TOP HAPPENINGS ON CAMPUS COMING UP

Southwestern Oklahoma State University's Student Publication

Volume 107 Issue 3 September 23, 2015

Football

Cross Country

Soccer

Weekly Weather

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SAT SUN MON

BIG WIN  page 5

PERSONAL BESTS  page 5

NON-CONFERENCE WIN  page 5

Top events coming up at SWOSU

• African Drumming Trio — Wednesday, Sept. 23, 7 p.m., Fine Arts Center
• 27th annual Western Oklahoma Wellness Expo — Saturday, Sept. 26, 5K Fun Run starts at 7:30. Booths in Wellness Center until 12:30 p.m.
• SWOSU Majors Fair — Wednesday, Sept. 30, 10 a.m.-2 p.m. Memorial Student Union Center Ballroom.

New counseling program focuses on self-esteem

By Hannah Fishbeyt

Weekly Weather

Quick List

TOP HAPPENINGS ON CAMPUS COMING UP

The Southwestern International Student Association and by appointment. For anyone interested

A musical group that is dedicated to the performance of African and Afro-Caribbean styles of music in addition to western classical music for percussion will perform at Southwestern Oklahoma State University this Wednesday, September 23, on the Weatherford campus.

Africa -->West Percussion Trio is ensemble-in-residence at Baldwin-Wallace College and is dedicated to the concept of “Africa -->West” demonstrates met only the city’s interest in

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The Southwestern Theatre Company will put on a production of The Laramie Project from October 6th to October 8th at 7:30 p.m. Entry is $5 for Adults, $3 for students and entry is free with a valid SWOSU ID. The Laramie Project is considered the 1998 murder of University of Wyoming student Matthew Shepard who was kidnapped, beaten, and left to die.

The Oklahoma State Fair will take place on September 17-27. The fair offers a number of traditional events such as unique food vendors, informational booths, concerts, Disney on Ice, and thrilling carnival rides. The gates open daily at 8 a.m. and tickets are on sale now. Tickets range from $4 for a child, $7 for an adult, and $25 for a season pass.

On Saturday, October 10, SWOSU will host its 27th annual Western Oklahoma Wellness Expo at ASAP Energy Arena.

The Laramie Project is considered the 1998 murder of University of Wyoming student Matthew Shepard who was kidnapped, beaten, and left to die.

The program is an eight- to ten-week program consisting of a 30- to 45-minute meeting once a week. The Counseling Service’s goal is to begin this program Wednesday September 23.

Kim Liebscher, the director of Counseling Services, is in charge of the program, and is hoping to have a group discussion each week about meaning times that best suit the participants. The meetings will be held in the conference rooms of the Health and Counseling office inside the Wellness Center. Depending on the comfort of the participants, the location may be moved somewhere else on campus. Liebscher would like to invite all faculty, students, staff, or anyone struggling with any issues involved with self-esteem to attend this program.

“Everyone will benefit from this program,” Liebscher said. “Self-esteem is a big part of our daily life. According to Liebscher, the program is “is a non-medicated way to improve depression, anxiety, and stress.

The atmosphere of the program will be a relaxing, friendly, and comfortable for all participants to learn and improve self-esteem qualities, Liebscher said.

The program is free to all participants and the Counseling Services will provide free pizza. This program is based on the book, Ten Days to Self-Esteem, written by David D. Burns, M.D. The Counseling Services office has purchased the books and will provide the books free to all participants. It will be a fast, easy way to interact with other people and peers suffering from the same daily struggles, Liebscher said.

Liebscher would like students to know that if they are not interested in attending this program or are unable to attend because of schedule conflicts, the Counseling Services office offers individual counseling. You can make an appointment. For anyone interested and want more information, they should contact Kim Liebscher at 580.774.3776 or email her at kim.liebscher@swosu.edu.

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The Southwestern International Student Association has held two meetings this year, both of which have been attended by students from many countries and SWOSU officials. At a recent meeting, SWOSU President Randy Beutler and Vice-President of Student Affairs Ruth Boyd gave presentations to SISA. The next SISA meeting will be held in Stafford 104.

All students are invited to participate in the Majors Fair. The fair will be held in the SWOSU Student Union Ballroom. The Majors Fair is a helpful tool for students and degree plans. For more information contact Savannah Schones at 580.774.3233 or email savannah.schones@swosu.edu.

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Do you wake up on the wrong side of the bed? Do you feel discouraged with what you have accomplished in life?

