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Life is a huge fundraiser, putting in the necessary but their hearts are just money to research cancer this event.

Staff Reporter

Greek Life contributes to Relay For Life

By Mackenzi Ladd
Staff Reporter

Greek life at SWOSU is not as big as other schools but their hearts are just as big when it comes to raising cancer awareness. These organizations are doing their part to help with this war against the disease.

This spring, Relay for Life in April 15 to 16 on the basketball courts of the Southwestern Wellness Center. Socials continue, along with social events, to get students ready for Relay for Life each spring.

“We relay because each of our members have been affected by cancer through the loss of a loved one,” said Zeta president Katie Northbaal. “We relay to remember and celebrate those we have lost to cancer and those who are battling currently.”

Zeta Phi has a membership of 17 women. They have had several fundraisers this year. They partnered with the local Sonic on Main Street to contribute to their Relay for Life Fund. Zeta also recently had an Easter egg hunt to help involve the community in raising funds.

This year Zeta has set their goal of funds at $3,000 and plan to sell various handmade crafts for Relay for Life this year to help raise additional funds. Sigma Sigma Chi is also getting involved in Relay for Life.

“Relay for Life gives us the opportunity to make a real difference here in our community. We love what we do and getting to help a cause for a devastating disease like this makes it worthwhile to us.”

By Caylie Patton
Staff Reporter

The Southwestern Oklahoma State University Student Association is hosting its 38th banquet on Saturday, April 9. The 6:30 p.m. banquet in the Memorial Student Center will be an evening to enjoy diversity with food from all over the world, cultural performances and fashions from different regions.

Tickets are available in the International Student Office in Room 102 of the Administration Building. Tickets are $10 for students, $15 for faculty/general public and children under 18 are free. See article on page 4
Technology changes the college campus

By Jennifer Steiner  
Staff Reporter

Technology once meant a computer the size of a bedroom. However, present technology has become small enough to fit in a pocket.

"As computers become more complex and capable, you can buy processors to put in your computers or smartphones. This doesn't have to mean computers are about a decade ago," senior Shelby Steiner said.

Supercomputers like those used to assist in the launching of spacecraft are now portable, he said.

"Your watch is more powerful in processing power than what NASA has used to put people into space," said Steiner.

New technology does not have to mean computers or smartphones. SWOSU is finding ways to use the cloud to help students.

Karen Iden, director of information technology services, is looking into a "print management program for students... if a student is cloud printing where they put it in a document in the cloud, go to the kiosk, pull the document, and print from there.

The ease of accessibility of printing a document anywhere would relieve the stress for students searching for printers or utilizing a classroom computer lab.

Iden discussed a new project the administration is working toward.

Iden also mentioned that the campus is covered in all open areas, including the sports complex, by the Wi-Fi network, SWOSU Air.

The idea of having the Wi-Fi network more broadly available across campus allows for students to connect to the internet anywhere they need to order in-accomplished tasks and work on projects.

Having the eight tools for students to accomplish many various tasks is a must when thinking about what due to bring to campus.

However, there are many tools available to students already.

"The computer class has members who are working on making their own video games," Steiner said. "And they have those tools available to them where they can do that."

The computer labs are available to students to work on projects for class, build their knowledge, or create programs and create video games.

"For instance, the school makes technology available in the computer science program where students can do their work and do things that are outside of the curriculum but are also technology based," said Steiner.

Not all tools are just for students; some are put in place to help the campus grow year to year. A new tool that administration is working on is the ability to send text messages to new students or people interested in SWOSU.

"Being able to send text messages would allow the university to reach out in a more direct way and possibly increase enrollment numbers."

"Adding text messaging where students would receive texts from the university as an outreach tool for new students coming in," Klein said. "As room as they apply to the university we can send them a test message and try to get them involved as quickly as we can.

The university works on having as much available to students as they can, always focusing on bringing the absolute best to campus despite budget cuts.

"Due to the cuts, the computers currently on campus are going to go from a four-year rotation cycle to about five years next," Klein said.

"Technology on campus is a focus for the administration. "The college has no budget. They have to consider more than just one document," said Steiner.

