

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

EDITORIAL

THINK TWICE ABOUT WHAT YOU POST

Editor Bryce McElhaney says no one is safe from hackers these days, even if you think your information is protected. Read more.

OPINION, p. 2

NEWS

FLU SEASON HAS ARRIVED IN OKLAHOMA

Find out what strains of flu are circulating and how to best protect yourself from getting the flu. Also, check out the list of flu shot providers. More inside.

NEWS, p. 7

SPORTS

SCUBA DIVING OFFERED AT CAMPUS POOL

Head Lifeguard Trish Ross said anyone can take part in scuba diving lessons at the OCCC Aquatic Center. Find out how to get involved.

SPORTS, p. 8

COMMUNITY

ENGLISH CONVERSATION MEETINGS

OCCC hosts an ESL group where students can learn English in a safe, comfortable environment. To learn more about the classes, see inside.

COMMUNITY, p. 10



PIONEER

OKLAHOMA CITY COMMUNITY COLLEGE

OCT. 3, 2014

PIONEER.OCCC.EDU

COVERING OCCC SINCE 1978



All that jazz

OCCC Jazz drummer Arion Alaniz, music professor Michael Boyle, and alto saxophonists Stanley Hall and Zeldon Peters prepare for their upcoming jazz concert set for 7 p.m. Wednesday, Oct. 15., in the Bruce Owen Theater.

For more information about the jazz band, email mboyle@occc.edu or call 405-682-1611, ext. 7245.

ETHAN COOPER/
PIONEER

‘I love you’ marked the beginning of viruses

Cyber Security month to highlight online dangers

BRYCE MCELHANEY
 Editor
editor@occc.edu

Back in 2000, thousands of people worldwide received emails with the subject line of “I love you.”

While that seems like a sweet gesture, when that email was opened, it unleashed the Love Letter virus, a malicious software that overwrote image files on the user’s computer.

This was the first socially

engineered computer virus according to www.bksteam.com.

Since that time, many more have been unleashed upon unsuspecting computer and cell phone users, and also have affected credit card holders, said Computer Science Professor Al Heitkamper.

“Every time we turn around, there’s something new,” he said. “You’ve heard of Home Depot (with the credit card hackings), Target, UPS, Goodwill, and the pictures of the celebrities from Apple and iCloud.”

October marks the 11th Annual National Cyber Security Awareness Month, according

to www.dhs.gov.

The Department of Homeland Security, as well as the National Cyber Security Alliance and the Multi-State Information Shar-

ing and Analysis Center have sponsored the awareness month since 2004 to help Americans

See **SAFETY** page 9

Swingle Singers to take theater stage Oct. 14

KATHY NGUYEN
 News Writing Student

The London based group, the Swingle Singers, will perform at 7:30 p.m. Tuesday, Oct. 14, in the Visual and Performing Arts Theater at OCCC. The Swingle Singers is an a

cappella group, meaning the singers use only their natural voices without any accompanying musical instruments.

Cultural Programs Director Lemuel Bardeguez said the Swingle Singers are outstanding.

See **MUSIC** page 9

OPINION

EDITORIAL | Everyone needs to take precautions to keep cyber information safe

Think twice before taking nudies

Celebrities are always caught in the eye of the public or rather, the eye of the camera. Even when celebrities aren't being constantly documented by reporters, they seem to like documenting themselves with their smartphone cameras — often naked.

But on Aug. 31, many celebrities received a wake-up call regarding their lack of privacy and probably deleted a couple photos from their cyber albums. That day, many female celebrities' smartphones were hacked, releasing their private photos onto the Internet.



BRYCE McELHANEY

These spurts of released information are known as leaks, but this was more of a flood considering the 200-plus collection of photos.

Naturally, there is only one thing these celebrities can do to stop the leaking of nude photos — stop taking nude pictures on mobile devices.

Now I know this may be a really hard thing to stop doing, but I, for some reason, have faith in our most beloved celebrities.

However, the real issue isn't naked celebrities. It's the lack of privacy that these celebrities and many other unsuspecting victims have when it comes to technology and the Internet.

People need to realize that nothing is safe or private on a smartphone or computer.

No matter how cute you may think Siri is, she will spill your life onto the web for all to see and critique. Just think of the thousands, if not millions, of people who viewed the leaked nude celebrity photos.

Cyberattacks were once primarily on computers, but as the use of smartphones and app technologies advance, the attacks will only expand.

"There are many reasons why smartphones are vulnerable," according to money.cnn.com.

"For one, they run most of the same software that smartphone users also use on their computers. Smartphones also have many additional capabilities that hackers can exploit. They can connect to other potentially vulnerable devices using Bluetooth and send and receive text messages, for example."

After searching the web for smartphone security advice, I came up with a handful of simple resolutions: have a password lock on your phone; update the password often; don't use the same password on



all devices or emails; turn off your bluetooth; don't download sketchy third-party apps; and always install mobile security software.

What I take from this information is simply to not trust any device.

However, my life is on my smartphone and it seems almost inconvenient to put it elsewhere. So I will continue to use my smartphone but with the knowledge that nothing is safe.

On the bright side, my life isn't really interesting or relevant to hackers in the first place. Overall, I'll think twice before taking nude photos.

—BRYCE McELHANEY
EDITOR

LETTER TO THE EDITOR | Professor says Consolidated Management running a shaky operation

OCCC food service provider failing on many levels

To the Editor:

My goal is to not eat in the OCCC cafeteria again until a different vendor takes over. While most people might complain about higher prices, that is not among mine. Rarely does the cost of anything go down except for maybe some electronics. I don't begrudge CMCo a profit; no legitimate business loses money intentionally. The Consolidated Management Company website claims to provide friendly, fresh, fit foodservice. I say they fail on all counts.

My issues deal with availability of healthy choices, health codes, and condiments. Since taking over the vendor contract, the selection of healthy side dishes in the hot line has dwindled. Overcooked canned vegetables don't become healthier with the addition of bacon. I don't expect a vegetarian option for an entrée; I may be hopeful, but I'm not naïve. I do,

however, expect a low-fat or no-fat option for salad dressing. When I asked about that, I was directed to get just one packet of Paul Newman's dressing from the cooler. Mr. Newman makes a good dressing, but is it too much to expect that our on-site food provider have something else? (I can't help but wonder if there is a charge for extra Ranch dressing.)

On my last trip to the cafeteria, I witnessed patrons going behind the salad bar even though there was no sneeze guard. When I questioned the manager about this health code violation, he said that a second sneeze guard had been requested but was not yet approved. And even though he said people shouldn't be back there, no effort was made to restrict them. I have noticed they now block people from going behind the salad bar, but my trust in their operation has been destroyed.

When I have in the past been able to assemble a plate of side dishes, the lack of flavor necessitated the use of salt and pepper. I don't know where the little packets are hidden these days, but I'm sure they are safe because I can't find them anywhere.

