

# PIONEER ONLINE

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## EDITORIAL

### MARRIAGE HAS BECOME A PUBLIC FORUM

Sports Writer Allen Mitchell says no one respects the privacy of marriage in the digital age of social networking. Read his thoughts inside.

OPINION, p. 2

## CAMPUS LIFE

### CAMPUS LABS AVAILABLE FOR STUDENTS

When it comes to getting extra help, OCCC provides plenty. Turn inside to find out where to go and what kind of assistance you'll find in the many labs.

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## SPORTS

### OCCC OFFERS FITNESS PASS, FREE SERVICES

Students can buy a \$35 semester pass that gives access to all group fitness classes. In addition, the gym and other services are free. See inside.

SPORTS, p. 8

## CAMPUS LIFE

### FEBRUARY BROWN BAGS PLANNED

Student Life has several Brown Bag luncheons planned with various topics. Look inside to see if one interests you.

COMMUNITY, p. 10



Caricature artist Hector Lopez sketches student Samantha Medrano on Jan. 24 outside of the Communications Lab as part of Welcome Week. Lopez also draws caricatures at Oklahoma City Thunder home games. Student Life Coordinator Brittany Carradine said Lopez was brought back by popular demand. "The students love it. That's why we ask him to come back."

CHRIS JAMES/PIONEER

## Eating disorder awareness focus of booths

REYNA C. OTERO

Community Writer

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Eating disorders are common among college students which is one reason OCCC is holding events to support Eating Disorder Awareness Week during early February, said Jenna Howard, counselor at Student Support Services.

"Ten million females and one million males in the United States are dealing with anorexia or bulimia. Twenty-five million are struggling with binge eating," she said. "That's a pretty big issue in our society."

Howard said those three are the most common eating disorders.

"My hope is people can learn to love themselves for who they are and focus on being healthy and beautiful, but not putting unrealistic expectations on themselves," she said.

On Thursday, Feb. 7, Chylene DeLarre, counselor at the Disordered Eating Center of Central Oklahoma, will give a presentation called, "Whose

See AWARENESS page 9

## Early numbers show enrollment down

PARIS BURRIS

Editor

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The economy is looking up for Oklahoma compared to the national economy, holding a 5.1 percent unemployment rate as opposed to the national 7.8 percent, according to the Bureau of Labor Statistics data.

Planning and Research Executive Director Stu Harvey said the college's 6,715 decrease in credit

hour enrollment and 433 decrease in individual enrollment this spring is (probably) due to the state's stable economy.

"Generally, when there's low unemployment or high unemployment, it tends to put pressure on enrollment for community colleges," Harvey said. "We're seeing that."

The student enrollment count as of Jan. 23 shows a decrease of 5.8 percent in credit

### OCCC official attributes a 5.8 % decrease on recovering economy

hour enrollment, down from 115,694 last spring semester to 108,979 this spring, Harvey said. The headcount has decreased from 12,800 to 12,367, a 3.4 percent decrease he said.

"That has to do with two things," Harvey said.

"When [enrollment] decreases in the fall, those students [who] would

have come didn't, and that usually translates into a loss in the spring, naturally. The bigger, kind of macro issue is the better employment picture in Oklahoma City. [The city] has one of the lowest unemployment (rates) in the country for the top 50 cities."

Harvey said generally, the more jobs that are available, the fewer students that enroll because the desire or need to get an education in order to

find a job decreases.

The decrease in credit hours also is partly due to students taking fewer credit hours, Harvey said.

"The fact of life in community college is that when the economy is doing better, the enrollment tends to get soft," he said.

However, Harvey said, he wants students to attend OCCC because, he said, "the investment in their future with their

See ENROLLMENT page 9



# OPINION

**EDITORIAL** | Posting your marital problems on Facebook a bad idea

## Take good care of your beloved

Call me old-fashioned but I believe in the sanctity of marriage. Now before you throw down this paper in disgust or offense, know this: I am not about to debate the pros or cons of same-sex marriage. I am simply talking about marriage: the promise two people make to each other, a promise to stand together, against all else, no matter what, forever.



**ALLEN MITCHELL**

Merriam-Webster defines sanctity as “holiness of life and character” and marriage as “an intimate or close union.” Instead of finding these traits in marriage, we see marital issues being discussed with friends and posted on Facebook. According to Divorce-Online, Facebook was implicated in a third of all divorce filings in 2011. So what has happened to the sanctity of marriage?

I met my wife at a Home Depot store eight years ago. It took me three dates to fall for her, one year to recognize she had become my best friend and three years to propose to her. It will take us a lifetime of hard work and dedication, every day, to support, nurture and grow the relationship we have.

I am very fortunate to have found someone who

is truly my best friend and the love of my life. That does not mean there aren't tough times. It doesn't mean we don't annoy or upset each other from time to time. And it certainly doesn't mean we live in a fairytale, filled with magic dwarves, musical interludes and talking frogs.

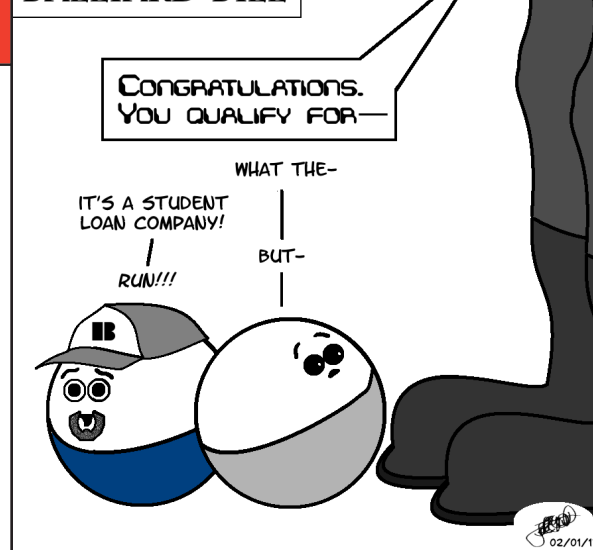
What it means is simply that we put each other first. I don't choose golf with my buddies over her and she doesn't take “Girl's Days” to avoid spending time with me. We don't set aside time to spend together; we just choose to spend our time together. She has learned the ins and outs of football and now enjoys watching the games — sometimes I think more than I do — and I have learned to appreciate antique shopping and art galleries.

We still have our own interests, likes, dislikes and opinions on everything, but we value each of those qualities in each other, rather than resenting them. When we have a problem or concern within our relationship, we bring it to each other. We don't post it on Facebook. I don't call my buddies and she doesn't call her mom for advice. We talk to each other. That's right, we just talk to each other.

If a marriage is supposed to be “an intimate or close union” why would you take your concerns to anyone outside of that union? Intimacy cannot be found with your 567 Facebook friends.

I think when referring to marriage, we need to

### BALLIARD BILL



modify the definition of sanctity. Sanctity of Marriage: wholeness of life and character in an intimate or close union.

When you commit your life to someone, don't do it half-heartedly. Don't do it because it's time or because it's easy or expected. Do it because you want to give your entire self to that person. Commit to standing with that person, side by side, every day— even on the days you are so annoyed that you don't want to look at or be near that person — not even from 30 feet away — and far away from the angry mob of Facebook supporters who have rallied to the cause.

Join me in the commitment to the sanctity of marriage; work to have the fairytale romance and throw in the occasional musical interlude.

