

PIONER

Creatures swarming throughout campus

TREY BELL

Editor editor@occc.edu

In just one week's time, everyone on the OCCC campus seems to be trying to "Catch 'Em All" as they walk with their cell phones outstretched, usually in groups, looking at invisible and imaginary creatures.

The new mobile phenomenon, Pokemon Go, has swept the country like a breath of fire from Charizard (a fire-breathing dragon Pokemon), and has OCCC feeling the heat as well.

'Pokemon' is a Japanese based franchise comprised of games, television shows, and films revolving around human and monster-like characters called Pokemon, that often battle to achieve certain goals.

The new application, released on July 6, is developed by Niantic and distributed by Nintendo, and is available on both iOS and Android platforms.

See POKEMON Page 9



Left to right: Mike Smith, computer programming major, Trevor Lawyer, computer science, Wes Renfroe, mathematics and biology, Andrew Greer, computer engineering, Alex Harbach, electrical engineering and Brooks Bell, History Ed gather near the Pioneer office to play. *Tyler Adams/Pioneer*

Kevin Durant leaves Thunder: there goes our hero

Students react to the Durant's departure from Oklahoma

AUSTIN HURSTON

News Writing Student

Basketball Superstar Kevin Durant created a lot of buzz for basketball fans this week.

Durant's contract with the Oklahoma City Thunder expired July 1 and he decided to take his talents to the Golden State Warriors, where he has signed a 2-year \$54.2 million contract, with a player option on the second year, according to ESPN.

Durant, a small forward for the team, said, "Leaving Oklahoma City (OKC) was the hardest thing I ever had to do."

However, in an interview with the Players Tribune, Durant asserted that he felt excited about the opportunity he would have with his new team.

Many OCCC students, were reacting with feelings other than excitement, last week.

Shabab Chowhury, an electrical engineering major said he was shocked by the news of Durant's departure.

"I feel betrayed. This is a big heartbreak in my sport," Chowhury said.

He said he felt Durant had failed the state.

"I think it's bad because, I understand he wants to win rings and stuff but what I felt like makes it worse is that he (Durant) could have won with us (Thunder)," he said.

"He was like the leader of our team but he took the easy way out to go win with Golden state" Chowdhury, said.

Other students thought there was an overreaction to his leaving.

Benjamin Taylor, broadcasting major said he moved past the disappointment toward Duran't decision quickly.

"I think it's ridiculous that people were burning jerseys. I don't think it was that serious. It's just sad to see him leave because he helped build the OKC Thunder to where they are now," Taylor said.

"It sucks for the city, it's really not that great, but I kind of got over it," he said.

While many were in mourning, some students claime to remain completely unaffected.

Juan Piedra, a mechanical engineering major said Durant's choice to go with the Thunder's rival team doesn't affect him.

"I like sports but it doesn't bother me that much," he said.

Piedra said that he thinks Durant should have



stayed loyal to OKC but he can understand his reasoning for leaving.

Despite negative attitudes surrounding his departure, the memories of Durant may remain positive for those he helped, especially for the 2013 Moore tornadoes.

According to Jesse Dorsey of the Bleacher report, Durant assisted victims in sorting through what was left of their homes after the tornadoes to help them find anything still intact. Durant also donated \$1 million to the American Red Cross Tornado Relief Fund at the time.

EDITORIAL/OPINION

EDITORIAL I Follow the newspaper on the web and social media for news

Pioneer to take short hiatus from printing



SOPHIA BABB

This will be the last printed issue of the Pioneer until Aug. 12, just in time for the Fall 2016 semester to begin.

Though the summer semester is ending, the Pioneer will still be publishing new stories online at www.pioneer.occc.edu.

The online version of the Pioneer has additional news, interactive media, and greater avenues for engagement with our staff. The Pioneer will also be updated through Facebook, which can be found by searching "OCCC Pioneer". To make sure you don't miss a Pioneer story, you can hold down the "Like" button and select "See First" to be sure you see our updates.

In addition to Facebook, the Pioneer has an Instagram account and a Twitter account. We can be found at @OCCCPioneer.

When you follow and like the Pioneer, we can stay connected at a higher level with our readers.

Questions, comments, story ideas, and criticisms are always welcome on every platform.

The Pioneer staff has had a great summer at OCCC,

covering numerous LGBT issues, budget cuts, college events, and finally, Pokemon Go.

Our staff worked to bring the best news and stories to OCCC and will be excited to return to print Aug. 12. New issues will be waiting on newstands for you when you come back in the fall.

From the Pioneer staff to the rest of OCCC, we wish you a great rest of the summer!

—Sophia Babb Staff Writer

LETTER TO THE EDITOR I Horse show and family event returns to State Fair Park

Arabian horse championship comes to OKC

To the editor:

The Youth National Arabian & Half-Arabian Championship Horse Show is coming back to Oklahoma City where it originally started 23 years ago. Held July 23-30, 2016 at the State Fair Park, the show offers educational and leadership opportunities and social activities for kids of all ages.

From 2 - 5 p.m. Thursday, July 21 (before Youth Nationals), the Arabian Professional and Amateur Horsemen's Association will hold a clinic hosted by Joe Reser and Joel Kiesner in the Performance Arena. For more information about how to participate in the clinic, contact Kathie Hart at Kathryn.hart@gmail.com.

