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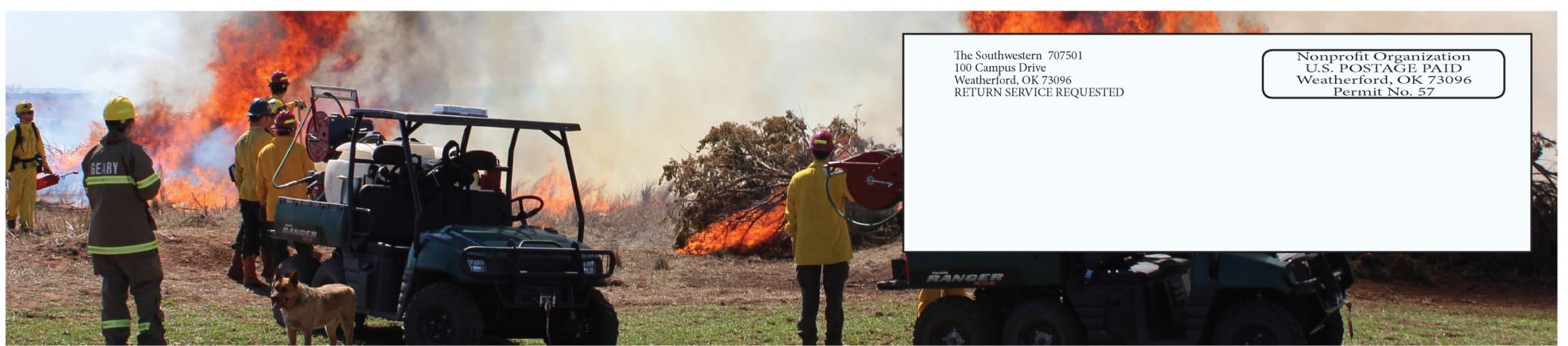
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Southwestern Oklahoma State University's Student Publication

The Southwestern

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Next level



Jacoby Hotsenpiller competes in a recent rodeo. Hotsenpiller and other SWOSU rodeo team members say that coach Mike V's strength and conditioning program help them succeed in competition.

By Stacey Bailey
Staff Reporter

Twenty-four national championships. Hundreds of national qualifications. Three-time defending regional champions...

A resume like this doesn't happen by accident.

SWOSU rodeo holds a legacy of elite athletic performance. In addition to the blood, sweat and tears shed in the arena, a little-known component exists outside of the arena that helps make SWOSU rodeo a standout. SWOSU rodeo is one of the few collegiate rodeo teams in the nation

to incorporate consistent strength and conditioning training into daily practices. Unlike most other collegiate sports, there is no book on how to train rodeo athletes. Because of this, head coach Michael Visnieski developed a unique workout program for his athletes—a program that has proven to take this team to the next level.

"Our athletic ability gives us such an advantage over our competition," Visnieski said. "We can't control the weather, the ground conditions, or the stock we draw. But our nervous system, our strength and power—those are things we can control."

Every event from bull riding to barrel racing requires athletes to have muscle control and a significant amount of power in order to keep up with the movements of the powerful animals beneath them. Proper physical conditioning is crucial in preventing injury

as well. These athletic requirements can be met through triphasic training—the basis of Visnieski's workout program.

Triphasic training is a systematic approach to developing top speed and explosive strength. This training method, developed by Cal Dietz, strength coach at the University of Minnesota, and exercise physiologist Ben Peterson incorporates many types of exercises. However, the main emphasis is on eccentric and isometric contractions and concentric explosion.

SWOSU's road to success in the rodeo arena begins with focused workouts outside the arena

RODEO WORKOUT SAMPLE – CONCENTRIC TRAINING PHASE

1. 2 min jog
2. Full dynamic warm up (bodyweight squats, walking lunges, hip flexor to hamstring stretch, straight-leg kicks, high knees, heel kicks, side to side shuffles)
3. 2 sets of each
5 ea. leg piston squat
5 overhead squat
4. Back Squat Warm up sets
5 reps @ 50% of 1RM (one rep max)
3 reps @ 70%
1 rep @ 80%
5. Back Squat All Dynamic - Explosion
3 reps @ 80%
3 reps @ 80%
3 reps @ 80% - 85%
3 reps @ 80% - 85%

after each set of squats, execute below
3 each leg – Power step up (jump high as possible)
½ squat jump weighted @ 30%
4 – accelerated band jumps or 1-15yd start

6. 4 sets of each
4 – RDL Olympic Style (85% of 1RM of squat or greater is the target. Must maintain flat back or decrease weight.)
7. 3 sets of each
15 sec. ball squeeze
3 ea. leg – 3 way ham touch
6 steps – walking lunge (heavy, maintain posture)
8. 1 set of each
120 sec – Bent Glute-Ham-Back Hold (10# plates or dumbbells)
120 sec – Supine Glute-Ham Isometric (10# plates or dumbbells)
9. 3 min core test
10. 2 sets of each
8 – Band Twist Right
8 – Band Twist Left
11. Foam Roller work – Glutes, hams, adductors, IT Band, Quads
12. Static Stretch circuit

"This type of training is a must for elite athletic performance," Visnieski said. "It breaks each athletic movement down into three components—eccentric, isometric, and concentric—which allows us to focus on one group at a time and maximize our speed, strength and power."

Eccentric movements always come before concentric explosions, but this is a rarely trained sequence. Typically, athletes tend to focus more on their explosion and forget about eccentric training—the training that helps prevent pulled

See Rodeo on page 2



Jason Boland and the Stragglers will be one of the featured acts for SWOSUPalooza on April 10.

