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PIONEER

www.occc.edu/pioneer

Very r-i-i-ce



Photo by Amber McBride

Students Tammie Mallow, Erik Murray and Jorge Marzola have their names written on rice during a Student Life sponsored event planned to welcome students during the first week of classes. Hogwild Entertainment provided the fun.

State health card offered to residents

Oklahoma Drug Card program allows for discounts at pharmacies statewide

By Chris Lusk
Editor

Twenty eight percent of college students are uninsured, according to a recent Aetna poll.

With the launch of the new Oklahoma Drug Card program, 28 percent of Oklahoma's college students now have access to more affordable prescription medications.

Under the program, any Oklahoma resident may sign up online and print off a card that will provide instant savings on prescription drugs at 687 pharmacies statewide, said Joe Willard, state program director.

The card is free. There are no age or income restrictions and there is no lengthy paperwork to fill out, Willard said.

Card users are expected to save as much as 75 percent on medications, while the average savings are projected around 35 percent, he said.

There are two different cards available on the website, the Freedom plan and the Spirit plan. Both offer a wide variety of discounts and various locations, Willard said.

"We strongly encourage everyone to sign up for both plans," he said. "Each card has a different use. The Freedom plan is used at larger corporation pharmacies such as Walgreen and CVS. The Spirit plan is used at locally owned pharmacies."

Majority of prescription medications are available for discount. Users can find the eligible medications and participating pharmacies listed on the program's website, Willard said.

"Even if you have insurance, a

drug may be cheaper with the Drug Card than your insurance," Willard said. "Just bring both cards with you when you visit the pharmacy."

"Your pharmacist can look up the price for your medications under both cards and that way you receive the best price."

With pharmaceutical companies paying millions of dollars in the research and development of prescription medication, the assumption is that there must be a catch to the program.

"Lots of people ask me [what's the catch]. Truth is, there is no catch. The drug companies are just under lots of pressure to sell their products."

—Joe Willard
State Program Director

But Willard said the pharmaceutical companies are funding the program in order to sell their products.

"Lots of people ask me [what's the catch]."

Willard said. "Truth is, there is no catch. The drug companies are just under lots of pressure to sell their products."

Many times, when people receive a prescription that costs too much they go without filling it, Willard said.

"Approximately two-thirds of people who see a doctor leave with a prescription," he said. "If those prescriptions are going unfilled then no one is making money."

Willard said the drug companies are operating under the mindset that some money is better than no money.

Oklahoma is the 23rd state to begin its own prescription card program sponsored by United Networks of America, a provider of numerous health care products based out of Baton Rouge, La., he said.

"Oklahoma has a huge need for the prescription card program," Willard said. "We have one of the highest uninsured popu-

See "Card," page 12

Lunch just got more costly

By Cynthia Praefcke
Staff Writer

Those who eat in Carson's Market Fresh Café, better known to its patrons as the student union, will pay more for their food starting Jan. 21.

Increases will average about 6 percent.

"We waited as long as we could, but we had no choice," said Corrine Aguilar, general manager. "The last price increase was in fall of 2006."

Costs rose more during the first six

months of 2007, than in the entire previous year, and the trend is continuing, she said.

"The cost of red meat, poultry, eggs and milk went up 6.2 per cent in 2007."

Aguilar said the cost of eggs, for instance, went from \$11 per case to \$22 during the past year, and certain meat and cheese prices were raised \$24 per case.

Gas prices go up, Aguilar said, and so do the products made with petroleum distillates, such as the

plastic gloves used in food preparation, and the foam cups for drinks. It all enters into the cost of the menu items.

"The union is a convenience for many at the school, so we want to be sure to offer quality food at comparable prices," she said. "We feel our prices are competitive."

Students were asked what they thought about the price increase.

Ryan Crow, second-

See "Food," page 12

Editorial and Opinion

Editorial

Avoid the line, and get online

As I was walking around campus the week before classes started, I realized how many people were standing in lines such as registration, enrollment, bookstore, financial aid, bursar's office and the line for student IDs.

The lines weren't as bad earlier that week, but as the first day of classes approached, everybody started rushing to get enrolled in those last minute classes.

The only problem is finding availability for those classes. I enrolled early in December, but I quickly learned that it was not early enough to get into every class I wanted.

Now the Enrollment office is full all day long at every table and it is virtually impossible to get placed in all the classes you want, let alone the required ones.

There is a faster alternative to those lingering lines, that is Mine Online on www.occc.edu.

When enrolling on MineOnline, you can see what classes have availability, which differs from the enrollment office where you may not know exactly if a class you are signing up for is available or not.

If you're not a first semester student this is the best alternative.

MineOnline also can be used to pay tuition which can save much time from standing in the dreaded line at the bursars office.

Students have access to the internet through the hundreds of computers on the first and third floor of the library and also near the welcome center in the Main Building.

For the first several weeks of school, these different areas will be full of students and saving time is essential.

Once classes have started, it can put an even bigger bind on when students can get these things done because the time becomes tighter.

Books will still have to be purchased inside the bookstore, and the new student ID lines will take a few minutes, as well as Financial Aid, but anything to save time is key.

To avoid the long lines, you must do the obvious, which everybody knows is to show up to school early.

The more students that show up to school throughout the day for classes will increase the wait in the lines.

Just remember to get everything you need done early.

Once this is over, you can get the real start to the semester. Good luck to everyone!

-Matt Bishop
Senior Staff Writer

College offers trip to Europe for college credit

To the editor:

The world is rapidly becoming more global and our students need to be a part of that future.

OCCE is offering a trip to Italy and Greece this summer. Students have the opportunity to spend 10 days in Rome and Athens, two of the most treasured cities in Europe.

We are offering the opportunity not only to travel to these exotic locales but also to earn college credit as well.

We will have another orientation meeting for all students who are in-

terested on Jan. 30 at noon at Pho 89 Restaurant (SW 89 & Penn). If any student is interested in the trip but cannot attend the Jan. 30 meeting, they need to see Professor Ludlum in 2R3 as soon as possible.

The deadline to register for this life-changing trip is Feb. 9, so do not miss out.

Check out my web site (www.occc.edu/mludlum) for more details.

Do not get left behind. Plan on touring Italy and Greece this summer and earning college credit.

This trip will broaden students understanding of the world.

