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Southwestern Oklahoma State University's Student Publication

The Southwestern

Volume 106 Issue 7 • October 22, 2014

Great weather, activities mark Homecoming

Large crowds attended many of the Homecoming activities and winners of the various competitions at the October 11 celebration have been announced.

Alfa Abame of Stillwater and Marcus Burk of Amarillo (TX) were crowned Homecoming Queen and King during halftime of the SWOSU football game. Abame was sponsored by the Parks & Recreation Management Club, and Burk was sponsored by Neff Hall/Residence Life.

At the parade, SWOSU's Society of Women Engineers/Society of Manufacturing Engineers won first place and \$1,300 in the float competition for the third straight year. Eta Iota Sigma/Fellowship of Christian Athletes won second place and \$800, while Phi Delta Theta fraternity finished third and won \$500.

The prize money was sponsored by the SWOSU Student Government Association and several Weatherford financial institutions. In the marching band contest, Oktaha High School was named the outstanding band in the high school competition for the fourth straight year and won \$250 from the SWOSU Student Government Association. The parade featured 22 bands this year. After the parade, the 1,200 plus high school students performed in a mass band at Milam Stadium before the SWOSU football game.

The SWOSU Department of Education won the staff/faculty contest with its office display.

And, in a new event this year called Battle of the Bulldogs, the overall winner was Tau Kappa Epsilon fraternity. SWOSU student organizations spent the week raising money for charities by participating in various activities. The final competitive event of the week was Duke's Dance Off, which was won by Phi Delta Chi pharmacy fraternity.



Alfa Abame of Stillwater and Marcus Burk of Amarillo (TX) were crowned Homecoming Queen and King during halftime of the Southwestern football game during one of many Homecoming activities October 11.

Time to get away? Study Abroad plans Euro trip

By REBECCA DILL
Staff Reporter

It's been a struggle lately, hasn't it? All the motivation that you had as a freshman has slowly but surely dwindled to a small puddle of stress and anxiety. It's been replaced with mountains of very expensive textbooks and a countdown to the day that you graduate.

Don't you just wish that there was some way to invigorate your mind, help you get back the drive to finish college, and make you a more knowledgeable and interesting person to associate with?

Pack your bags! You're going to London!

On Spring Break (March 13-22, 2015) you could be basking in the glory of Buckingham Palace, strolling through Westminster Abbey, or telling time by the swift hands of Big Ben.

"How?" you ask.

Southwestern is offering an opportunity for students to visit London and Oxford over Spring Break.

It could be as easy as one... two... three payments. The trip

only costs \$2,250. The fee pays for flights, hotel rooms, transportation, most meals, tours from local experts, and admission to plays and museums. In order to reserve flights, the first payment of \$625 is due on November 14, 2014. In unique financial situations, students are encouraged to contact the Director of Oklahoma Study Abroad, Christian Alyea, to work out a personalized payment plan.

"The number one thing that we want to do is keep the trip affordable. We also want to enable travelers to go on their own, making sure students are confident traveling on their own," said Alyea.

He suggested that students who don't want the trip to come straight out of their own pockets to begin fundraising by setting up a www.gofundme.com account or by advertising the need for funds on social media. Students can also talk to financial aid about using federal grant money toward the cost of the trip. Alyea also suggested

'The number one thing that we want to do is keep the trip affordable.'

--CHRISTIAN ALYEA

See London on page 2

Students have opportunities to take classes out of country

By KAITLYN RIVAS
Staff Reporter

Southwestern shares multiple partnership agreements with universities and colleges overseas.

Southwestern partners with eight schools overseas; Al-Balqa' Applied University in Amman, Jordan with a total enrollment of 41,500 students; Dong A University in Busan, Korea which enrolls 20,000; Jadara University in Irbid, Jordan enrolling 1,000; Taipei Municipal University of Education in Taipei, Taiwan which enrolls 4,500 students; International University of San Isidro Labrador in San Isidro Labrador, Costa Rica which enrolls 2,600 students; Universidad De La Salle Bajio in Leon, Mexico enrolling 13,000 student; Beijing Normal University in Beijing, China enrolling 8,000 students and Guizhou Normal College in Guiyang, China enrolling 10,000 students.

The Southwestern International Exchange Program provides unique opportunities for students and faculty at both SWOSU and universities abroad. Southwestern has had a successful go thus far with international affairs, with foreign and domestic students traveling overseas and receiving an education. In 2010 four Taiwanese exchange students from Taipei Municipal University of Education (TMUE), our sister university, joined Southwestern.

Students from SWOSU who are interested in the exchange program can contact the College of Arts and Sciences or call (580) 774-7152.

