Winners of SWOSU Homecoming 2016 activities announced

Southwestern Oklahoma State University in Weatherford celebrated Homecoming on November 12, and winners of the various competitions have been announced.

Haley Davis of Lookeba and Tanner Minak of Medford were crowned Homecoming Queen and King during halftime of the SWOSU football game. Davis was sponsored by Eta Iota Sigma, and Minak was sponsored by New Student Orientation.

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 fifth straight year. The Saudi Arabian Student Organization won second place and $800, and Kappa Delta Pi 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, Sayre High School was named the outstanding band in the high school competition and broke Oktaha High School’s five-year winning streak.

Sayre won $250 from the SWOSU Student Government Association. The parade featured 25 bands this year. After the parade, the 1,600 plus high school students performed in a mass band at Milam Stadium before the SWOSU football game.

see Winners on page 2

Quick List

TOP HAPPENINGS ON CAMPUS THIS WEEK

Music students will perform opera scenes from Die Fledermaus at each night at 6:30 p.m. Wednesday, Nov. 16, to Friday, Nov. 18, in the Fine Arts Auditorium.

A luncheon celebrating veterans will be hosted by the Collegiate Activities Board at noon on Saturday, Nov. 19, at the Pioneer Cellular Event Center. The event is free for veterans and one guest. $10 for additional guests. For more information, contact Jordan Selman at jordan.selman@swosu.edu.

A Community Chorus will perform in the Fine Arts Center on Monday, Nov. 21, at 7 p.m. For more information, contact Daniel Farris at daniel.farris@swosu.edu.

Thanksgiving vacation will begin at 10 p.m. on Tuesday, Nov. 22. Classes will resume on Monday, Nov. 27.
Twelve Angry Pigs Coming to SWOSU November 18-19

Guilty or not guilty? A spoof on Twelve Angry Jurors that was recently staged at Southwestern Oklahoma State University, Twelve Angry Pigs by Wade Bradford examines the case against the Big Bad Wolf and the Three Little Pigs.

SWOSU’s Department of Art, Communication and Theatre will present the 30-minute play on Friday, November 18, at 7 p.m. and Saturday, November 19, at 2 p.m. at the SWOSU Fine Arts Center on the Weatherford campus.

Members of the cast and crew of Twelve Angry Pigs that is playing at SWOSU on November 18 and 19 are: (front from left) Athena Pradler, Lawton; Micaleah Thompson, Elk City; Courtney Fairchild-Scott, Leeceley; Austin Abubumohamed, Vici; Cheyenne Houch, Lexington; Alexis Thain, Hummooz; and Chante Randle, Oklahoma City. Back from left — William Appel, Mistava, Japan; Katherine Zazueta, Lawton; Bella Jennings, Oklahoma City; Alex Hawkins, Mangum; and Grant Anderson Crenos, El Reno.

SWOSU Students selected for early admission to the OSU Veterinary Medicine are (left) Braye Riseley of Weatherford and Amber Powers of Loco.

Both Powers and Riseley are currently pursing the Bachelor of Science degree in Biological Sciences, Environmental and Organismal Biology option. Powers’ prior experience with animals includes participating in 4-H competitions, shadow-veterinarians and observing veterinarians while performing numerous surgeries. Riseley’s previous involvement includes working with cattle at her family farm, shadowing veterinarians, competing in rodeo, pet sitting animals ranging from cats to a twenty-five cow show pig operation.

Dr. Andrea Holgado, chair of the SWOSU Department of Biological Sciences, said the early acceptance into the DVM program at OSU is a milestone that brings them one step closer to fulfilling their career goals.

Riseley, Powers accepted for early admission to vet school at OSU

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The Southwestern
Fall 2016

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 writing class serve as section editors, and students in the news gathering and reporting class serve as writers. The editorial board meets every Wednesday at 2:15 pm in the journalism lab, room 211. The Southwestern encourages comments from the student body. Quality and administration form the basis for the editors. All letters include a name for consideration; however, the name may be withheld upon request. The opinion expressed within this editorial column reflects the opinions of the writers; the opinion expressed is unsigned. Unsigned editorials are the opinion of the staff. Neither is necessarily the opinion of the university administration, staff or faculty.