For career fair tips or career advice, visit the Career Services office in Stafford 209 or call 580.774.3233.

The Southwestern
Spring 2016

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The Southwestern is the student newspaper of Southwestern Oklahoma State University. It is published every Wednesday during the fall and spring semesters, except during holidays and final weeks of students. The student editors serve as members of student media: journalism, media arts/film and photography. Editors are selected by their peers, the opinions expressed in unsigned, boxed editorials are the opinions of the editors. Both sections are staff-written, student-designed. Neither is necessarily the opinion of the student administration, staff or faculty. Neither is necessarily the opinion of the university administration, staff or faculty.

The Southwestern Student Newspaper

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The Southwestern

Financial Stress: An Everyday Reality For College Students

By Michelle Taylor

There are multiple financial struggles that college students face from the rising costs of living, finding jobs that pay decent wages, and paying for tuition, books, and other necessities. Many college students struggle to make ends meet with their limited income. A study done by the Associated Press shows that college students are still struggling even when it comes to getting the news.

"The survey of Americans ages 18 to 24, sometimes called theennial generation, found that two-thirds of respondents said they consume news online regularly, often on a social networking site. Of those, 40 percent do so several times a day, according to the poll, conducted by The Associated Press-NORC Center for Public Affairs Research and the American Press Institute."

Many college students still watch the news in the mornings or later in the evenings. Adults do, but when a popular news event comes into conversation, college students are still informed on the subject, so what does this mean for the news?

"I actually get a lot of my news updates from the radio at my car while driving," Toth said. "I actually get a lot of my news from the radio. My children don’t want to watch the news, they can find what they are looking for from their phones quicker than waiting a half hour to listen to something." They agree that the times have changed and that sites like Facebook and Twitter have become the number one source for news.

"I don’t have any financial aid to help me this much," said Brown. "I work as I can throughout the semester but, I just didn’t realize it would add up free."

A study done by the Associated Press shows that college students face from the rising costs of living, finding jobs that pay decent wages, and paying for tuition, books, and other necessities. Many college students struggle to make ends meet with their limited income. A study done by the Associated Press shows that college students are still struggling even when it comes to getting the news.

"Going to college was a struggle. It was a battle," Brown decided to stay at home with her parents instead of moving to Oklahoma City. "I didn’t know if I really wanted to do this major or if I really wanted to be this major," Brown said.

"I work as I can throughout the semester but, I just didn’t realize it would add up free."

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"I work as I can throughout the semester but, I just didn’t realize it would add up free."
In our meetings, we are constantly reviewing various options. Programs that are under the water already, so higher education has become a vocal advocate for higher education in Oklahoma. As a unit we really enjoy "Relay for Life". They have had several fundraisers this summer and continue until Relay for Life. These four men work hard during both semesters to do their part for what "The Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do their part for what "Phi Delta Theta has a membership of 15 members. These men work hard during both semesters to do
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How important are college rankings?

By Max Iark

Staff Reporter

College rankings are an important part of today’s college search, but whether they seem to be at all. People want to attend the best colleges so that they can have the best opportunity for their future possibilities, but in the end, does the ranking of the college you apply to even matter that much

The ways to get into college have been the same for a while now:

1. Get a good ACT or SAT score and having a good GPA gets a normal student into a local state school with a score around 18 and for others a 21. A few colleges let you combine your ACT with a GPA so

2. Meet

After being accepted into a couple different schools the biggest decision of your life will be ahead.

A person may be accepted into Harvard, Yale, Princeton, and Oklahoma, but just because they get accepted doesn’t mean it’s the best fit for them. The top schools in the nation currently rank in order as Princeton, Harvard, Yale, Columbia and, and, Stanford.

Curt Waugh, who attended Oklahoma State University, says OSU has helped him to build relationships he'll build for the future.

“Going to OSU didn’t affect my salary,” he said. “I have a passion for writing. My writing relationship my professor had with an SVP of an NBA team, so I built a relationship with who got me in touch with the Spur,” and Waugh.