Technology



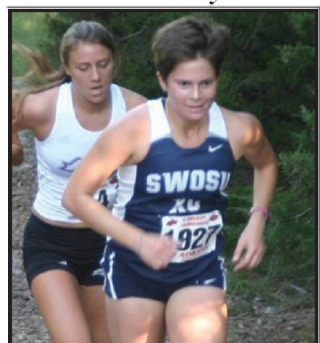
APPS FOR STUDENTS
--page 4

Football



TOUGH LOSS
--page 5

Cross Country



RECORD TIMES
--page 5

WEEKLY WEATHER

SOURCE: WEATHER.COM

WED THUR FRI



77/59 79/54 81/55

SAT SUN MON



82/56 80/58 73/50

Ten to compete for title



Lacey Anderson Walters



Lauren Parenica Moore



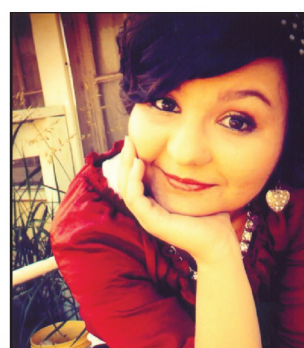
Rachel Penry Leedey



Jordan Grubb Weatherford



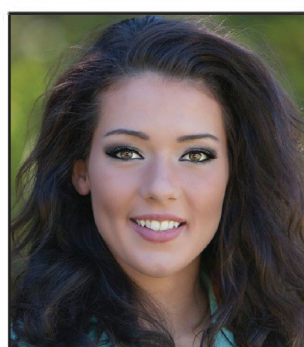
Samantha Dougherty Miami, TX



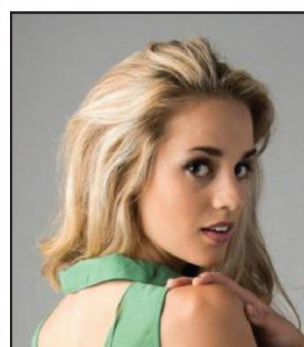
Shallae Thompson Clinton



Tiffany Piper Enid



Tiffany Sauer Weatherford



Allie Ayers Snyder



Brooke McCullough Enid

Ten Southwestern coeds will compete for the title of Miss SWOSU at this year's pageant on October 25. The pageant, which is a preliminary contest for the Miss Oklahoma/Miss America pageants, will be at 7 p.m. in the Fine Arts Center on the Weatherford campus. Tickets are on sale and available from any of the contestants as well as the SWOSU Public Relations/Marketing Office in Administration Building 205.

NEWS/OPINION

London from page 1

taking common tasks such as cooking or cleaning and selling those services to help pay for the trip. As an experienced traveler, Alyea said that traveling is “the only thing you pay for that makes you richer.”

“There are many ways you can explore to help raise money for this trip. It never hurts to ask,” he said. In his experience, the more creative you get with fundraising techniques, the better.

The group will stay in a hostel near Hyde Park with four to six group members of the same gender in each room.

Accommodations can be made for couples or those seeking a private room. Faculty sponsor from the Language and Literature Department, Dr. Amanda Smith, recalls her past experiences in a hostel as some of her best memories because they are safe places to stay where you can interact with people from all over the world and hang out with fellow Southwest-ern students.

Group activities and tours will be planned during the week-long trip. However, the trip is not completely a group tour event. “They will also have ample free time to explore the cities on their own,” said Smith.

A typical day on this trip will start with a morning walking tour where students will learn something of historical or cultural value. The afternoon is designated as “free time.” Students can choose to go with tour guides or opt out and go on their own adventure. “If you don’t have

time to get lost, then you didn’t experience it,” said Alyea of the importance of self-exploration in London. In the evenings, students will be taken to different local events including free street performances, pub crawls, graffiti tours and theatre performances around London and Oxford.

One full day will be spent in Oxford on a general tour of its 38 separate colleges. For Harry Potter fans, this is a big attraction. Also, time will be spent experiencing Oxford’s night life.

View the itinerary online at www.oklahomastudyabroad.com but keep in mind that there may be a few changes. Alyea said that they always like to receive suggestions from students on where they would like to go and the schedule can be modified accordingly.

Students can also save their spots on the trip by visiting the OK Study Abroad website and clicking the “SIGN UP NOW” tab. Signing up online is not binding but allows staff to get a head count for the trip and also contact information for those that are interested.

Southwestern is also planning a trip to Ireland on July 16-29, 2015. The itinerary and trip prices can be found online.

The latest students can sign up is Nov. 28.

For more information about either trip, contact Dr. Smith at amanda.smith@swosu.edu or Alyea at christian@oklahomastudyabroad.com.



Honeylark has strong SWOSU ties.

Honeylark to perform on NPR show

A band featuring alumni and current students of Southwestern Oklahoma State University in Weatherford will be featured this Saturday, October 25, on a live National Public Radio broadcast of Michael Feldman’s “Whad’ya Know?”

Honeylark, featuring sticky-sweet alt-country sounds, will be featured on the program, which will air from the Visual & Performing Arts Center on the campus of Oklahoma City Community College at 10 a.m. Tickets range from \$25 to \$45 and can be purchased online at www.notmuch.com

Honeylark members and their affiliation with SWOSU are: Ryan Houck, Master of Music; Natalie Houck, PharmD; Caleb Creed, Bachelor of Music and Master of Science in computer science; former music students Justin Ransford and Wally Tarkington; and current student Kenny Holloway.

The “Whad’ya Know?” program features Feldman who entertains and amuses with his own brand of humor, interviews of local celebrities and experts, chats with the live studio audience and quizzes lucky contestants vying for prizes during the “Whad’Ya Know? Quiz.”

