SWOSU Snapshots

The 2nd cook-off challenge with the theme of BBQ was held at the parking lot West of Milam Stadium on Sept. 24. Photo by Harry Le

Quick List

TOP HAPPENINGS ON CAMPUS THIS WEEK

- Pfizer Learning Session: Healthcare Quality Improvement Event sponsored by Oklahoma Foundation for Medical Quality (OFMQ) will be held October 5 at Pioneer Cellular Event Center. For more information contact Ashley Rhude at 405-439-9251 or email arhude@ofmq.com.
- Origami Art Workshop at CPP-Chemistry/Pharmacy/Physics-Room: 200. There will be $3 fee for admission. For more information contact Lyly Van at 918-938-9812 or vanl2@student.swosu.edu.
- Chamber Ensemble Concert will perform in BMH-Ed & Winnie Ola Berrong Music Room in October. For more information, contact Stacey DiPaolo at 580-774-3761 or at stacey.dipaolo@swosu.edu.
Against the Grain

Where can you get gluten-free food?

Tired of searching for a good gluten-free option, or spending countless hours preparing your own meal? Well, here’s some quick and easy options for local SWOSU students.

5. Casa Solana - The only good gluten-free option is the street tacos but at $3.75 a piece, they aren’t reasonable for any students using a meal plan.

4. Duke’s Diner - The salad bar is a good choice but since it lacks variety it is only good for a few trips a week.

3. The Bulldog Grill - For $6.00 you can get a burger on a corn bread bun, fries, and a 20 oz. drink.

2. The Strip Joint - They offer 2 $6.00 meals, wings or un-breadcrsed chicken strips. Both of these come with waffle fries, a 16 oz. drink, and a dipping sauce of your choice.

1. Arrezzio’s Italian Cafe - You can get any one-topping gluten-free pizza and a small drink for $6.00. If you opt out of having a drink, you can upgrade to a supreme pizza with no extra charge.

Personal Financial Management Course Being Offered in October at SWOSU

A personal financial management course is being offered in October by the Southwestern Oklahoma State University Continuing Education Department in collaboration with the Everett Dobson School of Technology and Business.

The personal financial management course will be offered on Monday evenings, October 3, 10, 17 and 24, from 6:30-8:30 p.m. Cost is $99 per individual or couple.

Instructor Dr. Rangan Chau and students will lead personal financial decision-making skills to help in becoming wise consumers, savers, investors, users of credit and money managers.

Topics to be covered:

- Understanding state and federal taxes
- Banking & financial services
- Saving & investing
- Estate planning & retirement
- Understanding income, credit, and consumer law
- Identity fraud & theft
- Understanding the responsibilities of large purchases
- Understanding insurance
- Understanding the financial impact of gambling
- Bankruptcy
- Charitable giving

For more information or to enroll, contact Lisa Thiessen in the SWOSU Business Enterprise Center at 580-774-3039 or lisa.thiessen@swosu.edu. The BEC is located at the corner of Seventh and Davis Streets on the SWOSU campus.

Faculty & Student Art Exhibit Planned Sept. 21-Oct. 5 at SWOSU

A faculty and student art exhibition will be held at Southwestern Oklahoma State University beginning September 21 and ending October 5 on the Weatherford campus.

The public is invited to attend the free exhibition in the Art Gallery of the SWOSU Art Building.

The exhibition presents artworks from SWOSU art faculty Todd Parker, Simpson Peters, Marsha Carman and E.K. Jeong as well as several art students.

There will be various styles of artworks from graphic design, paintings, pottery, photography, drawings, sculpture, mixed media and more.
The Southwestern

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Details of upcoming election ballot to be discussed

A presentation discussing the upcoming general election ballot will be held Oct. 4 on the campus of Southwestern Oklahoma State University in Weatherford.

The American Association of University Women chapter in Weatherford is hosting the presentation from 7:30 p.m. to 8:30 p.m. in the Gene Byrd Entrepreneur Center, located at the corner of Davis and Seventh Streets. Admission is free, and the public is invited. A free, open residence is planned starting at 6:30 p.m. to allow attendees to ask questions.

President of SWOU and former senator in the Oklahoma House of Representatives, will present information about the seven state questions that have been approved for placement on the November ballot. He will also cover information about pre-election timelines such as requesting absentee ballots and when early voting will be open. General information will be presented about the public notice also be conducted on this ballot.

The meeting will also serve as the October branch meeting for the NAWU. Those interested in learning more information about membership in NAWU, contact the branch membership vice president, Dr. Lisa Appeddu, at appeddu@swosu.edu. Individuals who would like to become members can do so for a reduced fee by attending the educational community event.

For more information about the meeting, contact Fareham, ex-president for programs, at (580) 772-5848.