People want to attend the best college and then moving on to a larger school for their major of choice. Students on sports scholarships usually choose the colleges that give them the most money. What they should be concerned about though is what is that college can do for them after sports.

Zach Gonzalez first attended Northern Oklahoma College in Tonkawa and University of Science and Arts of Oklahoma in Oklahoma because of his scholarships and his future wife. The school ranking didn’t matter so much, he just wanted to play baseball and get a degree.

He also mentioned how his degree didn’t help him too much anyways.

Fortunately for me, the railroad school needed a college degree to become a conductor or engineer, but if I ever go higher up it may help. My degree in physical education and having a good GPA because of the university’s status and relationship with Conwood Phillips,” said Waugh. College rankings do matter especially for future jobs in marketing and business, but the experiences and what you carry yourself to you much further. We, as people from Harvard is probably not going to be more successful than a person that attended OBU-OCR, that’s just a fact.

If you are looking for good colleges, do what’s best for yourself, whether it becomes money, friends or experience, but not just if a certain college ranks better than another.

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Cooking in college can often be time consuming, expensive, and difficult for the inexperienced. Numerous recipes are often highly priced and high-pitched, making the idea of cooking much less appealing to college students. However, eating out every night is not financially possible. Three Southwestern students shared their specific recipes that are cheap, fast, and fun to make with friends and family.

Learning new recipes to cook often creates a feeling of independence for many students, including senior Kate Hawkins.

In fall 2015, Katie was excited to go home and cook a new chicken burrito recipe she had learned from her mother.

"I'd started cooking the chicken, mom couldn't wait for the kitchen and kept trying to stuff me when I was 'helping.' I kept telling her I was doing this on my own like she usually does," said Katie. "When I kicked her out of the kitchen like her mother had done to her many times in the past.

Five minutes later, Katie’s mother was back in the kitchen trying to help. "I finally told her she could come in and open up all of the cans, pour them in and stir occasionally."

"When I cooked the chicken and onions, her mother opened the cans of green chilies, cream of chicken soup, and grilled onions, her mother opened the cans of green chilies, cream of chicken soup, and grated cheese."

Katie quickly realized her mom was just trying to help, just like she attempted to help her mother when she was younger.

"What was so ironic was how that was felt when I was 'helping.' It was weird to see the roles reversed and that I got to see how mom felt when I was 'helping.' "

To help mom out of the kitchen, Katie had been trying to help. It was weird to see the roles reversed and that I got to see how mom felt when I was 'helping.'"

In the kitchen and kept trying to stuff me when I was little and I was just wanting to do something to show I was trying to help. I wanted to use the rules received and that I got to see how mom felt when I was 'helping.'"

"When I cooked the chicken, mom couldn't wait for the kitchen and kept trying to stuff me when I was 'helping.' I kept telling her I was doing this on my own like she usually does," said Katie. "When I kicked her out of the kitchen like her mother had done to her many times in the past.

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The chicken burritos were not only delicious, but they also flooded Katie's mother with joy.

**Recipe**: Black Bean Burrito

To prepare the burritos:

Star all of the ingredients together, fill tortillas, and roll (A health option would be to spread the ingredients onto a corn tortilla instead of filling a flour tortilla)

Spray casserole dish with a cooking spray

For a flour tortilla, bake for 5 minutes at 375 degrees

For a corn tortilla, bake for 10 minutes at 375 degrees

For a flour tortilla, bake for 15 minutes at 375 degrees

Top with cheese and salsa

Bake for 5 more minutes or until cheese is melted

### How much video game is too much?

By Anikdose Usangba

According to Wikipedia, “a video game is an electronic game that involves human interaction with a user interface to generate visual feedback on a device such as a TV screen or computer monitor.”

Tayo Ajibola, an active game player, said that for him playing Loss of Liberty for 12 hours a day is quite a feat. “I can play GTA and FIFA for the whole day,” Clifford Yunnan said. “Six hours in a day would be considered too much because I’ve got work, assignments and sleep.”

Different people, depending on their love for video games, have different limits as to how much they can spend on a television or computer screen. But how much is too much?

According to the Kanner Family Foundation in 2010, the average is one hour a day.