—ALLEN MITCHELL  
SPORTS WRITER

**LETTER TO THE EDITOR** | Stay home to keep illness from spreading

## Health department reports increase in flu cases, deaths

### To the Editor:

The Oklahoma State Department of Health indicate 345 persons have been hospitalized and eight persons have died in Oklahoma since reporting for the current flu season began on Sept. 30.

Public health officials say the single best way to protect against flu is to get the flu vaccine. Many local county health departments, pharmacies and health care providers still have vaccine. Health officials urge all persons 6 months of age and older to get the vaccine.

Persons who already have the flu

can spread it to others even before they feel sick.

You may have the flu if you have some or all of these symptoms: Fever (although not everyone with flu will have a fever), cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue.

Most cases are mild and do not need medical care or antiviral drugs.

If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If you have symptoms of flu and are very sick, contact your health care

provider.

Parents and caregivers should seek medical help right away for any infant who is unable to eat, has trouble breathing, has no tears when crying, and has significantly fewer wet diapers than normal.

Adults should seek medical attention if they have difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, and flu-like symptoms that improve but then return with fever and a worse cough.

If you do become sick with flu

symptoms, stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you.

Your fever should be gone without the use of a fever-reducing medicine, such as acetaminophen. You should stay home from work, school, travel, shopping, social events, and public gatherings. Cover your coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

—OKLAHOMA CITY-COUNTY  
HEALTH DEPARTMENT

OKLAHOMA CITY COMMUNITY COLLEGE  
**PIONEER**

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The **PIONEER** welcomes **letters** to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature. E-mail letters should include all but the signature. The **PIONEER** will withhold the author's

name if the request is made in writing.

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

Letters to the editor can be submitted to the **PIONEER** office, located in room 1F2 on the first floor of the Art and Humanities Building, mailed to 7777 S May Ave., Oklahoma City, Okla. 73159, or submitted via e-mail to editor@occc.edu with a phone number for verification included. The **PIONEER ONLINE** also can be accessed at www.occc.edu/pioneer.

# COMMENTS AND REVIEWS

**MUSIC REVIEW** | 'Smother' EP better than many full-length albums

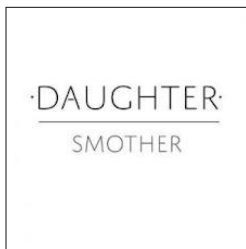
## Daughter releases two-song tease

It seems more and more these days that the heart has gone out of music. In a mechanized industry where all that seems to matter is what sells versus what doesn't, it catches us off guard when a special kind of talent is found.

Perhaps that's why I was surprised by London-based band Daughter, who just recently released a new EP in anticipation of their first full-length debut album. The two-song EP "Smother" is one of the group's more prolific works despite its length (or lack thereof) because the songs featured on "Smother" manage to do in under 10 minutes what full albums often can't in double or triple that time. The reason for this is simple — there is an astounding amount of passion and life in the music.

Daughter is a trio that originally started as a solo act. Lead singer and lyricist Elena Tonra began making music under the surname early in the 2000s but it went largely unnoticed until the addition of drummer Remi Augilella and guitarist Igor Haefeli in 2011. The same year, the newly formed group released their first two self-produced EP, "His Young Heart" and "Youth." The second album was met with a deluge of critical praise and soon the band had earned a humble but sturdy grassroots following. Over the next two years, Daughter would go on to gain more and more popularity, and sign with a major label in the UK.

"Smother," released in early 2013 to coincide with the announcement of the band's first full-



length record, is a sample of what we should expect from the group in the near future.

The title song "Smother" is an emotional ballad that wound up being a bit of a tear-jerker for me. The musicianship on the track is stunning and features a haunting guitar melody

that might be one of Augilella's most skillful contributions to the band's music thus far.

And although the B-Side, "Run," sounds a bit more jaunty, the pace of the music combined with Tonra's poignant lyrics give the song a manic, maddening feel that easily envelops the listener. That's one of the things that I find so appealing about Daughter; listening to their music is an experience, tangible and real.

What I find most impressive and most compelling about Daughter's music is the depth that they're venturing to in making their music as honest as possible. In a day and age where dubstep breakdowns are the norm and electronics are favored over classic acoustics, a band like Daughter is refreshing. "Smother" provides a listening experience that is simplistic and raw, and strangely beautiful in its brutal, bare-bones approach. Daughter has managed to breathe a bit of life into an industry that seems to be dying. I think it would do us all some good to turn the volume up and listen.

**Rating:** A+

—KATIE THURMAN  
STAFF WRITER

**BOOK REVIEW** | With an action-packed plot, book keeps reader engaged

## Lincoln portrayed as vamp hunter

"Abraham Lincoln Vampire Hunter" by Seth Grahame-Smith is an very entertaining read. When I first picked it off the shelf, I admit I had my doubts.

Lincoln, a president that is known throughout history to be honor-bound, steady, and often fighting severe depression depicted as a vampire hunter? The amusing tangle of fiction and fact lured me in. I'm glad I gave it a try.

The story begins with three facts. "One: For over 250 years, between 1607 and 1865, vampires thrived in the shadows of America. Few humans believed in them."

"Two: Abraham Lincoln was one of the gifted vampire hunters of his day and kept a secret journal about his lifelong war against them."

"Three: Rumors of this journal's existence have long been a favorite topic among historians and Lincoln biographers. Most dismiss it as a myth."

Grahame-Smith tells how a vampire gave him the secret journal of Lincoln to make the story and the truth of vampires known.

The book contains equal parts horror and humor,

with some history sprinkled in. I couldn't put it down until I was finished. A beloved president gets a makeover that, while fantastical, could be said to explain some of his known behaviors.

Facts of Lincoln's life have been tweaked slightly with fantasy making it humorous but not too big of a stretch — if you believe in the undead that is. Lincoln's mother and first love were victims to the vampires, beginning his war against them all.

One of the biggest causes Lincoln fought for during the war was freedom for the slaves. In "Vampire Hunter," Grahame-Smith puts a new spin on the reason behind Lincoln's push for abolishing slavery.

Full of historical figures redefined in new roles and introducing new characters with many dimensions, this book is a great read.

The plot is full of action and even the slow parts have an abundance of emotion that make the whole story a fast-paced thrill.

**Rating:** A

—BUFFIE RICHARDSON BROWN  
SENIOR WRITER

## Financial Aid FACT\$ FAFSA may require more info

For the 2013-2014 financial aid award year, students who file the Free Application for Federal Student Aid and get selected for verification may have additional information requested by the Financial Aid Department.

Program Integrity rules published Oct. 29, 2010, made several changes to the rules for students who get selected for verification. One of the most important changes was the replacement of a standard list of required verification data items with a list of new data items published annually by the U.S. Department of Education. The Department expanded the required items for the 2013-2014 award year and implemented customized verification selection criteria.

Verification is used to confirm specific data supplied by the applicants for Federal Title IV Student Financial Assistance on the FAFSA. Students selected for verification are required by Federal Title IV regulations to submit documentation requested by the Financial Aid Office to confirm the accuracy of items on the FAFSA.

The current standard verification items that will remain for all applicants are: number in household, number of family members in college, food stamps, and child support paid. Individuals who file taxes have to verify Adjusted Gross Income, U.S. Income Tax Paid and certain untaxed income items. For those who don't and are not required to file taxes, the Financial Aid Office will verify income earned from work. Two new verifiable items added for the 2013-2014 award year are High School Completion Status, and Identity and Statement of Educational Purpose.

