

PIONEER ONLINE

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EDITORIAL

COLLEGE STUDENTS NEED SLEEP

Editor Lauren Daniel says students aren't getting enough sleep. On average, adults need six to 10 hours a night. Read what she has to say.

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NEWS

NEW THEATER NOW OPEN AFTER DELAYS

The Performing Arts Theater opened Jan. 16 after numerous delays. Turn inside to read about the history of the theater and what future plans are.

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SPORTS

INTRAMURAL LEAGUES FORMING

Intramural Sports Assistant Matthew Wright said all students need to join a team is a pair of gym shorts and a student ID.

SPORTS, p. 8

COMMUNITY

ARTS ALIVE! CLASS STILL ENROLLING

Students can get firsthand knowledge and hands-on experience by enrolling in the three-credit-hour Arts Alive! class. Turn inside for details.

COMMUNITY, p. 10

PIONEER

OKLAHOMA CITY COMMUNITY COLLEGE

JAN. 17, 2014

WWW.OCCC.EDU/PIONEER

COVERING OCCC SINCE 1978

Campus shopping



LAUREN DANIEL/PIONEER

Kaylee Zimer, nursing student, shops for books and supplies for the upcoming semester in the OCCC bookstore, located on the first floor of the Main Building. The bookstore also rents textbooks to students. Look for a story about textbook rental in the Jan. 24 issue of the Pioneer. To find out if the store carries a book you need, visit <http://bookstore.occ.edu/selecttermdept>.

Campus help available for students

Get assistance from Financial Aid, Student Support Services, Academic Advising and more

LAUREN DANIEL
Editor
editor@occ.edu

Students can use campus resources to help them through their academic journey. Financial Aid, Academic Advising, the Transfer Center, TRiO, Student Support Services, Employment and Career Services, and the Police Department are a few resources available to students.

FINANCIAL AID

Many students depend on financial aid and the Financial Aid department is available to help students in that area.

"Students can come in here and apply for financial aid, submit the FAFSA (Free Application for Federal Student Aid) application and they can use the six computer stations that we have out in the lobby," said Financial Aid assistant director Megan Morgan.

The department also can answer questions about FAFSA and student loans.

"As long as they list OCCC and they've been admitted to the college, then we're able to receive their (FAFSA) applica-

tion," she said.

Appointments aren't needed to meet with advisers in Financial Aid and lines are uncommon, Morgan said.

"If a student comes to the front counter, we always try to just help them We always bring them into our office and do that," she said.

The department sends monthly newsletters with financial advice via student email, she said.

Fact sheets, forms and a net price calculator can be found at <http://www.occ.edu/financial-aid>. For more information, call 405-682-7525.

ACADEMIC ADVISING

Students seeking degree or major advice can visit Academic

Advising located on the first floor of the Main Building.

"Our primary purpose is to advise students in their declared degree program," said Tamara Madden, Academic Advising director.

Students can change majors and get help with achieving their academic goals.

"We're more than happy to support students in that exploration and in changing their major."

For more information, call Madden at 405-682-7535.

THE TRANSFER CENTER

The Transfer Center is a part of

See **HELP** page 9

OPINION

EDITORIAL | Our bodies renew themselves at night while we rest

Students need sufficient sleep

Most people have pulled an all-nighter at some point. It might have been for school, or maybe even just because an entertaining movie was on television.



LAUREN DANIEL

I think we can all agree the effects of staying up all night are apparent the next day but not many students consider the importance of proper sleep.

College students often spend countless hours studying each night.

The pressure to pass exams, complete assignments, and finish projects can outweigh the need for sleep. However, choosing school instead of sleep could be detrimental to their health, GPA and well being.

Due to class, homework, jobs, family and social lives, it is not unusual for students to be sleep deprived. According to the University Health Center, most college students only get about 6 to 6.9 hours of sleep a night.

On average, adults need 6 to 10 hours of sleep a night. However, depending on your own body, the number can fluctuate.

Studying more efficiently and getting the amount

of sleep your body needs will help your brain retain important information. The research done by the University Health Center states that students who got eight hours of sleep or more had a higher GPA than students who were getting six or less.

Sleep allows our body to renew itself, think better, and strengthens our immune system. Going without a good night's rest puts students at risk for health problems. Feeling stressed out, getting sick, depression, anxiety and gaining weight are just a few unfortunate things that can occur by not allowing your body to get the rest it needs.

The number of hours of sleep is important, but your bedtime routine and sleep schedule are major factors. Having a consistent ritual before you go to bed will help your body wind down. The National Sleep Foundation recommends taking a warm bath, reading or listening to soothing music. They also recommend keeping the number of hours you spend sleeping consistent every day, even on weekends.

Some students may see napping as an alternative to solve their sleep deprivation. Unfortunately, that is not the way our bodies work. Students who choose to nap will sleep less than those who do not. If a nap is absolutely necessary, it is best to limit it to about 25 to 30 minutes and to keep it fairly early in the day.

Exercising, avoiding caffeine close to bedtime and



not smoking are good rules to follow, because these things can hinder your ability to fall asleep.

A good sleeping environment also can affect sleep.

A cool, dark, calm, and comfortable place will maximize your sleep time. Students should use their bedroom for sleeping and sex only. Although it is very hard, phones, televisions, tablets and other devices should not be kept in the bedroom, because of the disturbance they can cause.

I will be trying out these tips and I think all other students should, as well.

Before you pull an all-nighter, you should think twice.

—LAUREN DANIEL
EDITOR

LETTER TO THE EDITOR | Letter

Stop political smear ads so Americans will want to vote

To the editor:

Political smear campaigns are nothing new. Candidates seek to make themselves look better by making their opponent appear worse. Many voters are unaware of the political candidates except for what they see on television. In this respect it is a goldmine for opposing parties to focus on their rivals' shortcomings and educate the voters on their character or lack thereof.

Character is an essential part to how political candidates are viewed. Without character there is nothing to recommend that a candidate fill the position of president. By degrading the character of the rival, a political candidate can possibly ruin the other's hopes for presidency.

Mudslinging, as it is commonly called, is defined as efforts to discredit one's opponent by malicious or scandalous attacks. Many choose to sit out and vote

for neither candidate, tired of the unethical name-calling in campaigning. If credibility were restored overall in political campaigning, maybe these non-voters would be brought back.

While the smear-campaign style may be effective in degrading the rival contender's character, it can also, depending on the factual evidence, be harmful to the party paying for the ads. John Arbuthnot said: "All political parties die at last of swallowing their own lies." If an ad is harmful in nature but does not use evidence to support the claim, it can backlash onto the sponsoring candidate's character — in effect making them swallow their own lies.

Instead of scandal and gossip being the main tool to discredit a politician, it would be beneficial if truthfulness were the order of the day. Elections would be more clearly cut and navigable for voters. Politicians would have to spend more time doing the

right things themselves rather than sleuthing out the mistakes of their opponents.

Overall, it would bring integrity to campaigning that is severely lacking at this point in time. Character would be based upon actions, not hearsay, and voters would be able to make informed decisions of which candidate they wish to support.

Just as our legal oath says "The truth, the whole truth, and nothing but the truth," — truth as a campaign tool is the severe opposite of what is presently being utilized.

A compromise solution to benefit both parties and voters would be to replace smear ads with factual information and for candidates to spend more time talking about their own character instead of their rivals.