-Marty Ludlum
Business/Economics Professor

PIONEER

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- Amber McBride.....Photographer
- Cynthia Praefke.....Ad Manager
- Brian Stansberry.....Webmaster
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- Ronna Austin.....Lab Director
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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. However, the PIONEER will withhold the 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 to the editor can be delivered to the PIONEER office, mailed to: Pioneer Editor, 7777 S. May, Oklahoma City, Oklahoma 73159 or faxed to (405) 682-7843.

Letters may also be e-mailed to editor@occc.edu. A phone number for verification must be included.

The PIONEER can be accessed on the Internet at: www.occc.edu/pioneer.



OKLAHOMA CITY COMMUNITY COLLEGE

Comments? Opinions?
Let us know!
E-mail us at editor@occc.edu
or call 405-682-1611,
ext. 7409.

off the mark.com by Mark Parisi



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Comments and Reviews

'Orphanage' falls short

There's almost nothing creepier than a horror story involving children. There's also nothing worse than seeing a promising horror film fall victim to its own plot holes and mediocre devices.

"The Orphanage" is the story of Laura (Belén Rueda), her husband Carlos (Fernando Cayo) and son Simón (Roger Princep) as they move into a new home, one that used to be an orphanage for sick and disabled children.

Laura, who spent a number of her childhood years in the orphanage, has dreams of reopening the doors to a new generation of children. But, that all gets thrown out the window when Simón goes missing.

The happenings leading up to her son's disappearance are intriguing: Simón has a number of imaginary friends that he plays games with, games that Laura gets drawn into. Each game seems to reveal clues to the history of the house and once Simón disappears, Laura's search for more clues sends her on a personal horrifying journey.

The film's strongest point is its atmosphere, and the sense of uneasiness it sends to audiences. However, that feeling of something running down one's spine is quickly taking away by all of the ho-hum horror film clichés

For starters, loud noises, doors flying open and dark rooms aren't much scary these days. I think it's safe to say the average horror fan's senses have grown immune to these techniques. Also, old houses that sit in a high-wind area and also have predominantly wooden floors will tend to bend and creek. But, the worst part about this is none of these attempts ever fully put viewers on



the edge of their seats.

Secondly, the film's flow gets interrupted repeatedly with unimpressive and stagnant b-roll footage, most of which are simple shots of the outside of the house. The house itself isn't scary. In fact, it looks quite lovely and inviting. But, even then, the false sense of security the film tries to portray never really takes hold. In the end, a moviegoer would be much more likely to get annoyed with the house than become scared of it.

Some key plot elements also take a hit when the scenes are thought out more closely. For instance, during the orphanage's grand reopening, Simón tells Laura about a new imaginary friend named Tomás. Simón begs Laura to let him show her Tomás' "little house." When Laura declines the offer, Simón gets upset.

Later, we see a small boy in the front yard wearing a sack over his head (that has colorful facial features, such as a mouth, painted on it) and a whistle around his neck. The film leads us to believe that this child is either Simón or Tomás, and we know it could be Tomás because of drawing Simón has done of a his friends.

While Laura is looking for Simón in the house, she encounters the costumed boy. Thinking it's

her son, she reaches out to remove the sack from his head, but is then shoved into a bathroom, her hand crushed in the door, and she finally gets loose only to fall into the bathtub. The child then presses the bathroom door's key against the window on the door, taunting Laura.

Now, why would Simón do that to his mother? Because he's mad she wouldn't go see Tomás' house? It doesn't make sense, just as it doesn't make sense that Laura could see Tomás because, later in the film, a psychic medium tells her only those close to death can see the dead. That's a significant problem with the plot, because it's the event that jumpstarts Laura's search for her son.

While not remarkable, the acting in "The Orphanage" is believable. Laura's desperation to find her son after he's been missing for nine months is quite a jarring thing to see on film, mostly because of the lengths she goes for her son. Princep as Simón does a solid job for a young actor, even if he's only in one-third of the film.

Don't discredit "The Orphanage" for its faults, though. In a small way, it's a smart horror film that does its best at being different, offering a decent 90 minutes of entertainment. No doubt people will catch the film because Guillermo del Toro (of "Pan's Labyrinth" fame) was one of its producers. But don't expect quite the grandiose story, the beautiful storytelling or the impressive imagery found in "Pan's Labyrinth." "The Orphanage" is its own story, with its own flaws and own strengths.

Rating: C

—Richard Hall
Contributing Writer

CAREER POWER

Welcome students!

The Career and Employment Services office is ready to assist you with decisions leading to the career field you will enter; the college major you will declare; and with your current and future job search goals.

We can provide tools and information that will make these very important choices a much easier and fact-based process.

For example, many students want to know what the fastest growing occupations are projected to be here in Oklahoma.

To answer that question we provide data from the Oklahoma Employment Security Commission and their employment projections through the year 2014.

Of those projections the following programs are offered through OCCC.

Oklahoma's Fastest Growing Occupations Requiring Post-Secondary Training or an Associate Degree

<u>Occupational Title</u>	<u>Employment Growth Rate</u>
Physical Therapist Assistants	37.69%
Preschool Teachers, Except Special Education	32.83%
Emergency Medical Technicians and Paramedics	28.86%
Occupational Therapist Assistants	26.92%
Diagnostic Medical Sonographers	26.68%
Registered Nurses	25.80%
Respiratory Therapists	23.67%
Surgical Technologists	23.04%
Medical Records and Health Information Techs	21.52%
Medical Transcriptionists	20.72%
Medical and Clinical Laboratory Technicians	20.01%
Desktop Publishers	18.82%

Oklahoma's Top Ten Fastest Growing Occupations Bachelor's Degree or Higher

1. Network Systems and Data Communications Analysts	52.14%
2. Environmental Engineers	44.51%
3. Physician Assistants	39.96%
4. Computer Software Engineers, Applications	38.37%
5. Database Administrators	35.79%
6. Network and Computer Systems Administrators	35.23%
7. Museum Technicians and Conservators	34.95%
8. Financial Examiners	34.83%
9. Curators	32.91%
10. Athletic Trainers	31.91%

Please visit our offices located in the Main Building, First Floor Advising area or phone for an appointment at 405-682-7519. Website: www.occ.edu/es

—Debra D. Vaughn
Director of Career and
Employment Services

Have something to say? Let your voice be heard.
e-mail us at editor@occ.edu

Propane heater causes false alarm

By **Stephen Sossamon**
Staff Writer

A propane heater left on to keep a construction area from freezing created alarm Thursday evening, Jan. 10,

when a security officer thought he saw flames in the unfinished portion of the Health professions Building.