'palooza acts set for concert

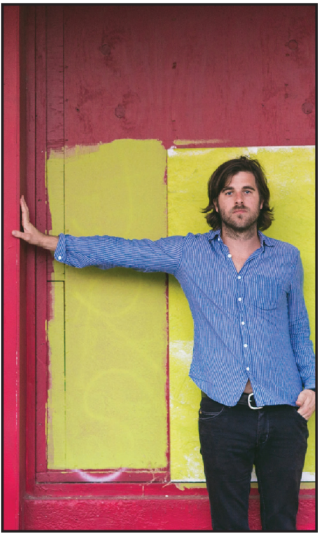
Jason Boland and the Stragglers and singer Graham Colton will headline the 16th annual SWOSUPalooza that is planned Friday, April 10, in the Pioneer Cellular Event Center on the Weatherford campus.

SWOSUPalooza is planned each year by the SWOSU Student Government Association.

The doors will open at 6:30 p.m., and the music will start at 7. There will be food trucks stationed in the event center parking lot throughout the evening. Entry fee to the concert will be a donation (\$5 minimum) that will go to the SWOSU Foundation Bulldog Angels fund, which is a program that is designed to financially help students who have fallen on hard times.

Jason Boland and the Stragglers are a Red Dirt/Texas country group that formed in 1998 and has released seven albums as well as two live albums. The band is currently on tour across the nation and will appear in nine states before their appearance at SWOSU.

Graham Colton is an Oklahoma native who has appeared on tour with John Mayer, Dave Matthews Band and Maroon 5. He has been featured on The Tonight Show and The Late Show. His most recent album, Lonely Ones, was collaborated with the help of Flaming Lips front man Wayne Coyne. Colton was a popular entertainer at the 2014 SWOSU-Palooza.



Graham Colton

Softball



TWO CLOSE LOSSES
--page 5

WEEKLY WEATHER

SOURCE: WEATHER.COM

| WED | THUR | FRI |
|-------|-------|-------|
| | | |
| 83/59 | 80/48 | 64/37 |
| SAT | SUN | MON |
| | | |
| 66/45 | 70/51 | 83/47 |

Running for the cure



Southwestern students and community members participated in the Tough Enough to Wear Teal 5K Run/Walk on Saturday.

Cindy Dougherty, dean of students, said all proceeds will go toward the battle against ovarian cancer. For the past eight years, the 5K "Pink" run had benefited breast cancer research.

The race was USATF certified, chip timed and began near the Clock Tower on the SWOSU campus. Top Overall Male finishers were:

1. Brody Brantley – Weatherford, OK – 20:07
2. Clifford Yunyun – Weatherford, OK – 20:14
3. Dilan Lyda – Weatherford, OK – 20:16

Top Overall Female finishers were:

1. Morgen Price – Weatherford, OK – 23:55
2. Katelyn Floyd – Weatherford, OK – 24:25
3. Paityn Matthews – Weatherford, OK – 25:47

A full list of participants and times is located at: <http://www.dgroadracing.com/#!results/ckpj>

NEWS

Rodeo from page 1

muscles. This type of preventative training known as “prehab” is just one of the many phases of the team’s workout regimen.

“Every exercise [we do] is for a purpose. Every second, every rep has a purpose,” Visnieski said. “Not all rodeo events require the same type of training, so I try to design event-specific workouts to target the appropriate muscle groups for each athlete.”

For example, the event of goat tying requires speed and accuracy. Goat tying can be completed in as few as five or six seconds with mere tenths of a second separating first from fifth place. Therefore, SWOSU goat tyers perform regular sequences of speed and agility drills to condition their reaction rates and improve their lower body control.

“The workouts we do definitely help me to improve my overall performance inside the arena,” said senior goat tyer and breakaway roper Jacoby Hotsenpiller. “I can tell that I have gotten faster in the goat tying, and it has also helped me to prevent injury as much as possible.”

Bull riders, on the other hand, perform rigorous sets of exercises that target their core strength to achieve greater balance. Bareback riders perform intense weightlifting series to increase their upper and lower body strength. Both workout routines enable these athletes to have better control over their muscle movements and hang on for a full eight-second ride.

The team’s conditioning program is rounded out with additional cardio training, such as sprints or mileage. These exercises increase the athletes’ aerobic capacity, allowing them achieve an optimal state of fitness for competition.

“I feel so much stronger now than I ever have,” said freshman breakaway roper and goat tyer MiKayla Harrison. “I don’t know of another program in the region, or even the nation, that trains like we do.”



Kendra Brown

Students scramble for cheap food

By Allie Aiello
Staff Reporter

Any weathered student will tell you that packaged, usually processed, food is what she or he survives on. Students in the dorms face limited space, no oven, no stove, and just a pre-furnished microwave to attempt to make food.

Vivian Rhodes had the best of intentions on dorm food. “First I bought a bunch of non perishables from Amazon. Real healthy stuff like chips and cookies,” she said.

After some time, however, Rhodes decided that bringing the campus food back to her room in Tupperware was a better option. She claims “I haven’t had any cooked food since I got here.”

Another freshman, Elizabeth Berger, claims that the culinary side of college life has its benefits. She claims that her campus has “massive buffets and you could make some salads or eat pizza every day and everything in between.”

When asked about healthier options on her campus, Berger said, “Food wise, there were a lot of options, some healthy, some not. The biggest struggle was making yourself eat something that wouldn’t land you with diabetes. The Mexican food was usually really good actually, but eventually you get tired of the same sorts of food. We also had a bunch of different halls and each one was generally good at one thing. One hall had ingredients to make yourself a sandwich as if you were at home. They also had a brick pizza oven and a frozen yogurt machine.”

Students should be aware that there is more to dorm food than buffet fare your grandparents down on Sundays and partially microwaved lean Cuisines.

One website, delish, has an entire gallery dedicated to suggestions for college students who wish to avoid fast foods. Megan and Jill Carle suggest canned food that can be easily microwaved, such as beans. Beans coupled with



rice can be an entire, nutritious meal. Although healthy, this is not entirely appetizing to the newly liberated freshman. They go on to list more palatable options, such as easy noodles for those students with access to a stove.

The new explosion of microwaved cakes and cookies is another option for those with a sweet tooth. Easy to make and quickly put together, cookies and cakes in cups afford the college student an easy snack.

