College students struggle with eating healthy
By Amber Bachiochi
Staff Reporter

Eating healthy on and around campus is another part of life for SWOSU students to balance. A student’s meal choices often sacrifice wholesomeness for convenience, which can lead to consuming food high in fat, calories, and carbs.

Students face different challenges depending on where they live. Those who live off campus have the responsibility of choosing their own healthy meals but often sacrifice health for convenience by purchasing unhealthy food. Campus residents (who are required to purchase a meal plan) must make the best of what is available to them, through purchasing things from the C-Store, the Grill, and Duke’s Diner.

Duke’s Diner—also known as the Caf—offers hot entrees, a panini line, and a salad bar; but it only serves lunch and dinner for limited hours during the week. The Grill contains some healthy food choices for students.

The Grille's menu includes options such as salads, wraps, and grilled chicken. The C-Store has healthier options like fresh fruit, yogurt, and organic snacks.

The Southwestern has two entertaining events planned for the upcoming 2016 spring semester as part of the 25th anniversary of the Panorama series. Two favorite groups are coming back to perform:

The Peking Acrobats - March 1, 2016
The Second City - February 8, 2016

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Both events will be at 7:30 p.m. in the Fine Arts Center.

The Second City has a special “Hooking Up” program planned Monday, February 8, just in time for the Valentine season. The show makes mirth out of missed connections, girl’s night out adventures and all the crazy things done for love. The theatre troupe from Chicago will entertain the audience with a modern mix of romance, humor and everything in between.

Students will compete for prize money in both individual and group categories.

Prize money will go to the winners of each category and will be $500 for the individual winner and $1,000 for the group winner. To be eligible to compete in the individual category, students must have a valid SWOSU student ID. However, to compete as a group, only one student must have a valid SWOSU student ID.

Last year the individual winner was Lu-Chieh Lin who performed a magic show and the group winner was “Bladestrip” with a musical performance.

“I am really excited about this year’s event. Sheri Flowers has done an amazing job for the past several years, so I have some big shoes to fill, but I hope to follow closely in her footsteps. I can’t wait to see what talent we find during auditions, and I am really looking forward to everyone seeing the show,” said Morgansey Benson.

Benson is the director for the Collegian’s entertainment Board and will be chairing Bulldog Blitz for the first time this year.
basketball art and their unique family entertainment. Tickets are on sale and are available for level 1 ($22), level 2 ($30), and level 3 ($35). Tickets can be purchased online at www.stubwire.com and at the Public Relations & Marketing office (205 Administration Building).

The Globetrotters’ current world tour goes around the United States from Lawrenceburg to Modesto. During the week of June 12-18, Tech Trek tournaments will be held at Harding University and the University of Arkansas at Monticello. The deadline for nominations is January 31. Forty campers will be available by calling the SWOSU Public Relations & Marketing office at (903) 774-4055.

For more information on the application process go to techtrek@swosu.edu or by emailing techtrek@swosu.edu.

Softball: The Globetrotters’ current world tour goes around the United States from Lawrenceburg to Modesto. During the week of June 12-18, Tech Trek tournaments will be held at Harding University and the University of Arkansas at Monticello. The deadline for nominations is January 31. Forty campers will be available by calling the SWOSU Public Relations & Marketing office at (903) 774-4055.

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The Crossword (courtesy of mirroreyes.com)
Students praise new Star Wars
By Conner Kent
Staff Reporter

Even though it has been over 30 years since the original Star Wars Episode IV: A New Hope was released, many people, including many Southwestern students, have continued to watch and enjoy the Star Wars saga. “I liked that it had a nostalgic feeling to it. It had a good story which continued on with the other ones, and it had a good ending,” said senior Matt Mendoza.

However, he didn’t like how it seemed to be predictable. “In a way, it was a remake of Episode IV: A New Hope. They also introduced so much, but didn’t answer anything.”

Senior Marcus Burk also had a positive reaction. “It was good. I liked the new girl and them bringing back original characters. I also liked how they left it open for a new one.”

In The Force Awakens, it is up to Finn (John Boyega), Rey (Daisy Ridley), and Poe (Oscar Isaac) to make sure the Resistance resists the intelligence concerning the whereabouts of Luke Skywalker, the last of the Jedi Knights, while facing the First Order and evil Kylo Ren (Adam Driver). Many of the famous characters return including Han Solo (Harrison Ford), Princess Leia (Carrie Fisher), Chewbacca (Peter Mayhew), and Luke Skywalker (Mark Hamill). According to Box Office Mojo, Star Wars: The Force Awakens held the third position in all time box office sales worldwide at $1.8 billion, behind Titanic at second, and Avatar at number one.

