Food
Men's Basketball
Women's Basketball

Top events coming up at SWOSU
- Bulldog Blitz Talent Show — Thursday, Feb. 25, at 6 p.m. in the Fine Arts Center.
- Wind Symphony/Symphonic Band/Community Band Concert — Friday, Feb. 26, at 7 p.m. at the WHS Performing Arts Center.
- Sayre Campus Blood Drive — Wednesday, March 2, from 10 a.m. to 3 p.m., Room 111.

The Peking Acrobats will bring their show to Southwestern on March 1 as part of the Panorama series. Tickets are available on stubwire.com and 877.990.7882. A limited number of tickets will be available in the SWOSU Public Relations & Marketing Office, Room 205, Administration Building. The event begins at 7:30 p.m. in the Fine Arts Center.

Greenhouse workers
Staying green in the middle of the winter
By Amber Bachiochi
Staff Reporter

The members of the SWOSU Biology Club are preparing for their upcoming plant sale by working in the on-campus greenhouses. Since Feb. 2, members have been meeting every Tuesday from 6 to 7 p.m. to tend a wide variety of greenery.

Under the guidance of Biology Club sponsor Dr. Lisa Boggs and former SWOSU instructor Dr. Bill Seibert, the students have learned about different soil mixtures, how to correctly repot a plant, and other things that senior Mason Howe believes should be considered common knowledge.

see Plant sale on page 2

Acrobats bring show to campus March 1

By MaKenli Ladd
Staff Reporter

An eight-week book study of Brené Brown’s best-seller, The Gifts of Imperfection starts Feb. 18. The study will be every Thursday from 12 to 1 p.m. in room 201 of the Stafford Building.

To actively participate in the study it is asked that you purchase the book, which is available on amazon.com for $8.66. Lunch will be provided during this book study, but donations are appreciated.

This on-campus event is open to students, faculty, and anyone in the community who is interested.

The book also focuses on breaking out of the mindset of being perfect and focusing on self-love even when you have a million things dragging you down.

Carol Waters, a campus minister from the Grace House, hopes to make the book study a safe community to encourage others to live a life they can love.

“This book was incredibly helpful to me,” Waters said. “This is something I think will relate easily to people of all ages and backgrounds.”

To register for this book exploration contact Carol Waters at 580-660-0891 or email: cspeckwaters@yahoo.com.

see Plant sale on page 2

Glow 5K seeks runners

By Conner Kent
Staff Reporter

The Glow 5K is a 5K and 1 mile walk/run is scheduled for Thursday, March 31 beginning at 5 p.m. on the Southwestern campus with all proceeds going to the American Cancer Society. Numerous organizations have been strong supporters including Phi Delta Chi and the College of Pharmacy.

Students are getting excited to promote the special event, including senior Katie Hawkins.

“It is our hope that we have spread the word and reached enough people, not only to be aware of this event, but to actually participate in it,” Hawkins said. “I believe we have spread the word and reached enough people, not only to be aware of this event, but to actually participate in it.”

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“I believe we have spread the word and reached enough people, not only to be aware of this event, but to actually participate in it,” Hawkins said. “I can’t wait to see just how big of an impact it can have on not just the volunteers and the runners, but also the overall awareness we have brought to light within the community.”
Where would you rather work? 
home vs office

By Michelle Taylor
Staff Reporter

In today's changing workplace, there are more options than ever to work from home as opposed to working in an office. A 2013 survey from Socialmedia.com found that 71% of respondents prefer to work from home. Student Stephanie Costello has worked both in an office setting as well as working out of the home as a transcriptionist. Costello said both have advantages and disadvantages.

"It would just depend on the job. Working as a transcriptionist I was able to make my own hours and was able to stay home with my children," Costello said. She said the advantages of working at home include no childcare costs, a relaxed atmosphere, no boss, and no travel expenses.

The disadvantages are the need to manage time properly, interruptions from children, and no social interaction with co-workers. Costello said the advantage of working in an office is the social interaction with co-workers. Its disadvantages were interruptions from bosses, coworkers, and customers, and the worry of being on time or missing work because kids are sick.