—BUFFIE RICHARDSON-BROWN
OCCC STUDENT

OKLAHOMA CITY COMMUNITY COLLEGE

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

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

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

name if the request is made in writing.

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

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

COMMENTS AND REVIEWS

BAKERY REVIEW | Store offers up to 10 cupcake flavors to choose from

Gigi's in Norman satisfies cravings

While in Norman recently, I decided I needed a snack. A cupcake sounded great so I went to Gigi's Cupcakes, located at 1626 24th Avenue NW in Suite F-102. It's easy to miss, so I'm glad I found the shop.

Upon entering, I was greeted with a sincere hello, and I was encouraged to try samples of some new cupcakes that had recently been added to the menu.

They had about 10 flavors of cupcakes to choose from as well as some holiday cupcakes, mini cupcakes and cheesecake.

Gigi's has a different menu every day of the week, but some cupcakes like Wedding Cake, Midnight Magic and White Midnight Magic are offered daily.

Some other flavors they offer are: Carrot cake, Strawberry Shortcake, Scarlett's Red Velvet, Peanut Butter Cup, Chocolate Chip Cookie Dough, Apple Pie and more.

I picked up four cupcakes — one for each person in my family. I purchased White Midnight Magic, Midnight Magic, Bananas Foster and a holiday vanilla cupcake that looked like a snowman.



I ate the White Midnight Magic — a chocolate cake with cream cheese icing and mini chocolate chips on the top. The cake was a little dry, but I went later in the day so that is a bit understandable. However, the icing is to die for. I could not get enough of it.

I tasted the other cupcakes and they were great. All of them were gone right after dinner because we couldn't wait to eat them.

One thing that sets Gigi's apart from other cupcakeries (bakeries selling only cupcakes) is their cake-to-icing ratio, because Gigi's always has much more icing than needed for the cupcake.

Some people complain about too much icing but I would never do such a thing because I'm an icing fanatic.

If you are looking for an after-dinner treat, something to satisfy your sweet tooth or even a snack, Gigi's is the perfect place to go.

Rating: B+

—LAUREN DANIEL
EDITOR

BUSINESS REVIEW | Store is a lifesaver for anyone on a budget

Everything really is \$1 at Dollar Tree

If you're tired of seeing commercials about great bargains and so-called "falling prices" but then feel like you're being robbed at the checkout counter, you're not alone.

Don't give up hope because there's another option available to you.

Dollar Tree is a lifesaver for anyone who is on a tight budget. The name says it all. Everything in the store costs only a buck.

They have dishes and cutlery, car maintenance supplies, decorations for holidays, a selection of hardback books, potpourri and scented candles, medications and vitamins, hair and beauty products, pet supplies and groceries.

You may assume that



quality would be lacking in something that is so reasonably priced, but that's not the case.

For instance, Brawny trash bags sell for a buck at Dollar Tree, but almost five dollars at Walmart.

In other words, you could buy five at Dollar Tree or one at Walmart. That should be an easy decision to make.

Planning to go to the movies but want to avoid the outrageous prices they charge at the concession counter?

You can purchase

packages of Milk Duds, M&Ms, KitKat bars, Snickers and all the favorite theater candies in the same sizes but for about a fifth of the price.

If you want to design a flower arrangement for your special dinner guest, Dollar Tree has a large selection of floral accessories and vases to choose from.

Your co-worker is celebrating a birthday today or a special anniversary and you forgot to buy a card or gift? There's no reason to panic.

Select a mylar balloon and card for them or fill a decorative gift bag with spa products so they can pamper themselves.

New babies are a joy to behold but they are expensive. Buy bottles, clothing and other sup-

plies for next to nothing.

Better yet, put a few things in one of those decorative gift bags along with a mylar balloon and a congratulatory card as a gift for the new parents.

It's not Walmart, but you can park close to the door, find what you need easily, get checked out and rolling down the street in less than 30 minutes.

That would never happen in a large retail outlet.

Locations are found throughout the Metro area. The closest store to OCCC is at 1614 SW 74th in the Southern Hills Shopping Center that is just east of Pennsylvania on the south side of the service road.

Rating: A

—NANCY MARTINEZ
STAFF WRITER

COUNSELOR'S Corner Student support is available

"TEAM = Together Everyone Achieves More!"—ANONYMOUS

As a new semester in a new year begins, we in Student Support Service want to welcome each of you to campus, and encourage you as you pursue your academic goals and dreams here at OCCC. While it ultimately is each student's responsibility to do those things that will promote personal success and achievement, we want you to know there are resources on campus to help you along the way. Our office is one of those resources.

You may have learning difficulties, visual or hearing impairments or a medical condition, or you may have received accommodations during your K-12 experience that may qualify you for accommodations at the college level. However, the laws governing K-12 and adult learners are different, and you must take more responsibility and initiative in getting the services for which you may qualify. Part of our office supports students by assisting in the determination of reasonable and appropriate accommodations for all individuals with documented disabilities. These include learning disabilities, attention disorders, physical and health-related disabilities, and psychiatric disabilities. If you believe you qualify or if you have questions, please stop by our office for more information.

Life doesn't stop just because we're going to college. Stuff happens and sometimes that stuff hits us hard. A relationship goes sour. Legal issues blind-side us. The semester feels really hard and overwhelming. Students experiencing life events that make it difficult to cope can come to Student Support Services and talk to a licensed counselor about those issues and how to cope with them. These services are free and confidential.

You might be the student in school who never has had to study. Everything seemed intuitive and you breezed through your classes. Or, you might be the student who is so insecure about your study and test-taking skills that you melt down emotionally and sabotage your efforts for success. The learning support specialists in the office can help you improve those skills no matter where you are on the continuum. Strategies that work for one type of class don't necessarily work as well for another type. Things you did in high school might not be effective in college. You may not know how important your class syllabus is or how to use it to guide your study efforts. You might need help on how to get everything organized so that you can manage your time. The learning specialists are here to help you improve all the skills related to your academic success.

OCCC is a really big space, but it is filled with people and other resources to help you succeed. We in Student Support Services invite you come in and see us so that we can be a part of your team.

—MARY TURNER
LEARNING SUPPORT SPECIALIST

COMMENTS AND REVIEWS

MUSIC REVIEW | With a new self-titled album out, former Destiny's Child frontwoman shows she's still marketable

Beyoncé outdoes herself — once again

Illuminati or not, Beyoncé Knowles-Carter has made her mark as a solo artist since shedding the back-up vocals of Destiny's Child in 2005.

Now a mogul, model and mother, Knowles-Carter has influenced the world in such a way that it's almost as uncanny as the conspiracy theories surrounding her success. And after mastering media magazines, movie screens and music venues, what can an artist possibly do to keep things fresh?

Well, Beyoncé had an idea — or several.

Somehow, she managed to release an entire “visual album” — self-titled “Beyoncé” — including 14 tracks with a music video to accompany each, without one word being leaked online.

And although the secrecy of the album can merit



its success alone, Beyoncé's musical talent should not go unnoticed.

Once the rump-shaking, finger-wagging single lady, Beyoncé's visual album permits her fan base to not only listen to her musical maturation but witness it firsthand.

Shedding her former facades as “Sasha Fierce” and “Honey B,” she has now envisioned her form as

“Yoncé,” the newest expression of Mrs. Carter's “self.”