Applicants required to verify their high school completion status will be asked to submit a copy of the applicants high school diploma or a copy of the applicant's final high school transcript that shows the date when the applicant completed high school, GED certificate and for homeschooled, a transcript or the equivalent signed by the parent or guardian, that lists the high school courses completed by the applicant and documents of the successful completion of high school.

Applicants required to verify their Identity and Statement of Educational Purpose must appear in person and present a valid government-issued ID and a signed statement certifying the Federal Student Financial Assistance received will only be used for educational purposes to pay the cost of attending the institution for the 2013-2014 award year.

The primary means of communication for the Financial Aid Office is OCCC student email. Please check your email regularly and for additional information visit the Financial Aid webpage at [www.occc.edu/financialaid](http://www.occc.edu/financialaid).

—HAROLD CASE  
FINANCIAL SUPPORT SERVICES DEAN



# COMMENTS AND REVIEWS

**ENTERTAINMENT REVIEW** | With numerous exhibits to choose from, children will be entertained for hours

## OKC Zoo offers day-long affordable family fun

Hidden in plain sight just off of Interstate-44 at 2101 NW 50th in Oklahoma City, the Oklahoma City Zoo offers a wide variety of animals, plants and good old-fashioned entertainment.

No matter your age, education or financial status, the OKC Zoo has something for you to enjoy.

Covering 119 acres and housing more than 1,800 animals, you can visit again and again, and be surprised and delighted every time. The zoo is broken into several different exhibits including: Expedition Asia, Oklahoma Trails, the Great Escape and the Children's Zoo.

While Expedition Asia is not complete, it offers a state-of-the-art elephant habitat that currently houses one bull elephant, two adult female elephants and a 1-year-old female named Malee.

The Oklahoma Trails exhibit is designed to showcase animals native to

Oklahoma and the surrounding region.

The area includes life-like living areas for mountain lions, wolves, bison and bears. Highlights of the exhibit include a nocturnal barn and two grown grizzly bear brothers named Will and Wiley.

If you are looking to entertain children, in addition to the animals, the zoo offers a large playground and a brand new Children's Zoo where children can pet goats or hand-feed lorikeets.

The Zoo is open 362 days of the year, only closing on Thanksgiving, Christmas Day and New Years Day. Daily admission to the zoo is a bargain at just \$8 for adults and \$5 for children. They also offer a generous military discount of half-price admission for military members, their spouse and up to five dependants.

If you discover you like the Zoo and want to visit on a regular basis, they also



offer memberships that include unlimited access to the zoo and discounts in the gift shop.

You also can explore the zoo for free every Monday through Feb. 25.

**Rating: A**

—ALLEN MITCHELL  
SPORTS WRITER

**RECREATION REVIEW** | Fitness course free to the public

## Zumba class healthy fun for all

Those looking for a fun way to get fit may want to check out Zumba. The class, offered through the Pioneer Library System at the Moore location, is held every Thursday night from 6 to 7 p.m.

For those not familiar with Zumba, the class is composed of dance and aerobic elements which are choreographed into routines and set to music. The class is led by an instructor who shows step-by-step moves during each routine.

The class begins with a warm-up song to get everyone moving. Once everyone is warmed up, the fun begins.

Some people may be self-conscious when it comes to dancing in a roomful of people but the atmosphere is totally relaxed.

At the first class, our instructor told us not to worry about what we look like and just have fun. If we can't do a move exactly like she does it, she told us to make up our own move. Everyone will make a mistake at some point and once you realize no one is paying



# ZUMBA®

FITNESS

attention to you anyway, you will start to relax and have more fun.

This class is not for the faint of heart, however. You can expect an intense hour-long workout with only one five-minute break. The challenge is well worth it though because where else do you get to dance to "Gangnam Style" with a roomful of people?

I had my friend go with me the first time and we were almost in tears by the end of the hour from laughing at all the crazy moves we had to do.

I also love the fact that the class appeals to such a wide range of ages. It is great to see so many people taking an interest in their health and having fun while doing it.

No money to pay for a class right now? No problem. It's free. You

don't even have to be a member of the library to participate. The only requirement is you must sign a waiver at the beginning of each class and participants under 18 must be accompanied by an adult.

Overall, the class is a great way to challenge yourself and blow off some steam from the week. The people are friendly, the dancing is fun, you are doing something for your health and all it costs is your time.

Zumba is one of the highlights on my week and I highly recommend it.

For more information, call 405-793-4349.

**Rating: A+**

—ERIN PEDEN  
CONTRIBUTING WRITER

## TOP 20 MOVIES

Weekend of Jan. 23 through Jan. 25  
[www.newyorktimes.com](http://www.newyorktimes.com)

1. *Hansel and Gretel: Witch Hunters*
2. *Mama*
3. *Silver Linings Playbook*
4. *Zero Dark Thirty*
5. *Parker*
6. *Django Unchained*
7. *Movie 43*
8. *Gangster Squad*
9. *Broken City*
10. *Les Misérables*
11. *Lincoln*
12. *A Haunted House*
13. *The Hobbit: An Unexpected Journey*
14. *Life of Pi*
15. *Parental Guidance*
16. *The Last Stand*
17. *The Impossible*
18. *Argo*
19. *Quartet*
20. *Jack Reacher*

# Black History Month dates back to '70s

KATIE THURMAN

Staff Writer

staffwriter2@occc.edu

It's a tradition that extends as far back as most students can remember. According to [africanamericanhistory.gov](http://africanamericanhistory.gov), Americans have recognized Black History Month in schools, workplaces and homes since 1976.

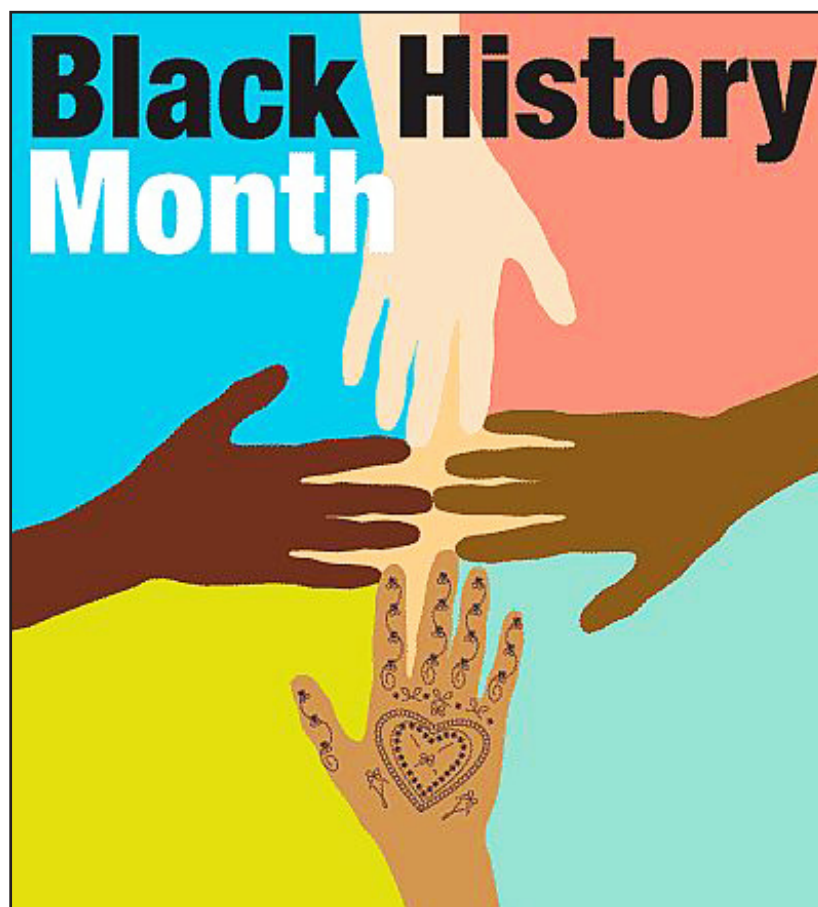
Then President Gerald Ford designated February to be the time to "seize the opportunity" to shine a light "on the too often neglected" achievements and milestones of many great African-Americans.

