In the name of wellness...

The SWOSU Wellness Expo was held Wednesday in the Memorial Student Center. The annual free event is hosted by SWOSU’s Health and Counseling Services and functions to educate individuals on the importance of overall wellness and ways of maintaining a healthy lifestyle. Several departments, organizations and businesses were present to provide information and guidance. (Photos by Nakota Taylor)

Local volunteers gear up for Friday’s Relay for Life

By Maggie Tran
Staff Reporter

The Relay for Life of Custer County event will be held at 7 p.m. April 17 in the Wellness Center to celebrate the survivors and remember those we have lost. The American Cancer Society Relay for Life gives people a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. At Relay events, teams will “camp out” at the wellness center and take turns walking or running around the track. Each team will have a representative on the track at all times, because cancer never sleeps. Relays are overnight events up to 24 hours in length.

The event begins with the Survivor lap, on which survivors of cancer make a victory lap around the track. “We came together as a community and celebrated that Survivor lap as they walk the track and we cheer them on,” said Cheryl Smith, Community Manager of American Cancer Society. “It is truly a night all about our Survivors and their caregivers and the journey that has brought them to the Relay for Life event.”

Goody Khat, a colorectal surgeon, started the Relay for Life event in 1985. He wanted to enhance the income of his local American Cancer Society office and decided to personally raise money by running. He ran 24 hours on a track in Tacoma, Wash., for more than 83 miles. That will be followed by a Q&A with Dr. Helen Maxson of SWOSU, then a reading from the new book of poetry titled HEATHEN by author Dr. Flowers River.

The Relay For Life of Custer County event will be held on Friday, April 17, at 7 p.m. in the Wellness Center. The event is open to everyone and will feature Survivor lap, in which survivors of cancer make a victory lap around the track. The event will be held from 7 p.m. to 12 p.m.

By Brad Rowson
Staff Reporter

The SWOSU Women’s Winter Festival 2015 will be happening April 20 and 21. On the first day, two lectures will be held by Dr. Edward H. Friedman. The first lecture will be titled “Don Quixote, Old and New.” Friedman will discuss Don Quixote and his unique adaptation of the novel. This lecture will be held in the East Student Ballroom and will be held from 11 a.m. to 12 p.m.

The second lecture on the 20th will be on the theme of “Micro-stories and Macro-ideas: Latin American Fiction.” This lecture will take place in Staff Room 112 from 1 to 3 p.m.

Dr. Friedman is a professor of Spanish and Comparative Literature for Vanderbilt University. Professor Friedman’s research has focused on early modern Spanish literature, with special emphasis on Cervantes, author of Don Quixote, picaresque narrative, theater, and writing by women.

On the second day of the festival will be Poetry and Literary performance, a Q&A, and a retiring faculty reception. This will take place in the SWOSU conference center from 6 to 9 p.m.

First up will be Dr. John Graves Morris from Cwless University who will be reading selected works, some of which have been included in Westview.

For Friday’s Relay for Life gives people a chance to celebrate the survivors and their caregivers and the journey that has brought them to the Relay for Life event.”

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Psycho Club offers variety of events
By Allie Aiello

The Psychology Club has been quite active this year, and has several activities left.设在的Dark in April 20 is a volleyball tournament designed to raise awareness for Sexual Assault Awareness Month. At 4 p.m., on April 25th the last meeting of the year will take place at Parker 207.

"Yes there will be pizza, and you can listen for caring, and for encouraging the students to participate and to help this event grow to what it is today." Smith said 18 volunteers are on the Event Leadership Team this year. She said several different groups from SWOSU, as well as the High School FFA and Museum Technology Dental Assisting Program would be able to help with set up, and site. Smith said throughout the event, they want to educate the community on where the money goes that is raised through Relay For Life and also to inform the community on programs and services that are offered to cancer survivors from American Cancer Society.

"We want to celebrate the Survivors and remember the ones that have lost the battle to this dreaded disease," Smith said. "Every donation, no matter how big or small, the donation, can make a difference. Fundraising isn't all we do, but all we do depends on it." The goal American Cancer Society seeks for the future is to grow the event and have more teams and survivors involved in the public on what American Cancer Society offers the Survivors in the community and to make sure everyone knows where the money goes that is raised through Relay For Life.

Jackie Bivins, the psychology club president said the club's events provide both entertainment and inspiration to student's favorite past psych club event: "One of the favorite club meetings for students was when we had a guest speaker, a Ph.D. social psychology graduate student, come and talk about his life in the field of graduate school. We have a lot of students interested in graduate school so they benefit from a list from the student coming to talk," Bivins said. This kind of opportunity is regularly offered to students who want to supplement their academic lives with club activities. For more information contact the club president, Jackie Bivins at jbivins@swosu.edu.