The video for “Yoncé” and corresponding track, “Partition,” portray Beyoncé in stunning film sequences that emphasize her feminist mindset while retaining her marketable sex appeal.

“Drunk in Love,” the most recent single from the album, combines a haunting melody with traditional hip-hop flare. Other tracks, such as the song dedicated to her daughter, Blue Ivy Carter, reveal the emotional influences for the album as well.

Boasting a tracklist with decorated artists such as Drake, Frank Ocean and husband Jay-Z, the album surpasses anything Beyoncé has ever released before.

Selling for \$15.99 on iTunes, Beyoncé's self-titled visual album is worth every penny. Even if a person isn't a fan of hip-hop, the visual album provides a new way to experience music, and I trust other artists will follow suit.

Beyoncé has always been a marketable figure, but somehow she's outdone herself — again.

Rating: B

—SIALI SIAOSI
STAFF WRITER

MOVIE REVIEW | Film reaches beyond expectations, reviewer says

‘Her’ a creative, smart movie

Relationships, love, hate, uncertainty, loneliness — most people would say they know a thing or two about each of these basic concepts. Well, take everything you think you know and throw it out the window, because the movie “Her” takes these things and flips them upside down.

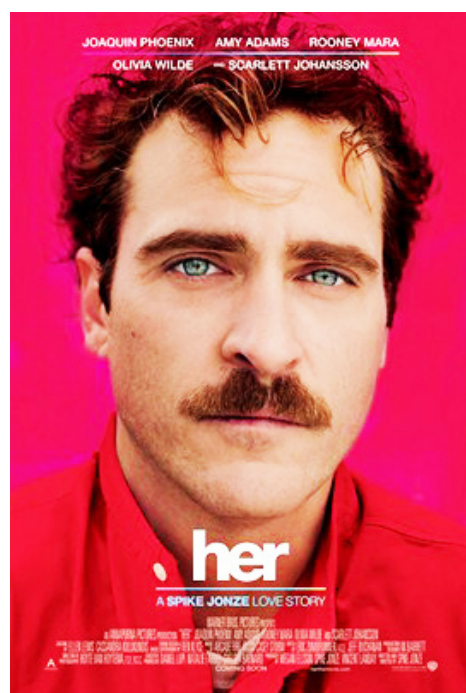
The film, directed by Spike Jonze, explores the deepest and most complicated emotions of mankind.

The future-based film revolves around the life of seemingly average, healthy Theodore Twombly, played by Joaquin Phoenix.

When Theodore encounters loneliness following his divorce from life-long partner Catherine, his curiosity provokes him to purchase a cutting-edge operating system in hopes to help organize his life.

Much to Theodore's surprise, the operating system, Samantha, is much more complex than he expected. She can speak, feel emotion, has her own unique personality and, if Theodore didn't know any different, it would appear that she is just another human being despite not having a body.

When Theodore develops a romantic relationship



with Samantha, his life seems to take a turn for the better. However, the relationship would prove to be much more complicated than he would assume, taking him on a journey that tests him in every way imaginable.

The film utterly and pleasantly surprised me. What I assumed would play out to be a cute, romantic drama turned out to be much more.

Jonze takes the audience on an emotional journey through human life and urges viewers to question their reality. What defines someone as a person? Is it more than just a personality? Or are we confined to the borders that society currently

puts around the concept of love?

The movie challenges these questions and many more in a creative, exciting, edge-of-your-seat style.

The movie reaches far beyond the expectations of many of the year's previously delivered movies and is an excellent choice for those looking for an innovative and liberating film.

Rating: A

—PARIS BURRIS
CONTRIBUTING WRITER

TOP 20 MOVIES

Weekend of Jan. 10 through Jan. 12
www.newyorktimes.com

1. Lone Survivor
2. Frozen
3. The Wolf of Wall Street
4. American Hustle
5. The Legend of Hercules
6. The Hobbit: The Desolation of Smaug
7. August: Osage County
8. Saving Mr. Banks
9. Paranormal Activity: The Marked Ones
10. Anchorman 2: The Legend Continues
11. Her
12. The Hunger Games: Catching Fire
13. The Secret Life of Walter Mitty
14. Grudge Match
15. Inside Llewyn Davis
16. Ronin
17. Philomena
18. Walking with Dinosaurs
19. Tyler Perry's A Medea Christmas
20. Nebraska

CAMPUS POLICE READY TO HELP STUDENTS

Staying alert means staying safe on campus

NANCY MARTINEZ
Staff Writer

OCCC has a well-trained campus police department with officers who are available to help students whenever a need arises.

Officer David Madden offered advice for students to help keep themselves and their property safe.

Regarding vehicles being broken into, Madden said it's very important that nothing is left out in the open.

"Make sure your doors are locked.

"Thieves aren't always students and some have no problem breaking into a vehicle in order to get to an empty backpack that they think may have a computer or something valuable inside," he said.

Even books are not safe to leave in plain view. When textbooks are stolen, thieves take them to bookstores that don't require identification and sell them for quick cash, Madden said.

He advised students to be aware of their surroundings at all times and contact campus police if they see a vehicle driving slowly around a parking area where there are plenty of open spaces, if someone pulls on a door handle then keeps walking, or if a vehicle stops in a lane behind other cars; especially if they get out.

To help officers locate the suspect, get a good description of the person and vehicle including gender, age, height and build, race, hair and eye color, facial hair, eyewear, clothing and descriptive markings.

Get the vehicle's tag number if possible and know the make, model and color plus any unusual details such as dents, bumper stickers, or aftermarket alterations, Madden said. He said do not attempt to approach the person yourself.



Madden said most thefts are a crime of opportunity. If a door is unlocked, it's easy for the thief to reach inside and quickly leave the scene.

"More often than not, they won't break a window," he said.

If you notice someone has been inside your vehicle, but nothing's been taken, you should still report it to campus police. The officers will pull up footage from their surveillance cameras to get a description of the vehicle or person involved. Even if they have left the scene, if they return at a later date, the police will then be ready to question them and possibly make an arrest.

He said not all thefts take place outside of the building.

Even if you are planning to be gone for only a short time, Madden said, keep your property close.

"Don't think that you can just leave stuff unattended. Collect your things and take them with you."

Madden said the items most likely to be taken from vehicles and inside of the campus are electronics, laptops, cell phones, aftermarket stereos, subwoofers and books.

If you need help or wish to make a report, you may either visit the campus police office on the first floor of the Main Building, contact them by phone at 405-682-7872, or use one of the call boxes in the parking lots.

"Call boxes are a priority call," Madden said.