Since I teach two classes on Mondays, my practice has been to get lunch at the cafeteria and bring something for dinner before my evening class. I learned earlier in the semester not to plan for a dinner from the cafeteria after 4:30. They're packing up for the night. My continuing disappointment with the cafeteria vendor has simply resulted in my bringing two meals to campus on Mondays. I'm sure an occasion will arise that will send me to the cafeteria for a meal; I certainly don't look forward to it.

—RICK ALLEN LIPPERT
ADJUNCT PROFESSOR

OKLAHOMA CITY COMMUNITY COLLEGE

PIONEER

Vol. 43 No. 8

Bryce McElhaney.....Editor
Lauren Daniel.....Senior Writer
Ethan Cooper.....Photographer
Candice Schafer.....Staff Writer
Jorge Krzyzaniak.....Staff Writer

Siali Siaoosi.....Online Editor
Jake McMahon.....Videographer
Matthew May.....Webmaster
Ronna Austin.....Lab Director
Sue Hinton.....Faculty Adviser

7777 S May
Oklahoma City, OK 73159

phone:
405-682-1611, ext. 7307

email:
editor@occc.edu

Pioneer Online:
www.occc.pioneer.edu

Facebook:
www.facebook.com/
OCCCPioneer

Twitter:
www.twitter.com/
OCCCPioneer

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 no more 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 http://pioneer.occc.edu.

COMMENTS AND REVIEWS

RESTAURANT REVIEW | Menu has a variety of foods from appetizers to ice cream pizza

BJ's Brewhouse a great experience

Norman is home to some great restaurants. I've managed to find almost all of them, because basically the only thing to do in Oklahoma is eat.

After going to Norman on a Friday night, my friend and I decided to try BJ's Brewhouse, located at 330 Ed Noble Parkway. We expected to have to wait for at least 10 minutes, but much to our surprise, we were seated almost immediately.

BJ's Brewhouse sounds like they would specialize in burgers and beer, but they actually have a large variety of cuisine on their menu.

For appetizers, they offer common, sharable choices like Spinach and Artichoke Dip, Mozzarella Sticks, Boneless Wings and more.

The restaurant is commonly known for its deep dish pizza, which is amazing. It has buttery, flaky crust, stuffed with toppings, cheese, sauce and perfectly cooked dough.

With different pies, like Pep-



peroni Extreme, Chicken Bacon Ranch, Vegetarian and Buffalo Chicken, you're bound to find toppings you like. BJ's Brewhouse also has pizza available in flatbread appetizers and hand-tossed.

BJ's is my go-to restaurant for chicken fettuccine alfredo. I get it almost every time. It's better than any Italian place I've been to and that's saying quite a bit, because my favorite food is pasta.

The chicken fettuccine alfredo has perfectly cooked fettuccine, and incredibly creamy and flavorful alfredo sauce. The chicken comes grilled or blackened. I highly recommend the grilled. The dish also

comes with cheesy garlic bread.

They also have many other types of pasta like shrimp scampi pasta, Cajun pasta and traditional spaghetti.

BJ's also is famous for their pizookies, which are basically cookies in the form of pizza, topped with ice cream. I had never tried one until my most recent visit. I will definitely get one again the next time I go.

I had the original Chocolate Chunk Pizookie, but I plan on trying the Peanut Butter S'mores, Cookies 'n' Cream and the Triple Chocolate Pizookies.

The only bad thing about BJ's is their prices. They are a little bit more expensive than most Norman restaurants, but the food and atmosphere make up for it.

If you haven't been to BJ's Brewhouse, stop by and try their pasta and Pizookies.

Rating: A-

—LAUREN DANIEL
SENIOR WRITER

APP REVIEW | iPhone app eliminates need for flushing pets

Virtual fish tank better than real thing

My first pet was a fish named Blue.

Blue was a beta fish, meaning all he did was lie dormant at one end of the tank and refuse to interact with anyone or anything despite boasting a pineapple hut and several scuba diver figurines in his furnished living space.

Blue's anti-social demeanor eventually progressed to an eating disorder, as he began rejecting food pellets just as soon as he began rejecting my affection.

When I attempted to alleviate Blue's stress by purchasing him a pretty neighbor named Sue — a pink beta with maroon fins — he thwarted my paternal advances and turned Sue against me.

Despite my love for the two fish, they never returned the favor. It did wonders for my pre-teen self-esteem.



Unable to force feed Blue — and unable to compensate for Sue's gender identity crisis (turns out she was male) — I flushed the two fish down the toilet and vowed to never nurture another sea creature again.

Now, 10 years later, the developers at TouchFactor Inc. have created the perfect alternative to unaffectionate fish — Touch Fish, the most fun virtual fish game to hit the App Store since, well, ever.

Touch Fish is essentially a virtual fish tank attached to your iPhone.

After selecting your Fish Buddy, you use the iPhone's touch screen to perform a variety of tasks to make your fish happy.

Using the front-facing camera, you can get close and personal with your fish as it reacts to your own positive and negative facial expressions.

Touch Fish also enables users to purchase accessories for the tanks and visit the tanks of their friends while using the current users location.

Overall, Touch Fish is the best kind of pet fish to have as it's free, easy to keep up with and will never die.

Touch Fish can be found on the iTunes app store.

Rating: B

—SIALI SIAOSI
ONLINE EDITOR



Learning languages never easier

To attain most bachelor's degrees you're going to have to prove that you have some basic grasp of a second language. This is going to be harder for some of you than it will be for others.

I have never had much personal success at learning or retaining the finer points of other languages. You might be currently enrolled in a modern language class or perhaps you haven't gotten around to it yet. Either way, I recommend taking advantage of every tool available — and there are plenty of them.

OCCC students can use the Rosetta Stone language learning system for free in the World Languages and Cultures Center. However, many of you commute to school, have other responsibilities and just can't stay on campus all the time.

But, you may be able to find a few minutes here or there throughout your busy day to tap playfully at the screen of your tablet or smartphone.

Duolingo is a free app that functions mostly like a game. Duolingo users can build their way, bit by bit, to a full understanding of the language of their choice such as Spanish, Danish, Irish, German, Italian and more.

I have been using Duolingo for several weeks to improve my knowledge of Spanish.

The app's teaching method is so relaxed you don't even realize you're learning until you absentmindedly whisper "El hombre está comiendo una manzana" into your phone one night while lying in bed.

As your spouse begins to snort with laughter at your sudden, unconscious outburst, you finally realize how far you've come and find yourself with a new sense of accomplishment.

Duolingo inspires users to keep progressing with an experience point system and asks for no more than 20 minutes of your time in a day.

The app delivers fresh instruction with every lesson but works to keep you sharp on everything it has previously taught you. The lessons are simple and short without feeling too childish.

I have never found another free app to deliver such educational value. Duolingo has me more prepared to face Spanish II than all the classes I've taken before.

Duolingo is available at the App Store and Google Play.