Sexual Orientation Diversity Association re-starts

By Elizabeth Fuller
Staff Reporter

After three years of absence, the Sexual Orientation Diversity Association has officially re-started. Many students have never heard of this organization, or simply don't know what it is.

"We're here for everybody," said Claire Davis, communications president and club advisor. "SODA is an inclusive organization." SODA is a club for every gender, religion, and sexual orientation. This is a safe place of freedom.

"I believe SODA is beneficial for every student," said Davis. "It gives you a place where you can find yourself, and a place where you can have self-assurance." Many students come from all over the world to college and have no idea who they are. Being a college student is hard enough, but not having a place to go is even more so.

The main message of SODA is being a non-judgmental, inclusive organization. "Besides, all of us here are just humans," said Davis.

On April 8, SODA will host a Glow Run with marathons to promote in Student Union Ballroom. More details are to be announced.

Sexual Orientation Diversity Association re-starts

By Elizabeth Fuller
Staff Reporter

The Southwestern or tion has officially re-started.

"I didn't have a boss watching over me, but I had a responsibility to my clients to get my letters typed and returned as soon as possible," she said.

Costello has advice for anyone who has to choose between working at home and the office. "If they are raising a family I would suggest working from home. They are fun plants for col

Jansing of plants such as the smaller succulents are reasonably priced.

Many students have never heard of the Southwestern Student National Union. It will begin at 8 a.m. and last through the afternoon.

Plants that will be available for the sale include agave, cactus, bougainvillea, rubber trees, and a variety of herbs.

"They are fun plants for college students," said senior Elizabeth Jansing of plants such as the smaller succulents are reasonably priced.

The last plant sale was held about two years ago, and as Jansing said, it usually brings in a good crowd.

"It was cool because it wasn't just students—it was the Weatherford," said Jansing.

Profits from the plant sale go back to the Biology Club, and the money is used for various community activities as well as academic activities.

"The biggest of these include sending students to regional and national Tri-Beta Biology conventions and putting on the Biology Department's annual banquet," said Boggs. "Students who are not part of the Biology Club are welcome to visit the greenhouse located east of the Biology Building on Tuesdays at the scheduled time.

Glow Run from page 1

Pre-registration fees should be submitted by March 10 and is $35 for the 5K and $20 for the 1-mile walk/run. Registration fee after March 10, and on race day is $50 for the 5K and $25 for the 1-mile walk/run.

The 1-mile walk/run will begin at 7 p.m. and the 5K will begin at 8 p.m. at the Southeastern clock tower.

Free Glow Run/Walk t-shirts are guaranteed to all participants who register by Mar. 10. Medals will be awarded to the top 3 placing females and males in the 5K, along with fun awards to the 1 mile and 5K participants and volunteers. Gifts such as Beanery Bucks, prize bags, glow giveaways, and door prizes will also be provided.

Glow Run activities include interactive booths and games hosted by Southwestern's organizations and other SWK appointments.

For more information, email SWOK5K@swosu.edu or call 405-535-4285. There is also a Facebook page for the event under GlowRun_Central.

Best apps for students

By Bailey Hood
Staff Reporter

If you look around today you will most likely see a cell phone out in every nook and corner. On our beloved cell phones we have apps. Now these things can be very productive or very destructive.

Mack Glasscock, junior says that apps are very productive. On his phone, he has lots of things like a medication app, an alarm clock, do to list maker, and many more.

She also has her health and fitness apps like the fitbit app, which tracks your steps and a place to log your food for the day. You can also track your sleep on your iPhone, how long you went and when you were restless. She has an app that tracks her exercise when she runs or goes to the gym. If you use the right apps they can make life much easier and better for you just as long as you use them correctly.

The top 10 apps of the week are:

1. One Day Journal
2. Kindle for reading, Sims- a game, Fable- health and fitness apps, Deep sleep, a sleep tracking app, Fanfiction- a photo editor, Heads Up- game, Sky-translation app, Skygdk- star viewing, Pandora- lifetrek.