Security Officer Jacob Roby reported that he saw

what he thought were flames inside the building, which is under construction on the southwest side of campus.

Shortly after noticing the flame about 8:30 p.m.,

Roby notified the dispatcher to send an extra officer to assist with the search.

Officer Kevin Tipton arrived and helped Roby with the search of the interior part of the building while Officer David Shriver and Officer Johnathan Walker searched the outside.

They discovered a propane heater purposely left on by the contractors, to make sure the room temperature stayed above freezing, according to the report.

Earlier in the day, at 9:53 a.m., Officer Keith Thompson arrived to lot D VIP parking to take a stolen stereo report from Rodrigo Carrillo, a Wynn Construction worker.

Carrillo said he parked his silver Chevrolet S-10 at 7 a.m. and returned at 9 a.m. to notice his Sony CD player and some CDs were missing, worth \$150.

"As far as I know, the CD

player and CDs haven't been recovered," Thompson said.

With no signs of a break-in, Thompson asked Carrillo how someone could have gained access to the inside of the truck, to which Carrillo stated that he didn't lock his doors.

"He didn't give me a reason as to why his doors were unlocked," Thompson said.

"The windows were dark tinted so you couldn't really see much."

Thompson then notified Carrillo to keep his vehicle secure and then took pictures where the missing items once were in the vehicle.

"There were quite a few people around, since it was a construction area, and [Carrillo] told me the vehicle had been parked there for a while," Thompson said.

Staff Writer **Stephen Sossamon** can be reached at onlineeditor@occc.edu.



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Grant brings some color to the Pioneer

By **Brian Stansberry**
Staff Writer

The Pioneer has received a \$1,000 grant from The Oklahoman to print in color for several issues this spring.

The Pioneer has had past issues in color, but it was paid for by an advertiser who paid extra for a color display ad, said Sue Hinton, faculty adviser to the Pioneer.

Joe Hight, the professional representative of the Student Newspaper Advisory Board, and Director of Information and Development for The Oklahoman, requested the grant on behalf of the Pioneer.

Hinton also has requested funding to print the Pioneer in color but hasn't been able to get the funding through the budgeting process, Hinton said.

"[When we've had color, the Pioneer would] put the color on the front page," Hinton said.

"One of the things I've observed is on weeks that we have color pictures, more students pick up the paper. We want it to be attractive to them."

Hight suggested the Pioneer make it a priority to begin printing in color, Hinton said. "He told us that modern papers are printed in color, not 100 percent color, but it is color."

The grant will only last the spring semester, but she hopes it will add eye appeal to the Pioneer, Hinton said.

"Everybody agrees that color would be nice and everybody wants color, but then when you're trying to balance a budget, it tends to fall off the table.

"What we're all hoping is that maybe it will be another element of persuasion that will allow us to get color printing for next year."

Staff Writer **Brian Stansberry** can be reached at onlineeditor@occc.edu.

Opening Day considered a success

OCCC's Opening Day was filled with students and families alike. said Jon Horinek, Student Life Programs and Service Learning coordinator. He said about 350 people attended.

Opening Day booths had information about new programs such computer technology, as well as information about medical fields.

There was plenty of free food and fun to go around. Student Life also offered students tour of the campus.

Chris Stewart, from Student Life said, "We try to help students with anything that pertains to them to help make them more successful."

Daniel Steward, game design major, said, "I wouldn't have been able to find my classes without the tour."

New students were surprised by the wide variety of programs and services offered by OCCC.

Mark Guin, game design major, said he enjoyed Opening Day.

"It's pretty awesome, and a lot different then when I had my first take on OCCC," Guin said.

(Top right) Computer Aided-Technology Professor Akram Taghavi-Burris helps new student Mark Guin get information over game design. Game design is one of the newest programs offered at OCCC. College faculty and staff were available to help students find their classes. They also gave information about college courses and programs.

(Bottom left) Nursing Professor Cindy Willams helps a student on Opening Day get information over the nursing program. Opening Day was held on campus Jan. 12. About 350 people showed up for the event.

(Bottom right) Chris Stewart (right) from Student Life helps out student Daniel Steward on his tour through the school to find his classes



**Photos and text
by Amber McBride**



Director says new equipment equals safer campus

By Stephen Sossamon
Online Editor

The shooting incident at Virginia Tech that killed 33 people in April of 2007 has prompted many people to ask just how safe school campuses are.

"It gave us a cause to re-think what we do," said Ike Sloas, director of Campus Safety and Security at OCCC.

"In fact, just before the incident at Virginia Tech," Sloas said, "Safety and Security had received new tools and equipment to help officers improve safety on campus."

"We got new trucks, new cameras, and new uniforms," he said.

"Since we've gotten the new equipment, we've seen a decrease in crime."

The trucks came with a mobile Wi-Fi connection to

"We are prepared and trained in case of a crisis. We plan with the Oklahoma City Police Department and send out mass notifications of emergencies."

—Ike Sloas

OCCC Campus Safety and Security Director

become a mobile wireless network, surveillance cameras have been installed in various areas around the campus, and officer uniforms have been updated for a more professional look, Sloas said.

Sloas said staffing also has increased, which helps with having enough manpower to work effectively.

"At any one time, there are two officers on the outside, in trucks, and two on the inside patrolling the campus," he said.

All officers have had at least 40 hours of training, including live firearms

training, fire training and CPR training.

Also, a new computer system, called IPAccelerate, will be installed to the campus system soon.

Coordinator of Campus Safety and Security Keith Bourque said IPAccelerate would eventually be able to send emergency messages in the form of text messages to students who sign up for the added feature.

This new safety tool would cost the college \$45,000, Sloas said.

The Safety and Security team is actively looking for ways to improve the safety

of the campus, Sloas said.

He said knowing the procedures in case of an emergency is vital in better insuring everyone's safety.

"The officers do that through training," Sloas said.

"The emergency posters posted in classrooms help the students and faculty."

Sloas believes the Virginia Tech incident helped reinforce what was already going on safety and security-wise.

"We are prepared and trained in case of a crisis," he said.

"We plan with the Oklahoma City Police Department and send out mass notifications of emergencies."

Sloas said the issue of a crisis occurring has been talked about, planned, and trained for, with the OCPD playing a huge part if the

situation ever arises.