## Writer’s Festival features poetry, workshops

By Hannah Flaherty

The 23rd annual Writer’s Festival is taking place at the SWOSU Conference Center on April 6. Writer’s is a publication annually by the Language Arts Department of Southwestern Oklahoma State University. Publications include previously published fiction, poetry, prose poems, drama, nonfiction, book reviews, literary criticism, and artwork.

The Writer’s Festival will begin at 6 p.m. on Tuesday, April 5, 2016 with a slam poetry workshop with Jennifer Armstrong. Armstrong, a psychologist and the director of Media Research Lab at Iowa State University. Armstrong will provide a creative writing workshop and the director of Media Research Lab at Iowa State University. According to Pew research center 9 percent of Americans live only play video games, and 1 percent consider themselves. Armstrong will provide a creative writing workshop and the director of Media Research Lab at Iowa State University. According to Pew research center 9 percent of Americans live only play video games, and 1 percent consider themselves.

There will be a Bake Sale hosted by the SWOSU English Club at the festival beginning at 6 p.m. on Tuesday, April 5, 2016.

### Video game is too much?

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Softball team earns split at Oklahoma Baptist

After rallying to force extra innings in the opener, SWOSU controlled the series finale against Oklahoma Baptist to split the doubleheader and the series against the Lady Bison in Shawnee.

Oklahoma Baptist 5, SWOSU 6 (5 inn.)

Taylor Eaves hit a three-run home run to center and force another extra inning. In the eighth inning, SWOSU took the lead briefly by capitalizing on an OBU error, but a Bulldog error in the bottom of the frame allowed the Lady Bison to tie the game back up at 4-4 and force another extra inning.

SWOSU got one base runner in the top of the ninth but they were unable to push one across, leaving the door open for the Lady Bulldogs in the bottom of the inning, extending the contest to 10 innings. Eaves later returned to home plate and knocked in another run to ice the deal for SWOSU in an 8-4 win.

Mirianda West hit a two-run triple in the first (Photo Courtesy http://swosuathletics.com)

The Bulldogs scored four runs in the first inning and never looked back as they won the series finale to split the series.

Miranda West hit a two-run triple in the first while two other SWOSU runs scored on errors as the Dawgs put four runs on the board, needing just two more to close the game.

The Lady Bison got two runs in the first inning, which was crucial as OBU scored an insurance run in the seventh before taking the loss after allowing three runs on four hits.

Southwestern's Hailey Tucker is on a list of the top freshmen in NCAA Division II (Photo Courtesy http://swosuathletics.com)

Hailey Tucker selected for freshman all-stars

Standout SWOSU guard Hailey Tucker has been named to the All-Freshman Team by Division II Bulletin, an honor bestowed upon just 10 freshman from all across the nation.

Tucker led the Lady Bulldogs as they finished with their third 20-win season under the direction of coach Kelbi Musick and advanced to the Great American Conference Tournament Championship game for the fourth time. She led her team in scoring, averaging 15.4 points per game and hit 81 three-pointers, the second-most in a single season in school history, while also ranking second on the team with 177 rebounds and 43 blocked shots.

This is the latest honor for Tucker, whose full list of accolades can be found below, and becomes the Lady Bulldogs first All-Freshman Team honoree as members of NCAA Division II.

SWOSU prepares to host rodeo

By Bailey Hood

Staff Reporter

On April 7, 2016, the Rodeo will be held in the Don Mitchell Rodeo Arena, it is a two-day event lasting until April 8th, SWOSU has both teams men and women in the National Finals as well as many individual competitors. In the Rodeo they will have Saddle Bronc Riding, Bareback Riding, Bull Riding, Barrel Racing, Breakaway Roping, and Goat Tying. Stacey Bailey, Rodeo team member says, “she is excited to see how the Rodeos will play out.” “The Rodeo team has been working really hard all season long,” says Stacey, “and I know that everyone will be at the top of these games every single competition.”

Stacey says that “hosting a rodeo is a lot of hard work but it is also very rewarding and a ton of fun” she says, “in such an awesome feeling to be there and witness when someone from SWOSU rides into the arena.”

