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Southwestern Oklahoma State University's Student Publication

The Southwestern

Volume 106 Issue 12 • December 10, 2014



Annual Pancake Breakfast is back for finals week

Semester finals are right around the corner for Southwestern Oklahoma State University students, and the President's Annual Late-Night Pancake Breakfast is scheduled for this Wednesday, Dec. 10, on the Weatherford campus.

All Southwestern students are invited to the free all-you-can-eat pancake/sausage breakfast from 10-

11:30 p.m. in the Memorial Student Center cafeteria.

The event is an opportunity for all students to take a break from studying and enjoy a late-night snack. Finals begin the following day on Dec. 11.

The breakfast is prepared and served by President Randy Beutler and members of the Administrative Council.

Students can find money-saving deals

By REBECCA DILL
Staff Reporter

You're a college student living on Ramen noodles and a quarter tank of gas in your car. Usually after paying for the car, rent, utilities, groceries, and gas, you're limited in the amount of funds left for the month. Some companies are willing to give you—the poor college student—the upper hand in your shopping endeavors.

One such service is Amazon Student, which is a service provided by Amazon. The only requirement to sign up is a student e-mail account. By signing up, you will get six months of free membership and experience free two-day shipping, online promotions and deals, and unlimited photo storage. After six months, the account will change from "student" to "Prime" and Amazon will begin charging you. However, the Prime account will be 50 percent off for students and give you access to thousands of TV shows and albums in addition to all the benefits included in the student account.

Other student deals include books, technology, and more.

Books

Some of the biggest costs associated with college are textbooks and lab materials. You can take advantage of websites like Chegg, Amazon, Half.com or Campus-BookRenter and rent textbooks for up to 90 percent off. Also, the University Bookstore offers a renting service at a much lower price compared to the cost of buying

a textbook. Valorebooks.com allows you to compare several book vendors at once. Not only can you save a ton of money, you won't have an awkward stack of books lying in your bedroom after the semester ends.

Shop online or in-store during "Back to School" bashes and

sales. That's the best time to load up on your notebooks and pencils. You may even find a backpack that suits you.

Computers and software

SWOSU offers free software to its students. As a student, you are eligible to install Microsoft Office 2011 onto your Apple or Microsoft device for free. Access the software through your student e-mail, click a few "allow" buttons, type in your password, and watch as

See Deals on page 2

Stressed out for finals? Counseling Services offers free help

By KAITLYN RIVAS
Staff Reporter

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 relieve the stress?

SWOSU has counseling services free to all students. The counseling process is designed to aid 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 certain challenge or they find themselves stuck in a particular dilemma. The counselor's

office is located in the Wellness Center, with the nurse's office.

"Stress is alive and well at all times of the semester, but it does seem to get higher the week of two before finals, said Kim Liebscher, 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. So it is very important for them to remember to eat properly, exercise and get good sleep."

Typically Counseling Services sees clients an average of four to six weeks. However, in extenuating

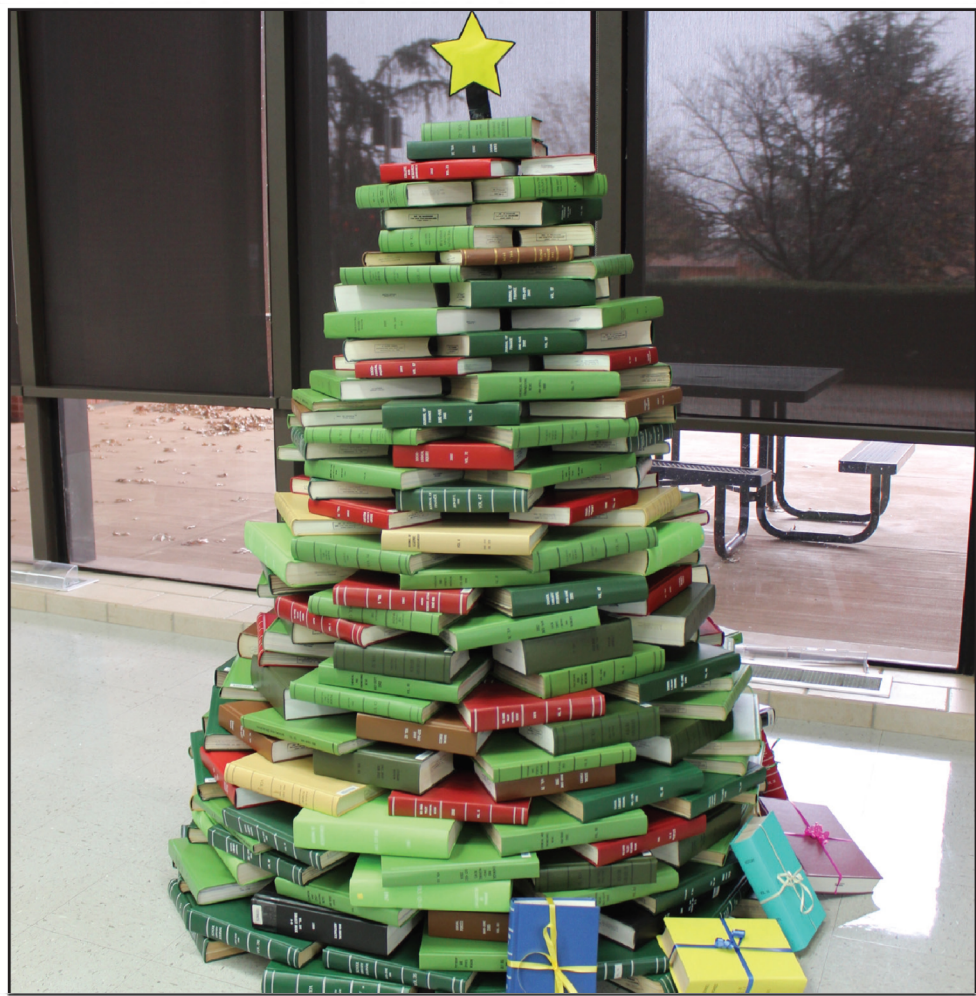
circumstances, the process may extend beyond this limit. Students may end the counseling relationship at any time. The counselor will respect any such decisions. If counseling is successful, the student should feel that you are more able to face similar challenges or dilemmas in the future without a counselor's help. In other words, he or she will have taken some "tools" with him or her.