Tornado watch: Conditions are favorable for the development of severe thunderstorms and multiple tornadoes in and around the watch area. People in the affected area are encouraged to be vigilant in preparation for severe weather.

Tornado watch: Spotters have sighted a tornado or one has been indicated on radar, and is occurring or imminent in the warning area. When a tornado watch is issued, people in the affected area are strongly encouraged to take cover immediately.
Students to present one-act plays

Students in the Play Directing course will be present­ing their show at The Hil­ltop Theatre from April 22 to Friday 24 at 7 p.m. in The Hilltop Theatre. The popular “Spring Roll” Night is planned Thursday, April 16, at Southwestern Oklahoma State University in the Memorial Student Center Ballroom. Tickets invite everyone to the all-you-can-eat dinner from 6-8 p.m. in the Memorial Student Center Ballroom. Tickets are $8 in advance or $10 at the door.

Students chose a play that they’d like to direct. Feel­ings and everything in between. Students chose a script and focused on the elements well as conducted numerous rehearsals.

Spring Roll night planned for Thursday

Spring Roll night planned for Thursday

Students in the Play Directing course will be present­ing Korean BBQ, cold-cut pork and shrimp, as well as rolls made by request.

There will be a variety of meals available, includ­ing Korean BBQ, cold-cut pork and shrimp and $12 for a soft-style V-neck. Any questions may be directed to ASA President Allison Tigging or tigging.allison@swosu.edsu.

The Asian American Student Association members invite everyone to all-you-can-eat dinner from 6-8 p.m. in the Memorial Student Center Ballroom. Tickets are $8 in advance or $10 at the door.

Individuals can roll their own spring rolls (rice paper filled with vegetables and meat and rolled together) or have rolls made by request.

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Students chose a play that they’d like to direct. Feel­ings and everything in between. Students chose a script and focused on the elements well as conducted numerous rehearsals.

“Definitely looking forward to the student directed one acts,” said student Kaley Willian, “It’s a lot of hard work, and creativity have been poured into these produc­tions. It’s a fantastic experience for us to grow as artists, as well as individuals. We are happy to get this opportu­nity.

Productions of the students’ shows can be seen April 22 to Friday 24 in 7 p.m. in The Hil­ltop Theatre.

Crossword

By Will Sagraves
Staff Reporter

The Three Southwestern Oklahoma State University students from Weatherford recently joined students from five other Regional University System of Oklahoma (RUSO) Universities trained in the preparation for activities in conjunction with the 20th anniversary of the Oklahoma City bombing.

The students assembled Kids Marathon participant packets and water stations for the upcoming Memorial marathon run.

SWOSU students helping were (from left) Elise Cornell, Thomas; Will DeFehr, Weatherford; and Ashlee Butler, Ft. Cobb.

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Local tanning business gets students glowing

By Stacey Bailey
Staff Writer

As the weather warms up, students are eager to get that perfect glow. Many students turn to Solstice Tanning Company for their indoor tanning needs.

Tourian said the renovated location has opened a second salon at 125 N. Bradley to accommodate the steady flow of suntan-seeking students.

The renovated location offers levels 1-5, which vary in price and features. Tanning Level 5.

Level 1 is a basic 20-minute bed and is the cheapest option regardless of package type. Level 2 is a 15-minute bed with 42 lamps and facial tanners; Level 3 is a 12-minute bed with a built-in body cooling system; Level 4 is a 9-minute stand-up booth; and Level 5 is an ultra-powerful tanning bed that offers a 99% UVA tanning experience.

"Mayan Sun Tanning Salon. By Stacey Bailey

The "Hydromation Station" is a tanning preparation system that hydrates skin to promote deeper, longer-lasting and more even tans. Tourian said users can jump over to our new location and will likely experience little to no wait time.

"Now, if this salon is busy, people can coordinate with the start and end dates of each tan." Jacky Goap-accesses to be our most popular accelerator, and Koolskin Colon and Lotion are probably our best bronzers," said Solstice employee Brianna Bogdan.

"We usually recommend for people to get one of each type of lotion and alternate between the two to achieve the best tanning results." Customers can personalize their experience through monthly memberships, credit packages and semester packages.

Membership allows for unlimited tanning each month and can be purchased at any of the five levels.

Credit packages work on a tan-by-tan basis, with each level costing a certain amount of "credits." Credit packages start at $85 and include one month of unlimited tanning at any level plus unlimited spray tans and Hydration Station sessions for $125.