Best apps for students

By Bailey Hood
Staff Reporter

The sale will take place on Thursday, April 21 in the lobby of the Student Union Memorial. It will begin at 8 a.m. and last throughout the afternoon.

The disadvantages are the need to manage time properly, interruptions from children, and no social interaction with co-workers. Its disadvantages were interruptions from bosses, coworkers, and customers, and the worry of being on time or missing work because kids are sick.

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The Southwestern Student newspaper of Southwestern Oklahoma State University, the Fall 2016 edition of The Southwestern encourages comments from the student body, faculty, and administration in the form of letters to the editor. All letters are subject to a content consideration. The editor has the right to determine whether the entire letter is to be expressed in unsigned format and allow the editor the option of the editor's letter. Neither is necessarily the opinion of the university administration or staff at faculty.

The Southwestern
Southwestern Oklahoma State University
100 Campus Drive
Weatherford, OK 73096
(580) 774-3065
thesouthwestern@swosu.edu

The Southwestern
Can Social Media be used for Stalking?

By Caylie Patton

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There are a few ways to protect yourself from unwanted attention to yourself and also to your personal belongings. It is always the best idea to refrain from posting about leaving for your vacation, but if you can’t help yourself, try asking a friend or a neighbor to look over your house and vehicles while you are gone.

The smartest thing you can do to stay better protected from stalking is to change your privacy settings and block them. Remember—there is no need to panic, just stay safe. If you notice someone is trying to stalk you, or notice something amiss, report them. Make sure to tell your friends about it, the snow people that know about your situation, the better.

Never turn someone on the Internet that you haven’t met before. It happens every day; people think they can stalk or harm someone online. It is something that online shopping sites have been reported that on stalking have been reports that online shopping sites have been.

Social media is something that can and have been used for stalking, or even worse.

There is no denying that social media is something that young adults and teenagers are accustomed to, even the older and younger people to the social media craze. However, can social media be used to cause harm and danger to unknowing subjects?

Whether it’s in the dead of summer or there is three feet of snow out, there is something comforting about being such a hot topic, why not take advantage of it to get you to eat your vegetables. There are a few ways to protect yourself from unwanted attention to yourself and also to your personal belongings. It is always the best idea to refrain from posting about leaving for your vacation, but if you can’t help yourself, try asking a friend or a neighbor to look over your house and vehicles while you are gone.

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Cool ice-cream flavors to try

Honey Blue Cheese: A savory medley of blue cheese and honey.

Avocado: You guessed it! Avocado in your guacamole, avocado ice cream.

Maple Bacon Brittle: With bacon being such a hot topic, why not add it to your ice cream.

Garlic: You will need a toothbrush after this snack, but at least it will keep the vampires away.

Sriracha: Add an extra kick to your burrito or your ice cream.

Lobster: Clams, butter, ice cream. Dinner and dessert all in one.

Squid Ink: Instead of a chocolate and vanilla swirl you can have a squid ink and vanilla swirl.

These flavors aren’t offered anywhere. However, if I were you to sell them, you can find free recipes online to make your own Dreams offers a few less risky options such as Amaretto Peach Charlotte and Blackberry Cherry Amaretto that are still drawn up from traditional flavors.

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**Upcoming Events**

**Wednesday, February 24, 2016**
*All Day* Social Music Auditions
*All Day* Room and Board Fee (tax free)
10:00 AM - 1:00 PM  Seattle Campus Grad Fair
12:00 PM - 1:00 PM  *All Day* February 2016 Invisions

**TTT Workshops**
1:40 PM - 5:00 PM  ACT Residual Exam
6:00 PM - 8:00 PM  Physics Tutoring

**Thursday, February 25, 2016**
*All Day* Class A Arena Basketball Tournament
*All Day* Music Auditions
8:00 AM - 5:00 PM  Southwestern Pharmacy Alumni Foundation Board Meetings
1:00 PM - 5:00 PM  *All Day* Residual Exam
1:00 PM  Softball at Southeastern Oklahoma State University (DH)
2:00 PM - 4:00 PM  Baseball vs. Southeastern Oklahoma State University (DH)
5:00 PM  Late payment fee applied to tuition and fees. baseball
7:00 PM  Wind Symphony / Sympho
7:30 PM  Community Band Concert

