12-10-2014

Volume 106 Issue 12

Southwestern Oklahoma State University

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Recommended Citation
https://dc.swosu.edu/the_southwestern/52

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Students can find money-saving deals

By Rebecca Hall

Are you a stressed out student? Between all the homework, sports games, friends, parties and your favorite Netflix series, how will you ever find time to relax the stress? SWOSU has counseling services to all students. The counseling process is designed to deal individuals who have the capacity to resolve their own problems with some assistance. Most students seek counseling because they recognize that they need some help in being able to face a current challenge or they find themselves stuck in a particular dilemma. The counselor's office is located in the Wellness Center, with the main office. "Stress is alive and well at all times of the season but, as does seem to get higher the week of two before finals, said Kim Lischke, L.P.C, with Counseling Services. "We offer many stress management and relaxation techniques which can be very helpful. Sometimes students forget the basics during stressful times and that just makes things worse. It's important for them to remember to eat properly, exercise and get good sleep." Typically Counseling Services see clients an average of four to six weeks. However, in extremizing circumstances, the process may extend beyond the limit. Students may end the counseling relationship at any time. The counselor will respect any such decisions. If counseling is successful, the student should feel that you are more able to face similar challenges in the future without a counselor's help. In other words, he or she will have taken some "tools" with him or her. Student athlete, Makenna Shackley, considers counseling helpful in her life. "Sometimes I get so busy I feel like I'm drowning in homework and due dates but the counselors really help." See Counsel on page 2

Stressed out for finals?

Wearables: technology has both hits and misses

By Kenneth Rain

In this day and age, there are always new types of technology from watches that can answer phone calls to wristbands that can answer the duration of your nighttime sleep. However, there's a lot of people who are just trying to get by on the night. "I'm throwing my hands up," said Charles Morris, SWOSU student. "I'm tired." There's a lot of technology out there that we're not aware of, including the Samsung Gear. The watch can count your steps, calorie intake and amount of energy output. Some can even monitor the duration of your nighttime sleep. These fitness bands range about $75 and up. "There are a lot of people who are just trying to get by," said Lauren Eldred, SWOSU student. They can even monitor your sleep. One of the biggest hits associated with college are textbooks and lab materials. You can take advantage of websites like Chegg, Amazon, Halfcom or Campus Book Exchange. By comparing prices for the text, rent, unlimited, groceries, and gym, you’ll be limited in the amount of funds left for the month. Some complications arise when it comes to poor college students—the upper hand is in your shopping endeavors.

"Access the software through your student e-mail, click a few "allow" buttons, type in your password, and watch as Excel, Outlook, and PowerPoint are added to your computer!" See Deals on page 2

Chocolate tree of knowledge

The Al Harris Library staff decorated throughout the building for the holidays. One decoration is a Christmas tree made of red and green library books.

Basketball

Basketball Wednesday, Dec. 10, on and the President's Annual right around the corner for all-you-can-eat pancake/ fast is scheduled for this State University students, Southwestern Oklahoma students are invited to the free Stressed out for finals? assistance. Most students individuals who have the process is designed to aid need some help in being capacity to resolve their problems. Most students seek counseling because they recognize that they need some help in being able to face a current challenge or they find themselves stuck in a particular dilemma. The counselor's office is located in the Wellness Center, with the main office. "Stress is alive and well at all times of the season but, as does seem to get higher the week of two before finals, said Kim Lischke, L.P.C, with Counseling Services. "We offer many stress management and relaxation techniques which can be very helpful. Sometimes students forget the basics during stressful times and that just makes things worse. It's important for them to remember to eat properly, exercise and get good sleep." Typically Counseling Services see clients an average of four to six weeks. However, in extremizing circumstances, the process may extend beyond the limit. Students may end the counseling relationship at any time. The counselor will respect any such decisions. If counseling is successful, the student should feel that you are more able to face similar challenges in the future without a counselor's help. In other words, he or she will have taken some "tools" with him or her. Student athlete, Makenna Shackley, considers counseling helpful in her life. "Sometimes I get so busy I feel like I'm drowning in homework and due dates but the counselors really help." See Counsel on page 2

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Score from page 1

Counsel from page 1

Tech from page 1

Deals from page 1

News for Personal Training classes

Pharmacy professors named to higher education posts

GREAT NEWS! Spring Personal Training Safety courses are ready for enrollment!

Two SouthernOkla. students winヌся万美元在电脑

One major breakthrough during 2014 was the major education, which shared the way students with a

Also still currently being tested and not for commercial

CONTACT:

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Library offers opportunities for study breaks

The Southwestern Oklahoma State University campus is providing various opportunities for students to relax and study break. Students can transform their break room into a break room where students can hang out and relax while having the books, as well as anti-anxiety therapy dog Toby, a local therapy dog, has been invited to hang out in the library from 3-5 p.m. on Thursday, Dec. 11, and Monday, Dec. 15. Students and faculty are welcome to unwind while they visit and play with Toby.