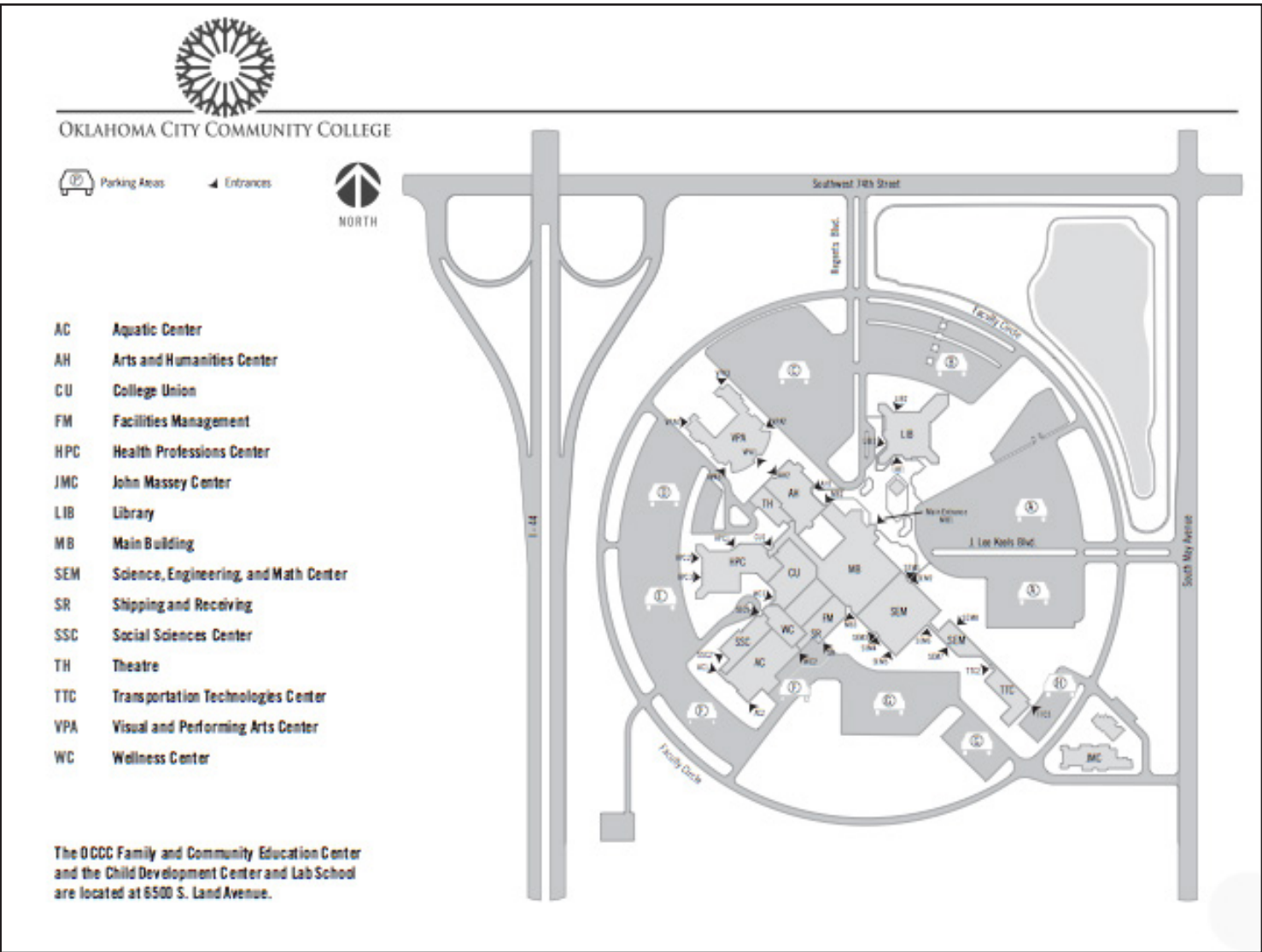
Calls made on the blue call boxes go directly to the dispatchers. The older blue ones and those connected to the 60-foot light poles go directly to the officers' radios. The officers will know your location by what callbox you are using.

"The office is always open," Madden said.

For more information, visit www.occc.edu/police.

Campus traffic fines listed

- Failure to stop at a "Stop" sign: \$25
 - Going the wrong way on a one-way street: \$25
 - Reckless driving, unsafe driving: \$25
 - Parking in a fire lane: \$100
 - Parking in a handicapped space without a proper permit: \$100
 - Parking in a faculty and staff area without a proper decal: \$15
 - Double parking: \$5
 - Improper parking (parts of vehicle outside of marked space): \$3
 - All other parking violations: \$5
 - Failure to display parking decal or parking permit: \$5
 - Improperly affixed parking decal or parking permit: \$3
- www.occc.edu/police/pdf/TrafficParkingBrochure.pdf



Performing Arts Theater opens its doors



LAUREN DANIEL/PIONEER

After a little more than two years, OCCC's latest project, the Performing Arts Theater, is open for business. The theater, partly funded by students, cost \$21 million. It houses a 1,000-seat theater and an art gallery.

SIALI SIAOSI

Staff Writer
seniorwriter@occc.edu

After several delays, the Performing Arts Theater is now open for business.

In a Jan. 10 interview, Project and Facilities Manager Larry Barnes said the theater, which has taken a little more than two years to complete, was awaiting approval of the fire marshal before it could officially open. That approval came on Jan. 15.

Barnes said the theater was originally supposed to be completed by Sept. 15, 2013.

A groundbreaking ceremony was held Oct. 8, 2010. Construction began a short time later.

Walt Joyce of Triad Design Group, the architectural company that designed the theater, said the majority of the delays have been weather related.

He told OCCC regents at a Jan. 7 meeting that cold and wet conditions prevented the concrete for the allée being poured, causing the latest delay.

The theater and allée projects were coordinated to be inspected by the fire marshal at the same time, Joyce said.

Because of the latest delay, several events that were scheduled to be held in the theater were postponed

or canceled, Joyce reported at the meeting.

A dedication ceremony took place Jan. 16 for the theater and the sculpture out front.

Barnes said the theater's art gallery will house Desmond Mason's art show which was scheduled to open Jan. 18. Mason is a former NBA player turned artist.

Along with the gallery, Barnes said, the theater boasts a number of large spaces that can serve for other events, meetings and conferences.

Institutional Advancement Executive Director Lealon Taylor said the new theater will host OCCC events, such as the Cultural Arts Series, as well as community groups and programs this semester.

"We've always had the Bruce Owen Theater," Taylor said. "And this is really no different. It's just bigger and newer, and there will be a lot more interest."

"We definitely want the community to feel that they are a part [of the project]."

Taylor said the theater meets the premiere industry standard for stage, lighting, and sound.

The final cost of the theater was reported to be \$21 million — \$5 million more than was originally anticipated when the plans were first made in 2010, according to Pioneer archives.

The money came from several sources including, Auxiliary Budget and Section 13 Offset Funds,

and private donations. OCCC students contributed almost half of the money raised via a \$3 per credit hour fee increase in 2006. That raised \$8 million.

For more information, contact Taylor at 405-682-1611 ext. 7617.

THEATER TIMELINE

July 2010: Bonds are approved to raise \$16 million for the theater project.

Sept. 20, 2010: OCCC Regents approve design plans.