Jennifer St. John said, “We could have a microwave, fridge and crockpot in our rooms.”

A crockpot opens another dimension to dorm food. Crockpot recipes are easy to find online. Buzzfeed has a list of 21 Five-Ingredient recipes featuring Kalua Pig, Tortellini Soup and Slow Cooker Lemon Garlic Chicken.

Another dimension to the college experience is living off campus. For these students, Top Ramen is a tantalizingly easy, cheap way to eat.

An easy recipe is a pescetarian option for those who prefer the lighter side of eating: vegetable stir fry. Pick your favorite veggies out, saute them in olive oil until the desired tenderness, douse in soy sauce, oyster sauce and sweet and sour. For those who like a little kick to their dishes, add Sriracha. Top a bowl of white rice with the veggie mix for a nutritious, filling meal.

Brown named campus police chief

previously from South Carolina

Kendra Brown is the new director of public safety at Southwestern Oklahoma State University in Weatherford.

Brown comes to SWOSU from the South Carolina Criminal Justice Academy in Columbia (SC) where she has served as instructor and training coordinator since 2008.

She is a graduate of Mars Hill (NC) College and has master’s degrees in criminal justice from the University

of South Carolina and Canyon College.

She has 18 years of experience in law enforcement, including stints at Richland County (SC) Sheriff’s Department, Lexington County (SC) Sheriff’s Department, Columbia (SC) Police Department and Asheville (NC) Police Department.

Brown and her husband, Chester, have four boys: Jacob (16), Adam (13), Alexander (9) and Joshua (7).

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The Southwestern Spring 2015

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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.

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COME TO THE WESLEY

Weekly Events @ the Wesley

Mondays— FREE Lunch 11:30 a.m.-1:15 p.m.

Tuesdays— Dinner and Bible Study at at 6:00 p.m.

— Worship at the Wesley. 8:00 p.m.

*The Wesley is located at 817 N. 7th St. Across the street from
the Pioneer Cellular Event Center*



NEWS

Experts offer student financial advice

By: Calley Lamar
Staff Reporter

College serves as the first taste of freedom for students. Some now live independently and make their own choices regarding their daily activities and purchases. However, with freedom comes a price and that price can be very costly. Small things like a can of soda a day or big purchases like a motorcycle. All are costly and the way to ensure that you don't end up losing all your money is to managing a budget to make wise financial choices.

"Take care of necessities. Wants should be toward the bottom [of the list]," says Kim Cook, Assistant Director of Student Financial Services, Cook said that some students come in to ask for financial advice including how dropping a class may affect their financial aid.

Cook explained that they will look at a student's S.A.P. (Satisfactory Academic Process) and to keep at least a minimum of 67% of total hours successfully completed.

SWOSU's site also offers some tips on how to build good credit and maintain it. A simple way of not getting into credit trouble is to watch how much you are spending and to avoid buying things that are worth more than you can afford. The site also helps to explain credit score and how to make sure that you keep a good solid number. Students will be able to keep a good score by remembering to pay your bills in full and always on time.

SWOSU's site warns students about the dangers of identity theft and scams. Advice about avoiding identity theft include being sure not to carry your social security card in your wallet, not to give out personal information over the phone, checking up on charges to your account and to avoid using passwords that are obvious or easy to figure out.

Students must also watch out for scams, there are

financial aid and loan scams, if you call a company and they want information about you, but will not provide information themselves this should raise some red flags and show that this "lender" is a scammer.

There are many other websites dedicated to and students. That advise for budgeting, laying out financial plans and making responsible choices.

CollegeInColorado.org gives some budgeting advice for students. Several of these tips include differentiating between needs and wants to help to stay within budget limits. There is also a need to be realistic about your budget and get an idea of how much money you have.

Another site: studentaid.ed.org suggests making a record of your purchases so that you know what you've spend your money on and where. It also suggests students create a regular routine to follow. If you can't record, keep in mind that every can of soda, every cup of coffee and every time you eat out will begin to add up.

SWOSU's own website also offers some help for students under the money management section. It helps students with a variety of financial situations including budgeting, differences between credit and debit, student loans, savings and even identity theft.