The library has also created a phone booth where students can choose from several props and have a few laughs while posing with their friends. Art therapy tables will allow students to exercise their creativity with various art crafts and projects as an area to display student creations will be provided. Games, puzzles and numerous other brain teasers and activities will also be set up on the break room.

As always, the library will provide refreshments from 8 a.m. to close and will be open until 2 a.m. on December 10, 11, and 14. SWOSU Libraries thanks the students for their support and/or provision of services or goods. Beth Flowers and Toby, SWOSU Collegiate Aromatics Board and Candy Dougherty, SWOSU Student Health and Counseling Services, VIP will support the Christmas presents, "House said. "I plan to buy nice gifts for my parents, brother and roommates. They have all supported me throughout the year and they deserve a little something from me."

It may be difficult, but purchasing a Christmas gift this season is possible. Even if some college students can’t afford a nice Christmas present, they will enjoy their company after being away during the hard semester.

Crossword (courtesy of mirroreyes.com)

ACROSS
1. Thermostatic
6. Quick
10. Quarky
14. Large African antelope
15. Hummingbird
16. Dogfish
23. Star-actor
26. Press
28. Tatters
30. Fun-tastic
32. How old are we
33. Pail
37. A small ornamental case
38. Dalleys
39. Pierce
40. Toting
42. Moon of Saturn
43. Lauren
44. Break time
45. Vintner
46. 47. Yes to a sailor
48. Found on most beaches
49. Paint thinner
52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. DOWN
1. Hered
5. Sanguine
9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90.
The Southwestern

Christmas is a wonderful time of year. The closer we get to Christmas, the more houses you will see decked out in their Christmas decorations. However, if you want to go beyond the average there are a few places in Oklahoma that really get into the holiday spirit. Yukon hosts the Christmas-light extravaganza that is closest to us. The display can be seen while driving through Yukon on Interstate-40, but to get the full experience, you can also drive through the park. There are over 100 acres of lights and decorations to see on your route. The Yukon Christmas in the Park celebration is running now through December 31st. It does not cost anything to drive through and admire, but donations will be accepted at the gate by the Chamber of Commerce.

Another display of Christmas spirit is in Chickasha, about 77 miles southeast of here. Many people believe this light show is worth the long trip though. The Chickasha Festival of Lights has been recognized as one of the top ten holiday light shows in the entire nation. With over 3.5 million individual lights and 100 animated scenes, the coordination of this event believe that you will be amazed. The most amazing part however, is the 172 foot Christmas tree in the middle of the park. This tree can be seen from several miles away. Chickasha invites you to join over 250,000 people to attend their festival and enjoy their display. The Festival of Lights is a free event and will be open for viewing through the end of this year.

We’d like to take a stand against what we believe is a draconian, free-speech-stifling measure: the privilege to have cell phones out during class. We are adults, and we should be treated as such. This is an issue of respect, and the student body wishes that we be treated as such. College students decide to be on their phones during class instead of paying attention to the lesson. African Americans make up 1% of the NFL rosters. If these numbers were flipped, would the NFL then make a change?

It’s time for the NFL to step up and do what is right, and make a change. We believe this is a problem. That is exactly what former NFL referee Mike Carey did. When a 19-year veteran referee of the NFL is asking when it comes to forcing an owner to make a change. The NFL admitting it was a mistake for letting this go on this long, and force Dan Snyder to make a change. African Americans make up 1% of the NFL rosters. If these numbers were flipped, would the NFL then make a change?

I am writing today to bring light to the issue our students believe to be unfair and should be allowed. Many teachers in many colleges across the country make it a point of their final grade that you attend their class throughout the semester but students don’t believe that should be the case. We, as students, pay to attend the university and pay large amounts of money for each class we take so we should be forced to go if for whatever reason you just don’t want too. We pay for the class so there fore we are paying the teacher to teach us. If we choose to miss class we know that we may miss an assignment or miss information that will be on a test but why don’t we just reflect our grade? Instead we miss class and lose points for that and then miss information and then that affects our test grade or we will get a bad grade on a homework assignment. Why get punished twice for missing class?

If you are in a class or if you are going to your grade if you are graded for attendance or not. Let that be the indicator on how well you do in class. We do understand that teachers are paid to be there but they are paid to teach us. And while it could take about 3-5 minutes to take roll everyday that is 3-5 minutes that could be teaching something that affects our test grade or be there as well, but they aren’t being paid to tell students to stay off their phones. Most college students that attend classes regularly are there to be educated and really care about their future, so they don’t need to be liened about staying off their phones during class. We’d love to talk this out. If anyone capable of making an overturn decision wishes to hear our case, we’ll send delegates. Even if nothing changes, perhaps our phones either make our own decisions rather we want to pay atten­ tion or not. If we are on our phone and miss some­ thing important that’s going to be on the following exam then that’s our own fault. Professors are not responsible if students pay attention or not, so they shouldn’t be allowed to tell students to be off their phones either.

