

PIONEER

NOVEMBER 5, 2010

WWW.OCCC.EDU/PIONEER

COVERING OCCC SINCE 1978

INSIDE

PIONEER ONLINE

For news, features, multimedia and updates, visit occc.edu/pioneer.

OKLAHOMA CITY COMMUNITY COLLEGE
PIONEER
 Online
www.occc.edu/pioneer

EDITORIAL

OCCC WITHHOLDS TOO MUCH

Online Editor Whitney Knight says it is often difficult for the Pioneer to get even the most basic information to share with students. See what she said.

OPINION, p. 2

AROUND CAMPUS

VETERANS DAY EVENT PLANNED

OCCC will celebrate its many veterans at an event from 11 a.m. to 12:30 p.m. Nov. 11. For more, see inside.

CAMPUS, p. 6

RECREATION

FLAG FOOTBALL SEASON ENDS

Team You Know ends the season unbeaten while another team has to borrow players to play its last game of the season.

SPORTS, p. 8

CAMPUS LIFE

PEACE GROUPS JOIN TOGETHER FOR EVENT

The Advocates of Peace will take part in the annual Fall Peace Festival on Nov. 14. See page 10 for details.

COMMUNITY p. 10



Adventurific

Lailani, dressed as Winnie the Pooh, enjoys the college's Halloween Carnival Oct. 29. Each year, several OCCC clubs participate in the festivities by providing game and activity booths where children of all ages can win prizes and candy. More than 1,000 people attended the carnival, said Rebecca Whitson, student programs leader.

YASMIN SHIRALI/
PIONEER

HEALTH INSPECTIONS AVAILABLE ONLINE TO THE PUBLIC

Food service cited 37 times in four years

J. STIPEK

Staff Writer
staffwriter2@occc.edu

Carson's food service on campus has seen steady improvement in its health department inspections, from the worst in 2006 to the best — with virtually no

violations — in its last report six months ago.

A look into open records dated March 2006 through May of this year found a total of 37 health code violations for Carson's Market Fresh Café and the OCCC Coffee Shop — 31 for the café and six for the coffee

shop.

The most serious of the violations — "Evidence of Rodent/Insect Contamination/Other Animals/Outer Openings Protected" — was cited in a March 6, 2006, health inspection report and occurred at Carson's Market Fresh Café.

“In OCCC's 30 years things have improved dramatically.”

—CORRINE AGUILAR
 CARSON'S GENERAL MANAGER

Troy Skow, Department of Consumer Protection for OCCHD Field Supervisor, described this as a critical violation.

The most repeated violation has been nine "Cold Hold/Time" and

See **FOOD** page 9

Obesity a growing problem in Oklahoma

CHASADI C. FAILS-ORTIZ

Staff Writer
staffwriter3@occc.edu

More than 60 percent of Oklahomans are obese or overweight, according to the booklet "A Guide to a Strong & Healthy Oklahoma."

This is one reason the state is considered one of the most unhealthy in America, said Lisa

Vaughan, Risk Management coordinator.

"Obesity and being overweight is an epidemic in Oklahoma and a growing issue that we need to be concerned with in adults and children," Vaughan said.

An adult who has a body mass index between 25 and 29.9 is considered overweight, but a body mass index of 30, meaning 50 to 100 pounds



overweight, is considered obese, according to the Centers for Disease Control and Prevention.

A person's body mass index number is calcu-

lated from the person's weight and height.

There are several free calculators online.

Preventable health problems like diabetes, high blood pressure, stroke and depression are all backlashes of being overweight and obese, said adjunct biology professor Valerie J. Nwigwe.

These problems used to be prevalent only in adults, she said, but now

more children are being affected.

According to the Centers for Disease Control and Prevention, heart disease, the leading cause of death in Oklahoma, is another fatal but often preventable disease that stems from obesity.

Student Support Services Counselor Jenna Howard said being overweight can lead to de-

See **OBESITY** page 12

OPINION

EDITORIAL | Some OCCC departments make obtaining facts difficult

Information unavailable on campus

Last week, the Pioneer contacted the Records and Graduation office to obtain the date of the last day to drop fall 16-week classes.

The date was not to be used in a story, but rather, in a small bulletin in last week's issue to remind students of the last day to withdraw from their courses.



Whitney Knight

Upon inquiring about this information, a Registration employee informed the Pioneer that we could not acquire the drop date without scheduling an appointment with the Registrar, Alan Stringfellow.

The Pioneer assured the worker that no quote was necessary, just a simple date. Still, the worker insisted Registration could not give out such basic information unless it

came from the mouth of the registrar.

Because there was not sufficient time for such an appointment to be made before press time, the information did not go to print.

Subsequently, some of our readers may have

been unaware they still had the opportunity to drop their courses without receiving an academic penalty in the form of a failing grade.

An interview should not have been required to obtain a simple piece of information.

The next day, this reporter called Records and Graduation on her cell phone and proposed the same question not as a journalist, but as a curious student.

I was given the information without a second thought.

If this information is so heavily guarded, what is to stop a student from either verbally relaying this knowledge or posting it on a social networking site such as Facebook or Twitter?

There is no significant difference between a student and a student newspaper reporter obtaining such simple information. Both should be given ready access.

It is simply ludicrous that the Pioneer would be barred from obtaining information that is freely available to the public.

As a newspaper, the Pioneer's purpose is to serve OCCC by informing, educating, enlightening, and entertaining its students, workers and guests.

The Pioneer prides itself on being relevant, time-



MARK PARISI/OFFTHEMARK.COM

ly, accurate, and useful to our readers.

However, we are unable to be those things without the cooperation of fellow OCCC offices and co-workers.

A newspaper cannot report the news without the means to obtain it.

By the way, the last day to drop classes is Nov. 12.

—WHITNEY KNIGHT
ONLINE EDITOR

YOUR VOICE | War veteran reflects on sacred day

Veterans Day an excellent time for students to remember those who gave their life for country

To the editor:

Nov. 11 was a date known to me as a kid in New York for three things.

It was Armistice Day, representing the end of World War I; the war to end wars.

Second, it was a holiday so I didn't have to attend school.

Third, I got to wait for hours watching a parade so I could see my uncle march.

Residents of Oklahoma City have access to one of the finest military museums in the world, the 45th Infantry Museum.

Special efforts are used every Veterans Day to present armed forces.

“Residents of Oklahoma City have access to one of the finest military museums in the world ...”

—MICKEY SHERMAN
OCCC STUDENT

This November, we celebrate it as Veterans Day, a tribute to all veterans. My father enlisted in

World War I and World War II. As a veteran of the “Roaring Twenties,” a light bomb group (that

originated in Oklahoma City and composed of A20 Havocs built by Douglas Aircraft in the midwest, this day reminds me of missions we flew in the South Pacific and the airman who can't help remembering what war was really like.

