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# PIONEER

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Sports Writer Clayton Mitchell says research has indicated people's attitudes may be determined by the amount of receptor genes one has. Read more.

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Experts say a flu shot will protect against certain strains and those who get the shot will be affected less if they do get the illness. Turn inside to find out more.

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Students interested in some friendly competition can sign up for intramural 3-point and basketball golf. More information inside.

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Black Student Association Vice President Ali Nixon says the organization encourages members to strive for more. Read about the BSA inside.

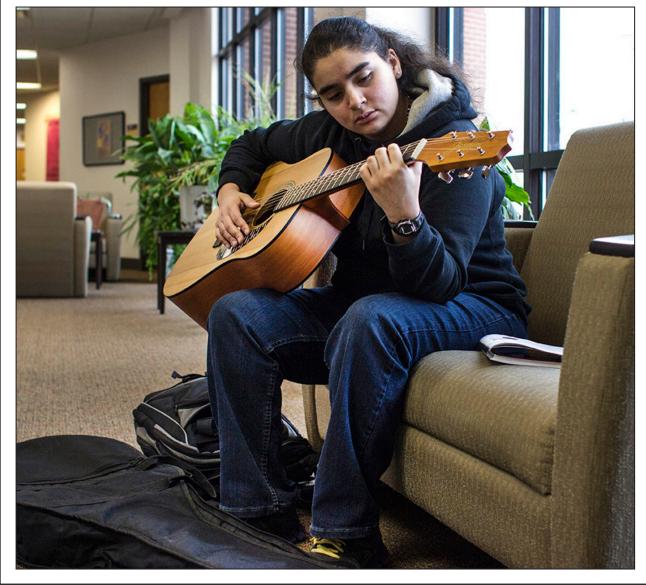
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# OKLAHOMA CITY COMMUNITY COLLEGE OKLAHOMA CITY COLLEGE

FEB. 13, 2015 PIONEER.OCCC.EDU

**COVERING OCCC SINCE 1978** 



# Practice makes perfect

Diversified
Studies major
Marta Seitz plays
her guitar in the
VPAC on Feb.
4. Seitz said she
was practicing a
song.

"I'm learning how to play 'Every Breath You Take' by The Police," Seitz said.

The college has a number of rest and study areas for students.

ETHAN COOPER/

# Enrollment down, credit hours up

## Director says steps taken to be more helpful to students are working

**BRYCE MCELHANEY** Editor

editor@occc.edu

Student headcount is slightly lower this spring semester than last year's headcount — 12,634 students attend OCCC compared to last year's 12,777, a 1.1 percent decline, said Institutional Effectiveness Director Janet Perry.

Perry said what's unusual about this semester is, although the headcount has declined, the number of credit hours taken are higher than what it was last vear

"In 2015, the credit hours were 108,982, compared to 108,118 in the previous year," she said. "That's an increase of 0.8 percent."

Perry said the increase in credit hours is primarily coming from returning students.

"Our new students are down slightly, but our returning students are up slightly," she said.

Students are taking more courses than what they have in the past, Perry said.

The average number of credit hours for students in spring 2015 is 8.8, she said, whereas last year's was 8.4.

She said she attributes the increase to Student Services,

who have made a conscientious effort to hire students who then call other students to remind them to enroll for the next semester.

"I think that's a big reason

why we got [more] returning students than new students," she said.

Perry said she also attributes

See **ENROLLMENT** page 9

# Student mentoring program launched

JORGE KRZYZANIAK Senior Writer

seniorwriter@occc.edu

Now "happily married with kids" and maintaining a 4.0 GPA, OCCC student Derek Scarsella said she never would

have arrived where she is without mentors in her life.

"I've had mentors take an interest in me that changed the direction of my life," she said.

"I was homeless. I dropped out

See **HELP** page 9

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## **OPINION**

EDITORIAL I A study shows receptor genes play a big role in behavior

# Maybe we can't help being bad

I have recently backed away from social media websites because of the platform they provide for people to argue, bully and be hateful toward others.

For some reason, people treat the Internet like a mesh screen door where they can yell at people through the screen, disagreeing with them on all sorts of issues with the response being more yelling, but

never any personal interaction.

Some of these people believe in things enough that they would argue about them in the real world as well, but many of them do not.

So why are some people so mean to others?

In my first semester at OCCC, in the fall of 2013, I took American Federal Government POLSC 1113 with professor Sharon Vaughan. In the very first class, to spark discussion, Vaughan asked the class if hu-

mans were inherently born good or bad.

I was the first to raise my hand, saying humans were born inherently good natured, and had to be taught to be bad. When she asked me to prove my point, I retracted, because I could not think of an

elaboration to my answer.

I will never forget that discussion, because it led me to ask myself that very question more thoroughly. Are people born good or bad?

Vaughan said she believed people were not born specifically good or bad — they had to be taught to be one way or another. In ways, that makes sense. So, I set out to look for a few answers.

Research being done by the Association for Psychological Science shows that DNA may play more of a role than we know.

A study has determined receptor genes for the hormones oxytocin and vasopressin may hold the key to human behavior. The study concluded that people with very active receptors for the hormones would be more prone to respond positively to stressful situations, while others might lash out in self defense.

"Oxytocin is produced mainly in the hypothalamus, where it is either released into the blood via the pituitary gland, or to other parts of the brain and spinal cord, where it binds to oxytocin receptors to influence behavior and physiology.

"Recent studies in both animals and humans support the notion that oxytocin is also part of a response to social separation and related stress. A study ... found that women who reported more gaps in their social relationships and less positive relationships with

Reverse Psychology.

I'm not sure that it's working.

Y2010H2Y29

Trained Thinking 081

© Nathan Scroggins 2014

their primary partners had higher levels of oxytocin and the stress hormone cortisol than those reporting better relationships."

We have to understand that other people have beliefs that may be different than our own, and, if this study is solid, trying to change those beliefs may set off emotions they have little control over.

Learn to be more accepting of others and offended less when your views are challenged. Keeping an open mind is the gateway to learning more about oneself, whether it changes your mind or allows you to further confirm what you believe in.

-CLAYTON MITCHELL SPORTS WRITER

LETTER TO THE EDITOR I Proposed legislation would restrict the rights of LGBT community

## Sally Kern will go down in history as being hateful, bigoted

To the Editor:

**CLAYTON** 

**MITCHELL** 

State Legislator Sally Kern has proposed three bills restricting the rights of the LGBT community in Oklahoma.