Student athlete Makenzi Shackley owes a lot to the counseling services here.

"Being an athlete and a student is hard. 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

Christmas 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



CLUTCH SHOOTING
--page 5

WEEKLY WEATHER		
SOURCE: WEATHER.COM		
WED	THUR	FRI
55/44	57/48	60/50
SAT	SUN	MON
61/55	56/38	47/30

LAUREN ELROD
Staff Reporter

In this day and age, there are always new types of technology, from watches that can answer phone calls to wristbands that calculate the number of steps you take.

For students who are into fitness, there are several different wearable technologies that help keep track of everything they need to know.

"I'd take the fitness watch over the Apple or Samsung watch because it helps you with controlling and maintaining a healthy lifestyle," said Charles Morris, SWOSU student.

Fitness bands that look

like watches 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 on the right track," Josh Lacan, training manager at Red Coyote Running and Fitness in Classen Cove, told NewsOK.com.

Fitness watches aren't the only wearable technology students are interested in, though. The much anticipated Apple watch is said to be released in the spring of 2015 and will range to about \$349. The

watch receives messages, Facebook notifications and simplified apps, supposedly eliminating the extra effort of taking your phone out of your pocket of purse.

"The smartwatch also takes cues from the Nike FuelBand SE and other fitness trackers with health sensors and nutrition apps, a must for any serious wearable gadget these days," said Matt Swinder, writer for techradar.com.

SWOSU student Wes Hayes said if he was going to get any type of wearable technology it would be the Apple watch, because it is reliable.

"If I had money just



sitting around I would buy one, otherwise it's not necessary," said Hayes.

Like Apple, Samsung also has a smart watch. The Samsung Galaxy Gear Smart Watch is currently compatible with only Samsung Galaxy Note 3 and Samsung Galaxy Note 10.1. The watch

operates with a Samsung galaxy phone up to 1.5 meters away and includes a pedometer to count the calories burnt and overall distance covered.

According to technos-tall.com, the watch has around 70 applications that

See Tech on page 2

NEWS/OPINION

Deals from page 1

Word, Excel, Outlook, and PowerPoint are added to your computer free. That's right—free. For more information on how to download the software, contact the ITS department at 774-7070.

Wait! You don't have a computer? Or you need a new one? No problem! Apple also recognizes students' needs for a price cut. The company offers deals like \$200 off a Macbook, up to \$20 off on an iPad, or discounts on software. It also offers financing for students who need to make payments in monthly installments. HP, Dell, and Lenovo also offer student deals on computers.

Other deals

It's tough to buy gas when you spend all your money on car insurance. Lucky for you, there's a way to get lower premiums. Most major insurance companies, including Geico, Allstate, Esurance, and State Farm, offer discounts to full-time students.

Have your student I.D. handy in the event that you would ever want to:

Get a discounted membership to Sam's Club and buy in bulk

Ask your cell phone provider for

deals that could shave dollars off of your monthly bill

Tour a museum for a much lower cost and sometimes for free

Get movie tickets cheaper

Make your money go farther during a shopping trip; retail stores usually offer some type of student discount

Eat fancy for less schmancy; some restaurants also give discounts to students

Basically, keep your student I.D. on you at all times. It never hurts to ask about a student discount. There are two possible outcomes when you ask: either the business says, "No, we do not offer that" and you can pocket your I.D. or they present you with a lower bill and you can pocket the extra cash.

There are perks about being a student. Sure, you may have to spend your nights cramming for tests, filling up on Ramen noodles, and ditching your friends because you can't afford to go skiing in Colorado over the break, but by taking advantage of these great deals you can save some money. Then, in the vicious cycle of consumer spending, you can save that money and go on your own ski trip to Colorado.

Counsel from page 1

The counselors sat down with Shackley and laid out a study and homework plan that she can keep up with and now she is more than ready to conquer her final exams.

Normally, a session will last about 30 minutes. The time spent with a counselor will most often be limited to private counseling sessions; and when your counselor sees you in the community, you will be greeted as any other person would be. The counselor will not discuss sessions with a student outside of the office. This "method" of greeting outside the office is intended to safeguard the student's privacy.