"I feel safe here," Sloas said.

Several students agreed with Sloas.

"I feel safe here because we have a lot of equipment and officers walking around," said premed major David Pappoe.

Game design major Eden McCorcle and nursing majors Bryce Shores and Tara Stevenson all said they feel safe too.

"I've never not felt safe," McCorcle said.

"It's because of the call boxes and all of the security officers here."

Sloas believes even new students should feel safe if they know what to do.

"Read our procedures and be familiar with them," he said.

Online Editor Stephen Sossamon can be reached at onlineeditor@occc.edu.

Safety and Security Emergency Procedures

Fire
First notification will come from the fire alarm horns, sirens and strobes. The class should gather their belongings, exit the building using the nearest exit, and move to a parking lot. Do not use elevators. No alarm should be treated as a false alarm. Horns, sirens and strobes are only used for fire alarms.



Fire (Special Considerations)
If someone in your area is not physically capable of descending the stairwell please ensure that they remain in the "area of safe refuge" located just inside each upper-level enclosed fire stairwell. There are emergency phones located near each of these areas.



Medical
For all medical related issues push the "emergency" button located on each classroom phone. The phone will display your room number allowing for fast response to your location. All security officers are trained as first responders and will assist in guiding EMSA to your location. Treat all bodily fluids as if they were contaminated.



Weather
Tornado warnings that include OCCC will be sent directly to the classroom phone. The phone will sound an alarm and display a text message. The class should gather their belongings, move away from exterior glass and exits, and move to safer areas. These areas are noted in OCCC policy 3048. (For example, lower-level interior classrooms, restrooms and stairwells.) If the city/county sirens are sounding and OCCC is not in the warning area a message will be sent to the classroom phone advising this information.



Bomb
If you receive a bomb threat, document as much information as possible and push the "emergency" button on the phone. If the decision to evacuate is given, the phone will sound an alarm and display a text message. The class should gather their belongings, exit the building using the nearest exit, and move to an open grassy area. Please turn off all wireless devices. (Cell phones, radios, laptops and other portable devices.)



Disturbance/Threats
If someone is causing a disturbance in a classroom call security immediately. Push the "emergency" button located on each classroom phone. Distance yourself from that person, don't place yourself in the person's exit path and remove all potential weapons from the area. If we have an armed person or shooter on campus: Close and lock your hallway doors. Turn off the lights, shut the blinds or move away from exposed areas. Use desks, tables and other objects to provide protection. Updated information will be sent to the classroom phone.




To contact Safety and Security for emergencies from a campus telephone:
Push the Emergency Button on the classroom phone.

To contact Safety and Security using an off-campus telephone/cell phone:
Call 405-682-7572



OKLAHOMA CITY COMMUNITY COLLEGE

The city is going on a diet

And OCCC is lending a hand

By Amanda McCutchen
Staff Writer

This year Mayor Mick Cornett wants Oklahoma Cityans to lose a million pounds. "No other city has ever been put on a diet," Cornett said.

"The message of this obesity initiative is that we've got to watch what we eat. Exercise is part of it... but you're not really going to take on obesity unless you acknowledge that we eat too much and don't eat the right foods," Cornett said.

The challenge created by the mayor is called, "This City is Going On A Diet!"

Oklahoma City is ranked number 15 of America's fattest cities, according to the latest survey in Men's Fit-

ness magazine.

"People select food for psychological meaning, and comfort food tends to be lower in nutrition," said Linda Cowan, nursing professor at OCCC.

"It is better to eat slowly and concentrate on what you are eating," Cowan said. "When you eat while doing other things, you lose track of all that is going into your mouth."

In order to help assist city residents who want to participate, the mayor has a website called www.thiscityisgoingonadiet.com. The website provides information about health and exercise, as well as upcoming exercise events in the city.

At this website citizens can become a part of the

mayor's program. Individuals, families, corporations, churches, sports teams and community groups are all welcome.

"It is easier to lose weight when doing it with other people," said Cornett.

Cornett has been counting the calories and has already lost 37 pounds.

"I am sticking to a small meal plan and avoiding breads and high calorie foods," Cornett said.

OCCC's Coordinator of Risk Management Lisa Vaughan said she signed up on Jan. 4, and established a group number for the college.

"If students and faculty want to be a part of the cumulated weight loss here at the college, they can enter

OCCC1 in the group number box provided when they are filling out their registration," Vaughan said.

Registration is free and the website will help citizens connect with citizens to stay focused.

Students and faculty at OCCC have easy access to workout facilities as well as fitness classes, said Eric Watson, recreation specialist for Recreation and Community Service.

"Lots of students use the wellness center. We offer something the students and community can get involved in," Watson said.

"Sign-up for intramural sports is always open. Students just need a valid ID to participate," Watson said.

"The Wellness Center is free for students as long as they are enrolled in the current semester," said Sam Hamidi, Wellness Center employee and OCCC student.

Hamidi has been working at the Wellness Center for eight months. He said Wednesday nights are really busy in the gymnasium because pick-up volleyball and basketball games are played that night.

Fitness classes are also available at OCCC. Cardio boot camp, body sculpting, core training, hatha yoga, and Pilates are just some of the classes offered. Classes cost between \$20 and \$55. Most classes cost \$20 for current OCCC students.

Class helps students stay fit

By Matt Bishop
Staff Writer

Have you ever wanted to take a course that teaches how to maintain a healthy lifestyle?

If so, OCCC's Total Wellness course is just for you. Adjunct Professor Kimberly Davis teaches the course.

Davis said the class focuses on five aspects of health: physical, mental, emotional, social and spiritual.

"We developed the class so that it would focus on wellness as a whole," Davis said. "We exercise in all five aspects because each one is as equally important as the other."

Having mental stress can affect the physical state of health, and eventually the other aspects, Davis said.

She said Oklahoma ranks 47th in overall health throughout the nation. She also said there has been a high increase in weight problems among the youth.

"I took a hard look at ev-

erything when I started seeing kids developing Type II diabetes, which is the type that forms because of weight problems," Davis said.

A goal of the program is to educate the younger age ranges, then for the youth to encourage older people to stay fit, Davis said.

She developed Project You, which is a field study in the class that focuses on the individual. It monitors body fat percentage, weight, hip and waist ratio, and exercise progress.

"There's a one-rep max test and a sit-up and push-up test where they can get a baseline health of where they are."

