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Southwestern Oklahoma State University's Student Publication

The Southwestern

Volume 106 Issue 6 • October 8, 2014

WELCOME ALUMNI!

Homecoming events last all week

By HYE-BIN KONG
Staff Reporter

SWOSU students, staff, faculty and alumni are preparing for Homecoming this week. The theme for this year's Homecoming celebration is "The Spirit of SWOSU."

As part of the Student Government Association's Battle of the Bulldogs, several activities are scheduled throughout the week. The festivities actually began Monday, Oct. 6, with several student competitions ranging from three-legged races to a pie eating contest. The activities continued into Tuesday with a movie night on the Student Union lawn.

Wednesday includes a "Why We Care Wednesday," in which students are encouraged to pick up a "random acts of kindness" card in the Student Union and write a thank you note to a faculty member. All students are invited.

Thursday features Duke's Dance Off at 7 p.m. in the Fine Arts Center. All students are welcome to attend free of charge.

On Friday, Oct. 10, students can hang out with football players and the SWOSU pom and cheer squads at the bonfire in Rogers and Jefferson Lawn at 9 p.m..

Saturday will feature many activi-



Brandy the Bulldog sat atop the Code Blue vehicle to get a good view of last year's Homecoming parade. She'll be part of this year's festivities too, including the parade that starts at 1:30 p.m. Saturday.

ties. The specific details can be found at <http://www.swosu.edu/news/releases/2014/2014-09-29b.aspx>.

The activities will begin at 10. The Bullpup Camps, which offer children activities in a variety of areas, will last from 10 a.m. to noon. They begin at the SWOSU Clock Tower. The College of Pharmacy Homecoming activities also begin at 10 a.m. with a recognition

ceremony and brunch in the Memorial Student Center. The College of Pharmacy will also host an Open House from 11:30 a.m. to 12:30 p.m.

The annual SWOSU Homecoming parade is at 1:30 p.m. on Weatherford's Main Street.

Food trucks, live music, and game will be part of the tailgating activities Saturday afternoon. The tailgating will last

from 1 to 6 p.m. Eight food trucks will be stationed on the west side of Milam Stadium: Big O's Pork & Dreams, Off the Hook, Mob Grill, Klemm's Smoke Haus, Lalo's Taco Chop, Pie on the Fly, Saucee Sicilians and Stella Reauxs. Any purchase at the food trucks will get the customer a free drink ticket. The live band will be The Weathermen, which will perform '70s and '80s music. In addition, there will be plenty of inflatable games near the tailgating area.

As with every home game, local cooks can participate in the Cook-off Challenge. The theme for this game is pork, and the contest will last from 1 to 4 p.m.. At least 24 groups will compete for \$800 in prize money. The contest is free and open to any team, business, organization or individual. To enter, or for more information, call 774-3024.

The annual football game will at 5 p.m. at Milam Stadium. The Bulldogs will take on Henderson State University. The game will be preceded by the SWOSU/High School mass band and cheerleader performance at 4:30, and the President's Award of Merit Presentation to Dennis Williams at 4:50 p.m. The Homecoming King and Queen will be announced at halftime of the game, and a fireworks display will take place immediately after the game.

Fan Jam serves as unofficial beginning of basketball season

By KASSIDY HOUSE
Staff Reporter

The Fast Lane Fan Jam — the unofficial start of basketball season — is set for 6:30 p.m. Monday in the Pioneer Cellular Event Center.

Both women and men's basketball teams will showcase their new and current players. Teams will also compete in contests.

There will be performances from Southwestern cheerleading and pom squads, as well as the pep band and drum line. All performing groups have been working on special routines for Fan Jam.

Colton Torres, one of Southwestern cheerleading captains, expressed that the cheerleaders have a really special performance this year showcasing much more skill than on the usual sideline.

"I encourage everyone to come and check it out,"

Torres said.

There will be Fan Jam T-shirts thrown out to the crowd and \$500 worth of Fast Lane kickback cards will be awarded to lucky fans who attend and many other giveaways as well.

The first exhibition game for the women's basketball team is on Nov. 4 at 7 p.m. at Oklahoma State University. The first men's game is also Nov. 4 in Weatherford at 7p.m. against Mid-America Christian University.

Maze



NOW OPEN
--page 3

Soccer



ROAD WIN
--page 5

TWO MUSIC EVENTS ON CAMPUS

PCEC Party on the Patio features country artist, DJ

The staff at Pioneer Cellular Event Center is preparing for an Oct. 9 "Party on the Patio" event featuring Clare Dunn and DJ Lite Brite.

Dunn is an up-and-coming country music singer, songwriter and guitarist. Her single "Get Out" made her the highest-charting independent female artist on the Music Row Country Break-out chart in 10 years, according to nashville.com. Dunn's song, "Cowboy Side of You," was released on Aug. 11 and continues to attract new fans.

"We are lucky to have her because she doesn't play small shows anymore," PCEC Director Nathan Smith said. "She has been touring and doing arena shows with Florida Georgia Line, Dierks Bentley and Chris Young." The concert will begin at 7:15 p.m. on the patio outside of the Pioneer Cellular Event Center.

Cajun food, beer and soft drink vendors will be present. The concert will end at 10 p.m.

DJ Lite Brite's After Party will start after Dunn's concert. It will be in the event center's north commons area. The after party will last until 1 a.m.

Tickets range from \$6-\$15 and are available to purchase at stubwire.com or pioneer-cellular-eventcenter.com. The \$6 tickets are admission to Clare Dunn's concert. For \$15, a concert-goer will be able to attend Dunn's concert and the DJ Lite Brite After Party.

"We really hope that college students and the community will enjoy this event," said the event center's marketing manager, Alana Martin.

For more information, contact Smith at nathan.smith@swosu.edu or the Pioneer Cellular Event Center at 580.774.3700.