Proposed House Bill 1597 essentially would have allowed businesses to refuse services to the LGBT community without ramification. However, Kern recently withdrew the bill because she said it did not accomplish her goal.

Proposed House Bill 1598 "Freedom to Obtain Conversion Therapy Act" is the second bill authored by Kern. According to the bill, "This legislation will allow mental health providers, psychologists, psychiatrists, school counselors, social workers, professional counselors or marital and family therapists, pastors and youth ministers, to engage in talk therapy with persons under the age of 18 to correct unwanted sexual attraction or gender identity."

House Bill 1599, "Preservation of Sovereignty and Marriage Act," states that "No taxpayer funds or governmental salaries shall be paid for any activity that includes the licensing or support of same-sex marriage. No employee of this state and no employee of any local governmental entity shall officially recognize, grant or enforce a same-sex marriage license and continue to receive a salary, pension or other employee benefit at the expense of taxpayers of this state." Upon approval, it would become effective immediately.

In an interview, Kern responded to LGBT advocates who are calling the proposed legislation "hate-filled." Kern's reponse was, "If they want to live that way, let them, but see that's not enough for them, right now. What they want is to force their lifestyle upon the rest of us. They are on the wrong side of the moral issue, so yes they are going to seem like they are attacked."

The right side of the moral issue is not one's sexual preference or gender identity, but that all citizens receive equal protection under the law regardless of race, creed, gender, or sexual orientation.

These bills not only have no benefits for Oklahomans, but they are also a demonstration of bigotry against the defining civil rights movement of our generation. History will view Sally Kern in the same way it views George Wallace and Strom Thurmond — as individuals who delivered hateful and bigoted options that demonstrated nothing more than their self-righteous zeal.

Perhaps, just as important, is these bills are a needless distraction that takes attention and time away from more pressing issues such as the \$300 million budget shortfall.

—CHARLES RUSHTON OCCC STUDENT

## PIONEER Vol. 43 No. 21

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Fallton Lauren Daniel

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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.

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## **COMMENTS AND REVIEWS**

MOVIE REVIEW I Reviewer says everyone should see this "one-of-a-kind" movie

# 'Boyhood' filmed over 12 years

Boyton

I can't say much about "Boyhood" which hasn't already been said by everyone else.

The fact that it took a span of 12 years to shoot this film isn't just impressive; it's also unheard of.

While many documentaries have taken just as long to make, something this ambitious has never happened before.

So with all that in mind, "Boyhood" is truly a one-of-a-kind film.

Written and directed by Richard Linklater ("School of Rock"), the movie is about a divorced couple (Ethan Hawke and Patricia Arquette) trying to raise their son Mason (Ellar

Coltrane) and daughter Samantha (Lorelei Linklater, the director's daughter).

The story follows Mason for 12 years, from first grade to 12th grade, and examines the relationship with his parents as he grows up.

Apparently, Linklater would assemble the cast and crew for a few weeks and film annually for 12 years.

Each year, shortly before shooting began, Linklater would meet with Coltrane to discuss what the actor's concerns were, what all he was doing, and incorporate that in the script.

I can't speak for the filmmakers, but I would guess

the hardest part about making this movie was the patience and commitment it required.

Who on Earth would even finance a movie knowing it wouldn't be released for another decade?

While the making of "Boyhood" is unique, the story Linklater tells and how he tells it is also rare.

What I mean by that is Linklater didn't create an overly dramatized story.

Instead he made a not-so-complicated story with complex characters.

And he actually used visual storytelling to not only communicate ideas but also to help viewers understand

what Mason is thinking.

Overall, "Boyhood" is by no means perfect but is nonetheless a one-of-a-kind film people need to see.

And unless Linklater decides to make a sequel called "Adulthood" I don't see another movie like this one being made again anytime soon.

"Boyhood" is available on Blu-Ray/DVD and for a limited time only will be playing in select theaters

Rating: A+

—Ethan Cooper Photographer



# V-neck sweater like wearing nothing

After Marc Anthony helped to remake the Roman republic around the death of Julius Caesar, he took a break for a few thousand years and stayed off the radar.

In the 1950s, Anthony awoke from his slumber in the form of a lovable cartoon bulldog with an hilarious sidekick

named Pussyfoot. Their short films were not the most popular, but well remembered nonetheless. Anthony faded again into obscurity.

In the 1980s, he returned with a vengeance as a handsome Grammy award-winning Salsa musician. He sold millions of albums.

Anthony's apparent immortality is far from the most interesting thing about him, though. After his musical career fizzled, he decided to take a break from singing. He instead focused on making love to Jennifer Lopez and making clothes.

He created the most comfortable sweater the world had ever known, so one can speculate on his love-



making skills.

Specifically, the sweater is a navy blue V-neck that breathes so well it might as well be made of lungs. I don't buy clothes based on brand, but after wearing this sweater, I am officially a Marc Anthony boy.

With the sweater's thickness combined with its dark color,

the sweater is extremely slimming. My breasts practically disappear under the elegant shroud. The shoulder holes are just wide enough to put one's arms through, so there is no illusion of arm fat where none exists.

The neck hole is wide enough to make my neck and head look thin, but it's not so wide that I look like a guy who would wear a medallion.

Somehow, my Marc Anthony sweater just works for everything. I've made other people try it on, so they will tell their friends. It looks good on fat people, skinny people, black people, white people, men, women and homeless people.

I have only one problem with this sweater. It's so



# Local news app better than TV

If you're anything like me, you avoid television whenever possible. Yes, I'm basically a slave to Netflix, but it's because I simply loathe television advertisements.

This is why I appreciate apps like KFOR Channel 4's "Go4It."

It gives me the news I need without having to watch it on TV. It sends me every kind of news notification from current high speed chases to my favorite restaurants burning down.

Its interface is very easy to use. When you open the app, the first thing you see is recent and relevant news which allows you to scroll through to older news from earlier in the week.

In the top right corner is a button that opens up notification settings, where you can decide whether you only want breaking news of your favorite restaurant burning down, or to get weather updates by your favorite weather lady, Emily Sutton.

