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EDITORIAL

GAY LEADERS CAN INSPIRE OTHERS

Online Editor Siali Siaoasi says gays leaders are in the position to inspire an entire community by coming out. Read more about his thoughts inside.

OPINION, p. 2

NEWS

SUMMER, FALL GRADUATES LISTED

Turn inside to see who completed a degree this summer and fall at OCCC. All graduates can take part in the college's annual May commencement.

NEWS, p. 7

SPORTS

FREE FITNESS CLASSES DURING FINALS

Intramural Sports Assistant Matthew Wright said free wellness classes are being offered the final week of classes. Read more.

SPORTS, p. 8

COMMUNITY

GERMAN WILL BE TAUGHT ON OCCC CAMPUS

Modern Languages Director Ginnett Rollins said those enrolling in Elementary German I and II can now take the courses at OCCC. Turn inside.

COMMUNITY, p. 10



PIONEER

OKLAHOMA CITY COMMUNITY COLLEGE

DEC. 5, 2014

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COVERING OCCC SINCE 1978

Hands-on studying



ETHAN COOPER/PIONEER

Nursing major Andreea Lucia Mirza prepares for an upcoming exam by dissecting a fetal pig on Nov. 19 in OCCC's Biological Sciences Lab. "I'm going over the muscles, organs and vessels along with the urinary and reproductive system," Mirza said. "The exam will be after Thanksgiving."

Shorter days can lead to seasonal disorder

SAD can be brought on by a number of factors, including less sunlight

BRYCE MCELHANEY
 Editor
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This time of year, many people start to feel like something isn't quite right in their lives. Those folks could be suffering from Seasonal Affective Disorder, said Student Support Services Counselor Jenna Howard.

SAD is a depressive/bipolar disorder which is common in the fall and winter time, Howard said.

"[Some] people have symptoms of depression during those times of the year," she said.

According to WebMD.com, the disorder is most common in women and in people who live far from the equator where winter daylight is very short.

Howard said the disorder could be triggered by a number of things — from lack of sleep to Vitamin D deficiencies.

"Sometimes [researchers] believe it can be changes in your hormones, so something is going on chemically," she said. "[Other research suggests] that light therapy is helpful."

Howard said light therapy is

believed to help create vitamin D, something many people may be deficient in during the winter months when the days are shorter.

According to WebMD.com,

a lack of sunlight can upset a person's biological clock, which controls the sleep-wake pattern and other circadian rhythms, as

See **SAD** page 9

Expert warns of holiday credit, debit card ID theft

TYLER SEGERSTROM
 News Writing Student

With the holidays coming up and all of the shopping that will be taking place, people need to be aware of identity theft and the point-of-sale breaches happening at various

retailers.

Professor Al Heitkamper, head of the cyber security program at OCCC, explained how to minimize the chance of identity theft and gave examples of retailers where point-of-sale breaches

See **ID** page 9

OPINION

EDITORIAL | Apple CEO recently announced his homosexuality to the world

Gay leaders need to be out of closet

As the leader of a multinational technology corporation — specifically, the company responsible for putting iPhones in our pockets — Tim Cook is arguably one of the most powerful men alive today.

In an Oct. 30 editorial for Bloomberg Businessweek, Cook told the entire world — business colleagues and all — that he is not only homosexual, but proud of it.



SIALI
SIAOSI

“I’m proud to be gay, and I consider being gay among the greatest gifts God has given me,” Cook said.

“Being gay has given me a deeper understanding of what it means to be in the minority and provided a window into the challenges that people in other minority groups deal with every day.

“... It’s been tough and uncomfortable at times, but it has

given me the confidence to be myself, to follow my own path, and to rise above adversity and bigotry.”

While Cook isn’t the first openly gay CEO in history, his coming out editorial provides a new insight for those against equality rights.

Oklahoma Gov. Mary Fallin — who has publicly opposed equality rights for same-sex couples countless times — may own an iPhone.

Texas Sen. Ted Cruz — a notorious conservative in this area of the U.S. — may use an iPhone too.

In short, there’s a gay man putting society’s most advanced technology in our pockets, our vehicles, our homes — and there’s nothing we can do to stop it.

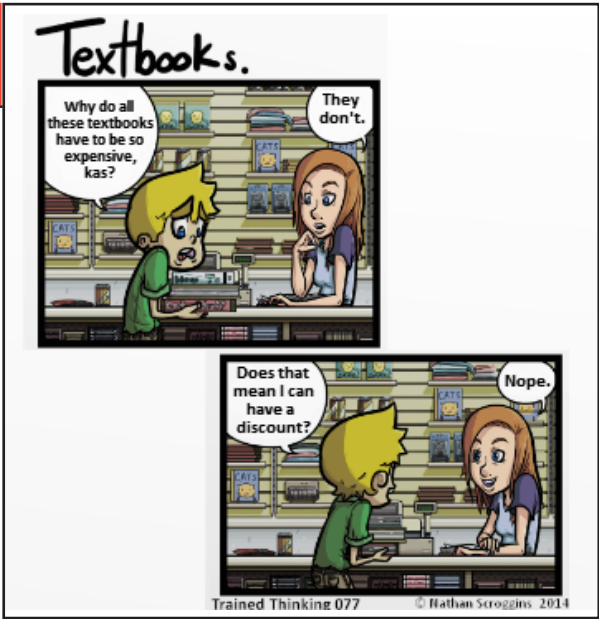
Moreover, Cook’s presence at Apple is so significant that he’s ignited a surge of confidence among gay rights activists simply by acknowledging his own sexual orientation.

“I don’t consider myself an activist, but I realize how much I’ve benefited from the sacrifice of others,” Cook said.

“So if hearing that the CEO of Apple is gay can help someone struggling to come to terms with who he or she is, or bring comfort to anyone who feels alone, or inspire people to insist on their equality, then it’s worth the trade-off with my own privacy.”

In my opinion, major leaders of any sort should follow suit.

LGBT individuals are everywhere — and they’re just like anyone else. They command soldiers, lead congregations and inspire masses.



While I acknowledge the complications of coming out and understand there are setbacks to doing so, there’s more harm caused by staying silent than speaking out.

Besides, if you’re a major political leader, a wealthy businessman or perhaps a college president in a conservative state, your story can cause a significant impact and even prompt change.

Janis Ian from “Mean Girls” said it best:

“There are two kinds of evil people in this world — those who do evil stuff and those who see evil stuff being done and don’t try to stop it.”

—SIALI SIAOSI
ONLINE EDITOR

LETTER TO THE EDITOR | There’s one home fire every eight minutes in the U.S.

American Red Cross offers safety tips to avoid home fire

To the editor:

The Red Cross responds to an average of 170 home fires a day across the country — that’s one fire every eight minutes. People can take the following safety steps to prevent a fire in their home:

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Space heaters should sit on a level, hard surface and anything flammable should be kept at least three feet away.
- If using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- Never smoke in bed.

- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire — like pot holders, towels, plastic and clothing — away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.
- Install carbon monoxide and smoke alarms on every level of the home and outside sleeping areas. If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other

gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

- Check monthly that smoke alarms are working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year.
- Replace smoke alarms every 10 years.

Everyone should know two ways to escape from every room of the home, and set up a meeting place outside in case of fire.

Practice escaping from the home at least twice a year and at different times of the day. Teach household members to stop, drop and roll if their clothing should catch on fire.

—AMERICAN RED CROSS

PIONEER

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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

MOVIE REVIEW | 'Snowpiercer' highlights difference between rich and poor

Sci-fi action film unique, savage

Over the weekend my roommates and I watched the 2013 science fiction action film "Snowpiercer."

The film is directed by South Korean filmmaker Bong Joon-ho ("The Host") and stars Chris Evans, Song Kang-ho, Tilda Swinton, Jamie Bell, Octavia Spencer, John Hurt and Ed Harris.

The story is set in 2031 where an ice-age has killed nearly all life on Earth. The only survivors are the inhabitants of a globe-traveling train called Snowpiercer.

A massive train powered by a perpetual-motion engine, Snowpiercer keeps its inhabitants safe from the fatal weather outside.

A class system is installed within Snowpiercer, with the wealthy occupying the front of the train and the poor occupying the back.

When the poor community has had enough of their living conditions, they lead a rebellion against their abusive guards and begin forcing their way to the front of the train.

This movie is an ambitious action thrill ride driven by a ridiculous story and remarkable performances.

Chris Evans plays Curtis, the protagonist of the film.



Throughout the film, Curtis must choose between going back and moving forward.

Leading the rebellion against the elite, Curtis's determination to move forward causes the people he cares about to become wounded or die. Traveling from car to car, Curtis's group discovers the elitist have surrounded themselves in indulgence while the poor live in poverty.