SWOSU counseling services has a very secure and private policy. A professional code of ethics guides counselors in matters of confidentiality and the release of information.

Information gained in counseling sessions will not be disclosed outside Counseling Services with the following exceptions: (1) students give written permission to the counselor to discuss a matter with another party, (2) the student's counselor determines if he or she is a

danger to himself or herself or others, (3) in the extremely unlikely event that the student's counselor is ordered by court of law to do so, or (4) if the student is under the age of 18 and is experiencing abuse (the law requires abuse of minors to be reported.) In situations 2-5, the counselor will make every effort possible to inform the student of the situation prior to making any such disclosure.

The student's work with his or her counselor will be rendered in a competent manner and consistent with accepted ethical standards.

While it is impossible to guarantee specific results regarding the student's counseling goals, the student and his or her counselor will work together to achieve the best possible results for the student. If, however, at any time the student is dissatisfied with the services, please let the counselor know.

If students have any questions concerning the information above, ask the counselor or the administrative assistant about them.

To contact the counseling staff call 580. 774.3776 or email at scs@swosu.edu.

Tech from page 1

can be run on the device like Run Keeper and MyFitnessPal. It supports Bluetooth and has the function for S voice. The Samsung Smart Watch ranges around \$300 and was released in September of 2013.

SWOSU student Josh Ramos said that the watches are effective.

"They serve a purpose but aren't necessary in achieving your goals, although they can help you. Basic-

ly, whatever works for you, you should get," said Ramos.

There are even more wearable technologies still in development. According to NewsOK.com, a Swedish company, Hovding, has teamed up with an air bag manufacturer to create a helmet that will inflate upon impact to become an air bag for your head. The inflated area covers a larger area than a normal bicycle helmet and inflates for several seconds in case of several impacts.

Also still currently being tested and not for commercial sale just yet are Google Glass. These glasses have a display that is beamed straight in the viewer's eyes, and communication is through voice much like Siri, according to TSB magazine.

There are many different types of wearable technology, and some are effective and easy to use, if you're willing to pay the price to have these cool gadgets.

Pharmacy professors named to higher education posts

Two Southwestern Oklahoma State University faculty members in the College of Pharmacy (COP) have recently been involved with national and international organizations and one has been named head of a dual pharmacy/business program on the Weatherford campus.

Dr. Hardeep Saluja, assistant professor of pharmaceuticals, was recently appointed by COP Dean Dennis Thompson as coor-

dinators for the dual Pharm.D./Master of Business Administration degree program. The program is collaboration between the COP and Everett Dobson School of Business and Technology.

Saluja is also one of seven professors nationwide serving on the awards committee of the American Association of Indian Pharmaceutical Scientists (AAiPS). The groups recently selected six Student

Scholar Award winners with nominations coming from 35 universities. AAiPS came into existence nearly 29 years ago. It is a non-profit organization which serves as a platform for Indian scientists to network through regional and annual meetings.

Dr. Faruk Khan, chair of the Department of Pharmaceutical Sciences and associate professor of medicinal chemistry, is serving as a consultant for the Department

of Pharmaceutical Technology at the University of Dhaka in Dhaka, Bangladesh.

As a consultant, Khan acts as a liaison between the SWOSU COP and the Department of Pharmaceutical Technology of University of Dhaka. He is required to expedite project-related activities, execute training, workshops and/or seminars for the faculty members and students at the University of Dhaka.

News for Personal Training classes

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

In each 8 weeks, there is a Basic and an Intermediate level course—all meeting in Wellness 143 on Tuesday evenings, for one hour of regular college credit per course. In important ways, these courses are better than ever! Students, check with your advisors!

One major breakthrough during 2014 was the training Sgt. Will Denton shared about the way the Presidential Protection Team aligns in front of the President so they can safely break through, when they are surrounded. We adapted these tactics to "Partner Training" and now train people who go around together, how to coordinate their defense, break through, and escape together. "No one left behind!" For this reason, we strongly recommend that people who do go around together, enroll and train together—with special attention to "Partner Training."

A second major breakthrough is the policy change that makes it possible for any student with a safety issue to come to the principle instructor of the Personal Safety classes, Dr. Robert Sam Lackey, for a meeting in which Dr. Lackey will describe the course content in detail, and if the course content can or could help that student, the student will be admitted into the class immediately, at any time during the semester! Dr. Lackey will then guide and track the progress of the student in the class, and as soon as the student completes the curriculum, no matter when that occurs in what semester, the student will receive the college credit and the grade earned. This effectively makes Personal Safety Training, not only a college class, but a college safety program as well.

It is already clear that students with safety issues find joining a class of fellow students with the same concerns, and practicing the very actions that can save them from injury, is what they clearly need at that critical moment. Joining the class gives these students the companionship and the effective ways to join forces and defend themselves that was missing when the aggressors managed to isolate and threaten them initially.

Last, but truly first, is the critical guidance given by Dr. Cindy Foust and her husband Gene, back in 2002. That was the starting point for the class, and they drew upon their extensive experience and vital

professional psychiatric training in dealing with the profound and relentless psychological forces that shape and drive the violence we were trying to stop. Cindy focused on the needs of the person being threatened and how best to move around and past the threat—when other systems were simply focused on simplified self-defense and fighting back.