Music Department hosts acclaimed trumpet performer

By REBECCA DILL
Staff Reporter

SWOSU's music department has organized several trumpet clinics and a trumpet recital this week with Baylor University's Professor of Trumpet, Wiff Rudd.

SWOSU's assistant director of trumpet and jazz, Dr. Richard Tirk, said Rudd is widely respected as a trumpet performer and has given clinics and presentations at prestigious music schools and conventions around the world. Rudd is a founder of Rhythm & Brass, an international touring chamber ensemble that has produced five recordings.

He currently serves as principal trumpet of the Waco Symphony, the Baylor Brass, and performs with many major Texas orchestras. He is not a stranger to Oklahoma, having served as Assistant

Professor of Music at Oklahoma Baptist University from 1978-1985.

On Wednesday at 4 p.m. in the Berrong Recital Hall, Rudd will discuss business and performance strategies for musicians during his clinic entitled "The Cycle of All Things—Developing a Project Driven Career."

On Thursday, Rudd will begin a trumpet warm-up session in which he will address the philosophy of trumpet practicing and warm-up techniques.

The warm-up starts at 8 a.m. in Fine Arts 102. The trumpet master class follows at 4 p.m. Rudd will work alongside SWOSU trumpet students on solo pieces and give suggestions on how to prepare literature.

Rudd and SWOSU's Instructor of Music, Yu-Ling Chen, will lead a trumpet recital in the Berrong

See Trumpet on page 2

WEEKLY WEATHER

SOURCE: WEATHER.COM

WED THUR FRI

91/67 88/61 73/53

SAT SUN MON

70/53 78/56 76/54

NEWS

RAGE ON THE ROAD

Students try to control road rage on campus

By **LAUREN ELROD**
Staff Reporter

Road rage is defined as a habit of retaliation that one chooses to express when frustrated in heavy traffic, when a driver cannot control his or her emotions and their temper explodes, according to Dr. Lyle Becourtney who leads Anger Management Groups.

SWOSU student Dylan Abner said he has road rage caused by drivers who get in the way or act stupid while driving.

Abner listed the following ways that drivers “act stupid”:

- Drivers who don’t know how to act at a four-way stop.
- Those who don’t turn right on red.
- Drivers who are going under the speed limit.
- Drivers who think they know how to text and drive but end up swerving into your lane.

“I can be having a great day then someone can cut me off and ruin my whole day,” Abner said.

Abner said his road rage has never turned physical but some rude gestures have been exchanged.

Road rage can happen anywhere, at any time and to anyone, it varies from yelling insults to a rude gesture to a physical attack and sometimes even murder. For example, just last week in Arizona a person supposedly shot another man over a road rage incident.

Roadragers.com states that the causes of road rage can be classified into three main categories: the environment, territorial defensiveness and instructive response.

The environment causes can be outside influences

including heavy traffic, the weather and time constraints. Territorial defensiveness is feeling the need to protect the driver’s space, and instructive response is getting back at another for careless driving.

Another student, Jalen Dorsey, said his road rage registered about a 7 ½ on a scale from 1 – 10.

“I have road rage because people’s knowledge of road etiquette is very low and my road etiquette is higher than theirs and that frustrates me,” Dorsey said.

He, also, has never had physical altercations due to road rage, but gestures have been exchanged.

Dorsey said three main things frustrate him the most while driving:

- Drivers not signaling
- 18 wheelers driving in the fast lane or trying to pass another 18 wheeler.
- Drivers tailgating him when he is already going 15 over the speed limit.

MedicineNet.com gives seven tips to help control and prevent road rage:

1. Safety is your first concern.
2. Focus on your breathing, pay attention to each breath going in and out.
3. Don’t personalize the incident. The driver is taking their anger out on the world, not you.
4. It isn’t your job to punish others for poor driving. You are not a police officer.
5. We all make mistakes. What you thought was a deliberate action towards you could have been an accident.
6. Do not let another driver dictate your emotions and how well the rest of your day is.

Students battle over campus parking spots

By **DYLAN ABNER**
Staff Reporter

Every year SWOSU enrolls over 5,000 students and with those students come all their cars. A complaint many students have is a lack of parking spaces on campus.

“If you have a class before 11 o’clock good luck finding a spot,” said Skylar Abernathy a senior at SWOSU.

He’s not the only one who has complaints. Many other students say they cannot find reasonable parking spots that are somewhat close to their building.

“You can drive around for 5 to 10 minutes looking for a spot then by the time you find one it is far away from your building, then you have to walk to class and by that time you are late,” said Abernathy.

Rick Skinner director of the Physical Plant at

SWOSU said that the number of drivers- not the lack of parking spots- is the problem.

“More students then ever before are driving to class,” Skinner said

“I don’t think parking is the issue. Where students want to park is the issue,” Skinner said. “No matter where you park on campus you can get to your building in five minutes or less. Students just don’t want to make that walk.”

When asked if a parking garage was an option, Skinner said, “That is something we have talked about before, but the funds just aren’t there.”

So the number of parking spaces isn’t the problem the number of parking spaces by your building could be the problem. You can resolve this problem by either getting up earlier and increasing your chance in catching a student leaving or park in a different area and make the walk.

Trumpet from page 1

Recital Hall Thursday night. It starts at 7 p.m. They will play works by Leonard Bernstein, Fisher Tull, and Duke Ellington, to name a few.

All workshops and events are free and open to the public.

For more information, contact Tirk at 580.774.3772 or richard.tirk@swosu.edu.

OKLAHOMA STUDY ABROAD INFORMATION SESSION: London & Oxford Spring Break 2015

When: Wed. 10/8, 5:00 p.m.

Where: Mesquite Room, Conference Center, SWOSU Campus

What: Come and learn all about our exciting Study Abroad opportunities! Christian Alyea, the OK Study Abroad Director, and Amanda Smith, the faculty sponsor from the Language and Literature Department will present information about our upcoming Spring Break trip to London & Oxford. We will also introduce information about our summer trip to Ireland. You’ll have the opportunity to ask questions as you learn about the trip itineraries, travel guidelines, and pricing. We hope to see you there!

