bake Sale.

Jeff Carlisle, history professor and committee chair said the event has been successful in the past.

"This is the third time we've done this," Carlisle said. "We raised \$1,797 last time."

Carlisle outlined some changes for this year's cook-off.

"This year the Make it, Bake it event and the chili cook-off will be two separate competitions... two separate fundraisers," Carlisle said. "There will also be hot dogs at the cook-off so people can have chilidogs."

Prices for the baked goods will vary, Carlisle said. The cost will be \$2 per bowl of chili, \$2 per hotdog, and \$3 for a chili dog.

"Judges haven't been named yet," Carlisle said. "But the prize will be a gift certificate to Chili's."

No word yet on the full list of chili recipes available, Carlisle said. "We have five or six entries so far and we usually have seven or eight," he said.

“Doing the chili cook-off and the other things contribute to the students, which is important,”

—STEPHEN MORROW
HUMANITIES PROFESSOR

"The three that I'm aware of are turkey, pheasant, and veggie," Carlisle said.

Reigning champion and professor of physics, Tad Thurston, said that he would be entering a "beef based" chili.

"I'm going to enter one I did a couple of years ago," Thurston said. "I'll be modifying it though."

All of these efforts are to raise money for the Faculty Association scholarship fund. Stephen Morrow, humanities professor said the chili cook-off, the bake sale, and the Faculty Association garage sale are all things that he sees as helping the community.

"Doing the chili cook-off and the other things contribute to the students, which is important," Morrow said.

For more information or to enter, contact either Jeff Carlisle at jeffery.d.carlisle@occc.edu or call 405-682-1611 ext. 7391 or Michael Machiorlatti at mma-chiorlatti@occc.edu or call 405-682-1611 ext. 7454.

CAMPUS HIGHLIGHTS

Service Days Offered

Student Life will be hosting several service opportunity days in the month of March. March 2, from 12:30 to 4:30 p.m. will be Oklahoma Baptist Homes for Children. March 3, from 8:30 a.m. to 4:30 p.m. will be the Regional Food Bank, and March 9, from 12:30 to 4:30 p.m. will be the City Rescue Mission. All meet in the offices of Student Life. For more information, call Student Life at 405-682-7523.

International Culture and Food Fair

The International Student Association is hosting a culture and food fair from 11 a.m. to 2 p.m. Monday, March 5, in CU1 and CU2. The Fair will include food, music, dance, and cultural presentations from around the world. There is no admission cost. The cost for an international meal will be \$6. All proceeds benefit international student scholarships. For more information, call Student Life at 405-682-7523.

Christians on Campus Bible study

Christians on Campus is hosting a Bible study session from noon to 12:45 p.m. on Monday, March 5, in room 2R7 in the Main Building. For more information, send a text to James Kennedy at 405-314-7739.

Brown Bag: Smart Credit

Student Life is hosting a workshop at 12:30 p.m. on Tuesday, March 6, in CU1. The discussion topic is "Smart Credit." Bring your lunch. For more information, call Student Life at 405-682-7523.

Beer Goggles Obstacle Maze

Student Life is hosting an obstacle course from 11 a.m. to 2 p.m. on Monday, March 12, in CU1. The maze will simulate the impairment effects of alcohol on vision. For more information, call Student Life at 405-682-7523.

Chi Alpha Christian Fellowship

A creative mix of free food, humor, relevant student life discussion subjects from the Bible, friends, and passion. All students are invited. Experience God. Experience friendship. Times and locations are wednesdays from noon until 12:50 p.m. in 3K3 and thursdays from 12:30 to 1:20 p.m. in 1C5.

All Highlights are due Monday by noon for inclusion in the next issue.

**Email your event to
communitywriter@occc.edu.**

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MIKE WORMLEY

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AUTOMOTIVE

FOR SALE: 1993 GMC Conversion Van. Explorer Phantom Hightop. V8, television, DVD, new tires. Clean. \$2995. Call: 405-818-5827 or e-mail lori.a.colbart@occc.edu.

FOR SALE: 2008 Dodge Avenger. Black. Fully-automatic. \$8000. Call: 405-512-3540 for more information.

ELECTRONICS

STUDENT LOOKING FOR A LAPTOP TO PURCHASE: Need a good, used, and reasonably priced MacBook Pro. Please contact me at: whiticu21@aol.com.

FOR RENT

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SMALL AND QUIET: Nice apartment for computer tech or student. \$385 per month. \$100 deposit. N.W. 21st and Villa area. Call 405-609-9806 or 405-512-9440.

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THIS WEEK'S PIONEER PUZZLE

The Beach

Find and circle all of the beach words that are hidden in the grid. The remaining letters spell an additional beach word.