Stan Morey's Judging School will be held 9 - 11 a.m. on Friday, July 22 in the Sale Arena, hosted by Arabian Horse Association Judges & Stewards Commissioner, Stan Morey. Come hear the Commissioner describe the view from center ring.

People of all ages can come test their Arabian horse knowledge at the annual Hippology Contest, sponsored by AHA Region 10. The contest will be held 9 a.m. - 3 p.m. Friday, July 29, in the Sale Arena

Meeting Room.

Quiz stations will challenge kids, teens and adults. The cost is \$5 at the door and no advance sign-up is required.

Awards for the Hippology Contest will be presented Saturday, July 30 before the afternoon session in Jim Norick Arena at 12:30 p.m.

Youth Nationals runs for eight days and incorporates many social activities for exhibitors and guests of all ages to enjoy.

Sunday, July 24 at 5:30 p.m. join AHYA for their annual, themed golf car parade for the Parade of Regions. Guests are invited to take a seat down Chisholm Trail in State Fair Park and enjoy a parade of 'Go for the Gold,' themed golf cars.

Candy and fun treats will be thrown to spectators and prizes given away for creativity.

Then, on Monday, July 25 starting at noon, bring little ones to participate in the Stick Horse Workshop and Contest. Kids of young ages can come to Barn 3 and create their very own stick horse. At approximately 6:30 p.m., they will 'ride' their horse through center ring in Jim Norick Arena for a prize!

Donations for participation are welcome.

Come out to the show for the Flying Pigs Fundraiser Tuesday, July 26, immediately following the morning session.

Toy farm animals can be purchased at the AHYA booth on the Jim Norick Arena Concourse. Kids of all ages will gather to fling their pigs and aim for a prize!

The Youth Nationals Shopping Expo will be open daily, 10 a.m. - 7 p.m. in the Jim Norick Arena.

Everything you ever wanted for yourself and your horse can be found during your shopping experience at Youth Nationals!

All activities are subject to change, so look for an updated schedule at the show.

For show updates & social media contests, visit the AHA #BlueRoom across from the AHYA booth on the Jim Norick Arena Concourse or follow us on Instagram @ArabianHorseYouth, Twitter @ AHAArabian, Snapchat @ahyneigh & Facebook. And remember to use the hashtag #ahaYNL16 throughout Youth Nationals for show updates and information.

MIKAYLA BOGE ARABIAN HORSE ASSOCIATION

PIONEER

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

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

The PIONEER welcomes letters to the editor and encourages the use of this publication as a community forum. All letters must include the author's name, address, phone number and signature.

E-mail letters should include all but the signature. The PIONEER will withhold the

 $author's \, name \, if \, the \, request \, is \, made \, in \, writing.$

The PIONEER has the right to edit all letters and submissions for length, libel and obscenity. Letters should be no more than 250 words. Students must list a major. OCCC staff and faculty must list a 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

REVIEW | Alamo Drafthouse officers a unique theatre experience for less

Fun and film on tap beyond Oklahoma

On a recent weekend trip to Dallas, I finally did something I had wanted to do for a while.

I paid a visit to the local Alamo Drafthouse.

The original Alamo Drafthouse was founded in 1997 by Tim and Karrie League as a second-run movie theater in an Austin, Texas, warehouse where patrons could enjoy food and a beer while they took in a show.

Over the years, the business expanded and became a franchise.

It now shows first-run movies at locations throughout Texas, as well as in a handful of major cities scattered across the United States.

Unfortunately, there is still not an Alamo Drafthouse theater in Oklahoma.

The nearest location to Oklahoma City is in Richardson, Texas, just north of Dallas.

Depending on where you are in Oklahoma, the Kansas City or Lubbock locations may be closer.

The drive is long but worth it if you are planning a weekend trip.

At first glance, readers may not think what the Alamo offers is anything special.

After all, you can get a drink and some food at the Moore Warren Theater, but trust me – the experience at the Alamo is better and cheaper.

The theaters are small and intimate with shows running daily from around noon to midnight every

day, and the bar feels like it could be your local pub.

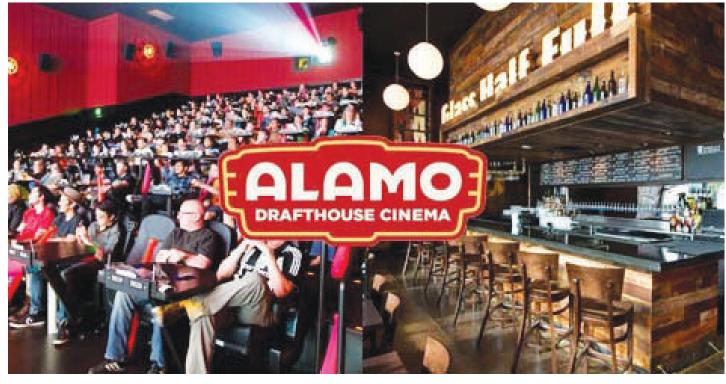
At \$9 – \$11 for most tickets, it's a bargain compared to the \$18 you are likely to pay to see a movie in the balcony seating at the Warren, where food and drinks are served.