Do you want greater self-esteem, productivity, and joy in daily living?

Students who answer yes to any of these questions are encouraged to participate in the new self-esteem program offered by the Counseling Services personnel.

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Photos by Maggie Tran
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 finals week. Students in the editing class serve as section editors, and students in the news gathering and reporting class serve as writers. The editorial board meets every Wednesday at 2:00 p.m. in the journalism lab, Campbell 211.

The Southwestern encourages comments from the student body, faculty, and administration in the form of letters to the editor. All letters must include a name for consideration; however, the name may be withheld upon request. The opinions expressed within signed editorials are the opinions of the writers; the opinions expressed in unsigned, boxed editorials are the opinions of the staff. Neither is necessarily the opinion of the university administration, staff, or faculty.

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The Southwestern professor of percussion at Eastern Illinois University; Dr. Rickey Cothran and Dr. Andrea Holgado tirk@swosu.edu

Music Department at 580.774.3708 or Tirk at richard.

Ryan Korb, lecturer of jazz percussion at University.

of Wisconsin-Stevens Point; and Josh Ryan, assistant

rangements by Michael Phillip Mossman.

Trio

CAAA-West trio.

NATIONAL INSTRUMENTS FORUM

from page 1

folkloric music but also how African and Caribbean

music has been shaped by the experiences of

in the Western Hemisphere.

The group will participate in a series of events

including the SWOSU Jazz Ensemble concert at 7 p.m.

in the Fine Arts Center. The concert is free and open to the public.

Africa — West Percussion Trio will be featured on six different pieces during the concert. Jazz Ensemble "E" will kick off the concert performing classic jazz numbers including the Gershwin standard, Embrace You, conducted by graduate assistant Alexander Davis, and a rendition of C Jam Blues with the African-West trio.

Jazz Ensemble "E," under the direction of Dr. Rich­

and Tirk, will finish the evening featuring the guest

artists with music by Sammy Nestico and original/ar-

rangements by Michael Phillip Mossman.

Members of the trio are Dr. Jamie Ryan, associate

professor of percussion at Eastern Illinois University; Ryan Korb, lecturer of jazz percussion at University of Wisconsin-Stevens Point; and Josh Ryan, assistant professor of percussion at Baldwin Wallace College. For additional information, contact the SWOSU Music Department at 502.774.3708 or Tirk at richard.tirk@swosu.edu.

Holgado and Cothran represent

SCWOSU at science institute

Dr. Andrea Holgado and Dr. Ricky Cothran of the SWOSU Department of Biological Sciences attended the National Academy’s Gulf Coast Summer Institute (GCSI) in Galveston, Texas. GCSI is one of nine regional institutes on undergraduate education funded by the Howard Hughes Medical Institute and designed to transform un­
dergraduate science education using a method of course
design that provides students with conceptual knowledge that "sticks" while planning to the strengths of university

science educators. Participating were 30 faculty from 15

colleges in the Western Hemisphere.

Two countries. Holgado and Cothran are now recognized

that "sticks" while playing to the strengths of university

science educators. Participating were 30 faculty from 15

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Two countries. Holgado and Cothran are now recognized

as National Academies Education Fellows in the Sciences.

Scholarship winners named at Parent’s Day

Three students won $800 scholarships this past Satur­
day at Parent’s Day activities, and of winning the Taligate Challenge featuring a seafood theme collected cash prizes. Area businesses and the SWOSU Foundation worked together to make possible the scholarship giving. Stu­
dents and their parents registered throughout the day at participating businesses.

Three of the scholarships were: Dallen Boll, son of Kinsey Ball of Cordova, sign up at Nabors She Center; Avery Huddleston, daughter of Jude Huddleston of Wren­

reford, sign up at Pioneer Cellular, and Shauna, daughter of John Shannon of Oklahoma City, sign up at Cadence Cosmetic.

Rodney LaGrange of Weatherford was $500 and first place in the SWOSU Taligate Challenge Cook-off that takes place before each home football game. Winning $250 and second place was Sigma Chi Sigma sorority, while winning $100 and third place was James Adcock of Weatherford. The Residence Life Department sponsors the contest, which is open to the public. Each home game features $800 in prize money. The next contest is this Saturday, September 5, and will have a theme of "BBQ!"

For more information on the challenges, call 502.774.3224.