On the top of the list, there is a section which says "Submit Photo or Video," so you can be your own civilian journalist ready to document a dog attacking a mailman, or your favorite restaurant burning down, and send it instantly to Channel 4 News, in hope that it's relevant enough for TV.

On the left corner of the app, there's a pull down list of the different sections of news, such as: the home page, News, Weather, Sports, Building Safer Schools, Health, Community, Contests, or Contact KFOR.

The best part, you ask? The app is totally free. I would like to take this opportunity to give thanks to S&B's Burger Joint for its service to the community of Norman, and for its awesome burgers and salty french fries. May we see you rise from the ashes in the near future in Norman. Until then, we can go to the one in Oklahoma City. Rest in peace.

-BRYCE McElhaney Editor

soft that I panic every few minutes and have to look and make sure I'm still wearing a shirt.

While wearing this sweater, I am completely serene and content. My only hope is that Marc Anthony also makes underwear.

Rating: A

—JAKE MCMAHON VIDEOGRAPHER 4 · FEB. 13, 2015 PIONEER I PIONEER.OCCC.EDU

## COMMENTS AND REVIEWS

PRODUCT REVIEW I Technology drags reviewer 'forcibly and rapidly' into 21st century

# Siri a welcome addition to iPhone addict's life

Since I got my first data plan I've been one of those people who will quickly and aptly use Google in a discussion or disagreement wherever 3g coverage may be found, because why not know something when, at the touch of a button, you can be right?

A famous author or something like that once said that nothing is more frustrating than a good example.

That person is right. When you haven't researched whatever you're debating well enough, Google can help you prove your point in about 30 seconds. And Siri streamlines the process even more.

Siri came into my life when I upgraded to an iPhone 5s. The voice control on my iPhone 4 was incapable of even basic tasks, to the point where it would probably have been safer to use analog controls while driving.

During that transition, I felt like a tribesman in some forgotten corner of the world, brought forcibly and rapidly into the 21st century by the cold, invisible hand of globalization.

Then, I met Siri.

"Siri lets you use your voice to send messages, schedule meetings, place phone calls, and more. Ask

Siri to do things just by talking the way you talk. Siri understands what you say, knows what you mean, and even talks back. Siri is so easy to use and does so much, you'll keep finding more and more ways to use it," according to www.

Yes, Siri does work more often than she does not work, something I tend not to expect from technology.

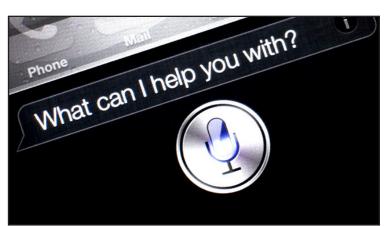
Siri is not just functional, she is coy and playful.

I once asked her, "Siri, what is love?"Her reply was a stern, "I'm not going to go there, Grant."

Once prompted on whether she could sing, she informed me she prefers to read poetry. How refined.

Upon my request to refer to me as 'Snoop President' instead of Grant, she was all too happy to comply. When I thanked her, she told me she was just doing her job, Snoop President.

You get the job done, Siri. I look forward to the



conversations we will hold when the iPhone 10 comes out and you have evolved into speaking full sentences.

Rating: B

-Grant Swalwell **PODCASTER** 

RESTAURANT REVIEW I For \$7.99, a person can have lunch and leftovers for dinner

# Nearby Thai restaurant affordable

I love Thai food. I usually eat it at least once a week from a half dozen restaurants near my home. When I found out a new restaurant, Royal Thai, was opening near OCCCI had to try it.

I went for lunch on Tuesday.When I arrived around noon the place was quiet with only a few customers sitting in groups or alone.

Tucked into a shopping center at 2142 W I-240

Service Rd, Royal Thai is only a little more than a month old, and still waiting for people to discover it.

The restaurant was nicely decorated with cheerful colors and lots of traditional-looking Thai elements,

The menu was large. It would be a great place to eat dinner. But, being short on time — and a poor student — I chose to focus on the more limited and cheaper lunch menu, which allowed me to sample several dishes at once.

With the lunch special you get your choice of two: fried rice, white rice, or pad thai. Then choose one of two dishes usually involving chicken and traditional Thai sauces. Last, choose one of several curries. A spring roll is included.

I had the pad thai and fried rice. I chose a mas-



saman curry with chicken and potatoes served in a curry sauce with lots of coconut milk. I also had lava chicken which tasted like Chinese orange chicken, but with pepper and spice that gave it a unique zing. I chose Thai tea for my drink.

Overall, the food was great although the lava chicken was crispier than I would have liked. Still, for the price it is hard to beat.

The lunch special is only \$7.99.

The portions were so large I had to take home leftovers, and ate them twice.

Both times the service was excellent, quick and friendly.

I would definitely eat there again.

Rating: A-

—Amar Molinas PIONEER WEBMASTER

## **TOP 20 MOVIES**

Weekend of Feb. 6 through Feb. 8 www.newyorktimes.com

- 1. The Spongebob Movie:
- Sponge Out of Water
- 2. American Sniper
- 3. Jupiter Ascending
- 4. Seventh Son 5. Project Almanac
- 6. Paddington
- 7. The Wedding Ringer
- 8. The Imitation Game
- 9. Black or White
- 10. The Boy Next Door
- 11. Taken 3
- 12. Selma
- 13. The Loft
- 14. Birdman
- 15. The Theory of Everything
- 16. A Most Violent Year
- 17. Strange Magic
- 18. Still Alice
- 19. Into the Woods
- 20. Whiplash

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# Multimedia, Computer-Aided Design programs combine

**CLAYTON MITCHELL** 

Sports Writer sportswriter@occc.edu

Students involved in OCCC's GCOM Multimedia emphasis program and Computer-Aided Design programs will soon see a change, said GCOM professor Randy Anderson.

The programs will be merged and renamed the Digital Media Design department.

Anderson said the move is being made because of some of the programs being similar.

"There was a little bit of duplication of programs with what we were teaching, so it made sense to go ahead and put us together ...."

Before, Anderson said, the Computer-Aided Design department had three emphases: Animation, Game Design and Digital Media Design.

"I also had a Multimedia program over here," he said.

"They're moving animation and game design into GCOM, and we're changing the name of GCOM to Digital Media Design. Anything that was in that Digital Media Design option is being dropped."