*Unable to make the session but want to learn about OK Study Abroad? Visit <http://oklahomastudyabroad.com/> or contact Christian Alyea directly at (405) 549-3329 or Christian@oklahomastudyabroad.com.



The Southwestern Fall 2014

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.

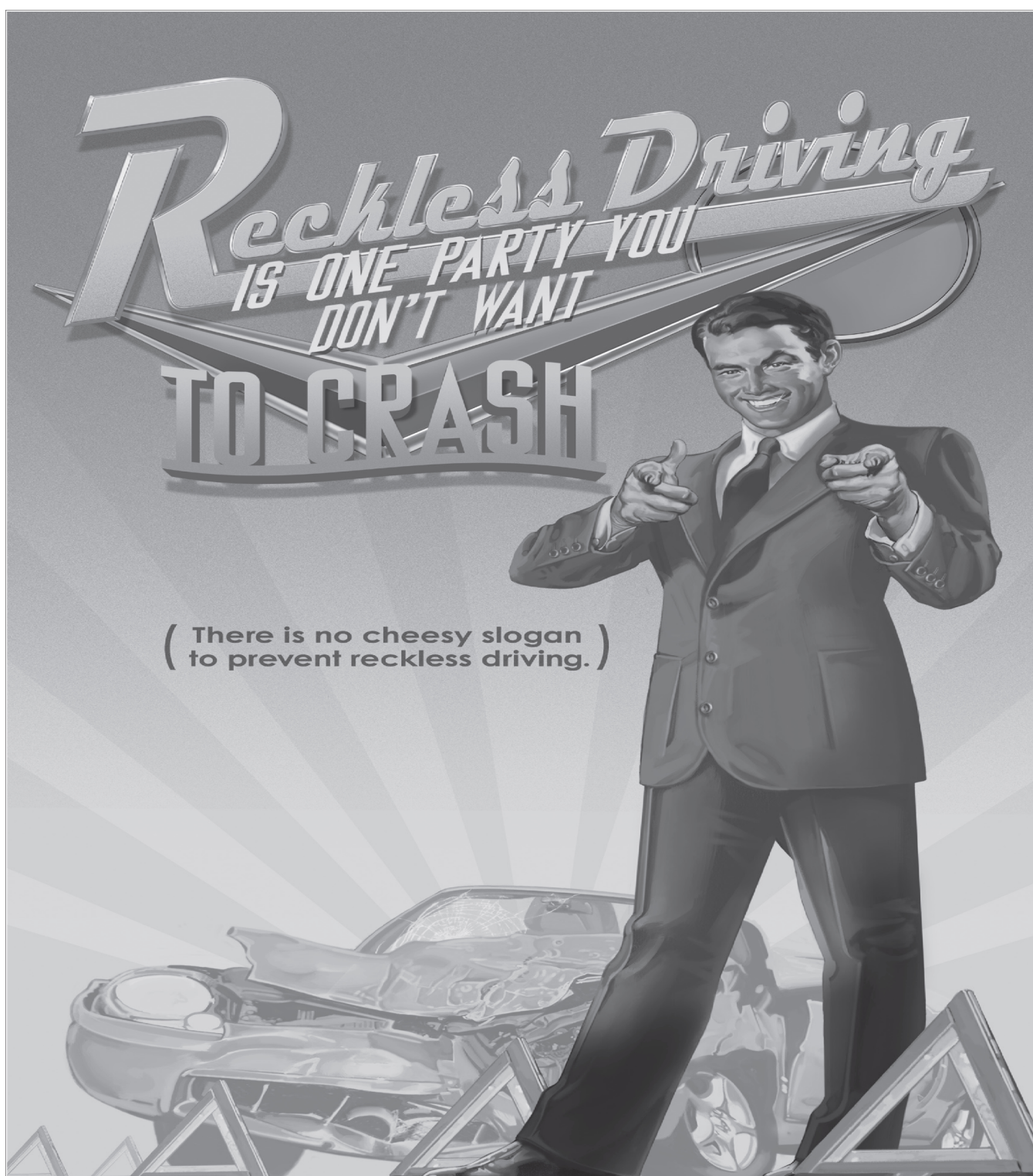
THE SOUTHWESTERN encourages comments from the student body, faculty, and administration in the form of letters to the editor. All letters must include a name for consideration; however, the name may be withheld upon request.

The opinions expressed within signed editorials are the opinions of the writers; the opinions expressed in unsigned, boxed editorials are the opinion of the staff. Neither is necessarily the opinion of the university administration, staff or faculty.

The Southwestern
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Weatherford, OK 73096

(580) 774-3065

thesouthwestern@swosu.edu



There is no spokesperson with a catchy phrase to remind the driver to slow down, stop eating, quit messing with the radio or pay attention to the road. **There's Only You. Speak Up.**

NEWS

The Maze invites students to get lost

By **BLAIR BARNETT**
Staff Reporter

P Bar Farms, also known as the Corn Maze, is a fall attraction that is meant to be fun for all ages. The maze stretches over a 10 acre corn field with three and a half potential miles of trails and 95 decision points in the maze. You should need no more than an hour to complete the maze, however, if walked perfectly it can be completed in about 20 minutes.

The design of the maze is different every year. This year it features the slogan used in Oklahoma tourism campaigns, "Oklahoma, Come See for Yourself." The slogan is written on an outline of the state of Oklahoma with additional trails around the edges.

The Corn Maze goes "haunted" after dark during the month of October to celebrate Halloween. Employees dress in spooky costumes and hide in the corn to give the customers a scare, but don't worry, they aren't allowed to touch you. The haunted maze is not recommended for young children.

P Bar Farms also offers other activities including a pumpkin patch, hayrides, laser tag and miniature golf.