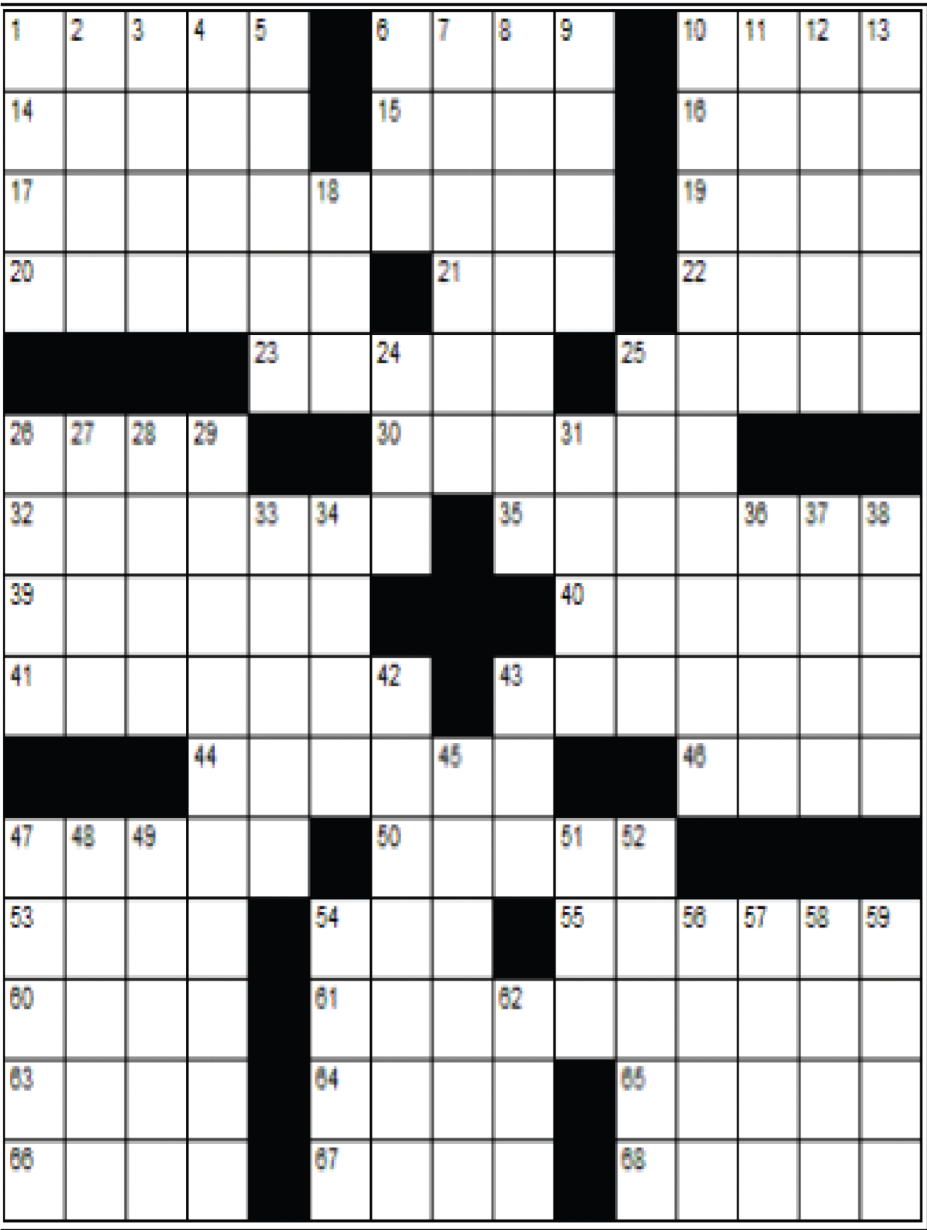
The section on budgeting lays out strategies students can use to work out their spending. The site begin tells students to keep track of their spending, keep receipts in a box and be sure to balance your checkbook and at the end of the month check up on your expenses to see if a pattern has formed. Students should set up categories for their spending and calculate their total monthly income and total monthly spending. The site also has two PDF files to help.

In the end, students must always remember to take heed and make smart decisions when it comes to financial matters, placing necessities at the top of the list and letting wants come after is the way to maintain a healthy financial situation.

Crossword (courtesy of mirroreyes.com)

ACROSS

- 1. Coarse edible red seaweed
- 6. Buckeye State
- 10. Breezed through
- 14. Labor group
- 15. Fecal matter of animals
- 16. Govern
- 17. Variation
- 19. Angers
- 20. Torrid
- 21. G
- 22. Clock sound
- 23. Desire
- 25. Gossips
- 26. Gave temporarily
- 30. Scheme
- 32. Including everything
- 35. Pertaining to vivid recall
- 39. Ventilate
- 40. Shooting star
- 41. Next to the forehead
- 43. Intercede
- 44. Highly seasoned fatty sausage
- 46. A pouch in some birds
- 47. Lowest point
- 50. Tomorrow's yesterday
- 53. 1 1 1 1
- 54. Faster than light
- 55. Reposed
- 60. Blow off steam
- 61. Written material
- 63. As well
- 64. Air force heroes
- 65. Lustrous fabric
- 66. Clairvoyant
- 67. Writing implements
- 68. A framework of beams



DOWN

- 1. Clothing
- 2. Module
- 3. Vitality
- 4. Couch
- 5. Foe
- 6. Lyric poem
- 7. Famished
- 8. Infuriate
- 9. Curved molding
- 10. Mathematics
- 11. Papal court
- 12. Choose by voting
- 13. Davenport
- 18. Type of whiskey
- 24. American Sign Language
- 25. Handed over
- 26. Unit of bread
- 27. Always
- 28. Roman emperor
- 29. A type of semiconductor
- 31. An indefinite period
- 33. Fragrant oil
- 34. Loyal (archaic)
- 36. Rip
- 37. Greek letter
- 38. Team
- 42. Framework of strips of wood
- 43. Central
- 45. Unfrozen
- 47. Exploded stars
- 48. Anoint (archaic)
- 49. Compacted
- 51. Arrive (abbrev.)
- 52. It makes dough rise
- 54. Flutter
- 56. Sun
- 57. Ballet attire
- 58. Twin sister of Ares
- 59. Lairs
- 62. S

Upcoming Events

Wednesday, April 01, 2015

- 9:00 AM - 11:00 AM New Student Orientation
- 5:00 PM - 7:00 PM Medical Professions Club
- 5:30 PM - 7:00 PM H.O.P.E Weekly Meeting
- 7:00 PM - 9:00 PM Tau Beta Sigma meeting

Thursday, April 02, 2015

- 9:00 AM - 12:00 PM PLC Candidate Interviews
- 5:30 PM - 7:00 PM Biology Club Meetings
- 6:00 PM - 9:00 PM Eta Iota Sigma's "Initiation"
- 6:00 PM - 8:00 PM Spelling Bee
- 6:00 PM - 7:30 PM Student Government Meeting
- 7:00 PM - 8:00 PM A Night of Chopin
- 8:30 PM - 10:00 PM Glow In The Dark Easter Egg Hunt

Friday, April 03, 2015

- 9:00 AM - 12:00 PM PLC Candidate Interviews
- 1:00 PM - 5:00 PM PLC Candidate Interviews
- 1:00 PM - 5:00 PM Softball vs. Harding AR
- 2:00 PM - 4:30 PM Baseball vs. OBU

Saturday, April 04, 2015

- Easter Egg Hunt
- 9:00 AM - 11:00 AM Spring Football Scrimmage
- 12:00 PM - 4:30 PM Baseball vs. OBU
- 12:00 PM - 4:00 PM Softball vs. Harding AR