In the Civil War, General Sherman said, “war

is hell.” Then he burned Atlanta.

It is my wish that I may see the day when all mankind respects Veterans Day and takes the time to remember those who gave their lives in many conflicts to keep the stars and stripes waving.

—MICKEY SHERMAN
OCCC STUDENT

PIONEER

Vol. 39 No. 12

Jennifer Massey.....	Editor	Whitney Knight.....	Online Editor
Christian Kosted.....	Senior Writer	Bonnie Campo.....	Online Writer
J. Stipek.....	Staff Writer	Caleb Barrette.....	Videographer
Chasadi Fails-Ortiz.....	Staff Writer	John Weis.....	Webmaster
Christy Johnson.....	Community Writer	Azizakhon Mansuri.....	Graphic Design
Morgan Beard.....	Sports Writer	Bishal Malla.....	Advertising Manager
Rachel Morrison.....	Photographer	Ronna Austin.....	Lab Director
Yasmin Shirali.....	Photographer	Sue Hinton.....	Faculty Adviser

7777 S. May
Oklahoma City, OK 73159

phone:
405-682-1611, ext. 7409

e-mail:
editor@occc.edu

The PIONEER is a publication of Oklahoma City Community College through the Division of Arts and Humanities. 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 fewer than 250 words. Students must list their major. OCCC staff and faculty must list their work title.

Letters to the editor can be submitted to the PIONEER office, located on the second floor of the Main Building, across from the elevator, mailed to 7777 S. May Ave., Oklahoma City, Okla. 73159, faxed to 405-682-7843, or submitted via e-mail to editor@occc.edu with a phone number for verification included. The PIONEER ONLINE also can be accessed at www.occc.edu/pioneer.

Color printing this semester is paid for, in part, from a grant from OPUBCO Communications Group.

COMMENTS AND REVIEWS

TELEVISION REVIEW | 'Keeping up with Kardashians' a guilty pleasure

Kardashians entertain in season finale

"Keeping up with the Kardashians" chronicles the lives of the Kardashian sisters and the rest of their family as they navigate complicated love, endless partying, and their attempts to look beautiful at all times.

The girls spend their days managing Dash, their boutique in Calabasas, CA, while their nights are spent partying with the LA crowd.

When the cameras aren't on the socialites, they are rolling at home.

Bruce Jenner and Kris Kardashian are their parents and their arguments make for ridiculous comedy.

Rob Kardashian is the only boy in the Kardashian clan.

His role in the family is mediator for the many arguments that

ensue between the family members.

The season finale of the show aired on E! Oct. 24.

In the finale, Kourtney brings up the idea of opening a Dash boutique in New York City to Kim and Khloe.

Khloe, having recently married Lamar Odom, of the LA Lakers, is unsure whether she can commit to moving to NYC.

Because Kourtney doesn't want to be burdened with opening the new location on her own, they put the idea on the back burner, but it is not forgotten.

Kim, the starlet of the group, begins dating football player Miles Austin but she is worried that he will think the paparazzi is too much.



The show is truly a guilty pleasure. It is fluff to relieve a weary brain at the end of a busy day.

It is not to be taken seriously.

The most realistic part of this reality show is a vulnerable moment shared between Kim and her sisters when her ex-boyfriend Reggie Bush causes problems for Kim when he finds out about her relationship with Austin.

The women are beau-

tiful and famous, leaving the viewer wishing they were a little more so.

Watch at your own risk as brain cells may be lost. However, if fashion and famous people are of interest, then tune in.

E! Network will be airing the finale over and over again until the new season begins in January.

Rating: A-

—JENNIFER MASSEY
EDITOR

MUSIC REVIEW | Minaj a driving force in hip-hop industry

'Pink Friday' delivers as anticipated

The infamous eye bucking, sharp-tongued, hip-hop Barbie doll is due to release her debut album "Pink Friday" Nov. 22.

Onika Maraj, better known as Nicki Minaj, is the first lady of rapper Lil Wayne's record company Young Money.

She has proven to be a dominating force in the hip-hop music world.

Her controversial lyrics, and plethora of outrageous outfits and wigs makes one wonder if she is the love child of Lil' Kim and George Clinton (Parliament -Funkadelic).

She has been compared constantly to Lil' Kim as far as the way she carries herself with her meso-horny attitude and un-ladylike lyrics. There has been much controversy over the comparisons between Minaj and Kim.

Nicki is grimy on the mic but if it came down



to a face-to-face rap battle between Minaj and Kim, I honestly have to say it could go either way.

This album will include the hit song "Your Love" which has already been released.

Minaj has done collaborations with such artists as Drake and Eminem for this album.

Disappointingly, Minaj is outshone by

Eminem on the track "Roman's Revenge."

This is a good song, but it is not Nicki at her best.

For those who have children, the parental advisory should be taken seriously when it comes to Ms. Minaj. She can make the nastiest truck driver blush.

Nicki Minaj's "Pink Friday" is raunchy, has some violent content and foul language, and is a good piece of work. I believe she can hold her own in the

COUNSELOR'S Corner

Real studying requires time

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

—Thomas A. Edison (1848-1931)

I speak in dozens of classes each semester on a variety of topics related to academic success. In addition, I work with individual students in my office regarding the same kinds of issues. Typically, my admonishment is for you not to emulate what other students are doing, but to find those strategies that truly work for you and employ them. This week's admonishment will be a slight departure from that one.

It is true that in order to be successful and happy, you must identify your passion in life and work with your strengths, not against them. However, identifying effective strategies for studying will only work if you make a commitment to use them. If you don't study, or study often enough, you will not be successful.

Reading is not the same thing as studying. Reading is essential, but it is not enough to keep you afloat. Real studying requires that you carefully dissect the information in your text and match it up with information from the lectures. Then walk around this mass of information and try to see it from every angle. At some point, you must then call up all of your previous knowledge and experiences and connect the new with the old. Learning takes time. It takes commitment. It takes your personal involvement. And, it requires a degree of risk — the risk of discovering things about which you disagree and the risk of learning that what you've previously believed might be wrong.

Achieving academic success will force you to acknowledge that the "hour or two" that you set aside each week for your classes is woefully inadequate. We can't slip an "information capsule" into your latte or inject you with a syringe-full of knowledge when (if?) you come to class.

The fabulous website that supports the text is useless if you never go there. All the tutors and SI leaders on campus cannot help you if you don't ask for help. You cannot be the best you can be unless you're willing to do all that you must do.

—MARY TURNER

LEARNING SUPPORT SPECIALIST

male-dominated world of hip-hop.