—JORGE KRZYZANIAK
SPORTS WRITER

COMMENTS AND REVIEWS

PRODUCT REVIEW | American Tourist knows how to appeal to male population

Men's bags should be shrouded in mystery

A bag is more than a carrying device. It is a statement about the wearer. A purse says, "I'm a woman and proud of it," or "I'm Indiana Jones and proud of it." A standard backpack says, "I'm a child," or "I'm looking for a child."

Being a fellow, I'd be judged if I walked around with either of those things. Some guys with backpacks do the "one arm" casual thing, but they can't fool anyone. Backpacks are 50 feet deep in the Cavern of Lame.

I have to carry books around since I'm in college. Short of a dirty deer skin knapsack, there is nothing manly I can carry them in.

I used to think that, at least, but I found something in my shed last week. It was huge and army green. It was an American Tourister duffel bag.

Duffel bags are the last refuge of toughness for the college man. They're big enough to hold 12 textbooks and Sam Elliot's voice. They have zippers and three extra pockets that gape like the maws of hungry bulldogs. My duffel bag is Cerberus on a sling. It loyally guards the underworld of knowledge.



It's heavy, too. When I slam it on my desk, all know the Jake has arrived. When I walk, I can rest my arm on it as I look down on the commonfolk.

It makes one shoulder lower than the other, giving me a devil-may-care cowboy swagger.

When I get home, the first thing I do is toss the 50 pounds of book onto my couch. When this happens, I feel like I'm throwing a bag of money to an evil arms dealer so he knows I'm satisfied with the product. I most certainly am satisfied with the product.

In a hardcore world, a chap needs to be able to carry his things. In an era where everyone judges you, it can't hurt to be holding a massive bag. For all they know, I could be holding secret documents, nunchucks, dead birds, or maybe every bit of scripture McGraw-Hill have ever made. Here's a hint: It's

all of them.

Rating: A

—JAKE MCMAHON
VIDEOGRAPHER

MOVIE REVIEW | 'The Master' shows both sides of the fence

Film takes viewers along on struggle

What can I say about Paul Thomas Anderson which hasn't already been repeated by countless reviewers and filmmakers? I can't.

Ain't no blah blah blah jibjab nonsense love letter in this review.

"The Master," a 2012, film, follows sex-obsessed alcoholic World War II veteran Freddie Quell (Joaquin Phoenix) as he struggles with adjusting to post war society. Due to several violent PTSD outbursts, he is unable to maintain employment. After losing another job, Freddie drunkenly stows away on a yacht.

There he meets Lancaster Dodd (Philip Seymour Hoffman), the leader of a movement known as "The Cause."

Upon being discovered and questioned, Dodd invites Freddie to his daughter's wedding. There he meets Dodd's family along with several members of the "cult."

After Freddie drinks a homemade alcohol potion, Dodd asks him to undergo an exercise known as Processing. Challenged by a handful of disturbing psychological questions, Freddie reveals to Dodd his painful past.

Determined to conquer his traumas and master



his memories, Freddie decides to travel with Dodd and his family across the country to spread the teachings of "The Cause."

Dodd's wife, Peggy (Amy Adams), disapproves of Freddie's aggressive and inappropriate behavior. Fearing Freddie's relationship may negatively alter her husband's demeanor, she tells Dodd, "He's dangerous and he will be our undoing if we continue to have him here."

Dodd tells his family, "If we are not helping him, then it is we who have failed him."

Peggy responds, "Perhaps he's past help. Or insane."

Freddie and Dodd are complete opposites, but want what the other has. Freddie wants the family, intelligence and dominance possessed by Dodd. Dodd wants Freddie's freedom.

Unfortunately their relationship is doomed to fail from the start.

While both desire to be a part of the other's life, the pair eventually realize they must separate.

Love it or hate it, "The Master" will undoubtedly leave people hopelessly inquisitive.

Rating: A+

—ETHAN COOPER
PHOTOGRAPHER

TOP 20 MOVIES

Weekend of Sept. 26 through Sept. 28
www.newyorktimes.com

1. *The Equalizer*
2. *The Maze Runner*
3. *The Boxtrolls*
4. *This is Where I Leave You*
5. *Dolphin Tale 2*
6. *No Good Deed*
7. *A Walk Among the Tombstones*
8. *Guardians of the Galaxy*
9. *Let's Be Cops*
10. *Teenage Mutant Ninja Turtles*
11. *The Skeleton Twins*
12. *The Drop*
13. *If I Stay*
14. *The Hundred-Foot Journey*
15. *My Old Lady*
16. *Boyhood*
17. *Más negro que la noche*
18. *When the Game Stands*
19. *The Giver*
20. *Lucy*



Senior Airman
DAVID ANDERSON

94% GRADE ON LAST
BIOLOGY EXAM

TIME SPENT IN THE AIR
GUARD EACH MONTH: **6%**

FREE TIME SPENT
WITH GIRLFRIEND: **85%**

100% PRIDE IN SERVING
HIS COUNTRY

Experience the pride of serving your country while
getting money for college – serving part-time in the
Air National Guard. Contact us to learn more.
GoANG.com/OK ► 800-TO-GO-ANG

OKLAHOMA
**AIR NATIONAL
GUARD**

Three in 10 women, one in 10 men experience violence

SIALI SIAOSI

Online Editor

onlineeditor@occc.edu

Those in abusive situations often stay in the relationship — not because they don't want to leave, but because they feel

they can't, said one OCCC employee who said she experienced domestic violence as a young woman.

"A lot of women stay because they have nowhere to go, they're afraid to leave or the man won't let them leave with their child," said the woman who will be identified as Ally for this report.

"Those are all reasons why women stay — especially fear of losing their child."

In the U.S., nearly three in 10 women and one in 10 men have experienced physical violence, rape or stalking by an intimate partner, according to the National Domestic Violence Hotline's website found at www.thehotline.org.

October is Domestic Violence Awareness Month. Victims of domestic violence can be anyone — even professors lecturing in classrooms or students hastily copying class notes.

One OCCC student who asked to remain anonymous said he was forced to withdraw this semester after a leg injury caused by his boyfriend.

"I had to drop all my classes for the semester because I was in the hospital for two months ...," he said.

"It's not just women who get abused in relationships."

"Men get abused as well, and it was hard for me to be honest with that because it felt embarrassing [to admit I'd been abused]."

Ally said if there are children involved, the most important consideration is the child's safety.

"One of the main things is to protect yourself and your children," she said.

"Sometimes it's best to file a Victim Protection Order with the police. Even if it's the child's father, it may be the best thing to do for protection."

There are several types of domestic violence — including mental, physical, emotional, verbal and financial abuse, Ally said.

"Sometimes people aren't aware of those other things," she said. "They think it's just physical abuse."

"[People] need to know if someone is cursing at you or playing mind games with you — those are signs of abuse."

"A lot of times there's manipulation involved," she said. "Calling someone names, belittling them [with verbal abuse] — it can affect someone's self-esteem and self-worth."

"When you're talked down to and made to feel [inferior], you start to believe those things."

Ally said her experiences have enabled her to help others in similar situations.

