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The Southwestern

Southwestern Oklahoma State University's Student Publication

Hard work pays off for Model UN students

By Jamie King
Staff Reporter

Since 1992, Southwestern's Model United Nations has traveled to St. Louis, Missouri to attend the Midwest Model United Nations Conference.

This year is different. The students will travel to New York City to participate in the National Model United Nations (NMUN). Professor Kenneth Tillett, who serves as their Ambassador, said, "This is a once in a lifetime opportunity not only for the students, but also for Southwestern."

Southwestern's delegation is representing the country of Eritrea, which is in Africa. The delegation is composed of 11 students with a variety of majors. Some of the majors include Communications, English, Market-



Eleven students of Model UN will take part in their first National Model UN at United Nations Headquarters in New York City. Also pictured are Dr. and Mrs. Farmer and advisor Ambassador and Mrs. Tillett. (Picture provided)

Representing Southwestern are Sam Jennings, Pankaj Mishra, Anthony Moore, Susannah Awopeju, Carl Den- Hung Nguyen, Vaibhav Pandya, and Halla sem, Angela Foust, Bigyan Koirala, Angela Powers.

Students are expected to conduct themselves as diplomats and represent their country's position at the United Nations. To do so, students must thoroughly prepare file on their country's foreign policies and positions on a particular topic. "They must represent the country the way the country really is," said Tillett.

Southwestern's country Eritrea has a population of 4,906,585 people, and has a transitional government committed to a democratic system. Eritrea was formerly the northernmost province of Ethiopia and is about the size of Indiana. The President is Isaias Afwork.

At the NMUN, General Assembly President Srgjan Kerim will be presiding over the opening

Continued on Page 2



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Spring break fever is here~ Where are you going?

With Spring Break coming up next week, vacationers need to start getting ready. Here's a list to help with packing and planning so that you can avoid throwing everything together at the last minute.

"I forget deodorant a lot," says Stewart Hines, a graphic design major from Clinton. "I get there and I'm like 'Crap!' Then I have to get up in the morning and get some."

HOME

Sometimes Spring Break is just taking a well-deserved break from school and going home to see family and friends. This may not require much packing. What can you do to make this break special if you already go home every weekend? Do not forget that many friends will be in town so there is bound to be some catching up to do.

Hygiene: (The Basics)

- Toothbrush/ toothpaste
- Deodorant
- Comb/brush
- Shampoo/ conditioner
- Hair products (gel, mousse, moisturizer, grease, etc.)
- Shower cap
- Blow dryer
- Washcloth/ towel
- Razor blades/ shaving cream

Fashion:

- Weather appropriate attire
- Club/ party clothes
- Pajamas

Activities:

- Movies
- Laser tag/ paintball
- Going out to eat

- Shopping
- Clubs/ Parties

BEACH

The beach may be a place to visit once or twice throughout your break or it may be where your entire vacation takes place. Bring a cooler with drinks and snacks since it will be hot, and you'll probably be there all day. Make sure you go for the disposable waterproof camera. You don't want to ruin your vacation mood by losing that expensive camera or destroying it with water.

Hygiene:

- Sunscreen-the higher the SPF, the better
- Beach towel
- Lip balm/ chapstick
- Tanning lotion/ oil
- Aloe vera gel - for sunburns
- Fashion:
- Swimsuit with shorts or sarong- at least two swimsuits if this is your vacation spot
- Flip flops
- Sunglasses
- Nail polish and nail polish remover for the ladies- don't let the water kill your nails!
- Tank tops, camis, shorts, capris,

sundresses-bright colors are in right now!

- Hats
- Beach bag

Activities:

- Volleyball
- Ultimate frisbee
- Sand castle building
- Surfing

THE SLOPES

The slopes offer different activities for the vacationer. If you're heading off to the mountains, try to get some skiing lessons. Stewart Hines suggests trying snow tubing, riding a snow

mobile and night skiing with lights on the slope. If you want hot chocolate, bring your own. The lobby's drinks are sure to be expensive.

Hygiene:

- Chapstick
- Moisturizing lotion
- Sunscreen - just because it's cold doesn't mean you can't get a sunburn

Fashion:

- Sweaters
- Turtlenecks
- Gloves
- Coat
- Snow boots
- Beanies
- Leggings/ leg warmers
- Thick socks

Activities:

- Skiing
- Snowboarding
- Building a snowman - make a creative one to post on collegehumor.com or similar sites
- Snowball fight
- Sleighing

VACATIONING OUTSIDE THE COUNTRY

If you're going out of the country for vacation, bring the basics. If you can afford it, get travel-sized items or wait to make your purchases until you get to your destination. This will allow you to travel lighter and have more room for souvenirs. Be sure to remember your passport and camera.

As for what to do- go partying, explore somewhere with friends and enjoy the scenery.

Boyd to speak at PLC dinner

Area residents invited

Tickets are now available for area residents who would like to attend the President's Leadership Class banquet at Southwestern Oklahoma State University in Weatherford.

Dr. Tom W. Boyd, David Ross Boyd professor emeritus of philosophy at the University of Oklahoma, will be guest speaker at the April 3 event. His talk will focus on ethics and the importance of education in today's society.

Tickets are \$18 and can be reserved by calling/emailing Randy Beutler at (580) 774-7193 or randy.buetler@swosu.edu. Deadline to purchase tickets is March 25.