Rating: A

—CHRISTY JOHNSON
STAFF WRITER

ACCLAIMED DUO TO TAKE THE STAGE AT 7 P.M.

Fiddler and cellist to perform Nov. 9

KATELYN ANDERSON
News Writing Student

Internationally-recognized Scottish fiddler Alasdair Fraser, along with young cellist Natalie Haas, will take the stage at 7 p.m. Tuesday, Nov. 9, in the Bruce Owen Theater.

Scott Tigert, Cultural Programs assistant, said Fraser is Scotland's premier fiddle ambassador.

In addition to winning several awards, his work has been featured in blockbuster movies like "Last of the Mohicans" and "Titanic," according to the OCCC website.

Another celebrated musician, Haas, will perform with Fraser.

Haas, a Californian who graduated from the Juilliard School of Music in New York City, wasn't even born when Fraser was winning national fiddle competitions on the other side of the Atlantic.

"Natalie has literally reinvented tradition," Tigert said.

He said Haas brings ancient Scottish music back with strong bass lines that bring the rhythm to life.

The combination of the fiddle and cello was the dance

music of choice dating back to the 1700s.

Pianos and accordions have since pushed out the fiddle and cello, Tigert said, and years ago Fraser had been searching for a cellist to bring back this tradition.

Haas was his answer.

He said the cello and the fiddle have seen a resurgence since the late 20th century.

"The two combined are just amazing," he said. "They are two of the best, if not the best, in their field."

Tigert said Lemuel Bardeguiez, Cultural Programs director, discovered this duo at a booking conference.

"You won't get to experience this anywhere else," Tigert said. "It's top notch stuff."

Tigert encourages students to attend performances hosted by Cultural Programs.

He said students will not have many chances to attend performances of this caliber for \$12.50.

Even if it is not a musical genre that typically interests them, Tigert said, he encourages students to attend.

"You never know when you might hear something you like," he said.



Scottish fiddler Alasdair Fraser performs with cellist Natalie Haas. Fraser and Haas will take the stage at 7 p.m. Tuesday, Nov. 9, in the Bruce Owen Theater. Tickets may be purchased by visiting www.okcc.edu/cas, at the Cultural Arts Series ticket office, located in room 1G1A in the Main Building, or at the door. Tickets for students and children under 17 cost \$12.50. Seniors 55 and older, and OCCC faculty, staff and Alumni Association members pay \$19.50. General admission tickets are \$24.50.



Major In Success

A college degree is a lasting investment in your future.
OBU has a national reputation for outstanding academic programs which equip graduates for success in their careers. Be ready for tomorrow.

84 majors and 10 bachelor's degree options

- Our BSN nursing program has never had a waiting list
- Education grads have a 97-percent pass rate on certification exams
- Our pre-med grads have a 91-percent medical school acceptance rate

See the full list of majors at www.okbu.edu/majors


Call your transfer counselor,
Courtney See, today at 800.654.3285.



Oklahoma Baptist
UNIVERSITY

Shawnee, Oklahoma

admissions@okbu.edu
www.okbu.edu



Assessments 10 & 24 Hour ADSAC "DUI SCHOOL"

State-Certified
For Court & Drivers License Reinstatement

10-Hour Class-
Nov. 12- 14 F 5:30-8:45p, S/S 8:30a-12
OR Nov. 15- 17 M/T/W 5:30-8:45pm


24-Hour Class- Start anytime, call for times

Assessments- Call for appointment

NW OKC, 3160 N. Portland

Call: 94-DRIVE (943-7483)

AT&E, INC.: check us out at www.okduischool.com



Tinker looking to fill more than 1,000 spots

JESSIKA KULHANEK
News Writing Student

Tinker Air Force Base will fill 255 engineering positions, 740 maintenance positions and 152 police officer positions over the next two years, according to Tinker's Hiring Forecast.

There also will be an increased demand for medical professionals due to the new hospital located on base that is set to open this month.

David Traynor, of the Oklahoma City Air Logistics Center, addressed about 100 students on the subject of job opportunities at Tinker during a workshop on campus hosted by Student Employment and Career Services Oct. 27.

Traynor told students about the high demand occupations on the base that are available for civilians. He also presented Tinker's Hiring Forecast for the 2011 and 2012 fiscal years.

Tinker offers several opportunities for students to intern or work part time while attending college classes, Traynor said. These opportunities are perfect for students because Tinker will work around class schedules while giving the student a chance to gain experience within a particular field.

The most valuable position for a student to acquire would be in the Student Career Experience Program, Traynor said. This program places students in positions within their degree field.

This means the student would be allowed to attend college classes while gaining experience within their own

specific area of study.

Traynor said the best way to stand out from other applicants for jobs or internships is to "pull classes that are related to the field and put them on your résumé." He said this shows some knowledge in the field even though a person may lack experience in that field.

Over the next two fiscal years, which run from July 1 to June 30, Tinker plans to hire 76 Office Automation Clerks. These positions are like that of a typical office assistant and are usually filled by college students who work on a part time basis, Traynor said. This is the starting point for many

Tinker employees because they usually promote from within the organization.

Many of the other high-demand occupations Traynor presented were careers students could consider after graduation with having perhaps six months to a year of experience.

Tinker Air Force Base is the "largest employer in Oklahoma with approximately 27,000 jobs," said Debra Vaughn, Student Employment and Career Services director.

For more information about internship opportunities, contact Traynor at david.traynor@tinker.af.mil

Locker thefts continue

J. STIPEK
Staff Writer
staffwriter1@occc.edu

clude a large, black cotton hoodie, OCCC student ID, and a key ring with four keys.

Two thefts were reported the last week of October at the Wellness Center. Both occurred on Monday, Oct. 25.

The first incident happened at around 3:15 p.m. when a pair of Vans shoes, valued at \$42, were reportedly taken from a locker in the Wellness area while visitor Tye Ringo, 15, was swimming in the Aquatics Center.

Ringo told security he did not have a lock on the locker at the time of the incident.

The second incident occurred just after noon when student Chad Cartwright, 21, placed several items in a men's locker in the Wellness Center with no lock on it.

According to a security report, when Cartwright returned to the locker after his workout, he said his possessions were gone.

Items reported stolen in-



ADVANCE YOUR ACCOUNTING CAREER!

Oklahoma City University's Meinders School of Business offers a BBA in accounting, a Master of Science in accounting with a financial leadership or tax track and an MBA with an accounting or tax track.

- Big Four firms, local Fortune 500 companies and government agencies actively recruit OCU accounting students
- Graduates are qualified for careers such as CFOs, accounting firm audit or tax partners and senior government accounting positions
- All courses are taught by full-time professors or seasoned professionals
- Flexible programs accommodate busy adults and all graduate courses are available at night
- Generous financial aid packages are available for qualified students

OCU's accounting programs provide in-depth training for students to succeed in today's accounting industry.