There are resources available for those currently experiencing abusive relationships as well as those who've experienced domestic violence before, she said.

"I had to drop all of my classes for the semester because I was in the hospital for two months It's not just women who get abused in relationships."
—OCCC STUDENT WHO EXPERIENCED ABUSE

Oklahoma City's YWCA is open to everyone in need, said YWCA Outreach Education and Volunteer Services Director Madeline Whitehorn.

"We're a non-faith based organization — we're open to all faiths," Whitehorn said.

"Any socio-economic status, any sexual orientation, men, women, children — if somebody needs help, they can come to us."

Whitehorn said Oklahoma City's YWCA maintains a crisis shelter for women currently living in abusive situations.

"The shelters house up to 55 women and children," Whitehorn said.

"If there is a man seeking shelter, we have motel rooms across the city and they receive the same services as our shelter clients."

"We also work with victims in the community."

Along with shelter, Whitehorn said, the YWCA provides each client with a counselor for emotional support and an advocate to help them get back their confidence.

"The counselors, of course, provide counseling — but advocates help clients with empowerment plans," Whitehorn said.

"Since domestic violence is all about power and control, we want to give the power back to the victim who's experienced an abusive relationship. That's what the advocates do."

Additionally, Whitehorn said, the YWCA has an office that operates out of the Oklahoma City Police Department that helps file Victim Protection Orders.

In order to receive YWCA services, Whitehorn said, victims or law enforcement must first call the crisis hotline at 405-917-9122 to request help.

"Once we're contacted, we do a lethality assessment — and if they meet certain criteria that indicates their life is imminent danger, then they are brought to our shelter."

The OCCC employee, who has since overcome her past experiences with abuse, said services like the YWCA are extremely helpful for those in need.

"I would recommend anyone who's gone through domestic violence or is currently going through it seek counseling," she said.

"Those things can affect you later on in life — your job, your relationships with your loved ones."

"Sometimes, when someone has been in an abusive situation, they have to be careful that they don't become abusive themselves."

For more information about the YWCA, visit www.ywcaokc.org or call 405-948-1770.

For the YWCA Crisis Hotline, call 405-971-9122.

For additional domestic violence resources, visit <http://ocadvsa.org/get-help/>

One resource is Oklahoma City's YWCA — a local organization derived from the national Young Women's Christian Association — located at 2460 W I-44 Service Road in Oklahoma City.

Domestic Violence FACTS

—Women experience more than four million physical assaults and rapes because of their partners, and men are victims of nearly three million physical assaults.

—Women are more likely to be killed by an intimate partner than men

—Women ages 20 to 24 are at greatest risk of becoming victims of domestic violence.

—Every year, one in three women who is a victim of homicide is murdered by her current or former partner.

—Every year, more than three million children witness domestic violence in their homes.

—Children who live in homes where there is domestic violence also suffer abuse or neglect at high rates (30 to 60 percent).

—A 2005 Michigan study found that children exposed to domestic violence at home are more likely to have health problems, including becoming sick more often, having frequent headaches or stomachaches, and being more tired and lethargic.

—A 2003 study found that children are more likely to intervene when they witness severe violence against a parent, which can place a child at great risk for injury or even death.

—Domestic violence is most likely to occur between 6 p.m. and 6 a.m.

—More than 60 percent of domestic violence incidents happen at home.

—According to the U.S. Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families.

—In New York City, 25 percent of homeless heads of household became homeless due to domestic violence.

—Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks and other emotional distress.

—Domestic violence contributes to poor health for many survivors. For example, chronic conditions like heart disease or gastrointestinal disorders can become more serious due to domestic violence.

—Among women brought to emergency rooms due to domestic violence, most were socially isolated and had fewer social and financial resources than other women not injured because of domestic violence.

—Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults.

—Without help, boys who witness domestic violence are far more likely to become abusers of their partners and/or children as adults, thus continuing the cycle of violence in the next generation.

—Domestic violence costs more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.

—Most domestic violence incidents are never reported.

— <http://www.safehorizon.org>

Expert says flu season has arrived early

BRYCE MCELHANEY
Editor
editor@occc.edu

Those who haven't had a flu vaccination this year should consider doing so as soon as possible, said Nursing Professor Carol Heitkamper.

She said although October is the typical onset of the flu season, it came early this year.

"The immunizations are already available," Heitkamper said. "They're not hard to find."

The Center for Disease Control said flu season is unpredictable.

"Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late

as May," according to www.cdc.gov.

Heitkamper said, in addition to getting a flu shot, the main thing students can do to prevent the flu, is to wash their hands after sneezing or coughing, and use hand sanitizer dispensers available at various locations around the campus.

"Truly, for a cough or sneeze, it's best to turn your head toward the armpit," she said.

"Don't block with your hands, because immediately if you touch something, you're spreading germs."

Heitkamper said students also can prevent the flu by getting plenty of rest, and eating fruits and vegetables.

She said if students know they're prone to getting the flu, they should avoid crowds.

"It's not spread by cold

weather. It's spread by a virus," she said.

President Paul Sechrist said the flu isn't usually a significant problem at OCCC.

"There have been years where we started tracking the number of students, faculty and staff who were out sick because of the flu, just in case we needed to close, though we've never had to do that," he said.

Sechrist said since OCCC doesn't have dorms, it's less of a problem on OCCC's campus than it is on other campuses.

"My advice to students, faculty and staff is when you have the flu and you're contagious ... do not come to the campus.

"We want to minimize other people getting the flu," he said.

For more information on flu season, visit www.cdc.gov.

Flu shots available

• CLEVELAND COUNTY HEALTH DEPARTMENT

Norman and Moore clinics will provide flu shots, typically starting in mid to late October on a walk-in basis during normal business hours. Please contact us for availability.

—**Norman office: Walk-in only**

250 12th Ave. N.E., Norman, 405-321-4048

8 a.m. to 5 p.m. Monday through Thursday.

8 a.m. to noon Friday.

—**Moore office: Walk-in only**

424 S Eastern, Moore, 405-794-1591

8 a.m. to 5 p.m. Monday through Thursday.

8 a.m. to noon Friday.

Flu vaccine will be available for anyone who wants to be protected from influenza. The shot is recommended for everyone 6 months of age and older.

• OKLAHOMA CITY-COUNTY HEALTH DEPARTMENT

Our flu clinic hours and locations will expand throughout flu season based on the availability of the flu vaccine. Please note that some clinic locations require an appointment.

—**OCCHD Kelley, 921 NE 23rd, Oklahoma City**

8 a.m. to 4:30 p.m. Monday through Thursday; 8 a.m. to 1 p.m. Friday. No appointment required.

—**OCCHD West, 4330 NW 10th, Oklahoma City**

8 a.m. to 4:30 p.m. Monday through Thursday; 8 a.m. to 1 p.m. Friday. By appointment only. Call 405-419-4150.

• ACCESS MEDICAL CENTERS

1918 NE 23rd St., Oklahoma City, 855-603-1147

8 a.m. to 6 p.m. daily

No appointment needed.

