Time management

Movie Review

Golf

COLUMBIA’S TIPS
—page 2

PETE’S DRAGON
—page 4

TEAM PREVIEWS
—page 5

The Southwestern Bulldogs will kick off the 2016 season Thursday when they host Southern Arkansas at ASAP Energy Field. Game time is 6 p.m.

Weatherford campus. SWOSU ResLife is sponsoring the events both inside and outside the Memorial Student Center as part of Dawg Day activities.

TOP HAPPENINGS ON CAMPUS THIS WEEK

SWOSU Snapshots
The annual block party and DJ-led dance for all SWOSU students was held on Thursday, August 27, on the south side of the Student Union from 10 a.m. to 2 p.m. The Organizational Fair will host many different SWOSU organizations and clubs.

Quick List
TO TOP HAPPENINGS ON CAMPUS THIS WEEK
The Southwestern Oklahoma State University’s Student Publication

Volume 112 Issue 1 • August 31, 2016

Get ready for SWOSU Organizational Fair
By Jennifer Steiner
Online Editor

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Meal plans change in cost and value
By Amber Bachiochi
Co-Editor

Changes have recently been made that affect all SWOSU students with a meal plan.

Meal equivalency is now $6, as opposed to the previous $5.50. Because of this change to the value of individual meals, the cost of meal plans has also increased. For meal plans used over the course of a 16-week semester, the following changes were made:

- 10 meals/week increased by $30
- 14 meals/week increased by $5
- 19 meals/week increased by $50

Changes were made to flex amounts as well. The Mid Flex range at 10 meals per week changed from $290 to $320 in flex money to $175. Additionally, the Super Flex range at 19 meals per week decreased from $300 to $250 in flex.

‘Good Samaritan’ alumni dies in interstate crash

A recent graduate of Southwestern was killed Friday while she tried to help a family who had been involved in a rollover accident along I-40 near Yukon. The Oklahoma Highway Patrol said that two people were killed in the accident – 43-year-old David Vallerand of Okarche and 23-year-old Kaylee Hamilton of Fort Cobb.

Her family has created the Kaylee Hamilton Helping Hands Scholarship fund to be awarded to a high school senior going into the medical field. People who would like to donate to the scholarship, the Kaylee Hamilton Helping Hands Scholarship fund is set up at the Bank of Commerce, 328 E. 4th Street, Carnegie, OK, 73015.

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Always Late? Learn to Be On Time and to Stop Making Excuses

... You wake up.
When I was just a dream.

Unfortunately, being late to class isn’t always a dream, or a nightmare depending on how much you dread being late, and happens far too often during the semester.

There are always excuses that follow too: being up all night, alarm didn’t go off, car had a flat tire, etc. It happens to the best of us, and yet there are ways to prevent being habitually late.

Most of the time, tardiness can be linked to students not getting enough sleep every night.

Sure, there are times you forget to set the alarm and oversleep, the occasional flat tire happens, and your dog has eaten your homework before, but these circumstances are not going to happen on a weekly basis.

So perhaps you should try these five tips to help you start the semester out on the right side of the bed.

1. Set your alarm to go off at the same time every day and don’t touch it!

You’re running as quickly as you can and then you look down at your watch and realize that you’re already fifteen minutes late.

You think to yourself that if you run just a bit faster that you won’t miss your class completely.

Your heart is racing with panic and stress.

You’re running as quickly as you can and... you wake up.

Whew! It was just a dream.

Most of the time, tardiness can be linked to students not getting enough sleep every night.

Let’s do it while being on time to class.

The semester has started, we are getting our feet soaked, and ready to take on the semester head on!

Let’s do it while being on time to class.

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1. Set your alarm to go off at the same time every day and don’t touch it!

2. Have a set time that you go to bed every night.

Not only will your body get naturally tired around that time but you will also be getting enough sleep. Going to sleep at 2:00 a.m. is not going to help you get up for your 8:00 a.m. class.

3. Set your clothes out the night before, set the coffee to brew at a certain time in the morning, and/ or shower the night before.

4. STOP PROCRASTINATING! This is difficult for any person to accomplish let alone a college student.

But seriously, you’re not doing yourself any favors by waiting until the last possible second to do your homework. Set up times during the week to complete your homework.

5. This is a weird one. Set your clocks to be five minutes later than the normal time. This should kick in your head that it is time to get your shoes on and go.

6. Bonus. Get regular maintenance on your car so that you don’t get a flat tire. Listen to your mom.

The event will take place again at SWOSU Art Building in Spring 2017.