For more information, visit www.okcu.edu/business or contact Jacci Rodgers at (405) 208-5824 or jroddgers@okcu.edu.



OKLAHOMA CITY UNIVERSITY

OCU pledges to recruit, select and promote diversity by providing equality of opportunity for all persons. BU55810



Money for college. Career training. And an entire team to help you succeed.

Serve part-time in the Air Guard and you can choose from nearly 200 career specialties, all while receiving a steady paycheck, benefits and tuition assistance. Talk to a recruiter today.

Ask about 100% college tuition waivers for Oklahoma public colleges and universities.



GoANG.com ► 1-800-TO-GO-ANG

STUDENT VOICES WANTED

Do you have news to share? Maybe you know of an OCCC student worthy of a mention or have an opinion about something you've read. If so, contact Jennifer Massey at editor@occc.edu or call 405-682-1611, ext. 7409.

NOV. 11 FESTIVITIES INCLUDE MUSIC AND A PURPLE HEART VETERAN

OCCC to observe Veterans Day with ceremony

GARRETT GRAHAM
News Writing Student

This year's Veterans Day ceremonies promise to be a great show, said Janis Armstrong, Veterans Services coordinator.

Veterans Day observance will begin at 12:30 p.m. Thursday, Nov. 11, and will be held in CU 3.

Given that OCCC ranks third in the state in the number of military veterans it serves, this will be a significant event for the college, Armstrong said.

Keynote speaker William Brown, with the Department of Veteran Affairs, will present "The Eleventh Hour of the Eleventh Day of the Eleventh

Month," a history of Veterans Day.

Patriotic music will highlight the program. The college's auditions-only choir, called the Chamber Singers, will perform "The Star Spangled Banner."

Later in the program, Librarian Linda Boatright will sing "The Battle Hymn of the Republic," a hymn written by Julia Ward Howe that became popular during the American Civil War.

Singing with Boatright is Christian Morren, voice professor.

Darin Behara, Student Life director, will open the program and welcome everybody, Armstrong said.

Lorenzo Rubio, a U.S. Marine and Operation Iraqi Freedom veteran, will lead the Pledge of Allegiance.

Veterans attending will include Randy Sanchez, a Marine and workstudy employee for Veterans Services, who was decorated with a Purple Heart for his service in Operation Iraqi Freedom, Armstrong said.

"I encourage you to remember, honor, and salute our service men and women, and to share a heartfelt and sincere thank you," Armstrong said.

For more information, contact Armstrong at 405-682-1611, ext. 7695, or jarmstrong@occc.edu.



VETERANS DAY

Veterans Day observance will begin at 12:30 p.m. Thursday, Nov. 11, and will be held in CU 3.

WHO YOU KNOW IS AS IMPORTANT AS WHAT YOU KNOW

Networking vital for career planning and growth

CHASADI FAILS-ORTIZ
Staff Writer
staffwriter3@occc.edu

When it comes to networking, Public Relations Coordinator Cordell Jordan said students can't expand their horizons enough.

"Who you know can be just as important as what you know," Jordan said.

NewsOK.com Online Editor Richard Hall agrees.

Hall, who worked part-time at OCCC before being offered his current job, said teachers, social networking and intern-ing are some of the best ways to network.

He said students should introduce themselves to people in their career field and be knowledgeable about what those people do.

That can lead to great networks in the future, he said.

"Everyone benefits from everyone," Hall said.

He said students also should make a point of attending job fairs and getting to know key players there, and maintaining a good rapport with professors.

Hall said one never knows who those network sources might know and how they can help.

Psychology major Dayshaun Burns said she participates in organizations to help her meet and network with people at school and outside of school.

Hall said interning is another good way to make the most of your networking.

He said he got his start at NewsOK.com by interning one summer.

When his internship ended, he was offered a job as online editor.

"Networking is important to everyone," Hall said. "No one gets to where they are without networking."

Student Employment and Career Services Director Debra Vaughn said networking online is valuable as well.

Making a second Facebook account for professional use, and uploading videos and a multimedia résumé at that site is a good way to network, she said.

Vaughn said career counselors are calling social networking sites like Facebook a second



RACHEL MORRISON/ PIONEER

Making contacts through social networking sites offers convenient ways to network.

résumé.

Hall agrees.

"Social networking is an invaluable tool," he said.

Student Employment and Career Services Coordinator Judi McGee agrees but said students need to think twice

about what they post.

She said social networking can also generate negative results if a person posts anything inappropriate or allows others' inappropriate posts or pictures to appear on the site.

McGee said many employ-

ers check potential employees' social network profiles before hiring.

Many people set their social network profiles to private, but federal employers can get past privacy locks under the Patriot Act, Vaughn said.

APPROXIMATELY 20 OCCC CLUBS PARTICIPATE IN CARNIVAL

Halloween carnival frightens up a crowd

MORGAN BEARD
 Staff Writer
 sportswriter@occc.edu

Students, faculty, and community members alike were welcomed to the campus in celebration of All Hallow’s Eve when OCCC held its annual Halloween Carnival Oct. 29.

Rebecca Whitson, Student Programs leader, said more than 1,000 people entered the gates to take part in the many festivities offered at the carnival. Approximately half of OCCC’s clubs participated by providing numerous booths with fun and exciting activities.

Whitson said children in particular were receptive to the entertainment as mini-games and carnival food were abundant. Popcorn vendors, snowcone machines, and other treats were available to all carnival attendees.

Whitson said guests were encouraged to bring a can of food to help support the Regional Food Bank of Oklahoma. More than 850 cans of food were collected for the charity.

“The carnival was a fantastic event because community members were able to contribute to a nice cause while having a great time in celebration of Halloween,” Whitson said.

Whitson also emphasized the importance of a fun, yet safe environment for the kids.

“To see all of the children out there experiencing Halloween while the parents could be worry-free for just a little bit was very cool.”



Right: Jesse Davis, dressed as “Toy Story’s” Woody, throws a Velcro ball for candy. The Gay Straight Alliance club hosted the Candy Stick booth where kids won candy for hitting the target.



Left: Kandice Warden paints a peace rock at the Advocates of Peace booth during the Halloween Carnival Oct. 29.



Right: Fairy princess Rylee puts her best foot forward for “Footloose” on the dance floor during the Halloween Carnival. The annual carnival took place Oct. 29 in the college union.

Photos by Yasmin Shirali

SPORTS

Team You Know defender Collin Gentry picks off a pass intended for Spartans receiver Jamaal Surrell. Despite Surrell's effort, the Spartans were handed a lopsided defeat to the tune of 54-12.