• CVS PHARMACY

4500 NW 23rd St, Oklahoma City, 405-947-5505

8 a.m. to 10 p.m. Monday through Friday; 9 a.m. to 6 p.m. Saturday; 10 a.m. to 6 p.m. Sunday.

No appointment needed.

• TARGET

800 SW 44th St, Oklahoma City, 405-632-4964

9 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 5 p.m. Saturday; 11 a.m. to 5 p.m. Sunday.

No appointment needed.

• WALGREENS

2835 SW 29th St, Oklahoma City, 405-631-9294

Open 24 hours a day, seven days a week.

Appointment only.

• WALMART

11101 N Rockwell Ave, Oklahoma City, 405-773-3478

Open 24 hours a day, seven days a week.

No appointment needed.

Watch respiratory illnesses closely

JORGE KRZYZANIAK
Sports Writer
sportswriter@occc.edu

Enterovirus D68 has been confirmed to be circulating and causing respiratory illness in Oklahoma, according to a press release from the Oklahoma State Department of Health.

The CDC reported that from mid-August to Sept. 30, 472 people in 41 states and the District of Columbia were confirmed to have a respiratory illness caused by EV-D68, including Oklahoma, where seven of 24 specimens submitted from state hospitals and laboratories tested positive for the virus.

Enteroviruses are a common cause of respiratory illness but EV-D68 is relatively rare to the U.S.

Samples collected from four patients who recently died have tested positive for enterovirus D68, according to the Centers for Disease Control on Oct. 1.

"EV-D68 infection looks very similar to the common cold with most persons showing symptoms of cough,

runny nose, body aches, and possibly a fever.

"However, in some children the illness can rapidly progress to something more serious where the child has wheezing, difficulty breathing, and difficulty getting enough oxygen into their lungs."

State Epidemiologist Dr. Kristy Bradley said children with asthma and children younger than 5-years-old seem to be at the greatest risk.

She said if children develop wheezing or symptoms of asthma, medical care should be sought right away.

"If a child is seen having such difficulty in breathing that a bluish tint starts to show up on their skin or their lips ... dial 911," she said.

Bradley said for those with no prior immunity to enterovirus D68, it can be very contagious.

"The virus is thought to spread through droplets and discharges from the nose and the throat, and may also be spread through an infected person's stool."

Bradley said this strain of virus is particularly resistant to some commonly used alcohol-

based antibacterial cleansers.

She said the best way to combat the spread of viruses is through simple hand washing.

Mary McCoy, Child Development Center and Lab School director, said great care is being taken to keep OCCC's littlest students healthy.

"We're washing our hands and we're washing the little hands," she said.

McCoy said the center makes every effort to surpass standards for the health and safety of children in their care.

Per their accreditation requirements, she said, shoes are not allowed to be worn inside rooms where infants and toddlers are cared for.

McCoy said this policy has now been expanded to cover any room where children are cared for.

Bradley said while children are most prone to complications from EV-D68, adults should take precautions to prevent spreading illness as well.

"If you have a fever and you have sudden onset of cough, and you feel that it's due to an infection and not allergies then it is wise to stay home ... until at

least 24 hours have passed since the fever's subsided," she said.

There are no specific treatments or vaccines to prevent EV-D68 infections but the CDC recommends these steps to protect oneself against respiratory illness;

- Wash hands often with soap and water for 20 seconds.

- Avoid touching the eyes, nose and mouth with unwashed

hands.

- Avoid close contact and sharing cups or eating utensils with people who are sick.

- Disinfect frequently touched surfaces such as toys, doorknobs and light switches.

- Stay home when sick.

For more information, visit www.cdc.gov/non-polio-enterovirus/outbreaks/EV-D68-states.

SPORTS

Jump shot

Business majors Vu Le and Vinh Duong play basketball together in OCCC's gym. "We're just playing a game of one-on-one," Le said.

The gym, located in the Wellness Center on the first floor of the Main Building is free to all students with a valid student ID. Balls are available on-site. For more information, contact the Recreation and Fitness Office at 405-682-7580 or visit www.occc.edu/rf.



ETHAN COOPER/
PIONEER

EVENT
NEWS

Fall 2014:

- Students with a valid OCCC ID can use the Aquatic Center free of charge. The Aquatic Center features two pools, and an 18½-ft deep diving well with 1- and 3-meter spring boards and 5-, 7- and 10-meter platforms. For more information, visit www.occc.edu/rf.

- OCCC Group Fitness classes are offered at a variety of fitness levels and are spaced conveniently throughout the afternoon and late evening hours. Discounted group fitness passes are available. See more at www.occc.edu/rf/cr-group-fitness.

- The Recreation & Fitness Center is open to students, faculty, staff and community members. The center features a 15,000-square-foot gym with two basketball courts and one recreational volleyball court, a cardio room with three treadmills, two cross trainers and two recumbent bikes as well as a weight room featuring a complete circuit of Cybex equipment and free weights. Students with a valid OCCC ID can use the facilities free of charge. For more information, visit www.occc.edu/rf or call 405-682-7860.

SPORTS | Two groups make use of OCCC's diving well

Aquatic Center hub for scuba divers

JORGE KRZYZANIAK

Sports Writer
sportswriter@occc.edu

Trish Ross, Head Lifeguard at OCCC, said she's never done any scuba diving, but she doesn't mind looking out for the school's flipper-footed guests.

OCCC's Aquatic Center welcomes all kinds of guests. Ross said, amidst the recreational and competitive swimming and diving taking place, scuba divers are able to practice their craft too.

"We have two different kinds of scuba — Blue Water Divers and open [recreation]."

Blue Water Divers' manager Shane Norwood said they rent and sell scuba gear, and function as a hub for the area's scuba enthusiasts.

Blue Water Divers offers instruction at OCCC from 6:30 to 8 p.m. Tuesdays and Thursdays every other week, Ross

said.

"They bring their students in and are actually training them," she said.

Norwood said certification classes come with a rental package.

"When you sign up for one of our classes, you get all the gear you'll need to go scuba diving," he said. "On the stuff that you need to own and purchase like the mask, fins and snorkel, you get a pretty good discount on it. It's all inclusive."

Blue Water usually brings at least five people to train and certify in scuba diving, Ross said. She said as many as 18 scuba divers show up in a single night.

Blue Water students are here earning certifications, keeping in practice with their gear, and sometimes trying gear before committing to buy, Ross said.

"We love it," Norwood said. "It's almost like going on a real dive ..."

A Blue Water Divers' certification

process starts at OCCC and finishes at what Norwood said is one of the best locations in the region: Lake Tenkiller.

"There's a sunken bus, a couple boats, a plane," he said. "And the new addition is a Coast Guard helicopter."

Scuba divers not associated with the Blue Water Divers are welcome to OCCC as well, Ross said.

Open recreation scuba is from 7 p.m. to 8 p.m. on Wednesdays, for \$7.50 per visit.

"They have to have a buddy and they have to show their certifications," Ross said.