The food, while not fancy, is much better quality than the Warren's, and prices are similar with entrees ranging \$6 - \$12.

Alamo offers a nice selection of pizzas, burgers and sandwiches, salads, snacks and even breakfast items, in a casual atmosphere.

A couple can get tickets food and a drink for about \$60 (plus tip) compared to the \$80 or more they might spend at the Warren.

Theater goers order by writing their selections on a card and putting it in a slot at the

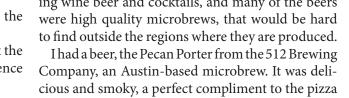


table's edge for wait staff to pick up. This prevents the process of ordering from interrupting others' movie enjoyment. Even better, when we visited, service was friendly and prompt.

The Alamo's selection of drinks is excellent, including wine beer and cocktails, and many of the beers

I ordered as my meal.

Another thing that really sets the Alamo apart from



other theaters is the atmosphere.

has several themed karaoke rooms.

a movie.

You will find regular first run movies, but also events such as sing-along/quote-along showings of classic films and sing-along dance parties dedicated to various pop-stars such as Beyonce, Michael Jackson,

The Richardson location has a full bar and res-

taurant attached to it called the Vetted Well, which

hosts fun events such as trivia and karaoke. It even

It is a perfect atmosphere that works as a hangout

The movies at Alamo are also something special.

spot or for events or parties before or after you see

Madonna, Lady Gaga, and others.

Alamo also offers movies you probably won't find anywhere else.

We watched "Raiders!," a documentary owned exclusively by Alamo Drafthouse Cinema about a group childhood friends who spent their youth recreating "Raiders of the Lost Ark" shot-by-shot. While it was definitely campy, it was a lot of fun.

Overall, the Alamo Drafthouse was a great experience, and I will definitely be back the next time I'm in the Dallas area.

Rating: A

—Amar Molinas **Webmaster**



Do you have an idea for a review? Send it to the Pioneer! Email to the Pioneer editor at editor@occc.edu

COMMENTS AND REVIEWS

MOVIE REVIEW I Blockbuster children's movie just as good for grown ups

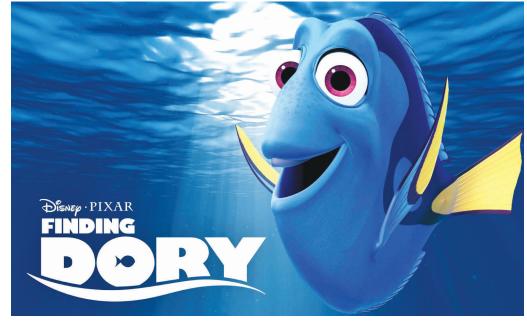
Sequel not quite 'Nemo' but still great

When production studios attempt to create sequels or reboots of classic or well-known films and TV series, I tend to get a little apprehensive. My usual concern is the film or show will kill the franchise (i.e. "Stargate Universe"), or it won't live up to the original.

"Finding Dory," released June 17, didn't quite live up to "Finding Nemo", my favorite Pixar film of all time, but lived up to itself in its own way.

It was 97 minutes of humor. A few scenes had me laughing until it hurt, and Dory touched me with a few heart-wrenching moments (yet no where near as many as the original).

The movie follows one of our favorite fish, Dory (Ellen Degeneres), as well as, yes, Marlin (Albert Brooks) and Nemo (Hayden Rolence), on their trek to find Dory's parents after she has an



epiphany at the "drop-off" and she vaguely remembers she has a family.

Shortly after the film begins, Dory is separated from Marlin and Nemo and must continue the search

on her own, with the help of an octopus named Hank (Ed O'Neill).

As they get ever closer to her parents' possible location, she begins to remember more, and eventually finds them in an unlikely location.

The finding her parents scene is very touching.

"Finding Dory" dominated the box office on its first two weekends, and now has the highest opening weekend gross of any animated film at over \$135 million.

I recommend the film for all ages and all audiences.

It's not as big as the original, but everyone will enjoy it, especially us '90s kids.

Rating: B+

TREY BELL EDITOR

SPOILER ALERT I Reveals outcomes of scenes from 'Game of Thrones' Season six

Everything that can go down goes down



Recently, "Game of Thrones" season six concluded, and this season was spectacular.

Over the break between Spring and Summer semesters, I started Game of Thrones entirely after of a friendly suggestion.

I'm sure if you've seen the show.

You're probably thinking, "Wow he watched 55 hour-long episodes in three weeks?"

Yes, I instantly realized I had been missing out big time.

I'm not someone who's into medieval shows or even movies at that.

I personally prefer series or movies about more modern times or sports.

At first, I was in it completely to see dragons terrorize cities, but it's more than that.

The twists and turns keep you hooked, and you will never know who's going to get murdered next.

The key to watching "Game of Thrones" is to attempt not to become attached to any character because there's about a 20 - 30 percent chance they will be murdered by the end of a season. But honestly, it's incredibly difficult not to become attached to some characters.

I was genuinely scared during episode nine of this past season because everything crazy

that could have gone down, definitely went down.