After teaching philosophy of religion and ethics for 28 years at the University of Oklahoma, Boyd retired from full-time teaching in 1997. He was talked out of retirement and enlisted for service in the new Religious Studies Program in 2002 by OU President David Boren. He now teaches at the Norman school as part of the retired professor program and serves as a consultant to the program.

Boyd holds four earned degrees, including a doctorate in religion from Vanderbilt University in 1973. His academic specialization is in philosophy of religion and ethics. His current concentration is on the relation among world religions and the relation between religion and culture. He is actively involved in a current discussion of a global ethic.

Beutler invites area residents to the presentation. Also at the banquet, the PLC II will be honored and new members of the PLC III will be introduced for the first time that evening.

Tickets - \$ 18
Call 774-7193
or e-mail
randy.buetler@swosu.edu

Students scouted out for marketing campaign

By Elizabeth Austin
Staff Reporter

So you want to be famous? Here is your chance. Southwestern is updating its promotional and advertising materials this Spring and is looking for 10 students to take part.

Students have been known to see Southwestern promotional materials and wonder if it is real students being shown or models. Well, now we have the answer: real students, just like you.

Southwestern will be working with Inflamed Brain, a firm out of Edmond, to choose 10 students to be in television, radio and printed materials, including both

on-camera and voice-over opportunities.

Applicants must be full or part time Southwestern students in good standing and must be available on April 17 for a full day of shooting. Principles will receive monetary compensation. Everyone is encouraged to apply.

If you are interested in representing Southwestern, you can pick up a form in the Public Relations & Marketing Office in the Administration Building Room 205 or at www.swosu.edu/news/audition.asp. You must send in a current full-color head shot along with a form to: Inflamed Brain, 13812 Plymouth Crossing, Edmond OK 73013 or by email to malenalott@mac.com by March 14.

SAFETY TRAINING TEACHERS OFFER SPRING BREAK SAFETY TIPS

By Dr. Robert Sam Lackey

Predator v Terrorist

Too bad it's more than a video game. With spring break coming up, it would be wise to remind ourselves of a few key issues and some things to watch out for.

Students in the Personal Safety Training classes receive training in these matters, and it's not too late to join them on the first Tuesday after the break is over. But in the mean time, consider this: predators seek to isolate their prey. They seek out prey in a weakened condition. And the cornerstone of their attack is to get close without being recognized to launch surprise attacks. The basic counter to all of these tactics is to stay with people you really know and in groups of at least two or three. Never totally alone. If someone tries to haul you off—consider having a “heart attack.” A person writhing on the ground screaming for a doctor and her medicine makes a rather unattractive “package.” For one thing it takes both hands to pick her up—which leaves her hands free to poke you in the eyes. Plus if a person dies of a heart attack during the commission of a crime—guess where the charges are headed. It's no longer a simple assault.

Terrorists also rely on the element of surprise, but their focus is typically on large groups. The idea that there is safety in numbers still has some truth to it—unless the groups is simply made of a large number of the “target” population. One key bit of advice is to find out where the exits are immediately and make sure that they aren't locked. Another is to stay enough near the edge that if something started happening,

you could make your way away from the blind center of the mob and begin finding cover or concealment as you move farther and farther away from the main group. Concealment is simply something you can hide behind. Cover is something that will stop a bullet. With modern firearms and ammunition, even automobiles don't offer reliably secure cover—unless you stay near the front behind the engine and away from the gas tank in the rear. Keep your head down, and move away from the noise and the crowd. Terrorist “herd” their victims—it's typically best not to get caught up in that “herd.”

Get a very bright flashlight and shine it into all the dark places, in and around your car, and simply turn back if you see a potentially dangerous situation ahead. Use the security guards to get you there safely. That's their job.

If you are going out of the country, even on a cruise, be sure to look into the legal system that is in effect there. United States law and the rights of our citizens typically stop at the boarder or the dock. Find out what you are dealing with up front. Too often protecting the local tourist trade, local businesses, local VIP's becomes the overriding priority. •

Bottom line. There's more to find out about a spring break location than the prices. And when you get back, come by the Personal Safety Training class on Tuesday evening 7:00-9:00pm in the Wellness Center and up date us on where we need to strengthen or update our training. If you like what you see, it won't be too late to enroll in Basic Personal Safety Training GSTDY 1711, section 4093. For more information contact Dr. Robert Sam Lackey at 774-4602 or Officer Gene Foust at 774-3111 (Campus Police).

Model UN _____ From Page 1

sessions. “It is truly a unique opportunity to have His Excellency Kerim at the conference,” said Tillett.

To attend NMUN is more costly than the annual trip to St. Louis. Sam Jennings, head delegate for Southwestern, said that they are currently going over the budget. The Model U.N. has held fundraising activities to help raise the money needed for the trip.

The fundraisers include students painting the trash cans on campus earlier this year in the fall, holding a banquet in February and having a tee-shirt drive. Jennings said that the funds have come in a “myriad of ways but mostly from our own pocket.”

“The community has been good to help. The Model U.N. would like to thank Southwestern and the community for all the help in [our] fundraising efforts,” Tillett said.

The students will leave on March 18 and will return Monday March 24. As soon as they return, they will start taking applications for the 2008-2009 Model United Nations. Students who are interested should contact Professor Kenneth Tillett at (580) 774-7134 or visit his office in Room 101C of the Old Science Building.