Visit the Recreation and Fitness office for more information or www.occc.edu/rf/index.

For more information about Blue Water Divers and scuba certification, visit bluewaterokc.com.

The Blue Water Divers store is located at 718 N. Broadway in Oklahoma City.



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.

Two thefts, unusual request top reports

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

This week's crime report includes a stolen phone and wallet, a suspicious person, a request for syringes, and a stolen iPad.

A black leather wallet containing a number of credit cards and cash, along with a black Pantech cell phone were taken from an office located at 2N4 around 1:30 p.m. Sept. 15. Business and Economics Professor Michael Machiorlatti said the items were last seen in his personal division mailbox at 5:30 p.m. Sept. 9.

Machiorlatti's said in an Oct. 1 email that his wallet was later found with the cash missing. After reviewing video surveillance, campus police were not able to identify a suspect.

At approximately 11:18 a.m. Sept. 15, Officer Daniel Piazza was called to the Financial Aid Office to meet a 23-year-old woman, only identified in the report as LM, who had been reported as a suspicious person.

The woman was using one of the public computers with her 2-year-old child. According to the report,

the woman's speech was slurred, she had impaired motor skills and appeared to be disoriented.

The suspect told Piazza she had taken medication for depression and the medication had not yet worn off. A portion of the Standardized Field Sobriety Test was performed on her, according to the report.

After the test was administered twice, Piazza determined the woman was exhibiting signs of having "recently ingested (or) inhaled a central nervous depressant"

It was determined the suspect could not operate a motor vehicle so one of her friends picked up the woman and her daughter. Piazza filed a referral with the Oklahoma Department of Human Services and Neglect Hotline.

At approximately 4:47 p.m. Sept. 17, Cindy Milam, nursing lab coordinator and human patient simulator, reported a man she didn't know entered the nursing lab and asked for syringes. After being told he could not have any syringes, he left.

The suspect was identified about 30 minutes later as an OCCC student, 23. He had a small quantity of prescription drugs in his possession that were not in

a prescription bottle. He was taken to the Campus Police office for further questioning.

At approximately 8:25 a.m. Sept. 19, student Tonya Johnson, 32, went to the Campus Police station to report her iPad had been stolen from the restroom near Arts and Humanities Entry 1. Johnson said she set her iPad and backpack down on the counter while she was in the restroom and when she went to leave the restroom, her iPad was missing. The case is still active.

Additional information is available in supplemental reports that were requested but not provided. Some information was redacted from the reports under the direction of Marketing and Public Relations Director Cordell Jordan who said names are redacted "according to OCCCPD Standard Operating Procedures involving information released and information withheld." To obtain a copy of the procedure, email cjordan@occc.edu.

To contact campus police, call 405-682-1611, ext. 7747.

For an emergency, use one of the call boxes located inside and outside on campus or call 405-682-7872.

Safety: Cyber security expert cautions against free software

Continued from page 1

stay aware of online dangers, according to <http://staysafe-online.org>.

Heitkamper said the main goal is to make sure students know how to protect their devices from attacks.

"The basics are pretty simple," he said.

"Make sure you update your system, make sure you have antivirus, update your antivirus, make sure you have all applications updated, because anytime [your computer] asks you to update something, it's because somebody has found a flaw in that software."

The need for updates is most commonly security related, Heitkamper said.

"If you don't update your security signatures for your antivirus daily, there are hun-

dreds and thousands of new threats out there every day."

Some threats get caught by the college, but students may not have that advantage on their home devices, Heitkamper said.

"Your ISP (Internet Service Provider) catches some of them, but if you don't have a good antivirus, spyware software on your system, you are probably infected," he said.

The basic antivirus software Heitkamper advocates most is Microsoft Security Essentials.

He said it's free. And, since Microsoft is attacked most often, errors are found more quickly.

"You're better off having [Microsoft Security Essentials], because they're going to fix [the issues] before somebody else gets the signatures, like McAfee and Norton," he said.

**The Pioneer asked
50 students who
use Android
devices:**

**"Do you have
antivirus software
on your phone?"**

**Yes: 18
No: 32**

Students who are looking for an easy and cheap fix may look for free software like McAfee, but those are not recommended by Heitkamper.

The problem with McAfee and Norton, he said, is a lot of them were built on the old infrastructure.

In other words, running one of those will bog down your machine, Heitkamper said.

Also, he said, if students don't get software from reputable sources, they will likely run into a problem with malware, software that is intended to damage or disable computers and computer systems.

"The problem with free (antivirus) is a lot of them are malware masquerading as free antivirus software," he said.

"Some people use Spybot. There are probably 10 different versions of Spybot out there that are actually viruses.

"I usually tell people to go to download.com, which is PC magazine's Cnet.com website where they basically check the stuff for viruses before they put it out there," he said.

Heitkamper said antivirus software is just as important for mobile devices.

"Ninety-nine percent of all malware on mobile devices is

on Android devices, so if you have an Android device and you don't have Bitdefender, Lookout, or some other software, you have probably been compromised," he said.

Heitkamper said Mac computers and iPhones haven't typically been victims of virus attacks, but said users should look into antivirus software as an added precaution anyway.

As a sponsor for the Cyber Club, Heitkamper said, he is working with the club on plans for Cyber Security month.

Some possible activities include giving pamphlets and handouts to students on the basics of keeping a secure system, he said.

For more information on cyber security, contact Al Heitkamper at ahaitkamper@occc.edu or call 405-682-1611, ext. 7494.

Music: OCCC welcomes Swingle Singers a cappella group

Continued from page 1

"They are one of the original groups that do a cappella," he said. The Swingle Singers have been around for 50 years.

Bardeguéz said this year is the group's 51st year together

and they will be touring in the U.S. for a limited of time only. The Swingle Singers are superior to many other a cappella groups, he said.

"The Swingle Singers have more depth and musicality," he said. "The group that is

singing right now is a mixed group comprised of seven men and women.

"They are all very young, very active. They are all amazing singers. Vocally their technique is impeccable."

The audience is in for a treat,

Bardeguéz said.

"When they come, they can expect a pretty amazing musical experience from a group that only uses their human voices."

Ticket prices are \$45 and \$35 depending on seat location.

Leftover seats will be free to students, Bardeguéz said. An e-mail message will be sent to students letting them know they have an opportunity to get a free ticket.

For more information, call 405-682-7579.

CAMPUS COMMUNITY

Nurturing Children



ETHAN COOPER/PIONEER

Oklahoma Association for Infant Mental Health volunteer Susan Bradley provides information about the group at OCCC's Single Moms Information and Resource Fair on Sept. 23. "The relationships we have with our young children create the foundation of their life. Nurturing relationships create true school readiness," said Bradley. For more information regarding OK-AIMH, visit www.okaimh.org.

COMMUNITY | ESL meetups are scheduled throughout the month

Groups help students master English

CANDICE A. SCHAFER

Community Writer
communitywriter@occc.edu

Imagine traveling and living in a foreign country or place, and not being able to speak or understand the language. Imagine the frustration at trying to ask for help with something.