African-American writers, inventors, scientists, and politicians are always active in shaping our everyday lives and have been for centuries, and the likes of their accomplishments are well documented, according to [history.com](http://history.com).

Ford set a goal during Black History Month, to set aside time for special attention to be paid to the profound successes of these Americans.

Typically, curriculum for the month of February is modified to highlight the accomplishments of black Americans. According to [africanamericanhistorymonth.gov](http://africanamericanhistorymonth.gov), celebrations in schools and other institutions have been the norm since the civil rights movement in the 1960s.

The website states celebrations before the president's decree in 1976 were largely unofficial, though their success and popularity no doubt had influence



on Ford's decision to recognize African-American history on a national scale.

The history of the celebration began long before the civil rights movement in the early 1900s.

Historian Carter G. Woodson dedicated most of his life to the pursuit of increasing the visibility and importance of the legacy that African-Americans were leaving behind, according to [\[history.gov\]\(http://history.gov\),](http://africanamerican-</a></p>
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In an attempt to bolster the awareness of such important contributions to society, the website states that Woodson started a committee that enacted the first Black History Week in the U.S. in 1926; the initial response was overwhelmingly positive.

By the end of the 1960s, as the civil rights movement was reaching a resolution, people of all colors were seeking widespread knowledge and calling for education about the successes of African-Americans and the influence they had brought to world through art, literature, scientific discoveries, and other areas.

In the 1940s, jazz musician Duke Ellington composed the most influential music of his time. Music that we consider classics now.

In the '60s, Dr. Martin Luther King Jr. taught the power of tolerance.

In 2009, Barack Obama became the first African-American president in the history of the U.S.

By the time that Black History Month was officially enacted and recognized by the President in the 1970s, most Americans had already begun to realize and also had begun to celebrate the importance of African-American history and heritage as part of the heart of our nation's thriving, ever-changing landscape, according to [africanamericanhistory.gov](http://africanamericanhistory.gov),

For more information on Black History Month, visit [africanamericanhistory.gov](http://africanamericanhistory.gov) or [history.com/topics/black-history-month](http://history.com/topics/black-history-month).

## African-Americans leave mark on History

REYNA C. OTERO

Community Writer

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There have been famous African-Americans throughout history. Some have changed the way society lives, changed the music industry, have been seen numerous times on television, and have been athletes.

According to [infoplease.com](http://infoplease.com), a website containing information about African-American history, as entertainers and athletes, African-Americans have been seen throughout history, leaving a mark in the music and television industry, and in sports.

Some well known African-American actors and actresses who have left a mark on today's society include Halle Berry, Bill Cosby, Morgan Freeman, Eddie Murphy, Will Smith and Oprah Winfrey.

Berry was the first African-American to represent the U.S. in the Miss World pageant in 1986, according to [infoplease.com](http://infoplease.com). The website also states Cosby was the first African-American to star in a dramatic series on television and Freeman is one of the few

African-American actors to receive wide ranging Hollywood roles portraying people of power. Murphy and Smith are both known for their great roles in movies. Time magazine even named Winfrey as one of the 100 most influential people in the world.

Some famous black musicians include Ray Charles, Billie Holiday, Whitney Houston, Janet Jackson and Michael Jackson.

Charles recorded more than 60 albums, won 12 grammy awards, and was inducted into the Rock and Roll Hall of Fame in 1986, according to [infoplease.com](http://infoplease.com). Charles was not the first African-American musician to reach listeners on a global scale.

According to the African-American Web Connection website, a site dedicated to prominent African Americans, Holiday was one of the most famous jazz singers of all time.

And [history.com](http://history.com), in an article entitled "This Day in History," ranks Houston among the 40 biggest sellers of all time.

Janet Jackson became the country's highest paid female recording artist in 1996 and Michael Jackson was one of the world's leading musical stars, accord-

ing to [infoplease.com](http://infoplease.com).

A few athletes found on [history.com](http://history.com) include baseball legends Ernie Banks and Reggie Jackson, basketball heroes Michael Jordan, Kobe Bryant and LeBron James and boxing stars Muhammad Ali, George Foreman and Mike Tyson.

Biography.com, lists nearly 128 black activists. Among these are Martin Luther King Jr., Rosa Parks, Malcolm X, Harriet Tubman, Ruby Bridges, and W.E.B. Du Bois. The influence of these people has inspired college students.

"Dr. Martin Luther King Jr. and Rosa Parks, because of them, it changed my way of thinking. Looking back and reading about the things [King and Parks] have done and been through, how they had it way harder than what I have, and they still made it through," said Shuntelle Rhodes, nursing student at OCCC.

"It pushes me to make it through on my ups and downs to get through life," she said.

For more listings, information and full biographies on famous African-Americans in history, visit [infoplease.com/black-history-month](http://infoplease.com/black-history-month), [biography.com](http://biography.com), [history.com](http://history.com) or [aawc.com](http://aawc.com).



OCCC MATH, BIOLOGY AND COMMUNICATIONS LABS HELP TO THOSE WHO NEED IT

# College labs offer students assistance

## STAFF REPORTS

Students attending OCCC have several options when receiving assistance with schoolwork. OCCC has a number of labs available to students at no cost.

### Biology and Science Labs

Students enrolled in a biological science class who are looking to get some help on their work or are eager to get some guidance on an assignment that's proving particularly tricky should look no further than the Biology Science lab, said Bisoh Moma, biology lab assistant.

Tutors who work in the lab are qualified and willing to help students with all things science. Whether it be general biology, microbiology, anatomy, physiology or even zoology, there's assistance available in the lab to students from nearly every science class imaginable and offered at OCCC, Moma said.

The lab is located on the first floor of the Main Building in the Science, Engineering and Math center and is open six days a week, Monday through Saturday. Operating hours for the lab are from 9 a.m. to 9:30 p.m., Monday through Thursday and from 9 a.m. to 3 p.m. Friday and Saturday.



Communications Lab Assistant Nick Webb gives engineering major Matt Walls some pointers on his internship essay. The lab is located just outside the College Union in the Main building. It's where students can get help with any college writing assignments.

### Communications Lab

Taking English composition I or II this semester? Let the Communications Lab help you out.

"Students who use the lab for help with their writing tend to have overall higher GPAs than students who do not," said Rachel Olsen, Communications Lab supervisor.

The lab is open to all OCCC students with a valid OCCC ID, Olsen said. She said the lab also offers a quiet study area, free tutoring in the lab and online, collaborative activity space, iPad assisted tutoring, lab tours and tutor-assisted class activities. She also said the lab offers a study skills session and an ESL (English as a Second Language) conversation group.

"[The study skills session] is meant to help students break down information in their textbooks in a more efficient and effective way," Olsen said.