Daenerys Targaryen came back to defend her newly acquired city of Meereen and of course pulled back up with her Dragons right behind her to light all the opposing ships on fire. And the army of Dothrakians led by Daario Naharis is down to kill the rebels flooding the city as well.

The moment that scared me the most was Jon Snow's siege of Winterfell and his attempt to get his brother back from Ramsey Bolton.

Unfortunately, Jon could only accomplish one of the two

During the siege, Jon and his army of Wildlings and soldiers left over from Stanis Baratheon's army were closed in by Bolton's army, and it looked to be the end of Jon Snow.

Then out of nowhere Lord Baelish's army rolled up and leveled the playing field, and gave Jon and his troops the push they needed to overthrow Ramsey Bolton of Jon's rightful castle.

If you have not watched "Game of Thrones" or this previous season, you are missing out because the best way to put it into words is lit like a room full of candles.

Rating: A+

Tyler Adams Videographer PIONEER I PIONEER.OCCC.EDU JULY 15, 2016 • 5



Students shocked by terror in Bangladesh

KEATON WILLIAMS

News Writing Student

Twenty foreigners, including some students, were murdered in Dhaka, Bangladesh while some sat inside a bakery recently according to NBC News and OCCC students who have family and friends living near the carnage.

Then just last week, during the holy Muslim Eid celebration, another attack on Bangladeshi Muslims caused the nation to mourn according to CNN and other OCCC students who are still recovering from hearing the news.

No OCCC students were killed in either of the attacks.

The motive behind the first attack by Islamist radicals who claimed responsibility was to torture and kill any non-Muslims in the building unable to recite the Koran, according to BBC.

The siege lasted nearly 12 hours before more than 100 Bangladeshi commandos bombarded the café resulting in the death of six gunmen and others arrested.

The second attack, according to experts, may have been aimed specifically at Muslims.

While the attacks were unfolding, OCCC students from Bangladesh, including Farah Zabin, say they were shocked, saddened but determined to not be defeated by extremists who want to terrorize the country.

"We are known as the country of tigers, wounded, but not defeated," Zabin said.

Zabin was in Daka and just miles from the bakery attack.

""I was pretty shocked because this type of hostage situation never went down in our country before." Zabin's home is just 15 minutes from the bakery where ISIS-affiliated-militants killed many students who were in Bangladesh visiting family and friends during the Ramadan holy month.

She was not harmed in the attack, but she expressed her sadness for a neighbor of hers.

She said Farazz Hossain, 19, who was inside the café at the time of the attack was herioc.

"Faraaz was given a chance to walk out of the building by the terrorists, but he decided to stay because they didn't allow two of his foreign female friends to leave, and so he was killed," Zabin said.

Salim Khan Srabon, another of many Bangladeshi students at OCCC also spoke of Faraaz.

"He was an embodiment of true friendship" Srabon said.

Sabran was affected by the ISIS-claimed attack also. He said he was in the US watching news reports of both the Bakery and the Eid bombing and of shoot outs when he became emotional.

"After watching the news, I became worried about my relatives and friends who live in Bangladesh," said Srabon.

He said he had contacted them and none had been injured back home.

Based on the location and timing of the strike that took place during an event where 300,000 people gathered together in mass prayer, ending the Muslim holy month of Ramadan, CNN has reported that the most recent attack may have been directed entirely at Muslims.

"Bangladesh is a country with many cultural activities. People are peace loving, and they weren't ready for that attack," Srabon said.

The investigations of both attacks are still ongoing and India has sent a special team of investigators, as reported in the Dhaka Tribune newspaper in Bangladesh.



Left to right: Upward Bound adjunct Bill Smiley leads students' Cing Siam, Elvira Sanchez, Kristine Lam, Rachele Donaire, James Cawthorne, Alysha Smith, Yatzari Ramirez, and Jamie Brumit choir presentation of "Hallelujah." *Photo by Mark Zindelo*

Upward Bound ceremony highlights success

BENJAMIN TAYLORNews Writing Student

Oklahoma City Community College's Upward Bound program students sang, danced, showed off their pottery and film skills and accepted awards at the end of the year celebration last week in the College Union.

A total of 41 high school students from all over the Oklahoma City metro, in grades nine through 12, were congratulated on another completed academic



Student sculptures were on display during the ceremony. *Photo by Mark Zindelo*

year of the summer program by Director of OCCC's TRiO program, Lathonya Shivers and the teachers who taught in the program. them," Motivational Speaker and Upward Bound alumni, Maxell Nguyen fired up the crowd with a series of call-and-response chants "Opportunity will

Upward Bound is an educational student assistance program funded through the U.S. Department of Education. The purpose of Upward Bound is to help students acquire the skills and motivation necessary to succeed in high school and in education beyond high school, according to the OCCC website.

Upward Bound Assistant Director Greg Hallman said this year's program exceeded expectations.

"Our summer 2016 program was a big success. I really liked how we offered the students a variety of courses that have not been offered previously," he said, "We also got to do cultural and educational field trips that we have not done before."

OCCC Math adjunct and Pathways instructor Yumiko Akiba taught Introduction to Japanese this summer. She said the opportunity to work with the children was powerful for her.

"I never knew how much creativity I could see. I'm very emotional," she said.