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Y	K	S	E	S	U	A	T	S	A	G	L	E	R
A	S	V	U	R	I	O	D	N	A	A	O		
S	A	E	F	N	U	F	R	B	I	I	B	C	H
W	U	I	S	S	A	R	D	N	L	Y	H	S	
W	N	N	M	S	O	C	R	A	G	I	E	B	A
G	A	I	S	B	A	I	R	N	T	A	L	A	E
P	W	T	F	H	F	L	O	E	D	S	L	L	S
S	I	R	E	T	I	K	G	C	E	D	O	L	E
H	U	E	W	R	C	N	A	N	E	N	V	S	A
S	A	O	R	L	I	F	E	G	U	A	R	D	G
T	O	T	E	E	F	E	R	A	B	S	N	L	U
D	E	S	W	I	M	M	I	N	G	P	A	I	L
L	L	E	H	S	A	E	S	D	U	O	L	C	L

BARE FEET	SAILING	SURFBOARD
BEACH BALL	SAND	SURFING
BOAT	SEAGULL	SWIMMING
CLOUDS	SEASHELL	SWIMSUIT
DRIFTWOOD	SEASHORE	T SHIRT
HAT	SKY	TOWEL
KITE	STARFISH	VOLLEYBALL
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HIGHER EDUCATION DAY BROUGHT OUT OCCC HIGHER UPS, STUDENTS

President says state is 'falling behind in college graduation'

JEREMY CLOUD

Editor

editor@occc.edu

"As a state and as a nation, we're falling behind in college graduation," said OCCC President Paul Sechrist, in a Feb. 21 speech at Oklahoma Higher Education Day.

Sechrist is chair of Council of Presidents, a group consisting of 2- and 4-year Oklahoma college presidents.

Students, faculty and staff from several colleges around the state descended on the State Capitol last Tuesday in a show of support for higher

learning — a necessary effort, Sechrist said.

"It's not that we're doing badly. It's that the rest of the world has stepped up," he said.

Sechrist said while he's proud of the gains in higher education in Oklahoma, he believes there is room for improvement.

Jerry Steward, OCCC executive vice president, agrees and said that improvement can be aided by talking to legislators.

Steward said Higher Education Day is an great opportunity for students and colleges "to come to the State Capitol and visit with their legislators to emphasize the importance of

higher education to the citizens and economy of Oklahoma."

That importance may have slipped the minds of many legislators, said Mary Newcome-Hatch, OCCC business major.

Newcome-Hatch said she believes education in all forms has "been taking second seat for years."

"If education was in higher standing with our government, our government would be in higher standing with its citizens," she said.

Legislators were quick to point out that they do hold education in high esteem during an hour-long presentation by legislators, students and college officials.

In his speech, Oklahoma Lt. Gov. Todd Lamb said he believes higher education is a vital component of a growing state economy.

"As a state, we're about to undergo a renaissance," Lamb said.



CHRIS JAMES/PIONEER

OCCC student Joshua Swain gets information from Student Life Director Erin Logan and Student Life Assistant Director Amy Reynolds on Higher Education Day at the Oklahoma State Capitol Feb. 21.

"So when you finish your education, stay here."

"Use your training, your degree, here in Oklahoma."

Newcome-Hatch said for that to happen, students have to become more involved.

"We have to be active in fight-

ing for what is right, in fighting for our rights. We as students should not be submissive to (politicians.)

"We shouldn't just roll over while they 'do what they gotta do' while we ignore what they're doing."

International food fair at OCCC March 5

BAILEY GATEWOOD

News Writing Student

Culture and cuisine from countries such as Turkey, China, Korea, Taiwan, Philippines, Vietnam, and Norway will be offered from 11 a.m. to 2 p.m. Monday, March 5, in CU 2 and 3.

The International Student Association and the OCCC Global Education Committee are working together for the first time to host the Culture and Food Fair, said Modern

Languages Professor Ginnett Rollins, sponsor of the event.

The two groups have come together to make this a bigger celebration, Rollins said.

Students, faculty, and staff from around the world will be participating. International students will be bringing food typical of dishes served in their home countries, as well as giving presentations on their culture during the event, Rollins said.

One student is from Gabon, Africa.

He is a very good musician, Rollins said. He plays the keyboard and can sing in three different languages. He will be playing throughout the fair on Monday.


For \$6, participants can enjoy an international meal. Proceeds will be used to fund international student scholarships.

Each year the International Student Association gives small scholarships, usually to three international students.

All donations are greatly appreciated, Rollins said.

For more information, contact Rollins at grollins@occc.edu.

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