June 16, 2011: Bids are taken for construction

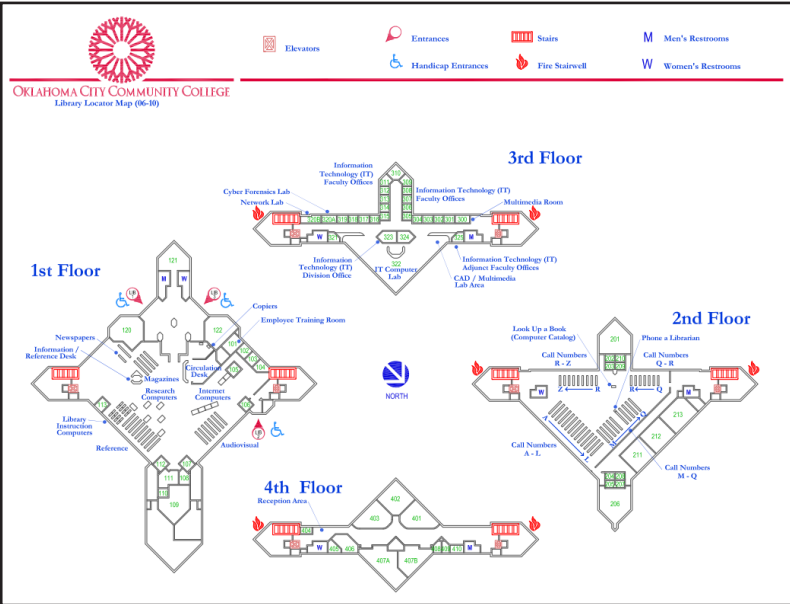
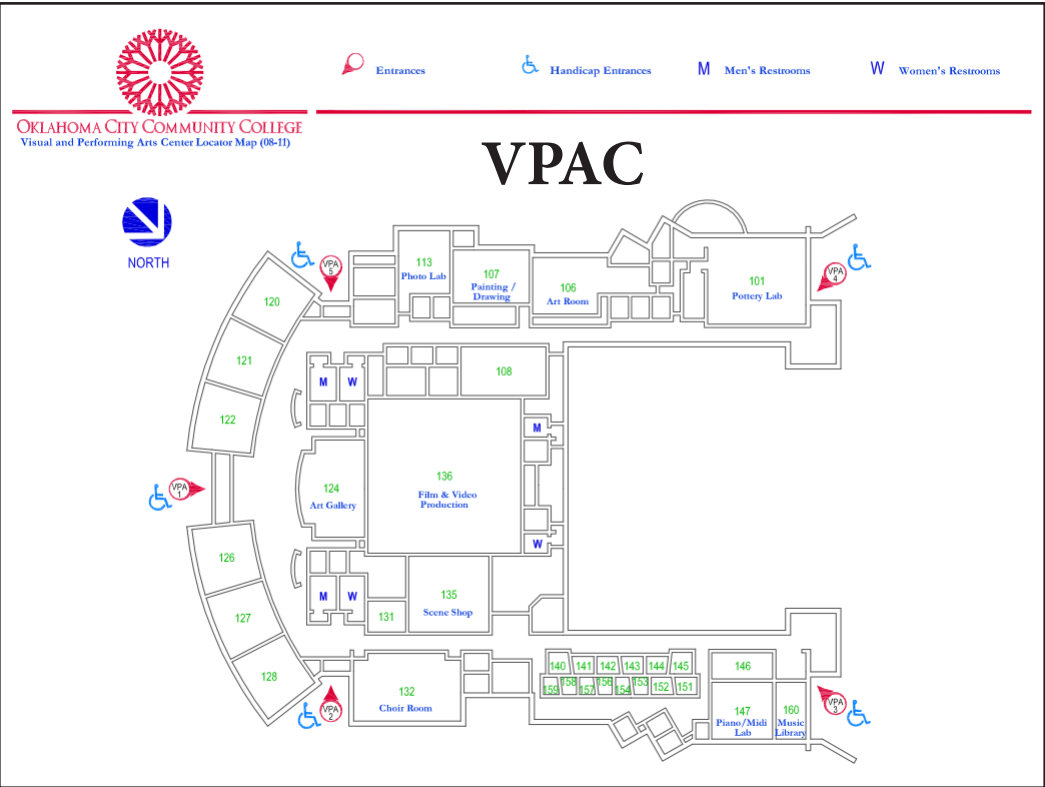
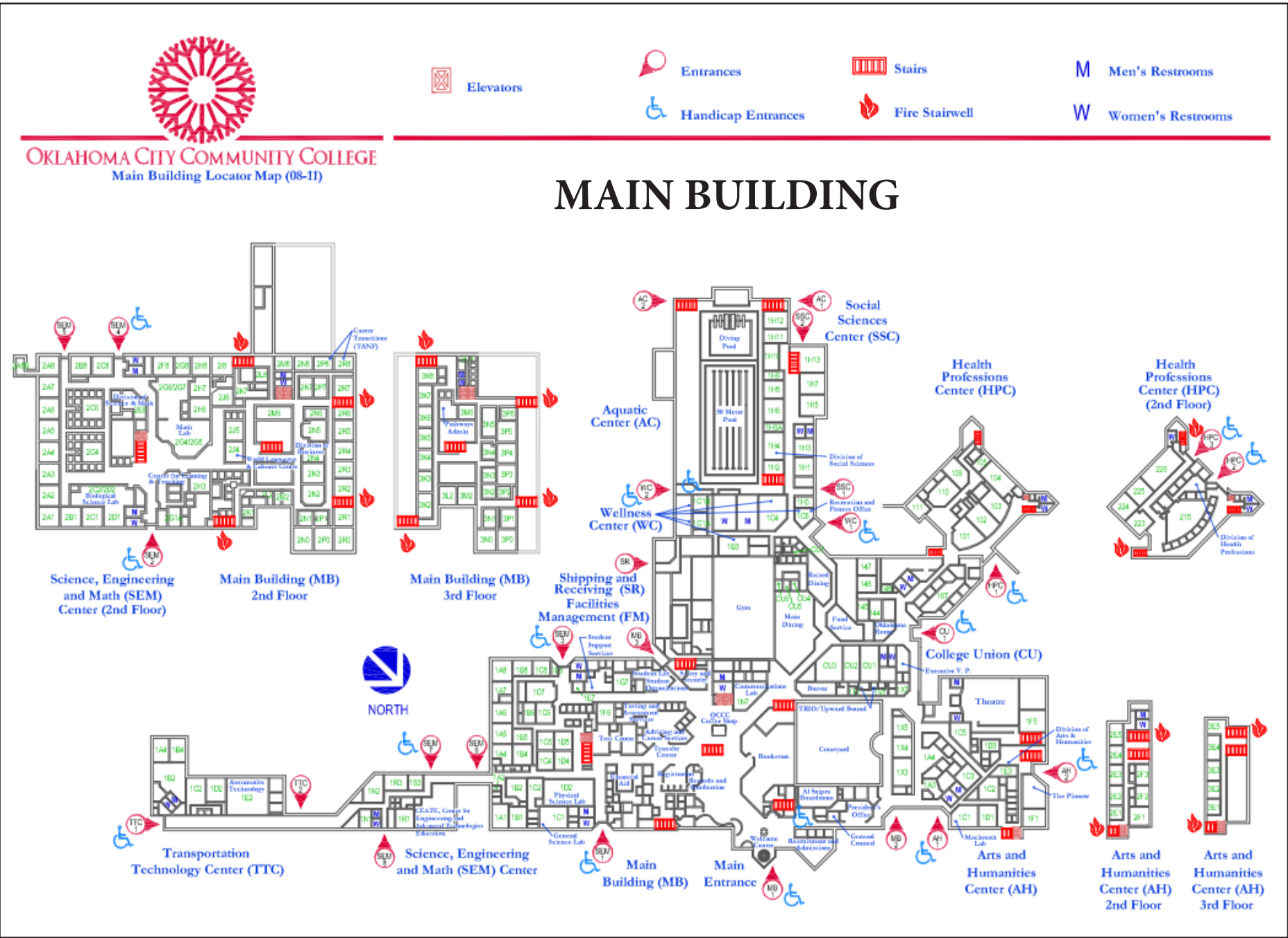
June 27, 2011: Regents approve the project.