The Corn Maze offers a fun location to have birthday parties. "I have Reid's birthday party here every year" said



Weatherford resident Tonya Adams "We bring about 15 kids and everyone has a blast."

The activities at P Bar Farms is open Thursday and Friday 5 p.m. to 9 p.m and Saturday 10 a.m. to 10 p.m. All of these nights in the month of October the Maze will become haunted after dark.

P Bar Farms is located on I-40 between Hydro and Weatherford, Exit 84 from the west or Exit 88 from the east, and follow the north access road for approximately 3 miles. You can't miss the red barn with the Maze logo painted on it.

Pricing along with additional information can be found at pbarfarms.com or by calling (580) 445-MAZE.

Library showcases banned books

By **SHU-CHING WANG**
Staff Reporter

Lots of libraries celebrated annual Banned Books Week last week. During this week, banned books are displayed for everyone to read, celebrating the freedom of reading.

The American Library Association's Office for Intellectual Freedom collects a list of banned books to inform people about the effects of censorship.

The source of banned books list comes from newspapers and reports submitted by individuals, who may

use the Challenge Reporting Form.

Banned books can be in every category, such as religion and social issues. Furthermore, they can be in modern literature or classical literature. The genres range from comedy to romance.

The top five most frequently banned books in the United States, as reported by Herbert N. Foerstel in his book, Banned in the U.S.A., are: Impressions Edited by Jack Booth et al, Of Mice and Men by John Steinbeck, The Catcher in the Rye by J.D. Salinger, The Adventures of Huckleberry Finn by Mark Twain, and The

Chocolate War by Robert Cormier.

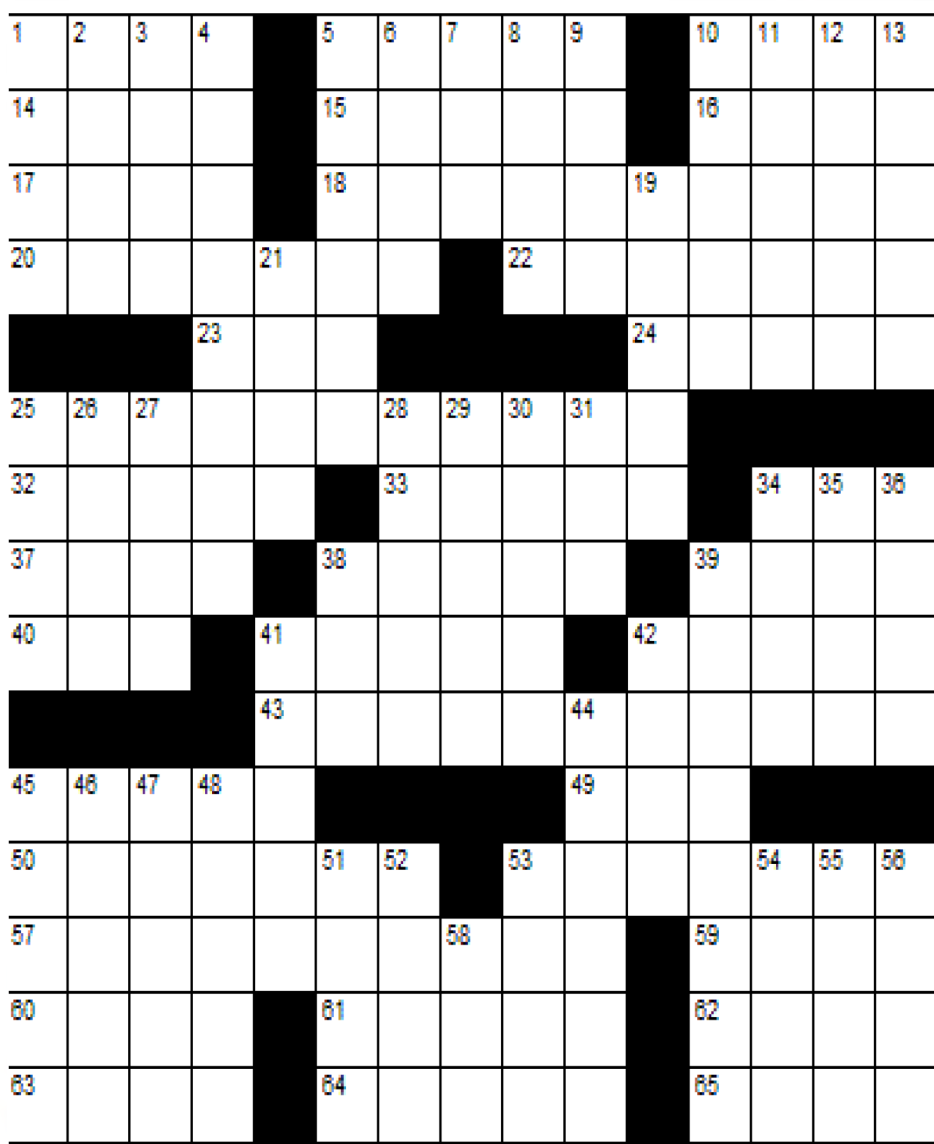
"The banned books week is an opportunity to bring those materials back out and be placed in an unrestricted area in the library," said Jason Dupree, the library director.

Dupree said, "it is beneficial for SWOSU students to read the banned books."

"I think just like any reading you do for class you take, you have to get challenges on your perspective of your world view," Dupree said. "If you have objection for something, and you read this, it can open your perspective on different things."