She said the student does not have to be enrolled in a composition class to visit the

lab. Some things to keep in mind before visiting the lab are to bring OCCC ID, a printed copy of the paper being worked on and the assignment sheet.

The lab hours are 8 a.m. to 9 p.m., Monday through Thursday, 8 a.m. to 3 p.m. on Friday and 10:30 a.m. to 2:30 p.m. on Saturday. There are no lab hours on Sunday. For more information, visit [www.occc.edu/comlab](http://www.occc.edu/comlab), or call 405-682-1611, ext. 7379.

### Math Lab

Students are invited to visit the Math Lab to study or use the computers, said Christine Peck, the Math Lab supervisor.

"Our mission is to support OCCC's math students and actually all of OCCC's students; to give them a comfortable place to study and ask questions, and to ultimately help them succeed in their college goals," Peck said.

"I know how hard it [is] to get through certain classes without some help, so I figured I would also give back, especially help out engineering students," said Shane Lloyd, Math Lab Assistant and former OCCC student.

The lab offers tutoring, a variety of textbooks, calculators, calculator workshops, and whiteboards, Peck said. She said a lot of students do not know how to use the calculators so attending a workshop can be beneficial.

There is no ID required to use the computers. However, Peck said, if a student wants to use a textbook or calculator, then an ID is required to hold the item.

Peck said graphing calculator's can be a bit pricy, \$100 or more. Peck said the lab leases graphing calculators for \$25 a semester to help students save money.

Karla Ortega, a pre-education major, said she has previously used the lab in the past and has enjoyed her visits.

"I can do my homework online, and the people that work [in the Math Lab] are willing to help me with my homework."

The Math Lab hours are 7:30 a.m. to 10 p.m., Monday through Thursday and 8 a.m. to 4 p.m. Friday and Saturday. There are no lab hours on Sunday.

The Math Lab is located on the second floor in the Science, Engineering and Math Center. For more information, visit [occc.edu/mathlab](http://occc.edu/mathlab), or call 682-1611, ext. 7291.



PHOTOS BY CHRIS JAMES/PIONEER

Biology Lab Assistant William Layden codes blood samples with nursing major Bobbie Wilson, Jan. 24 in the Biology Lab, located on the first floor of the Science, Engineering and Math building.



Pre engineering majors Phillip Mayes, Robert Hunt, and Covey Barlow make use of the OCCC Math Lab on Jan. 24. The Math Lab is located on the second floor of the Science, Engineering, and Math building, and has computers, calculators, and lab assistants to help students with any of their math courses.



ACCOUNTING, WORLD LANGUAGES AND COMPUTER LAB SERVE UP HOURS FOR STUDENTS

# Skill building available in campus labs

## STAFF REPORTS

### Accounting Lab

The Accounting Lab is located in the Main Building, on the second floor in room 2R1, for Accounting I and II students.

The lab is available for tutoring, homework, and practice tests, said Accounting Lab Tutorial Assistant Julie Young.

Young said there is also a homework helper sheet to assist the students with questions about their assignments, and a current student ID is the only requirement for the lab. She said students don't have to sign up for lab time, just come by.

"Our goal is to help the students do well in their studies," Young said. "We have all positive feedback about the lab."

Some students seemed grateful for the extra assistance.

"Without the Accounting Lab, I would have spent countless hours staring at my homework," said student Nathan Green.

Green was not the only grateful student.

"The Accounting Lab staff is an incredible asset. They were my light in a dark tunnel," said student Yvonne McAndrews.

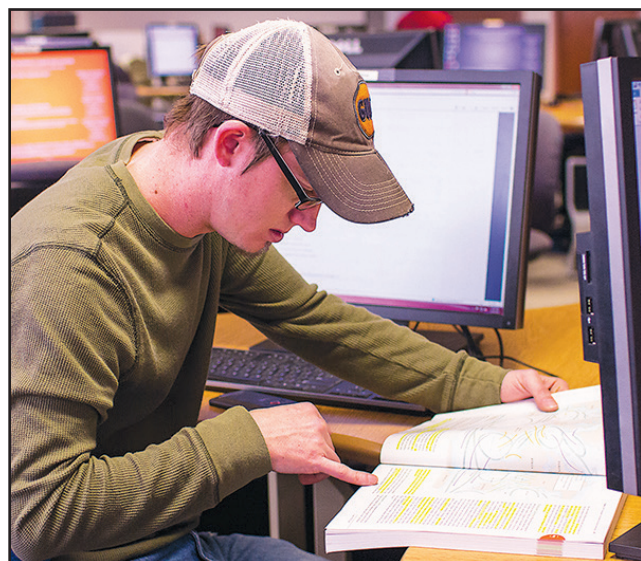
The regular lab hours are Monday and Wednesday 10 a.m. to 8:30 p.m., Tuesday and Thursday 10 a.m. to 5:45 p.m., Friday 10 a.m. to 3:30 p.m., and every second Saturday of each month from 10:30 a.m. to 2:30 p.m..

For more information, visit [www.occc.edu/Business/AccountingLab.html](http://www.occc.edu/Business/AccountingLab.html).



PHOTOS BY CHRIS JAMES/PIONEER

Business major Joseph Hernandez finds the answer with help from Accounting Lab Tutoring Assistant Julie Young on Jan. 24 in the OCCC Accounting Lab. The Accounting Lab is on the second floor of the main building behind the Business Division Office. It is the place to go with questions about accounting homework.



History major Jeremy Davis takes a Survey of World Civilizations quiz on Jan. 24 in the Computer Lab, located on the third floor of the library.

Japanese, and French classes for the Spring Semester, said the WLCC coordinator, Chiaki Troutman. The lab also helps students enrolled in the Academic Bridge Program, a program for those who are taking English as a second language.

According to Troutman, Spanish seems to be the most popular course being taken every semester.

"This semester we are having more students from online Spanish," Troutman said. Students can come to the lab and make use of the computers.

"Sometimes students have to access the online material. Setting up can be a problem but we are here to help," Troutman said.

The lab hours are 9 a.m. to 5:30 p.m., Monday, Tuesday, and Thursday. Nine a.m. to 7 p.m. on Wednesday, and 9 a.m. to 1 p.m., on Friday. There are no lab hours on Saturday. For more information, contact Chiaki Troutman at 405-682-1611, ext. 7104, or email [ctroutman@occc.edu](mailto:ctroutman@occc.edu).

### Computer Center

The student Computer Center, located on the third floor of the Keith Leftwich Memorial Library, provides students access to computers, the Internet, and printers.

Computers in the computer center can also help students with their computer skills in areas like Photoshop; C++; AutoCAD; Website Development; Microsoft Access, Excel, and Word; as well as a basic introduction to computers and applications.

Printers are available for students to print things like homework assignments and essays for class.

The only rules for printing are a 25 page per day limit, and no personal printing is allowed.

Student Computer Center hours are 7:30 a.m. to 10:45 p.m. Monday through Thursday, 7:30 a.m. to 8:45 p.m. Friday, and 8 a.m. to 4:45 p.m. Saturday.

The Student Computer Center staff said that students need a current student identification to use the machines, because usage is paid for by the student fees paid along with tuition.

### World Languages and Cultures Center

The World Languages and Cultures Center offers help with Spanish,



Student Hammad Alharbi talks to English as a Second Language Professor Sherah Hefner about the Bridge Program on Jan. 24 in the WLCC Lab.