For additional information about Solstice Tanning Company, stop by one of the salons or visit www.solsticetanningcompany.com.

Comedies with quality humor are always worth a watch. When it was announced that there was to be a release of a Kevin Hart and Will Ferrell movie, I knew that I had to watch it. Get Hard is about Will Ferrell's character, James King, who is convicted of fraud and has 30 days to get his affairs in order before heading to prison. To achieve that "perfect glow," Ferrell's famous Tanman face tanner becomes a new location for the story to unfold.

"Juicy Gossip - Escapade is a Kevin Hart and Will Ferrell movie, I knew it would be rough enough, Ferrell's character, Darnell, is the one who gets into trouble. Instead of following Lewis's instructions to remain calm, he panics. The mayhem results in King getting stabbed in the forehead, but he is happy. Lewis and King handle the situation. Lewis's wife is a nurse, so Lewis decides to teach him how to get tough for prison. This mayhem continues throughout the entire film, and it has enough witty humor to keep you entertained throughout the entire film. When it was announced that there was to be a release of a Kevin Hart and Will Ferrell movie, I knew that I had to watch it. Get Hard is about Will Ferrell's character, James King, who is convicted of fraud and has 30 days to get his affairs in order before heading to prison.

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As you watch Ferrell's character grow and learn while building a friendship with King's character, you feel bad for King's character who you assume did not commit the crime he is being convicted for. Hart's character, you feel bad for King's character who you assume did not commit the crime he is being convicted for. Before this movie, I did not really enjoy Hart's comedy, but I think having him beside comedy genius Will Ferrell really made his comedic skills show. This is by far the best comedy I have ever seen with Hart's performance.

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**SPORTS**

Rodeo teams place second at SWOSU Rodeo

**WEATHERFORD, Okla.**—Mickey Andrews and Chasta Kemery left their respective teams to second place finishes at the 43rd Annual SWOSU Rodeo, which concluded Saturday night at the Don Mitchell Arena in Weatherford. Andrews won the long round and finished atop the average in both bull riding and goat tying. Kemery led the way with a strong performance in the bareback and second place in the average overall, but his top bareback score was second in the long round in 2.8 seconds before not getting in the time limit, which cost him the Calf Money placed third and Jacoby Hotsenpiller sixth in the average after getting good times in both rounds.

The men's team for SWOSU reaped 151 points, finishing behind only Panhandle State in the team standings. As always, the Bulldogs did their damage on the ground with several great rides for the home crowd to enjoy.

Jake Stemo had the best ride of the night, scoring 80 points on his bareback horse on Saturday night, winning the round and vaulting into second place in the average with a combined 152.5 points on two rides.

Not far behind him was James Pollinitz, who had a ride of 76 points in the short round, placing third, and moving him into fifth place in the average with Brody Cooper right behind in sixth in a short round with several great rides for the home crowd to enjoy.

Andrews and Dusta Kimzey led their team here at SWOSU since she transferred from Santa Clara, CA, and has had Type One Diabetes since the second grade. “Normally I am the kid that everyone goes after, but there were a couple of times when I was off entry with my blood sugars, but I would get up to go to the bathroom every ten minutes. As I was showing these things to others, mom would come in and tell me to take me to the hospital right away.”

Vivo has been working hard for her team here at SWOSU since she transferred from San Jose City College in California in 2013. Despite her great work ethic, Vivo still has to deal with the daily challenges of having Type One Diabetes. There has been times when it has prevented me from playing.” Vivo said. “As a diabetic we need to have a consistent schedule, and it’s very hard sometimes because the right food needs to be provided all the time.”

“Tough outing today for the guys, we just built our own holes early in the game and we couldn’t come back,” said Mike North as the men’s baseball team was blanked by the University of Northern Colorado City Dodgers, 10-0, Saturday night. Andrews, who leads the team in average in bull riding while Kimzey split the rounds.

Chris Graham waits for the right pitch in recent baseball action. (Photo by Nakaya Taylor)

**Former Bulldog lands on Oklahoma City roster**

Former SWOSU baseball standout Red Patterson will begin his professional career as he was selected in the nineteenth round of the Major League Baseball draft by the Los Angeles Dodgers. Patterson, a 29th-round selection (No. 892 overall) of the Dodgers, is listed on the opening weekend as he scored 82 points on his bareback horse on Saturday night, winning the round and vaulting into second place in the average with a combined 152.5 points on two rides.

Ray Patterson

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**Southwestern pitcher Viro rises above diabetes**

By Emily Garcia

**Staff Reporter**

With the little amount of free time, it may be difficult for most student-athletes to religiously eat nutritious meals. Though it may not be the best for them, most student-athletes can eat unhealthy foods and still perform well in their sport. However, some athletes don’t get this luxury.