Crossword (courtesy of mitrepress.com)

ACROSS

1. Quietens

10. Asheville

14. Bay window

16. Throat monk

17. Sensible

19. Always

20. A martial art

21. Help

22. Pleads

23. Horde

25. Egg-shaped

27. l/100th of a dollar

29. Middleman

31. A hemispherical roof

33. Mount

34. Long ago

35. Affected emotionally

36. Not his

38. Expunge

40. A C R O S S

41. Hairdresser

43. Sparrow hawk

44. What's left behind

45. Move unsteadily

46. Being

50. Vestibule

55. Inform

59. Cravings

60, Egg-shaped

61. Abhorrent

62. An uncle

64. Bit of gossip

65. Heavenly hunter

67, Container weight

68, Thorny flowers

DOWN

1. Stopper

2. Regain

3. Teller of untruths

4. Panama

5. Small slits

6. Genus of macaws

7. Ceniza

8. Brown

9. Toboggan

10. Vote

11. Large black bird

12. Assistant’s opposite

13. The language of Peru

18. Not used

20. A martial an

30. Abilities

40, Plateau

42. It unlocks doors

43. It unlocks doors

44. What's left behind

45. Move unsteadily

46. Being

47. Slug

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Tectonic Theater Project. The cast and crew of The Laramie Project are getting ready for the October 6-8 performance. The Laramie Project is centered on the 1998 murder of University of Wyoming student Matthew Shepard who was kidnapped, severely beaten and left to die by being tied to a fence. Admission is $5 for adults, $3 for non-SWOSU students and free for individuals with a valid SWOSU ID. Tickets can be obtained at the box office on Mondays through Fridays from 4 p.m. by calling 580-774-6046.

The Laramie Project is centered on the 1998 murder of University of Wyoming student Matthew Shepard who was kidnapped, severely beaten and left to die by being tied to a fence. Admission is $5 for adults, $3 for non-SWOSU students and free for individuals with a valid SWOSU ID. Tickets can be obtained at the box office on Mondays through Fridays from 4 p.m. by calling 580-774-6046.

The Laramie Project made six trips to Laramie over the course of a year and a half in the aftermath of the beating and during the trial of the two young men accused of killing Shepard. They conducted more than 200 interviews with the people of the town. Admission for the production is $5 for adults, $3 for non-SWOSU students, and free with a valid SWOSU ID. For more information or to make reservations, call the SWOSU Hilpap Theatre Box Office at 580-774-6046. Box Office hours are 8:00 a.m. – 7:00 p.m. Monday through Friday.

Members of the cast and crew are (front from left): Chante Randle, Oklahoma City; Carlyn Magness, Shattuck; Corinne Fairchild, Lubbock; Alexis Thain; Hammam; Carole Oliveira, El Paso TX; Beth Goodin, Ardmore; Back row from left—Zachary Hokeah, Anadarko; Kris Benton, Stroud; Justin Payne, Ada; Colby Lamar, Okemah; and faculty technical director Debra P. Holmes. Not pictured are Isabella Jennings, Oklahoma City; Lindsee Scott, Guymon; Chandler Seaton, Stroud; Ashton Dickey, Tipton; and Rhiannon Jensen, Woodward. Middle row from left—Kattie Snow, Hammon; Cassie Oliver, El Paso TX; Bethany Peyton, Moore; Parker Russell, Payne, Ada; Calley Lamar, Okeene; and faculty technical director Debra P. Holmes. Not pictured are Isabella Jennings, Oklahoma City; Merritt Taylor, Cordell; and director Steve Strickler.

State Fair time means new state fair foods

The Oklahoma State Fair started last Thursday with a brand new set of events and attractions, as well as new food creations. Tickets at the gate cost $5 for adults and just $3 for children (ages 6-11). Children under 5-years-old get in for free. Season passes cost $30 at the gate. Advanced tickets can be purchased online at a discounted price.

Deep-fried foods this year include a banana pudding, chocolate (a dark pastry filled with Belgian chocolate and fried to a golden brown), mushrooms, and coffee. Parfaits with mashed potatoes serving as the ice cream will include boneless rib parfaits and brisket parfaits. Bacon is a big attraction. This year, bacon will be featured on a bacon-wrapped corn on the cob, bacon-wrapped donut burger, and beer-battered chocolate-covered bacon.

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Of course, the standards are still around. Silver Dollar's famous cinnamon rolls are still considered a must-eat, as are corn dogs, turkey legs, and fried cakes. The Oklahoma State Fair will take place on September 17-27. The gates open daily at 8 a.m.