Sunday, April 05, 2015

- 6:00 PM - 9:00 PM Phi Delta Theta Chapter Meeting
- 6:30 PM - 8:30 PM Black Student Association Member Meeting

Monday, April 06, 2015

- 11:00 AM - 4:00 PM Blood Drive
- 11:30 AM - 1:30 PM FREE Lunch at the Wesley
- 8:00 PM - 9:30 PM Forge
- 8:00 PM - 11:30 PM Zeta Phi Meeting

Tuesday, April 07, 2015

- 11:00 AM - 4:00 PM Blood Drive
- =1:00 PM Softball vs. NWOSU (Faculty Day)
- 2:00 PM Baseball at Cameron University
- 5:30 PM - 7:00 PM Lutheran Campus Ministry
- 6:00 PM - 7:00 PM Phi Beta Lambda (PBL) Meeting
- 8:00 PM - 9:30 PM BCM Bible Studies

Wednesday, April 08, 2015

- 9:30 AM - 10:30 AM SSC Council
- 10:00 AM - 2:00 PM Wellness EXPO
- 11:00 AM - 1:30 PM Staff Appreciation Luncheon
- 3:00 PM - 5:30 PM Baseball vs. USAO
- 4:00 PM - 6:00 PM Lady Bulldog Basketball Tryouts
- 5:30 PM - 7:00 PM H.O.P.E Weekly Meeting
- 7:00 PM - 9:00 PM Tau Beta Sigma meeting

Thursday, April 09, 2015

- 12:30 PM - 2:30 PM Sorosis Luncheon
- 2:00 PM RUSO Meeting
- 5:00 PM - 11:30 PM Residence Life at Opening Night of the OKC Dodgers
- 6:00 PM - 7:30 PM Chemistry Club Meetings
- 6:00 PM - 9:00 PM SISA
- 6:00 PM - 7:30 PM Student Government Meeting
- 7:00 PM 43rd Annual SWOSU College Rodeo
- 7:00 PM - 10:00 PM Brisket Dinner and Labor Auction

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FEATURES



The Avengers: Age of Ultron

Major movies lined up for upcoming releases

By Will Sagraves
Staff Reporter

With the spring approaching around the corner as well as the start of the blockbuster movie season, here is a brief list of which movies are must see's for this year.

Kicking off the list is the sequel to the much anticipated *The Avengers* series, *Avengers: Age of Ultron*.

Set to come out May 1st, the story is wrapped around Tony Stark, "Iron Man", who awakes a peacekeeping program that soon goes bad and it is up to the Avengers to come in and save the day.

Joss Whedon is back at it again continuing the series of action and suspense in this series of comic book heroes.

For the sci fi fans out there, *Ex Machina* is soon to come out as well, premiering on April 10th.

This movie is based around a young programmer who is selected to do new experiments on artificial intelligence by researching the human traits of a female A.I.

Writer and direc-

tor, Alex Garland, is no mystery when it comes to film making due to his work, *28 Days Later...*, *Dredd*, and many more.

Here is a short list of movies to look forward to in the upcoming months:

- Apr 3 *Furious 7*
- Apr 10 *The Longest Ride*
- Apr 17 *Paul Blart: Mall Cop 2*
- Apr 24 *The Age Of Adaline*
- Apr 29 *Iris*
- May 1 *The Avengers: Age of Ultron*
- May 8 *Hot Pursuit S*
- May 15 *Pitch Perfect 2*
- May 22 *Tomorrow-land*
- Jun 5 *Insidious: Chapter 3*
- Jun 12 *Jurassic World*
- Jun 17 *The Bronze*
- Jun 19 *The Transporter Refueled*
- Jun 26 *Ted 2*
- Jul 1 *Terminator: Genisys*
- Jul 10 *Minions*
- Jul 17 *Ant-Man*
- Jul 24 *Pixels*
- Jul 31 *Mission: Impossible - Rogue Nation*
- Aug 7 *The Fantastic Four Masterminds*
- Aug 14 *The Man From U.N.C.L.E.*

Movie Review

By Tyler Steinly
Staff Reporter

Boyhood was one of the most unique and interesting movies made last year and received a lot of attention for its tricky and rare style of movie making.

The story follows the life of Mason, played by Ellar Coltrane, from the age of 6 to 18. But, the kicker is that the director decided to actually film the movie over a 12-year span with the same cast, instead of trying to find different actors to play the same character.

The film was directed by Richard Linklater and is now critically acclaimed for its achievements in story telling and editing. A lot of people were very confused by the notion of creating a film over 12 years, asking questions like, "What made you want to do this?" and, "Why are you doing this?"

"I'm asking myself that right at this moment," Linklater said.

And, anyone who decides to take on a project that will last longer than a decade, is bound to have some concern. But Linklater did an excellent job with the pacing and progression of the story to create an interesting and alluring story. *Boyhood* tried to make sure that 12 years of work wasn't hurt by trying to be overly intentional or creative, but instead, letting the story tell itself in the most linear and truthful way it could.

"I was trying to make a movie about childhood," Linklater said. "Those years of grades 1-12, that's what you're kind of sentenced to. You have to go to those years of school. There was this thing beaoning beyond that, and thats where i wanted to get to in the movie. "

And that's exactly what he did. Throughout the whole sequence of Mason progressing through school, instead of waiting for a big payoff at the end of the movie, you can be a part of each step of Mason's life and understand how he becomes who he is.

It became a chance to watch the struggles and successes of a mom, a dad, a sister, and a boy as they made their way through life in a way that seemed very genuine and real.

To Linklater it seemed that "The film's called *Boyhood*, but it could be called *Motherhood*, *Fatherhood*, *Fumbling through Adulthood*. It was an opportunity to watch parents evolve as well as kids."

While the story was a big enough challenge itself, there was also the challenges of how to actually make a movie over a 12-year span.