**Saturday, February 27, 2016**
*All Day* Class A Arena Basketball Tournament
8:30 AM  Miss SWOSU & SWOSU’s Teen Winter Meeting
9:00 AM - 5:00 PM  James Beckmenridge Memorial Ball Tournament
12:00 PM - 4:00 PM  Baseball vs. Southeastern Oklahoma State University (DH)
1:00 PM - 5:00 PM  Softball at Southeastern Oklahoma State University (DH)
8:00 PM - 11:00 PM  Women’s Basketball at Ouachita Baptist University
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**Sunday, February 28, 2016**
8:00 AM - 11:00 PM  Phi Chi Theta Beta Weekly Meeting
8:00 AM - 11:00 PM  Sigma Sigma Chi Bowling
8:00 AM - 11:30 PM  Eta Iota Sigma Meeting

**Monday, February 29, 2016**
*All Day* Enrollment for Summer 2016 and Fall 2016 begins for freshmen, but requires advisor approval.
6:00 PM - 8:00 PM  Physics Tutoring
7:00 PM  Zeta Phi Mu Meeting

**Tuesday, March 01, 2016**
8:00 AM - 5:00 PM  Suicide Prevention Training
10:00 AM - 3:00 PM  Grace House Open All Day
11:30 AM - 1:00 PM  FREE Tuesday lunch
12:00 PM - 4:00 PM  Graphic Design Association Meeting
5:30 PM - 7:00 PM  Fine Dining at Grace House
6:00 PM - 7:00 PM  Panorama Art - Peral
7:30 PM - 9:30 PM  Pancake” Westfall’s Falcon Firebird Book Exploration
Plan a successful spring break trip

By Max Jirak
Staff Reporter

When thinking of what to do on Spring Break, the typical ideas usually pop up such as Cancun, a cruise, or possibly skiing. Many students have dreams of their own ultimate Spring Break experience. A college student's typical Spring Break is heading to a beach to party, party, party and maybe party some more, but for some they would like to spend it doing a mixture of different events.

The typical beach party is always fun, going to destinations such as Padre, Gulf Shores, and Cancun. Another way to visit beachers and other places would be to go on a cruise seeing different destinations. Gambling, going to a new parties and guys every night and with no care in the world. Alice's sister, Meg, played by Leslie Mann is the definition of an independent women being married to Jack, but living a single life with the help of her friend Robin played by Rebel Wilson. Robin is embracing the single life with new parties and guys every night and with no care in the world. She gets artificially inseminated. She finally has everything she wants in life when a younger man appears and turns her world upside down. Last but not least, Lucy played by Alison Brie, is a dating website mathematician who is showing just how frustrating it is to look great when trying to attract a man. She was perfect at cutting her spanx with safety scissors. She was the ideal vacation. Staying in also one of the most popular activities to do.

Are reality shows reality?

By Elizabeth Fuller
Staff Reporter

According to Medical Procedure News, reality TV has skyrocketed. On any night, several channels show reality shows. The typical beach party is always fun, going to destinations such as Padre, Gulf Shores, and Cancun. Another way to visit beachers and other places would be to go on a cruise seeing different destinations. Gambling, going to a new parties and guys every night and with no care in the world. Alice's sister, Meg, played by Leslie Mann is the definition of an independent women being married to Jack, but living a single life with the help of her friend Robin played by Rebel Wilson. Robin is embracing the single life with new parties and guys every night and with no care in the world. She gets artificially inseminated. She finally has everything she wants in life when a younger man appears and turns her world upside down. Last but not least, Lucy played by Alison Brie, is a dating website mathematician who is showing just how frustrating it is to look great when trying to attract a man. She was perfect at cutting her spanx with safety scissors. She was the ideal vacation. Staying in also one of the most popular activities to do.