Gene's extensive experience with bringing violence under control as a Black Belt in Aikido ; AND often without counter violence, as a C.A.P.E. instructor and security team leader at Red Rock in Clinton, he gave our new class clear guidelines and effective techniques. Together, we literally set aside decades of straight forward self-defense training to find not only what would work, but would head our students past conflicts and away from further violence. Then, of course, there is the challenge of finding techniques that that enable a defender to avoid incoming force, undermine the attacker's balance, and clear the way for an escape to safe distance. Over the past 12 years, we have developed and refined an extensive set of stop and escape techniques that a person can learn in the Basic class and develop into effective defensive reflexes in the Intermediate class.

So we are here today, thanks to Dr. Cindy Foust; Gene Foust; Dr. Amy Barnett of the Psychology faculty; Dr. Stephanie Brickman and Debbi McFarland, heads of Social Work; Dr. John Hayden during the interim; and since 2008, Chris Riffe, an excellent assistant instructor, with law enforcement, extensive fire arms, and martial arts experience; and throughout his past 12 years of service, Chief Rick Bolar of the Campus Safety Office. And most recently, Dr. James South, and again Dr. Cindy Foust, have kept the program evolving and on track.

Since 2002, Over 700 students have left the SWOSU family prepared for the safety challenges of their professional and family life. And through constant contact with ongoing research and law enforcement, we will do our best to keep up with the safety challenges the SWOSU family faces in the future.

For more information contact:
Robert Sam Lackey Ph.D.
6th Degree Black Belt, Ching Yi Kung Fu Assoc.
Principal Instructor, Personal Safety Training.
SWOSU

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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.

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NEWS

Christmas gifts on a college budget

By SABER SAPP
Staff Reporter

Being a broke college student is proven to be difficult around the holidays. While it’s nice to be home, it can be challenging to afford gifts for your family and friends.

So what is a financially challenged college student to do? It’s not impossible to find a great inexpensive present for your loved ones.

No one can ever go wrong with gift cards. Gift cards to a friend’s favorite restaurant, bookstore or clothing store can be a perfect match for them. They can also be easy on the wallet; depending on how much money you put on the gift card.

A personalized phone case for mom or dad could make a compassionate present. Walmart, target and store websites allow customers to upload an image and make a phone case out of the picture. Personalized phone cases can range from \$18 to \$30.

Need a gift for your sister; some cozy festive leggings can work. Leggings are always in style and pretty cheap. They can be purchased for \$10 to \$30.

Need a gift for your brother; nothing will be more cool than newly released DVDs like 22 Jump Street, Lets Be Cops, Dawn of the Planet of the Apes, etc. DVDs can range from \$14 to \$25.

Other nice Christmas gifts that can work for everyone that are under \$20 are picture frames, candles, pajamas, hot cocoa in a mug, jewelry, homemade dishes, books, CDs, a sort of candies and some clothing items.



Another option college students can never go wrong with is something homemade. Homemade gifts are unique and special for both the giver and receiver. Plus, they can be inexpensive to put together.

Kassidy house saves from October to December to buy Christmas gifts.

“I save at least five dollars from each paycheck for Christmas presents,” House said. “I plan to buy nice gifts for my parents, brother and roommate. They all have 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, loved ones will enjoy their company after being away during the hard semester.

Library offers opportunities for study breaks

The Al Harris Library on the Southwestern Oklahoma State University campus is providing various opportunities for students to release stress and take a break while studying for their finals that start December 11 and continue through the 17th.

During finals, the newsroom will be transformed into a break room where students can hang out and relax while hitting the books, according to Erin Ridgeway, head of public services at the library.

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 photo 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 arts and crafts projects and an area to display student creations will be provided. Games, puzzles and numerous other brain teasers and activities will also be set

up in the break room.

As always, the library will provide refreshments from 8 p.m. to close and will be open until 2 a.m. on December 10, 11, 14 and 15.

SWOSU Libraries thanks the following individuals/groups for their support and/or provision of services or goods: Beth Flowers and Toby, SWOSU Collegiate Activities Board and Cindy Dougherty, SWOSU Student Health and Counseling Services, SWOSU Theater Department and Debra Holmes, United, Walgreens and Wal-Mart.

Crossword (courtesy of mirroreyes.com)

ACROSS

- Thermionic tube
- Quick
- Quarries
- Large African antelope
- Humdinger
- Dogfish
- Army doctor
- Press
- Tatters
- Fanatical
- How old we are
- Pull
- Pariah
- A small ornamental case
- Hex
- Leered
- Bearded
- A promiscuous woman
- Dilutes
- Pierce
- Tottering
- Moon of Saturn
- Lummoxes
- Break time
- Estimate
- Yes to a sailor
- Found on most beaches
- Paint thinner
- Arab chieftain
- Angers
- Moses' brother
- Ballet attire
- 3 times 3
- Drudgery
- Flower stalk
- Handguns
- S S S S