"It's a simple idea to watch time unravel through a film, but its kind of impractical on a production level." Linklater said.

Although the director didn't want to over plan, and instead allow the movie the chance to change when needed, there also had to be set rules to follow. These were needed so the project didn't become uncontrolled and derail itself.

The film's editor, Sandra Adair, said, "Our philosophy was that, as the movie matured, there might be things that

Unique concept movie *Boyhood* has been 12 years in the making



resonate more [in the future] than we can see in the moment."

So, the crew had to do their best to find a good balance between flexibility and structure. One way that the editing was intentional in shaping the pace and the story was through the cutting. Instead of having "big delineation" between each year that passed, they cut the movie in a way that made it glide from one scene to the next, so that the next scene may take place the next day or the next year.

"That was very purposeful on our parts to make those transitions as seamless as possible and not make a big deal out of the characters' aging," Adair said.

Although the film doesn't do anything huge when it comes to production, the attempt at creating something this large had to come from a multitude of people for it to achieve the success it did.

Lithan Hawke, who plays Mason's father, said, "What Rick tries to do is kind of harness a collective imagination and make something bigger than any one person could do. "

While watching *Boyhood* there are several themes that are present, like, "When does boyhood end?", and "What is life about?" The production of the movie seemed to try and leave these questions unanswered and allow the audience to learn from the experience and apply that knowledge to their own lives.

"All these big moments we think are life, when I get married, when I graduate, but really, maybe life is what's between those big moments, " said Patricia Arquette, who plays Mason's Mother.

The film attempts to capture something as abstract as growing up and lay it out for the audience in a way that brings forward a lot of questions.

The film's star, Ellar Coltrane, who grew up making this movie, sees the themes ring true in his own life on his final day of production after 12 years.

He said, "We just finished a 12-year project. I feel like I've taken it for granted for a long time, just this project and being able to work on it. I don't remember life without it. It's just been such an integral part of everything, I have forgotten to appreciate it. It's almost perfect because, that's exactly the message the movie closes on - throw yourself into the moment. "

I recommend *Boyhood* to anyone who wants to see something different and new. The film doesn't follow the Hollywood formula and it doesn't deliver any conventional payoff. But, it still gives a compelling story that is enjoyable to watch because of its fascinating story, consistent editing and experimental design.

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SPORTS



Catcher Emily Garcia leads off during last weekend’s games against Arkansas Tech.

Softball team drops two to ATU

RUSSELLVILLE, Ark. – The Bulldogs’ road woes continue as they dropped the final two games of a Great American Conference series on the road against Arkansas Tech. SWOSU suffered a 10-2 run-rule defeat in the first game before being shut out in the second game 5-0 as the Golden Suns completed the series sweep.

Game 1: ATU 10, SWOSU 2 (5 Inn.)
SWOSU got on the board first on Saturday afternoon courtesy of an RBI single by Tori Hawk. Hawk’s hit to third base was enough to bring in Samantha Perry for the 1-0 lead in the top of the second. The Bulldogs increased their lead in the top of the third when Ashley Dunigan reached on a fielder’s choice. Though Ashley Jones was thrown out at second base on the play, it was enough to bring in Adrienne Martinez.

The bottom of the third, however, was disastrous for the Bulldogs like it has been for much of the season. SWOSU gave up ten runs in the half-inning to surrender their lead. Southwestern was shutout in the next two innings, giving the Golden Suns the victory via mercy rule.

Laura Wilson was saddled with her

second loss of the weekend as she saw two innings of action. The Bulldogs collected six hits, with Hawk leading the way by going 2-3 with an RBI. SWOSU left six runners stranded in the loss.

Game 2: ATU 5, SWOSU 0
The Golden Suns struck quickly in the second game of the afternoon, plating two runs in the bottom of the first. SWOSU did well to keep Arkansas Tech off the board through the next four innings as Rileigh Ricken fanned two and forced eight groundouts. However, SWOSU was unable to generate much offense, notching just three hits. ATU tacked on an additional three runs in the bottom of the sixth inning to provide the final scoreline.

Ricken went the distance, but took her second loss of the road trip. Both Martinez and Ricken went 1-2 at the plate, but SWOSU left another six runners on base

SWOSU falls to 1-15 in conference play and will be riding a four-game losing streak entering the GAC series next Friday, April 3 against Harding in Weatherford. First pitch on Friday is scheduled for 1 pm.

Baseball Bulldogs swept by Henderson State

ARKADELPHIA, Ark. – SWOSU Baseball was on the short end of a double-header sweep on Saturday afternoon as the Bulldogs fell twice against Henderson State.

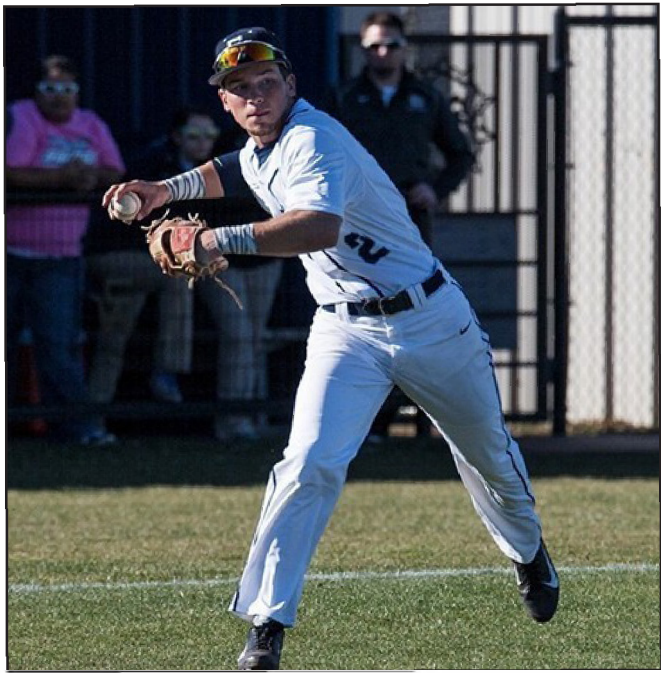
Henderson State 7, SWOSU 4

SWOSU rallied from an early three-run deficit to tie the game at 4-4 in the seventh, but, as they did on Friday, Henderson State had an answer, this time in the form of a three-run eighth inning that proved to be the difference.