## SPORTS

SPORTS | Students, faculty and staff have options to stay fit

## College gym offers free access

ALLEN MITCHELL

Sports Writer

sportswriter@occc.edu

OCCC Fitness and Recreation offers students free access to the campus swimming pool and Wellness Center. The Wellness Center offers a cardio weight room with access to free weights, treadmills and weight machines and is open 6 days a week.

Terry Khammanivong, pharmacy major, said he uses the gymnasium to play basketball several times a week.

"I mean, it's not as great as my outside gym, but it does provide everything I do need like the machines and treadmills...and the basketball court, which I usually use," he said.

While some students use the gym and Wellness Center regularly, others do not even know the services are available.

History major Stephanie Dyer said she had never used the gym but would use it now that she knows it is a free service.

The Wellness Center also offers organized fitness classes that include cardio kickboxing, yoga, Pilates, Zumba dance experience and a Spinning program, among others.

The classes are scheduled at different times during the day Monday through Friday.

The classes are low cost to students. Enrollment for each monthly session ranges from \$15 to \$30. Students can purchase a group fitness pass, according to the Recreation and Fitness website.

The fitness pass costs \$35 per semester and allows students access to all group fitness classes on a first come, first serve basis.

"It's a great gym. The Zumba is really fun," said Amy Nguyen, student at OCCC and former employee of the Wellness Center.

The Wellness Center also offers personal training sessions for a fee of \$60 for a one time session, or \$180 for four sessions, according to the Wellness Center website.

While the gym access is offered for free, some students feel there is room for improvement. Biology major Katelyn Whitaker said she has only



CHRIS JAMES/PIONEER

Visual arts major Lisa Thanscheidt works out after class on Jan. 24 in the Wellness Center. The Wellness Center is located between the College Union's General Dining area and the Social Sciences department.

used the gym one time.

"When I first went to the gym, I felt intimidated by all the equipment," Whitaker said. "[The gym] needs someone to show you what to do to work out, show you the ropes."

Nguyen said she also feels they could improve the management of the Intramural Sports programs.

"[The] leagues could be better organized and advertised," Nguyen said.

The swimming pool is open to students on weekdays and Saturdays. Lap

“It's a great gym. The Zumba is really fun.”

—AMY NGUYEN  
OCCC STUDENT

swimming is available during scheduled times Monday through Saturday.

The Aquatic Center also offers Family Swim Fridays, which allows families to participate in open swim at the pool from 6:45 to 8:30 p.m. for \$10 per family, according to the Aquatic Center website.

For more information on hours or

UPCOMING  
INTRAMURALS  
EVENTS

**Feb. 1-2:** Mid State/Metro Swim Meet. The event is open but the pool will be closed to the public. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

**Feb 1-5:** February session fitness classes begin. Classes included are: theatrical dance, abs express, total body workout, cardio kickboxing, combo aerobics, yoga, pilates, Spinning program, Zumba, water exercise and deep water exercise. For more information, call Fitness and Recreation at 405-682-7860.

**Feb 2:** There will be a CPR class for health care providers from 8:30 a.m. to 2:30 p.m. in the Wellness Center. The fee is \$45. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

**Feb 2:** Intramural basketball season begins. Player/team sign up will be ongoing through [www.imleagues.com](http://www.imleagues.com). For more information, call the Wellness Center at 405-682-1611, ext. 7310.

**Feb. 5:** Chickasha Conference Swim Meet. The pool will be open to the public. For more information, call the Wellness Center at 405-682-1611, ext. 7310.

**Feb. 8:** Edmond/Putnam City Last Chance Swim Meet. The pool will be open to the public. 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 your news to  
sportswriter@occc.edu.**

**Have sports news to  
share?**

**Email Allen at**

**sportswriter@occc.edu,  
or call 405-682-1611,  
ext. 7676**

programs or to enroll in a Wellness Center program, call Recreation and Fitness at 405-682-7860, or visit the website at [www.occc.edu/rf/](http://www.occc.edu/rf/)



# Thieves make off with car stereo, shoes

**BUFFIE RICHARDSON BROWN**

Staff Writer  
seniorwriter@occc.edu

Thefts continue to keep campus police busy.

At 11:20 a.m. Jan. 7, Conrad Waters, 24, reported the radio in his truck had been stolen. Waters told Officer Gordon Nelson he arrived on campus at 10 a.m. and parked in lot G. Waters said when he returned to his truck at 11:15 his radio was gone.

The radio, a Kenwood Excelon, is valued at \$300.

Nelson reported there was no sign of forced entry into the truck. No other items were missing.

The next day, at 4:30 p.m., Officer Patrick Martino was called to the swimming pool to investigate a report of stolen shoes.

Two male victims, ages 14 and 16, said around 2:30 p.m., they left their shoes on the bleachers. When they returned later that day, they discovered the shoes were missing.

Martino reviewed security camera footage from the area for possible suspects.

He said he was unable to determine when the theft happened or who took the shoes because of the large crowd of people in the area during that time. The stolen shoes were a pair of red slippers worth \$60

and a pair of black Nike Air Max worth \$175.

Officer William Hall was dispatched at 3:54 p.m., Jan. 15, to the OCCC library regarding two male suspects leaving the library with possible stolen books. Hall apprehended the two suspects Titus Terrell Gaddis, 19, and Courtney Deon Henson, 18, and recovered two GED books.

An open records request made Jan. 25 asking for further information had not been filled by press time.

To contact campus police, call 405-682-7872. If you have an emergency, use one of the many call boxes located both inside and outside on campus or call 405-682-1611, ext. 7747.

## Enrollment: State's good economy equals fewer students

*Continued from page 1*

education will pay off for them down the line."

Student Employment and Career

Services Director Debra Vaughn said simply being enrolled at OCCC can open doors by helping students find job opportunities through Student Employment and Career Services.

"We have employers that, on a weekly basis, send us job announcements," Vaughn said. "We're available for currently enrolled students and alumni .... They can apply for student jobs ...."

For more enrollment information, contact Harvey at sharvey@occc.edu. For more information about employment, call Student Employment and Career Services at 405-682-7519.

## Awareness: Eating disorders the focus of info booths

*Continued from page 1*

Body Is This Anyway? How to Refute the Media's Distorted Body Images" from 12:30 to 1:20 p.m. in CU 3. DeLarre is a member of the Oklahoma Eating Disorder Association.

Howard said information regarding eating disorders will be provided to students from 10 a.m. to 2 p.m. on Feb. 5, 6 and 7 at information booths in front

of the Communications Lab in the Main Building.

An information booth also will be set up at the Health and Wellness Fair on Wednesday, Feb. 6. A member from the Oklahoma Eating Disorder Association will visit, and talk with students and staff during the fair, Howard said.

She said these booths and presentations are being held to bring awareness to campus about eating disorders and the impact they have on individuals and the community.

Howard said "buttons for health" also will be offered at the information booths for students to wear in support of a friend or family member with an eating disorder.

Other topics being touched on include exercise addiction. "There's always [a need for] balance," Howard said. "Balance is important in everything."

OCCC nursing student Dinal Patel said she would like the presentation to include information over the types of good and healthy foods to eat in order to lose or maintain weight.

Howard said the more information people have, the better they can help themselves or their friends and family with these types of problems.

For more information, please contact Jenna Howard at 405-682-1611, ext. 7621.