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The Bulldogs demolished OBU

Team racks up 58 on highly-ranked Tigers for second home win

WEATHERFORD, Okla. — For the second consecutive week, the SWOSU football team scored better than 50 points and earned a league victory, making a statement with a 58-38 victory over the Great American Conference foe, Oklahoma Baptist, the No. 9-ranked team in the latest AFCA Top 25 poll.

The victory is the first for the Bulldogs over OBU since 2006, when the Swosus defeated the Bears 51-40. This year’s meeting took place in Weatherford, and the Bulldogs outscored the Baptist in every quarter, turning a 21-7 deficit after the first quarter into a 44-7 halftime lead.

Even though the Bulldogs scored the first 14 points of the game, the Tigers took over with a two-touchdown first-quarter lead. The Tigers scored a touchdown in each of the three remaining quarters, but were unable to finish off the Bulldogs.

“I feel great about the opportunity we had to score a lot of points,” SWOSU head coach Dan Cocannouer said following the game. “I think we did a good job of adjusting after the first quarter and the game went our way from there.”

Mike Evans again directed the efficient SWOSU offense, completing 31-of-46 (67.4%) passes for 365 yards and three touchdowns, while Daniel Perez added 111 rushing yards on 22 carries.

Evans had his second straight 300-yard passing performance, second straight game with three touchdowns and first career game with 365 yards passing.

“Evans had a record-setting game with 365 yards for the first time,” Cocannouer said. “He has done it twice in a row.”

The Bulldogs defense came to life in the second half, accounting for seven sacks, two fumbles recovered and an interception. Kapena Olsen and Gentry Rogers both picked off passes with the Tigers in the red zone while Tyler George and Jake Doyle recovered fumbles as well.

With the victory, SWOSU improves to 2-1 on the year for the third straight season heading into a showdown with Henderson State next Saturday in Arkadelphia.

The women’s rodeo team cruised to a first-place finish at the Colby Community College last weekend.

The rodeo teams excel in first fall competition

WEATHERFORD, Okla. — Two goals by Isela Sandoval and Karltrell Henderson scored from two yards out. Ouachita Baptist since the inception of the Great American Conference in 2011 and it stops a 12-game regular season winning streak by the Tigers, who won the GAC and earned the Great American Conference Division II playoffs first-seed.

Marc Evans again directed the efficient SWOSU offense magnificently as the Bulldogs rolled up 549 yards of total offense, including 365 yards through the air. Evans had his second straight 300-yard performance, completing 31-of-46 passes for 365 yards and three touchdowns, all without being intercepted for the third straight game.

Karltrell Henderson had the balls of his damage on the ground in the second half and he finished with 152 yards rushing on 22 carries along with two touchdowns, and he added a 38-yard touchdown on a screen pass that gave the Bulldogs the lead for good.

SWOSU scored first after taking advantage of two OBU turnovers on downs before the break. On the first play after the Halftime the Bulldogs got the break wide open with 28 second-quarter points.

Henderson scored for SWOSU, with Robin Sheehan scoring for SWOSU, with Robin Sheehan

The women’s rodeo team scored 2 in win on the bounce.

The Bulldogs off- ence came to life in the second half as the game wore on, and into the end of the third quarter and their second win on the bounce.

Courtney Parsons en- joyed a quiet evening in goal as she was only called on one shot that she was able to save. It was equal to 38 as she was also a second straight clean sheet for her and a young Bulldogs defense.

The Bulldog women’s team took 153rd place after crossing the line in 21:52.78.

The team competed this past weekend at Colby Community College, the first rodeo on the Central Plains Region circuit. The Bulldog women’s team won the ride with 350 points while the men’s team placed ninth with 200 team points.

Jacoby Hotsenpiller led the way for the seven-chance women’s team by winning the short round of goat tying (11.2 seconds) which included taking sixth in the long round (22.0 seconds). The team finished in fourth place.

Mikayla Harrison also competed in the women’s team competition. Harrison took second in the short round to finish second in the average. She also won the long round (21.1 seconds). The team finished in third place.

On the men’s side, Levi Nicholson was steady with rides of 76 and 72 points, finishing in at least a share of third place in each round. Ben Englerman won the long round with a 76-point saddle bronc ride and took second in the short round to finish second in the average. Mickey Andrews got one qualified ride in bull riding, scoring 77 points in the long round to place second and he held on for third in the average. Luke Madden finished sixth in the down roping with matching times of 11.2 seconds, which included taking sixth place in the short round.