Bryan Holt was 2-for-4 with one run scored and two RBI on the game-tying two-run single in the top of the seventh inning, leading the SWOSU offense that totaled seven hits. Haden Houska had the only extra-base hit by the Bulldogs, a double in the eighth inning, along with an RBI groundout in the fourth.

Connor Garcia got the start for SWOSU and pitched the first 3.0 innings before Ethan Davis entered in relief and faced the Reddies the next five frames. Davis allowed four hits and three earned runs along with two walks and took the loss, evening his record at 3-3 on the year.

Henderson State 5, SWOSU 1
Jacob Spring homered to lead off the second inning, giving SWOSU an early 1-0 lead in the finale, but it proved to be the final offense for the Bulldogs in the game as Henderson State completed the series sweep.



Haden Houska prepares to throw a runner out during Saturday’s game against Henderson State.

The Reddies quickly responded, tying the game in the bottom of the second before taking a lead with one run in the third, but it was a three-run home run in the fifth inning that broke the game wide open for the home team.

SWOSU was limited to four hits in the game while Henderson State had nine off the Bulldogs pitching staff. Austin Hilton (2-4) took the loss after 4.0 innings of work, including seven hits and four runs before Brett McNaughton and Dillon Freie combined to throw the final two frames.

After suffering the series sweep, SWOSU falls to 14-18 on the year and 7-11 in Great American Conference play with four league series remaining. The Bulldogs return to action next weekend as they host Ouachita Baptist for a three-game set at the SWOSU Athletic Complex.

Soccer club brings international students together

By Maggie Tran
Staff Reporter

Southwestern competes in 12 sports and has a total of 336 students athletes. But few know that SWOSU has a men’s soccer team which contains 22 members from different parts of the world.

The team was formed in the fall semester of 2009 with the goal to give soccer players wanting competition a nice outlet to do so. They participate in the Oklahoma Collegiate Soccer league, which is sanctioned by the Oklahoma Soccer Association, the U.S. Soccer Federation and FIFA. The team competes with other university clubs such as Oklahoma University, University of Central Oklahoma, Oklahoma State University, Rose State, Oklahoma City Community College, University of Arkansas and Southeastern Oklahoma.

The love of soccer is the bond for these students. Clifford Yuyun, team member from Cameroun, said he has a great passion for soccer all his life.

“I’ve played soccer since I was 2. I don’t just like it, I love it,” Yuyun said.

Like most of the international stu-

dents, getting in college life at a difference place is not as easy as it seems to be. So the men’s soccer club becomes a second family for these guys.

“Coming together to play with the guys you never met is a great experience,” Yuyun said. “We’re all international students, it’s like a common point that help me to build friendship with all the guys then learn some new skills from them.”

In many parts of the world, especially in Asia and Africa, soccer is one of the most popular sports. Watching and playing soccer become part of cultural identity and deeply affect the lifestyle of people in many countries.

“Since I was a child, we played soccer whenever possible, on the street, in the school yard or even on a random lawn. That round thing has a magical attraction which makes us passionate,” Yuyun said.

SWOSU’s Men Soccer works as a college club. Enrique Uribee, who comes from Guatemala, is the president, coach, and captain of the team. He said that getting the team started was difficult.

“Getting members organized is really hard especially when you need something done on time,” Uribee said.

Since this is not an official team of the school, the team only gets the support from school as a club. They get about \$2,000 per semester to cover all the activities.

“The only way we can get sponsored by the school is making our team official,” Yuyun said. “But since we are just a club, we can’t get scholarship and stuffs like the other sport teams.”

Captain Uribee said that soccer is growing so much in Oklahoma. The state now has 2 professional teams and is going for 3.

“The sport is rapidly growing in the country and especially in our state,” Uribee said. “The school should realize that eventually and make it (make the team official) happen.”

Yuyun said students make a lot of financial sacrifices for the clubs.

“We have to spend our money sometimes to do some stuffs like uniforms, shoes... everything. But that never can stop us from playing soccer.”

Even without the support and favorable conditions to practice, but these guys really did a great job. In the most recent game, they tied the Southeast Spartans

Soccer team on March 22 in Edmond. The final score was 2-2 against the strong Spartans team.

“I feel sorry for those guys, trying all their best to play a good game on the field while there are not even more than 10 people cheering for them from the stand,” said Hoang Le, a big fan of SWOSU’s Men Soccer.

Le and other people who love soccer and love our men’s soccer team, think that this team should be made official.

“Being international students means paying more for tuition fee, they should be sponsored for what their effort,” Le said.

The love for soccer of these guys is really admirable. They play with all the passion, not for anything else. Their slogan can tell how big their determination is: “Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is temporary. Impossible is nothing!”

Lady Bulldogs to hold open tryouts

WEATHERFORD, Okla. – Head Coach Kelsi Musick and the Lady Bulldog coaching staff will be holding an open tryout next Wednesday, April 8 at Rankin Williams Fieldhouse.

The tryout will begin at 4:00 pm and is open to high school or transfer students wanting to join the Lady Bulldogs next season. In order to tryout, participants must have a current physical on file with the SWOSU Basketball staff and the results of a sickle cell test (or be willing to sign a

waiver through SWOSU Athletic Training).

Any four-year transfers must have received a release from their current school and SWOSU students must bring a current transcript that shows they are enrolled in at least 12 hours this semester.

For further information about the tryout, players are encouraged to contact Coach Musick at kelsi.musick@swosu.edu or assistant coach Cophie Anderson at cophie.anderson@swosu.edu.