Food is one of the basic human necessities along with clothing and shelter. Food comes in numerous varieties, and is usually very comforting and amazing, especially when prepared properly. "All can be comforting for various reasons, it quenches hunger, and this is common with college students who are constantly hungry," said Daniel Omoleye about the sensation he feels when he eats something especially when eating fries. Many foods can be described as "comfort foods." These include Chocolate, ice cream, or chips. A study from the University of Lancaster England claimed that people who consume foods with high fatty acids, experienced an increase in the brain that made them feel more at ease.

Movie Review

The movie landed some huge actresses. Dakota Johnson plays the main character, Lucy. Dakota Johnson plays the main character, Lucy. The movie is about four single women trying to find companionship in a world where the definition of love means so many things. The movie landed some huge actresses. Dakota Johnson plays the main character, Lucy. Dakota Johnson plays the main character, Lucy. The movie is about four single women trying to find companionship in a world where the definition of love means so many things. The movie landed some huge actresses. Dakota Johnson plays the main character, Lucy. Dakota Johnson plays the main character, Lucy. The movie is about four single women trying to find companionship in a world where the definition of love means so many things. The movie landed some huge actresses. Dakota Johnson plays the main character, Lucy. Dakota Johnson plays the main character, Lucy. 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Bulldogs complete season sweep of Bison

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Looking for a fun time? Thursday, February 25, 2016 at 4pm in the Stewart Hall Lawn, there will be Messy Twister. This game will be played like the average game of twister, but with the exception of colored shaving cream and paint. It will be a neat way to experience twister, especially if you have never experience it before. Get ready for a fun and exciting time playing twister on Stewart Hall’s lawn. It will be a fun way to meet new people. We hope to see everyone there, because we know that it will be a great time.

Resident Spotlight
William Tanner

Hometown: Danbury, CT
Classification: Junior
Major: Nursing
Resident Hall: Black Kettle Hall

Why did you choose your major?
I chose nursing as my major because I wanted to be able to help people when they are sick or hurt. After nursing school my plan is to become a nurse anesthetist to make sure people are kept asleep and comfortable during different types of surgeries.

What are your hobbies?
I enjoy playing all types of sports. My favorite sport is volleyball and I play on the SWOSU Men’s Club Volleyball team. I am one of the outside hitters and we play in tournaments each month against Division I schools.

What do you want to do when you graduate?
When I graduate I plan to work as a nurse in either the ICU or Critical Care unit at a hospital and then attend nurse anesthetist school to earn my masters.

Who’s been a major influence in your life?
A major influence in my life has been my cousin Grant because since I have moved out to school from Connecticut he has helped me in every way possible. Grant has been there for me through everything that has happened since I first came here 3 years ago.

Resident Spotlight
Josh Griffin

Hometown: Mustang, OK
Classification: Freshman
Major: Pre-Pharmacy
Building: Jefferson Hall

Why did you choose SWOSU?
I kinda like the size of SWOSU and how the classes work.

What are your hobbies?
My hobbies are playing skyrim, minecraft, ping pong, and long boarding.

What do you want to do when you graduate?
My main goal is to own my own business. I really want to be my own boss, and make my own way in this world.

What’s your favorite movie quote?
"Get to the chopper!" - Predator

ResLife Happenings

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<thead>
<tr>
<th>Event</th>
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<td>Resident Advisor Information Session</td>
<td>March 20th</td>
<td>Residence Life Conference Center</td>
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<td>RestLife Spring Movie Series: Sisters</td>
<td>March 29th</td>
<td>Fine Arts Center</td>
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<td>Spa Night</td>
<td>March 24th</td>
<td>OK Hall Lobby</td>
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<td>Messy Twister</td>
<td>Feb 25th</td>
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<td>Margaritas and Murals</td>
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<td>Pool Tournament</td>
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<td>Never Back Down</td>
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<td>Neff Hall Lobby</td>
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<td>Neff Hall Wrap Up</td>
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<td>Neff Hall Lobby</td>
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<tr>
<td>Texas Hold Em</td>
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Messy Twister
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