Anderson said the merger will make it easier to decipher

There was a little bit of duplication of programs with what we were teaching so it made sense to go ahead and put us together."

-RANDY ANDERSON GCOM PROFESSOR

the programs.

"... We're going to be in one spot, where we probably should have been all along," he said.

"Whatever the program name would be, it doesn't really matter. We probably should have been together in a group anyways."

Anderson said that very little will change for the students.

"For students, they will still receive good training in those areas and that won't stop. We'll just be in one place."

The previous Digital Media Design program offered an associate degree and a certificate of mastery.

The CAD programs were overseen by Computer Aided-Technology Chair John Helton. Helton said OCCC has offered Digital Media Design for close to 10 years.

Anderson said the new options are somewhat different.

"The animation and game design aspects will both have certificates," he said.

"The graphic design, the photography/digital imaging option will have degrees. It will be just those four."

Anderson said students enrolled in the new programs can expect many of the same elements as before.

"They would still be learning the Adobe suite, so they'll be learning Photoshop, Illustrator, and InDesign," he said.

"Along with that, they'll be learning 3D studio, Macs, Flash, a little bit of After Effects and Premier." Anderson said opportunities will be abundant for students in the new programs, as careers in digital design-related fields grow.

"There's a lot of jobs in graphic design," he said.

"It could be print, it could be for mobile devices.

"... You could be a photographer ... doing stuff within the photographic industry.

"... It could be animation ... or it could be maybe dealing with motion graphics at news stations or for the web.

"You could be building trailers for the web — anything basically that has motion graphics

or video.

"Then the game design, it's, well, game design."

Anderson said this move has not been finalized yet, but will be soon.

"It hasn't been signed off on yet by the regents, but it should some time this semester," he said.

For more information about the new program, contact Anderson at randerson@occc.edu or 405-682-1611, ext. 7218; Computer Aided-Technology professor Justin Shaw at 405-682-1611, ext. 7498; or Arts Division Dean Ruth Charnay at 405-682-1611, ext. 7143.

## Police investigate attempted theft

**JORGE KRZYZANIAK** 

Senior Writer seniorwriter@occc.edu

An attempted car theft and vandalism were recently reported to campus police.

Police patroling parking lot A south on Jan. 28 were called to investigate an attempted car theft.

A student said he returned from an afternoon class to find the hood of his 1998 Acura Integra popped open and the steering wheel removed from the column.

Officer Gordon Nelson reported the steering wheel lying in the driver's seat. The report shows there was extensive damage to the steering column and the steering wheel could not be reattached. The car was towed from the parking lot at the driver's request.

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

Campus police were tipped off to a vandalized toilet paper dispenser on Jan. 30.

A contracted laborer reported to police he'd discovered a partially melted toilet paper roll dispenser in the men's restroom in the Social Sciences Center.

According to officer Bruce Funderburk's report, it appeared someone "had held a lighted substance, perhaps a lighter, against the side of the toilet paper dispenser."

The damage is reported to have occurred between 4:30 and 5:30 p.m.

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.

### **HAVE CLUB NEWS?**

Share it with the world! Email communitywriter@occc.edu or call 405-682-1611, ext. 7676, to get your club news in the Pioneer

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# Knowing the difference between illnesses crucial

**IORGE KRZYZANIAK** Senior Writer seniorwriter@occc.edu

eeling achy? Coughing? Sneezing? Feverish? Do you, like so many other Americans, have the flu? Or is it a common cold?

Influenza (the flu) and the common cold are both respiratory illnesses but they are caused by different viruses and present different symptoms, said Nursing professor Karen Jordan.

She said there are discernable differences between the two illnesses.

While a cold is more of an upper respiratory infection, Jordan said influenza is a more "systemic disorder."

'You'll feel it all over your body," she said.

Telltale symptoms such as fever, chills and headaches are common to flu sufferers, according to a fact sheet from the state health department.

Jordan said making the distinction is important because a cold and the flu should be treated differently.

She said the common cold can generally be treated at home with plenty of rest and fluids.

Other cold treatments suggested by the health department are antihistamines, decongestant and a feverreducing pain reliever.

The common cold, in most cases, will not cause severe health problems but the health department warns that the flu can lead to severe and sometimes life-threatening complications.

Jordan recommends people who think they have the flu see a healthcare

Cold	Symptoms	Flu
Rare	Fever	Characteristic, high (100 degrees to 103 degrees F); lasts 3-4 days.
Rare	Headache	Prominent
Slight	General aches, Pains	Usual; often severe
Quite mild	Fatigue, Weakness	Can last up to 2-3 weeks
Never	Extreme Exhaustion	Early and prominent
Common	Stuffy Nose	Sometimes
Usual	Sneezing	Sometimes
Common	Sore Throat	Sometimes
Mild to Moderate; Hacking Cough	Chest Discomfort, Cough	Common; can become severe
Sinus congestion or earache	Complications	Bronchitis, pneumonia; can be life-threatening

professional.

She recommends urgent care facilities for flu sufferers.

"Clinics are great," she said, "It's quick access. There's physicians and there's nurse practitioners there and there's physicians assistants."

She said people shouldn't visit the emergency room unless they have to. She warned that waiting rooms could be crowded with others who are contagious or who could be made sick.

"If you're going there and you think you might have the flu, get a mask," she said.

Jordan said there's the potential that emergency room doctors won't even see those complaining of flu symptoms for several hours.

Jordan said it's important to be prepared before seeing a healthcare

"Bring your information," she said, "And if you're really sick, you need a friend."

Jordan said those who are so sick they can't remember when they last ate or last took their temperature should take someone along who can keep track of things for them, and relay information to nurses and doctors.

Everyone should prepare for a visit to a healthcare facility before they go,

"Document your signs and symptoms," Jordan said, "Document what your allergies are — they're going to ask you that. List what kinds of medicines you take. They're going to want to know when you ate last and all of your chronic illnesses.

"They're going to ask you all of that before they assess you.

"So, if you're so sick and tired that

you can't think straight, you need to keep that stuff together. I recommend that people keep all that [information] in their wallet."

Jordan said what one does after a doctor's visit is important too. She said to read discharge instructions and to keep them handy.

"It will tell you when to see the doctor next if this [treatment] doesn't work," she said. "That is a critical thing to know that a lot of people don't think about."