Davis said students are evaluated every three weeks for progress.

Many students achieved success with the program. Davis said in the fall she had two students change their smoking habits.

One of those smoked a pack a day and one student cut back to just smoking one pack of cigarettes a

day.

One woman dropped four percentage points in body fat while another lost 14 pounds.

Also, one woman started going back to church and another developed better relations with her husband, Davis said.

The woman was afraid to speak up to her husband, but the program enabled her to communicate better.

"I totally compliment these kids and respect what my last class did as a whole because they decided to make the change.

"I was proud as an instructor, but my part was very small in it."

The class is offered as a Physical Education and Health credit.

The class is held 10 to 10:50 a.m., Tuesdays and Thursdays, and students can receive two credit hours for taking the course.

Davis said she encourages anybody to come, whether they are overweight or underweight, tall or short, young or old.

Top 25 fattest cities

City	Last year's rank
1. Las Vegas	2
2. San Antonio	12
3. Miami	14
4. Mesa, Ariz.	10
5. Los Angeles	3
6. Houston	5
7. Dallas	4
8. El Paso	8
9. Detroit	15
10. San Jose	24
11. Long Beach	7
12. Memphis	6
13. Chicago	1
14. Arlington, Texas	22
15. Oklahoma City	17
16. Indianapolis	11
17. Forth Worth	13
18. New York	25
19. Fresno, Calif.	22
20. Wichita, Kansas	19
21. San Diego	21
22. Phoenix	15
23. Jacksonville, Fla.	24
24. Kansas City	9
25. Cleveland	18

—Source: Men's Fitness magazine

Sports

UPCOMING

OCCC INTRAMURALS EVENTS

•**Feb. 5:** Intramural Basketball will tip-off its regular season. For more information about signing up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

•**Feb. 9:** Registration for Power Volleyball League ends. This is a competitive league open for all men and women ages 18 and up. The league starts on Feb. 19 and games will be held on Mondays. The league fee is \$200 per team. For more information about how to sign up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

•**Feb. 13:** The Free Throw Hot Shot Basketball Contest will be held inside the Wellness Center Gymnasium. For information about signing up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

•**Feb. 18-22:** Intramural Billiards Tournament will be held in the Wellness Center Gymnasium. For information about how to sign up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

•**Feb. 20:** The 3-point and Spot Shooting Hot Shot Basketball contest will be held inside the Wellness Center Gymnasium. For information about how to sign up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

•**Feb. 23:** Registration for Men's Spring Basketball League ends. This basketball league is open to all men ages 18 and up. Game days are on Thursdays and the league cost is \$230 per team. For more information about how to sign up, contact Recreation and Sports specialist Eric Watson at 405-682-1611, ext. 7786.

www.occc.edu/rcs

Time for Tennis

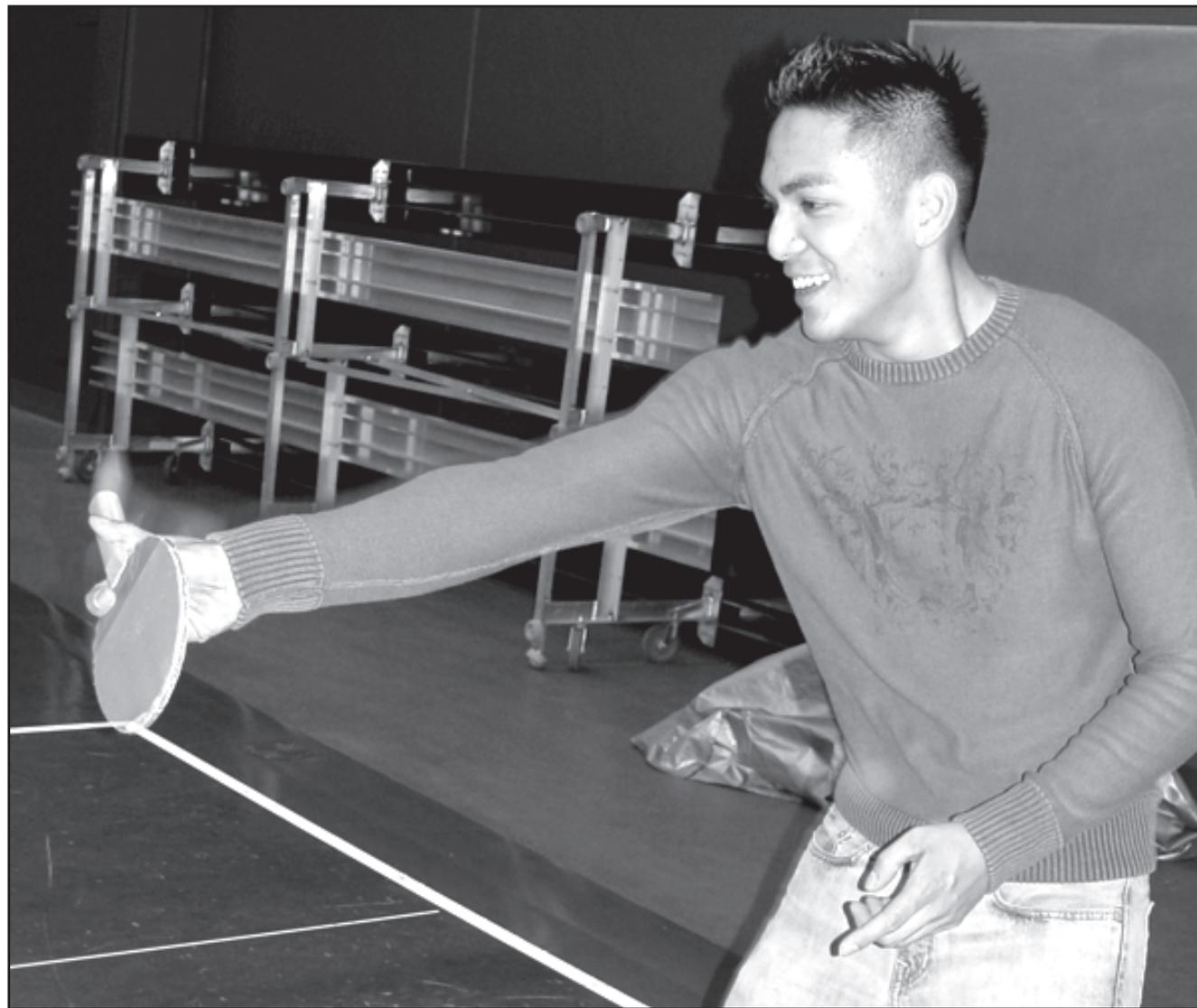


Photo by Amber McBride

Student Abraham Liongco enjoys a game of table tennis during the first week of class. The tables are available inside the Wellness Center Gymnasium. The Wellness Center is open Monday through Friday from 6 a.m. to 8:30 p.m. and on Saturdays 9 a.m. to 4 p.m.