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Two Southwestern Oklahoma State University students majoring in biology have been selected for early admission to the Oklahoma State University Doctor in Veterinary Medicine Program.

Amber Powers of Loco and Braye Riseley of Weatherford have been selected for early admission to the OSU Veterinary Medicine Program.

The early admission program offers an opportunity for students with superior academic performance to commit to their veterinary medical career goals early in the educational process. Students accepted to the program agree to complete their bachelor’s degree with the pre-veterinary requirements and maintain a grade point average of 3.5 each semester. The early acceptance into the DMV program at OSU is a milestone that brings them one step closer to fulfilling their career goals.

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Comradery goal among campus vets

A meeting for an organization of student veterans was held on Friday, November 11. At this meeting, 14 students along with advice-to-serve-Ferrill Gordon discussed the formation of their group. According to Gordon, there are close to 200 student veterans on campus, meaning there has potential to become a large organization. Through the meeting, Gordon saw a large representation from the National Guard, the organization would be open to veterans of all branches. The primary goal of the organization would be to establish a comradery amongst those who have served. It would likely serve as a platform for mentorships and for education resources such as study groups and book sharing as well.

“Once you’ve been a veteran and sit in a classroom with civilians, you realize you have a different world view, how to talk to civilians, you have a different world view,” said Gordon. He said the group would be a way for student veterans to let their guard down and get involved with others on campus.

The next step for the organization is to continue working with the Collegiate Athletics Board on defining membership and establishing a club name. After becoming a club on campus, they may also look into gaining recognition as a Student Veterans of America, a national organization.

Gordon, himself retired armed, graduated from the University of Denver. “I think it’s very beneficial for both the Weatherford and Sayre campuses. ” Gordon said. The next meeting will be held on December 8 at 4 p.m. in Stafford Room 110.

According to the organization, the contact Gordon at ferrell.gordon@swosu.edu with the subject line “Student Veterans Organization.”

Over 400 registered for Health Careers Day

November 16, 2016 • Page 3

Online learning conference held

The Online and on Course: Exceeding the Online Environment Conference was held on November 7th at 5 p.m. at SWOSU Student Union East Ballroom. The conference was organized by Dr. Tashya Sevin and Dr. Kelley Loges from the Department of Language and Literature. The goal of this conference was to provide an insight to our students and faculty about Online Learning options that SWOSU offers and how these can help to improve student success. The keynote speaker was Dr. Bucky Dodd, Oklahoma State Department for Higher Education Chair for Online Learning Excellence. He gave a detailed presentation about increasing imporance of the E-learning throughout the US colleges and gave tips for students and faculty. Mrs. Marci Grant, Director of Distance and E-Learning at SWOSU also talked about Online Learning options at SWOSU. Mrs. Grant mentioned also the importance to use efficiently the SWOSU Canvas site and pointed the tools that are available for students who are taking online courses. Faculty from various SWOSU departments also shared their suggestions.

These faculties include: Dr. Victoria Greybrook (Lang & Lit), Dr. Dennis Langevin-Carter (Lang & Lit), Mr. Jim Wolfe (Library), and Dr. Stephen Bussey (Psychology). The tips that panies might want to know above:

• SWOSU’s unique course options
• Tips to be successful in online courses
• How online courses can be beneficial for your career
• The Conference received a good attendance from faculty and guests and ended from today with a productive Q&A session.

Health Career Day will be held at Southwestern Oklahoma State University the Friday, November 18. Over 400 people have already registered for the free event that is open for prospective health career students as well as adults to learn more about the majors available through SWOSU on both the Weatherford and Sayre campuses. Table displays will be set up in the following areas:

- Biochemistry
- Career counseling
- Dental health care administration
- Dental information management
- Medical science
- Exercise science
- Medical laboratory technician
- Dental hygiene
- Occupational therapy assistant
- Pharmacy
- Physical therapy assistant
- Radiologic technology

More information on all programs.