Jordan said people who have the flu are contagious before symptoms begin to appear.

This makes it important to practice prevention and good habits all the time and not just when feeling ill.

'You should wash your hands all the time," she said. "You should not cough and sneeze in your hand. Keep your hands off your nose and keep your hands away from your eyes. Colds and viruses are spread by contact.

"Get the flu shot," she said. "Stay away from sick people and if you think you're sick, stay away from well people.

"Do what's best for the community and stay home," she said. "But first," she said, "practice good health."

Jordan said people can keep their immune systems strong year round with a good diet, exercise, water and rest.

"Stay healthy," she said. "If you are healthy to begin with, you aren't going to catch anything.

"If you get sick, get diagnosed early, treat it fast and get back on your feet.

"Don't stay sick."

The state health department's "Cold Vs. Flu" fact sheet is available at www.

# Health expert says it's not too late for flu shot

Phoma are at an all-time high for the season with 1,789 hospitalizations and 82 deaths since Sept. 28, according to the Oklahoma State Health Department.

Jamie Dukes, Oklahoma State Health Department public information officer, said students can take some easy steps to prevent the flu.

Dukes recommends getting a flu shot and said they are still available. She said because flu season goes all the way through April, it's not too late to get

In numbers for Okla-vaccinated. The shot can help prevent or lessen the severity of symptoms if students happen to contract the flu.

> "It does protect against four different strains of the flu," she said. "Even if you do happen to still go ahead and get the flu from one of the other strains, it does help lessen some of those symptoms and it protects against the four other strains."

In addition to personal physicians, a few Oklahoma City locations offering shots are:

• Oklahoma City-County **Health Department:** 

2149 SW 59th St., Suite 104, 405-427-8651. Call for more information. Shots are \$25. Health Choice insurance accepted for flu vaccinations. Receipts will be provided for clients to submit claims to other insurance groups.

• Concentra Urgent Care: 1500 W I-240 Service Rd., Ste. A-14, 405-632-1002. Open 7 a.m.to 5 p.m. Monday through Friday.

• Chris Express Drug: 851 SW 119th St., 405-735-

• CVS/pharmacy:

3950.

-9000 S May Ave.; 405-

691-1148.

-9001 S Western Ave.; 405-691-6620.

-2100 SW 119th St, 405-691-1041.

--900 SW 44th St., 405-682-1651. Open 24 hours.

• Target:

- 800 SW 44th St., 405-632-4964

Walgreens

-9011 S Pennsylvania Ave., 405-692-1882. Open 24 hours.

-6000 S Pennsylvania Ave., 405-681-1419.

-2835 SW 29th St., 405-631-9294.

—1640 SW 119th St., 405-

692-3432.

-3401 S Meridian Ave., 405-681-8118.

· Walmart Neighborhood Market:

-1500 SW 59th St., 405-684-9764.

-911 SW 104th St., 405-692-3866.

-4420 S Western Ave., 405-632-3742.

-100 E I-240 Service Rd., 405-631-2207.

To find more locations offering flu shots, visit http:// flushot.healthmap.org.

Prices will vary. Call ahead for hours of operation.

# it's a small world

# Student plans to return to Africa some day

KATIE AXTELL Community Writer communitywriter@occc.edu

usiness Communications major Amadou Baraze said he misses the food and giving nature of home, but likes the environment here at OCCC.

"When you want to focus on ... studying, this campus is very nice," he said. "It's a safe campus. There are a lot of great teachers. I really like this school."

Baraze came to the U.S. one year ago from Niamey, Niger, a country in west Africa.

He first went to University of California, Los Angeles, but transferred to Oklahoma last semester to be with his sister.

He said his plans are to improve his English and transfer to the University of Oklahoma in the fall for his master's degree.

Baraze said there are big differences between his home and here.

"[A] difference is the that here in the U.S. it is a developed country, and we are not a developed country," he said. "We are trying to develop ourselves."

He said another difference is the socialization between families and neighbors.

"We're really social there. People share a lot. I can't say that here in the U.S. It's more individual. Everyone is busy going to work or school.

"Besides Thanksgiving I don't really think that you guys really have time to share with the family."

Baraze wants others to know there is more to Africa than just war and disease.

"People can go there," he said. "There are a lot of nice places like South Africa and there are some places in Africa that are really, really safe.

"I've never seen on TV the media showing the nice parts of Africa. They're always showing the bad part of Africa like war and disease, AIDS, malaria or recently, Ebola.

"With Ebola they used to just talk about the fact that it's in Africa, but it's not all the continent. It's a specific part

He said the media also misrepresents the U.S.

... In Africa, every time you saw some picture of the United States it's always a nice place and everything, but they never show us that here there are also poor people," he said.

'There's also a lot of negative things everywhere in the world?

One thing Baraze said surprised him was the number of homeless people in the U.S.

"When I was coming here, [I thought] everyone has a good life, but it's not like that. I saw on the street there's some people



ETHAN COOPER/PIONEER

**Amadou Baraze** 

who cannot afford to have a house or to have a meal per day and it's disturbing to me because as an African where I come from we share a lot.

"Sometimes here I think it's like people are too focused on what they are doing and they don't really have the time to see that close to them there's someone who really needs

Coming to America wasn't a big culture shock for him. He said he traveled with his parents a lot for work and lived in France for awhile.

"I think here there's a big

difference between rich people and poor people. It's huge. In Africa there's also this difference but because people are social, we don't really notice it.

'Sometimes you'll see a very wealthy family living close to a poor family but they share everything. There's not a big difference between them. So here there's something I think we don't see."

Baraze said he is disturbed by certain questions he is asked.

"I had some people ask me if we still live in trees .... When I came here I was supposed to

meet a lot of educated people and then people ask me those kind of questions."

He wants people to know that it's not that way anymore.

"When people have a bad idea of you, you have to show them that it's not always like that."

Baraze said his goal is to return to Africa.

"My goal is to learn from you guys and go back to my country and apply what I learned there. I don't think I could help my country if I stay here.

"That's why I want to go back and try to do something."



## Niger.

**Capital:** Niamey

Population: 17.83 million (2013) **GDP:** 412.52 billion USD (2013)

Size: 489,200 sq. miles (1.267 million km<sup>2</sup>)

Official Language: French

**Currency: West African CFA franc** Government: Semi-presidential system

Religion: Islam is the dominant religion in Niger. Other religions

include Animism and Christianity.