Aquatic center provides fun

From open swim to water aerobic classes OCCC has it all

By **Matt Bishop**
Senior Staff Writer

OCCC's Aquatic Center offers one of the biggest swimming pools in the state of Oklahoma.

The Olympic sized pool was built in 1989 for the Olympic Festival Games that were held in Oklahoma City.

The pool offers many activities for students and non-students to take part in.

Rita Manning, Recreation and Community Services assistant, said open swim times are available to anybody who would like to use the facility.

All students with a current student ID can use the Aquatic Center for free.

The prices for non-students are \$6 for adults, \$4 for children under the age of 16, and \$2.75 for senior citizens age 60 and older, Manning said.

There are also punch cards that will give the visitor 20 visits. Adult cards are \$40, and seniors are \$30.

The open swim includes water polo, volleyball and basketball, Manning said.

She said all the equipment for those activities are present at the pool and available for anyone.

There may also be an intramural league for the water sports included in the spring intramural schedule, she said.

Manning said the Aquatic Center offers classes such as water aerobics and SCUBA practices where

students can learn SCUBA in the 18-foot diving well.

The classes are available to anybody interested in joining.

Students with current student IDs can join the classes for a reduced price of \$20.

The Aquatic Center will also be holding several swim meets throughout the semester including the Mountain West Championships, NCAA Zone Diving Meet and the Chesapeake Tri-meet.

The swim meets are not open for OCCC students unless they are signed up through the club sponsoring the meet.

Most of the swim meets have free entry to watch and students are welcome to come enjoy the show, Manning said.

Child care offered to evening students



By Yvonne Oberly
Staff Writer

Evening childcare will be available for OCCC students beginning Feb. 4 at the Child Development Center and Lab School on campus.

Mary McCoy, Child Development Center and Lab School director, said the pilot program will be known as the Reservation Room.

OCCC has completed research and found evening childcare is needed by students with young children, McCoy said.

"We know there are many

Child Development Center and Lab School Teacher Assistant Sarah McElvany reads a book to Jocelyn Perez, 4, and Riley White, 4.

Photo by Amber McBride

parents who want to further their education, and we want to make certain childcare is not a barrier to earning a college degree at OCCC," she said.

Positive feedback was given by some students.

"I think it's a good thing," said medical office assistant major Lequisa Williams. "There are a lot of single moms out there and to have your child in the same facility as you while you're in class is great.

Psychology major Cassandra Watson agrees.

"I think it's neat that the college is trying to help students with evening childcare to help them get an education," she said. "And, if anything happens, you're right there."

The evening childcare will be available Mondays, Wednesdays and Thursdays, from 5:15 to 8:15 p.m. for children ages 3 to 7, with space for 15 kids per evening, McCoy said.

"The number of children allowed per evening can possibly change since we are just testing the waters right now," McCoy said.

"If we get a lot of calls in response to the program, we may increase the number of kids allowed ..."

Some students weren't too happy about the age limits for evening childcare.

"What about students who have infants," said surgical technician major Josie Jackson.

"It's much harder to find babysitters for infants. They should have a baby room available."

Surgical technician major Shalon Wilbanks wondered about older children who

still aren't at an age to be left home alone.

"What if you have a child that is 8, 9, or 10? You can't just leave them at home The age rate should be from six-weeks-old to 11 or 12."

In addition to childcare, the program will offer a curriculum designed to meet the children's needs, plus an evening snack, McCoy said.

The center is located on the southeast side of campus, off Faculty Circle, facing May Ave.

Cost for the childcare is expected to be about \$10 per evening.

"For most students, the cost of evening childcare is based on a sliding scale, making available a reduced rate for Pell-Grant eligible parents," McCoy said.

One student said the program should be free.

"They should have the childcare for the parents and the children, not for the money," premed major Tabitha Tayoor said.

Requirements for evening childcare is that the parent or guardian must be an OCCC student enrolled in evening classes, who needs childcare for a minimum of three scheduled hours per week, McCoy said.

Parents also will need to make a reservation.

"A \$15 non-refundable enrollment fee is due one week after your child's placement in the program is offered," McCoy said.

For more information, contact CDCLS Supervisor LeeAnn Townsend at 405-682-7561.

Staff Writer Yvonne Oberly can be reached at StaffWriter3@occc.edu.

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Farmers Market and Events Center
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During the festival — from 2:30 until 6 p.m. — author Jamie Laleff will hold a book signing for her premier novel "Winter With the Cliff Dwellers." For more information, visit www.scarletfest.com.

Highlights

Career and Employment Power Workshops

OCCC Career and Employment Services is hosting a series of workshops this semester designed to help OCCC students make the transition from school to the workforce. Workshop topics in January include "Career Exploration through Discover" Jan. 22 and "Job Search through OCCC Job Board" Jan. 29. All workshops will be held from 12:30 p.m. to 12:55 p.m. on Tuesdays in Main Building Room 1F6. For additional information please contact Career and Employment Services at 405-682-7519 or e-mail at employmentservices@occc.edu.

New Transfer Tour Dates

This semester the OCCC Transfer Center will offer tours to OU, UCO, SNU, USAO and OKCU. Tour Dates: OU College of Journalism, Tuesday, Feb. 5; OU, Wednesday, Feb. 6 and Tuesday, March 4; OKCU, Tuesday, Feb. 12; UCO, Friday, Feb. 15 and Tuesday, March 11; SNU, Monday, Feb. 18; USAO, Friday, March 7. Tours are designed to answer questions and make the transition to the next school easier. There is limited space available for each tour. For more information or to reserve a spot contact Leslie Jones at 405-682-7567 or email at ljones@occc.edu

Upcoming Cultural Arts Series Performance

The renowned woodwind trio Allegresse will perform at 7 p.m. Jan. 29 at OCCC. Tickets are \$17 for students, seniors, faculty and staff. The trio also is offering an educational lecture titled "Discovering the Joy of Music" at 11 a.m. on Jan. 29. Tickets can be purchased by calling the CAS ticket office at 682-7579 or by going online at www.occc.edu/cas

Attention Business Students

All business students are invited to attend an informational program from 12:30 to 1:30 p.m. on Wednesday, Jan. 30, in the College Union. Tinker AFB is hosting the event to inform students of their internship program.