Teacher, Maritza Rodriguez said, she also had a great time before handing out awards to students who excelled in her classes. Students received awards for academic achievement, outstanding merit, most humorous, most like to succeed, and more. "They are very special kids, I and was so happy to get to teach

them," Motivational Speaker and Upward Bound alumni, Maxell Nguyen fired up the crowd with a series of call-and-response chants "Opportunity will come! I will take it!" He said he knew the power of the program, which was instrumental in helping him work for the Oklahoma City Thunder and win acceptance to the University of Oklahoma.

"Without this program I would never be able to be the person I am today," Nguyen said. Following Nguyen's speech, the audience laughed at pictures of students in a slideshow and video compilation presentation that included multiple memorable moments of the program this summer.

A senior in the UB program, Kristine Lam said, "My favorite part of the celebration was the slideshow because it had pictures from our trip to the University of Science and Art (USAO) which I enjoyed."

Afterwards, Rodriguez' students participated in a latin dance presentation which showcased twirls and dips and a advanced lift. The crowd roared with applause when the series of dances ended in a dramatic pose.

Not to be outdone, choir students performed a cover of the song "Lost Ones" by Ruth B and directed by WIlliam Smiley, who has taught for the program for more than a decade. 18-year-old student, Natalie Lee had strong emotions said, "I feel heartbroken because it is my last year in the program."

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Austen Parker photo provided

Pro soccer player chasing goals at OCCC

GAGE BAUERNews Writing Student

Oklahoma City Community College student and Oklahoma City Energy soccer newcomer, Austen Parker, said he enjoys playing the sport but he hasn't lost focus on his degree.

Parker, while being the second youngest player on the team, at age 19, said this is his first year with the team which often sends him to different states, including Missouri, Texas and New Mexico to compete in the Premier Development League, Mid South Division.

Parker is a starter on the Energy's PDL team or in his own words, "their summer league" he said. He stars as the goalkeeper of the team which finds itself in first place in the division

"I also know how important education is, and that's why I also want a degree," he said.

Parker is taking World Mythology and other classes this summer at OCCC.

He is also a fulltime student at University of Sciences and Arts of Oklahoma.

Parker said he is an aspiring business major while also being driven to be the best at the most popular sport in the world. Despite the fact that he has a lot of fans, Parker said his popularity on a popular city team doesn't change the way he is treated in college. He said he is given no special privileges when it comes to grades or late work.

"No, my teachers are not flexible," he said.

Parker said he has to keep balance in his life a priority.

" I just have to kind of always make sure I'm busy with one or the other and a lot of times I have to stay up late," Parker said.

English Professor Markus Zindelo, who is Parker's Humanities instructor said he is impressed that Parker can do so well on the field and off.

"Austen's a star to me in the classroom and out. He should be commended for what he's accomplishing," Zindelo said.

Parker may be accustomed to the demands of a time-consuming sport and maintaining good grades. Being a football player, and wrestler in younger grades, Parker, said he gave up wrestling and football entering high school at Deer Creek to further his progress in soccer.

"(I) got called up to a national camp where 100 players get called up in selection," he said, "I went

on to play for the region three team for five years ... so I knew if I wanted to progress I was going to have to focus solely on soccer."

OCCC business major Martin Gonzalez weighed in on Parker's focus on school and his field performance.

"I think (getting a degree) is actually pretty smart. I think he wants to make more money in the long run," Gonzalez said.

Parker is not the only player on the team focusing on keeping his head in the game and his eyes in the books.

Teammate, Paul Wyatt, a seasoned player for The Energy, played a full season with the team and made around 20 appearances.

"I decided to go back to James Madison University for grad school and then returned this year to play," Wyatt said.

Parker said he is delighted that soccer is gaining popularity in the US.

"I love how much soccer is growing in the US. There's a team's popping up everywhere," he said.

He said he expects that there will be more potential for collegiate athletes to do what he is doing – juggling the rigors of studies with the ball—soon.

SPORTS

Taking a step in the right direction

MARK PRESLER
News Writing Student

As an effort to encourage college faculty, staff and administrators to become more active and more aware of their health, OCCC is launching a new program called Walk Fit this week.

The three month program aims to help get the members of the community more active and aware of their health by utilizing the mile-long Indoor Walking Trail on campus

Trail markers have been posted throughout the buildings on campus and OCCC will host regular walking groups, led by faculty members, Monday through Thursday at 6:30 a.m., 12:15 p.m., and 6:30 p.m. starting at the Recreation Office near the gym.

The Recreation and Fitness Office has already begun to distribute free pedometers and food logs

to students and facult a first come first serve basis.

Through a \$20,000 grant from the Oklahoma City Community Foundation, the Rec & Fit Office was able to purchase two digital scales so that participants can keep track of their weight, and 300 pedometers were purchased.

OCCC student, Aaron Cardenas said he's already excited to take advantage of the opportunity.

"This program is great timing for me, because I just started a fitness program so a free pedometer is

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RECREATION & FITNESS

at help." Cardenas said.

Recreation and Fitness Coordinator, Laura Swain, said details for an incentive program are still being finalized.

The program is about more than just walking. Swain said.