Aaron Godwin of Bixby and John Srader of Shattuck are members of the SWOSU disc golf team in Weatherford. The Southwestern Disc Dawgs have qualified for the National Collegiate Disc Golf Championship Tourney. The national tourney is set for April 15-18 in North Augusta, S.C. The team traveled to two tournaments in Jonesboro (AR) and St. Louis (MO) this year. At Jonesboro at the MidSouth Collegiate Open, the SWOSU Blue team placed third, which qualified the team for the national tourney. Heading to North Augusta will be: Matt Mauldin, Beggs; Austin Carter, Oklahoma City (Putnam City North); Mason Snider, Duncan; and John Srader, Shattuck.

BACK PAGE

Sudoku



Answers

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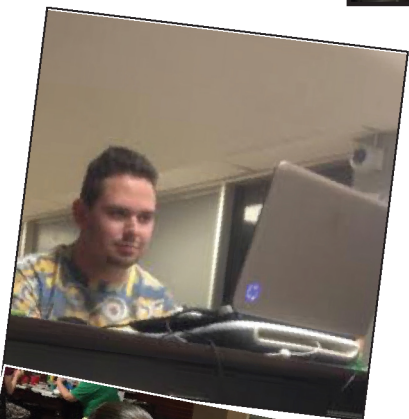
Res Life

CAN'T BE MISSED EVENTS

By: Reagan Johnston
Picture What?

Picture this... Video gaming is actually beneficial to our minds and help us grow. It's true! Video gaming can improve creativity skills, critical thinking, and so much more. A "gamer" can easily develop better problem solving skills and have increased reflexes opposed to a non-"gamer". Want to know more? Neff Hall is going to show all the hidden secrets to how gaming can be beneficial to our minds on April 9th! Come to Picture This at 7:00 p.m. and be automatically entered into a door prize just for being there.

PICS OF THE RES LIFE



resident spotlight

Sydney Hinds

by: Zach Lester

Hometown: Claremore, OK

Classification: Sophomore

Residence Hall: Rogers Hall

Major: Music Therapy



Meet Sydney Hinds! She was born in Plano, Texas and lived there to a ripe old age of 8 months before she made the perilous trek to Oklahoma. Interestingly enough, she has a passion for playing any instrument she picks up. She primarily plays piano and enjoys singing, however she has ventured into ukulele territory for some of her field studies. Her hobbies include playing dungeons and dragons, participating in color guard, and reading for fun. She vehemently enjoys the challenge of sight-reading any music, and has honed her abilities to be proficient in doing so. Her main goal in life is to graduate and become a Music Therapist to aide in rehabilitation of physically or mentally ill patients. Although she doesn't have much free time, she says it will all pay off in the end.

RA of the month

Janis Taliaferro

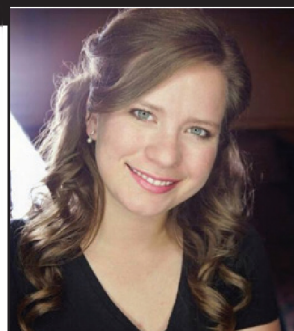
by: AJ Maloco

Hometown: Purcell, OK

Classification: Senior

Major: Health Science

Residence Hall: Oklahoma Hall



Meet Janis, our RA of the Month! Janis is a senior looking to major in Health Science. Janis's favorite thing about being an RA is having the relationships formed with her residents. She enjoys listening to artist like Christina Aguilera and Sugarland as well as singing during her free time. Two special things that are dear to her are a Bible which was given to her by her grandparents as well as an elephant painting from her grandmother. When asked what she missed most about being a kid, she said she missed taking naps and going on early morning donut runs with her dad. Her most memorable moment at SWOSU was when she and a group of friends pitched in to save money together to buy a plane ticket for their friend to fly back home to West Virginia, codenaming it "Operation Christmas Child". When she graduates, she said that she will miss all her residents but wishes them luck and a joyful college experience!

Clay's Corner

By: Clay Brooks

We are in the home stretch, dear friends. We've made it past the lull before spring break and here we are! For some, this is the last semester before the bold steps toward society are taken, while for others this is the closing semester of a first year in college. Whatever the case is, give yourself a pat on the back. You deserve it. In the midst of congratulating yourself for all your hard work, keep your eyes on the prize! This is not the time to rest on your laurels but to fuel up one last time to cap this school year off in the proper way. Do NOT lose your motivation just yet. These coming days are critical in your success story! My best advice is to KEEP GOING. You deserve the best, therefore you must work to achieve the best. You CAN do this YOU ARE AWESOME!

| ResLIFE Happenings | | |
|-------------------------------|----------------|--------------------|
| What | When | Where |
| Res Life at the Softball Game | April 7th | Sports Complex |
| Opening Night at the Dodgers | April 9th | OKC |
| Pack the Park | April 10th | Sports Complex |
| Oklahoma Hall | | |
| Pretty in Pink | Apr 14th @ 7pm | Ok Hall Lobby |
| Sow Your Wild Oats | Apr 22nd @ 6pm | Ok Hall Patio |
| Bingo | Apr 28th @ 8pm | Ok Hall Lobby |
| Rogers & Jefferson Hall | | |
| Movie Night | Apr 2nd @ 7pm | R&J Lobby |
| NHL 15 Tournament | Apr 6th @ 6pm | R&J Lobby |
| Dress for Success | Apr 8th @ 4pm | R&J Lobby |
| Neff Hall | | |
| Snap or Tap! | Apr 6th @ 8pm | Neff Hall Lobby |
| Picture This | Apr 9th @ 7pm | Neff Hall Lobby |
| Ping Pong Tournament | Apr 14th @ 6pm | Neff Hall Lobby |
| Stewart Hall | | |
| Earth Day | Apr 22nd @ 7pm | Stewart Hall Lobby |
| BYOE | Apr 27th @ 10p | Stewart Hall Lobby |
| Coffee and Coloring | Apr 30th @ 7pm | Stewart Hall Lobby |