Details: Niger, officially the Republic of Niger, is a landlocked country in Western Africa, named after the Niger River. -www.google.com



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## **SPORTS**

## **Heavy lifting**



ETHAN COOPER/PIONEER

Engineering major Peter Doan does overhead presses in OCCC's Wellness Center. Workout equipment at the center can be used by students free of charge with a valid OCCC ID. The Aquatic Center pool and gym also are free for OCCC student use. For more information, visit www.occc.edu/rf/ wellness.

SPORTS I Intramural 3-point, b'ball golf starts Feb. 16

# **Basketball competitions planned**

**CLAYTON MITCHELL** Sports Writer sportswriter@occc.edu

Basketball players on campus will get their chance to prove they are the best shooters around during OCCC's intramural 3-point and basketball golf competitions, said Sports Assistant Matthew Wright.

The 3-point competition is set for noon, Tuesday, Feb. 17, and has a similar format to the NBA 3-point competition, Wright said.

'They'll have a certain amount of time to shoot however many shots from each position, and you add up all the points after that,"

"The way it's going to work

is the first round goes from noon to 2 p.m. At any time in that time frame, somebody can come in and do the competition.

"After 2 o'clock, I'll total the scores up. Then the top three or four — maybe more if we have a lot of people will make it to the second round.

"Then they'll have between 2 and 4 p.m. to come and do that round."

Basketball golf is a different kind of competition, Wright said, to test overall shooting ability and not just 3-point shooting.

"In golf, you have to have the ball in the hole within a certain number of hits to get a par," he

> "I'll have nine different spots out there that people have to shoot from.

you one shot to make that shot, you get 1 point. If it takes you five shots, you get five points.

"If it takes

'The lowest scores will advance to the next round.

"The second round will be a different format ... . The course will move around and the shots will be different." Unlike other intramural

In golf, you have to have the ball in the hole within a certain number of hits to get a par."

-MATTHEW WRIGHT INTRAMURAL SPORTS ASSISTANT

sports, Wright said, these two allow students to participate on the spot without having to sign up beforehand.

All students need is a valid OCCC ID to participate.

For more information, contact Wright at 405-682-1611, ext. 7684, email matthew.j.wright@occc.edu, or contact the Recreation and Fitness department office at 405-682-7860.

## **EVENT NEWS**

**SPRING 2015:** 

- Students with a valid OCCC ID can use the Aquatic Center free of charge. The Aquatic Center features two pools, and an 181/2ft. 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. Classes are free to OCCC students with a valid ID. 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-squarefoot 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.

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## Enrollment: Faculty members recruited to assist in advising

Continued from page 1

the credit hour increase to Academic Advising. That department has started implementing faculty members to advise students in their specific majors.

Academic Advising Assistant Director Kimberly Bays said 16 faculty members are working five hours a week to assist new and returning stu-

dents with enrollment.

Bays said the faculty members have been chosen through an application process.

"[The students are] more likely to, or have been able to, see faculty advisers and get more information," she said.

Bays said it also has been effective in helping more students waiting in line, allowing the advisers to help more students.

Perry said the faculty go to the line of students at Academic Advising to ask them directly if there are any business majors, or political science majors.

"They would pull them out of line, take them into their office area there, and counsel them on the types of courses to take," she said. "It's been a real positive program." Perry said it was something the college did during the summer months and, after seeing how beneficial it was, decided to make it a year round program.

"It's been very successful in terms of how many students they're meeting with, and how much more comfortable students are talking with these faculty members," she said. Perry said there are many things going on at the college right now to try and stabilize enrollment, or increase it.

"That's a critical point here for the campus," she said.

For more information about enrolling, contact Academic Advising at 405-682-7535 to meet with an adviser.

For more information, email jpeery@occc.edu.

## Help: Students assist their peers in OCCC mentor program

Continued from page 1

of high school. I was pretty much a lost cause. But it just takes one mentor.

"That's why I'm in this program. I want to be the example to people that things change."

The program she is referring to is the Student 2 Student mentoring program that OCCC launched this semester for students who could use a little help from their friends.

Service and Engagement Liaison Stephen Morrow helped to create the Student 2 Student mentoring program from the ground up.

He said this program focuses on transformation, not just for students who benefit from the support of a mentor, but also for mentors themselves. Mentors have worked to find and develop their own strengths in order to help others, Morrow said.

"The program has one goal: to move the needle on student class-success and graduation rates," he said.

"It's a goal that reverberates deeply in my heart and deeply with my experiences as a teacher of 20-plus years."

Scarsella, a diversified studies major with a focus on education, said she is glad for the opportunity to be one of OCCC's first student mentors.

"This is the very first program of its kind to be offered at a community college in Oklahoma," she said.

Morrow said mentors were selected during the fall se-

mester for traits of leadership, kindness, empathy and perseverance in the face of adversity. They have been training for their new roles twice each week since the spring semester began.

He said those participating as mentors will receive a certificate of International Mentorship Status, a status usually reserved for those attending major universities. Morrow said that will serve the student mentors in leadership roles as they move forward.

The mentors' last official training session will take place on Monday, Feb. 16, but a few will have met with mentees as early as the week of Feb. 9.

Morrow said students have already shown interest in meeting with peer mentors.

Scarsella has been a tutor on campus before and has worked previously with adult students. She said becoming part of Student 2 Student is her method for paying things forward.

"I've had mentors take an interest in me that changed the direction of my life," she said.

Mentor Kylee Lewis said things they've learned in order to help their peers is applicable to their own lives. She said training relies heavily on selfimprovement.

Scarsella agrees.

"Before you can help somebody better understand who they are, you've got to understand a little bit about yourself," she said. "We're honing in on what our strengths are and how to use those to empower The program has one goal: to move the needle on student class success and graduation rates."

—STEPHEN MORROW OCCC SERVICE AND ENGAGEMENT LIAISON

our mentoring ... and it happens fast. I teared up at the last meeting. It's heavy work."

Even before they've met their mentees, the mentors have become aware of the challenges ahead of them.

Lewis said she looks forward to overcoming such challenges.

"I've always liked to help other people and it's a challenge for me because I'm very reserved ... it's going to be a challenge for me to get out of my comfort zone," she said.