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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 5:00 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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Students discuss ways to save money

By MariBel Ramirez
Staff Reporter

Wow! It's so difficult to go from living at home where all the bills are paid by mom and dad, into having to managing money and support yourself.

If a person does not know the right steps to take when its comes to budgeting a paycheck while being in college it can be a strain on top of constant college changes.

Luckily I found steps that can help in budgeting money while being in college so that a student will be able to live life in a comfortable way. The steps are:

1. **Find bargains** - when shopping, make sure to find the product that works properly but is in your budget. If necessary clip coupons or wait for sales.

2. **Gas-** trade in a car or truck that uses too much gasoline or carpool with other students who have the same classes.

3. **Stay home** - to avoid making impulse purchases, stay home. Instead of spending money on a night out on the town, invite your friends over for a get together.

4. **Food** - instead of having pizza delivered to your door everyday, save money by buying groceries and cooking at home.

5. **Clothes** - buy only when necessary. Do not splurge!!
6. **Open a savings account** - if needed open a savings account to separate your funds from your checking account so that you can save money while in college.

7. **Make a budget** - follow it throughout the month.

8. **Keep track of what you buy.**

For more information on ways to save money throughout your college years, you can look at BankRate.com, About.com or Yahoo.com.



Chase Kimbrough asks Justin Law to void the items that are more expensive at the C-store.

New season means new dress options for students

By Ashley Slempp
Staff Reporter

It's time to break out those old prom dresses and suits! The annual dorm formal is coming up on Tuesday, March 25. It will take place in the Student Union Ballroom from 8 p.m.-midnight.

The event is put on every year by Residence Life and all dorm residents are invited. But, this year, students don't even have to dress up. This year's theme is Rags to Riches. Attendees may choose to dress very casual or very elegant.

The theme was chosen so that residents do not have to be in dress clothes to come to the event. They can simply come in their casual clothes or they may choose to throw on some old overalls. It gives the students options and does not limit them to one choice of attire. A variety of food will be provided by Auxiliary Services. Southwestern Music Fraternity Mu Phi Epsilon will be providing the music for the event. There is a huge dance floor so there will be plenty of room for a variety of dancing.

Tara Havins, a literature major from Rush Springs and Resident Advisor at Stewart Hall is very excited about the formal. She comments the formal is one of the highlights of the semester for dorm residents. The Resident Advisors from all of the dorms have been doing a lot of planning for the event. It is a great time for all of us to work together.

Lindsey Liebscher, a marketing major from Weatherford and Stewart Hall resident is overly excited about the upcoming formal. She plans to dress in her riches. "I love to dress up and I love to dance," she says.



Vanessa McCool has a tough time deciding what to wear and what not to wear for the dorm formal.

aid. Courtney McElroy, a Health Science major from Fredrick and a resident in Stewart Hall is also planning on dressing in her riches attire for the event. "I am looking forward to the great food," she said.

Brandon Wicks, an Exercise Science major from Oklahoma City and Resident Advisor at Neff Hall is not too excited about the formal. It's not something that most guys look forward to. But, I will be there and I will be dressed up for the occasion.

While it seems that most residents plan on dressing up for the event, the option is still there to come in your rags. Residents are encouraged to bring a date or a friend if desired. It will be a fun evening of tasty food and good music for all those who choose to attend.

SCHEDULED FOR THIS WEEK...

Wednesday, March 12, 2008

Filing Open for Booth at SWOSU Palooza
12:00 PM - 1:00 PM American Association of University Women (AAUW) Luncheon
12:00 PM Noonday at BCM
5:30 PM - 6:15 PM MidWeek Miracle
6:15 PM - 7:30 PM Wednesday Night Worship
6:30 PM - 8:00 PM 62nd Student Senate Meeting
7:00 PM Jazz "B" Concert

Thursday, March 13, 2008

Filing Open for Booth at SWOSU Palooza
9:00 AM New Student Orientation
9:30 AM - 10:30 AM Community Coffee at Western Oklahoma Christian School
1:00 PM Home Softball vs. Adams State
7:00 PM - 8:30 PM CE Activity - Beginning and Intermediate Tai Chi for Life; Fall Prevention & Teacher Training
7:00 PM Jazz "A" Concert
8:00 PM BCM B.A.S.I.C.
8:00 PM SWOSU Oklahoma Intercollegiate Legislature Delegation Meeting

Friday, March 14, 2008

Filing Open for Booth at SWOSU Palooza
Start Day Home Baseball vs. UCO (Multi-Day Event)
Start Time 10:00 PM Spring Break (Multi-Day Event)

Saturday, March 15, 2008

All Day Home Baseball vs. UCO (Multi-Day Event)
All Day Spring Break (Multi-Day Event)
1:00 PM Softball @ UCO

Sunday, March 16, 2008

End Day Home Baseball vs. UCO (Multi-Day Event)
All Day Spring Break (Multi-Day Event)

Monday, March 17, 2008

All Day Spring Break (Multi-Day Event)
Start Time 8:00 AM Campus Closed - Holiday (Multi-Day Event)
Start Time 8:00 AM Men's Golf at Newman Spring Invitational (Multi-Day Event)
Start Time 8:00 AM Women's Golf @ TAMUC Pepsi Invitational (Multi-Day Event)
5:15 PM - 6:15 PM CE Activity - Line Dancing
8:00 PM - 9:15 PM Campus Crusade for Christ (CRU)