It promotes healthy lifestyle choices by encouraging participants to eat five servings of fruits and vegetables a day, limiting screen time, such as phones and television, to less than two hours per day, exercise for at least one

hour per day, and to cut out sweetened beverages. Monthly presentations by a registered dietitian regarding diet, disease, and weight loss will be held in the College Union rooms from 12:301:30 p.m. on July 8, Aug. 15, and Sept. 8.

For more information contact Swain at laura.a.swain@occc.edu.

Nutrition expert recommends non-diet approach



Kimberly Davis Tyler Adams/Pioneer

TRAVIS FORSYTH

Sports Writer sportswriter@occc.edu

The walk-fit program offered by OCCC held a diet and fitness seminar hosted by Oklahoma Nutrition Expert Kimberly Davis on July 8.

Davis' presentation covered various topics in regards to the problems with popular diets in our society, poor diet strategies, consequential health risks, as well as suggesting a new diet strategy that is, as she put, "gaining a lot of ground" called the "non-diet approach to weight loss."

She explained this strategy focuses on achieving permanent weight loss by making exercise and sensible eating habits apart of daily life.

"Most of the clients I see, only need 'tweaking' with their behaviors towards food and physical activity, they don't need to go on a diet, they need help making these changes and also learning about internal cues on when it's time to eat" said Davis.

Davis noted that 95 to 98 percent of all diets fail and 96 percent of people who go on diets usually regain the weight they lost in a year's time.

She explained that the non-diet approach to weight loss isn't necessarily a diet at all, but training your mind and body to listen to the internal hunger cues our bodies give off when it's time to eat instead of the external cues that tell us it's time to eat such as, a lunch break.

She reasoned that diets are ineffective because the physical and emotional human response to food restriction makes them virtually impossible to commit to. Dieting activates portions of the brain that is responsible for paying attention to the reward properties of food, increasing food intake.

"Dieting makes the body and the mind hungry, causing dieters to become preoccupied with food which leads to bingeeating.

"When people are restricting from certain foods for a long period of time, it's natural for them to over eat" explained Davis.

Dieters who fall into a cycle where they lose weight, but constantly put it back on (known as yo-yo dieting), actually have an increased risk of heart disease and an increased mortality rate, warned Davis.

The non-dieting approach allows one to build confidence in their own ability to select appropriate foods for their body at the appropriate amounts.

By changing one's behavior by dropping the "good food versus bad food" mentality and adding enough fat in a person's diet, it prevents the body from going into starvation mode and instead creates satiety, which is the cue our bodies give off when we're feeling satisfied during meal time, explained Davis.

The walk-fit program is a part of the OK 1050 initiative to bring awareness and urge students to be more active.

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Pokemon: praised by students and profs

Continued from Page 1

Pokemon Go is a location-based augmented reality game, otherwise known as a role playing game, that allows the player to move their character by physically walking with their cell phone.

The game is a free app. With it, the game accesses the player's cellphone camera and GPS feature, to show the imaginary, brightly colored animals that can be caught.

Players can "catch" them by flicking red and white pokeballs with their finger on their phone screens. Players can also battle other pokemon for control of a 'gym'.

The game has become extremely popular, especially at OCCC this week. Many students have said they play on their way to class or as they're leaving the school.

Some huddle together near the Visual and Performing arts Building or they dash inside the building to catch a Pokemon near the Van Gogh Buffalo in the main entrance.

Zechariah Yarbrough, a concurrent high school student from Tuttle, said he is extremely excited about the game, and anticipated it even before its release.

"Me and my friend have been waiting for it since its announcement," Yarbrough said. "I played Fire Red, Leaf Green, and Ruby, and a few of the [Nintendo] DS one's. I did watch the cartoons all the time."

He said the game has many great qualities that he finds beneficial.

"It gets people up and walking around, I walked six miles to hatch an egg," he said. "When you come to a 'Gym' or a 'Pokestop' you just meet new people. That happened a few times with me."

A 'Pokestop' is a specific area in the game where many Pokemon gather and can be caught.

Despite this, however, Yarbrough said there are negative qualities as well, such as people not paying attention to their surroundings.

"The few people that have their head solely in it, not paying attention to where they go, and are like, walking in traffic or running into stuff," he said.

Engineering major Anh Tran, said he has been playing the game since the release date as well.

"I played Pokemon as a kid, and I also play Pokemon Competitive," Tran said.

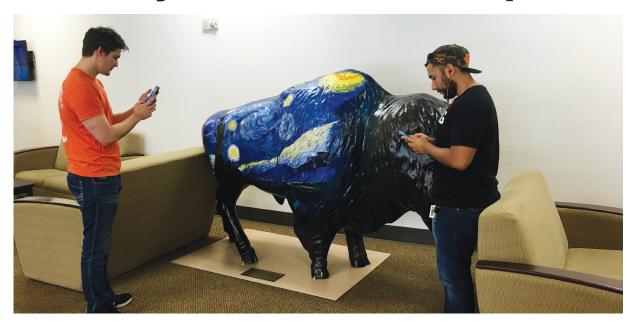
"It helps people interact and get outside more," he said. "Pokemon is kind of a big franchise, and even more people find out and discover new places."