YASMIN SHIRALI/
PIONEER

INTRAMURALS | DOMINATION LEAVES SPECTATORS WONDERING ABOUT MERCY RULE IN FINAL GAME OF SEASON

You Know massacres Spartans

MORGAN BEARD

Staff Writer
sportswriter@occc.edu

In the final week of the intramural flag football regular season, the undefeated team You Know took the field against the winless Spartans.

Supremacy was seized as You Know went on to win 54-12.

The 0-5 Spartans came in to the game short-handed, borrowing players from other teams to avoid a forfeit.

Brendon Curry was the team's sole original member who showed up to the OCCC football field.

"I felt left out," Curry said. "My team didn't support me today. They left me hanging out there on the field."

Curry would need all the help he could get as Collin Gentry and You Know scored at will.

Gentry led his team to five consecutive scoring drives to open up the game 32-0 over the hapless Spartans.

An integral part to keeping the Spar-

tans off the scoreboard was team captain Josh Vanover, who had three picks in the first half alone.

A fourth interception would come, but would be taken back after a penalty on the play.

"They kept throwing at me in the first half so I just kept picking it off," Vanover said. "I could have had a couple more, too."

After a quarterback change and desperate for a score before the half, the Spartans turned to playmaker Jamaal Surrell for a spark.

Substitute quarterback Curry found Surrell for an awe-inspiring catch and run to give the Spartans their first points of the game, making it 32-6.

The second half would prove to be no different as You Know came out firing on all cylinders yet again.

Vanover found wide receiver Cody Stallings in the back of the end zone on the opening possession of the half.

The Spartans failed to move the ball with any fluidity, as interceptions were

aplenty.

In response, the lifeless Spartans decided to turn to the lone bright spot in Surrell toward the end of the game.

Surrell yet again made a play worthy of being on SportsCenter's Top 10 plays of the week.

Curry lofted the ball up and Surrell snatched it out of the air, stealing a would-be interception, and taking it to the house for a 62-yard touchdown.

Despite a lopsided loss, Surrell remains positive.

"I'm just out here to help a team in need," Surrell said.

Unfortunately for the Spartans, the game was well out of hand as You Know kept scoring at will, making the final tally 54-12.

You Know is now looking forward to the playoffs beginning next week.

"We're gearing up for the playoffs now," Gentry said. "We just have to stay humble and continue to win."

You Know will face The Crew, who they have already beaten once this year.

UPCOMING INTRAMURALS EVENTS

• **Nov. 5:** Game one of the intramural flag football playoffs begins. The Crew play the You Know at 1 p.m. on the OCCC main soccer field. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 5:** Game two of the intramural flag football playoffs begin. The Smash Brothers play the OCCC Dream Team at 2 p.m. on the OCCC main soccer field. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 5:** The championship intramural flag football game is here. Winners from the first two games will compete for the title at 3 p.m. on the OCCC main soccer field. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

• **Nov. 12:** Volleyball championship tournament will be held in OCCC gym. For more information, contact Eric Watson, Recreation and Fitness specialist, at 405-682-1611, ext. 7786.

Flag Football Standings

You Know	6-0
OCCC Dream Team	5-1
Smash Brothers	3-3
The Crew	2-4
Thunder	2-4
Spartans	0-6

—www.quickscores.com/occc

Volleyball Standings

Strawberry Patch Kidz	4-0
Team Higgins	2-2
Kaos	1-2
Hollister Boy	1-2
The Terminators	0-4

—www.quickscores.com/occc

**Have sports news?
E-mail Morgan Beard
staffwriter2@occc.edu**

Starving Artist Coalition filling calendar

CHRISTIAN KOSTED
Senior Writer
seniorwriter@occc.edu

Student Jeremy Green's eyes light up as he describes The Oklahoma City Starving Artist Coalition, an organization he has founded to help struggling local artists.

The coalition helps artists become known by organizing art shows and also helps artists who cannot afford supplies get paint and other materials.

"I wanted to teach people how to embrace their creative

essences and start a cyclical process where they touch other people's lives," Green said.

The coalition, formed Sept. 1, already has more than 30 members. Green said it represents artists from many genres including painting, sculpture, clothing and mixed media.

"There are so many people with creative energy who don't know how to get it out," he said. "In a year's time I see us as a fully operational non-

“ I wanted to teach people how to embrace their creative essences ...”

—JEREMY GREEN

OKLAHOMA CITY STARVING ARTIST COALITION

profit organization with our own classrooms, offices, and gallery space.”

Green said one of the biggest challenges faced by emerging artists is purchasing costly art supplies.

"If you want to do it right, then supplies are expensive.”

The coalition has partnered

with several local galleries including DNA Galleries and The Velvet Monkey Salon and Gallery, both in the plaza district, Green said.

The coalition also has an upcoming show in January at Salon Endeavor for the member who recruits the most new members under 18.

The Oklahoma City Starving Artist Coalition also will have an art show at 8 p.m. Nov. 12 at The Velvet Monkey Salon in The Plaza, 1701 NW 16th

St. The show will showcase 25 member artists. Proceeds will go toward the coalition's legal filing for non-profit 501C status.

For more information, go to "The Oklahoma City Starving Artist Coalition" on Facebook.

Green said art is something everyone can appreciate.

"Eckhart Tolle once said: 'The first time man was inspired was when he first saw flowers,'" Green said. "The essence of love is spread through art and it touches people whether they know it or not."

Food: Management says righting violations is top priority

Continued from page 1

"Hot Hold/Time Control," which Sharon Chow, Oklahoma City-County Health Department inspector, said occurs when cold temperature foods reach a possible 42 degrees or above and hot temperature foods fall to the 134 degree range or below.

"That is when it enters the 'danger zone' and bacteria can grow the fastest," Chow said.

According to the Health Department website, both of those violations "directly relate to causes of food borne illness."

Chow has been a health

inspector for OCCHD since 2003. She has written health inspections for OCCC for the last two years.

Of those violations, eight were reported at Carson's Market Fresh Café while one was found at the OCCC Coffee Shop in November 2008.

When asked what could cause this type of violation, Chow said faulty equipment could be to blame.

"Sometimes the equipment can be attributed to these kind of problems," Chow said. "However, I still feel its management's responsibility to fix these problems."

Carson's General Manager Corrine Aguilar said Cold Hold violations occur when they are changing food over and it "takes time for the temperature to settle."

Aguilar said outdated equipment is the reason for the Hot Hold violations.

In an e-mail, Assistant Director of Finance Brenda Carpenter said in most cases, OCCC will repair equipment when possible.

"However, on those occasions when repairs are not considered feasible or are not cost effective, the college does buy new equipment," Carpenter said.

"The college takes all health department violations seriously. When a violation occurs, the college, in conjunction with Carson's, takes whatever action is necessary to correct the condition that resulted in a violation," she said.