Upcoming Events

Wednesday, September 28, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)
3:00 PM - 4:00 PM Football vs. Southeastern University
7:00 PM - 9:00 PM Volleyball at East Central University
3:00 PM - 5:00 PM Sigma Sigma Chi Meeting
7:00 PM - 10:00 PM SISA Meeting
10:00 PM - 11:00 PM Fraternity Ritual (Multi-Day Event)

Thursday, September 29, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)
3:00 PM - 5:00 PM Returning OL Interviews
7:00 PM - 9:00 PM M u Phi Epsilon Meeting
8:00 PM - 11:00 PM Tau Kappa Epsilon - TKE Meeting
8:00 PM - 11:00 PM Eta Iota Sigma Meeting
6:00 PM - 11:00 PM Sigma Sigma Chi Meeting

Friday, September 30, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)
12:00 AM - 12:00 AM Fraternity Ritual (Multi-Day Event)
8:00 AM - 9:00 AM Blue Sheen One
9:00 AM - 12:00 PM Continuing Education - Beginning Art
5:00 PM - 7:00 PM Blue Sheets Due
8:00 PM - 10:00 PM SISA Meeting
9:00 PM Fraternity Ritual (Multi-Day Event)

Saturday, October 1, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)

Sunday, October 2, 2016

DAWGC Tristan WalkingWorks Campaign

Tuesday, October 4, 2016

DAWGC Tristan WalkingWorks Campaign

Wednesday, October 5, 2016

DAWGC Tristan WalkingWorks Campaign

Wednesday, October 5, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)
5:00 PM - 7:00 PM Alumni Homecoming King/Queen
8:00 PM - 11:00 PM Sigma Sigma Chi Meeting
10:00 PM - 11:00 PM Spring 2017 TC Alternate Meeting

Thursday, October 6, 2016

DAWGC Tristan WalkingWorks Campaign
All Day Filipino Martial Culture (Multi-Day Event)
12:00 AM - 12:00 AM Fraternity Ritual (Multi-Day Event)
5:00 PM - 7:00 PM Alumni Homecoming King/Queen
8:00 PM - 11:00 PM Sigma Sigma Chi Meeting
10:00 PM - 11:00 PM Spring 2017 TC Alternate Meeting
King and queen packets available

Registration for Homecoming King and Queen has officially begun at Southwestern Oklahoma State University in Weatherford. Homecoming packets can be picked up in the Dean of Student’s Office in Stafford 214. Packets need to be returned to the Dean of Student’s Office by Friday, September 30. Organizations are welcome to sponsor candidates. Cost to register is $50 per entry, and the money is due when the form is turned in. There will be a mandatory meeting for individuals running for Homecoming King and Queen on Monday, October 3, at 5 p.m. in Stafford 214. For more information about the Homecoming packets, contact Connie Patton at 405.426.5682.

SWOSU Homecoming activities are planned November 10-12 on the weekend our weeks would probably go much smoother and we would dislike Mondays a little less. But what’s the fun in that, right?

Monday Blues
Jennifer Steiner
Staff Reporter

Monday is the day almost every person.dreads after the weekend has gone so well, or hasn’t. It is the day that gets the reputation for being the worst day of the week. Poor Monday.

According to Will Wister, from Quora.com, “People are happy when they anticipate a positive experience. And when it’s Friday or even Thursday, people anticipate the weekend.”

For me, Tuesdays are almost as difficult as a Monday because Tuesdays are just Mondays in disguise. Until the week hits “Hump Day” (Wednesday), we feel as though we are in a funk and that the weekend is just. So. Far. Away.

In reality, the weekend isn’t that far away and if we stopped dwelling on the weekend our weeks would probably go much smoother and we would dislike Mondays a little less. But what’s the fun in that, right?

Wister also says that people like Thursdays and Fridays because the weekend feels like a mini vacation, so those two days feel like less work and feel less dreadful.

In fact, it would be easy to assume that Thursdays and Fridays are one of people’s most favorite days. Of course, Saturday and Sunday wouldn’t be included in that because they would win. But is it really Monday’s fault?

The Monday Blues is caused by our disapproval of the alarm going off, getting back to a “normal” day, and our anticipation of what the day will look like.

What I am trying to say is that it is all in our heads.

Top guesses as to why the fire alarm has gone off:
1. Burnt popcorn The traditional explanation.
2. Sneezing Fire alarms are very susceptible to basic bodily functions.
3. Air freshener and other pleasant scents Far be it that appropriate safety measures should allow us to smell nice.
4. Jerks You know who you are.
5. Smoke...Hopefully The world may never know.
6. Perfume See #3
7. Bored R.A.’s Because nothing’s more fun than lining up your residents outside in February in their bath towels.
8. Spray cheese Do NOT apply directly to alarm.
9. Banjo Music Not even fire alarms can stand it.

Even Texters and Drivers Hate Texters and Drivers.

