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Biology department remodels lab



Studying intently
Beth Ann Prophet and Michele Addington complete assignments in their biological concepts manual as Dr. Maness supervises the lab session.

Photo by Robyn Preston

Kevin Behrens
Staff Writer

The biological concepts lab on the third floor of the Science Building is being remodeled. "The lab is usable now," Dr. Bill Seibert said, "They're just putting the finishing touches on it."

The renovations include all new tables and table tops. "But it's almost all new," Seibert said.

Students found the renovation to their liking. Donna Straub said that the new arrangement "provides group environment rather than working just in the cubicles."

Sonja Kennedy prefers the group orientation as well. She said, "I think it will be better because students can work together."

According to Seibert the project was paid for with school funds and done by the school. He was not sure about the total cost. "But it would have cost a lot more of it had been by someone other than the school."

Another positive aspect about the project is that it increased the student capacity of the lab. The old lab would accommodate 19 students. The remodeled version can be used by 24 students at a time.

Minimum wage, skepticism increase

Chad Nye
Staff Writer

The nation's minimum wage went up Sunday for the first time in ten years, but some believe that the increase is not enough to pull millions of average workers above the poverty line.

The increase that went into effect Sunday brought the minimum wage from \$3.35 an hour up to \$3.80 an hour.

Also, the new minimum wage law created a subminimum training wage for specific teen-age workers. The new minimum wage will have a short life, as it will go up to \$4.25 an hour on April 1, 1991.

All of the talk about minimum wage has some people wondering where and when a minimum wage originated. The minimum wage was born in 1938 as part of the first Fair Labor Standards Act, and in the first forty years of its existence congress acted

six times for an increase. The purpose of these increases was to keep the rate at about fifty percent of the average hourly earnings of all non-supervising employees. In 1981, the minimum wage was raised to \$3.35 which at that time equaled 48 percent of the national average. Since that time, the minimum wage fell to an all-time low of 35 percent of the nation's average last year according to the AFL-CIO.

Though the minimum wage

has been increased, there is still a concern that is not enough. Even with Sunday's increase, full-time minimum wage workers will be \$516 a year below what the government figures it takes to support a family of two at the poverty level. That same wage earner will be \$4,796 short of the basic needs level for a family of four. According to the government, the poverty level for a family of four was \$12,700 for the month of February. Jo Ann Mort of the Amalgamated Clothing and

Textile Workers Union says, "Right now, it's not at a level where people can pull themselves out of poverty." Polls indicate that a majority of Americans support a minimum wage of \$5.00 an hour at the least, but supporters of the recent legislation say that a 45 cent increase will save more jobs than the proposed \$4.55 per hour increase that President Bush vetoed. The \$3.35 or \$3.80 debate will not last long because in just 364 days the minimum wage will go up again.

Schools host Health Week

Jenny Lellman
Section Editor

In conjunction with "Health Week 1990," the Division of Nursing, along with Student Health Services, has coordinated several of the health-related schools on campus for a "Health Fair."

The idea behind their efforts to conglomerate the groups is to share their joint resources

as a university. The chemistry, biology, home economics, physical education and student health services departments represent a few of the departments planning exhibits at the fair.

On Thursday, April 11, from 10 a.m. to 1 p.m., in the Student Union Ballroom, the event will take place. This is the Health Fair's debut, but its coordinators would like to see it become an annual affair. Just a few of the things

planned are cholesterol testing (for a \$2 fee) compliments of Elk City Memorial Hospital, advice and counseling to those with high cholesterol levels and how to get it down, and pamphlets and brochures on nutrition and health awareness to be available to the public.

This fair was designed so students will become aware of interrelation other schools on campus have with the medical field.

Champs honored

State officials to recognize Dawgs

National champion Lady Dawgs will be honored today at the Oklahoma State Capitol in Oklahoma City.

Rep. Bill Widener (D-Weatherford) and Sen. Bob Kerr (D-Altus) made arrangements to have the team honored in both the House of Representatives and Senate chambers. There is a possibility the team will also be meeting with Governor Henry Bellmon.

In other basketball news, Southwestern women's coach John Loftin will be coaching the west squad in the East-West Oklahoma College All-Star game to be played April 7 at 5:30 p.m. on the Oklahoma Christian University of Science and Arts campus in Edmond. Proceeds from the game will benefit the Leukemia Society of America.

SWOSU will also be represented in the contest by senior players Kayla Thompson, Renay Yarbrough and Carla Duncan.

INSIDE

Editorial
Breakfast hours leave student hungry
Page 2

Lifestyles
Losing weight can be easy and fun
Page 4

Campus
Tau Kappa Epsilon leading the way
Page 5

Sports
Baseballers start season with winning record
Page 9

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Editorial


Resolution

WHEREAS, the week of April 9 through April 13, 1990, is Health Awareness Week; and,
 WHEREAS, good health is extremely important to the well-being of all persons; and,
 WHEREAS, Southwestern Oklahoma State University encourages its students, faculty and staff to become aware of the importance of good health; and,
 WHEREAS, Southwestern Oklahoma State University believes that it is very important for all individuals to practice those things which promote good health such as proper diet and exercise;
 NOW, THEREFORE, BE IT RESOLVED that Southwestern Oklahoma State University declares the week of April 9 through April 13, 1990, as Health Awareness Week on the campuses of Southwestern Oklahoma State University.
 ADOPTED by Southwestern Oklahoma State University this 2nd day of April, 1990.