For more information and to sign up for the workshops, please visit www.nps.gov/waba.

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POLITICIANS TO DETAILS DEMOCRATIC PROCESS AT ‘CONGRESS TO CAMPUS’

SOWSU students and western Oklahoma residents will have a unique opportunity to learn more about the democratic process from two esteemed former members of the United States House of Representatives at an upcoming “Congress to Campus” event to be held Thursday, September 29, on the Weatherford campus.

Former Congressman Glenn English, a Democrat, and former Congressman Mickey Edwards, a Republican, will spend the day meeting with a diverse array of SOWSU students and faculty in both roundtable and classroom settings. "Congress to Campus" is an engaging and innovative forum for public service. The aim of "Congress to Campus" is to engage democratic students and provide inspiration that will lead to greater degrees of participation in the realm of public service or something as simple as voting.

"These students deserve high praise. The competition represented the 2016 presidential election. The winner of the competition was above average in all categories and was able to connect with the election for the purposes of this competition," said Kevin Walters, dean of the Everett Dobson School of Business and Technology.

The competition includes the 2016 presidential election. The winner of the competition was above average in all categories and was able to connect with the election for the purposes of this competition.

"These students deserve high praise. The competition represented the 2016 presidential election. The winner of the competition was above average in all categories and was able to connect with the election for the purposes of this competition."
Movie Review: Pete’s Dragon

Pete’s Dragon, a reboot of the 1977 Disney film, is overall an enjoyable family and date night movie. What it lacks in original story-telling elements, it makes up for in exchanging story, strong acting from the boy portraying Pete, a simple, magical plot.

This film revolves around the story of a 10-year-old Pete and his dragon friend Elliot, who together have lived in the forest for six years. He is eventually discovered by members of a logging company that has paused down the dragon's protective forest.

The opening scene of Pete’s Dragon is by far the most likely to be the viewer’s favorite. After that, there are virtually no twists and turns within the plot, which I consider admirable, even for children. This stays relatively predictable in its boy-in-the-wilderness theme, as well as the duals expressed by most of the characters for a portion of the film.

Even as older audience members may feel like they’ve seen this story before, young viewers were thoroughly engaged, asking, “Where’s Elliot?” (Eating out the dragon’s ability to turn invisible) and expressing genuine concern for the friendship between the boy and beast.

Counter to the 7th ann…

Auditions set for first production

Southwestern’s Department of Art, Communication, and Theatre will be holding auditions for the theatrical production of Twelve Angry Jurors on Tuesday, September 6 & Wednesday, September 7 at 3:00 p.m. and Thursday, September 8 at 7:00 p.m. The cold reading auditions are open to all SWOSU students—regardless of major. The three-act play was adapted by Rowley Seymour from the film by Reginald Rose. The play opens with an off-stage judge’s voice revealing that a 12-man jury has been selected for the trial of a 13-year-old accused of murder by Reginald Rose. The trial occurs in the seclusion of an upscale San Francisco hotel, where the entire process is witnessed by the hotel guests. The jurors are then led to the jury room to deliberate.

The guard leading the jurors into the room says, “If nothing else, there is a chance. Very quickly the audience is led to believe that this is going to be a quick verdict.” After the group begins, it becomes clear that these jurors are not going to be able to reach a unanimous decision quickly or easily. Through the process, the jurors become more and more invested in the case—eventually leading them to become more and more angry.

For more information about these auditions, involvement in the production in any capacity, or to check out a script, please contact Jessica Saltman (Technical Director & Costume Designer in Art 380), jessica.saltman@swosu.edu or Steve Evert (Director of Art 380). steve.evert@swosu.edu.

Students gain sales experience

During the 2016 summer session, 32 graduate and undergraduate students had the opportunity to shadow sales experts and gain real-world experience in their Sales Skills and Management course at SWOSU.

In addition to typical textbook readings, PowerPoints, group activities, and case studies, the students were exposed to stories of shadowing sales experts in their fields. The students also discovered that a variety of sales careers, including sales management, pharmacy, psychology, and organizational leadership positions. Each student was encouraged to identify a sales mentor who could guide them and give them a better understanding of the sales aspects of their industry.

These students identified mentors from a broad set of career fields ranging from real estate and insurance, pharmaceutical sales and physical therapy, restaurants and food service managers, retail clothing and fashion design, as well as interior design and new home construction.

To put it simply, the year was great to have a diverse group of students working together in this Shadow program,” said SWOSU Marketing Professor Dr. Amanda Fett. “They brought a wealth of industry specific knowledge and skills to the table, which enabled students to deeply consider the sales concepts in a variety of fields.”