STOPTEXTSSTOPWRECKS.ORG
Bulldogs battle Reddies but stumble in second half

WEATHERFORD, Okla. — After indec­

Weaver scored her career-high 16th

WEATHERFORD, Okla. — After the game was

WEATHERFORD, Okla. — Finally, before halftime in the 43rd minute, Rabo was able

WEATHERFORD, Okla. — After an inde­

WEATHERFORD, Okla. — After the game was

WEATHERFORD, Okla. — The volleyball team lost to NWOSU Thursday.

Weatherford soccer win runs soaked match, stays atop of GAC

Southwestern finished in sixth place in the highly-competitive Cowboy Jamboree Saturday.

Cross Country finishes sixth

STILLWATER, Okla. — The OSU Cross

Bulldog Cross Country

Bulldog Cross Country

Bulldog Cross Country

Bulldog Cross Country

The volleyball team lost to NWOSU Thursday.

The volleyball team lost to NWOSU Thursday.

Cross Country finishes sixth

Southwestern finished in sixth place in the highly-competitive Cowboy Jamboree Saturday.

Bulldogs battle Reddies but stumble in second half

WEATHERFORD, Okla. — Finally, before halftime in the 43rd minute, Rabo was able
**TOWER OF POWER**

Oklahoma Hall will be hosting the “Tower of Power” event on Saturday, October 1st at 7:00 p.m. The event will be held at Oklahoma Hall. Tower of Power is a team event with each team consisting of 3 or 4 individuals. Teams can sign-up to participate at the front desk of their residence hall. Contestants will participate in challenges on each floor of Oklahoma Hall. Prizes will be awarded to teams that make it to the 5th floor, and they will be declared winners of the Tower of Power! Refreshments will be provided at the event. Sign up to test your ability to defeat the Tower of Power!

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**Res Life**

**Did You Say Free Breakfast?**

Indeed we did say free breakfast. What better way is there to prepare for another Bulldog home football game, than having pancakes and sausage? So, join us in the tailgate area located in the West parking lot of Milam Stadium starting at 9:00 a.m. on October 1st. As always, the tailgate area will be packed full of people and fun. The Code Blue “Living Room” will be there providing shade and a great place to keep up to date with other college football happenings around the county. The Game On Party Truck will also be there. So, make sure you stop by and test your luck at the games available to play. The Cook-Off Challenge facilitated by SWOSU Residence Life & Housing will start at 10:00 a.m., and this week’s theme is Chef’s Choice. To enter the Cook-Off Challenge, contact the Residence Life & Housing department at 580-774-3024.

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**Resident Spotlight**

**Brock Calfy**

**Hometown:** Temple, OK  
**Classification:** Freshman  
**Major:** Parks and Recreation  
**Building:** Neff Hall

Why did you choose SWOSU?

Because my mother came here and I heard it was a good school.

What are your hobbies?

Working out and hanging out with friends.

What do you want to do when you graduate?

I want to be a Game Warden.

What is your favorite movie quote?

“Momma says, ‘Stupid is as stupid does.’” — Forrest Gump

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**Resident Spotlight**

**Opal Sowell**

**Hometown:** Mooreland, OK  
**Classification:** Junior  
**Major:** Marketing  
**Building:** Stewart Hall

Why did you choose SWOSU?

To change the tradition in my family from NWOSU to SWOSU.

What are your hobbies?

Running, fishing, hunting, art, reading, camping, spending time with family and friends.

Who’s been a major influence in your life?

My sister, Betty.

What is your favorite movie quote?

“Momma says, ‘Stupid is as stupid does.’” — Forrest Gump

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**Pics of Res Life**

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**Res LIFE Happenings**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Pop &amp; Pallete</td>
<td>September 29th</td>
<td>7pm</td>
<td>Oklahoma Hall Lobby</td>
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<tr>
<td>Arena Wrestling</td>
<td>September 29th</td>
<td>7pm</td>
<td>Jefferson Hall Lobby</td>
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**Res Life Happenings**

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<th>Event</th>
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<tbody>
<tr>
<td>SWOSU Football Tailgate &amp; Code Blue Party</td>
<td>October 1st</td>
<td>9pm-2pm</td>
<td>Milam Stadium West Parking Lot</td>
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<td>Pit</td>
<td>October 1st</td>
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<td>Oklahoma Hall Lobby</td>
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<td>Tower of Power</td>
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<td>Oklahoma Hall Lobby</td>
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<td>Beauty Revolution</td>
<td>October 1st</td>
<td>7pm</td>
<td>Stewart Hall Lobby</td>
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<td>Coffee, Cocoa, and Cardio</td>
<td>October 1st</td>
<td>7pm</td>
<td>Neff Hall Lobby</td>
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<td>NBA 2K16</td>
<td>October 1st</td>
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<td>Billys Brunch</td>
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<td>BYOB</td>
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<td>Ping Pong Tournament</td>
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