The community does a lot to help out the rodeo and in turn, the rodeo does a lot to benefit the city of Weatherford and SWOSU said “the rodeo brings thousands of dollars into the Weatherford community over the weekend.”

There is also the Hide Relay Race that involves four horses, during “hide riders,” and lots of laughter. Teams of 3 will race to ride from one horse to the next while “the other on a vehicle being pulled behind a horse. One person rides the horse while the remaining team members jump on and off the hole in designated exchange zones.”

TheHide Race can get very wild, so it is always a must-see at rodeos.

“The Rodeo is a must see event says Mac Gregor, a junior at SWOSU she says that it is the thing to do on campus!” I love the rodeo and when it comes time to support my fellow classmates I jump at the opportunity!
New, Coming Fall of 2016.....

We are excited to announce that in the fall of 2016, Neff and Stewart Hall will have 24 hour visitation. This change is designed for upper classmen that live on campus. Also, we are eager to announce that Stewart Hall will be undergoing minor construction to its rooms this summer. At the end of the construction period, all beds will be movable and a select number of rooms will have carpet. We hope that you are as excited as we are about the upcoming changes to our buildings.

We hope that you are as excited as we are about the upcoming changes to our buildings.

If these changes interest you, we will be re-contracting April 11th-15th. At that time, the RAs of your designated hall will seek you out and allow you to re-new your contract as well as letting you receive first choice on your room and hall assignment over incoming applicants.

Pics of Res Life

Resident Spotlight

Paden Bottom

Hometown: Mountain View, OK
Classification: Freshman
Major: Exercise Science
Resident Hall: Neff Hall

Why did you choose your major?
I chose SWOSU because it is fairly close to home and it has a beautiful and practical campus.

What are your hobbies?
I enjoy hanging out with friends and playing softball at Rader Park with my buddies.

What do you want to do when you graduate?
I intend to go onto graduate school and get my Masters in Sports Medicine.

Who’s been a major influence in your life?
"You don’t have to know where you are going, you just have to know where you’ve been" — Mater from Cars

Resident Spotlight

Ethan Mazzio

Hometown: Moore, OK
Classification: Freshman
Major: Vocal Music Performance
Building: Jefferson Hall

Why did you choose your major?
I chose to be a vocal performance major because choir was my favorite class in high school. Singing is my favorite thing to do, and I hope I can make a career out of it.

What are your hobbies?
When the weather is right I love to go hiking in Oklahoma state parks. I also enjoy working on engines and cars.

What do you want to do when you graduate?
When I graduate, I want to be either a contemporary singer/artist or a music composer.

What’s your favorite SWOSU moment?
My favorite SWOSU moment was racing office chairs with a friend across the lobby of the Fine Arts Center. My chair was missing a wheel and stopped dead, my arm still hurts from that fall.

RA of the Month

Ty Haight

Residence Life would like to recognize Ty Haight from Jefferson Hall as our Resident Advisor of the Month. Ty is an Engineering Technology major from Fairview that loves to hunt, fish, and make people happy. Ty decided to become a RA because Derrick Faust and John Srader encouraged him to apply. He had always considered applying, but the extra push from them helped him decide. When asked for his favorite RA moment, Ty stated that it was “playing cards against humanity with my floor.” We encourage everyone to thank him for all of his hard work and dedication.

ResLife Happenings

What | When | Where
--- | --- | ---
ResLife @ the National Cowboy and Western Heritage Museum & OKC Zoo | April 16th | Oklahoma City, OK
Bingo | April 14th | OK Hall Lobby
Scavenger Hunt | April 15th | OK Hall Lobby
P Skeeball | April 16th | Oklahoma Hall
Black Kettle Hall | April 22nd | Stewart Hall Lobby
Game of Thrones Watch Party | April 26th | Black Kettle Movie Room
Neff Hall | March | Neff Hall Lobby
Neff Hall March Madness | March | Neff Hall Lobby
Grill Out | April 19th | Neff Hall Front Lawn
Jefferson Hall | April 14th | OK Hall Front Lawn
Ultimate Frisbee | April 19th | R&J Field