The stark contrast between the rich and poor is at many times funny and shocking.

One of my favorite scenes involves an overexcited teacher, played by Alison Pill, educating children with propaganda absurdity.

The action sequences are extremely savage, imaginative and neat. The visuals are extremely imaginative.

Overall, "Snowpiercer" is a fun movie with a unique story, spectacular visuals and troubled characters seeking hope and redemption.

"Snowpiercer" is available on Netflix.

Rating: B

—**ETHAN COOPER**
PHOTOGRAPHER

TELEVISION SHOW REVIEW | Reviewer says he has a love/hate relationship with medical show

'The Doctors' mindless daytime TV

Everything has a place in the natural order, from the wolves that eat the chickens to the maggots that eat the dead wolves. In the circle of life, everything has some sort of use or purpose.

The exception is the show, "The Doctors."

If you've never heard of it, it's because you have a job. "The Doctors" is a daytime

talk show where real doctors plug "superfoods" and try to make people scared of catching insanely rare diseases, like penguin flu or wombat AIDS.

It's not the show's fault that it's ridiculous. They've literally had to do thousands of episodes. There are only about 12 diseases known to man, so they've naturally had to make a lot of stuff up.

If you haven't seen this show, do. It's hilarious.

When the show's doctors are about to discuss a new scary disease, they play a video synopsis of the illness. It's voiced over by a man trying his hardest to sound as sinister as Satan. He'll say something like, "Could broccoli cause a tree to grow in your colon?"

Then the doctors talk about colon trees for a few minutes, play a few wacky medical games where



they sift through chocolate "feces" with a fork to find the cancer, and finally they have someone on stage for an interview.

This is my favorite part of the show.

Sometimes it's someone with a weird disease that makes his or her tongue blue, and sometimes, when they can't find someone

with a disease, they just get someone with a mental illness.

I kid you not, there was an episode with a woman who was addicted to staring at crotches.

I love this show just as much as I hate it. On one hand, these doctors are making their viewers stupid and paranoid, but on the other hand, who is watching this?

Even with all their faults, these doctors aren't nearly as bad as Dr. Oz. Unlike him, I truly believe that they're too stupid to know that they're lying to people.

Rating: F

—**JAKE MCMAHON**
VIDEOGRAPHER



Photo-sharing app better than others

I'm not entirely tech savvy. If civilization had stopped progressing with the advent of beef jerky, that would have been OK for me. Instead, technology marches on.

Now, I've got this phone that takes pictures, plays music and allows me to lash out with great vitriol about the secret agendas of reptilian shapeshifters in every comments section the Internet has to offer.

I found an app for my phone last week that allows me to combine these three features into the great works of art I'm obviously meant to create. It's called Kanvas and it's free. That's all I needed to know to try it out.

In one sense, Kanvas is a photo sharing app, revolving in its own very Instagram-like social media nexus. It's a bizarre little world unto itself and it's easy to become lost in the creations of the other random users.

Sweet, welcoming comments sections beckon to me beneath every user's posts and I get the option to "like" or "favorite" everyone's work by pressing my finger to a little heart icon, which I for some reason enjoy very much. Every stranger has become my favorite stranger.

Kanvas allows users a little more manipulation of their pictures and video than Instagram.

Pictures can be layered with doodles and text in a myriad of fonts or clever sayings provided by the app or stickers depicting every human emotion from smiley face to wink, smiley face. Then, all of this can be set to music.

It seems like most people are using this to convey their own inspirational sayings over sunset pictures while dubstep plays.

Not me.

I realize now that it's my destiny to grace the Internet with photos of my every separate facial expression — thousands of them, one after another, with little, dancing hearts that say, "Carpe Diem" (and other sayings) moving around the frame to the soothing sounds of Chuck Berry's "My Ding A Ling."

Hey Internet, you're welcome.

From what I can tell, Kanvas is the digital equivalent of compulsively making scrapbooks and forcing strangers to look at them — and I love it.

—**JORGE KRZYZANIAK**
SPORTS WRITER

COMMENTS AND REVIEWS

RESTAURANT REVIEW | Diner offers a variety of breakfast and lunch items, served all day

Jimmy's Egg serves up great breakfast every time

Breakfast food is the greatest and most versatile type of food known to man. We start the day eating breakfast, and more often than not, we choose to eat breakfast at times when no other food sounds appealing — late at night. We even created brunch, which is basically just an excuse to eat breakfast at a later time.

Finding a restaurant that serves breakfast is not hard. IHop, Denny's, and Waffle House are always options, but never my first choice. Finding a restaurant that serves an amazing breakfast is difficult.

The answer is Jimmy's Egg. I've been to several different Jimmy's Egg locations countless times and it has never let me down.

When you first walk in, you'll feel right at home with a cheesy rooster and "old-fashioned cooking" signs. At first, this set off a red flag for me, because many restaurants emulate the homey feel, but their food tastes terrible. Jimmy's Egg does not fit this stereotype.

I've gotten a variety of different foods and I've been pleased each time. The pancakes, french toast and

waffles are great.

However, my favorite item on the menu is the Biscuit Debris, which includes: two buttermilk biscuits with creamy country sausage gravy, grilled sausage and ham, topped with melted cheddar, and a side of hash browns or home fries. It's basically biscuits and gravy on steroids paired with the most amazing potatoes you can imagine.

Jimmy's Egg also offers omelets, cinnamon rolls, skillet scrambles, breakfast burritos and much more.

Because breakfast food might not be for everyone, they also have items like sandwiches, salads, chicken fried steak, burgers and breaded pork chops. Luckily, the entire menu is served all day.

Their prices are fairly reasonable and, considering the homemade quality, it's worth every penny.

The only downside to eating at Jimmy's is they are only open from 6 a.m. until 2 p.m. It's always unfor-



An "Egg-cellent" way to start your day!



tunate when I crave breakfast after 2 p.m.

Leslie Knope said it best when she said, "Why would anybody ever eat anything besides breakfast food?"

Why would anybody ever eat breakfast food anywhere other than Jimmy's Egg?

To find a location near you, visit www.jimmysegg.com.

Rating: A+

—LAUREN DANIEL
SENIOR WRITER

PET REVIEW | This large dog breed often chosen because of gentleness with children

St. Bernard a good companion

Growing up, I have almost always owned a cat and I secretly wanted a dog.

When I moved to Oklahoma, I found myself scared to death of a St. Bernard that wanted to lick the very features off of my face while standing on his hind legs. This huge beast was easily taller than my petite 5-foot, 3-inch stature so I was immediately intimidated. Back in New York, I hadn't known many people with big dogs.

I had thought I really liked dogs until I met this one.

Later on, apart from living with the dog and three cats, I was bestowed another cat. This one was mine.

My cat, Katy, absolutely abhors Saint. She spits and hisses at him, which is almost comical in that he is 10 times her size.

All he wants to do is help her groom. Maybe she won't get so many hair balls.

If anyone has ever seen the movie "Beethoven," I believe it is almost accurate in describing our St. Bernard.

He's huge, eats just about anything he can reach, and insists he is indeed a lap dog.

He can make anyone smile with his adorable half-masked face and he never tires of being there to please.

All this aside, when I first met Saint, I had no intentions of ever entering the house. Now that I've gotten used to him, I can almost lay on him (although he doesn't like it much).

St. Bernards are adorable as puppies with their big paws and small torso. They are even cuter with the half mask.

However, they aren't puppies for long.

For anyone who is looking for a furry member to join the family, consider a St. Bernard.

Nicknamed the nanny dog (as they are gentle with children), lover of snow, people and attention, these dogs might just be your type.

Keep in mind, these dogs drool, grow fast, require space to grow and prefer the cold so don't keep them in the heat for too long.

As much as I like Saint, however, I'm still a cat person. Sorry, buddy.

Rating: A

—CANDICE A. SCHAFER
COMMUNITY WRITER



TOP 20 MOVIES

Weekend of Nov. 28 through Nov. 30
www.newyorktimes.com

1. *The Hunger Games: Mockingjay, Part 1*
2. *Big Hero 6*
3. *Interstellar*
4. *Dumb and Dumber To*
5. *Gone Girl*
6. *Beyond the Lights*
7. *St. Vincent*
8. *Fury*
9. *Birdman*
10. *Theory of Everything*
11. *Nightcrawler*
12. *Ouija*
13. *John Wick*
14. *Kirk Cameron's Saving Christmas*
15. *Alexander and the Terrible, Horrible, No Good, Very Bad Day*
16. *Rosewater*
17. *The Judge*
18. *Whiplash*
19. *Guardians of the Galaxy Turtles*
20. *Foxcatcher*

Nursing pinning ceremony planned for Dec. 11

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

In the 1800s, Florence Nightingale started a time-honored tradition in the nursing field — the pinning ceremony — where nurses are given a pin upon completion of nursing school, and honored in front of their peers, friends, and family.