In agreement with other students, Tran said there are adverse side-effects, including students being engrossed in their phones, and at times not paying attention while driving.

Tran had one tip for Pokemon Go players: "You gotta catch 'em all"

Another negative for the college is that some students have formed teams and are defacing college property by inscribing their team names, such as Instinct, into the college sidewalks.

One such area was damaged recently near the Arts and Humanities Center's main entrance where the



Jim Ritchey, digital cinema major (left) and Chris Carcamo, pre-med major, hit up a "Pokestop" located at the sculpture in the VPAC. *Trey Bell/Pioneer*

word "Instinct" has been scratched into the sidewalk.

Pre-Med major Chris Carcamo and Digital Cinema major Jim Ritchey both said positive things about the new app though.

"This is doing the complete opposite of what social media is doing nowadays," Carcamo said.

He referred to people engaging in conversation and getting active, something not done behind a computer screen.

"They've been trying to make video games to get people fit for years," Ritchey said. "They finally did it."

Though the game engages OCCC students on campus, it also attracts people off campus due to the high amount of "Pokestops" located on the grounds.

Nathan Despain is a full-time employee at the Hobby Lobby Distribution Center. He was drawn to the campus because of its unusually high level of Pokemon.

Despain said he was excited when the game came out, mostly because he played the games as a child, soon after the franchise's initial release in the U.S. in 1998.

"[I played] about 15 years ago when the original red version and blue version came out," he said.

For some, the game is actually quite revolutionary, according to OCCC Psychology Department Chair Dr. Jeff Anderson.

He praised its ability to motivate people to be active outdoors.

"All my research when I was in my grad studies for my master's and my Ph.D. was actually really focus ed on weight status," Anderson said. "For decades we've been trying to find ways to get kids mobile and get them out of sedentary type of situations."

"We saw that with the [Nintendo] Wii, where we saw people actually moving their arms instead of their thumbs, and that was praised," he said.

Anderson also discussed other gaming platforms, like 'Dance Dance Revolution on Xbox Kinect, but said these games were still really limited.

"You have to have somebody who wants to dance for 'Dance Dance Revolution," he pointed out.

"The activity base. I think this has touched that bigger than anything that has ever been done before," Anderson said. "I think that is just amazing. People have been trying for years to get this thing to happen."

Beyond getting people active and moving, Anderson also enjoys the prospect of getting people outside in the sunlight.

"For our public spaces, I think parks are completely under utilized for the money that we put into them," he said. "I went to a park myself and there was probably 60 people, and they range from [age] 50 down to 16 or 17, all out playing this game, and they were talking to each other, they were actually sharing information."

The game has been a smashing hit for Nintendo, which owns a portion of The Pokemon Company. Nintendo's market value has gone up over \$12.9 billion in just 8 days after the application's release in the U.S., Australia, and New Zealand, and is anticipated to increase with upcoming releases in Japan, the UK, and several European countries.

According to the data analysis company Survey-Monkey, Pokemon GO is the most successful mobile application in the US with over 21 million daily users beating 'Draw Something' and 'Candy Crush', and is set to surpass Twitter in active daily users in the coming days.

Anderson said he wants students to be safe when playing Pokemon Go.

"Don't go to an area you're unfamiliar with," he said. "Staying in public spaces is probably the safest. Don't do it and drive."

Anderson said finally that the game may even help break down social barriers.

"In terms of social aspects, overcoming things like racism, and other problems we have interacting with other people who are different from ourselves is huge," he said. "That is a really good thing."

Pokemon Go is available as a free download on both Apple's App Store and Google's Play Store. Don't forget, you gotta catch 'em all!

CAMPUS COMMUNITY



Brexit: students and professors weigh in

GRANT BAUERNews Writing Student

OCCC students and professors have mixed feelings about the future of the United Kingdom, and some claim Britain has even chose the path to its own destruction in choosing to leave the European Union recently.

In a slim vote for secession, the citizens granted the nation the ability to leave the EU and effectively become sovereign again.

The ability to leave the EU gives England and other countries, islands and territories under British rule the ability to control its own trade and immigration policies according to CNN.

Other benefits include more economic freedom, less bureaucracy, and the ability to control their own legal systems according to betteroffout.net, a campaign site dedicated to Britain exiting the EU.

However, while the decision directly impacts those living far away from OCCC, many at the college are seemingly shaking their heads.

OCCC Math Professor and English immigrant Paul Buckelew said the decision could have serious financial consequences for the country.

"No one from the U.S. is going to want to invest because of the uncertainty" he said.

Buckelew said if he had been able to vote on the referendum he would have voted to stay in the EU. He said he thinks that people don't understand all sides of the argument.

"In England people are upset not about outside immigration but (about) cheap labor from Poland" he said.

"It's also a generational thing," he said. "When you go downtown and see few Londoners and more immigrants, it bothers my parents. But I like to see it."

Some OCCC students expressed their agreement with Buckelew.

OCCC international business major Martin Gonzalez said he sides with the professor.

"I think it was the worst thing they could have possibly done because they knew it would hurt the economy. People were selfish and chose to close their borders rather than help others economy." Martin said.

But other students, like Warker Huynh, said they feel differently.

"I feel like it could be good because there are less economic restrictions," Huynh said.