"Past violations have always been handled promptly and did not pose any risk to food safety or consumers' health."

Carson's took over the food service contract with OCCC in January 2006. The Coffee Shop opened in August 2007, Carpenter said.

Aguilar, who has been with Carson's since 2007, said there have been improvements in OCCC's health inspection reports since her time here.

She said any violations found at Carson's or the coffee shop are immediately corrected.

"In OCCC's 30 years, things have improved dramatically," Aguilar said.

"We use daily cleaning lists, daily sanitation lists and have used new exterminators which have improved things greatly."

Aguilar said she hasn't received any complaints from customers.

"No one has come to Car-

son's and complained of any sickness," she said.

Carpenter said Carson's customers are top priority.

"Carson's takes safety and health concerns very seriously," she said. "Both the college and Carson's has the students' best interests at heart and will continue to work diligently to ensure that no major health violations occur in the cafeteria."

Students didn't seem to be deterred by the findings.

Paige Waggoner, 18, undeclared major, said, even though she is aware of the violations, she feels Carson's is a better option than the competitors.

"It seems better than other options. I once found a fingernail in my burger at McDonald's."

Jesse Bowsher, 18, undeclared major, said he works in the food service industry and the campus violations do not disturb him.

"Knowing what I know over which violations are serious and which are not — Carson's would not be open if they did not fix the violations."

Health inspection records can be found online at www.phin.state.ok.us/inspections. To find OCCC, select Oklahoma Country in the drop-down menu, then, type in OCCC or Carsons in the search window.

THUNDER TICKETS

Student Life is offering discounted tickets for the Oklahoma City Thunder as they take on the Portland Trailblazers in a nationally-televised battle at 7 p.m. Friday, Nov. 12. Tickets go on sale at 8 a.m. Friday, Nov. 5 in the Student Life office to students only with a limit of five per student. Faculty and staff can purchase tickets at face value at 8 a.m. Monday, Nov. 8 for \$10.

Take time to
be a dad today.

877-4DAD411
www.fatherhood.gov



CAMPUS COMMUNITY

Saving lives

OCCC student Andy Lau checks his phone while donating blood for the Oklahoma Blood Institute. Student Life hosted the blood drive, which was held Nov. 1 in the College Union.



YASMIN SHIRALI/PIONEER

ADVOCATES OF PEACE | Event held in hopes of spreading message of peace

Club among festival participants

CHRISTY JOHNSON

Community Writer
communitywriter@occc.edu

The Advocates of Peace will participate in the annual Fall Peace Festival from 11 a.m. to 4:30 p.m., Sunday, Nov. 14, at the Civic Center Hall of Mirrors, said Katie Williams, club president.

The Civic Center Hall of Mirrors is located at 201 N. Walker in downtown Oklahoma City.

The Peace Education Institute is a non-profit, Oklahoma-based organization founded in 2007. The organization's purpose is to provide educational opportunities to children, youth and adults that will contribute to non-violence in all aspects of living and encourage people to become active in peaceful social change.

Conna Wilkinson, Peace Education Institute director, said the main goal of the event is to bring together the many organizations in Oklahoma who support peace under one united front.

"We also want to bring awareness to human and civil rights as well as environmental issues in the Oklahoma City area," Wilkinson said.

The other goal of this event is to raise awareness of peace and justice issues in Oklahoma, she said.

The Oklahoma Center for Conscience and American Friend Service committee will be among the many organizations participating, Wilkinson said.

Local musicians will provide live entertainment for the event.

Fair trade items such as coffee, fabrics, pottery and spices also will be for sale, she said.

Wilkinson said more than 50 peace and justice-related booths will be available for people to enjoy.

Nathaniel Batchelder, Peace House director, said his organization is co-sponsoring the event with the

“ We want to bring awareness to human and civil rights as well as environmental issues in the Oklahoma City area.”

—CONNA WILKINSON
PEACE EDUCATION INSTITUTE DIRECTOR

Peace Education Institute.

Batchelder said admission to the festival is free. Because it is a Sunday, he said, parking at the street meters also is free.

In addition, Wilkinson said, a children's activity room will be available for children between the ages of 2 and 12.

"The child's activity room will be available from 1 p.m. to 4:30 p.m. and will be supervised by volunteers who have registered through the Peace Education Institute," she said.

Parents are welcome to join their children in the children's activities area as well, she said.

For more information about the Fall Peace Festival, visit www.peacehouse.org or call 405-524-5577.

It's a connected world.
Do your share.

For 30 ways to help the environment, write Earth Share,
3400 International Drive, NW, Suite 2K (AD4),
Washington, DC 20038.



www.occc.edu/pioneer

CAMPUS HIGHLIGHTS

Bible study group

Christians on Campus will hold a Bible study on the book of Galatians from noon to 12:45 p.m. on Monday, Nov. 8, in room 2R5 or 2R7 in the Main Building. For more information, contact James Kennedy at 405-314-7739.

Pharmacology review seminar

The Nursing Student Association will hold a review seminar from 1 to 4 p.m. Tuesday, Nov. 9, in the Health Professions building, rooms 215 A and B. Registered nurse Rhonda Lawes will present. For more information, go to www.campusgroups.com/nsa.

BSA fundraiser

The Black Student Association will sell popcorn and snow cones to raise funds for their club from 10 a.m. to 2 p.m., Thursday, Nov. 11, in the College Union. For more information go to www.campusgroups.com/bsa.

OCCC Art Gallery

"America 101," by Liz Roth, will be available for viewing Monday through Friday, 11 a.m. to 7 p.m. until Nov. 12, in the OCCC Art Gallery, located in the Visual and Performing Arts Center. For more information, contact Scott Tigert at 405-682-7579.

American Indian heritage day

The Native American Student Association will host American Indian Heritage Day from noon to 1 p.m. Nov. 15, in the General Dining Area. For more information, go to www.campusgroups.com/nasa.

Health care reform

The College Democrats will host a meeting on health care reform from 12:30 p.m. to 1:30 p.m. Tuesday, Nov. 16 in the College Union of the Main Building. This will be a 30 to 45 minute explanation of the health insurance reform bill and what it means to the American public. For more information go to www.campusgroups.com/collegedemocrats.

Parenting workshop

Kelly Ramsey, Developing People consultant, will present the "Sharing Your Child's Future" workshop from 7 p.m. to 9 p.m., Thursday, Nov. 18, in the Main Building room 3L2. For more information, contact the Child Development Center and Lab School at 405-682-7561.

Deadline for spring tuition fee waivers

Tuition Fee Waiver applications for the spring 2011 semester are now available in the Financial Aid Office. Completed applications must be submitted before 5 p.m. Saturday, Nov. 20. For more information, call Student Financial Support Services at 682-7524.