Help Support Our Pathways Students

Pathways Middle College High School is selling Blue and Gold sausage, bacon and chicken to support yearbook publication and senior class events. Sausage is \$5.50 for a 2.5 lb package, bacon is \$13 for a 3.5 lb package and chicken is \$16 for a 5 lb package. Blue and Gold products can be purchased in Room 3L6 in the Main Building.

Contribute to the Jones High School Rebuilding Effort

On Jan. 31 and Feb. 1 the Pathways Senior Class and National Junior Honor Society will sponsor a bake sale from 10 a.m. to 2 p.m. in the cafeteria. All proceeds will be given directly to Jones High School.

27 Students Receive Scholarship

The following students were chosen as recipients of a \$200 scholarship by the Faculty Association Scholarship Committee: Jenny Atteberry, Debra Barnett, Moses Barrie, Lisa Blaha, Christopher Box, Dayshawn Burns, Galaxia Canada, Regina Cobb, Kendra Cooper, Ryan Crow, Jessica Dodson, Taquoyah Emery, Paula Gullion, Austin Johnson, Kara Martin, Lyle Nelson, Darren Norman, Leslie Norrid, Frank Odame, Andree Ortiz, Kevin Robertson, Dorris Seaman, William Ringo, Eduardo Rodriguez, Jay Sheldon, Kathryn Taylor and Coleen Vache. The funds were raised by the association at its Arts Festival Coke booth and at the all-faculty garage sale. For information about Faculty Association Scholarships, contact Librarian Linda Boatright at 405-682-1611, ext. 7468, or Professor Susan Mann at ext. 7211.

All Highlights are due Tuesday by 5 p.m. for inclusion in the next issue. Highlight forms can be picked up in the Pioneer office, located on the second floor of the Main Building, across from the elevator.

A helping hand



Photo by Amber McBride

Chris Stewart from the Office of Student Life explains the purpose of Trio Student Support Services to a group of new students. The Trio office is located across from the OCCC Theater.

Joining student clubs both fun and beneficial

By Scott Glidewell
Staff Writer

College isn't just about going to class, doing homework and taking tests. It's also a great opportunity to meet new people and develop skills for later in life.

Student Life Director Darin Behara said participation in student clubs and organizations is beneficial because it gives students a chance to meet new people and develop leadership skills that will serve them when they make the transition into the workforce later in life.

Behara said there also is a direct correlation between a student's involvement in extracurricular activities and student success in college and life.

"One of the things we know about student success in college is that the more they are connected to the college, the more they are engaged in what is going on at the college, the higher their grade point averages are, and therefore, the more successful they are."

From 8 a.m. to 8 p.m. on Jan. 23 and Jan. 24, the Office of Student Life will host the Student Club and

"One of the things we know about student success in college, is that the more they are connected to the college the more they are engaged in what is going on at the college, the higher their grade point averages are, and therefore, the more successful they are."

—Darin Behara
Student Life Director

Organization Fair in the College Union.

The fair is a great opportunity for students to meet with current members and sponsors of all of OCCC's clubs, Behara said. Each club will have an information booth set up to explain the benefits of joining their club and what their purpose is on campus.

Behara said the fair is a wonderful event for the clubs because it allows them the chance to recruit new members and get a little publicity as well.

Joining a student club or organization can be fun, he said, but also looks good on college applications and scholarship applications when it is time to transfer to a four-year institution.

Behara said students should join a couple clubs because joining clubs allows them to put member-

ship in those clubs on their Student Activities And Recognition Transcript, and a good activities transcript will give students a competitive edge on scholarship applications and job applications.

Staff Writer Scott Glidewell can be reached at StaffWriter1@occc.edu.

January Brown Bag Lunch Schedule

Study Skills
Tues. Jan. 22nd - CU2 - 12:30
Wed. Jan. 23rd - CU1 - noon

Term Papers
Wed. Jan. 30th - CU1 - noon
Thurs. Jan. 31st - CU2 - 12:30

Drop by and enter to win a \$500 Wal-Mart gift card.

Classifieds

Pioneer Classified Advertising is free to all enrolled OCCC students and employees for any **personal** classified ad. Ads must be submitted in writing with IDs supplied or work area and college extension included. Deadline for advertising is 5 p.m. Tuesday prior to the publication date. For more information, call 405-682-1611, ext. 7674, or fax 405-682-7843.

AUTOMOBILES

FOR SALE: '05 50cc Yamaha Zuma. Blue, less than 100 miles, garage kept, recently tagged. Great for quick trips to the store, or running errands around town. Approx. 60-65 miles per gallon. I am wanting a smaller scooter, but need to sell this one first. Asking \$1,500. Call Tammy Davis 405-524-9429 or 405-210-7438.

FOR SALE: '00 Nissan Frontier. White, 5 speed manual trans. A/C, hard-top bed cover, new tires. Looks good & runs great! Asking \$1,700. For information call 405-222-1954. Ask for Allen.

FOR SALE: '93 GMC extended cab pickup. PW, PDL, AM/FM CD player, chrome mags, nerf bar. 198,000 miles. New transmission w/8000 miles, New crate motor 2003 w/ ~ 60,000 miles. All documentation. \$4,875. Call Terri at 405-413-1058. Leave message.

CHILD CARE

NANNY NEEDED: Seeking trustworthy, dependable nanny service or live-in nanny to care for and love my 2-year-old son. Credentials, references and background check a must. Call Chris at 405-473-1267.

ELECTRONICS

FOR SALE: 61-keyboard Casio. Like new, 137 tones, 100 rhythms, and more w/stand. \$95 Call Ray at 405-485-3382.

FOR SALE: Pair of Paradigm Reference bi-polar home theater speakers. Approx. 4' tall, black finish, in excellent condition. \$500 for pair-cost new was \$1,200. Check website at www.paradigm.com for further information about quality of speakers. Call Christy at 405-401-1254.

FOR SALE: SprintPCS Palm Treo 650 smartphone. Perfect condition & works very well. No scratches or scrapes. \$150. E-mail shelovezlaw@yahoo.com or call 405-210-2219 for pictures, ESN clearance number & discription. Serious replies only.