Since it is a live performance, patrons are requested to be in their seats by 9:30 a.m. this Saturday so the program can begin promptly at 10 a.m.

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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
Southwestern Oklahoma State University
100 Campus Drive
Weatherford, OK 73096

(580) 774-3065

thesouthwestern@swosu.edu

NEWS

Health Careers Day set for Nov. 7

Registration is underway for an upcoming Health Careers Day to be held at Southwestern Oklahoma State University on Friday, November 7.

The free event is for any prospective health career student and will be held from 9 a.m. until 12 noon at the new Pioneer Cellular Event Center on the Weatherford campus.

Register online at: www.swosu.edu/admissions/health-careers-day.asp or call 580.774.3782 or email admissions@swosu.edu. Everyone is welcome to attend.

"The SWOSU Health Careers Day is a great opportunity for high school students as well as adults to learn more about the possibilities that exist in so many areas of the health care industry," said Todd Boyd, director of admissions/recruitment at SWOSU.

Table exhibits will be set up in the following areas:

athletic training
biology
chemistry
health care administration
health sciences

kinesiology/exercise science
medical laboratory technician
music therapy
nursing
occupational therapy assistant
pharmacy
physical therapy assistant
radiologic technology
pre-professional areas of pre-med, pre-dental and pre-optometry

Classroom presentations will also be conducted for athletic training, nursing, pharmacy and pre-professional programs.

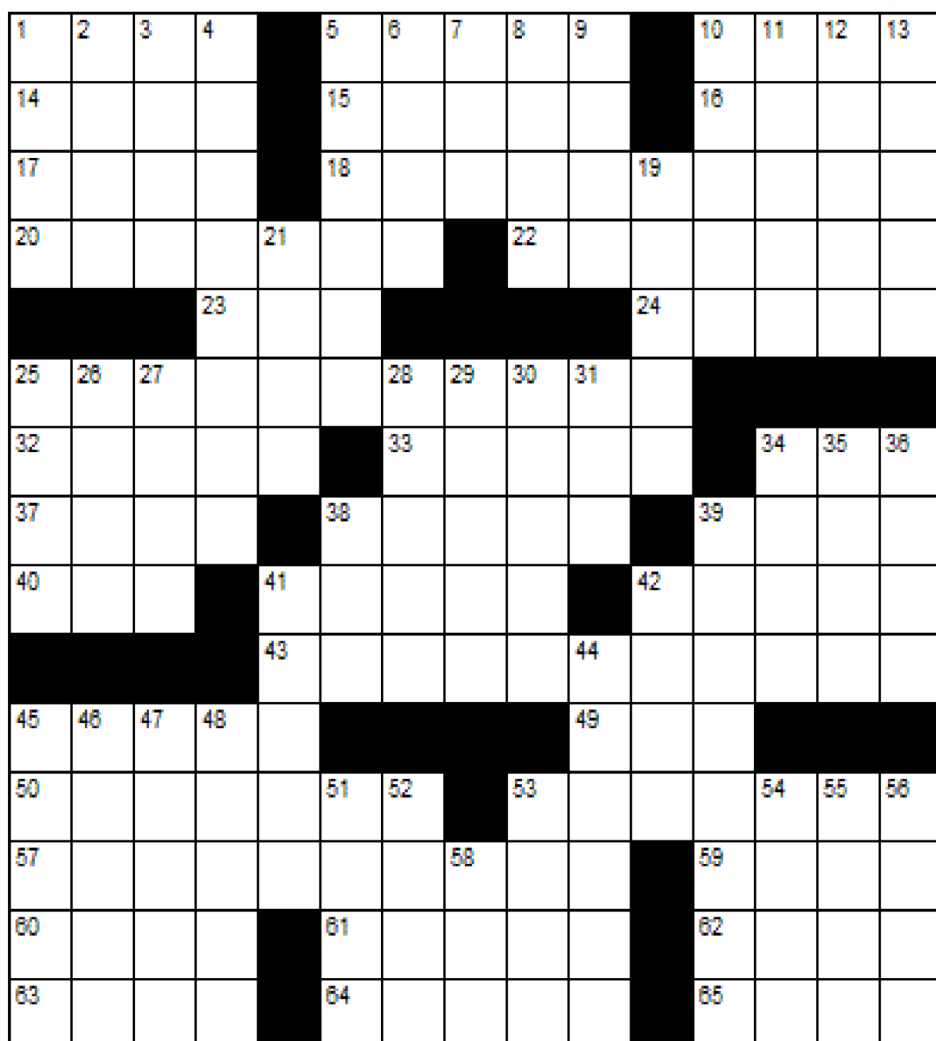
Homecoming scenes



Crossword (courtesy of mirroreyes.com)