**“Ten million females and one million males in the United States are dealing with anorexia or bulimia. Twenty-five million are struggling with binge eating. That's a pretty big issue in our society”**

—JENNA HOWARD

STUDENT SUPPORT SERVICES COUNSELOR



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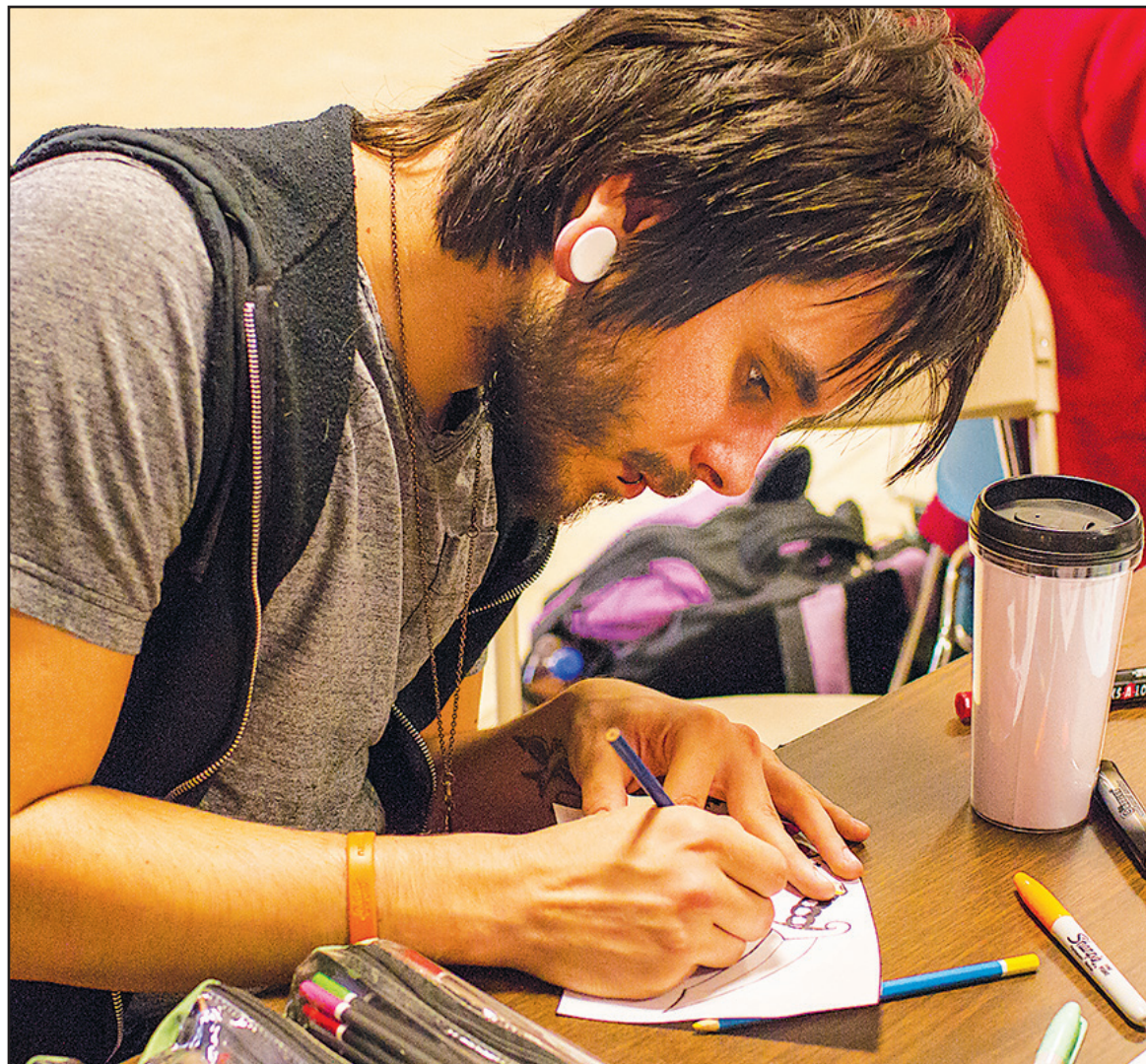
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# CAMPUS COMMUNITY

## Mug shot



CHRIS JAMES/PIONEER

Art major Cody Haskins decorates a mug with Student Life on Jan. 23 outside of the Communications Lab. The mug decoration table is set up by Student Life as part of OCCC's Welcome Week activities.

**COMMUNITY** | Students receive information on four year colleges

## Luncheon to offer transfer info

**BUFFIE RICHARDSON BROWN**

Senior Writer

seniorwriter@occc.edu

February's upcoming Brown Bag lunches will cover two topics. The first will be about transferring to a four-year college from 12:30 to 1:30 p.m. Tuesday, Feb. 5, in CU3.

The second "Where Do I Fit In?" will be similar to last semester's Coffee and Religion Brown Bag, it will be a conversation zone about college life said Assistant Student Life Director Chris Shelley.

"A transfer programs brown bag will be hosted by the transfer department from Academic Advising and will assist students with tips and information on how to transfer their college work from OCCC to a four year university," Shelley said.

"I would go to that," vocal performance major Stefanie Cox said. "It would be really helpful."

Students who would like to attend the transfer

“

We try to have evening events so we reach the whole student population as best as we can.”

—CHRIS SHELLEY

STUDENT LIFE ASSISTANT DIRECTOR

event but are unable to during the day can come to the second event from 4 to 6 p.m., Wednesday Feb. 20, in the Welcome Center lobby, Shelley said.

"We try to have evening events so we reach the whole student population as best as we can," Shelley said. "We know some students may only be able to take evening classes so we do this to give them the same opportunities. It is located in the lobby area to be more easily available to the night students as they come and go."

Some students are unable to attend sessions during the day.

"I am here all day until six, so the night events

## CAMPUS HIGHLIGHTS

### Brown Bag: Transfer Programs

There will be a Brown Bag luncheon from 12:30 to 1:30 p.m. Tuesday, Feb. 5, in room CU3. Academic Advising will be offering information for students on transferring from OCCC to a four year college. Bring a lunch. For more information, contact Student Life 405-682-7523.

### Black History Month event on campus

There will be a panel discussion on education during Black History Month from 2 to 4 p.m. on Tuesday, Feb. 5, in CU3 of the General Dining area. For more information, contact 405-682-7523.

### Health and wellness fair to be held

The annual Health and Wellness Task Force fair will be held from 10 a.m. to 2 p.m. Wednesday, Feb. 6, in rooms CU1, CU2 and CU3. For more information, contact Carole Valentine at 405-682-1611, ext 7662.

### Brown Bag: Where do I fit in?

There will be a Brown Bag Luncheon from 12:30 to 1:30 p.m., Tuesday, Feb. 12, in room CU2. Students will have a safe environment to converse about college life and experiences. Bring a lunch. For more information, contact Student Life at 405-682-7523.

### Enjoy Valentine's with the OKC Ballet

Celebrate Valentine's day with members of the Oklahoma City Ballet. The Civic Center's resident dance company will be producing a special program of chamber dance works for the OCCC Cultural Arts Series. The program will begin at 7:30 p.m., Feb. 14, in the Bruce Owen Theater. Ticket prices are \$10 for students and youth (under 17), \$20 for adults and \$17 for seniors. For more information, contact Lemuel Bardeguéz at lbardeguéz@occc.edu.

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

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

would maybe give me a chance to go to one," music education major Andrew Edwards said.