Late 2011: Construction begins.

Jan. 15, 2014: Performing Arts Theater officially opens.

—[www. http://pioneer.occc.edu](http://pioneer.occc.edu)

Navigating OCCC made easier with maps



LIBRARY

For addition OCCC building maps, visit www.occc.edu/maps

SPORTS

Work it out



LAUREN DANIEL/PIONEER

Recent nursing graduate Andrea Migdalski does squats in the OCCC workout room. Students with a valid ID can use the weight room, gym and pool free of charge. Wellness classes are offered at discounted student rates as well. Visit www.occc.edu/rf or call 405-682-7681 for more information.

SPORTS | All intramural teams are coed, says Intramural Sports Assistant

Students encouraged to join leagues

SIALI SIAOSI

Staff Writer

seniorwriter@occc.edu

All students need to join an intramural sport is a pair of gym shorts and a student ID, said Intramural Sports Assistant Matthew Wright. However, he said, few OCCC students participate.

"There's not a lot of student support right now with intramurals," Wright said. "Trying to get people out here is kind of tough."

Wright said despite intramurals being a free service on campus, students often have other commitments such as work and night classes that prevent them from participating. He said basketball and flag football are the most successful intramurals at OCCC.

Wright said the intramural basketball season begins in early February. He said last year, about five basketball teams competed during a five-week period,

including a post-season tournament.

Along with basketball, Wright said students also can anticipate 7-on-7 soccer and kickball for the spring semester.

Wright said he's trying to implement "foam" hockey for the first time this semester as well. The sport utilizes foam hockey sticks and a foam ball for safety assurance.

In order to sign up for an intramural sport or to organize a team, Wright said, students must create a profile on the website imleagues.com.

"All the signups are online," he said. "I'll have everything I'm doing for the semester, with start and end dates, as well as registration end dates, on [imleagues.com]."

Wright said students can either create a team, join a team, or sign up as a free agent.

He said individuals can join some sports without having to generate an entire team, such as ping-pong, badmin-

ton, and weight-lifting competitions.

Wright said the students who typically come out for intramurals are generally male. He said few female students participate despite each sport being coed. Only one woman came out to compete in last year's basketball league, he said.

Wright said he is doing his best to generate more student interest in intramural sports at OCCC. He said basketball games will primarily be played on Friday evenings and that other intramurals will be played throughout the week.

To sign up for an intramural sport at OCCC, to create a team, or to view upcoming dates, visit imleagues.com and search Oklahoma City Community College.

For more information about intramural sports and other recreational activities on campus, contact Wright at 405-682-7681.

UPCOMING INTRAMURALS EVENTS

• Feb. 27

Men's Spring Open Basketball League pre-season open run for registered teams at 7 p.m. in the OCCC gym. Teams will be assigned to their divisions according to their performance. Open Divisions: A and B. League Fee: \$275 per team. League dates are March 6 through May 1. Game days are Thursdays at 7, 8 and 9 p.m. End of season tournament is May 8 and May 15 (single elimination). For more information, call 405-682-7861 or visit www.occc.edu/rf/adultsports.

• March 1

Final day for Spring Coed Volleyball registration with payment. League starts March 10 and runs through April 21. Games are at 6:30 p.m. each Monday. Each team will play 12 games plus tournament using USVBA rules with some modifications. League fees: \$230 per team. Roster limit is 12. For more information, call 405-682-7861 or visit www.occc.edu/rf/adultsports.

• Spring semester:

Visit www.occc.edu/rf/swimming-diving to enroll in a number of events held in the college's Aquatic Center.



Scan the QR code with your smart phone to be directed to a list of OCCC Intramural events, complete with the most current updates.

(Free QR code reader apps can be found online or in app stores on smart phones. Follow the directions for the app you download.)

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

Help: Students can find assistance in a number of areas

Continued from page 1

Academic Advising that helps students with transitioning to a university.

"I think more than anything the Transfer Center helps students put together what they are working on here — how it fits into their overall plan," said Transfer and Academic Advising Coordinator Javier Puebla.

He said counselors and advisers from universities visit throughout the semester to help students with the process. A schedule can be found on the Transfer Center's website.

"We also give students the opportunity to visit those campuses by offering campus tours," Puebla said.

The tours are free, and are

offered to the major universities in the state.

Visit the website at www.occc.edu/transfercenter or call 405-682-7535.

STUDENT SUPPORT SERVICES

Student Support Services have three functions: learning support, disability services, and counseling, said Mary Turner, learning support specialist.

"We can work with students on things like test taking, test anxiety, time management, study skills," Turner said.

Disability services allow any student with physical, mental, or medical disabilities to get support for their classes. However, Turner said, students must have the proper docu-

mentation.

She said the counseling services offered can help students get through emotional, intellectual and physical turmoil.

"[Services are] free and confidential to our current students."

Turner said although drop-ins are welcome, students should make an appointment when possible.

"If they let us know, we can schedule a time to meet with them and make sure that's dedicated just for them," she said.

For more information call 405-682-7520.

TRiO

TRiO student support services is a program that specifically helps students wanting to earn a bachelor's degree, said

Jessica Nelson, TRiO Student Support Services assistant.

"We specifically work with students [who] are first generation [college students], low income, or have a documented disability.

"They have to have one of those three to qualify for our program," Nelson said.

TRiO allows students to get individualized attention, often one-on-one.

"We help students be successful here at OCCC, so study skills, talking to professors, using resources on campus, tutoring, things like that.

"And then, we really prepare them to transfer and earn their bachelor's," Nelson explained.

Students who participate in the TRiO program get to visit different campuses in Oklahoma to see which one is the best fit for them, she said.

Nelson said the program has a limited number of spots available.

Students are encouraged to turn in applications at the end of each semester if they want to be admitted for the following semester.

For more information, call 405-682-7865.

EMPLOYMENT AND CAREER SERVICES

Employment and Career Services employees strive to help students find jobs said Employment Services Coordinator Misti Foster.

"We ... help and prepare students to get jobs.

Very specifically we help them build résumés ... and we help them build cover letters, with interviewing skills [and] we help them fill out job ap-

plications."

There is no need to make an appointment, Foster said, but students who want to build a résumé and cover letter need to set aside time to meet with the employment and career services staff.

Employment and Career Services also has an online job board that lists jobs off campus.

"We have all different employers that contact us that want OCCC students or alumni," Foster said.

Students are encouraged to upload a résumé to the board.

"If they can't come in, or they don't have time, all of this is accessible online," she said.

The job board can be found at www.occc.edu/es.

For more information, call 405-682-7519.

CAMPUS POLICE

Campus police strive to keep students safe, said James Fitzpatrick, police chief.

Officers also can help students get keys out of locked cars, provide escorts to and from cars, and air up tires.

"[Students] can ask an officer any time for directions or assistance with finding things on campus," Fitzpatrick said.