ACROSS

1. Membership fees
5. Knuckleheads
10. Doofus
14. At one time (archaic)
15. Potato state
16. 57 in Roman numerals
17. Teller of untruths
18. Flip
20. S. American country
22. Sewing tools
23. Morning moisture
24. Poverty-stricken
25. Partisan
32. Reprimand
33. Entertain
34. American Sign Language
37. Backside
38. Lower
39. Dossier
40. Regret
41. Cause to leak
42. Tapestry
43. Proponents
45. Tidy
49. Regulation (abbrev.)
50. A person who accumulates things
53. Self-consciously timid
57. Enteric
59. Lawn mower brand
60. Encounter
61. Coral island
62. Twin sister of Ares
63. Sea eagle
64. Woman's undergarment
65. Tidy



DOWN

- | | | |
|----------------------|---------------------------|-------------------------|
| 1. Expunge | 21. Accomplishment | 41. Ties |
| 2. Relating to urine | 25. Russian emperor | 42. How old we are |
| 3. Brother of Jacob | 26. Beige | 44. By mouth |
| 4. Sit astride | 27. Schnozzola | 45. Ring |
| 5. Renounce | 28. Dining room furniture | 46. Hermit |
| 6. Smell | 29. Insect stage | 47. Consumed |
| 7. Flee | 30. European blackbird | 48. Mountain crest |
| 8. Not now | 31. Utilize | 51. French for "State" |
| 9. Achy | 34. Haughtiness | 52. Liturgy |
| 10. Sword | 35. Thin strip | 53. Hairless |
| 11. Small egg | 36. Not more | 54. Not aft |
| 12. Lubricated | 38. Assist | 55. Murres |
| 13. Itsy-___ | 39. Scare | 56. Misplaced |
| 19. Feel | | 58. A gesture of assent |

UPCOMING EVENTS

Wednesday, October 22, 2014

Room and board late fees applied
11:00 AM - 1:30 PM St. Eugene College Lunch
12:00 PM - 1:00 PM Brown Bag Luncheon
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 23, 2014

3:00 PM - 5:00 PM Soccer vs. Harding University
6:00 PM - 7:30 PM Student Government Meeting
6:00 PM - 8:00 PM Tutoring for Introductory Physics
6:30 PM - 9:00 PM Infinite Grace Ministries
6:30 PM - 8:30 PM Psychology Studying Resource Center
With Available Tutors
7:00 PM - 8:00 PM (Cancelled) Faculty Chamber Recital
7:00 PM - 9:00 PM Residence Life at the SWOSU Volleyball Game
7:00 PM - 9:00 PM Volleyball vs Southern Nazarene University

Friday, October 24, 2014

10:00 AM - 2:00 PM SWOSU Legislative Luncheon
5:00 PM Late payment fee applied to tuition and fee balances
6:00 PM Extra-Life; Children's Miracle Network Fundraiser (Multi-Day Event)

Saturday, October 25, 2014

End Time 6:00 PM Extra-Life; Children's Miracle Network Fundraiser (Multi-Day Event)
7:00 AM - 3:00 PM ACT National Test
7:00 AM - 1:30 PM ACT National Test
8:00 AM - 4:30 PM Pharmacy Continuing Education Seminar
8:30 AM - 12:00 PM Upward Bound Saturday Academy
10:00 AM - 5:00 PM Miss SWOSU Pageant Interviews
12:00 PM - 2:00 PM Volleyball vs. Oklahoma Baptist University
1:00 PM - 3:00 PM Soccer vs. Ouachita Baptist University
3:30 PM - 5:30 PM Oklahoma Baptist University Volleyball vs. West Texas A&M
4:00 PM Football @ East Central OK
7:00 PM - 10:00 PM Miss Southwestern Scholarship Pageant
7:00 PM - 9:00 PM Volleyball vs. West Texas A&M

Sunday, October 26, 2014

7:30 AM - 5:00 PM Pharmacy Continuing Education Seminar
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 27, 2014

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 - 8:30 PM Psychology Studying Resource Center
With Available Tutors
6:30 PM - 8:30 PM Spaghetti Benefit Dinner
7:00 PM - 9:00 PM Joyce A. Curtis concerto/Aria Competition
8:00 PM - 9:30 PM BCM FORGE

Tuesday, October 28, 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. Cameron University
8:00 PM - 9:30 PM Freshman and Upper Class-man Bible Study
8:00 PM - 10:00 PM The Wesley

Wednesday, October 29, 2014

10:00 AM - 2:00 PM Deek Creek Conservation Area Meeting
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
5:00 PM - 7:00 PM Biology Club Dinner
5:30 PM - 6:30 PM Community Meeting
7:00 PM - 8:00 PM Guest Recital: Sure Eloff, Dr. John Fisher & Gregory Rose



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FEATURES

Eating healthy in college? It can be done

By **SABER SAPP**
Staff Reporter

It's 11 p.m. Tuesday night and you're up studying for a test at 8 a.m. You get the munchies so you go to the kitchen to grab a snack to eat. What do you grab? Is it a chewy rice crispy treat, some salty Cheez-Its or some crisp carrots?

Most students tend to go the Cheez-Its or rice crispy treats. Let's be real; what college student has carrots in the fridge?

Unhealthy eating habits are normal for students entering college. The average college freshman gains about 2-10 pounds during his or her first year on campus.

Late hours of studying and a limited budget fuel these unhealthy eating habits. This article will help you learn how to eat healthy and make the right nutritious decisions throughout college.