All Highlights are due Monday by 5 p.m. for inclusion in the next issue. Highlight forms can be picked up in the Pioneer office, located in 1F2 of the Arts and Humanities building, just inside Entry 2.

CLASSIFIEDS

Pioneer classified advertising is free to all enrolled OCCC students and employees for any personal classified ad. Ad applications must be submitted with IDs supplied by 5 p.m. Mondays prior to the publication date. For more information, call the Ad Manager at 405-682-1611, ext. 7674, or e-mail adman@occc.edu.

ANIMALS

Dog needs home: Eighteen month old shepherd mix dog for free adoption. Neutered and has all shots. Call: Bob Carter at 405-682-7543 or e-mail bob.carter@occc.edu.

AUTOMOTIVE

FOR SALE: 2004 Nissan Sentra 1.8, silver color, new tires, rebuilt, 55k miles, good condition and drives great. \$3,900. OBO. Call: Tan at 405-524-4425 or e-mail chongtan_okc@yahoo.com.

FOR SALE: 2001 Ford Focus ZX3, S2 special edition with hatchback, new water pump, battery and low profile tires. Drives great. 80,500 mi. \$3,000 OBO. Call Nguyen at 918-850-5625.

FURNITURE

For Sale: Brown leather couch with 1 hole, Pub style kitchen table and antique makeup table for \$20 each. Contact Arga Reagan at 405-288-0408 or e-mail mcrackenlois@yahoo.com

For Sale: Little Tikes outdoor playhouse -ideal for a boy or girl. GC. Cost \$450 new. \$150. For more information, Call or text 405-818-0083.

FOR RENT

Roommate Wanted: Nice room to share near OCCC, two-bedroom apartment, no pets,

OCCC
STUDENT EMPLOYMENT AND CAREER SERVICES
JOB BOARD
www.collegecentral.com/occc
Students register with their 7-digit student ID number
Alumni enter AL+last 5 digits of Social Security number
Find Jobs • Post Your Resume • Apply for Positions

OCCC
STUDENT EMPLOYMENT AND CAREER SERVICES
OPTIMAL RESUME
www.occc.optimalresume.com
Students' access ID is their OCCC email address
example > john.t.doe@email.occc.edu
Resumes • Cover Letters • Interview Skills

SPECIAL RATES FOR BUSINESS CARD-SIZE ADS

\$25 per week will buy this space, getting your advertisement message to 5,000 prospective customers

Call 405-682-1611, ext. 7674, or e-mail: adman@occc.edu

Don't be left in the dark.
Follow us for instant news and updates!

www.twitter.com/OCCCPioneer

Follow us online!
www.occc.edu/pioneer

smoking or alcohol, \$400 per month. Call Jaime at 405-520-1262 or e-mail jaimecom@lycos.com.

SERVICES

Tutoring Offered: Are you struggling in any subject? Take a tutoring class with Nguyen. Call: Nguyen at 918-850-5625.

For a complete list of ad rates, call Bishal Malla at 405-682-1611, ext. 7674, or e-mail: adman@occc.edu

TODAY'S CROSSWORD PUZZLE

- ACROSS**
- 1 Synagogue item
 - 6 Priests' robes
 - 10 Scandinavian capital
 - 14 Giraffe's relative
 - 15 Trickle
 - 16 Wharf
 - 17 Fairylike
 - 18 Ringlets
 - 19 Cartoonist Peter
 - 20 Went out with
 - 21 Made more rewarding
 - 23 Young grizzly
 - 25 Expression of disgust
 - 26 Skillful
 - 29 Brewery kiln
 - 32 Bid
 - 37 Luau memento
 - 38 Identical
 - 39 Flowery shrub
 - 40 Rock-band instruments
 - 43 Scoundrels
 - 44 Mountain lake
 - 45 Bite
 - 46 Insignificant one
 - 47 — of Capri
 - 48 Sherbets
 - 49 Writer's need
 - 51 Mate for ewe
 - 53 Dangerous seaward pull
 - 58 Classify
- DOWN**
- 1 — the line: obeyed
 - 2 Sooner st.
 - 3 Rapids craft
 - 4 — of the action
 - 5 Indian native
 - 6 Arthur of tennis
 - 7 Skinny
 - 8 Lebanese capital
 - 9 New shoot
 - 10 Brilliant fish
 - 11 Father
 - 12 Be a banker
 - 13 Gold, to Pedro
 - 22 Polish-born composer
 - 24 Razorbacks
 - 26 Wide-awake
 - 27 Underneath
 - 28 Feudal lord
 - 30 Yvette's boyfriend
 - 31 Denominations
 - 62 — gin
 - 63 Appoint
 - 64 Wide open
 - 65 Conjunctions
 - 66 — out: makes do with
 - 67 Tumult
 - 68 Barrel
 - 69 Transmitted
 - 70 Willow

PREVIOUS PUZZLE SOLVED

OATES SKY CRANE
CLEAT QUE OUTER
TAXRETURN ULTRA
ONT READ TREND
HEAD FRI
SLOOP CAYENNE
FLIT ODOR RAINS
REBA TRACT VETO
AERIE ASEA ECRU
PARFAIT RILEY
FIN SITS
SEWED SOFA ODA
COMIC SUNFLOWER
ADULT AMA IRENE
MASTS NOR CENTS

8-4-98 © 1998, United Feature Syndicate

- 33 In good shape
- 34 French coin
- 35 Ghostly
- 36 Coarse files
- 38 Treeless plain
- 39 More certain
- 41 Mongrel
- 42 Four qts.
- 47 Type of valve
- 48 Reflections
- 50 Sea eagles
- 52 San Antonio tourist site
- 53 Arm bone
- 54 Head motions
- 55 Writing table
- 56 Sign of the future
- 57 "How the — Was Won"
- 59 Java's neighbor
- 60 Fencer's sword
- 61 Cast a sidelong glance
- 62 Pouch

1	2	3	4	5	6	7	8	9	10	11	12	13			
14						15				16					
17						18				19					
20						21				22					
				23		24			25						
26	27	28			29	30	31			32	33	34	35	36	
37				38						39					
40			41						42						
43								44				45			
46							47					48			
					49	50				51	52				
		53	54	55					56	57		58	59	60	61
62									63						
65									66						
68									69						

PIONEER Treasure Hunt
Search the Pioneer for answers to our weekly treasure hunt questions.

Read the Oct. 29 Pioneer issue for the answers. Send your answers to: adman@occc.edu.

Correctly answer four Treasure Hunt Questions and be entered in our final drawing of the semester:

- Which state in the U.S. does not observe Daylight Saving time?
- What is the name of the artist who talked about her artwork at a reception on campus Oct. 26?
- When and where is the Nursing Student Association holding a review seminar?
- What is the name of OCCC's BCM Director who recently stepped down after working with BCM for 32 years?