DOWN

- | | | |
|------------------------------|--------------------------|----------------------------|
| 1. Humid | 21. Not in | 41. Dawn goddess |
| 2. Bright thought | 25. Antlered animal | 42. Adolescent |
| 3. Probabilities | 26. Misplaced | 44. Type of whiskey |
| 4. Speaker's platform | 27. Leer at | 45. Range |
| 5. Aroused | 28. Hint | 46. Come together |
| 6. Affair | 29. Tympani | 47. Church recesses |
| 7. Emanation | 30. Front parts of human | 48. Collections |
| 8. Notch | logs | 50. Murres |
| 9. Unmelodious | 31. Engine knock | 51. Lease |
| 10. Someone who is paralyzed | 33. Iota | 52. Sailors |
| 11. Picture | 34. Learning method | 53. Colored part of an eye |
| 12. Striped feline | 35. Historical periods | 54. Not a single one |
| 13. Back talk | 36. Lairs | 55. Terminates |
| | 38. Having confidence in | |

UPCOMING EVENTS

Wednesday, December 10, 2014

- | | |
|---------------------------|-------------------------------------|
| Winter Break Be Safe Week | Finals Food Drive |
| All Day | Three-Dimensional Art Show |
| 8:00 AM - 5:00 PM | SSC Council |
| 9:30 AM - 10:30 AM | St. Eugene College Lunch |
| 11:00 AM - 1:30 PM | Office Personnel Luncheon |
| 12:00 PM - 1:00 PM | Psychology Studying Resource Center |
| 2:00 PM - 4:00 PM | With Tutors |
| 4:00 PM - 8:00 PM | Co-Teaching Workshop |
| 5:30 PM - 6:30 PM | Community Meeting |
| 10:00 PM - 11:30 PM | President's Pancake Breakfast |

Thursday, December 11, 2014

- | | |
|---------------------------|---------------------------------------|
| Final Exams | |
| Winter Break Be Safe Week | Finals Food Drive |
| All Day | DeStress Fest @ The Al Harris Library |
| 8:00 AM | Three-Dimensional Art Show |
| 8:00 AM - 5:00 PM | Sorosis Luncheon |
| 12:30 PM - 2:30 PM | Toby the Therapy Dog @ SWOSU |
| 3:00 PM - 5:00 PM | Libraries |

Friday, December 12, 2014

- | | |
|---------------------------|---------------------------------------|
| Final Exams | |
| Winter Break Be Safe Week | Finals Food Drive |
| All Day | DeStress Fest @ The Al Harris Library |
| 8:00 AM | Three-Dimensional Art Show |
| 8:00 AM - 5:00 PM | CATC Board of Regents Meeting |
| 10:00 AM - 2:00 PM | Dr. Tyson Allard Staff Retreat |
| 11:00 AM - 4:00 PM | Christmas Banquet |
| 6:00 PM - 11:30 PM | |

Saturday, December 13, 2014

- | | |
|-------------------|---|
| All Day | Finals Food Drive |
| 7:00 AM - 3:00 PM | ACT National Test |
| 8:00 AM | DeStress Fest @ The Al Harris Library |
| 8:00 AM - 5:00 PM | Three-Dimensional Art Show |
| 1:00 PM - 3:00 PM | Women's Basketball vs. Southern Nazarene University |
| 2:00 PM - 3:00 PM | Senior Recital- Chelsea Chargualaf |
| 3:00 PM - 5:00 PM | Men's Basketball vs. Southern Nazarene University |
| 6:30 PM - 9:30 PM | Casehole Solutions Christmas Party |
| 7:30 PM - 9:30 PM | WOBT |

Sunday, December 14, 2014

- | | |
|--------------------|---|
| All Day | Finals Food Drive |
| 8:00 AM | DeStress Fest @ The Al Harris Library |
| 8:00 AM - 5:00 PM | Three-Dimensional Art Show |
| 2:00 PM - 4:00 PM | WOBT |
| 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, December 15, 2014

- | | |
|--------------------|---|
| Final Exams | |
| All Day | Finals Food Drive |
| End Time 12:00 AM | Zeta Phi Pledge Meeting (Multi-Day Event) |
| 8:00 AM | DeStress Fest @ The Al Harris Library |
| 8:00 AM - 5:00 PM | Three-Dimensional Art Show |
| 11:30 AM - 1:15 PM | FREE Lunch at the Wesley |
| 3:00 PM - 5:00 PM | Toby the Therapy Dog @ SWOSU |
| Libraries | |

Tuesday, December 16, 2014

- | | |
|--------------------|---------------------------------------|
| Final Exams | |
| All Day | Finals Food Drive |
| 8:00 AM | DeStress Fest @ The Al Harris Library |
| 8:00 AM - 4:00 PM | Oklahoma Juvenile Authority |
| 8:00 AM - 5:00 PM | Three-Dimensional Art Show |
| 10:00 AM - 1:00 PM | State Regents Legislative Luncheon |
| 5:15 PM - 6:15 PM | H.O.P.E Weekly Meeting |
| 6:00 PM - 7:30 PM | Kappa Kappa IOTA |
| 6:30 PM - 8:30 PM | Girl Scouts Banquet |

Wednesday, December 17, 2014

- | | |
|----------------------------------|---|
| Final Exams | |
| Room and board late fees applied | |
| 8:00 AM | DeStress Fest @ The Al Harris Library |
| 8:00 AM - 5:00 PM | Three-Dimensional Art Show |
| 5:30 PM - 6:30 PM | Community Meeting |
| 5:30 PM | Women's Basketball @ Arkansas Tech University |
| 7:30 PM | Men's Basketball @ Arkansas Tech University |
| 10:00 PM | Semester Break Begins |



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FEATURES

Christmas light displays light up Oklahoma

By **BLAIR BARNETT**
Staff Reporter

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. This 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.