Duke's Diner offers both opportunities to eat right or eat unhealthy on campus. With the open buffet and multiple food options it's hard to make the right selection of foods. To eat healthy at the Diner, take a lap around the cafeteria before making your choices. Many

people overeat because they can't make a decision about what to eat, so they eat it all. If what the cafeteria offers is not nutritious, go to the salad bar. Load your plate up with vegetables and fruits. Stay away from thick salad dressings. Finally, skip dessert. Duke's Diner offers dessert every lunch and dinner. Save dessert for two or three days a week.

The Student Union also includes the Food Court which serves breakfast, lunch and dinner. Most food choices here are similar to fast food.

Try to avoid ordering anything fried. Some of the best food options to order with less than 200 calories are the garden burger, tuna salad sandwich, veggie sub, ham wrap, bbq chicken wrap, caesar salad, pasta salad, chicken noodle soup and cheese enchilada soup. Also, you can always grab an apple, orange or a banana for a healthy snack in the Food Court.

Eating out and socializing with friends is always fun, but can be expensive. Choose places that offer student lunch discounts and foods that are baked or grilled. Try to avoid all fast food restaurants. Eat at home when

possible. Cooking your own meals at home will save you money and meals are almost always more nutritious than fast food.

The best way to ensure that you eat healthy is by shopping smart for groceries. Be sure to buy only healthy foods. If you keep junk food around the house, then you are more likely to choose unhealthy options when cravings kick in. Your grocery list should consist of vegetables, fruits, lean meats, eggs, yogurt and whole

grain bread and pasta. When cooking, use olive oil or cooking spray rather than butter to consume fewer unneeded calories.

"I try to eat healthy by keeping my pantry and fridge full of colorful foods," Cassidy House said. "I have apples, oranges, bell peppers, cucumbers and broccoli all in my diet. Then when I want a snack I have zip tie bags full of almonds, crackers, and grapes."

So when it's 11 p.m. and you start to get the munchies, you now know to make the healthier choice that won't lead to guilt.

Your grocery list should consist of vegetables, fruits, lean meats, eggs, yogurt and whole grain bread and pasta.

Apps provide help and distractions

By **SHU-CHING WANG**
Staff Reporter

Technology brings convenience to our lives and apps are a type of technology that allows smartphone users to select their personal functions of the phones.

Students use lots of apps for social and academic aspects. Following are the best apps for students succeed in not only relationships but also academics.

Facebook is a good app, providing functions of building up good relationships. You can post what's on your mind, share pictures, and like and comment on your friends' posts. Facebook shortens distances so that students can explore the lives of your friends both near and far.

Instagram is another app for social life. Users can share pictures and videos instantly. Instagram is like a vivid diary, recording your daily emotions and events.

WhatsApp Messenger uses the Internet for communication. Users can text messaging, send each other images, video, and audio messages as well. It offers individual as well as group conversation. During the dialogue, users can send stickers instead of typing words, adding amusement to your friend. Using WhatsApp Messenger, you can keep in touch with your friends wherever they are.

TED, an informative app, gives accessible knowledge for the academic aspect. "Ideas worth spreading" is the slogan of TED. Through TED, you can explore various encouraging thoughts which may bring you rethink about the world.

"World's most inspiring presentations are on TED," said Lu-Chieh.

Dictionary.com is an app providing you dictionary at your side while you're reading or writing, offering definitions, synonyms and antonyms as well. Besides, idioms, phrases, word origins, and audio pronunciation are all available.

GoSWOSU app is recommended as a SWOSU student. It's a condensed version of SWOSU website which classifies into eight categories.

For students, for faculty, campus alerts, SWOSU news, calendar of events, social sites, campus locator, and SWOSU website. All the information keeps you in touch with the campus life in SWOSU.

My study life is an app for students for scheduling. It allows you to store your timetable, homework and exam. You can design the colors to distinguish different subjects. It's a planner and reminder to make students life easier.

Other important apps for students may be evernote, dropbox, Any.do and CliffsNotes. Evernote helps you take notes, dropbox helps you upload different files in the cloud, Any.do reminds you the to-do lists, and CliffsNotes offers information about literature, such as characters, plots, and summary.



Restaurant Review

The Asian restaurant Banana Island which is one of the more famous restaurants in Oklahoma City and every SWOSU student should try it. The restaurant's main dishes are actually Thai and Malaysian food, but it offers a variety of Asian foods.

The restaurant is located right beside the Asian food market, Super Kao Nguyen. The restaurant is plainly decorated but welcoming. They have various kinds of dishes. You can choose among appetizers, soups, Noodle Soups, Salads, Fried Rice, Stir Fried and so on. I chose Seafood Ton Yum noodle soup and my friends chose Banana Island Fried Rice and Shrimp Noodle Soup. You can make any of these menu spicier from level 1 to 5, if you want.

The noodle that I ordered included many kinds of seafood and vegetables. The color of the soup is red, and I chose level 4. It is really spicy but since I really love spicy food, it is fine. The noodles were very chewy and soft. Also, the shrimp noodle soup was very good.