Rodeo has won a week off before returning to action on October 1-3 at the Central Plains Regional. That weekend in Woodward.

The women’s rodeo team cruised to a first-place finish at the Colby Community College last weekend.
Res Life

Dodge!
Neff Hall’s Resident Advisors are hosting a dodgeball tournament on September 29th at 7pm in the SWOSU Wellness Center. Sign up at Neff Hall’s front desk with a team of four to compete. Refreshments will be provided to all attending; however, the eternal glory of winning this tournament can only be earned on the dodgeball court. Whether you’re an amateur or skilled dodgeball assassin, come out and enjoy this classic gym class sport that we all loved & hated growing up! “If you’re going to become true dodgeballers, then you’ve got to learn the five D’s of dodgeball: Dodge, Duck, Dip, Dive and Dodge!” - Patches O’Houlihan.

Res Life PICS

resident spotlight
Vonya Streetz
Name: Vonya Streetz
Hometown: Tulsa, OK
Classification: Third Year Pharmacy Student
Major: Pharmacy
1. Why did you choose your major?
I want to help others live a full and satisfying life through the use of medication management and counseling.
2. What are your hobbies?
I enjoy throwing around the ole pigskin in a perfect spiral.
3. What do you want to do when you graduate?
I want to complete a pharmacy residency that specializes in pediatrics.
4. What’s your favorite SWOSU moment?
My favorite moments have been moving into my room at OK Hall to find that I am right next door to my favorite RA, Madison Murphy, every year. Coincidence? I think not!

resident spotlight
Hailey Habroth
Name: Hailey Habroth
Hometown: Wharton, TX
Classification: Freshman
Major: Pre-Pharmacy
Building: Stewart Hall
1. Why did you choose SWOSU?
I chose SWOSU because when I walked on campus, it felt like home.
2. What are your hobbies?
When I have free time, I like to read and watch documentaries. My friends and I also like to play pool.
3. What do you want to do when you graduate?
When I graduate, I would like to either do pharmaceutical research or work in a hospital pharmacy.
4. What’s your favorite movie quote?

What’s Happening at Res Life
by John Srader
One of the most popular hall events of all time returns this year to Rogers and Jefferson Hall. On October 8th, at 6:00 p.m. the R&J Ping Pong Tournament will be held in the Rogers lobby. Champions from years past will face off against each other as well as talented new challengers. There is constant activity around the ping pong table as people enjoy friendly competition in preparation for the tournament. The competition is fierce this year, and you can expect the tournament to be an intense one. Will we see a previous champion conquer once again, or will we see a new competitor climb to the top? To find out, come out and enjoy a great tournament, and a great show.

ResLife Happenings
<table>
<thead>
<tr>
<th>Event</th>
<th>When</th>
<th>Where</th>
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<tbody>
<tr>
<td>Residence Life at the State Fair</td>
<td>Sep 25th</td>
<td>State Fairgrounds</td>
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<tr>
<td>Homecoming Tailgate</td>
<td>Oct 10th</td>
<td>Milam Stadium West Park</td>
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<tr>
<td>Homecoming Cook-Off Challenge</td>
<td>Oct 10th</td>
<td>Milam Stadium West Parking Lot</td>
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<tr>
<td>Murder Mystery Night</td>
<td>Oct 25th</td>
<td>OK Hall Lobby</td>
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<tr>
<td>FIFA Tournament</td>
<td>Sep 20th</td>
<td>R&amp;J Lobby</td>
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<tr>
<td>Cartoon Watch Party</td>
<td>Sep 26th</td>
<td>R&amp;J Lobby</td>
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<tr>
<td>Kickball</td>
<td>Sep 26th</td>
<td>R&amp;J Field</td>
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<tr>
<td>OK State Fair Game Night</td>
<td>Sep 23rd</td>
<td>Neff Hall Lobby</td>
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<tr>
<td>Halloween Party</td>
<td>Oct 31st</td>
<td>Stewart Hall Lobby</td>
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<tr>
<td>Madden 16 Tournament</td>
<td>Sep 24th</td>
<td>Neff Hall Lobby</td>
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<tr>
<td>Dodge Tournament</td>
<td>Sep 25th</td>
<td>Neff Hall Lobby</td>
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<tr>
<td>Stewart’s Drive In</td>
<td>Sep 24th</td>
<td>Stewart Hall Lobby</td>
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Sudoku

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