Correct Answer for last week:
1: 5 students. 2: Thabet Swaiss. 3: The Crew. 4: Spring 2011.

Obesity: OCCC works toward a healthier campus

Continued from page 1

pression, and being depressed can lead to being overweight.

She recommends going to see a professional or counselor to get help.

Art major Lakeeda Martin, 23, said she has struggled with weight all her life. Her weight has left her feeling bad and uncomfortable about herself.

Another OCCC student agrees.

“Being overweight made me feel self-conscious, an outcast and a loner,” said journalism major Dontaye Abram, who has lost 100 pounds since last year.

He said he changed his diet and started exercising daily. He admits it’s not always easy, but his weight loss results keep him motivated.

OCCC has implemented many fitness programs around campus for students and faculty, including a 1.1-mile indoor walking trail in the Main Building, Vaughan said.

Students and faculty can use the Recreation and Fitness Center for free all year long, Sport and Recreation Specialist Eric Watson said. It includes an Aquatic and Wellness Center.

The Wellness Center includes a fitness center, weight room and gymnasium open from 6 a.m. to 8:30 p.m. Monday through Friday and 9 a.m. to 4 p.m. Saturday.

Vaughan, who also teaches a Success in College and Life class, said she does a wellness presentation in class, teaching on health and better nutrition. She said she teaches out of the “Guide to a Strong & Healthy Oklahoma.”

Vaughan said the number of students who use the Recreation and Fitness Center has increased since she has been doing this.

Students can also get a workout with some of the 12 fitness classes that are offered in the Recreation and Fitness Center, like Zumba, a fun cardio dance class, BOSU Blast that incorporates interval training, Water

Exercise that is low impact in shallow water and Spinning that is a high intensity workout on a stationary bike, with expert coaching.

Students are not the only ones struggling with being overweight and obese. Faculty are too.

Learning Specialist Mary Turner said she struggles with her weight and the physical impact on her joints.

She believes she was discriminated against at a previous job because of her weight.

Like many adults who work and have families, she said, it is hard to focus on herself, while working long hours and taking care of her family.

The Employee Wellness Program has implemented successful programs like Wear Your Tennis Shoes to Work and now Race with Me competition. Employees are able to work out on their own time and when it is most convenient for them. Employees can track how much they are exercising, Vaughan said. The program aims to get employees moving more and becoming more healthy.

“One step at a time and small changes” offer the best hope for long term success, Vaughan said, so this is what she encourages.

Nursing Student Afefa Bruner, 19, said she is taking small steps and is happy to report she recently lost 20 pounds. She makes her small changes by drinking water or tea, instead of soda, and staying away from processed and sweet foods.

Too little exercise is not the only reason Oklahomans are obese and overweight, Nwigwe said. Poor nutrition also plays a part.

Oklahomans are one of the states where people lack fruits and vegetables in their diet, Vaughan said.

Adjunct biology professor Patricia Holmes said people should focus on eating more fresh and frozen foods, such

“Being overweight made me feel self-conscious, an outcast and a loner.”

—DONTAYE ABRAM
OCCC STUDENT

as vegetables and lean meats. It’s wise to steer clear of high sodium, high fat, and over-processed foods that cause obesity, such as fried and fast foods.

The OCCC cafeteria is offering students more healthy options and are always adding to the menu, to give students healthy choices, said Corrine Aguilar, Carson’s Market Fresh Café manager. Some of the healthy options include turkey burgers, whole wheat pasta, yogurt, tofu, granola, soy milk, and smoothies, she said.

The cafeteria also displays the caloric intake on some of their food options, so students can be more aware of how many calories they are consuming, Aguilar said.

Psychology major Laura Benge, 29, said she has been eating in the OCCC cafeteria since the summer of 2008. She said the healthy food choices offered by the cafeteria have helped her maintain her weight.

“For lunch I have a salad, mixed with vegetables and whole wheat pasta,” she said.

Nwigwe and Holmes both agree that people need more education on nutrition and healthy lifestyles so they can make healthier choices.

The OCCC Child Development and Lab School is trying to prevent early obesity with the children in their care by feeding them well balanced and nutritious meals and snacks, Child Development Lab Supervisor Lee Ann Townsend said.

They follow guidelines from the Child and Adult Care Food Program catered through Carson’s Market Fresh Café. Vegetables and fruits are important ingredients in the meals, she said.

“Candy, cookies, and pop are

contraband at the school,” she said.

Outside food is not allowed in the CDCLS.

If parents want to celebrate their child’s birthday, they are encouraged to bring stickers and pencils for the chil-

dren, because birthday cake and ice cream are not allowed.

The kids get physical activity by going outside, one hour in the morning and one hour in the afternoon, she said.

The CDCLS is doing early intervention, teaching healthy lifestyles and habits that will follow kids into adulthood.

OCCC Obesity Survey: 150 students were surveyed

Students who said they are overweight: **37 percent**

Of the students surveyed who said they were overweight:

92 percent said their diet was moderately healthy

4 percent said their diet was unhealthy

54 percent said they worry about their weight sometimes

33 percent said they worry about their weight all the time

13 percent said they never worry about their weight

54 percent said they never exercise

Healthy Fast-Food Options

• McDonalds :

—Premium Asian Salad with Grilled Chicken: 300 calories, 10 fat grams (without chicken, 150 calories, 7 fat grams.)

—Egg McMuffin: English muffin, egg, cheese and a slice of Canadian bacon; 300 calories, 12 fat grams.

—www.associatedcontent.com/article/1396436/healthy_options_at_mcdonalds

• **Chick-fil-A:** Chargrilled Chicken Sandwich (without the flavoring packet): 260 calories, 3 fat grams, 7 grams of fiber, 27 grams of protein.


—www.chick-fil-a.com

• **Burger King:** Tendergrill Chicken Garden Salad with Fat Free Ranch Dressing: 240 calories, 9 fat grams, 3.5g saturated fat, 1460 mg sodium

—www.thehealthyeatingguide.com/burgerkingnutritionfacts

• **Wendy’s:** Mandarin Chicken Salad with half of a packet of Oriental Sesame Dressing (no crispy noodles and almonds): 265 calories, 7.5 fat grams (25 percent calories from fat), 28.5 grams carbohydrate, 3 grams fiber.

—www.cortislum.com/2010/08/fast-food-healthy-options



30% OFF

ALL WEDDING PACKAGES

NOW THRU

DECEMBER 31ST

CALL NOW TO

SAVE THE DATE!

(405) 414-6929

WWW.BOLT-PHOTOGRAPHY.COM