Epis ode VII has eclipsed $1.8 billion worldwide.

“Many of the original actors and characters were introduced so much, but didn’t answer anything. It was because, “He [Tom Stafford] has had an incredible career over the years.” Stafford flew over 120 hours and has been involved with various programs such as helping the Air National Guard and the Air National Guard Reserve. This restaurant has great authentic Mexican food and be- 0067 leevemore places to eat recently. For students who like to shop, there is a new cloth-}
Disc golf team qualifies for national tourney

takes place in April in South Carolina

By Max Jirak
Staff Reporter

The 2015-2016 disc golf team, known as the Disc Dawgs, have qualified for the National Collegiate Disc Golf Championship. The Tournament will take place Wednesday April 13 to Saturday April 16 in North Austin, S.C.

The team qualified for the national tournament by placing in the Mid-South Collegiate Open at November. The blue team finished as third place behind the University of Arkansas and the University of Kansas, while the white team finished as 13th. The event was held in Jonesboro, Ark.

The team will take four members to the championship in North Austin. Austin Carter, Mason Snider, and Austin Hammon. Carter, Mauldin, and Snider were members of the National tournament last year along with wasserman John Snider. Snider has been with the team since 2013 and has witnessed the Disc Dawgs, have qualified for the National Collegiate Disc Golf Championship in 2015. It has been great watching the team grow, and amazing to get to be a part of it.”

The Disc Dawgs have shown strength in their individual performances and also as a team. They are ranked No. 32 in the nation. The season has shown promise, and with a good team effort the Dawgs could end the season in a victorious fashion.

Martell Collins drives for another bucket against NWOSU.

Martiell Collins drives for another bucket against NWOSU. Collins scored 23 points in leading the Bulldogs to victory. (Photo by Nakota Taylor)

By Raybl Blanchard
Staff Reporter

The men’s basketball team has won two straight after snapping a four-game losing streak.

The first victory was a 90-72 win over rival North Arkansas, S.C. on Saturday. Following the previous game’s 25-point and seven-rebound performance, Martell Collins led the way with 23 points and eight rebounds. Jauan Newman also came up big with a double-double that included 15 points and 13 rebounds.

Collins said the win felt great, and he was proud to have helped the team stop the losing streak.

“I tried to be someone that everyone could lean on, and I made sure to stay positive,” Collins said. This skid was in part due to the obstacle of losing fellow senior starter Enemite Wells to an ankle injury in regards the Wells injury.

“We had to keep pushing and fighting until he came back,” Collins said.

Wells’ first game back was the easy game. Where his presence on the floor was felt through his strong defensive play and stats all over the board, which included six points and four assists.

In the second game, Collins set a new career high in points with 29 to lead the Bulldogs past Oklahoma Baptist 85-71 on Saturday. Markeise Champion scored a season-high 22 points, and Jauan Newman added 16 points with 19 rebounds.

The Bulldogs are now 11-6 for the season and 7-4 in the conference. SWOSU plays again this weekend, with two games in Arkansas, including a matchup with Arkansas Tech next Thursday in Russellville.

Baseball team looks to improve

By MaKenli Ladd
Staff Reporter

Southwestern baseball will travel to the West Texas A&M Tournament in Canyon, Texas for its first game in Canyon, Texas on Friday, Feb. 5 at 3:30 pm. The Bulldogs will begin with a game against St. Edwards University.

Musick said. “I like the fact that we’ve had different people step up each game because we needed the offensive play and stats all over the board, which included six points and four assists.

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The remainder of the round robin continues into the weekend with the Bulldogs facing Colorado School of Mines on Saturday, Feb. 6 at 12:30 p.m. and West Texas A&M University on Saturday, Feb. 7 at 3:30 pm.

The Great American Conference unveiled their pre-season rankings and Southwestern’s baseball team was picked as the No. 8 team in the conference for 2016. The team is strong to make this year its comeback year after an 11-10 season. The Bulldogs hope to have a strong defensive performance, just the kind they need for this season with Chittenden’s leadership and impressive ERA.

The Lady Bulldogs win ninth straight home game

WEATHERFORD, Okla. – The Lady Bulldog basketball team shot 51.7% as the second half to pick up their ninth straight victory at the Pioneer Cellular Event Center by defeating Oklahoma Baptist 87-77 on Saturday afternoon.

The first half was played within an 11-point margin with eight ties and ten lead changes as CUB led by much as seven in the middle of the first quarter.

SWOSU closed the half on a 6-0 run as the final minute to take a 41-37 lead at the break.