Pete’s Dragon was the first story that was ever created in the world of the story. It was written for the film and not Duke’s Diner.

For example, the price of some combo meals, breakfast items, and dinner items, such as pizza, salads, and grilled sandwiches, has gone up by a few cents. “It’s costing us more to prepare the food, and we’ve got to recoup some of that,” Jordan Selman, Coordinator of Student Affairs, said. “Students also want to be able to register to vote at the CAB booth.”

The Fair is sponsored by the Drug Days Committee, and is open to the public around 75 businesses and clubs/organizations to be there to give the students information about themselves and give free stuff.

Organizational from page 1

Several students in the President’s Leadership Class at Southwestern Oklahoma State University recently volunteered to stock shelves at the new Weatherford Food & Resource Center that is now open. Among the SWOSU students who were there (from left) Tristan Richmond, Temple; Breekesa Waitman, Tuttle; Bryce Wolfers, Clinton; Luke Jenkins, Cashion; and Jacob Cope, Altus. The center is located at 222 W. Rainey Street.

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EKRISHERE HATHWAY

HomeServices

Andrews Properties

The Fair booth will give away 1,000

Happy Meal from McDonald’s once be-

cause the cost of things simply go up over the

years. You can’t have said directly how much of

an impact a recent budget cuts at SWOSU have had in these new amal-

gements.

Dining from page 1

for the meal. The plan is to

Food & Resource Center that is now open. Among the SWOSU students who were there (from left) Tristan Richmond, Temple; Breekesa Waitman, Tuttle; Bryce Wolfers, Clinton; Luke Jenkins, Cashion; and Jacob Cope, Altus. The center is located at 222 W. Rainey Street.

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SPORTS

Bulldog season starts Thursday at home

Comming off the program’s first post- 
season appearance in two decades, the 
SWOSU Football team is picked to finish 
fourth in the Great American Conferen­ce during the upcoming 2016 season. 
The GAC Preseason Poll is voted on by 
the 12 head football coaches in the confer­ence and was announced on Thursday af­ 
fternoon by the league office.

Henderson State is the overwhelm­ 
ing favorite to win the Great American Confer­ence crown this season, earning 120 
points and 11 of 12 first-place votes. The Reddies have 
claimed three of the five regular season 
championships awarded by the GAC and 
won their first NCAA Playoff game 
at the conclusion of the 2015 season. 
GAC voters placed the Lady Bulldogs 
in the No. 2 spot with 108 points and 
some third-place votes.

Leading returners for the Bulldogs include 
becoming one of the top ten in all eleven tourna­ 
ments they were in a year ago, including 
leading five of seven tournaments.

SWOSU plays its first tournament of the 
season at the Henderson State Fall 
Invitational. The Muleriders, who earned 82 
points and two first-place votes, will be in Weatherford on Thurs­ 
day afternoon and SWOSU was picked for a 
different first-place vote while Arkansas Tech was 
also selected with 51 total points. 
SWOSU will face both teams in the 
road and return every member from last 
season following a setback in the Live 
United Texarkana Bowl, the program’s 
first-ever NCAA postseason appearance. Last year, the Bulldogs had eleven 
top-ten finishes between the Fall and 
Spring seasons, including seven of those being fifth. SWOSU also won the GAC Men’s Preseason to the Fall and the 
Buccett Invitational in the Spring. The 
men’s team finished fourth in the Spring 
GAC Championships and earned a berth in 
the Central/Midwest Super Regional, 
where they placed sixth, just one spot 
away from the NCAA Division II Na­ 
tional Championships.

In his fifth year as Head Golf Coach, 
Brad Fleetwood returns from his 
year as the coaching team. 
Southwestern Oklahoma State 
returned every member from last 
season. An extremely youthful team 
last season saw three freshmen and one sophomore 
earn All-GAC honors. Ellen Wahlin 
and Gloria Choi both received First 
Team honors, while Chloe Thackeray 
was a Second Team recipient and Emily 
Folomov was awarded as an Honourable 
Men’s team picked to win 
GAC conference in golf

Below is the Complete GAC Men’s Golf Preseason Coaches Poll: 

1. Southwestern Oklahoma State, 58 
2. Arkansas Tech, 56 (2) 
3. Henderson State, 51 (1) 
4. Southeastern Oklahoma State, 49 
5. Southern Arkansas, 30 
6. Southern Nazarene, 29 
7. Harding, 22 
8. Arkansas-Monticello, 21 
9. Ouachita Baptist, 14 
10. Northwestern Oklahoma State, 8