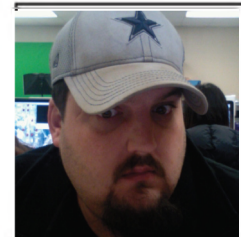
Another display of Christmas spirit is in Chickasha, about 77 miles southeast of here. Many people believe this light show is worth the long trip though. The Chickasha Festival of Light has been recognized as one of the top ten holiday light shows in the entire nation. With over 3.5 million individual lights and 100 animated scenes, the coordinators 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 view-

ing through the end of this year.

To find other Christmas light displays throughout Oklahoma, visit travelok.com.



Jon Matthews

Rich People
Problems

NFL Name Change Unlikley

The U.S. Patent and Trademark Office has canceled the Washington Redskins' trademark. Federal trademark law does not permit registration of trademarks that "may disparage" individuals or groups. It is time for the commissioner of the NFL to step up and make a change.

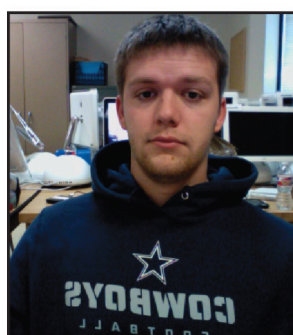
For some reason the NFL is a little slow on social standards. For example they only suspended Ray Rice for two games after he was caught on video knocking out his then fiancé, now wife. After a public out cry, the NFL has adjusted its policy.

Now with the public out cry the NFL is a slower when it comes to forcing an owner to make a change. When a 19-year veteran referee of the NFL is asking to not be assigned to the Washington games, there is a problem. That is exactly what former NFL referee Mike Carey did.

We do not believe that Washington fans are racist, nor do we believe that the owner of the Washington team Dan Snyder is racist. The fact is, the term Red-skin is racist and unacceptable. The NFL is better than that, and should not tolerate such open insults to the Native American people.

It's time for the NFL to step up and do what is right, and make a change. African Americans make up over 65%, while Native Americans are less than 1% of the NFL rosters. If these numbers were flipped, would the NFL then make a change?

At some point the NFL has to admit it has made a mistake for letting this go on this long, and force Dan Snyder to make a change. The NFL admitting it was wrong—we won't hold our breath.



Here's
what I
think....

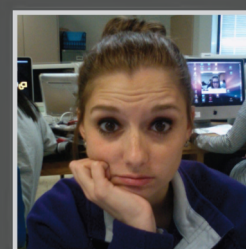
I am writing today to bring light to the issue us students believe to be unfair and shouldn't be allowed.

Many teachers in many colleges across the country make it apart of your final grade that you attend their class through out 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 should we 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 that 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 miss class it is going to affect 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 the teacher could be teaching and not wasting valuable class time.

So that is why I believe that college professors should not be allowed to make attendance apart of student's grades. Students pay for their classes so they should get to choose when they go or not with out it



Britany Smith

Here's my
two cents...

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 we had been given a chance to speak for ourselves prior to this decision being made.

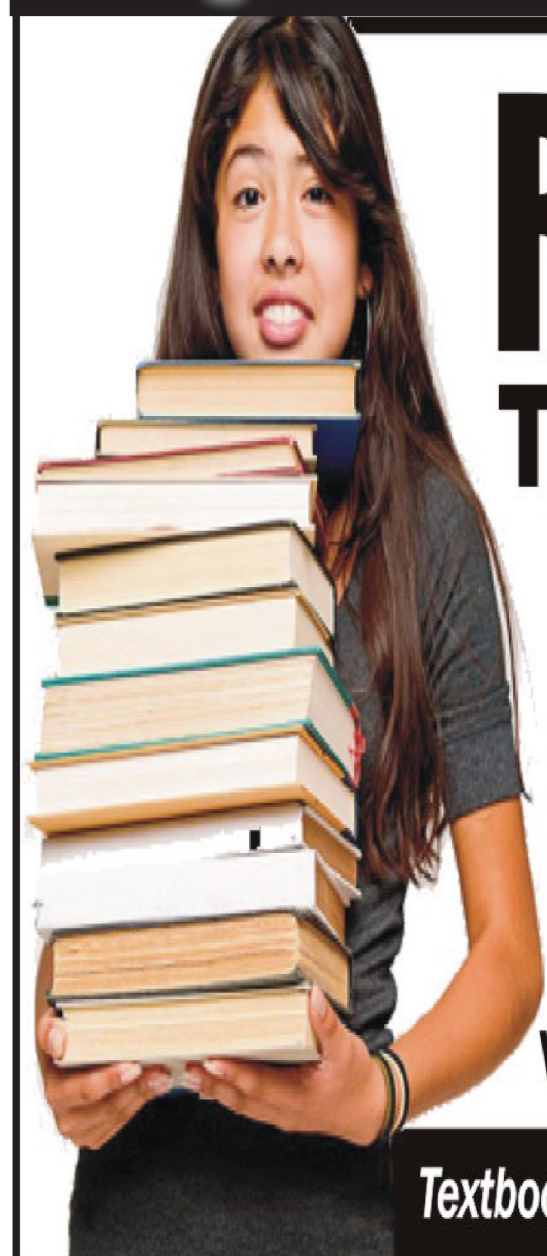
If college students decide to be on their phones during class instead of paying attention to the lecture then that's their own decision. We are adults and can make our own decisions rather we want to pay attention or not. If we are on our phone and miss something important that's going to be on the following exam then that's our own fault. Professors are not responsible if students pay attention in class 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 we should have the right to choose to be on our phones or not. We do understand that the professors are being paid to be there as well, but they aren't being paid to tell students to stay off their phones. Most college students that attend class regularly are there to be educated and really care about their future, so they don't need to be lectured 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.