Avalon Viro is a senior pitcher for the SWOSU softball team from Santa Clara, CA, and has had Type One Diabetes since the second grade. “Normally I am the kid that everyone goes after, but there were a couple of times when I was off entry with my blood sugars, but I would get up to go to the bathroom every ten minutes. As I was showing these things to others, mom would come in and tell me to take me to the hospital right away.”

She had a great season with a .323 batting average and a 5.86 ERA, finishing as the team’s second leading hitter and gaining the starting nod for the Lady Saints in both the regular season and the Lone Star Conference tournament.

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Viro, along with many other athletes in similar situations, has to watch what they eat and constantly be aware of her blood sugar levels. “I talk to my diabetic nurse everyday. She makes sure I’m eating the right foods according to my schedule.” Viro said. “I’ve also learned to eat the foods that will raise my blood sugars so I can get to the higher score during sports. Type One Diabetes is overlooked.” Viro said. “As a diabetic we need to have a consistent schedule, and it’s very hard sometimes because the right food needs to be provided all the time.”

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Chris Graham waits for the right pitch in recent baseball action. (Photo by Nakaya Taylor)

**Molly Viro**

will try to produce more insulin, which will lead to high blood sugar. Type One is common in younger ages, and Type Two is common in adults 30 and older.

**Viro believes that Type One Diabetes is a very misunderstood disease.** “For the longest time I was embarrassed of my disease because of the fact that everyone only understood type 2 diabetes and assumed I just can’t eat sugar.” Viro said. “I want people to know that you can’t have type 1 diabetes.”

All of these are on a computer everywhere counting calories, calculating corrections, and giving commands inside every time we eat. We are literally feeding for an organ in our body that is dead, an organ that most people don’t even think about.”

Along with the misunderstanding in the difference between the two, Viro also feels that Type One Diabetes is over-looked in sports. “I think that especially during sports Type One Diabetes is overlooked.” Viro said. “As a diabetic we need to have a consistent schedule, and it’s very hard sometimes because the right food needs to be provided all the time.”

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Chris Graham waits for the right pitch in recent baseball action. (Photo by Nakaya Taylor)
Are you looking for a reason to unwind before finals? Oklahoma Hall has the perfect event for you! On April 28th at 8:00 p.m. Oklahoma Hall will be having BINGO! Lots of prizes will be offered, and everyone is welcome. What’s an easier way to get awesome prizes than just showing up? Nothing! So, before finals get the best of you come win big, and enjoy a night of civil competition!

Resident Spotlight
Mario Trinidad
Hometown: Moore, OK
Classification: Freshman
Residence Hall: Jefferson Hall
Major: Music Education

It’s-a me, Mario! We asked Mario, “What makes you happy?” he told us, “seeing other people happy.” He says it is important to have a positive attitude toward life. Mario describes his strengths as his ability to listen to people. He also gives great guidance to his peers after listening to what they have to say. His special skills are playing the saxophone and having a copious amount of patience (especially when it comes to braiding hair). In his spare time, he enjoys playing ping pong with his buddies. Don’t be a Bowser, stop on by and see him at R&J!

Pics of the Res Life

RA of the Month
Garret Chambless
Hometown: Duke, OK
Classification: Junior
Major: OTA/PTA
Residence Hall: Neff Hall

Meet Garret Chambless, our new RA of the Month! Garret became an RA to meet new people and to make new friends. What he loves most about his job is getting to see and talk to a lot of the residents throughout the day. When not behind the desk, you’ll find him playing basketball and drawing some pretty amazing artwork. One thing that most people don’t know is that he is a Lakers fan. He is a very self-motivated person and will do all he can to get what he wants. His favorite thing about Neff hall is the atmosphere and the residents, where he believes everyone is awesome in their own way. What he loves most about SWOSU is going to the wellness and playing basketball with all of his friends. Don’t be a Bowser, stop by and meet Garret our RA of the Month!

Clay’s Corner

Look to your left. Look to your right. The people you see or don’t see, are they true? We are in a time of our life that we choose our influences. We have the rare opportunity to choose our crowd. What an awesome responsibility. If these are truly the greatest years of our lives, why do they have to be determined by the people that hang around us? Choose your friends like you would choose your car. No one in their right mind would choose a car that is broken down and unreliable! Just as such, no one wants to be in a friendship that isn’t beneficiary to both people. These years are challenging and filled with responsibility, lighten your load with great friends and bliss filled memories.

ResLife Happenings

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