My friend Hyejin Kim said "I like this restaurant. The rice is very good. Even though I don't like spicy food, I love the soup. Also, the waitress and the boss of the



restaurant are really nice."

If you want to get the food in a to-go box, that's available, even for the soup.

Banana Island is worth visiting if you're in the city and want to try something new. The restaurant is located at 1117 NW 25th St Oklahoma City.

Mon, Tue: 11:00 am - 3:00 pm, 5:00 pm - 10:00 pm
Wed: Closed
Thu: 11:00 am - 3:00 pm, 5:00 pm - 10:00 pm
Fri: 11:00 am - 3:00 pm, 5:00 pm - 11:00 pm
Sat: 12:30 pm - 4:30 pm, 5:00 pm - 11:00 pm
Sun: 12:00 pm - 4:00 pm, 5:00 pm - 10:00 pm

--Hyejin Kong



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SPORTS

Football team loses heartbreaker at home

WEATHERFORD, Okla. — The 2014 SWOSU football team is no stranger to double-digit comeback wins in the fourth quarter, pulling off two of their own earlier this season. Saturday afternoon, however, the Bulldogs were on the opposite side as Southeastern Oklahoma State scored 21 unanswered points to defeat SWOSU 28-24 at Fast Lane Field.

The fourth interception of the day by the SWOSU defense — and second by Conner Bays — was returned 34 yards for a touchdown, giving the Bulldogs a 24-7 lead with 1:09 to play in the third quarter. SWOSU was unable to close the door on the Savage Storm, however, as the offense fizzled in the fourth period, picking up just two first downs and not allowing much time to run off the clock.

Southeastern Oklahoma State took advantage of a short field, set up by a 16-yard punt from Dalton Jackson, and scored four plays later to get within 10 at 24-14 with 12:36 to play. The Bulldogs went three-and-out on the next drive, but were allowed another shot after a personal foul penalty on Southeastern during the punt. Three plays later, however, it was back into punt formation and Jackson pinned the Savage Storm back on their own nine yard line.

The SWOSU defense held on the ensuing drive, allowing the Savage Storm to get up near midfield before forcing a punt. The offense took over with 8:00 to

play, but melted just 3:37 off the clock before giving the ball back to Southeastern at their 21 yard line. A blown coverage on the first play of the drive allowed SE to get within three after a 79-yard touchdown pass with 4:23 on the clock.

After two runs by Karl Hodge on the next drive, SWOSU quarterback Klark Ashmore was sacked on third and seven, forcing the Bulldogs to give Southeastern the ball back with 3:12 to play. The Savage Storm took over at the SWOSU 43 yard line and needed nine plays to cover the ground needed to take the lead, going ahead on a two-yard touchdown rush with just 40 second to play.

SWOSU's offense had one final chance, but they were unable to move the chains and turned the ball over on downs after Brad Smithey was stopped one yard shy of the first down marker with eight second remaining on the clock.

The Bulldogs outgained Southeastern — one of the top rushing attacks in the GAC — on the ground, but the Savage Storm had a huge fourth quarter through the air to hold a 372-to-234 edge in total offense. Karl Hodge finished with 54 yards on the ground while Cameron Nix carried 11 times for 50 yards while punching in touchdowns in the second and third quarters. Ashmore finished 15-of-28 passing for 120 yards and an interception, finding Jared Rayburn, Collin Bricker and Brad Smithey three times apiece.



Defensive back Troy Shoate covers a Southeastern receiver during Saturday's home game. The Bulldogs play again Saturday against East Central in Ada. Kickoff is at 4 p.m. (Photo by Morgan Brian)

Tanner Thompson made a team-best 12 tackles for the Bulldogs with Tyler Follis finishing with nine and 2.0 tackles for loss. Conner Bays, making his first start of the season, intercepted two passes and had 51 return yards, including the first touchdown of his SWOSU career, to go

along with eight tackles.

The loss is the fourth straight for SWOSU after they started the year 2-1. The Bulldogs (2-5, 2-5 GAC) now head on the road to face East Central, with a 4:00 pm kickoff scheduled in Ada next Saturday.

Cross country team members set personal records at meet

VICTORIA, Kan. — The SWOSU Cross Country traveled to Victoria, Kan. to compete in the Fort Hays State Tiger Open. The field included a trio of Top Ten teams in Adams State, Western State and Colorado-Colorado Springs. The Bulldogs placed 17th overall.

Brooke Lizotte ran a 18:40.5 to place 40th overall. Her time was the fourth fastest time in program history, and one second short of Chelsea Dillon's third fastest time set in 2009.

Lauren Parenica placed 101st at the meet. She set a new personal best with a 19:55.3. Her old record was 20:18, which she set at last year's Great American Confer-

ence Championship.

Madeline Price finished in 117th. Her 20:27.4 is a collegiate best, beating her previous best time by 39 seconds.

Merissa Hums placed 139th in her first career race, running a 22:06.5.

Mikayla Howorka placed 141st overall. Her 23:20.3 was a 1:20 improvement over her previous season best time which she set at the Oklahoma State Jamboree.

Madison Duckwall finished in 143rd with a time of 25:36.8.