Crossword (courtesy of mirroreyes.com)

- ACROSS**
- Shocked reaction
 - Flooded
 - Applaud
 - Against
 - Worth
 - Spindle
 - Give temporarily
 - Grimace
 - Thievery
 - Jubilance
 - Crone
 - Exalt
 - Respectful
 - Decorative jugs
 - Not late
 - Slice
 - Untidyness
 - Unit of gold purity
 - Backside
 - Eastern Standard Time
 - Storehouse
 - Primp
 - Discarded papers
 - Emergency signal
 - Consumed food
 - Clear up
 - Cuddle
 - Rough
 - Jail (British)
 - Bit of gossip
 - Habituate
 - Hotels
 - A large amount
 - Discourage
 - Curved molding



- DOWN**
- Effrontery
 - Dwarf buffalo
 - Sun
 - Gripping tools
 - Retaliate
 - Malleable
 - European peak
 - Certain
 - Part of a foot
 - Hindu social division
 - 63 in Roman numerals
 - Detached
 - Cent
 - In an unfortunate way
 - Hearing organs
 - Greek territorial unit
 - Female sheep (plural)
 - Gala
 - Some tides
 - Fortuneteller's card
 - Angry
 - Altitude (abbrev.)
 - Algonquian Indian
 - End ____
 - 10 10 10 10
 - New Zealand parrot
 - A type of musical chord
 - Inhabit
 - A Maori club
 - Gratify
 - Apple or orange
 - Slowly, in music
 - Type of poplar tree
 - Suite
 - Competed
 - Feudal worker
 - Arid
 - Mob
 - Solitary
 - If not
 - Shack

UPCOMING EVENTS

Wednesday, October 08, 2014

- All Day Fall Literary Festival
- All Day Option Period (Multi-Day Event)
- 8:00 AM - 5:00 PM Homecoming Office Decoration Competition
- 9:30 AM - 10:30 AM SCC Council Meeting
- 10:00 AM - 2:00 PM TSA Leadership Breakout Session
- 11:00 AM - 1:30 PM St. Eugene College Lunch
- 12:00 PM - 1:00 PM Noonday
- 2:00 PM - 4:00 PM Psychology Studying Resource Center With Tutors
- 5:30 PM - 6:30 PM Community Meeting

Thursday, October 09, 2014

- All Day Option Period (Multi-Day Event)
- 8:00 AM - 5:00 PM Homecoming Office Decoration Competition
- 11:00 AM - 1:00 PM WOKHR CEO Event
- 11:30 AM - 1:00 PM Let's Talk About SWOSU
- 12:30 PM - 2:30 PM Sosis Luncheon
- 3:00 PM - 5:00 PM Soccer vs. Dallas Baptist University
- 6:00 PM - 7:30 PM Student Government Meeting
- 6:00 PM - 8:00 PM Tutoring for Introductory Physics
- 6:30 PM - 8:30 PM Psychology Studying Resource Center With Available Tutors
- 7:00 PM - 8:00 PM Wiff Rudd Guest Artist Concert
- 8:00 PM - 11:30 PM Clare Dunn Concert

Friday, October 10, 2014

- End Time 5:00 PM Option Period (Multi-Day Event)
- 8:00 AM - 5:00 PM Homecoming Office Decoration Competition
- 8:00 AM - 12:00 PM SWOSU College Expo
- 12:00 PM - 1:00 PM SGA Lunch with President Beutler

Saturday, October 11, 2014

- Cross Country @ GAC Preview
- SWOSU Homecoming 2014
- 8:30 AM - 12:00 PM Upward Bound Saturday Academy
- 10:00 AM - 12:00 PM Bullpup Camp
- 10:00 AM - 12:30 PM Pharmacy Alumni Activities
- 12:00 PM - 5:00 PM Tailgate Party Pit
- 1:00 PM - 4:00 PM SWOSU Cook-Off Challenge: Pork
- 1:30 PM SWOSU Homecoming Parade
- 3:00 PM SWOSU Band/Alumni/High School
- Massed Band & Cheerleader Rehearsal and Hot Dogs
- 4:00 PM 50 Year Alumni Reunion and Alumni Awards Reception
- 4:30 PM Pre-Game Activities featuring the Massed Band & Cheerleader Performance
- 4:50 PM President's Award of Merit Presentation
- 5:00 PM - 9:00 PM Football vs. Henderson State University
- 8:00 PM Homecoming Fireworks

Sunday, October 12, 2014

- 1:00 PM - 3:00 PM Soccer vs. Northwestern Oklahoma State University
- 7:30 PM - 10:00 PM Kappa Delta Omega Meeting
- 7:30 PM - 10:00 PM Kappa Delta Omega Pledge Meeting
- 8:00 PM Zeta Phi Pledge Meeting (Multi-Day Event)

Monday, October 13, 2014

- Spring 2015 enrollment begins for Sophomores
- End Time 12:00 AM Zeta Phi Pledge Meeting (Multi-Day Event)
- 11:30 AM - 1:15 PM FREE Lunch at the Wesley
- 6:00 PM - 8:00 PM Tutoring for Introductory Physics
- 6:30 PM - 9:00 PM Fan Jam
- 6:30 PM - 8:30 PM Psychology Studying Resource Center With Available Tutors
- 8:00 PM - 9:30 PM BCM FORGE

Tuesday, October 14, 2014

- 5:15 PM - 6:15 PM H.O.P.E Weekly Meeting
- 5:30 PM - 7:00 PM Lutheran Campus Ministry
- 6:00 PM - 7:00 PM Phi Beta Lambda (PBL) Meeting
- 6:30 PM - 8:30 PM Psychology Studying Resource Center With Available Tutors
- 7:00 PM - 9:00 PM Volleyball vs. Southeastern OK
- 8:00 PM - 9:30 PM Freshman and Upper Class-man Bible Study
- 8:00 PM - 10:00 PM The Wesley

Wednesday, October 15, 2014

- 1st 8 Week Classes End
- 11:00 AM - 1:30 PM St. Eugene College Lunch
- 12:00 PM - 1:00 PM Noonday
- 2:00 PM - 4:00 PM Psychology Studying Resource Center



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FEATURES

Students prepare for Fall Break travel and work

By SABER SAPP
Staff Reporter

Fall Break is finally here, Oct 16 – 19. Every Bulldog looks forward to this time of year as an opportunity to take a break from classes and studying.