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SPORTS

Borders comes up big again

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 82-81 on Saturday afternoon at the Pioneer Cellular Event Center.

SWOSU overcame an eight-point deficit in the first half and tied the game at 35-35 at halftime. The Bulldogs pulled ahead 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.

Emeche Wells tied the game at 76-76 with an old-fashioned three-point play and Borders retook the lead with a 3-pointer. After Marquis

Burden of Hillsdale tied the game at 81-81 with two free throws at the 19-second mark, SWOSU put the ball in the hands of their senior point guard, who pump faked and got Adam Morales in the air and drew a foul and two free throws.

After a Hillsdale timeout, Borders missed the first free throw but sank the second one for the deciding point. Hillsdale inbounded the ball but Phil Carey stepped out of bounds, giving possession back to the Bulldogs with less than one second to play.

Martell Collins led the Bulldogs with a double-double of 24 points and 12 rebounds while Borders added 23. Wells added 18 points while Ayo Ojo chipped in 11 and

four boards before fouling out in the final minute.

"Give Mark Berokoff and Hillsdale Baptist a whole lot of credit because they played hard and caused several problems for us," SWOSU Head Coach Bob Battisti said. "We struggled to stop them defensively and we seemed a little offensively challenged as well. That being said, give our kids credit because they found a way to win the game and now we just have to move on."

The victory is the fourth straight for the Bulldogs, who improve to 6-2 on the year heading into a conference game against Southern Nazarene next Saturday at 3:00 pm in the Pioneer Cellular Event Center.



Jade Jones scored 17 points, but it was not enough as the Lady Bulldogs lost to Northeastern Monday.

Comeback falls short against Northeastern

TAHLEQUAH, Okla. – The Lady Bulldogs fell to Northeastern State 78-65 on Monday night in Tahlequah, Okla., despite scoring 45 points in the second half.

SWOSU was led by freshman Jade Jones, who came off the bench to provide a spark in 26 minutes of action. She scored a game- and season-high 17 points, including 14 points in the second half. Jones shot 33.3 percent from the field, and went 4-8 from deep.

Despite jumping out to a quick 6-0 lead, the Lady Dawgs 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. SWOSU would pull to within eight points with 3:33 remaining after a 16-7 run, and outscore NSU 45-37 in the half. It would not prove to be enough, however, as Northeastern scored seven of the last nine points in the contest to secure the victory.

Aside from Jones, two other Lady Bulldogs scored in double digits. Jessica Penner secured her first double-double of the season on the strength of her 11 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 pouring in seven points and grabbing five rebounds of her own.

"Once we started pressing, I thought our energy and effort was really good there in the second half," said Head Coach Kelsi Musick. "Jade did a lot of things for us tonight, she's a gamer. Brooklyn Scott also came in strong for us, seizing her moment when the time came. We'll take the next few days to rest and then we'll get back at it."

SWOSU returns to action on Saturday, December 13 at 1 PM in a conference matchup against Southern Nazarene in the Pioneer Cellular Event Center.

Clutch shooting leads to Player of the Week award

RUSSELLVILLE, Ark. – After scoring the game-deciding points in both of SWOSU's victories last week, senior point guard Kenyan Borders has been named the Great American Conference Player of the Week. The award was announced Monday afternoon by the conference office.

Borders averaged 17.0 points, 4.0 rebounds and 1.5 assists per game while leading the Bulldogs past East Central on Thursday and Hillsdale Baptist on Saturday. He shot 45% (10-of-22) from the field, 41% (5-of-12) from 3-point range and 75% (9-of-12) from the stripe, but Borders was always at his best in the clutch.

SWOSU was down 55-49 against East Central with 27 seconds remaining before outscoring the Tigers 9-2 in the final seconds. It was Borders who capped off the late run, hitting a 3-pointer with 2.4 seconds remaining to give SWOSU their only lead of the game and their first conference victory.

On Saturday, Borders scored a career-high 23 points on 7-of-11 shooting against Hillsdale Baptist and he had the ball placed in his hands with time winding down in a tie ball game. This time, Borders got his defender in the air and was fouled in the act of shooting, sending him to the line for two free throws with 2.0 seconds on the clock. After misfiring on the first, Borders knocked down the second free throw to propel the Bulldogs to an 82-81 victory.