Scarsella said the mentors will benefit as well.

"We are going to be able to get support from each other as much as our mentees are getting support from us," Scarsella said.

She said, as a group, the mentors are a valuable resource to each other; however, their focus remains on the success of OCCC students.

Lewis and Scarsella both said they are excited to get started.

Lewis said there's no reason a student should hesitate to get support.

"I hope people don't look at needing help as a kind of handicap," she said.

Scarsella said she is ready to

help her fellow students.

"Anybody who is struggling with scheduling their next semester or nailing down study habits or having a hard time getting to class on time, we are there to offer assistance."

Lewis said even students who are simply having a bad day are welcome to meet with mentors. Any issue can be addressed, she said.

And, she said, while the mentors are not counselors, they are well trained to direct students toward whatever resources they need.

"If students come in with issues of drug addiction, or depression or anxiety, we can help," she said. "We can refer them to the resources available here to get them help."

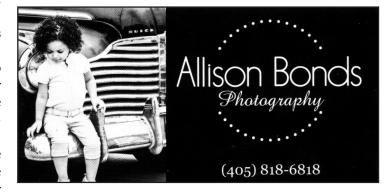
Scarsella said together, stu-

dents can help other students succeed.

"We are supposed to help students figure out what they want to do, and help them utilize their thoughts and their goals and their strengths to help the students work out what's best for themselves," she said.

"We're friends with experience. We want [students] to approach us. We're not professors. We're not trying to dictate their lives and tell them what to do. We're just there to listen to them and help them out how we can."

Students interested in meeting with peer mentors, or those wanting to train as volunteers, should visit the Student Life office on the first floor of the Main Building or email Morrow at smorrow@occc.edu.



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## **CAMPUS COMMUNITY**



ETHAN COOPER/PIONEER

Members of the Black Student Association pose together for a group photo on Jan. 29 outside the Visual and Performing Arts Center. From left to right: Physical therapy major Cydney Washington, the club's TLC Rep; liberal arts major Sherman Johnson; photography major and Club Historian Eugene Atkinson, and pre-pharmacy major and club vice president Ali Nixon. To contact the BSA, email bsa@my.occc.edu.

**COMMUNITY I** Club leader says young African-Americans need to know their history better

## **Black Student Association active**

KATIE AXTELL Community Writer communitywriter@occc.edu

The Black Student Association's purpose is to provide a family environment for peers who might not have one at home, said Ali Nixon, BSA club vice president.

"We want to encourage them intellectually and in a professional manner to better conduct themselves in corporate America," Nixon said.

"Being in the BSA [during] Black History Month serves as a reminder of the privilege that we have to not only receive education but also to be in an institution of higher education ... to become something of value to our community and to be able to give back."

Cydney Washington, BSA Leadership Council representative, and Nixon both said their families encourage them to achieve a higher education.

"Mygrandparents push and push education specifically because not everyone had it back then, especially African-Americans, so education is extremely important to me," Washington said. "To do my best is important and I dont want to take anything lightly when it comes to school."

Club Historian Eugene Atkinson said history knowledge is important and shouldn't be taken lightly.

"... To have the opportunity to be educated is a privilege and we should take advantage of it," Atkinson said.

"We as an organization, the BSA, have to continue with that and be a good representation, be the best version of ourselves that we can possibly be and just be a living example."

Atkinson said by not knowing their background and history, many young African-Americans are becoming a lost generation.

He said he believes history is not being taught enough in schools.

"There's a lot to know. If we know our history, understand our history we can prevent so many things that are happening today," he said.

"That's why a lot of these things do occur — a lack of understanding, a lack of knowing. "It's one of the main reasons history repeats itself.

"We should be fearless and ... be the best we can be and be a contribution to society rather than a hindrance."

Nixon said he wants to encourage African-Americans to learn from their environments and learn from past circumstances.

"... The social norm with our generation is not a healthy one," Nixon said. "It's destructive and painful."

Atkinson said he advises finding a mentor.

"Ithink the presence of the company you keep is very important as well, so you need to choose to surround yourself [with] what you want to be.

"Imagine yourself of who or what you want to be and find someone who [exemplifies] that so you can have a clear picture of what you can become."

Atkinson said the BSA is open to everyone.

For more information, contact club members at bsa@my.occc. edu.

# **CAMPUS HIGHLIGHTS**

#### Fan Fiction contest at Southern Oaks

The Fan Fiction and Fan Art Contest is accepting entries until 6 p.m. Sunday, Feb. 15. Fan art can be any medium and contain original characters, but must contain copyrighted characters as the main theme. For more information, visit www.metrolibrary.org/dog-eared/01-14-2015/fan-fiction-fan-art-contest.

#### Planning to transfer to a four-year college?

A Brown Bag luncheon over Transfer Basics will be at 12:30 p.m. Tuesday, Feb. 17, in CU3. The discussion will cover the process of transferring to another college or university. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

#### Brown Bag luncheon to cover black history

"The Unique and Exceptional Gandhi, King & Mandela: Lessons on Moral Courage and Leadership" will be at 12:30 p.m. Wednesday, Feb. 18, in CU3. All students, faculty and staff are welcome to attend. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

### Scholarship money available for OCCC students

The OCCC Foundation has more than 30 scholar-ships available for students. The deadline to apply is Friday, Feb. 20. For more information, contact Institutional Advancement Development Director Jennifer Harrison at jharrison@occc.edu or 405-682-1611, ext. 7771.

#### **Service Learning trip to Christmas Connection**

A Service Learning trip to the Christmas Connection is planned for 8 a.m. Saturday, Feb. 21. Students must register to attend. Spaces are limited. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

#### Student mentoring session planned Feb. 23

A Student 2 Student Mentoring Tips session will be held at noon Monday, Feb. 23. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

#### Coffee and peace offered on Feb. 25

A Coffee & Peace ExCEL Series will be held at noon Wednesday, Feb. 25, in CU3. The meeting will cover topics on promoting diversity, inclusion and cultural awareness. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

#### Adopt-A-Street event planned Feb. 27

Student Life is offering an Adopt-A-Street campus impact opportunity from 2 to 4 p.m. Friday, Feb. 27. Registration is required with a limited number of spots. For more information, contact Student Life at studentlife@occc.edu or 405-682-7523.

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.

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## 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.