OCCC's nursing class of fall 2014 will hold their pinning ceremony at 6 p.m. Thursday, Dec. 11, in the Visual and Performing Arts Theater on campus, said Deborah Myers, nursing program director.

Myers said OCCC is one of the few colleges that still chooses to recognize their nurses in this way.

"A lot of the universities have gotten away from pinning ceremonies, simply because they want the recognition to be more of an academic recognition," she said.

"Here, the students are very traditional in the sense that they still want the pinning ceremony, and I think a lot of the families do too.

It makes it a little more personal for their degree and for their family members.

"I think it allows them time to really recognize



them for the degree that they had instead of just being in mass with many, many others just getting a diploma.

"I think it's important."

The nursing students at the college appreciate the tradition and the personalization of the ceremony, Myers said.

She said about 60 nurses will be honored at the pinning. All are encouraged to bring their friends and family to the event.

Because the number of people attending has ranged from 600 to 1,000, Myers said, the program has typi-

cally been held off campus in the past.

She said it will be held on campus this year.

Myers said the ceremony will be a fairly quick event, lasting about an hour.

President Paul Sechrist, Vice President for Academic Affairs Felix Aquino and a Nursing Process 2 professor will speak at the ceremony.

The class also will present a video they made before academic awards and clinical excellence awards are given out.

Pins will be given out by Myers and Karla Schenk.

Myers said the process has been modified over the years to make it as efficient as possible.

"They just file up to the stage one at a time," she said.

"There's usually two of us that are pinning so that we can make it go faster."

The event is open to the public, Myers said, and everyone is welcome.

She said those attending don't need an invitation.

"I know with some schools and colleges, space is a real issue and if you don't have an invitation, you aren't going to get in," she said.

For more information, contact Health Professions at 405-682-7507 or visit www.occc.edu/academics/programs/nursing.

Students showcase work at Absolute Live!

JAMES CHANSOMBAT
News Writing Student

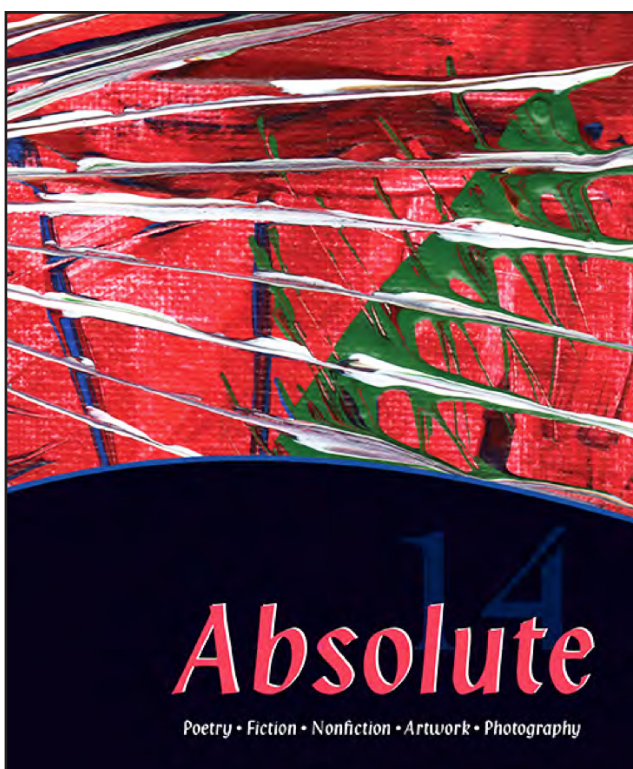
Performer Collin Morrow was one of seven readers who contributed to "The Absolute Live!" performance on campus Oct. 27. The show was put on by The Absolute literary magazine crew, said Professor Marybeth McCauley, faculty adviser.

Morrow did a reading by David Mercer entitled "Preschool or The Inevitable Path Toward the Systematic Destruction of the Human Mind." The audience of 25 appeared captivated by his dark and dreary, yet humorous, tone.

Morrow said the piece was about child psychology.

"I wanted the reading to come to life," he said. He did this by reading the piece as if he were acting it out, just as if he were the child of the reading.

"Absolute Live!" was a showcase of the works that have been published in the literary magazine, which is run by



students and led by McCauley, who is also the magazine's editor.

It's a collaboration of OCCC's theater arts, music and creative writing programs, McCauley said.

The show consisted of readings and original songs for guitar and piano. One of the songs composed on piano

was by freshman music major Emily Sterling.

Her song is called "Wandering Winter." It drew the audience in as she played her mysterious, mellow piece.

"I wrote the piece last winter, and it is quite personal to me," she said.

Kia Shorter performed her own piece on guitar with vocals called "John." It was very catchy as some of the audience could be seen nodding their heads and attempting to sing the chorus with her.

Shorter and her sister, Tiffane Shorter, also performed a piece with Kelli Smid, called "Bleeding Hearts." Kia Shorter was on piano while Tiffane Shorter and Smid performed vocals.

Smid also performed a reading called "Ode to Little Things" by Sarah Dooley.

Stage director for Absolute Live! was theater Professor Brent Noel.

The student editors of Absolute are sorting through submissions of artwork, photography, fiction, nonfiction, and poetry for Absolute 2015.

The 2015 issue of the Absolute will be published in April. For more information, contact McCauley at 405-682-1611, ext. 7405.

To see issues of the Absolute, visit www.occc.edu/english-humanities/absolute.html.

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It's time for holiday shopping, music

Favorite holiday music revealed ...



"Being just a bit traditional and an amateur piano player, I find myself listening to Danny Wright's 'Remembering Christmas.' It's an album of traditional holiday numbers arranged and played by Danny Wright. It's old like me, but really good, sort of like me."

—Paul Sechrist
College President



"Bing Crosby's 'Mele Kalikimaka.' I'm fond of the idea of Hawaiian Christmas. Also John Lennon's 'Happy Christmas (War Is Over)' and Tchaikovsky's 'Nutcracker.'"

—Susan Tabor
Social Science Dean



"My favorite holiday/Christmas song is 'Silent Night.'"

—Jerry Steward
Executive Vice President



"'Christmas 25th Anniversary Collection' by Mannheim Steamroller."

—Thomas Ashby
Information Technologies Dean



"'White Christmas' by Bing Crosby. It's pretty standard stuff but Christmas is about tradition."

—Max Simmons
Mathematics, Engineering and Physical Science Dean



"The soundtrack to 'Love, Actually.' It has become one of my favorite holiday films and the music always reminds me of these wonderful stories."

—Ruth Charnay
Arts Division Dean

Looking for a unique gift to give?

JAKE MCMAHON
Videographer
pioneervideo@occc.edu

Everyone loves gifts — especially unique gifts. To be remembered as a great gift-giver, try leaving one of these gifts under the Christmas tree this year:

PRINTED T-SHIRTS: If you even have the slightest idea of what someone is into, you can find a T-shirt for it at 6dollarshirts.com. They sell T-shirts with funny dinosaurs, inside jokes from Seinfeld and logos from obscure video games. They have a shirt for every personality. Each shirt costs — you guessed it — \$40.

EPIPEN: Fill out the form on epipen.com to qualify for a printable coupon for a free EpiPen — a fancy syringe containing a sweet dose of epinephrine, which can save a person from an allergy attack, or anaphylactic shock. If you know anyone with a strange allergy, they will be touched to know you are looking out for their safety. The coupon can be redeemed at various pharmacies.

COSTUMES: If there's a young child in your family, you need to change your mode of thinking on their gift. Right now, Halloween costumes are as cheap as they will get all year.

Find out what their favorite superhero/princess is, go to costumeexpress.com, and get that costume. Spiderman is \$15. If you think that little tot won't wear it every single day, think again.

BUSINESS CARDS: No matter what a person does for a living, that job will seem 1,000 times cooler with business cards. At vistaprint.com, you can get a stack of business cards for your loved ones — for free.

FLIP FLOPS: One handy knickknack stands out as the perfect mom gift. Cafepress.com has watermelon flip flops. That is, they are flip flops with a watermelon design. There is not a woman over the age of 40 on this planet who would not freak out over these. If there were a symbol for motherhood, it would be a watermelon wearing flip flops. If you act fast, you can get them for \$17.

GUITAR PICKS: What about that weird cousin you have who sort of plays guitar? Zazzle.com has personalized guitar picks. Whether his name is Gary, Cody or Alouicious, they can put it on a pick for \$4.24. At that price, you might get one for yourself too and put it on a necklace.