Tuesday, March 18, 2008

All Day Spring Break (Multi-Day Event)
End Time 5:00 PM Campus Closed - Holiday (Multi-Day Event)
End Time 5:00 PM Men's Golf at Newman Spring Invitational (Multi-Day Event)
End Time 5:00 PM Women's Golf @ TAMUC Pepsi Invitational (Multi-Day Event)
11:30 AM - 1:15 PM Free Tuesday Lunch
2:00 PM Home Softball vs. UCO
6:00 PM - 7:30 PM CE Activity - The ABC's of Investing
8:00 PM Chi Alpha Meeting

Wednesday, March 19, 2008

All Day Spring Break (Multi-Day Event)
Start Time 8:00 AM Campus Open - Interim (Multi-Day Event)
5:30 PM - 6:15 PM MidWeek Miracle
6:15 PM - 7:30 PM Wednesday Night Worship

Thursday, March 20, 2008

Start Day Baseball @ NSU (Multi-Day Event)
All Day Spring Break (Multi-Day Event)
All Day Campus Open - Interim (Multi-Day Event)
7:00 PM - 8:30 PM CE Activity - Beginning and Intermediate Tai Chi for Life; Fall Prevention & Teacher Training

Friday, March 21, 2008

All Day Baseball @ NSU (Multi-Day Event)
All Day Spring Break (Multi-Day Event)
End Time 5:00 PM Campus Open - Interim (Multi-Day Event)

Saturday, March 22, 2008

End Day Baseball @ NSU (Multi-Day Event)
All Day Spring Break (Multi-Day Event)
Sunday, March 23, 2008
All Day Spring Break (Multi-Day Event)




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Features

Students participate in Outreach project

By **Lynsie Baskin**
Editor

A wide-eyed kindergartener walked in line with his class, observing the Dr. Seuss characters on the walls of his school's hallways. He watched the dozens of college students paint details into murals and carry buckets of paint into the bathroom. He stopped one of students. "How did you guys learn how to paint so good?" he asked innocently.

The student smiled and replied, "We've had lots of practice."

On March 7, 14 students from Southwestern participated in the Student Oklahoma Education Association's Outreach to Teach project. The student organization worked to make-over Crutchco Public School in Oklahoma City. Members worked with Crutchco students during the day and painted murals in the hallways, worked on an outside courtyard, worked on the playground and painted bathrooms, classrooms and the gym.

An eighth grade student designed many of the murals, including a multi-colored graffiti wall that had words like "passion," "dream" and "success" painted across it.

SOEA also brought new basketballs, footballs and dodgeballs, and each student received a new book at the end of the day.

Crutchco School houses pre-kindergarten through 8th grade. The school is predominately comprised of minority students, and each student qualifies for free and reduced lunches. More than half of the students that attend Crutchco come from single-parent families.

On Saturday, SOEA members had an opportunity to attend workshops covering topics relevant to their future careers. Topics included effective classroom management, dealing with aggressive student behavior and



Above: Students from Southwestern take a group picture before engaging in different projects Friday. Top Right: Roy Herndon scrapes the wall of a classroom at Crutchco. Below Right: Sheila Raleigh stirs a can of paint before painting a classroom. (All photos provided)

working with English language learner students.

Oklahoma Education Association Roy Bishop welcomed students in the morning with a short message, in which he encouraged SOEA members.

"You are our future," Bishop said.

Students who join SOEA also join OEA and the national affiliate National Education Association. The organization works with legislators to create policies that benefit students and educators. The organization also provides members with legal support and offers discounts on a variety of services.

Education majors interested in joining SOEA may do so online at nea.org. Membership information is also available by contacting Vicky Gilliland in Education Room 110 or by e-mail at Vicky.Gilliland.swosu.edu.



Easter pets are big responsibility

By **Micaela Suitor**
Staff Reporter

Decorating eggs, hiding them, getting tons of chocolate rabbits and marshmallow chicks - it sounds like Easter.

That is fun when you are little, but when you are older it is more fun is to actually have a real rabbit or a chick.

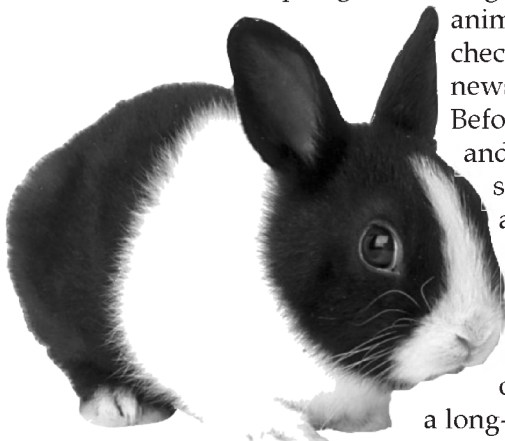
These pets are not just an impulse buy, though; they need a lot of care and love.

At Atwoods in Clinton, you can buy a chick for \$1.39 and a rabbit for \$9.99.

At a pet store, you can buy a chick for \$1.25-\$2.50 and a rabbit for \$39-\$50.

Another option is to adopt. There are tons of pets out there that need adopting. You can go to your local animal shelter or check listings in the newspaper.

Before running out and buying a furry sidekick, there are a few things you need to know. Rabbits have a life expectancy of 8-12 years. If a long-term pet is not



what you are looking for, then getting an older rabbit is best. Bunnies can be trained to use a litter box like a cat. They just need some training.