Many students are heading to their hometowns for the days off to reunite with family and friends they have not seen since semester started.

“I have been extremely busy with nursing school this semester, so I’m pumped to be heading home to Bridge Creek and finally spending time with my sisters and par-

ents,” Nikki Brandt said.

While some students are off to their hometowns, others have big plans for the break.

Megan Sakowski is traveling to Alabama to visit a friend.

“My friend attends University of Northern Alabama, which is an hour away from Tennessee, and we are going to Nashville Friday to walk around and see all the tourist shops then head back to her school Saturday and hang out with her friends,” Sakowski said.

Unfortunately, some students will not have much of a break. SWOSU volleyball, soccer, cross-country, football,

band, cheerleading and pom will have a game or race scheduled during the break. Soccer and cross country will travel for their competitions.

“Soccer plays Southern Nazarene on Thursday and will have practice and a team bonding activity Friday,” said student assistant Kelsey Visor.

For students who stick around, the SWOSU football and volleyball games are at home.

The football game is homecoming Saturday, Oct. 11, at 5 p.m. against Henderson State University. The volleyball game is Friday, Oct. 17 at 7 p.m. against Arkansas Tech University.

RESTAURANT REVIEW



Luigis

I am not typically an Italian food connoisseur but I wanted to try something different. I was told that Luigi’s is an excellent place for authentic Italian cuisine so I decided to give it a whirl.

The restaurant smelled wonderful, like fresh-baked garlic bread. I walked in and was transported to Italy because of the décor and the friendly staff. The manager even has an Italian accent.

I am typically a very picky eater, so I took the safe route and ordered spaghetti with meat sauce.

The service was great and our waitress was very friendly. I was in a large group and she paid very close attention to all of us and made sure we all enjoyed our meal and experience.

Our food came quickly and everyone was pleased. I made spaghetti last week at home and it was nothing compared to Luigi’s. I have never enjoyed a plate of spaghetti so much.

My friends even asked to try it because it looked so good. They got very different things ranging from lobster linguini to stuffed ravioli. Not a single friend left hungry that evening. We all really enjoyed our food.

I have tried a few restaurants here in Weatherford and Luigi’s is definitely one of my favorites.

My only issue with this restaurant is the price. It was a little pricey for me being a college student. I ordered a cheaper plate and still paid over \$8. Although I feel like I paid for the experience as well and that help justify the price.

Luigi’s definitely isn’t an everyday place to eat but I would recommend it for a date night or special occasion.

Luigi’s is located on 111 West Main in Weatherford.

—Kaitlyn Rivas

Thrive offers healthy choices

TIMOTHY WILLIAMS
Staff Reporter

Ever tried dieting? How long did it last? Did you get the end results that drove you to start the diet? For most people, the diet ends in failure. Thrive Nutrition is dedicated in helping you succeed in your fitness goals.

Thrive Nutrition is a new local nutritional club. The main goal of health coaches Grant Glasser and Reagan Nikkel is promoting healthy lifestyles and doing what is necessary to help you stay focused on your goal.

Thrive offers healthy protein smoothies, calorie burning teas, and free fit camps every Tuesday at 7 p.m.

For the customer who is more serious about fitness, Thrive offers private health coaching led by Glasser and Nikkel. Health coaching is totally private and consists of meal planning, personal training and improvement tracking.

Along with health coaching, an advanced fit camp is offered to those who are more physically advanced called “The Gauntlet.” The Gauntlet consists of weighted

exercises, box-jumps and tractor tire flips. It meets on Monday, Wednesday and Friday starting at 6p.m.

Thrive Nutrition is a customer-focused company who is prepared to accompany you on the journey to a more healthy lifestyle.

“Thrive is a nutritional company offering products for both the everyday individual looking for a healthy lifestyle change and the athlete who is more performance driven.”, Nikkel said.

Thrive also carries Herbalife24, which is the product line catered for athletes doing anything from triathlons to bodybuilding. Herbalife24 was made to be the customizable plan for fitting any athlete.

Thrive is located at 1627 Cypress next to My Dentist.

The hours of operation are Monday-Thursday 7:30-5:30, Friday 7:30-2:30 and Saturday 10-2. Stop by and check on your lifestyle change today or call for any questions. Lead Health Coach and Owner Grant Glasser would love to assist you any way he can, call 940-600-9594.

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Text REDCROSS to 90999 to make a \$10 donation to the Red Cross. Charges will appear on your wireless bill, or be deducted from your prepaid balance. Help & Data rates may apply. Reply STOP to 90999 to STOP. Reply HELP to 90999 for HELP. Full terms and privacy policy: redcross.org

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STANDING STRONG FOR OKLAHOMA

SPORTS

Soccer team gets first road win

ARKADELPHIA, Ark. – SWOSU recorded their first road win of the season when they traveled to Arkadelphia, Ark. to take on Ouachita Baptist. Charlotte Eastman scored on either side of Cori Kelly's goal for the Bulldogs. Haley Hatcher and Kasey Smith scored for OBU.

The Bulldogs again started well against OBU. Within the first 15 minutes Kelly, Eva Rule, Jasmine Heffley and Lauren Williams had all recorded shots, forcing OBU keeper Lauren Llanas into one save. SWOSU found the breakthrough in the 21st minute when Olivia Butler took a corner. Just like on Friday night, Eastman rose highest to meet the ball and headed in her second goal of the season.

The two sides traded shots for the next 20 minutes until Kelly got her second of the season in the 43rd minute. She found herself open for a shot from 25 yards out and sent the ball in. The shot beat Llanas, dou-

bling the Bulldogs' lead as they went into the locker rooms for halftime.

As the second half began, Butler and Payton Warren forced Llanas into a pair of saves in the first ten minutes. The Tigers would find the opening goal of the second half, however, when Smith collected a rebounded shot and put it in the net, cutting SWOSU's lead in half in the 56th minute.