SWOSU never relinquished the lead in the second half and extended their lead to as much as 12 in the

Jennifer Williams leads a fast break against NWOSU on Saturday. The Lady Bulldogs won 89-50. (Photo by Nakota Taylor)

game after ORU outscored the Lady Bulldogs in the third quarter. A 13-2 run over a five minute stretch in the middle of the fourth gave the SWOSU a 77-65 lead on a layup by Janae Coffee with 3:32 to play and free throws at the end enabled the Lady Dawgs to earn the victory.

SWOSU had three players reach double figures in scoring, led by Jale Jones with 16 points and Morgan Vogt with 12 while Janae Coffee finished with her third double-double of the season by scoring 10 points and grabbing 13 rebounds. KyLee Frazer, Haley Tucker and Jennifer Williams each added nine points and each player that saw the court for

SWOSU scored at least three points on Saturday.

“It thought our defense was better tonight and we rebounded the ball well against a tough opponent in the post,” SWOSU Head Coach Kelly Munson said. “I like the fact that we’ve had different people step up each game because we needed the production from our bench.”

The victory improves the Lady Bulldogs to 11-6 on the year and 7-4 through the first half of the Great American conference schedule.

SWOSU returns to action next weekend with two games in Arkansas, beginning on Thursday night in Russellville against Arkansas Tech.

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Congratulations to Chris Arganbright for being selected as January’s RA of the month. Chris was a RA at Neff Hall last semester and is now a RA at Black Kettle Hall. Chris is from Sayre, Oklahoma and he is pursuing biological sciences. His goals are to get into medical school and become an ophthalmologist or an orthopedic surgeon. Chris says he would like to attend medical school in the Oklahoma State University of Osteopathic Medicine. In his spare time he likes to workout, play video games, go out to the gun range, hang out with all of his friends, and do martial arts. If you ever stop by Block Kettle Hall, be sure to tell Chris congrats and thank him for all of his hard work.

**Resident Spotlight**

**Jay Garber**

- **Hometown:** Manhattan, KS
- **Classification:** Freshman
- **Major:** Biology
- **Resident Hall:** Neff Hall

**Why did you choose your major & SWOSU?**

Originally I was interested in pharmacy. My family in Oklahoma referred me to SWOSU and the pharmacy program. However, as time passed I became more interested in biology and the medical field; my goal is to go to Medical School after graduating from SWOSU.

**What are your hobbies & a hidden talent?**

I enjoy playing the trumpet as a hobby and jazz is my preferred type of music to play. Music is an important aspect of my life, both to play and listen to. I also enjoy reading, biking, and exploring the outdoors. I would have to say my secret talent is having awkward timing for just about anything.

**Who’s been a major influence in your life?**

A major influence in my life was jazz and a music theory teacher back in Kansas, Nathan McClendon; he never failed to teach a life lesson in class.

**What’s your favorite SWOSU moment?**

My favorite SWOSU moment would have to be studying until 2am, then deciding to go to Jerry’s to eat breakfast food with my friends.

**What’s your favorite movie quote?**

“Hey man how am I driving? I think we’re parked man” – Cheech & Chong

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**RA of the Month**

**Donna McCuistion**

The RA of the Month for the month of December is Donna McCuistion. Donna is from Cordell, OK majoring in Natural Science Education. She is a first year RA in Stewart Hall. When asked what she loves most about the RA job she stated, “What I love most about being an RA is how many relationships I have gained with so many residents.” Donna went on to say, “Not only have I had the opportunity to connect with peers, I have made some awesome friends!” She feels that applying to be an RA was one of the best choices she has made, and she loves the job all the way around! We are so proud of her and all of her hard work.

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**ResLife Happenings**

**RedLife Spring Movie Series: Mockingjay Part 2**

- **What:** RedLife Spring Movie Series: Mockingjay Part 2
- **When:** Feb 9th
- **Where:** Fine Arts Center

**Sex Talks And Blow Pops**

- **What:** Sex Talks And Blow Pops
- **When:** Feb 11th
- **Where:** OK Hall Lobby

**Football Tournament**

- **What:** Football Tournament
- **When:** Feb 9th
- **Where:** Stewart Hall Lobby

**Rocket League Tournament**

- **What:** Rocket League Tournament
- **When:** Feb 11th
- **Where:** Black Kettle Lobby

**Roll a Natural 20...16**

- **What:** Roll a Natural 20...16
- **When:** Feb 16th
- **Where:** Black Kettle Lobby

**Super Bowl Watch Party**

- **What:** Super Bowl Watch Party
- **When:** Feb 7th
- **Where:** Neff Hall Lobby