Below is the Complete GAC Women’s Golf Preseason Coaches Poll: 

1. Arkansas Tech, 79 (1) 
2. Henderson State, 79 (2) 
3. Southwestern Oklahoma State, 79 (3)
4. Southern Arkansas, 79 (4) 
5. Southeastern Oklahoma State, 79 (5)
6. Southern Nazarene, 79 (6) 
7. Arkansas-Monticello, 79 (7) 
8. Northwestern Oklahoma State, 79 (8)

SWOSU will play six games on their 
home turf at ASAP Energy Field, where 
they finished undefeated last season and 
counted two top-10 victories. Lock­ 
ers for the Bulldogs opening season will 
be at 6:00 pm on September 1st against 
Southeastern Arkansas.

Arkansas Tech is the overwhelm­ 
ing favorite to win the Great American Confer­ence in golf this season.

Arkansas Tech, who was named 
the程序员 of the Year during the past 
season at Arkansas Tech, was the 
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before a significant distance separated the 
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Res Life
Tailgating is Back!
SWOSU Football season is here, and along with it is SWOSU Tailgating. The first tailgate of the year is this Thursday, September 1st beginning at 1 p.m. As always, it will be taking place in the West parking lot of Milam Stadium. It is sure to be a fun filled tailgate to kick off the season with free food, Ice Kween Creations Italian Ice, the Whirly Bird, Bungee Trampoline, the Tailgate Party Pit, HD Mobile Music DJ, and more! The Cook-off Challenge also returns this year, and this week's theme is "Show Us Your Dawg" (Hot Dog). There is $800 to be won in each Cook-off Challenge. To enter the Cook-off Challenge, contact the Residence Life & Housing office. Don't miss out on this amazing opportunity for fun and school spirit. Come out to the SWOSU Tailgate to cheer on your SWOSU Bulldog Football Team.

Resident Spotlight
Cassandra Bobbitt
Hometown: Yukon, OK
Classification: Sophomore
Major: Accounting
Building: Stewart Hall
1. Why did you choose to attend SWOSU?
I chose to attend SWOSU because my grandpa graduated from here. I had heard him talk about it most of my life and it made me want to come here.
2. What are your hobbies?
My hobbies are reading, watching Netflix, and hanging out with friends.
3. What do you want to do when you graduate?
I want to go work for a company as an accountant when I graduate. Ultimately, I want to become a CPA and open my own accounting firm.
4. What's your favorite movie quote?
"And in that moment, I swear we were infinite" - Perks of Being a Wallflower

Resident Spotlight
Kassadi Witter
Hometown: Altus, Oklahoma
Classification: Freshman
Major: Allied Health Sciences
Resident Hall: Oklahoma Hall
1. Why did you choose your major?
I helped with athletic training in high school and really enjoyed it. From that experience, I decided that I wanted to be a physical therapist.
2. What are your hobbies?
I enjoy playing golf.
3. What do you want to do when you graduate?
I would like to work in Oklahoma City as a physical therapist.
4. What is your favorite SWOSU moment?
I just had to catch an ant for my biology class. There were a bunch of random people that stopped and helped me; it was really funny.

The residence halls are blessed to have student athletes in our resident community. This week we recognize our two volleyball resident athletes: Kaitlyn Dillon and Valerie Vermillion. SWOSU Volleyball next home game is on Thursday, September 1st in the Pioneer Cellular Event Center at 4pm against Northern Michigan University. Good Luck Kaitlyn, Valerie and our SWOSU Women’s Volleyball Team!

Res Life Happenings

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<thead>
<tr>
<th>Event</th>
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<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>SWOSU Football Tailgate &amp; Code Blue Party Pit</td>
<td>September 1st</td>
<td>1pm-6pm</td>
<td>Milam Stadium West Parking Lot</td>
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<tr>
<td>Cook-Off Challenge: &quot;Show Us Your Dawg!&quot;</td>
<td>September 1st</td>
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<td>Milam Stadium West Parking Lot</td>
</tr>
<tr>
<td>Residence Life @ the Oklahoma State Fair</td>
<td>September 10th</td>
<td>2pm-5pm</td>
<td>Fine Arts Center</td>
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<tr>
<td>Residence Life Fall Movie Series: Finding Dory</td>
<td>September 20th</td>
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<tr>
<td>Parent’s Day SWOSU Football Tailgate &amp; Code Blue Party Pit</td>
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