Not three minutes later, the Tigers committed a foul just outside of the area. Eastman stepped up to take the free kick and made no mistake as she curled it in from 23 yards out in the 59th minute. Eastman's brace was the first multi-goal game for a Bulldog since Kelly's on November 8 of last year against East Central in the Great American Conference tournament.

A desperate OBU team took seven of the next 11 shots in the match. Hatcher, who Randa Castleberry and Eastman had been keeping frustrated

all night, scored in the 79th minute. Her shot from eight yards out took a deflection off a SWOSU defender. The deflection sent Courtney Flores the wrong way and the ball found the back of the net, pulling the Tigers within one with just over ten minutes to play.

OBU would take two more shots that never threatened to go in and the Bulldogs saw out the match to record their first win on the road this season. The win marked their first on the road since visiting OBU last season on October 27 when SWOSU won 1-0. It was also the first time SWOSU had scored multiple goals in a game since November 10, 2013 when they beat Harding in the GAC Championship 2-0.

The Bulldogs move to 2-7-1 on the season, and 2-2 in conference play. They return home to face Dallas Baptist on Thursday at 3 PM in their only non-conference game in October.



Charlotte Eastman and the Bulldog soccer team will play Dallas Baptist at 3 p.m. Thursday.

Rodeo teams finish strong at second radio

PRATT, Kan. – SWOSU Rodeo completed their second event of the fall season on Sunday with the men taking second and the women tying for third at Pratt Community College in Kansas. The Bulldog men racked up 320 points while the women finished with 180.

Jacoby Hotsenpiller paced the Bulldogs on the women's side, finishing first in both rounds and the average of goat tying with identical times of 7.0 seconds. Angela Bartley took second place in the short round and average of breakaway roping while Kassie Sechrist added a fifth-place finish in the event. Jenny Brorsen placed seventh in the average of barrel racing with times of 16.10 and 15.93 seconds.

Northwestern Oklahoma State won the event on the women's side with 215 points, five ahead of Garden City CC. SWOSU and Northeastern Oklahoma A&M tied for third with 180 total points.

Dylan Henson was the top finisher of SWOSU's cowboys, winning the short round of saddle bronc with a 71-point ride that helped him also win the average over teammate Dalton Davis. Davis took second in the short round and average after his 70-point ride. Justin Pollmiller split first and second in the opening round of bareback riding with a 74-point ride, but did not compete in the short round.

Colton Poole won the opening round in bull riding with an 86-point ride before he was bucked off in the short round for a no-score, but his score still placed him second in the average. Kyle Hay had times of 12.4 and 11.9 seconds in tie-down roping, earning second in the short round and fourth in the average, while Brodie Poppino had times of 11.2 and 14.6 seconds and shared sixth and seventh in the average.

Fort Scott CC ran away with the event crown with 500 team points, 180 ahead of the second-place Bulldogs. Northeastern Oklahoma A&M and Northwestern Oklahoma State finished third and fourth.

Bulldogs stumble in road game

ARKADELPHIA, Ark. – The Paul Sharp Cup again belongs to Ouachita Baptist after the Tigers took advantage of six SWOSU turnovers and handed the Bulldogs a 54-21 defeat on Saturday afternoon at Cliff Harris Stadium.

The SWOSU defense held Ouachita Baptist to a field goal on their opening possession of the game and the offense answered with a nine-play 66-yard drive that was capped off when Karl Hodge found the end zone from one yard out, giving SWOSU a 7-3 lead with just over five minutes remained in the opening quarter.

The defense appeared to have forced a three-and-out on the Tigers next drive, but two third-down penalties kept the drive alive and OBU cashed it in with a 32-yard TD pass that put them back on top 10-7. The remainder of the first half belonged to Ouachita Baptist as they cashed in four SWOSU turnovers for 17 points, including two fumbles returned for touchdowns by Kyle Lamothe, and took a 33-7 lead to the break.

Ouachita Baptist slowed the game down in the second half, keeping the ball on the ground and adding two offensive touchdowns and another defensive score with a pick-six early in the fourth quarter. SWOSU added their

second half scores on a pair of TD passes from Klark Ashmore to Teverick Boyd and Brian Robinson.

Ashmore, who became the first true freshman to start at quarterback for the Bulldogs since Steve Day in 2005, finished his debut 23-of-38 for 258 yards and two touchdowns while throwing one interception and losing one fumble. Teverick Boyd was his top receiver, making eight catches for 96 yards and a score. Hodge rushed for 69 yards and a TD while Matt Farris added 51 yards on 12 carries.

The SWOSU defense, which allowed just 267 total yards and only 87 yards on the ground, was led by Kapena Olsen, who made 12 tackles (10 solo, 2 assist) while Steven Townsley added eight. Devin Benton added two solo tackles for loss to his NCAA Division II leading count and he moved into a tie for third place on SWOSU's career tackles for loss list.

SWOSU falls to 2-3 overall and in conference play with the loss heading into a Homecoming matchup against top-ten nationally ranked Henderson State. The Bulldogs will host the Reddies at 5:00 pm next Saturday night at Fast Lane Field.

Volleyball team falls despite record-setting Mader

MONTICELLO, Ark. – Brandy Mader became just the fourth player in SWOSU Volleyball history to record a triple-double and Alyssa Olson set a new career high for assists, but it was not enough for the Bulldogs to earn a victory over Arkansas-Monticello. The Cotton Blossoms came from behind to defeat SWOSU 3-2 (25-18, 30-32, 25-19, 16-25, 7-15) on Saturday morning at the Pioneer Cellular Event Center.

SWOSU got off to a great start behind strong play from Mader, who had six kills and hit .857 in the opening set, a 25-18 Bulldog win that got them on top 1-0 early. The Dawgs again appeared in control of the second set, taking a 23-20 lead late in the set before UAM rallied to

take a 24-23 lead and force extra points. The set continued with long rallies into extra points until the Cotton Blossoms closed the door with a block on Carly Zak at 32-30.