Rabbits are very fragile; they are very sensitive to heat. Its best to keep them in a climate controlled home. Temperatures above 80 degrees can cause heatstroke.

They need plenty of room to run around. Wire cages are best; they are easier to clean, and the rabbits cannot chew on them as they can wood. However, steps must be taken to ensure that the rabbit's feet aren't harmed by the wire floor.

As far as food goes, pellets are a good choice. For a smaller rabbit, 3 oz. a day is sufficient, and for a larger rabbit, they need one ounce per pound of body weight.

Rabbits love alfalfa. However, this hay is very rich and should be given to the rabbit only every once in a while. Grass hay can be substituted for alfalfa, and they can have as much grass hay as they want.

Water is the most important thing a rabbit needs. Make sure there is a clean, constant supply of water daily.

Baby chicks need heat for the first few weeks. A 100-150 watt bulb will provide enough heat. They need a hard surface to lay and walk on.

There is chick starter/grower feeding kit, which they will need to get their nutrients when they are young. As they get older, chickens require a different kind of feed.

Never squeeze or hug a chick because they have very fragile bones that will break easily.

This Week in History

- **March 9, 1959** - Barbie makes her debut at the American Toy Fair in New York City. The 11-inch doll was the first American mass-produced toy doll to have adult features.

- **March 10, 1876** - Over a telephone system, Alexander Graham Bell says, "Mr. Watson, come here; I want you."

- **March 11, 1818** - Mary Shelley's *Frankenstein* is published.

- **March 12, 1923** - Phonofilm, the first film able to record sound, is used to create the first movie with sound.

- **March 13, 1781** - Astronomer William Herschel discovers Uranus.

- **March 14, 1964** - Nightclub owner Jack Ruby is sentenced to die by the electric chair after he is found guilty of murdering Lee Harvey Oswald.

- **March 15, 44BC** - Julius Caesar is murdered.

Hitting the books over Spring Break? Check out these tips!

By **Rebecca Witt**
Staff Reporter

Spring Break is about partying, right? Actually, it is a time for students to study.

Do not panic. It does not have to be all work and no play. All a student needs are some helpful tips to show them how to study during Spring Break and still have a great time!

Tip 1: Be realistic. It is not necessary to study 12 hours a day during the whole break. Be realistic about travel plans and required family events. Most importantly, be realistic about what needs to be accomplished before school starts back.

Tip 2: Plan ahead. Before leaving town, it would be best if plans have already been made. It may be studying during the morning on Monday, all day on Tuesday, or in the evening on Wednesday. A student should write down

the things that he/she wishes to complete each day. Once that is done, gather the materials needed for each day of study, so that nothing is left behind.

Tip 3: Combine study materials. Instead of dragging along every book to the chosen destination during Spring Break, try to prioritize. Copy the parts of the book that you will need instead of taking the whole book. Using something like flashcards during airport waits could be helpful as well.

Tip 4: Break studying down. No one wants to read a 50 page assignment in one sitting. So instead, read five pages here and five pages there. Take breaks. Enjoy your Spring Break.

Tip 5: Reward yourself. All work and no play make for no fun. After studying for a reasonable time, go out with friends, take a swim in the pool or take a nap! By rewarding yourself for your hard work, you can feel better about yourself and enjoy Spring Break.

BULLDOG BITES

Readers may submit recipes to be published to thesouthwestern@swosu.edu.

Peeps on the Pond

from betterrecipes.com

- * 1 6 oz. package blue raspberry gelatin
- * 2 cups boiling water
- * 1 1/2 cups chilled ginger ale
- * 1 cups seedless green grapes
- * 1/2 cup maraschino cherries
- * 1 package Peeps marshmallow chicks

Put gelatin in a medium bowl and stir in boiling water. Continue stirring until gelatin dissolves. Pour in chilled ginger ale. Place bowl in refrigerator and chill until gelatin is slightly set but still syrupy in the middle. Stir in green grapes and maraschino cherries. Pour gelatin into an ungreased glass 8x8 pan. Arrange Peeps on top of gelatin. Return to refrigerator until firm, at least three hours.

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Ramon nets Lone Star Conference honors



Southwestern Oklahoma State freshman Lucy Ramon was chosen as the Lone Star Conference North Division Freshman-of-the-Year. Ramon, a 6-0 center from Mustang, was also voted to the five-person first team North Division squad in a vote of the league's seven coaches. Ramon was the only underclassman chosen to either the first or second teams.

Ramon led Southwestern in scoring averaging 15.7 points per game. She ended the year with 424 points, the third most points scored by a freshman in school history. She scored in double figures 24-of-27 times including scoring a season high 31 points in a win against Cameron. Southwestern finished the season with a 15-12 record.

She was joined on the first team by co-players of the year Lizzie Brenner of Central Oklahoma and Lacey Goldwire of East Central. Also on the team were Texas A&M-Commerce's Brittney Jordan and Northeastern State's Jezzel Quintana.

Perry selected to LSC North first team

Southwestern Oklahoma State University basketball star Nate Perry was selected to the first team Lone Star Conference North team after leading the Bulldogs to a 21-7 regular-season record. The squad was chosen by a vote of the seven head coaches in the division.

Perry, a 6-5 senior from Racine, Wis., led Southwestern in three offensive categories points (16.0 ppg.), rebounds (8.1 rpg.) and field goal accuracy (50.7%). He scored 20 or more points six times and had seven "double-doubles" in which he scored 10 or more points while pulling down at least 10 rebounds in a single game.