TOILET PAPER: Don't know what your loved one likes? There's one thing that every person on the planet loves; thick, soft toilet paper. Quilted Northern Soft & Strong is \$6 for a 12-pack. Sure, they might laugh when they rip off the wrapping paper, but they will be smiling in the bathroom for weeks. Quilted Northern can be found in any grocery store.

STOCKING STUFFERS: For free stocking stuffers, look no further than samples.target.com. Bookmark that page and visit it every day. They constantly have various free samples to give out.

Message from the President

The chill in the air felt earlier this week is a reminder that the fall semester is rapidly coming to conclusion — which of course, means another holiday season and a new year are fast approaching. I recognize that there is much to be done to complete the work of this semester, but I would like to take this opportunity to wish you the very best for the holidays.

The break between semesters is a time of celebration, reflection and renewal — a time to enjoy family and friends — a time of giving and receiving — and a time to prepare for 2015 and a new semester.

Like many of you, I will spend time during the break with my family and friends. Plans are already under way for several gatherings — from a Christmas Eve dinner through a New Year's Eve party. We will retell the stories of the past, some happy and some sad, remember and honor those who are no longer with us, warmly welcome those who are new, and share our hopes and dreams for the future.

To our faculty and staff, let me once again thank you for your tireless work on behalf of OCCC and our students. I know that you share with me a deep sense of pride and honor to be a part of Oklahoma City Community College.

To our students, I hope all goes well as you complete your work for the semester. Some of you will graduate this December, some will return for the spring semester, and some will go on to another college or university. Whatever is next for you, I wish you success, happiness and peace.

Happy Holidays to everyone!
President Paul Sechrist

OCCC summer, fall graduates named

The following students have applied for December graduation. Diplomas will be granted after credentials are completed and degree requirements are met. Students who fulfill degree requirements may participate in the May commencement ceremony.

ASSOCIATE OF ARTS

Joann Adair, Trevel Adams, Christopher Anthony, Natalie Arismendez, Darla Baltrush, Latisha Batiste, Katherine Bayliss, Shauna Beach, Rachael Beck, Angela Beery, Sierra Biagas, Hayley Bishop, April Bitner, Lauren Blankenship, Adam Blasing, Mycalyn Blomstrom, Lauren Boyd, Milarosa Braaten, Emily Brown, James Brown, Kerry Burns, Aaron Burton, Emily Butts, Ashley Cain, Richard Calk, Tyler Cawyer, Tyler Christian, Timothy Clark, Brianna Collins, Caitlin Connell, Justin Cox, Lauri Cully, Victoria Dammén, Denver Daughtry.

Christopher Davis, Natalie Davis, Brittany Davison, Jesse Dean, John Dees, Dustin Digby, Joseph Dougherty, Alysa Drapal, Karla Duran, Reagan Elkins, Shamequa Ellison, Tara Elrod, Cynthia Esquivel, Jason Everheart, Jenny Faiella, Sandra Fast, Jason Fixico, Jude Floyd, Neil Forman, Rebecca Foster, Jennifer Gilbertson, James Goldsberry, Edgar Gonzalez, Lizette Gonzalez, Brittany Gray, Ida Gray, Xavier Griffin, Daniel Hale, Paula Hale, Parker Hansen, Sashanna Hardesty, Brittany Hardin, Amanda Harris, Nicole Harris, Margaret Hartman, Kody Haskins, Kristin Haworth, Rachelle Hernandez, Elsa Higuchi, Quy Hoang, Aimee Hostetter, Enrique Huapaya, Makayla Huddleston, Taslima Islam, Brandon Ivey, Bryan Jackson, Ryan Jackson, Stephanie James, Cinthia Jimenez, Janet Jimenez, Aaron John, Douglas Johnson, Edward Johnson, Jay Johnson, Kayla Jones, Patrick Jordan, Min Jung, Heather Kelpine, Antoinette Kendrick, Leslie Kennedy, Logan Kennedy, Sapphire Kennedy, Christin King, Conner King, Amanda Knight, Jessica Kropf, Sarah Landon, Vicki Landry, Derek Lemaster, Danielle Liong.

Krista Lloyd, Jessica Long, Esther Lopez, Kathleen Love, Marcus Macktima, Brandon Malone, Jon Manning, Ruth Mayo, Jennifer McCain, Christine McCarron, Jackson McKinnon, Andrew Merriman, Catherine Miller, Laura Millermon, Kelsey Milligan, Natascha Milson, Taelor Mitchell, Reilly Montgomery, Leamarie Morton, Kira Moses, Jessica Mull, Angela Mullins, Meagen Nichols, Samie Norwood, Ariane Nzameyo, Makayla O'Brien, Jennifer Ohsfeldt, Chelsey Oliver, Shelley Oliver, Reyna Otero, Elizabeth Otido, Sara Ozgunesliler, Alan Parker, Benaysia Parker, Bradley Pemberton, John Pham.

Monica Piros, Brent Pockrus, Julie Prock, Ivone Pulido, Mitchel Randolph, David Ransom, Mackenzie Rappe, Alisha Reno, Dalton Rivera, Mariah Rivera, Rachel Roberts, Jazmine Robinson, Brit-tany Rose, Brenda Ruiz, D'Anna Russell, Jesse Sappington, Brian Sargent, Heather Schreiber, Rachel Schutte, Kenneth Scott, Christopher Self, Andrea Shatwell, Mark Shemwell, Sally Shipman, Maiko Singleton, Kolton Sizer, Brittany Smith, Parthenia Smith.

Kelly Sorrells, Jenna Spence, Tonya Stevenson, Tara Still, Christian Swartz, Crystal Taylor, Rachel Thomas, Bria Thompson, Destinee Tidwell, Barry Timberlake, Itzel Torres, John Traylor, Ashley Trent, Erika Valdez, Lori Valentine, Trey Warren, Kadja Washington, Melody Weimer, Kiia West, Jana Whatley, Lauren White, Mallory Whitney, Rebecca Wilcox, Emily Williams, Leslie Wilmot, Ashton Wright.

ASSOCIATE OF APPLIED SCIENCE

Lois Adkins, Philomine Aka Atabong, Shaquanna Alexander, Ginger Alexander, Damaris Argueta, Carrie Arter, Kimberley Barber, Dustin Barrett, Karina Barthel, Tracy Bass, Latonya Been, Melissa Bell, Sara Belmir, Betty Benge, Jonathan Benge, Jennifer Bennett, Katayoun Bohlooly, Todd Bright, Afefa Bruner, Y. Bui, Michael Burchfield, Brittney Butler, Stacy Butler, Latoya Carter, Greg Casteel, Joanna Casteel, Abiebatou Chatman, Katherine Chavez, Tierra Chernicky, Young Choi, Shukman Chow, James Cole, Pacer Cook, Ronda Cook, Lori Cooper.

Stephanie Cooper, Terra Corley, David Cruz, Randall Cuthbertson, Nathan Davis, Rachel Davis, Megan Dever, Kourtney Dodd, Danielle Evans, Justin Evans, Geri Finn, Robert Fuchs, Joaquin Garcia, Brittany George, Gina Granados, Shekita Gray, Joshua Hacker, Brandy Hallenbeck, Chadwick Hamilton, Cassandra Hankey, Gregory Hernandez Vargas, Raymond Herre, Huy Hoang, Alicia Isbell, Jonathon Jester, Gabriela Jimenez, Barbara Johnson, Tambrea Johnson, Terrence Johnson, Bryan Kelly, Iris Killough, Jeong Kim, Evan Lambeth, Cody Largent, Hannah Lashbrook, Wesley Leatherrock.

Kevin Lindert, Michael Little, Stephen Lockeby, Adam Loffland, Laura Lofftus, Kathy Lopez, Steven Love, Kathryn Lowe, Noemy Magana, Tiffany Martin, Christopher Mason, Barbara McDaniel, Shelby McLaughlin, Susana Mendoza, Tiffany Metzger, Joshua Moll, Garritt Moore, Jamie Moriarity, Nadia Moudkiri Salim, Kari Mullenix, Leila Ndomche Kondo, Chasitie Nero, Dean Nguyen, Dung Nguyen, Melissa Nguyen, Andrea Nicely, Caroline Njaramba, Jules Stephane Nkolo Balla, Shelley Ogle, Christina Ormand, Mary Overturff, Christina Paez, Urvashi Patel, Kelsey Payne, Shakira Pettis, Dung Pham, Kristi Phillips, Jeffrey Platt.