Another OCCC Professor who spent a number of years living in England and who teaches English for OCCC, has very negative feelings about the Brexit.

Professor Kym Ward, who recently returned from a spring semester in Britain, thinks this is the end of it all for the UK.

"I think Britain signed its own death warrant" said Ward.

Ward said she fears that Scotland will want an independence referendum now.

She warns Scotland's exit would harm Britain because they get the majority of its nuclear and gas power from Scotland.

For more information about Brexit and the next steps forward, visit http://qz.com/721596/brexit-thelongerview/

Take part in the conversation – leave a comment on our facebook page. www.facebook.com/OCCCPioneer

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WEEKLY CROSSWORD

Across

- 1. Fertile desert spot
- 6. Concluded
- 10. Messy fellow
- **14**. Razor
- 15. Ascend 16. Roman garment
- 17. Comic ____ DeGeneres
- 18. Christmas carol
- 19. Bakery item
- 20. Not year-round 22. Showed feelings
- 24. Finale
- 25. Kept
- 27. Flower container
- 28. More sharply inclined
- 32. Most skillful
- 35. Pause
- 36. Legendary boxer
- **37**. Sulk
- 38. Maiden name indicator
- 39. Grinding machine 40. Pitcher's stat
- 41. Bottomless
- 43. Raspy
- 45. Get together again
- 47. Wish
- 48. All people
- 53. Make attractive
- 56. Jeweler's helper
- 58. Placed
- 59. Smelling organ
- 61. Make right
- 62. Window ledge 63. Pub potables
- 64. Succinct
- 65. Fashion magazine
- 66. "____ we forget"
- 67. Computer key

Down

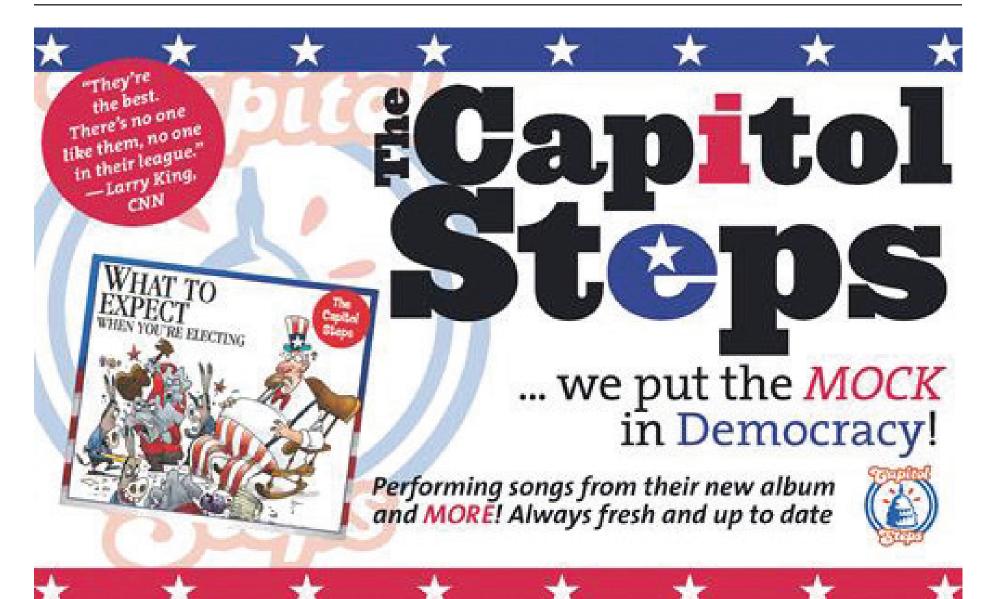
- 1. Overweight
- 2. Woody or Tim 3. Mixed greens
- 4. "Beware the _
- March"
- 5. Spanish women
- 6. Elaborate 7. Fiddle's kin
- 8. Compass point (abbr.)
- 9. Eases up 10. Took long steps
- 11. Burglar's booty
- 12. Stare
- 13. Hairless
- 21. Bird's home

- 23. Track event
- 26. Words of comprehension (2 wds.)
- 27. Animal doc
- 29. Couple
- 30. House additions 31. Agitate
- 32. One who mimics
- 33. Tedious one
- 34. Hawaiian feast
- 35. GOP member
- 38. Not ever, poetically
- 39. _ West of
- Hollywood
- 42. Unending
- 41. Opera star

- 43. _ Kong
- 44. Perform surgery 46. Sewing item
- 47. Not lying
- 49. Positive answers 50. Turn aside
- 51. Compact 52. Command
- 53. Ultimatum word
- 54. Brad
- 55. Pickle seasoning
- 57. Prayer close
- 60. Bullring cheer

http://pioneer.occc.edu





Political satire through music

From OCCC Cultural Programs:

The Capitol Steps return to OCCC at 8 p.m. Saturday, July 16 with their unique blend of musical and political comedy and satire, guaranteed to leave both sides of the political spectrum laughing. No matter who or what is in the headlines, you can bet The Capitol Steps will tackle both sides of the political spectrum and all things equally foolish.

There's never a shortage of good material in an election year! Tickets are available at the OCCC box office or at tickets.occc.edu.