Students can get help by calling 405-682-7872, by using the emergency button on the phones located in classrooms, elevators, or stairways, or by using one of the many emergency call boxes located in all parking areas and inside campus buildings.

"If [students] see anything that doesn't look right, give us a call," he said.

For more information, call 405-682-7872.

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Student Employment & Career Services OCCC

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Résumés • Cover Letters • Interview Skills

CAMPUS COMMUNITY

Class choices



PHOTO PROVIDED BY JAKE MCMAHON

Student Daniel Atakpo enrolls in classes for the spring semester on the third floor of the library. The library provides free computer access for OCCC students.

COMMUNITY | Arts Alive! students will get behind-the-scenes look at local performances

Humanities class meets at theater

LAUREN DANIEL

Editor
editor@occc.edu

Students looking to gain humanities credit this spring have a unique, fun choice with Arts Alive!, a class that revolves around attending plays, musicals, ballet and orchestra performances, said Jacque Hocking, Arts Alive! professor.

The three-credit-hour class meets once a week from 6 to 11 p.m. on Fridays. The class attends a live performance each week, Hocking said. She said this is the first time the class has been offered during the first eight weeks of a spring semester.

Hocking said class time also is used for discussion about the performances the class attends.

"If you go, and actually see and experience a performance, then talking about whatever it is about... people tend to open up a little more..." she said.

Hocking said the purpose of the class is to submerge students in art culture.

"Basically we're introducing people to theater and to the performing arts in Oklahoma City," she said.



"I think it's important for people, as they get to higher education in their life, to understand how important the arts really are for our society."

Hocking said the class teaches students theater etiquette and students gain backstage tours of performances.

"We give them tours of each of the theaters that we go to," Hocking said. "They get to see backstage as well as (be in) the audience."

Students are responsible for buying their tickets to each performance, Hocking said. She said tickets are typically not expensive — ranging from \$5 to \$20.

"Each of the theaters and entities gives us a really good price," she said. "A lot of people have never been to a ballet and this makes it affordable for them."

"If you've never been to a ballet, you ought to just experience it once in your life."

Hocking said the class is not heavy on testing and she encourages students to enroll.

"I think [students will] enjoy the process ... It's eight nights and it's fun," she said.

For more information, email Hocking at jacque.l.hocking@occc.edu.

CAMPUS HIGHLIGHTS

Open play audition for 'Macbeth' Jan. 21

OCCC is seeking 15+ actors for an upcoming performance of "Macbeth" by William Shakespeare. Auditions will be held at 8 p.m. Tuesday, Jan. 21, in the theater greenroom in 1F5 AH. No experience is necessary. Be prepared to read from the script and be familiar with the play. For more information, email bnoel@occc.edu.

Smartphone help offered Jan. 22 and 23

Student Engagement & Technical Specialist Morgan Felty will be available to help students with Moodle questions and assist them with setting up their smartphones to receive student email from 9 to 10 a.m. and 3 to 4 p.m. Wednesday, Jan. 22, and from 9:30 to 10:30 a.m. and again from 3:30 to 4:30 p.m. Thursday, Jan. 23. For more information, email mfelty@occc.edu or call 405-682-1611, ext. 7744.

CNG Conversion class Jan. 27 and 28

OCCC will host the CNG (Compressed Natural Gas) Conversion class facilitated by We R CNG professionals from 9 a.m. to 4 p.m. Monday and Tuesday, Jan. 27 and 28 in the Transportation Technology Center at OCCC's Main Campus.

The two-day conversion certification class will focus on safe practices, system components, schematic reading, wire soldering, system installation, system operation, inspection, vehicle tuning and troubleshooting. Cost for the class is \$395 per student and includes a \$200 discount on Versus conversion systems purchased during or before the class.

For more information or to register, call 949-322-8055 or visit www.campusce.net/occc/course/EventDetail.aspx?861.

'Apps for College Students' Jan. 29 and 30

Students are encouraged to bring their Apple or Android device(s) to one of the following 30-minute "Apps for College Students" sessions, led by Student Engagement & Technical Specialist Morgan Felty, which showcases free apps to help them study, take notes and manage their schedules. Sessions are from 9:30 to 10 a.m., 10 to 10:30 a.m., 1:30 to 2 p.m., 2 to 2:30 p.m., 5 to 5:30 p.m., 5:30 to 6 p.m. on Wednesday and Thursday, Jan. 29 and 30 in CU1.

For more information, email mfelty@occc.edu or call 405-682-1611, ext. 7744.

Health Fair scheduled for Feb. 5

The OCCC Health and Wellness Taskforce will host the 5th annual Health Fair from 10 a.m. to 2 p.m. Wednesday, Feb. 5, in the College Union.

Vendors will provide a broad range of health and wellness information including health screenings; flu shots (also for those uninsured); chiropractic and acupuncture care; massage therapy; nutritional information; fitness and exercise information, dental screenings and proactive care; breast and cervical cancer information, tobacco prevention, immunization information, health insurance information, and HIV information and testing. For more information, call 405-682-1611, ext. 7662.

All Highlights are due Monday by noon for inclusion in the next issue. Email your event to editor@occc.edu with HIGHLIGHT in the subject line or visit the Pioneer office located in 1F2 AH.

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.

AUTOMOTIVE

FOR SALE: 1994 White Saturn model SC1. Body type CP, 169,000 miles. Asking \$800.00. Call 212.6027 for more information.

FURNITURE

FOR SALE: Two 40" CRT televisions. Both are in excellent condition. Great for a gaming TV in the kids' room. \$30 each. Text 405-818-0083 for pictures.

MISCELLANEOUS

FOR SALE: Bed liner for standard long bed pickup w/ tailgate liner. \$75. GC. Text 405-818-0083 for pictures or more information.

FOR SALE: This space. For just \$8 per week, you could

advertise your business here. For more rate information, email adman@occc.edu.

FOR SALE: Neiman Marcus Robert Rodriguez collection size 14 strapless cocktail dress. Never worn. Still has store tags. \$50. Text 405-818-0083 for pictures.

FOR SALE: New size 26 jeans — never been worn. Brands include Vans, Levi's and Zumiez. \$10 per pair. Retail for \$40 each. Text 405-818-0083 for pictures.

FOR SALE: Collector's Item! "Star Wars" Hayden Christensen autographed photo in plastic protector & Certificate of Authenticity. \$60. Text 405-818-0083 for more information.

FOR SALE: HP office jet all-in-one printer. New color and B&W cartridges. Power cord. Works great. \$50. 405-602-6499 or 405-568-5996.

FOR SALE: Golden oak corner TV cabinet. Gold trim, glass door on power storage section. Gently used. \$50. 405-602-6499 or 405-568-5996.