Nathan Post, Christina Putman, Sanaa Qarqour, Morgan Ramirez, Brandon Randall, Victoria Reed, Phillip Rhoton, Aimee Salem, Allison Sales, Tara Sanders, Tasha Schmidt, Britni Seaton, Staci Shepherd, Kimberly Sivils, Michael Sloan, Bryan Smith, Bryan Smith, Caitlin Smith, Gayla Sossamon, Sarah Southard, Laurie Stang, Clinton Stanley, Lindsey Stewart, Meagan Stewart, Jessica Taylor, Joshua Thomason, Relindis Tita-Gwenjeng, Michael Torres, Linda Tran, Danielle Vaughn, John Vawter, Kayla Visor, Jessica Walker, Deveta Watson, Erica Watts, Quinton Webb, Staci Webb, Paul Weese, Jamie Welker, Alicia Wilson, Yandree Wilson, Jennifer Winchester, John Winter, Zane Winters, Carole Wokmeni Kameni, Jeremy Wright, Kaylee Zimmer, Hassan Zouga.

ASSOCIATE OF SCIENCE

John Adams, Joseph Addo, Kabita Adhikari, Necole Afleje, Leigh Aicher, Barbara Alexander, Ginger Alexander, Stephanie Allen, Qassim Abdullah Al-haikh, David Amarquaye, Abigail Anderson, Kaci Anderson, Melaney Anderson, Robert Anderson, Staci Anderson, Dulce Angeles, Ryan Annesley, Laura Apodaca, Carrie Arter, Armawn Asgari, Natasha Ash, Daulton Atterberry, Andrea Avila Cardenas, Nathan Aviles, Crystal Baird, Vijayan Balaji, Lance Baldwin, Jeremy Ball, Matthew Banks, Elizabeth Bare, Covey Barlow, Manuel Barrientos, Jessica Barrington, Jonathan Barstow, Jolene Bedwell, Jennifer Bennett, Laura Bergey, Adeline Bickerstaff, Amanda Biorato.

Joshua Blaine, Kayla Blake, Adam Blasing, Adam Blasing, Brandon Boland, Lauren Bolt, Amy Boone, Serigne Bop, Alice Bowers, Diana Boyd, Kevin Brannan, Kailee Branson, Nicholas Bremmer, Tanner Bridges, Taylor Brooks, Casey Brown, Karen Brown, Marty Brown, Alissa Brummett, Jonathan Bubier, Jordan Buck, Mallory Burford, Yvette Burroughs, Brandon Burt, Aron Buzzell, Nathaniel Bynum, Miranda Cagle, Tiffany Callaway, Elizabeth Cambron, Liliana Carrillo, William Carter, Connor Casey, Juan Celis, Tamesha Chamberlain, Chan, Kwai Sum Trevor James Chandler, Christopher Chavez, Jeremy Christian.

Vivian Chu, Morgan Clark, Trina Clark, Virginia Clemons, Morgan Coleman, Justin Collins, Jason Connors, Darci Cook, Lori Cooper, Bailey Crawford, Jeffrey Crawford, Jennifer Crawford, Kimberly Creek, Kailey Crossley, Lindsay Crossley, Huy Dang, Sara Daniel, Aaron Daniels, Ann Daniels, Chris Danner, Lahcen Darouich, Chad Daugherty, Ruth Davenport, Ryan Davis, Chris Dawson, Faith Day, Arerell Dean, Laura Deaver, Deependra Dehariya, Mark Delashaw, Martha DeLeon, Giovannie Deloera, Drew Demechko, Jeryd Derilo, Linda Devine, Daisy Diaz, Phuong Dinh, Alyne Dorman, Kenneth Downey, John Duong.

Jimmie Dye, Drew Edington, Amr Elghondakly, Shamequa Ellison, Sharla Enarson, Jarrod Engelbrecht, Andrea Espinosa, Matthew Feisal, Tiana Ferguson, Katie Fleming, Quincy Fletcher, Celestin Forthe, Shane Fowler, Alexandria Foxall, Kristin Frankenberg, Amanda Gain, Amanda Gamble, Patrick Gannon, Daniel Garcia, Ashton Garrett, William Gerow, Summit Ghimire, Catherine Gomez, Alicia Gonzalez, Jhonnatan Gonzalez, Harley Graham, Krystal Grayson, Taylor Groschick, Erika Gutierrez, Chad Haley, Alesha Hall, Allyson Halsey, Jamila Hamidi, Ebony Hamilton.

Justin Hampton, Nussy Handayani, Maryam Harris, Emilee Hayes, Sean Heard, Lucero Hedrick, Tooktam Heidari, Julie Helton, Verna Helton, Dante Henderson, Steven Hendricks, Claire Henthorn, Chancey Herbolzheimer, Kaitlin Hightower, Kayla Hightower, Chasen Hill, Rachel Hollen, Ruth Holtsclaw, Ashley Hosek, Nina House, Gabriel Houston, Kandace Howell, Thuong Huynh, Benjamin Irwin, Taslima Islam, Alexander Jackson, Quatama Jackson.

Shelby Jaco, Kody James, Mark James, Jeffrey Jests, Robyn Johanning, Austin Johnson, Essie Johnson, Nadia Johnson, Ryan Johnson, Elbert Jones, Bryan Kamal, Moses Kamuiru, Timothy Kanclerowicz, David Kearns-Edwards, Hannah Kim, Ye Kim, Tina Kincaid, Kristin King, Chanda Knott, Anna Kruskopp, Nikole Lafollette, Nicholas Lang, Lanchi Le, Wesley Leard, Roy Lewis, Sydnie Lindsay, Bailey Lindsey, Cameron Llewellyn, Sonia Loftis, Shamus Lone, Traci Long, Julie Longanacre, Meghan Lopez, Petrina Lorenz, Samantha Lucas, Hattie Lupton.

Von Lynn, Gilles Nelly Mabicka, James Macdonald, Souleyman Madallah, William Mainus, Audri Malik, Sidi Mahmoudou, Emily Manger, Trey Mangham, Candace Mann, Julian Manzo, Tyler Marley, Lorraine Martin, Naomi Martin, Fernando Martinez Garcia, Daniel Martinez, Mario Mascote, Morgan Massey, Sierra Mathis, Garrett Matthews, Lesa Matthews, Whittnee Maxwell, Joseph May, Daniel McClure, Vielka McCulloh, Jacqueline McDonald, Sherry McHargue, Kiley McKee, Micah McKinnon, Eric McKnight, Shelby McLaughlin, Jason McNamar, Jessika McNelly, Caroline Medders, Christopher Meeks, John Michuki, Johnny Milla, Courtney Miller.

Samantha Miller, Vernon Miller, Amanda Minzey, Christopher Mitchell, Curtis Mitchell, Neguy Mobali, Kayla Mobley-Smith, Rodolfo Monsivais, Brit-tany Montano, Andrew Moore, Arianna Moore, Hannah Moore, Jonathan Moore, Mary Moore, Sean Morgan, Taylor Morris, Wendi Morse, Aleeya Morton, Talanya Mosley, Suzy Linda Moussingue, Brandie Murphy, Jessica Murray, Michael Myrick, Shannon Neal, Monica Neel, Freshta Nematzadeh, Eva Neufeld, Thai Ngo, Esther Ngueleferm, Linda Nguyen, Lori Nguyen, Thai Ngan Nguyen, Trang Nguyen, Umi Nguyen, Michael Nicholson, Philip Nicholson, Chalita Noble, Austin Nolan, Nicole Northcutt.

Ronni Novotny, Thomas O'Connor, Richard O'Quin, Shelley Ogle, Shelley Oliver, Danielle Olorunnisomo, Cathryn Olsen, Callista Onyenke, Eugina Orozco, Blake Palmer, Chenisindra Pando, Kevin Parker, Alisha Patel, Neel Patel, Kasie Pedulla, Elizabeth Peek, Jeremie Pennington, Kimberly Perez, Michael Perigo, Jeffrey Perry, Jacob Persun, Michelle Peterson, Erin Pforter, Alexander Pham, Chuong Pham, Kim Pham, Thu Pham, Tuan Pham, Linda Piedra, Mariana Piedra, Shibir Pokharel, Tiffany Pool, Jonathan Pope, Robert Poursine, Ryan Powell, Spencer Prudhomme, Gina Quinn, Allen Quirk, Jimmie Rader.

Kayla Rainge, Ana Ramirez, Roberto Ramirez, Mitchel Randolph, Mayra Raygoza, Nicole Real, Matthew Reeves, Derek Renfro, Crystal Reynolds, Jordan Risner, Elizabeth Rivera, Tanika Roberts, Tamra Robinson, Matthew Rodriguez, Alexandra Rosanelli, Theodore Ross, Theresa Ross, Shanna Ruegge, Andrew Rutter, Adebawale Salako, Diana Sanchez, Luis Sanchez, Meghan Sanders, Eduardo Santoyo, MacKenzie Sconce, Alyssa Scott, Tyler Scott, Amanda Seibold, Ryan Self.