ESL or English as a Second Language here at OCCC, is here to help, said Lydia Rucker, the ESL Conversation group leader.

Rucker said students and staff alike volunteer to help these students — native speakers and non-native speakers — experience different cultures.

The shared motto of the Communications Lab's ESL Conversation Group is "No Fear" because fear is often what keeps students from accomplishing our goals, she said.

Yet, the idea of fear is found to be a common denominator between the native English speaker and those for whom English is their second or perhaps even third language, Rucker said.

"Our fear stems from our want to understand but our inability to do so; therefore, with anything that

we don't really understand or anything that makes us somewhat uncomfortable, we tend to avoid it," she said.

"It is my theory that improving the self-esteem of ESL students through drama and peer support will not only help them build confidence, but also motivate them to speak English more often outside of school."

Jason Palmrose, a Computer Science major said he wasn't aware OCCC had an ESL group

"I can definitely see this being useful for the exchange students as well as any foreigners attending the college," Palmrose said.

Rucker said the ESL group welcomes everyone.

"The group is also for those who are ages 18 and up and those who are in the community. Anyone can bring anyone."

She said the conversation group focuses on helping students overcome the fear of speaking and writing in English.

"Through role play, poetry reading and activities focused on strengthening motivation, confidence and interpersonal bonds, members of the conversation groups are able to persist better within classes and overcome the fear of speaking to native English

CAMPUS HIGHLIGHTS

OKC Zoo Service Trip on Oct. 4

OCCC students, faculty and staff can attend a service trip to the Oklahoma City Zoo from 8 a.m. until 4 p.m. Saturday, Oct. 4. Students who volunteer for the event will be given hours of service for Civic Honors or Academic Service Learning. For more information, contact Student Life at 405-682-7523.

Brown Bag event to address PTSD

Professor Jeff Anderson will lecture over the topic of Post Traumatic Stress Disorder from noon until 1 p.m. Monday, Oct. 6, in CU3. For more information, contact Student Life at 405-682-7523.

Battlefield Medicine Brown Bag Oct. 7

OCCC alumni Kenneth Meador will present a discussion on the topic of medicine on the battlefield from 12:30 to 1:30 p.m. Tuesday, Oct. 7, in CU3. For more information, contact Student Life at 405-682-7523.

Open Mic Brown Bag

Are you a poet, singer or songwriter? Now is the time to show your skills. Join English Professors Jon Inglett and Marybeth McCauley for this event from noon until 1 p.m. Wednesday, Oct. 8, in CU3. For more information, contact Student Life at 405-682-7523.

2014 OCCC Reads on calendar

Reads for the year is "The Things They Carried" by Tim O'Brien. The Big Read event will be held Tuesday, Oct. 21, in the VPAC Theater from 12:30 to 1:45 p.m. The library has free copies of the book for professors and students. The National Endowment for the Arts Big Read website provides an online teacher's guide along with lesson plans and essay topics along with discussion questions. For more information, visit <http://libguides.occc.edu/occcreads> or contact English and Humanities Dean Kim Jameson at 405-682-1611, ext. 7653, or at kjameson@occc.edu.

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

professors and peers," Rucker said.

Computer Science major Justin Maggard said ESL is very beneficial to OCCC.

"It gives foreign speakers a place to be themselves without any fear of being judged or different," he said. "I love how involved OCCC is with the students and the community with volunteering to make this group a place to look forward to going to."

Rucker said the goal is to make students feel more comfortable in their environment while "strengthening their esteem about the English language, encouraging fluency and cultural awareness."

These groups meet twice a week from 12:30 p.m. until 2 p.m. Mondays and from 12:30 p.m. until 2 p.m. on Thursday. In addition, the Comm Lab teams with Student Life several times a month for larger discussions in Communications Lab 2 in the Visual and Performing Arts Center in room 146.

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. Call 405.212.6027 for more information.

FURNITURE

FOR SALE: 40" CRT television in excellent condition. Big screen makes it great for a gaming TV. \$30. Text 405-818-0083.

MISCELLANEOUS


LOOKING FOR ROOM TO RENT: Close to campus. Male roommates only. Call Nahtali-Noel Nhongho at 832-738-2527 or email nahtali-noel-e-nhongho@my.occc.edu.

LOOKING FOR ROOM TO RENT: Male, 23, student looking to rent a room close to campus for no more than \$250-\$300 a month through fall semester. Email john.white336@my.occc.edu.

ROOM FOR RENT: I have a 3-bedroom house and would like to rent a room to someone responsible and honest. The house is located about 15 minutes from the college. Call Wilma at 405-923-4199. If no answer, leave message.

ACROSS

1. Travelled through water
5. Punctuation mark
10. Huh?
14. South American country
15. Manner of speaking
16. Fit
17. Dry
18. Paltry
20. A childhood disease
22. Version
23. Flee
24. Trifling
25. Effective
32. Treat
33. Jittery
34. An Old Testament king
37. Skin disease
38. Angry
39. Implored
40. Accomplished
41. Aircraft
42. Alleviated
43. Changes
45. Skedaddles
49. Religious sister
50. Sunshade
53. Provoke
57. Beyond belief
59. Holly
60. Require
61. Something to shoot for
62. Not a single one
63. Countercurrent
64. Connecting points
65. Obtains



DOWN

1. Unwanted email
2. Used to be
3. Murres
4. Landslide
5. Movie house
6. Poems
7. Russian fighter
8. Infiltrator
9. Among
10. Not black
11. Ritual
12. Bestow
13. Little
19. Itinerant
21. Delicate
25. Quaint outburst
26. Central points
27. Tender
28. Unit of weight for gems
29. Absurd
30. Aquatic mammal
31. Utilize
34. As well
35. Observed
36. Contributes
38. Sick
39. A watercolor, for example
41. Antiquated
42. Decorative case
44. Cherubim
45. Backbone
46. Flogged
47. Cambered
48. Late
51. Norse god
52. Adriatic resort
53. Wings
54. Found in some lotions
55. Canvas dwelling
56. X X X
58. What we sleep on

Ventura Green Apartments

7000 S. Walker Ave.
OKC, OK 73139
405-631-4017

- ✓ Security Patrol
- ✓ Business Center
- ✓ Swimming Pool
- ✓ Dog Park
- ✓ Unique Floor Plans
- ✓ 1 and 2 bedrooms

\$25 off per month for students!



WCD WIC Program
New at OCCC Family and Community Education (FACE) Center
9 a.m. to 4 p.m. Tuesday through Thursday, North Hall
WIC - Women, Infants and Children
(income guidelines apply)
Currently on another WIC program?
No problem. Let us take care of the transfer paperwork.
405-682-1611, ext. 7690, or 405-933-3453

This institution is an equal opportunity provider.