The Dawgs again got out quickly in the third set, pushing out to a 14-9 lead before UAM scored five straight points to tie the set and force a SWOSU timeout. After trading points up to 18-18, SWOSU pulled ahead with three straight points and finished on a 7-1 run for the 25-19 set win. SWOSU led early in the fourth and got within one at 14-13 but UAM's offense got going late in the set as the Blossoms scored the final eight points to take the match the distance.



BACK PAGE

Sudoku

	7				6	5
3		9		5		
			6			4
	8	3				2
			1	2		
	4				5	9
1				7		
			8		1	9
6		4				8

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RES LIFE

Balls Of Fury
By: Cody Ewing

The time has come to engage in the war of Ping Pong! Neff Hall's bi-annual Ping Pong Tournament is October 9th at 6pm and is open to any Neff resident. If you enjoy playing ping pong and want a chance to compete against Rogers and Jefferson Hall come by Neff Hall next Thursday. You must place first or second to qualify to play against R&J's best! Come out and battle for the top two spots, 1st place receives a three star paddle and 2nd place receives a two star paddle; not to mention your name will be forever remembered on Neff Hall's Ping Pong Championship Plaque!!!

PICS OF THE RES LIFE



Answers

G	A	S	P	A	W	A	S	H	C	L	A	P
A	N	T	I	V	A	L	U	E	A	X	L	E
L	O	A	N	E	X	P	R	E	S	S	I	O
L	A	R	C	E	N	Y	E	L	A	T	I	O
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D	E	F	E	R	E	N	T	I	A	L		
E	W	E	R	S	E	A	R	L	Y	C	U	T
M	E	S	S	K	A	R	A	T	A	R	S	E
E	S	T	W	E	P	O	T	E	P	A	P	E
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R	E	S	O	L	V	E	S	N	U	G	G	L
U	N	P	O	L	I	S	H	E	D	G	A	O
I	T	E	M	E	N	U	R	E	I	N	N	S
T	O	N	S	D	E	T	E	R	O	G	E	E

4	7	2	9	8	1	6	3	5
3	6	9	7	4	5	8	1	2
8	1	5	6	2	3	9	7	4
9	8	3	4	5	6	7	2	1
7	5	6	1	9	2	3	4	8
2	4	1	3	7	8	5	9	6
1	9	8	2	6	7	4	5	3
5	2	7	8	3	4	1	6	9
6	3	4	5	1	9	2	8	7

resident spotlight

Nikita Frantz by: Abby Odle



Hometown: Cushing, OK
Classification: Freshman
Residence Hall: Stewart Hall
Major: Industrial Technology

Nikita is a freshman and a part of the Gold program here on campus. She is an industrial technology major who loves taking things apart and putting them back together so they work properly. In high school Nikita took two years of automotive. If you have a problem with your car, head on over to Stewart Hall and she can most likely give you some helpful pointers. She may even just fix it for you. If she could, Nikita would have the gift of teleportation and her preferred supervillain is Mega mind. But Nikita's real talent is being able to describe anything in four words or less. When asked to describe her perfect man she said, "Tall and Country". Her favorite dog, "Large Doberman, ears chopped." One thing she loves about SWOSU is the University's colors, navy blue and white, "GO DAWGS!"

meet a res life person

Madison Murphy by Emily Vick



Hometown: Grove, OK
Classification: Senior
Major: Pharmacy
Residence Hall: OK Hall

This is Madison's third year as an RA. When asked why she became an RA she said, "To make incoming freshmen feel at home and get them involved". Madison aspires to be a top-notch pharmacist. A fun fact about Madison is that she is a "world class unicorn head drawer." If you have a chance to go by OK Hall make sure you meet Madison!

Brainstorm By: Anthony Braden

Advantages and disadvantages. Where do they come from? The answer is simple: YOU. Advantages are tools in a situation where you can find yourself above and beyond where you think you ought to be, with relative ease. A dedicated 20 hours of study time a week or a diligent teacher of whom you can ask questions at all hours of the night count as advantages. Now many people think that when something bad happens, it's someone else's fault. That's totally false. Any person prepared for something bad to happen can get rid of a disadvantage in two seconds flat. A disadvantage is the opposite of an advantage. Both come from you being ready to make them happen. Advantages are never made on their own, you have to look for them and make them work for you. When you're always ready for something bad to happen, you can always turn it around. And always be ready to be someone's advantage. You never know when you'll need the same. Giving you something to think about: If you never give up on something, how can it ever fail?

ResLIFE Happenings		
What	When	Where
ResLife Tailgate	Oct 11 th at 1	Milam Stadium
ResLife Tailgate	Oct 18 th at 9	Milam Stadium
Res Life at the Volleyball Game	Oct 23 rd at 7	Pioneer Event Center
Oklahoma Hall		
Twerk it To Work it	Oct 14 th at 7	Ok Hall Lobby
Get A Clue	Oct 21 st at 7	Ok Hall Lobby
Girls Night In	Nov 6 th at 8	Ok Hall Lobby
Rogers & Jefferson Hall		
R&J Open - Disc Golf Style	Oct 9 th at 7	R&J Field
Pop Tab Drive to "Scare Away Sickness"	Oct 13-31 st	All Halls
Powderpuff Girls	Oct 21 st at 5:30	R&J Field
Neff Hall		
Ping Pong Tournament	Oct 9 th at 6	Neff Hall Lobby
NBA 2k15 Tournament	Oct 21 st at 7	Neff Hall Lobby
SWOSU Jeopardy	Oct 27 th at 7:30	Neff Hall Lobby
Stewart Hall		
Beauty Tips	Oct 21 st at 8	Stewart Hall Lobby
Thanks a Latte	Nov 13 th at 7	Stewart Hall Lobby
Inked and Pierced	Nov 20 th at 7	Stewart Hall Lobby