Joining Perry on the all-conference first team squad were Sam Belt of Central Oklahoma who was named player of the year, Scooby Johnson of Texas A&M-Commerce, Terrell Carpenter of East Central and Steve Neal of Northeastern State.

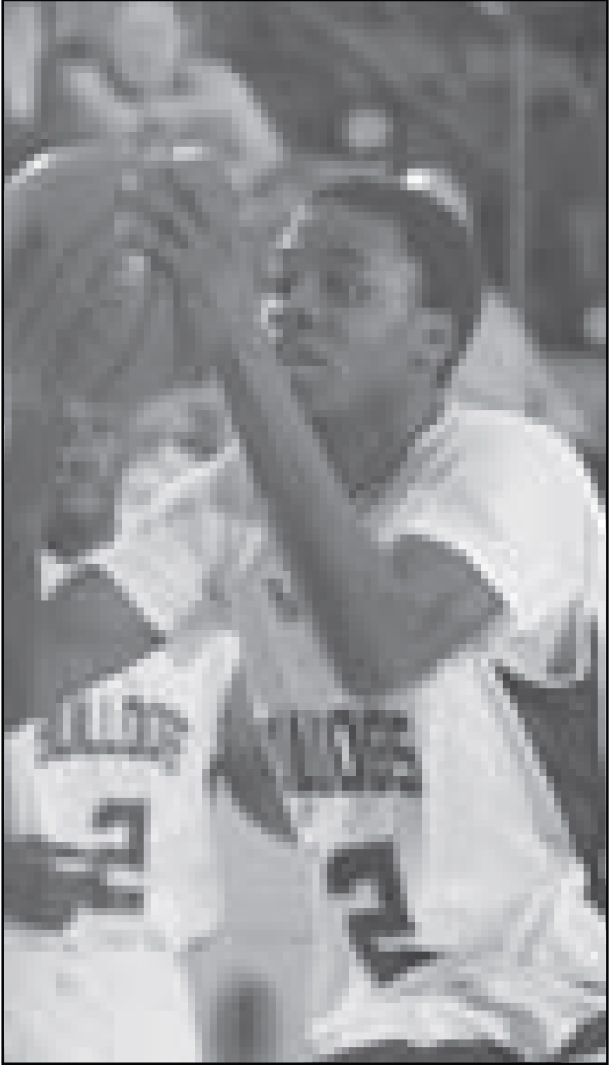
Southwestern had two

second-team selections with both Trevor Guy and Clarke Hale earning honors.

Guy, a 6-4 senior forward from Memphis, Texas, was second on the team in scoring (13.3 ppg.) and rebounding (6.3). He was twice named the Lone Star Conference North Player of the Week and ended the regular season scoring 20 or more points in four of his last five game.

Hale, a 6-3 junior guard from Azle, Texas, was again one of the team's primary outside shooters. He averaged 11.5 points a game and finished third in three pointers made with 48 and led the squad in assists with 86.

Todd Thurman shared Coach-of-the-Year honors with Central Oklahoma's Terry Evans. In just his second year, Thurman led Southwestern to a 21-7 record and a second-place finish in the LSC North. The 21 wins were the most for a Southwestern team since the 1988-89 season when the Bulldogs went 21-8.



Fath wins top academic honors

Southwestern Oklahoma State University's Grace Anne Fath was one of five Lone Star Conference North Division women's basketball players to be voted to the all-academic team.

Fath, a senior guard from Fort Smith, Ark., carries a 3.59 grade point average in biology. The team is voted on by conference sports information directors for those student-athletes who excel both on the field and in the classroom.

Fath finished second for Southwestern in scoring, averaging just over 11.3 points per game. She was the team leader in steals with 50 and three-pointers made with 44. She scored in double figures 17 times this season with her high-point mark coming against Eastern New Mexico and Cameron with 22 points.

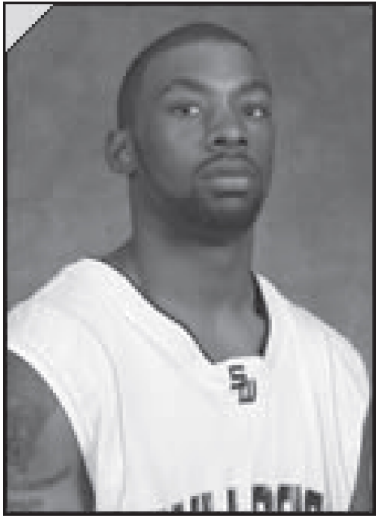
Fath last year won the same such award for her selection to the cross country all-academic team.

Southwestern's Jessica Gible



was also recognized for academic achievement with her inclusion on the Commissioner's Honor Roll for having in excess of a 3.20 GPA and earning a varsity letter.

Lawal awarded Defensive Player-of-the-Year



Southwestern Oklahoma State University basketball player Abdullah Lawal was chosen as the Lone Star Conference North Division Defensive Player-of-the-Year.

Lawal, a 6-2 junior guard from Plano, Texas, set a new school record by recording 91 steals this year. He led the Lone Star Conference averaging 3.25 thefts per game and was ranked third in NCAA Division II as of last week.