The Bulldogs have used a four-game winning streak to improve to 6-2 on the year behind the clutch play of



Kenyan Borders has made game-winning points in three of SWOSU's last four games. He won the GAC Player of the Week award last week.

their senior point guard. Borders has scored the game-winning points in three of the last four games and he currently ranks as the third-leading scorer for SWOSU at 11.3 points per game.

This is the first GAC Player of the Week honor for Borders, a senior from Kansas City, Mo., and just the second by a Bulldog in conference history. Borders is the first Player of the Week for SWOSU since Thomas Davis earned the honor on February 7, 2012.

SWOSU Blue disc golf team qualifies for national tournament

Southwestern Oklahoma State University's disc golf team, SWOSU Blue, turned in an impressive performance at the recent MidSouth Collegiate Open in Jonesboro (AR) to qualify for the national championship tourney this April in North Augusta (SC).

SWOSU Blue placed third at the Arkansas event in a field of 13 teams representing

11 universities. The University of Kansas and University of Arkansas won first and second place, respectively.

The top two finishers receive bids to the April 15-18 national championship event, but Kansas came to the tournament having already received a bid, so SWOSU was able to qualify as the second finisher after edging out Southern

Illinois by two strokes.

SWOSU's Austin Hannum of Perry took home the second place trophy after a three-way tie for the individual honor forced a sudden death scenario. The playoff lasted three holes before Hannum hit a 45-foot putt in the rain to win.

The Disc Dawgs are currently

ranked 27th in the nation after their showing in Jonesboro.

In addition to Hannum, members of the team are: Austin Carter, Oklahoma City (PC North); Aaron Godwin, Bixby; Casey Jiles, Wilburton; Matt Mauldin, Beggs; Mason Snyder, Duncan; John Srader, Shattuck; and Joshua Thompson, Broken Arrow.

Such a little thing can sometimes
cause a big problem.



BACK PAGE

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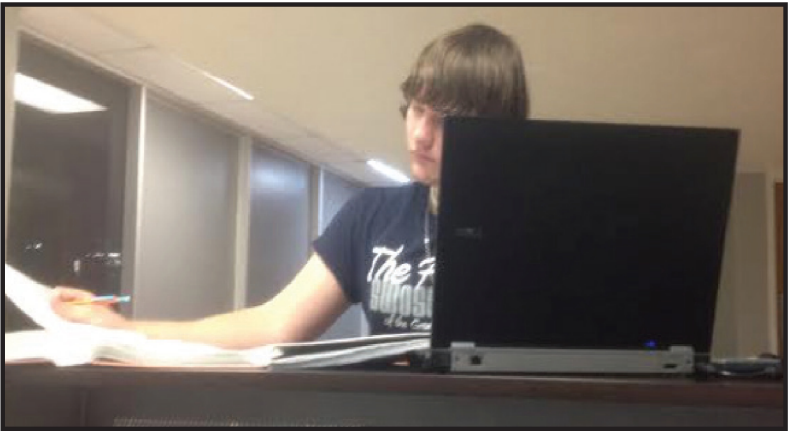
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RES LIFE

Can't Be Missed Events
By Cody Ewing

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.

PICS OF THE RES LIFE



Answers

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4	5	7	1	3	8	9	2	6

resident spotlight

Mary Iliff

by Abby Odle

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 a corporate attorney. Mary also participates in cheer and is on the SWOSU cheer team. She has been cheering for ten years and was on an 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 RAs. Come by Oklahoma Hall and say hi to Mary!



Meet a Reslife Person

Tayla Steckel

by: Emily Vick

Hometown: Edmond, OK

Classification: Junior

Major: Chemistry

Residence Hall: Rogers Hall

Tayla is the exceptional RA of the month! When asked why she became an RA Tayla said "My RA freshman year made me feel welcome to college. Moving from family I was scared and she made me feel at home. I wanted to do the same for other residents." Tayla aspires to help people through medicine; in order to do that she wants to become an anesthesiologist. A fun fact about Tayla is that she is the oldest of five kids and during the summer she is a supervisor at Frontier City. Tayla is involved in intramural volleyball and attends Chi Alpha. She enjoys hanging out with her friends and family. Her favorite quote is "I can do all things through Christ who strengthens me" Philippians 4:13. If you are ever near R&J swing by and meet Tayla, the RA of the Month!



Brainstorm By: Anthony Braden

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.

ResLIFE Happenings

What	When	Where
Dean's Pancake Dinner	Dec 10 th	Duke's Diner
Finals	Dec 11 th - 17 th	Campus Wide
Christmas Break Begins	Dec 17 th	Campus Wide
Oklahoma Hall		
Residence Hall Checkout If Not Returning	Dec 17th	Ok Hall Front Desk
Rogers & Jefferson Hall		
Residence Hall Checkout If Not Returning	Dec 17th	R&J Front Desk
Neff Hall		
Residence Hall Checkout If Not Returning	Dec 17th	Neff Front Desk
Stewart Hall		
Residence Hall Checkout If Not Returning	Dec 17th	Stewart Front Desk