We’d like to take a stand against what we believe is a draconian, free-speech-stifling measure: the privilege to have cell phones out during class. We are adults, and we should be treated as such. This is an issue of respect, and the student body wish­ es we had been given a chance to speak for ourselves prior to this decision being made. If college students decide to be on their phones during class instead of paying attention to the lesson then that’s their own decision. We are adults and can make our own decisions rather we want to pay atten­ tion or not. If we are on our phone and miss some­ thing important that’s going to be on the following exam then that’s our own fault. Professors are not responsible if students pay attention or not, so they shouldn’t be allowed to tell students to be off their phones either.

College students pay each class to attend and we believe if we are paying to be there then there should have the right to choose to be on our phones or not. If we aren’t paying attention in class most college students that attend classes regularly are there to be educated and really care about their future, so they don’t need to be liened about staying off their phones during class. We’d love to talk this out. If anyone capable of making an overturn decision wishes to hear our case, we’ll send delegates. Even if nothing changes, perhaps someone can offer us an explanation. In this situation, it’s hardly too much to ask for. We wonder why we should even have to ask at all.
For the third time in the past four games, SWOSU's Kenyan Borders scored the game-deciding points, this time a free throw with 2.0 seconds to play as the Bulldogs held off Hillsdale Baptist 77-76 on Saturday afternoon at the Pioneer Cellular Event Center.

SWOSU overcome an eight-point deficit in the first half and tied the game 35-35 at halftime. The Bulldogs pulled away by nine at 64-55 with 8:30 to play in the game and appeared in control before the Saints came back and took a three-point lead at 76-73 with 2:44 to play. Emache Wells tied the game at 76-76 with an old-fashioned three-point play and Borders sank the lead at 3:33 remaining after a 16-7 run, and out-Hawks' lead would expand to as many as 23 points in the second half. Despite jumping out to a quick 6-0 lead, the Lady Bulldogs suffered their worst half of scoring this season being outscored 41-20 in the first frame. The River-Hawks' lead would expand to as many as 23 points in the second half. tempfile0 was really good there in the second half," said Head Coach Kelsi Musick. "Jade did a lot of damage out-Hawks' lead would expand to as many as 23 points in the second half. tempfile1 was really good there in the second half," said Head Coach Kelsi Musick. "Jade did a lot of damage and effort was really good there in the second half," said Head Coach Kelsi Musick. "Jade did a lot of damage and effort was really good there in the second half," said Head Coach Kelsi Musick. "Jade did a lot of damage. Her high seven assists, while also pouring in seven points and a game-high 13 rebounds. Korina Chapman finished with 11 points as well, while also pulling down six rebounds in the outing. Chelsea Bates had a game-high seven assists, while also posting in seven points and grabbing five rebounds of her own.

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If you enjoy a dazzling show of Christmas lights then you should make a trip to Yukon, Oklahoma for Christmas in the Park. It is an amazing display of Christmas lights that you drive through. Yes you can enjoy the lights from the warmth of your car. This once a year event consists of 4 million twinkling lights with over 400 displays. The displays cover 100 acres of Freedom Trail Playground, City and Chisholm Trail Parks. Get a car load of friends or family and drive down to Yukon and enjoy the famous Christmas in the Park.

Mary Iliff

Hometown: Shattuck, OK
Classification: Freshman
Residence Hall: Oklahoma Hall
Major: Political Science

Mary is a freshman Political Science major here at SWOSU and hopes to become an attorney. Mary also participates in cheer and is on the SWOSU cheer team. She has been cheering for ten years and was on the All American team four years in a row. She once had the opportunity to travel to Hawaii and cheer at a Hawaii State football game. Some other things Mary loves include Shopping (especially at the outlet mall) and dogs. She owns three dogs of her own but if she could, Mary would own 100 dogs. One thing Mary enjoys about SWOSU is the small campus because it makes things easier. Mary would like to give a big shout out to Paityn Matthews, one of the Oklahoma RA's. Come by Oklahoma Hall and say hi to Mary!

Brainstorm

Welcome back to Brainstorm, ladies and gentlemen. With the end of the semester approaching, it’s easy to get frazzled, especially since we’re all burning the candle at both ends to get all of our work done. Now, everyone will tell you to “just relax”. But how can you with six finals in a week, while working for four organizations, not mention the two extra credit projects on top of the twenty hours a week at Wal-Mart? Five minutes. A five minute breather to refresh your brain and make five measly minutes YOUR’S. It’ll be short, but it’s worth it. And then you can finish all those crazy projects. Good tidings to you all and I’ll see you next semester.