Lawal, who came to Southwestern in 2006 after beginning his collegiate career at the Uni-

versity of Wyoming, had his best season yet with the Bulldogs. Although he had a modest scoring average of just 4.4 points a game, Lawal was a constant menace to other teams often disrupting their offensive sets with his relentless pressure. He had steals in 27 of Southwestern's 28 games with his most coming when he swiped eight in an overtime win against Texas A&M-Commerce.

Lawal twice scored 13 points and had his only double-double of the year when he scored 13 points and pulled down 13 rebounds against Angelo State.



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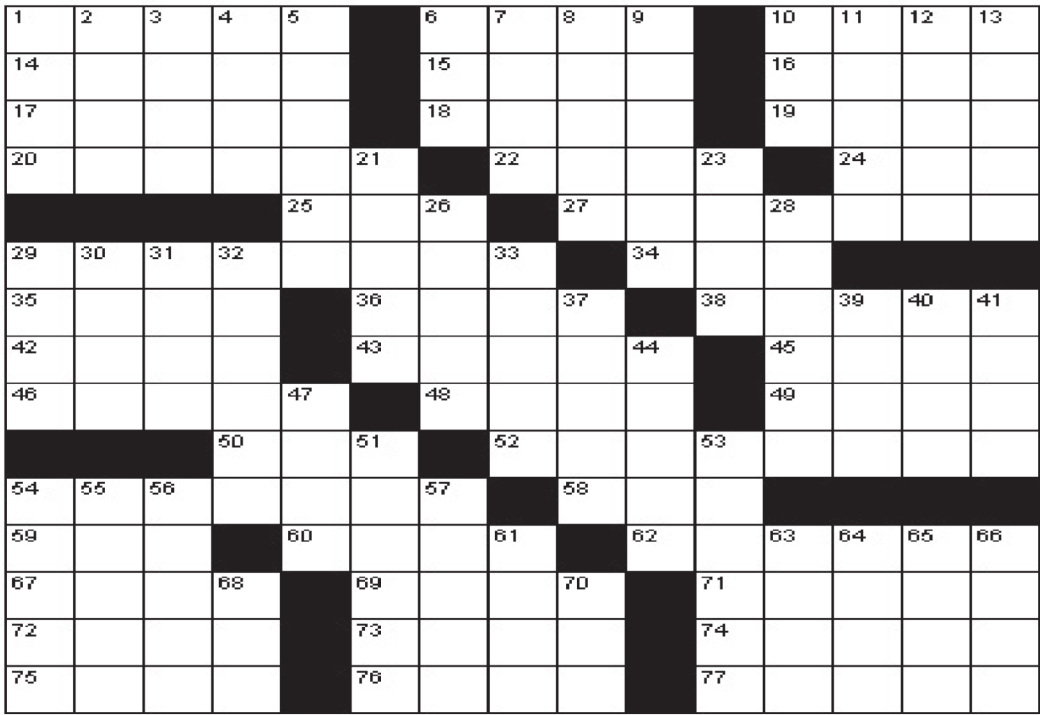
1. Surname of The Picture of Dorian Gray author
6. Work persistently
10. European river
14. Imbecile
15. English poet and satirist 1688 -1744, Alexander ____
16. Young woman
17. Cut drastically
18. Opposite
19. Upbeat
20. In this place
22. Essence
24. Expert
25. Fish
27. Author of The Canterbury Tales, Geoffrey ____
29. Cutting implement
34. Limb
35. Scottish for lake
36. Small monkey
38. Drama set to music
42. Aroma
43. French novelist, ____ Zola
45. Object of worship
46. Overwhelming fear and anxiety
48. Lucky Jim author, Kingsley ____
49. Make anew
50. Historic period
52. Essential thriller ingredient
54. Waiting for Godot author, Samuel ____
58. Spoil
59. Fuss
60. Unit of language
62. Concedes
67. Lacking sensation
69. Metal fastener
71. Rain and snow
72. Pinnacle
73. Square measure
74. Dark wood
75. Metallic element
76. Vegetable, related to onions
77. Italian poet, ____ Alighieri

Down

1. Specific desire
2. Not in active use
3. Prevaricator
4. Measure of medicine
5. Principles
6. Health resort
7. Yearn
8. Eye
9. Japanese female entertainer
10. Before or after the chicken?
11. Fragrant plant
12. Pair
13. Senior
21. Loop made with a slipknot
23. Edible root
26. Play
28. Referee
29. Swill
30. Finale
31. Graphic symbol
32. Piercing cry
33. Reads superficially
37. Ancient site of the Trojan war
39. Paradise
40. Fishing implements
41. Succulent plant
44. Literary composition
47. Ship's company
51. Unkeyed

53. Forced in order to open
54. Hackneyed
55. Elicit
56. Punctuation mark
57. Vestige
61. Dreadful
63. Napoleon esaped from this island in 1815
64. Author of Exodus, ____ Uris
65. Surface impression
66. Eye infection
68. Stratum of rock
70. Currency of Albania