The Bulldogs travel to Ada, Okla., next Saturday to compete at the East Central Tiger Chase.

Lady Bulldogs picked third in preseason...

RUSSELLVILLE, Ark. — The Lady Bulldog basketball team has finished with at least a share of second place in all three years of the Great American Conference's existence, but they're picked to finish third in 2014-15 by the conference's coaches. The preseason poll was announced on Wednesday by the GAC office.

Harding, the defending GAC champion, is a near unanimous choice to repeat atop the conference, receiving nine out of a possible 10 first-place votes and 99 total points. Arkansas Tech also earned a first-place vote and 86 total points, one ahead of SWOSU, who also garnered a vote for first.

The Lady Bulldogs return two players who started 10 or more games last season in forward Jessica Penner and Chelsea Bates. Both players averaged 7.5 points per game while Penner ranked third on the team with 5.5 rebounds per game and Bates was second in assists with 78. SWOSU also welcomes back senior Kimmi Sawatzky, who missed the final 23 games of her junior season with a knee

injury.

Behind SWOSU, East Central and Southeastern Oklahoma State were tied for fourth in the projection with 58 points each while Southern Nazarene and Southern Arkansas were close together at sixth and seventh. Henderson State and Ouachita Baptist were separated at eighth and ninth by one point before Northwestern Oklahoma State and Arkansas-Monticello rounded out the poll.

Kelsi Musick enters her sixth season as the head coach of SWOSU this season with her program coming off back-to-back trips to the NCAA Division II National Tournament. She led the Lady Bulldogs to a 19-11 record last season and a second Great American Conference Tournament Championship in the past three seasons.

The Lady Bulldogs will play at Oklahoma State on November 4 and host Mid-America Christian on November 14 in exhibition action before opening the regular season against Arkansas-Fort Smith on November 20 at 5:30 pm from the Pioneer Cellular Event Center.

...Bulldogs also picked third in GAC poll

The first year of the Bob Battisti era at SWOSU saw the Bulldog basketball team finish second in the Great American Conference after being picked in ninth. That finish — the highest by SWOSU as a member of the GAC — has led to increased expectations, including a third-place projected finish by the conference's coaches in the preseason poll, announced on Wednesday.

Arkansas Tech — the defending GAC Champions — garnered eight first-place votes to be tabbed as the preseason favorite in the conference over Harding. The Bisons, who won the GAC Tournament last season and advanced to the NCAA Division II tournament, are picked in second with two first-place votes and 86 total points. SWOSU also received one vote for first and a total of 79 points to come in third.

Leading returners for the Bulldogs include senior guards Kenyan Borders and Trent Washington. Borders was the starting point guard for SWOSU in all 27 games year while Washington made 19 starts and averaged 13.0 points per

game to rank as the team's third-leading scorer. Battisti added a talented, nine-man recruiting class to his squad that includes six junior college transfers.

East Central is picked fourth in the poll with 70 points, five ahead of Henderson State in fifth place. Southern Nazarene and Ouachita Baptist were close together in sixth and seventh with Southeastern and Southern Arkansas holding down spots number eight and nine. Northwestern Oklahoma State and Arkansas-Monticello rounded out the poll.

Battisti enters his second season at SWOSU after leading the Bulldogs to a 17-10 record last season, including a 14-6 conference mark. He will lead the Bulldogs into action starting November 4 with exhibition action against Mid-America Christian before traveling to face in-state NCAA Division I foes Tulsa and Oklahoma.

SWOSU then opens the regular season on November 14-15 at the Southwest Baptist Classic, facing SBU and Lincoln.

Such a little thing can sometimes cause a big problem.



BACK PAGE

Sudoku

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

Answers

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E	R	S	T		I	D	A	H	O		L	V	I	I
L	I	A	R		S	O	M	E	R	S	A	U	L	T
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7	6	1	9	5	4	2	8	3
2	3	9	6	1	8	5	7	4
4	5	8	3	2	7	1	9	6
5	9	7	1	4	6	3	2	8
1	8	6	7	3	2	4	5	9
3	4	2	8	9	5	6	1	7
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8	1	4	2	7	3	9	6	5
6	2	3	5	8	9	7	4	1