From 12:30 to 1:30 p.m., Tuesday Feb. 12, in CU2 will be a Brown Bag called "Where Do I Fit In?," it is all about students having a safe zone to talk about college, Shelley said. Shelley said two professors will basically facilitate an open conversation about anything to do with experiences in college.

"Some of our non-traditional students or first-generation students may have special issues that they need to be able to talk about with other students that are having similar problems," Shelley said.

Students are invited to attend any Brown Bag event, and urged to bring a lunch. For more information, contact Student Life at 405-682-7523.



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. Fridays prior to the next publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail [adman@occc.edu](mailto:adman@occc.edu).

AUTOMOTIVE

**FOR SALE:** 1965 Chevy truck. \$4,000 OBO. Rebuilt motor. Runs. Needs painting. 1962 Chevy car. \$2,000 OBO. Call/text: 405-517-4117 for more info.

**FOR SALE:** 2001 Dodge Durango SLT 4x4, pearl white. \$2,500. Engine overheated, needs some work. 164,000 miles. Would be great hunting vehicle. Call Cheryl: 405-912-7401.

FOR RENT

**ROOM FOR RENT:** \$450/mo. Bills included. 3-bedroom located near OCCC. Males only. One friendly dog already, no more pets. No smoking preferred. Call/text Reginald at 405-249-4550.

MISCELLANEOUS

**LOOKING FOR A ROOM/HOME TO RENT:** Will share all bills. Call Quinton at 443-812-0917 or email [qmmountain@yahoo.com](mailto:qmmountain@yahoo.com).

**BABY ITEMS FOR SALE:** Fisher Price infant to toddler blue baby rocker w/ activity bar, barely used: \$20. Slightly used clean Jumperoo with accessories: \$50. Bright Starts baby activity gym, new: \$15. [wickitiwack@yahoo.com](mailto:wickitiwack@yahoo.com).

**LOOKING FOR RIDE:** Need ride from Norman to OCCC. Legally blind student. Will pay for gasoline. Classes Monday, Wednesday, Friday 11 a.m. to 4 p.m. Call: 405-598-5052 or 405-395-2779.

**FREE:** This classified space is free to OCCC students and employees. Call for details. 405-682-1611, ext. 7674.

**FOR SALE:** Limited edition wakeboard, still packaged: \$100; new, limited edition Jim Beam bean bag/cornhole toss game, \$100. 405-818-0083.

TEXTBOOKS

**FOR SALE:** English Comp, \$35; TI-83 Plus, \$30. Call 405-209-0308.

Personal classified ads are free to students and employees. [adman@occc.edu](mailto:adman@occc.edu).  
  
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THIS WEEK'S PIONEER PUZZLE

Shakespeare: Hamlet

Find and circle all of the words relating to Hamlet that are hidden in the grid. The remaining letters spell a secret message - a Hamlet quotation.

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

AMBASSADORS	FRANCISCO	MARCELLUS	REGICIDE
BARNARDO	GERTRUDE	MELANCHOLY	REVENGE
CASTLE	GHOST	MESSINGER	REYNALDO
CHALICE	GRAVEDIGGERS	MURDER	ROSENCRANTZ
CLAUDIUS	GUILDENSTERN	OPHELIA	SKULL
CORNELIUS	HAMLET	OSRIC	SWORD
DEATH	HAUTBOYS	POISON	THE PLAYERS
DENMARK	HORATIO	POLONIUS	TRAGEDY
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# Try music lab for homework harmony

PARIS BURRIS

Editor

editor@occc.edu

Students wanting to work on music homework or just wanting to play their instruments for fun now have a new and technologically advanced space in which to do that, said Music Professor Michael Boyle.

Boyle said OCCC's recently opened Music Lab has 12 stations — each with an iMac computer, a piano-style keyboard, a computer keyboard, and a digital interface that changes the sounds from, say, a guitar signal into what the computer can understand and then back again.

"That's what is called a digital interface," he said.

Boyle said the technology doesn't stop there. Students have more technological resources for music in the new lab than ever before at the college.

"The computers are loaded with a recording software called GarageBand.

"They are loaded with a ... program called Finale which is a notation program that allows the students to play the piano keyboard and see the notes spring up on the staff on the computer screen. Then you hit print and it's printed out," Boyle said.

"So, no more doing your music theory homework with a pencil."

Boyle said he pitched the idea for a music lab after years of using old equipment with no hope for upgrades.

"The music lab is a replacement[for the] piano teaching lab," Boyle said.

"The equipment that I had was 30 years old," he said. "The company had been out of business for 25 years. I couldn't get replacement parts. I couldn't get anyone to come out and work on them and I couldn't get any funding to get them replaced.

"So, I decided to change course," Boyle said.

"I knew that lab concepts were very popular here at OCCC so I thought, 'Well, if I could call it the Music Lab, maybe I could get this funded.'"

"Once I wrote that proposal, it started flying. It took off and I was able to get funding from Academic Affairs, and Arts and Humanities. I also got two grants. One was from Academic Affairs; the other was from Institutional Effectiveness.

"So, grants and normal funding channels have paid for all this equipment."

Boyle said providing resources for student success is an important goal for the lab.

"We're still waiting for one more software which is called Aurelia and that is an ear training software," he said. "That is one of our weakest areas in student success in music so we're hoping that software and hands-on training will allow them to get better grades in their class.

Students are happy with the latest addition.

"For some of us that want to become musicians, I think this lab will help out a lot," said Music major Marcus Watson. "A lot of us get confused in the lecture and need hands on," he said. [It's better] when



CHRIS JAMES/PIONEER

Music major Isaac Garcia tries out the new software in OCCC's new Music Lab that opened Jan. 19. Music professor Michael Boyle said the lab is equipped with computers loaded with learning software, keyboards with headphones, a piano and a study area designed to help music students succeed.

you can sit with people that know what they're doing and get you that push you need to go."

The lab is open 9 to 10 a.m. and 1 to 6 p.m. every afternoon and from noon to 5 p.m. on Saturday, Boyle

said. The Music Lab is open to all OCCC students.

For more information, call Boyle at 405-682-1611, ext. 7245, or email mboyle@occc.edu.

## Recreation and Fitness open house Feb. 11

ALLEN MITCHELL

Sports Writer

sportswriter@occc.edu

OCCC Recreation and Fitness is hosting an open house Feb. 11 through 16 to highlight the programs available at the Wellness Center, said Recreation and Sports Specialist Eric Watson, event organizer.

Watson said OCCC has a gym, cardio and weight room area that OCCC staff and students can use free of charge and the public can use for an affordable fee.

Those in attendance also will

be able to get information about the special programs offered by Recreation and Fitness, he said.

"We also [promote] other student activities such as intramural, sport clubs and student employment opportunities during our open house."

Watson said he enjoys the annual event.

"The best highlight of the open house is seeing students, staff and community members take advantage of participating in fitness classes," he said. "I believe most are looking to join aerobics classes — both land and water."

According to the Recreation and Fitness website, fitness classes this semester include Deep Water Exercise, Water Exercise, Total Body Workout, Abs Express, Theatrical Dance, Zumba, Cardio Kickboxing, Pilates, Spinning Program, Combo Aerobics and Yoga.

The Wellness Center offers adult leagues for men's basketball and co-ed volleyball, youth leagues for soccer, T-ball, basketball, and Hershey's Youth and Track and Field League, according to the website.

For more information, visit [www.occc.edu/rf](http://www.occc.edu/rf) or call 405-682-7860.