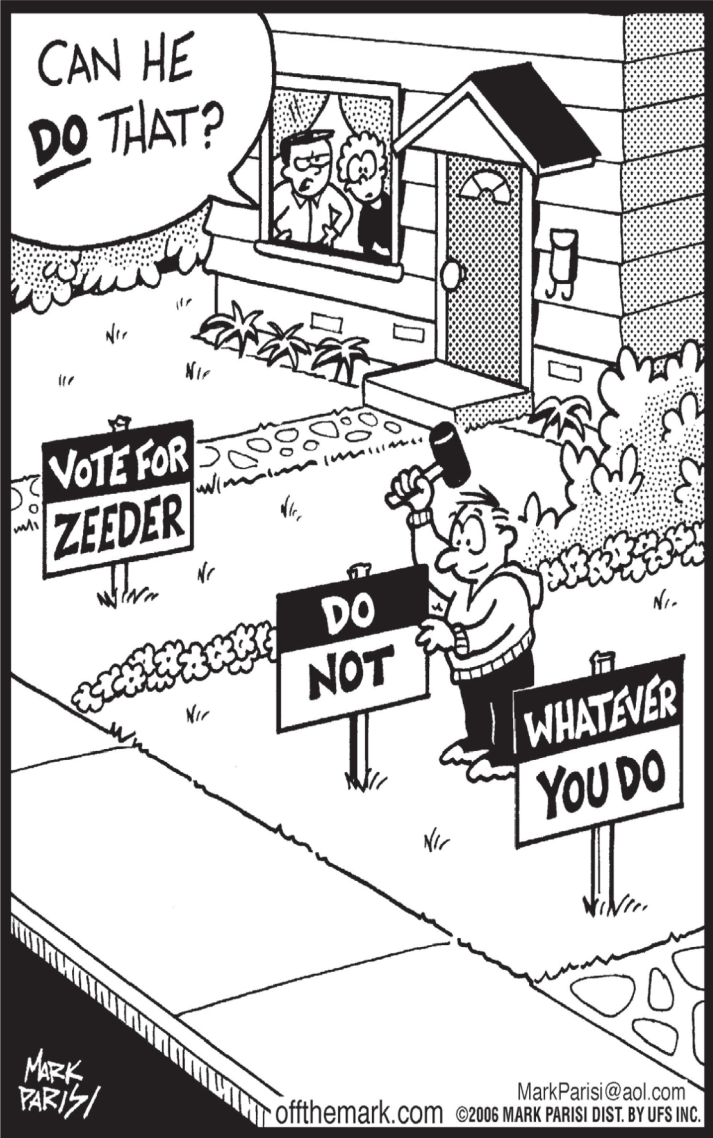
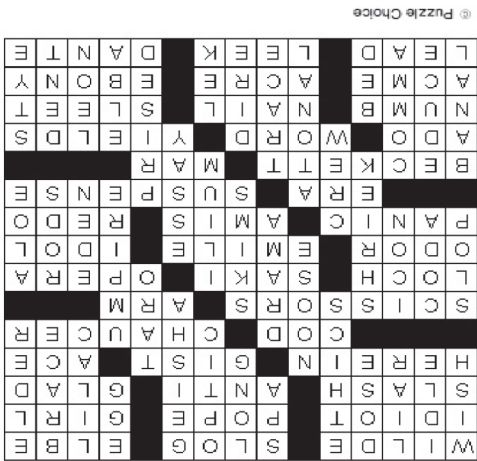
Standard US Crossword - March 2008



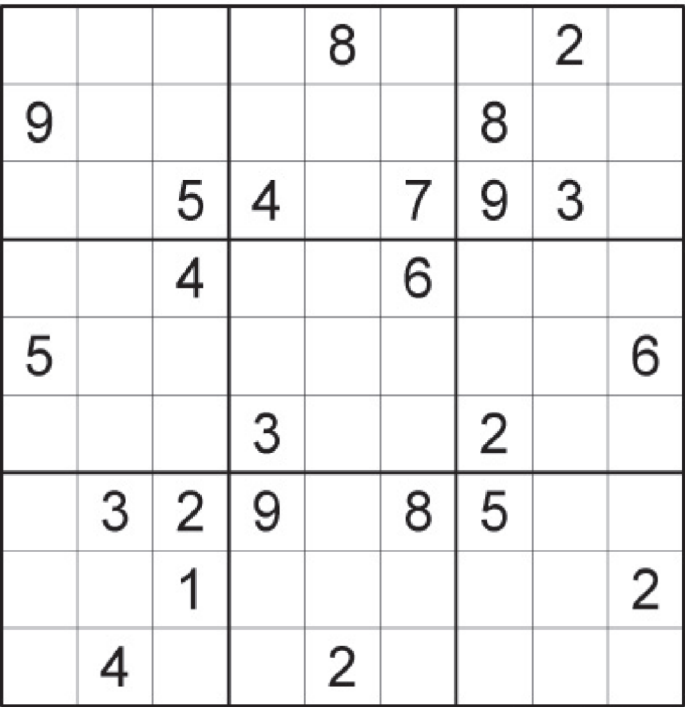
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CROSSWORD PUZZLE

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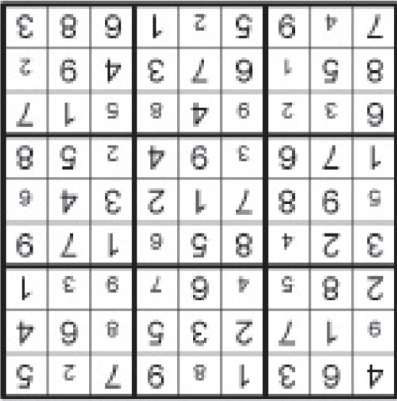


Sudoku



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Sudoku: Number puzzle in which numbers must be fit into a 9x9 grid such that each numeral appears exactly once in each row, column and each of nine 3x3 blocks



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