The Conference happened on November 14 at 1:30 p.m. in Stafford Room 110. According to Gordon, there are close to 200 student veterans on campus, meaning there has potential to become a large organization. Through the meeting, Gordon saw a large representation from the National Guard, the organization would be open to veterans of all branches. The primary goal of the organization would be to establish a comradery amongst those who have served. It would likely serve as a platform for mentorships and for education resources such as study groups and book sharing as well.

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Greatest Fictional Pets

We’ve all seen great fictional pets in film and television. Here are a few of the most memorable characters people wish they could call their own.

1. Hedwig from *Harry Potter*. Hedwig was not only a devoted pet, but also a friend to Harry during his time at Hogwart's.

2. Pikachu from *Pokémon*. Pikachu can often transition from cute to fierce in a matter of seconds, but his love for his trainer makes him a powerful comrade rather than an enemy.

3. Dug from *Up*. Although Dug may have a short attention span, his love for anyone is never in short supply.

4. Toto from *The Wizard of Oz*. Toto was always a reminder of home for Dorothy as she journeyed through Oz.

5. Stitch from *Lilo and Stitch*. Stitch is a tiny, blue alien who became Lilo’s best friend and there was nothing they couldn’t do together.

6. Scooby-Doo from the *Scooby-Doo* series. Scooby-Doo is well-known for his ability to speak with Fred, Daphne, Velma, and Shaggy during their fun adventures of crime solving.

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Holiday Recipes

By Jennifer Steiner

With Thanksgiving and Christmas holidays quickly approaching, there will be many nights scheduled for cooking delicious meals. Here are a few recipes to add to your list of holiday cooking.

**Cranberry Sauce Recipe**

**Ingredients:**
- 1 cup sugar
- 1 cup water
- 4 cups (1 12-oz package) fresh or frozen cranberries

**Directions:**
1. Rinse cranberries: place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.
2. Boil water with sugar: put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.
3. Add cranberries: cool until they burst. Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 20 minutes or until most of the cranberries have burst.
4. Stir in miso if using: once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients.
5. Let cool: remove the pot from heat. Let cool completely at room temperature, then transfer it to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.

**Cranberry Sauce**

**Ingredients:**
- 7 medium sized red potatoes-baked
- 1 /4 tsp salt and pepper
- 1 lb bacon, cooked and crumbled
- 3 cups sour cream
- 2 cups mozzarella cheese, shredded
- 3 green onions, sliced

**Directions:**
1. Cut baked potatoes into 1-inch cubes. Place half in a greased 13x9 baking dish.
2. Sprinkle with half the salt, pepper, and bacon.
3. Top with half the sour cream and then the cheeses. Repeat layers.
4. Bake uncovered at 350° for 20-25 minutes or until cheese is melted. Sprinkle with the sliced onion.

**Green Bean Casserole**

**Ingredients:**
- 2 tablespoons kosher salt
- 1.5 pounds fresh green beans, rinsed and ends trimmed
- 2 tablespoons unsalted butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 large Portobello mushrooms, chopped
- 1 teaspoon kosher salt
- 1/2-1 teaspoon freshly ground black pepper, to taste
- 1 cup chicken broth
- 1 cup half-and-half
- 1/2 cup breadcrumbs
- 6 oz french fried onions

**Directions:**
1. Preheat oven to 375°F. Grease a 9x13 casserole dish, set aside.
2. Blanch the beans: in a large pot, bring about a gallon of water and 2 tablespoons of salt to a boil. Add the green beans and boil for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice-water to stop the cooking process. Drain and set aside.
3. Melt the butter in a large skillet set over medium-high heat. Add the garlic and onions, stirring occasionally, until the onions begin to soften, about 4-5 minutes. Add the mushrooms, salt and pepper, and continue to cook for another 1-2 minutes.
4. Sprinkle in the flour and stir to combine. Cook for 2 minutes. Add the chicken broth and stir to combine. Then add the half-and-half and simmer until the mixture thickens, stirring occasionally, approximately 6-8 minutes.
5. Remove from the heat and stir in all of the green beans. Transfer the green bean mixture to prepared casserole dish. Top with bread crumbs and then layer the french fried onions on top.
6. Place the casserole in the oven and bake until bubbly, about 20 minutes. If your onions start to brown too quickly, cover the casserole with foil. Serve immediately when finished.