Sara Shaw, Stefane Shaw, Wesley Shepherd, April Shirazi, Kacie Shoemaker, Sajana Shrestha, Melanie Silva, Stephen Silver, Jessica Simpson, Taylor

Slawson, Rachel Sloan, Austin Smith, Casey Smith, Melissa Smith, Shawna Sparks, April Spencer, Jesse St Clair, Ashlee Standridge, Clinton Stanley, Peter Steinle, Chad Stephenson, Lauren Stephenson, Samantha Stevenson, Miranda Steward, Alyssa Stewart, Kevin Stout, Peyton Summers, Sandra Swinehart, Michael Taliaferro, Ryan Taliaferro, Jessica Taylor, Yolanda Taylor, Audra Terrazas, Scott Terry, Rabina Thapa, Elaine Tharp.

Yanira Thomas, Theresa Thornton, Graciana Tiku, Preston Tollers, Kevin Ton, Dragon Tran, Thuy Linh Tran, Ngan Trinh, Alayna Trujillo, Quynh Truong, Solomon Tsegay, Laresa Tucker, John Turner, Philip Turner, Jamie Uhles, Jazzmin Valdez, Jessie Vanderpujje, Christina Varkey, Samantha Varney, Deanna Vaughn, Richard Vollmeier, Chandelle Volo, Mu Wah, Allison Waldrip, David Walker, Jessica Walker.

Nathan Walker, Cassie Walkup, James Warn, Zachary Washecheck, Thomas Watkins, Christine Weale, Megan Webb, Justin Werner, Markus Werner, Lawanda Wertenberger, Brandon West, Kearsten Westmoreland, Katelyn Whitaker, Lauren White, Brett Wible, Kate Wilder, Robert Wilder, Daniel Wilkerson, Brandon Wilkins, Jordain Williams, Tia Williams, Stephanie Wilson, Chelci Withrow, Chancee Womack, Ashley Wood, James Worden, Patricia Wright, Richard Wyatt, Missy Xiong, Sheila Zawisza, Marjan Zijoud, Kaylee Zimmer, Amanda Zustra.

CERTIFICATE

Tracy Alberty, Janie Alsup, Eugene Amartey, Tyler Barnes, Marilyn Barnett, Joshawa Barrick, Michael Blair, Linda Blakely, Derric Bonner, Todd Bright, Afefa Bruner, Crystal Bryant, Angela Burk, Benjamin Butler, Jonathan Conway, Eddie Cutliff, Shaylin Daji, Rachel Deer, Bethany Eakin, Shannon Eccles, Debbie Effinger, James Epperson, Caleb Fairbrother, Branch Ferguson, Rick Ferguson, Miguel Garcia Agüero, Joaquin Garcia, Shequila Garcia, Andres Gomez, Janice Granata, James Green, Chadwick Hamilton, Wendell Hedrick, Raymond Herre, David Howe, Joye Jaye.

Jonathon Jester, Carroll Jones, Cody Jordan, Kelesha Kees, Kyle Kirk, Jonathan Kummell, Stephen Lambert, Evan Lambeth, Hannah Lashbrook, Porsha Lippincott, Michael Little, Jordan Long, Lawanda Long, Mildred Lopez, Steven Love, Izea-Myciel Lovejoy, Michael Magdaleno, Douglas McMorris, Tiffany Metzger.

Antonio Muhs, Joshua Myers, Sonya Nahid, Brandon Nance, David Nguyen, Amy Nicholson, Gage Pospiech, Nathan Post, Abdul Qadar, Andrew Ramdeo, Brandon Randall, Kyle Renbarger, Juan Rodriguez, Jose Ross, Nicholas Sanford, Tasha Schmidt, Jeff Shoemaker, Kimberly Sivils, Michael Sloan, Damian Smyth, Laurie Stang.

Michael Stewart, Anthony Summers, Jessica Taylor, Joshua Thomason, Makyla Tipken, Ryan Toffoli, Vien Tran, John Vawter, Kayla Visor, Thomas Watkins, Quinton Webb, John White, Yandree Wilson, John Winter, Zane Winters, Brandon Wong, Bryan Woodard, S. Woody, Jeremy Wright, Hassan Zouga.

SPORTS

EVENT
NEWS

Watchful eye



ETHAN COOPER/PIONEER

OCCC lifeguard James Gibson watches over the college pool in the Aquatic Center. Students with a valid OCCC ID can use the pool free of charge. The college offers a number of classes in the pool area as well as open swim times. For more information, visit www.occc.edu/rf/aquatic.

SPORTS | With a valid OCCC ID, students can take part in a number of classes at no charge the last week of classes

Free finals week fitness classes offered

JORGE KRZYZANIAK

Sports Writer

sportswriter@occc.edu

OCCC's Intramural Sports Assistant Matthew Wright said he knows what a whirlwind the last week of school can be.

He said this fall, the Recreation and Fitness department is approaching finals week in a way that accounts for students' busy schedules while offering some respite from the tension finals can induce.

Instead of focusing on sports, Wright said, the Recreation and Fitness department will open up its group fitness classes to OCCC's faculty, staff and students free of charge for the week of Dec. 8.

The area is located on the first floor of the Main Building.

"So, they'll be able to come up here and ... get into those fitness classes that final week of the semester," he said.

Wright said students will need to have a current OCCC student ID to get into the classes.

Group fitness classes run throughout the day from Monday through Friday in the group fitness room near the Wellness Center, Wright said.

He said classes include Zumba, spinning, yoga, various styles of dance, pilates and different muscle-specific workouts. A full list of classes and schedules is available at the Wellness Center or at www.occc.edu/rf/wellness-classes.

Sociology major Spencer White works as a Wellness Center Attendant.

“ ... Come do a 30-minute workout and then, go back to class —just to let you have a break.”

—SPENCER WHITE
WELLNESS CENTER ATTENDANT

White said the free class offer is a great deal. He said even when the classes aren't free, they are offered at a discounted price.

"... We offer a student group fitness pass," he said. "It's \$45 and it gives you access to every class for two semesters."

White said group fitness classes tend to be most popular among the school's faculty but classes like total body fitness, yoga and Zumba have been growing in popularity among students.

He said he expects the free group fitness classes offered during finals week to be very popular with students.

"The fitness class thing is going to be helping students alleviate some stress," White said.

"... Come do a 30-minute workout and then go back to studying — just to let you have a break."

For more information, email matthew.j.wright1422@occc.edu or 405-682-1611, ext. 7684.

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.



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.

False alarm, missing college keys reported

LAUREN DANIEL
Senior Writer
seniorwriter@occc.edu

A false alarm and stolen OCCC keys were brought to the attention of the OCCC police recently.

The front door alarm at the Professional Development Institute at 7124 SI-35 Service Rd. was set off at approximately

4:48 p.m. Nov. 7.

OCCC Police Officer Jeremy Bohannon said he arrived at the scene 12 minutes later and recognized the vehicle in the parking lot as belonging to cleaning employee Francisco Cuellar, 67. Cuellar said he thought he had entered the correct code for the alarm panel when he entered the building.

The alarm was cleared and

the building searched, but Bohannon said he did not find anyone other than Cuellar.

Additional information is available in a supplemental report that was requested but not provided.

A set of OCCC keys were reported missing at approximately 11:45 a.m. Nov. 14.

Kathryn Nunn, vice president for Academic Affairs ad-

ministrative assistant, reported the keys had been taken from her desk. According to the report, Nunn began working at OCCC on Nov. 3 and had been given a set of around 10 keys for file cabinets and offices that, she said, were kept in a drawer of her desk.

Nunn said she locks her desk at night, but said the keys were not locked up during the day.

On Nov. 5, Nunn discovered the keys were missing.

Because the area is not under camera surveillance, campus police are unable to determine what happened to the keys.

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.

SAD: Shorter days bring about Seasonal Affective Disorder

Continued from page 1

well as cause problems with the production of serotonin, a brain chemical that affects mood.

Howard said other remedies include cognitive therapy and counseling.

"We know when we feel depressed, people are usually thinking negative thoughts about themselves and about their lives.

"So if you can do cognitive therapy, you can kind of change the way you think about some things in your life, or even change behaviors," she said.

When people are depressed, she said, they tend to isolate themselves, so a change in behavior could lead to getting out more and doing different things.