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## WEEKLY CROSSWORD

- 1. Stogie
- 6. Bit of gossip
- 10. Russian emperor
- 14. Without company
- Connecting point
- 16. A single time 17. "Beau \_\_\_ 18. Blockhead
- 19. Horse feed 20. Thrill
- 22. Gait faster than a walk
- 23. Prod
- 24. Not these or those
- 26. Superhero accessory
- 30. Contribute 31. Confederate soldier
- 32. Nameless
- 33. Hazard
- 35. A kind of macaw 39. Pretentious talk
- 41. Instinctive
- 43. Fruity-smelling compound 44. G G G G
- 46. Small, medium or large
- 47. Tear
- 49. Animal doctor
- 50. Smog 51. Pass by
- 54. Largest continent 56. Close
- 57. Variety
- 63. Indian dress
- 64. Fashionable
- 65. Female demon
- 66. Flying saucers 67. Catch a fish
- 68. Growing old
- 69. Feudal worker
- 70. Cravings
- 71. Fathers

#### DOWN

- 13. Relaxes 21. 3-banded armadillo
- 25. Nipple
- 26. Eatery 27. Rectum
- 28. Publicize
- 29. Kirk's starship
- A type of hosiery 36. Diva's solo
- 37. Tease
- 38. Away from the wind 40. Colored part of an eve
- 45. Dodging 48. Very good
- 51. Follow as a result
- 52. Flips through a book
- 53. Moses' brother Collection of maps
- 58. Sneaker or pump
- 59 Wise men
- 60. Arab chieftain
- 61. 1 less than 10
- 62. Labels





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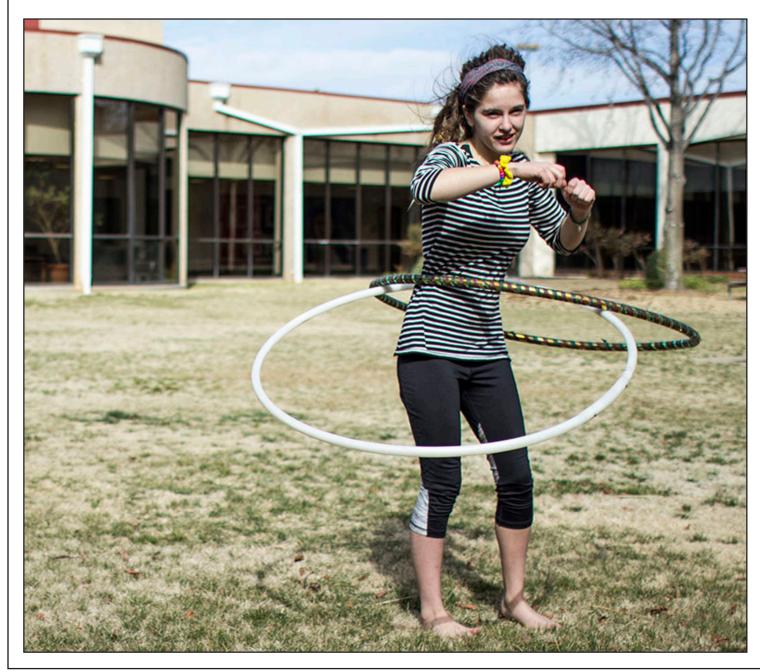
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CSLPlasma.com

**CSL Plasma** 

For breaking news: http://pioneer.occc.edu 12 · FEB. 13, 2015 PIONEER I PIONEER.OCCC.EDU



# Hula hoop fitness

Physics major Jaeson Pemberton hula hoops in OCCC's courtyard Jan 29. Pemberton said she hula hoops because it's good for clearing the mind.

"It's good exercise and gets you outside in the vitamin D which is really important for positiveness," she said.

Students also can stay in shape by taking advantage of the many free fitness classes offered on campus. To see a full listing, visit http://www.occc.edu/rf/wellness-classes.html.

ETHAN COOPER/PIONEER

# Student leaders vote 25-1 against guns on campus issue

**CHRISTOPHER PLUNKETT**News Writing Student

A resolution against guns on campus passed by a vote of 25 to 1 in The (Student) Leadership Council meeting on campus Jan. 29. The lone vote against the resolution was cast by the representative of the Engineering Club.

The representative of the Christ Campus Fellowship club abstained.

The representatives of 27 campus clubs that attended the meeting were asked to vote on behalf of the entire student body.

The following is a portion of the motion TLC members approved:

"THEREFORE, LET IT BE RE-SOLVED, that The Leadership Council of Oklahoma City Community College, on behalf of the student body of Oklahoma City Community College, strongly opposes any legislation, regula-

tions, or policies that would allow guns on campus by non-law enforcement personnel."

The resolution itself talked about the many shootings and attacks that have occurred specifically on college and even high school campuses. One of the many solutions that have come up in response to this

national problem is the idea to allow concealed and non-concealed weapons on campus by licensed citizens.

Several bills have been introduced in the Oklahoma Legislature this session to allow licensed, non-law-enforcement individuals to carry weapons on college

We firmly believe that there is no reasonable situation that would ever warrant the provision of guns, concealed or non-concealed, to anyone other than law enforcement."

> —MARION PADEN ENROLLMENT AND STUDENT SERVICES VICE PRESIDENT

that college administrators oppose legislation that would permit concealed,

"We firmly believe that there is no rea-

weapons.

campuses.

More guns are not

Marion Paden, vice

president for Enroll-

ment and Student

Services, commented

or openly carried,

the answer, according

to the resolution.

sonable situation that would ever warrant the provision of guns, concealed or non-concealed, to anyone other than law enforcement," Paden said.

The language of the resolution argues that no research or physical evidence exists showing that implementing laws allowing guns on campus would at all make college campuses safer.

Before the final vote, one club representative asked: "Was the information about this meeting and the voting of the resolution available to the entirety of the student body?"

The questioner wanted to ensure that the few weren't deciding the future for roughly 15,000 other OCCC students without other students being aware that TLC members would be voting on their behalf.

Student Life Director Erin Logan answered that the meeting agenda had been posted for everyone to see and that the resolution had been available for viewing since the fall semester.

Also there was an online article in the Pioneer, saying the issue would be voted on that day.

For more information, contact Paden at 405-682-7595 or mpaden@occc.edu.