RES LIFE

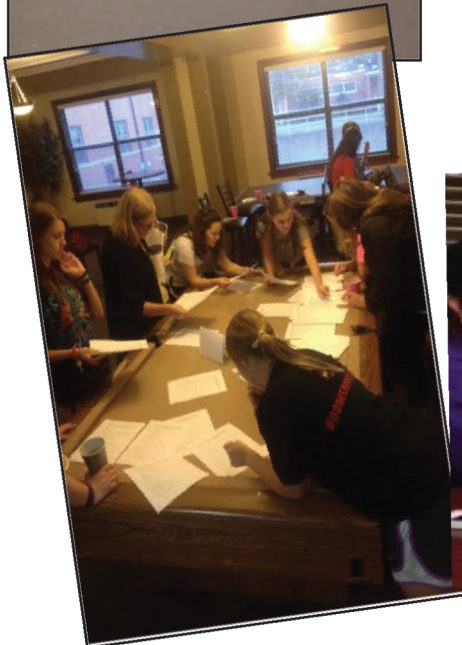
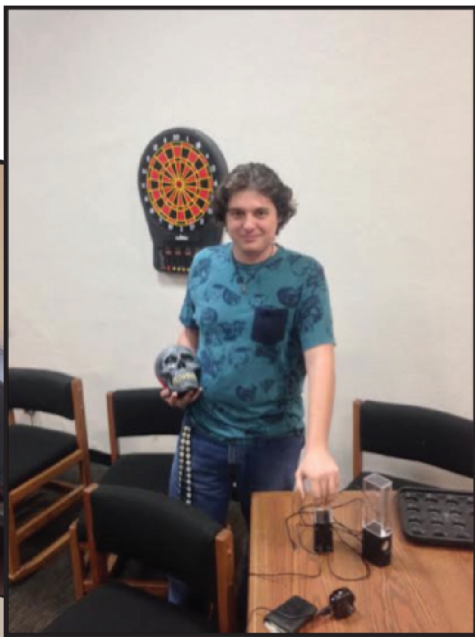
Can't Be Missed Events

Let's Play ... JEOPARDY!

By: Garret Chambless

Are you a master of all things trivia? Do you often answer statements with "what is..." and then provide an answer? Then SWOSU Jeopardy is the game for you! Come to Neff Hall on Oct. 27 to get your trivia on. SWOSU Jeopardy begins at 7:30 p.m. in the lobby of Neff Hall and it is expected to be quite competitive. If you know who played Daisy in the film Benjamin Button or when the Eiffel Tower was built, come show us your skills with a buzzer. The event is open to all students. Come out and support ResLife at this fun event!

PICS OF THE RES LIFE



resident spotlight

by Zach Lester

Al Fossen

Hometown: Burns Flat

Classification: Freshman

Residence Hall: Rogers Hall

Major: Parks and Wildlife Law Enforcement



Meet Al Fossen. He enjoys playing video games, target shooting at the range, and pulling some sick magic tricks. You might not know this, but he is extremely great at solving personal matters and is very fun to talk to. He plans to become one of our nation's finest Law Enforcement Officers, and his life motto is "Do or do not. There is no try." So stop by Rogers and Jefferson and come meet Al Fossen!

RA of the month

by AJ Maloco

Briana Duquette

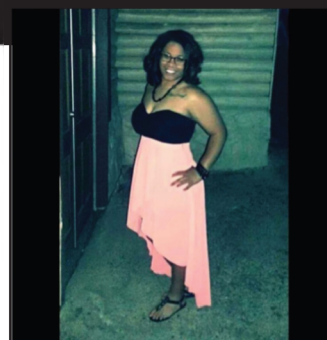
Hometown: Altus, OK

Classification: Sophomore

Major: Athletic Training

Residence Hall: Oklahoma

This is Briana Duquette, SWOSU's new RA of the Month! Briana is a sophomore majoring in athletic training over at Oklahoma hall! Her favorite sports are basketball and shot putt. When not at the desk you can find her painting or going to SWOSU sporting events. Some fun facts about Briana are that her favorite artist is Iggy Azalea and her favorite candy is starbursts. What she misses most about being a kid is teleporting from the couch to the bed and later realizing that her parents had carried her to her bed. Her favorite memory about SWOSU is the time she was stuck in the elevator freshman year at Oklahoma hall. Her life motto is "If you feel you are at your worst, you can only get better." Come meet Briana at Oklahoma hall because she is single and ready to mingle!



Clay's Corner

By: Clay Brooks

"Time"

There are twenty-four hours in a day, with sixty minutes to an hour and sixty seconds to a minute. This isn't news to anyone reading this. With this old knowledge, we often find ourselves saying this phrase "If only I had more time." If we were to be truly honest with ourselves we would more than likely realize that we have the same amount of time that Isaac Newton had. The same amount of time that we have today is the same amount that Ludwig van Beethoven had when composing the No. 5 Symphony in C minor. So what does this mean? This means that you have twenty-four hours every single day. Go out and do something great and worthy of being written down.

ResLIFE Happenings

What	When	Where
ResLife Tailgate	Oct 18 th at 9	Milam Stadium
Res Life at the Volleyball Game	Oct 23 rd at 7	Pioneer Event Center
Guardians of the Galaxy	Nov 13 th at 8	Fine Arts Center
Oklahoma Hall		
Get A Clue	Oct 21 st at 7	Ok Hall Lobby
Girls Night In	Nov 6 th at 8	Ok Hall Lobby
Open Mic Night	Nov 20 th at 8	Ok Hall Lobby
Rogers & Jefferson Hall		
Pop Tab Drive to "Scare Away Sickness"	Oct 13 th -31 st	All Halls
Powderpuff Girls	Oct 21 st at 5:30	R&J Field
D&D Starter Kit	Oct 23 rd at 6	Jefferson Lobby
Neff Hall		
NBA 2k15 Tournament	Oct 21 st at 7	Neff Hall Lobby
SWOSU Jeopardy	Oct 27 th at 7:30	Neff Hall Lobby
Day of the Dead	Oct 30 th at 7	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