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TODAY'S CROSSWORD PUZZLE

ACROSS

- 1 Door handle
- 5 Large number
- 9 A twist of —
- 13 Volcanic flow
- 14 Cougar
- 15 — Seas
- 16 Consistent
- 17 Foray
- 18 Vote to accept
- 19 Ending for "auction"
- 20 Garden veggie
- 22 Cafeteria sights
- 24 Pullover
- 25 Plant pests
- 27 Scent
- 29 Freight boat
- 30 Mast
- 31 Expert
- 34 Mil. address
- 35 In the direction of
- 38 Snag
- 39 Noticed
- 40 Nutmeg spice
- 41 Topic
- 43 Chalkboard material
- 45 Halted
- 46 Pay attention
- 49 Some exams
- 50 Ill-mannered
- 53 Coffee container
- 56 Genetic copy
- 57 Harem rooms

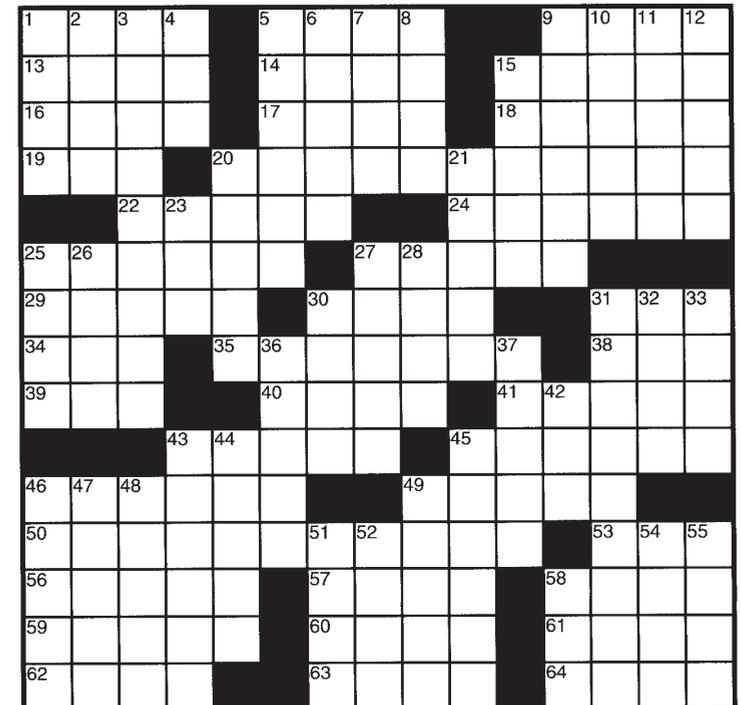
DOWN

- 1 Swiss painter
- 2 Church part
- 3 Topple (a government)
- 4 Prohibit
- 5 Mists
- 6 Hawaiian feasts
- 7 Jannings or Zatopek
- 8 Dry riverbed
- 9 Felt hat
- 10 Admits frankly
- 11 Plains dwelling
- 12 Vestibule
- 15 Oregon capital
- 20 West Point student
- 21 Norwegian bay
- 23 Eighteen-wheeler
- 25 Loose robes
- 26 "— Don't Preach"
- 27 Swiftly
- 28 Not common

PREVIOUS PUZZLE SOLVED

DEFY	PODS	BRUSH
ERLE	ILIE	AERIE
BAY	WINDOW	NASTY
USE	CAIN	SAGAS
TERMITE	OONA	
ALA	IGUANAS	
WACKY	CORNS	BUS
OSLO	LOWED	VENT
EAU	GALAS	PESKY
PELICAN	JOE	
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\$\$\$ MONEY FOR COLLEGE \$\$\$

New drug card offers reduced prescription prices to state residents

*"Card,"
Cont. from page 1*

litation rates in the country, well above the national average."

A few students have already caught wind of the program and have already signed up for both cards.

English major Melanie Potts recently signed up herself and her daughter for the cards after seeing a report on the news.

"I have insurance, but it doesn't cover all of the medications me and my daughter take," Potts said. "The card was extremely easy to sign up for.

"All I had to do was enter

our first and last names then hit submit and print.

"I just signed up for the program a couple of days ago so I have not had the chance to use them, but it sounds like a wonderful program that will really help out the state."

Some local pharmacies warn that users should be cautious when using the drug card.

Denise Dunn, a pharmacist at Ridgecrest Pharmacy, warned that because the program is just beginning, a lot of information is not known yet. She said students should double check that they are receiving an actual discount.

"We've seen discount cards in the past that took the discount off of the wholesale price of the drugs," Dunn said.

Dunn said that sometimes the discounted wholesale price doesn't beat the cash price.

"The problem with this is typically pharmacists sell their drugs at a cash price which is already reduced from the wholesale price.

"If you're using a 15 percent discount card which discounts the wholesale price, and your pharmacy has a cash price of 20 percent less than the wholesale, you are losing money," she said.

Willard said this concern had been raised, but said the discount would be based off the customary, usual cash price of local pharmacies.

"Just as with personal insurance plans, have the pharmacy check the prices," Willard said. "Whether you get a better deal through your insurance, the drug card, or the pharmacy, the whole goal is to bring more affordable medication to Oklahomans."

Dunn echoed these statements and said checking all prices is the safest way to

ensure users receive the best price.

While Dunn warned students to be careful, she did express hope in the program's success.

"I do hope this drug card turns out to be legit because it would be a tremendous help," Dunn said.

"Hopefully as time goes on we will start to see real savings on prescription medication purchases from the uninsured.

"I guess we will wait and see."

Editor Chris Lusk can be reached at editor@occc.edu.

Food price increase effective starting Jan. 21

*"Food,"
Cont. from page 1*

year business major, said, "I didn't really notice."

Justine Horsch, first semester, premed student was at the salad bar. She said she has no problem with the price increase.

Jeff Cosby, chef and food

manager, said another reason for the price increase is so Carson's can continue to offer a variety of fresh foods to keep things interesting.

"We prepare specials daily, but in order to provide these options, our prices have to cover the increasing costs.

"Our customers need choices so they don't get bored with the same food every day," he said.

Aguilar said the café, cost permitting, plans to offer other items such as Asian food and sushi.

Staff Writer Cynthia Praefke can be reached at adman@occc.edu.



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