SYMPTOMS SPECIFIC TO WINTER-ONSET SAD, SOMETIMES CALLED WINTER DEPRESSION, MAY INCLUDE:

<ul style="list-style-type: none">• Irritability• Tiredness or low energy• Problems getting along with other people• Hypersensitivity to rejection• Heavy, "leaden" feeling in the arms or legs	<ul style="list-style-type: none">• Oversleeping• Appetite changes, especially a craving for foods high in carbohydrates• Weight gain
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—WWW.MAYOCLINIC.COM

"Maybe ... opening your windows or going outside, or just not being by yourself [could help]," Howard said.

"We know exercise helps with our hormones and helps us feel better."

Along with a lack of vitamins and not getting enough sleep, Howard said, students also could experience SAD from the stress of end-of-semester tests and holiday expectations.

"[During the] holidays, people are dealing with family and relationships, or maybe loss," she said.

"There are expectations or hopes and maybe grief from the past."

Howard said OCCC's Student Support Services, TRiO and Student Life sponsored a Student Stress Free Experience

Howard said.

According to the flyer, the event offers "seven different ways to relax using our different senses."

Howard said students who notice feelings of depression in the fall or winter should talk to the counselors in Student Support Services located on the first floor of the Main Building.

She said counselors there can help diagnose the problem and help guide students to the next step in the process.

For more information on Seasonal Affective Disorder, visit WebMD.com.

For information on counseling available at OCCC, visit the Student Support Services located in the Main Building by Student Life, or call 405-682-7520, or email Jenna Howard at jhoward@occc.edu.

ID: Consumers cautioned to take identity theft precautions

Continued from page 1

have occurred.

Retailers such as Staples, Dairy Queen, Home Depot, Target, K-Mart and P.F. Chang have all been victims of point-of-sales breaches, Heitkamper said.

"A point-of-sale breach occurs when you are using your debit or credit card at a terminal (ATM, gas pump, etc.) that someone has previously hacked," he said.

Heitkamper said the hacked slider — the place where you swipe your card — sends your card information to third party so they have all of your card information.

Hackers use "skimmers" over ATM card slots so every time a person swipes their card, their information goes not only where it is supposed to go, but also to the hacker, he said.

Heitkamper said retailers are working toward better cyber security and avoiding theft by using software that helps block off ports and firewalls.

"Good security is good business," he said.

However, Heitkamper said, avoiding point-of-sales hacks

altogether is virtually impossible.

He said running utilities all day, such as Windows XP, is not smart when trying to protect your identity.

Hackers search for errors on systems and as soon as they see the vulnerability present, they take advantage of it, Heitkamper said.

In the past, he said, most ATMs used Windows XP, but that is no longer supported, because it was too vulnerable to hackers.

Heitkamper said using a credit card rather than a debit card is best because credit card consumers are only liable for \$50. If your debit card is hacked, the hacker could wipe out your entire bank account or your financial institution may put a hold on all of your money.

"Anytime your identity is stolen, call the FBI or the Federal Trade Commission and file an identity fraud report," he said.

There also are multiple identity theft protection services that will cover any unauthorized use of one's address, bank accounts, credit or debit cards, loans, public records and also one's Social Security number,

Heitkamper said.

He said a couple of identity theft protection services that will protect your important information are LifeLock, TrustedID, Identity Force and ID Patrol.

Heitkamper said these companies offer fraud alert reminders, identity theft insurance, lost wallet protection and also can give you access to talk to a fraud specialist.

For more information, Heitkamper can be reached by email at aheitkamper@occc.edu or by calling 405-682-1611, ext. 7494.

CAMPUS COMMUNITY

Team effort



ETHAN COOPER/PIONEER

Film and Television Production majors Reese Baker and John Cunningham prepare to shoot footage with their Cinematography I classmates on Nov. 19 in OCCC's VPAC. "We are doing our first production assignment," Baker said. "We have to shoot a five-page script within two hours."

COMMUNITY | OCCC offers a wide variety of language courses

German classes added to spring roster

LANDON BUETTNER
News Writing Student

Elementary German I and II will be taught on campus at OCCC in the spring semester.

Previously, OCCC students who enrolled in a German course would have to drive to Rose State College for the class, said Professor Ginnett Rollins, director of the Modern Languages program.

Now that OCCC plans to hold the courses on campus, it has students who plan to take German very happy to save on gas, she said.

"Offering a full German major would be my dream," Rollins said. OCCC is much larger than Rose State.

"It only makes sense to have German here because there are more students who are probably interested in learning German," she said.

Laura Collins is the German professor who will be teaching the courses.

"She is the main German professor at the University of Central Oklahoma," Rollins said.

She described Collins as "dynamic and wonderful at teaching."

In Europe, German is considered a very important language with respect to business and industry.

OCCC offers a wide array of modern languages

“It only makes sense to have German here because there are more students who are probably interested in learning German.”

—GINNETTE ROLLINS
MODERN LANGUAGES DIRECTOR

including associate degrees in Spanish and French, as well as Introduction to Arabic, Chinese, Japanese and Vietnamese, according to the World Languages and Cultures Center page online.

For European travelers OCCC offers Italian for Travelers.

Although Elementary German is being taught on campus, the intermediate classes will remain at Rose State for now, Rollins said.

As of Dec. 4, German I had 13 students enrolled and German II had 10 students enrolled for the spring semester.

Students learning other languages will find resources on campus to help them.

The World Languages and Cultures Center offers Rosetta Stone in 11 different languages: Arabic, Chinese, English as a Second Language, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, and Spanish. The center offers satellite television in eight languages: Arabic, Chinese, French, German, Italian, Japanese, Russian and Spanish.

The center also has more than 150 foreign films.

Drop-in tutoring is available in Spanish and French for those needing a little more help, according to the

CAMPUS HIGHLIGHTS

OCCC Harkens in the Holiday with Celebration

OCCC will welcome members of the community to the first "OCCC Home for the Holidays," a free family-friendly holiday variety show, on Saturday, Dec. 13. The show will feature dancing, music, singing, comedy, Christmas readings and more. KOCO's Erielle Reshef will host "OCCC Home for the Holidays." Doors open at 10 a.m. The show begins at 11 a.m. in OCCC's Visual and Performing Arts Center Theater. Before the show, guests can take pictures with Santa, and meet Anna and Elsa from the hit movie "Frozen." A petting zoo and pony rides will take place outside of the theater, weather permitting. For more information, call 405-682-6278 or visit www.occc.edu/news/2014/holidayevent.html.

Would a Reading Course Help You?

Are you overwhelmed by the amount of reading required in your college courses? Do you find yourself reading the same page of your textbook over and over because your mind has drifted elsewhere? Students who fit this description can benefit from taking the course, Critical and Efficient Reading, ENGL 1133. In this course, students learn techniques to keep their minds on task while reading. Learn strategies to read textbooks faster with better comprehension. Build vocabulary by studying root words, prefixes, and analogies. This course counts as a support course for sociology and psychology majors and as a general education elective for other majors. Critical and Efficient Reading will be offered online in spring 2015. For more information, call English professor Linda Robinett at 405-682-1611, Ext. 7386.

University of Central Oklahoma transfer help

Students planning to transfer to a university for a bachelor's degree can visit with a UCO representative from 9 a.m. to 1 p.m. Wednesday, Dec. 17, in the Transfer Center for assistance. The Transfer Center is located on the first floor of the Main Building, near Financial Aid. For more information, call 405-682-7567.

All Highlights are due each 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.

World Languages and Cultures Center page online. They also can help with ESL grammar tutorials and TOEFL Preparation.

Lab hours for the center are 9 a.m. to 5:30 p.m. Monday through Wednesday; 9 a.m. to 7 p.m. Thursday; and 9 a.m. to 1 p.m. Friday.

The center is closed Saturday and Sunday.

Contact the World Languages and Cultures Center at 405-682-7560.

For more information about world languages, contact Rollins at 405-682-1611, ext. 7704, or by email grollins@occc.edu.

To enroll online in classes at occc, go to the college website at www.occc.edu.

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.

FURNITURE

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

MISCELLANEOUS

FOR RENT: 2-Bed House/1 Ba./1 Car Garage; 924 sq. ft. approx. 1 mile from OCCC. \$850 per month & \$850 security deposit. Call Pat: 405-627-

7760, or swcomsvc+drexel@gmail.com. More info at <http://goo.gl/nELiFw>.

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.

FOR SALE: Calpak Lightweight 20-Inch Rolling Shopper Tote from Overstock.com. Large polka dots in orange, brown and green. Used once. \$20. Email for picture: 4allmypets@gmail.com.