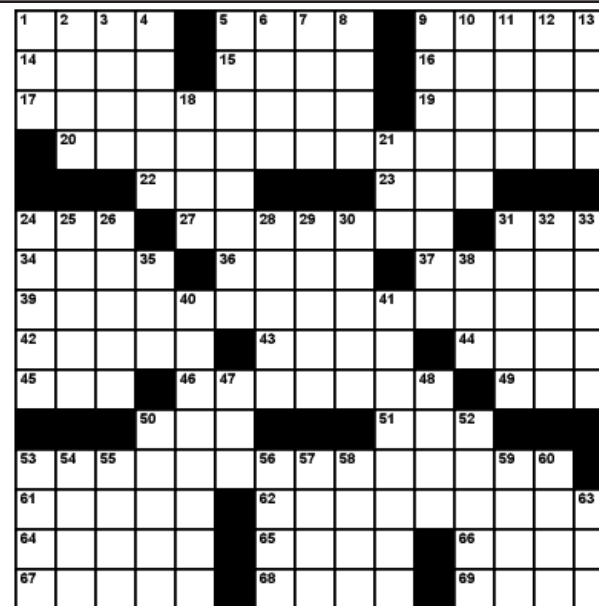
THIS WEEK'S CROSSWORD PUZZLE

Across

1. Sock
5. Yiddish 'trash'
9. Less
14. ___ wolf
15. Van Morrison's homeland
16. Make the innocent look guilty
17. Like poultry allowed to forage
19. Most populous English-speaking country
20. Alchemist rewrites Charles Dickens classic
22. Wane
23. Nice summer
24. Snake
27. City in the Evergreen State
31. School grp.
34. Decorated
36. 4,840 square yards
37. Art supporter?
39. Alchemist rewrites Alexandre Dumas classic (with 'The')
42. Mission San Antonio de Valero
43. Merit
44. Friend
45. Abbreviation in an ad
46. Withhold
49. Humor magazine
50. ___ -mo
51. Me in Montreal
53. Alchemist rewrites Ian Fleming classic
61. Seventh month for Moslems
62. Fine china
64. Saudi's neighbor
65. Draft status
66. SAS is based here
67. Parking spot and corner office, perhaps
68. Season to be jolly
69. Enthusiastic exclamation

Down

1. Grp. with panda logo



2. Cowboy's concern
3. ___ code
4. Irritate
5. Like some dads
6. Peal
7. Hence
8. Sailboat stabilizer
9. "Desert Storm" aircraft
10. Bert's buddy
11. ___ vs. Roe
12. Author Ludwig
13. Scan
18. BBQ favorite
21. ___ Shannon
24. Draw a bead on
25. Climb
26. ___ colony
28. Pains' partner
29. Doctor
30. Four: prefix
31. Sacred song
32. Inventor Nikola
33. Synthetic resin used in paint
35. Like a night light
38. Doctors org.
40. Lacking certain defences
41. Unfriendly
47. ___ voyage
48. Zilch
50. Was offensive, in a way
52. Nome dome
53. Something on stage
54. Feeble
55. Not open, not closed
56. Stratford-Avon connector
57. California lake or park
58. Priceless?
59. ___ does it
60. Stir up
63. Negatives

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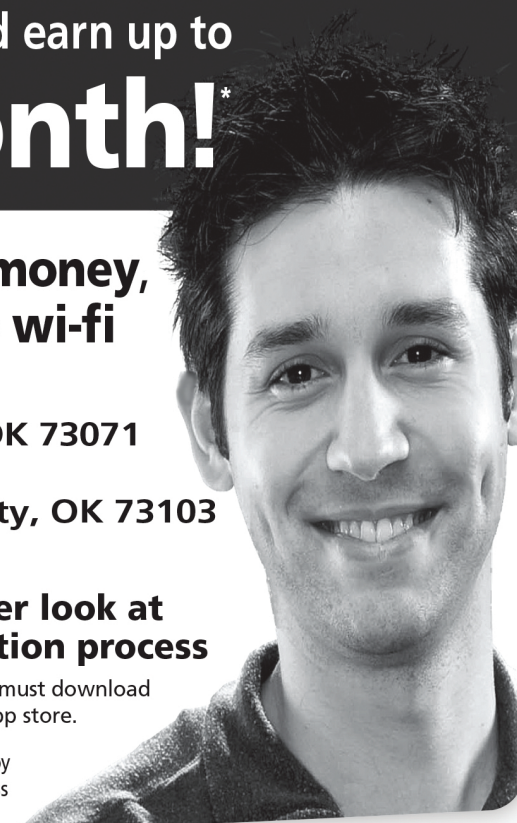
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Student movie makes Sundance lineup

LAUREN DANIEL

Editor

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"Rudderless," a feature-length movie filmed by OCCC students, will be the closing film in the Sundance Film Festival, through Jan. 26 in Park City, Utah. "Rudderless" was filmed in and around Oklahoma City and Guthrie.

"Rudderless" is not only at Sundance Film Festival, it's the closing film of Sundance festival, which is really huge," said Stacey Mize, film and video production major.

The film boasts some big names: Billy Crudup ("Almost Famous"), William H. Macy ("Fargo") and Laurence Fishburne ("The Matrix").

The film was directed by Macy, who said in a press release from the Oklahoma Film & Music Office, "This film was written in Oklahoma and set in Oklahoma, and we saw no reason to shoot it anywhere but Oklahoma."

Mize was the first assistant camera for the entire time the movie was being filmed.

"The shoot was five weeks, so we were with them the whole time," she said.

John Marks, an OCCC graduate was the second assistant camera and also filmed for the entire movie.

When asked how he felt about it being the closing film of the festival, Marks said it makes him feel great.

"I am excited to see it, and hopefully it gets a good reception," he said.

The OCCC students were able to get involved with the movie because of the film program and their professors at OCCC.

"The actually got in contact with us ...," Mize said. You have connections built in with your professors.

"It gives you an opportunity to begin working professionally and to start building a reel, which is basically a proof of your works."

Mize said when she first came to OCCC she was

unaware that movies were being made in Oklahoma.

"Whenever it comes to making films in Oklahoma, it's incredibly exciting to be a part of that to both stir the Oklahoma filmmaking community and to start being recognized on a national level as filmmaking partners among other cities ..." Mize said.

"... That is something exciting and something to be proud of."

Both Mize and Marks attribute their success to OCCC's film and video production program.

"It definitely gave me a lot of hands-on experience with equipment ...," Marks said. "It also gave me some basic experience so that I didn't go into a job not knowing what I was doing."

Mize said what OCCC offers is really special.

"The film program at OCCC is what gave me my start. It is entirely the reason that filmmakers — young filmmakers, independent filmmakers — such as myself ... have a shot. So, I just can't emphasize the importance of that program for the filmmaking community."

Marks said working on movies can be rewarding, but also is hard work.

"If you want to work in the film business then you kind of have to realize that it is a lot of hard work," he said. "It's not glitz and glamour like people say it is."

"Just be prepared and know that you're going to have to work really hard, but it's really rewarding."

"Rudderless" is a drama about a man named Sam, whose life is dramatically affected by the death of his son. He turns to alcohol to ease the pain. Sam finds a collection of



his son's music and it allows him to feel reconnected with his son.

Sam begins to play his son's songs at a local bar after he has successfully learned all of them. An audience member named Quentin becomes involved in performing the songs with Sam and their band becomes popular, changing their lives forever.

The Sundance Film Festival is a non-profit organization started in 1981 by Robert Redford.

The purpose of the festival is to provide a way for independent artists to be discovered. The festival also is focused on supporting and inspiring filmmakers and artists all around the world so others can be exposed to their work.

For more information about "Rudderless," visit the Sundance Film Festival website at <http://filmguide.sundance.org/film/13905/rudderless>.

For more information about the film and video production program, contact Film and Video Production Professor Greg Mellot at 405-682-1611, ext. 7129.

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