UPGRADED APARTMENTS

STUDIO, ONE AND TWO BEDROOM LESS THAN ONE MILE AWAY!
Two sparkling swimming pools • Two laundry centers • Sand volleyball courts • Outdoor grill & gazebo • Renovated club room • Ample parking • Courtesy patrol • 24-hour emergency maintenance • Professional & caring management




CAMBRIDGE LANDING
3 percent student discount! 405-682-9087
www.Cambridgelandingapartments.com

Donate plasma today and earn up to **\$300 a month!***

Who knew I could **earn money, save lives, and get free wi-fi** at the same time?

1327 E. Lindsey St, Norman, OK 73071
405-447-9977
716 NW 23rd St, Oklahoma City, OK 73103
405-521-9204




Scan for an insider look at the plasma donation process

To scan and view content, you must download a QR code reader from your App store.

*Applicable for eligible, qualified new donors. Fees vary by weight. New donors must bring photo ID, proof of address and Social Security number.

CSL Plasma
Good for You. Great for Life.

CSLPlasma.com



Take time to be a dad today.

877-4DAD411
www.fatherhood.gov





'Little Murders' reflective of current events

DANI STEPHENSON
News Writing Student

The dark comedy "Little Murders" will be performed at 7:30 p.m. Oct. 9 through 11 in the Bruce Owen Theater on campus. Thursday's show will be free to those with a valid OCCC student ID.

General admission on Friday and Saturday will be \$10 while the price for students will be \$5.

Director and theater Professor Brent Noel said the play demonstrates a middle class family in 1967 handling the stress of an increasingly violent and disconnected culture.

He said he sees parallels in today's events.

"We are inundated with seemingly random violence all over the place," Noel said. "Cops shooting because of the color of one's skin, terrorist beheadings for attention, increasingly fracturing the fabric of society."

In its setting in the '60s, "Little Murders" deals with government spying of mail and an increas-

ingly atheist culture, among other conflicts. Noel said the characters question how they should respond.

He said the main character Alfred would rather withdraw from confrontation rather than engage, while his energetic fiancée tries to convince him that it's better to face the issues rather than back away.

The play was written by Jules Feiffer.

The cast consists of Taylor Reich as Carol Newquist; Kathryn Lemons as Marjorie Newquist; Anthony Sanders as Kenny Newquist; Daraja Rae Stewart as Patsy Newquist; Colin Morrow as Alfred Chamberlain; Reese Baker as Henry Dupas; Derek

Kenney as Miles Practice; and Tracy Lister as the judge. Roman Alcantara, Briana Nickell and Kelly Merlha will play the roles of wedding guests.

All the performers are current students or college employees, Noel said. Theater arts major Jarusha Brown will serve as assistant director and stage manager for the play.

For more information, contact bnoel@occc.edu.

"Little Murders"
7:30 p.m.
Oct. 9 through 11
Bruce Owen Theater

Students free on Thursday, Oct. 9 with a valid OCCC ID



Immunizations needed to protect entire U.S. population

SANDY QUINTANILLA
News Writing Student

Contagious diseases are gaining a renewed foothold in America because more people are avoiding vaccinations, said Karina Barthel.

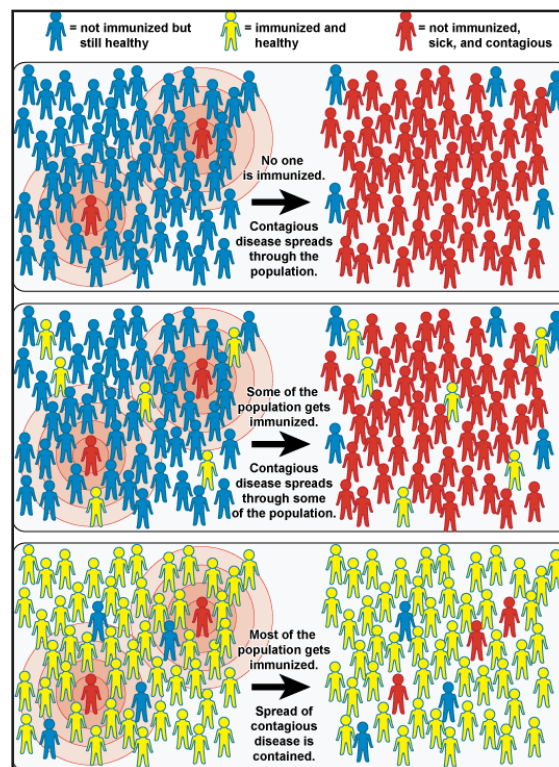
Barthel was the lead speaker of a group of student nurses who organized a presentation on the subject of immunizations.

At a Sept. 15 Brown Bag luncheon on campus, a group of second-year nursing students stressed the importance of childhood immunizations. About 30 people attended.

"We chose to cover vaccinations because it is incredibly important that people understand vaccines," Barthel said.

She said it is distressing to be involved in healthcare and watch people actively choose to become ill and endanger other people by confounding herd immunity.

In the U.S. most vaccine-preventable childhood diseases have decreased by more than 95 percent over the last 50 years, due to the implementation of childhood vaccines, according to the Centers for Disease Control. Vaccinations for diseases such as measles, polio and smallpox, which were once consid-



ered lethal to many in the population, have led to minimization or complete elimination of outbreaks altogether.

Despite the widespread availability of these vaccines, there are still a significant number of children in the U.S. that do not receive the fully recommended schedule of vaccinations, and some do not receive any vaccinations at all, Barthel said.

"Some vaccine-preventable diseases, like pertussis (whooping cough) and chickenpox, remain common in the U.S.," according to the CDC.

A 2005 study of 17,563 2-year-olds found that more than one in four have either missed doses of vaccines or have not been vaccinated.

One of the many reasons parents give for not getting their children vaccinated is due to their religious beliefs. This is just one of the reasons a growing number of non-medical exemptions have been granted in recent years.

When there is a cluster of exemptions in a community, an outbreak of vaccine-preventable diseases often is the result.

Take for example the recent mumps outbreak in Central Ohio where 483 cases have been reported so far this year, according to the CDC website.

Ohio boasts the largest Amish community in the U.S., and according to the website Amish America, the Amish Community doesn't generally vaccinate their children.

Another reason that appears to be

gaining popularity over the last decade is that the benefits don't outweigh the risk.

According to Barthel's research, some people forego vaccinations due to the mistaken belief that vaccines may cause autism. The CDC has stated that despite significant research to the contrary, many parents believe that Thimerosal, a compound found in vaccines given to infants and young children, may be linked to autism. This is simply not the case.

Barthel went on to explain how "herd immunity" works, and how the unvaccinated reduce protection for everyone.

She also used the phrase "diminished herd immunity."

As the number of those who are not vaccinated increases, fewer remain in the vaccinated "herd," increasing the risk for the unvaccinated to contract an illness. This also can put those who are vaccinated at a greater risk due to the lack of complete immunity given by vaccinations.

For further information on childhood vaccines, visit www.cdc.gov. For information on free or reduced-cost vaccines, visit the Oklahoma State Department of Health at www.ok.gov/health, or the local county health department.