WCD WIC Program
New at OCCC Family and Community Education (FACE) Center
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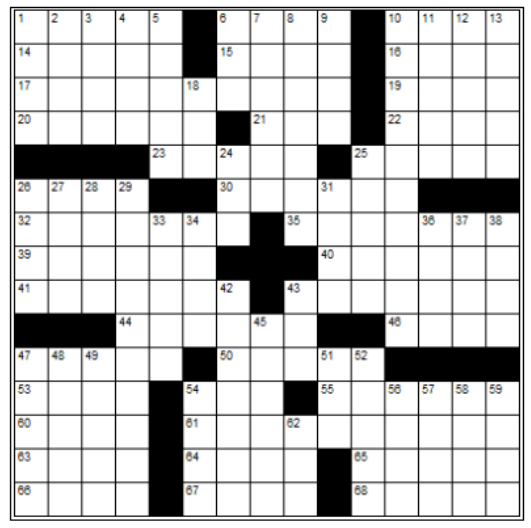
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ACROSS
1. Sharpens
6. Norse god
10. Wacky
14. Precise
15. Not a single one
16. Small island
17. Acts as an agent
19. Resorts
20. Results
21. Mesh
22. Flippant
23. Pry
25. Sources of ore
26. A song for 2
30. Anagram of "Rioted"
32. Beguile
35. Impulses
39. Cling
40. Hit the sack
41. Welcome mat
43. Aerial
44. Ethical motive
46. Doe
47. Eagerness
50. Part of the large intestine
53. Speaker's platform
54. Estimated time of arrival
55. Wreck
60. Fog
61. Variation
63. Ancient Peruvian
64. Margarine
65. Days of the month
66. A covered garden walk
67. No more than
68. Sleighs




DOWN
1. Not there
2. Beasts of burden
3. Short sleeps
4. Beige
5. Metal
6. In song, the loneliest number
7. Put clothing on
8. Temporary
9. Where a bird lives
10. Demoralized
11. Type of poplar tree
12. Emergency signal
13. Exams
18. South southeast
24. Animal doctor
25. Sacred song
26. Deceased
27. Annul
28. Reflected sound
29. Thermoregulator
31. Ripped
33. Knight's "suit"
34. Close
36. A climbing plant
37. Sea eagle
38. Char
42. Feeling
43. American Sign Language
45. Layabout
47. Blend
48. Drizzly
49. Platters
51. Lyric poem
52. Geeks
54. Anagram of "Dome"
56. Genuine
57. Initial wager
58. Frozen
59. Not more
62. Enemy

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Alumni Hall of Fame winners inducted

BRYCE MCELHANEY

Editor
editor@occc.edu

This year, seven new inductees were picked for the OCCC Alumni Hall of Fame, which took place Nov. 18 in the Sarkey's Atrium in the VPAC building, said Alumni Relations and Community Development Coordinator Randy Cassimus.

Five of the inductees were OCCC alums and two were honorary, he said.

The inductees this year were Brenda Carpenter, OCCC's Financial Accounting director; Aaron Evans, owner of Evans Fine Homes; Laura Grisso, Platt College executive director; Randy Heitz, sports radio veteran; LeAnne Howe, author/playwright and distinguished Georgia University English professor — all of whom are OCCC alums.

Also honorarily inducted

were Randy Kemp, digital audio producer and RK-1 Productions owner; and Collin Rosebrook, artist and Paseo Pottery owner.

Carpenter said she felt honored to be selected.

"I love OCCC," she said. "To be honored by the college that I love is really just a cap on my career as far as I'm concerned."

Grisso said she never would have imagined being in the OCCC Hall of Fame.

"OCCC gave me the foundation I needed to be successful," she said.

Evans said he felt great about becoming an inductee for the Alumni Hall of Fame. He said the banquet in the Sarkey's Atrium was wonderful.

"I'm very fortunate to be a part of that group," he said.

Cassimus said the banquet went exceptionally well.

"It was the very first time that we've had it in the new theater. It was beautiful and it

looked really, really nice," he said. "The feedback on it was really good. The meal was great and the audio visual presentation was really good."

Cassimus said videos were played for each inductee before they went up to accept their award.

"The whole evening was good," he said.

The purpose of the Alumni Hall of Fame is to honor OCCC alums or community members based on their service or contributions to the community or the college, Cassimus said.

"It honors those people who have done those things and we want to be able to honor them," he said.

"It also showcases former students and the programs that they went through to get their start."

Cassimus said the Alumni Hall of Fame started in 2006.



ETHAN COOPER/PIONEER

Front, l-r: Laura Grisso, Platt College executive director, Randy Heitz, OKC sports radio veteran; LeAnne Howe, author, playwright. Back, l-r: Randy Kemp, RK-1 Productions owner; Collin Rosebrook, Paseo Pottery owner; Aaron Evans, Evans Fine Homes owner, Brenda Carpenter, OCCC financial accounting director.

"The process is people get nominated and there were a bunch of people who were nominated," he said.

"There's a committee that

screens through the applications and ultimately, we had seven inductees ..."

For more information, email rcassimus@occc.edu.

Students can recoup money selling used textbooks

LAUREN DANIEL

Senior Writer
seniorwriter@occc.edu

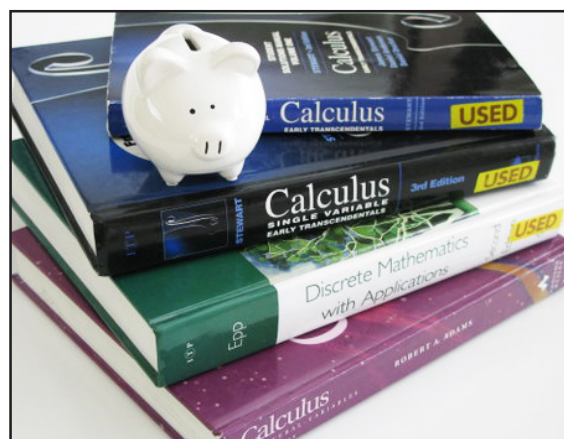
While the average college textbook only weighs five pounds, the cost seems to be the real load. The average college student spends \$1,200 on books and supplies each year, according to bigfuture.collegeboard.org.

Students can try to recoup some of that money by selling their books back to local or online bookstores.

The OCCC Bookstore will have textbook buyback from 8 a.m. until 8 p.m. on Dec. 8, from 8 a.m. until 6 p.m. on Dec. 9 through Dec. 11, from 8 a.m. until 5 p.m. Dec. 12, from 9 a.m. until noon Dec. 13, and from 8 a.m. until 5 p.m. Dec. 15.

Bookstore employees were not available for an interview.

According to the bookstore website, limited quantities of clean, current edition textbooks will be purchased. Old editions, unclean books, books with



software licenses or online access codes and learning packets will not be bought.

For more information, visit their website at bookstore.occc.edu/buyback.asp or call 405-682-7510.

In addition, there are a number of area stores that purchase textbooks.

Textbook Brokers, located at 7445 S May Ave., buys books year round, said Manager Brice Varbel.

Varbel said Textbook Brokers buys all types of books as well as access codes.

"The list is pretty extensive," he said.

"We try to buy everything back from books that go in binders to workbooks

to access codes they didn't use."

He said his store also buys outdated textbooks.

"... We can still buy them, because we have other stores throughout the country we can send them to.

"So it may not be as much, but we can still give something for it. There might be a need at one of our other stores."

Varbel said Textbook Brokers wants to pay students as much as possible for their books.

"We try to be as competitive as possible and we'll certainly try to beat other competitors' prices when we can," he said.

For more information about Textbook Brokers, visit <http://textbook-brokers.com>.

Half Price Books, located at 1449 W Interstate 240 Service Rd., also purchases textbooks and all other types of books from students.

The store buys anything that's professionally printed or recorded, said Manager Kristin Rush. However, she said, they can offer higher prices for ones they can sell to other customers.

Rush said even if the textbooks aren't currently being used in the area, they will still buy them.

"If it is a current textbook that's still being used, even if it's not being used here, if it's being used somewhere else, we can sell it online ...," she said.

While Half Price Books may not pay as much as the bookstores that specialize only in textbooks, Rush said, they will buy almost any book.

"Once a textbook is out of date, we're still going to buy it," she said. "We might not pay as much for it, but we'll always buy it. We try to be as competitive as possible."

"We're always a good idea. We do have a really wide selection of textbooks, not just in the store, but also on our website."

For more information about Half Price Books, visit www.hpb.com.

Students also always have the option of selling their books online.

Websites such as www.buybacktextbooks.com, www.amazon.com, www.textbookrush.com, www.cash4books.net, www.chegg.com, and www.barnesandnoble.com/textbookbuyback all purchase used textbooks.