Recipe from: thenovicechef.com
The Southwestern

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The Bulldog offensive line gets ready to turn back Ranger defenders during Saturday’s win.

Football team cruises to Homecoming win

WEATHERFORD, Okla. – The SWOSU Football team cruised Northwest Oklahoma State 5-0 Saturday afternoon at ASAP Energy Field. The Bulldogs now move to 6-5 overall and 5-6 in the Great American Conference. The Bulldogs finished a perfect 5-0 against GAC foes from the state of Oklahoma and the 5-6 with all games played against members of the Great American Conference.

Five Lady Bulldogs earn honors that reached double figures on Saturday, and the team outscored Northwestern Oklahoma State 27-9 in their final game of the regular season.

The Lady Bulldogs scored 40 points to 24 points in the paint (40-to-24) and from three-point range (24-to-24) and from their bench (39-to-29). The Lady Dawgs scored 26 points in the first half and 24 points in the second half. They also made 3-of-9 three-point attempts.

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Res Life

Don’t be a Couch Potato

Do you always over eat at Thanksgiving? Will you likely be feeling like new eating habits and exercise are a must for your life? Well, I have got a great opportunity to get you started in the right direction. On November 29th at 7:00 p.m. in the Stewart Hall Lobby, Don’t be a Couch Potato will help you kick those extra Thanksgiving pounds. To start, you will receive some wonderful tips on starting and keeping healthy eating habits. From there, you will move into some group exercising, showing you how to properly do the exercises. Then for the finale, there will be contests like, longest plank time and most push-ups. Of course, where there is a contest, there is a prize! So, eat all you can with a guilt free mind, and come back ready to get into a healthy lifestyle.

Crafty Christmas

Oklahoma Hall will be hosting a Crafty Christmas event on Tuesday, November 29th at 7:00 pm in the Oklahoma Hall Lobby. Two RAs, Olivia Branscum and Lyly Van, will be presenting residents with fun craft projects that can be done with recycled items. Go green this Christmas by learning ways to reuse common household items. Craft projects will include phone book origami and paper crafts along with glass bottle upcycling. Refreshments will be provided. Come hang out with us and enjoy food, drinks, crafts, and more!

Resident Spotlight

Madisyn Pierce
Hometown: Yukon, OK
Classification: Freshman
Major: Health Sciences, Physical Therapy
Building: Stewart Hall

Why did you choose your major?
I chose physical therapy because I enjoy helping people to better themselves and get back on their feet.

What are your hobbies?
I enjoy running and serving with youth at my church.

What do you want to do when you graduate?
I plan on attending PT school at OU and pursuing a career in physical therapy with a few other adventures along the way.

What’s your favorite movie quote?
"Some believe it is only great power that can hold evil in check, but that is not what I found. It is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love." - Gandolf, Lord of the Rings

Resident Spotlight

Stefan Sochan
Hometown: Noble, OK
Classification: Freshman
Major: Sports Management
Resident Hall: Neff Hall

Why did you choose your major?
I want to work at a major league baseball field. I love to play baseball so I figured since I can’t play at that level then I’ll participate at a different stage.

What are your hobbies?
My hobbies are football, baseball, and super hero movies. I love to watch Marvel or DC Comics.

Who’s been a major influence in your life?
My little league baseball coach has had a huge influence on me and my family. He taught me that I should be genuine and kind, that I should always smile at the little things.

What’s your favorite movie quote?
"My name is Brennan but you can call me Nighthawk". - Stepbrothers

ResLife Happenings

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Pics of Res Life

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