Leonard Campbell, President

Attest:
Joe Anna Hibler, Executive Vice President

Member Association of College Honor Societies



Phi Alpha Theta
International Honor Society in History

Headquarters Office: 2333 Liberty Street, Allentown, PA 18104 — Phone (215) 433-4140
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Dr. Leonard G. Campbell, President
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Weatherford, OK 73096

Dear Dr. Campbell:

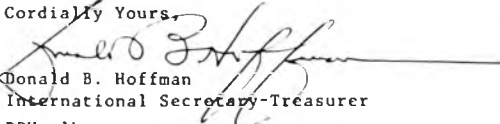
Each year Phi Alpha Theta sponsors almost forty regional meetings across the entire country. These meetings involve papers by student members only. I never cease to be amazed at the interest and ability of our student members and this year was certainly no exception.

I have recently received reports from the meeting held in the Oklahoma area on March 3, 1990. I am happy to advise that Burna Cole and Richard Brookman of Xi-Omicron Chapter from Southwestern Oklahoma State University participated. The paper presented by Burna Cole titled "Rainy Mountain Indian School, 1892-1920: Acculturation and Subculture." and the paper presented by Richard Brookman titled "Comicdon: The Evolution of Comic Books and their Reflection of Society." were excellent papers and were very well received.

I am always more than happy to write to the executive officers of our colleges and universities to tell them of the fine papers presented by students from their campus. At the same time, without the interest and support of the faculty members and without the strong determination for academic excellence by your administration; a climate for academic achievement could not be reached.

Phi Alpha Theta has continued its firm support for recognizing this excellence through our sponsorship of Regional Meetings of our chapters. The student members have an opportunity at these meetings to present their papers on any field of History in which they are working and have the chance to support their thesis in the discussions that follow.

My congratulations to the student and my appreciation to the History Department and to you, for making their successes possible.

Cordially Yours,

 Donald B. Hoffman
 International Secretary-Treasurer
 DBH:v1b

Student left hungry because of Breakfast hours

Brady Brus
Staff Writer

Would you go to breakfast more often if it were served longer than it is now? Many people say that they would.

Currently breakfast at the student union is served from 7:00 through 8:15, only one hour and fifteen minutes. If it is true that breakfast is the most important meal of the day, why doesn't it get equal time? The time set aside for lunch is two hours and 45 minutes, from 10:30 a.m. to 1:15 p.m. Dinner gets two hours, from 4:30 p.m. to 6:30 p.m.

As Paul Lambert, a sophomore English major, puts it, "I even have meal plan three, but I don't go to breakfast because it is served too early."

I have often heard students claim that if breakfast were served even 45 minutes longer, until 9:00, they would utilize the meal service.

With more students going to breakfast, more expensive meal plans would be purchased. That would mean more money for the university, just by adding 45 minutes to the breakfast schedule.

Students who choose not to go to breakfast pay for meal plan one, \$425.00 a semester for lunch and dinner only five days a week. Students who pay for meal plan two pay \$465.00 a semester for breakfast, lunch, and dinner five days a week.

Forty dollars more per student each semester could help the finances of the college. Would 45 minutes added to the schedule be worth it? I think so.

Dieter tries again

Lori Craun
Section Editor

Spring is swiftly approaching and with this glorious season comes thoughts of banquets, dances and formals. Unfortunately it also brings thoughts of a somewhat less appealing nature-diets. Yes, you heard me, diets. It is that time of year when students desperately hope to fit into the formals they deliberately bought two sizes too small.

I admit, I, too, am on the diet kick. Actually, I have been on one since the beginning of the year. It was my New Year's resolution, and let me tell you on thing. More and more I'm beginning to believe Garfield the cat when he said, "diet is just a 'die' with a 't'."

Although my dieting enthusiasm has steadily gone down since then, a quickly approaching spring formal has added new spirit to my effort.

As a matter of fact, I am going to share with you my easy dieting strategies.

First of all, you need to cut down on food. An easy way to do this is by never going into your kitchen. If you never go into your kitchen, you can never eat. If, however, this plan does not work for you, you can try the subliminal approach. Just tape little signs up wherever you have food, like the refrigerator. Here are a couple of the ones I have in my kitchen: Down with flab; Diets are fun; and-my personal favorite-I like lettuce.

If this still does not inspire you, I have a final method guaranteed to do the trick. It will help you visualize your weight-loss goal. By using this method, I am sure that you will, in no time, fit into that special formal. If not, at least you'll have an interesting conversation piece.

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The Southwestern encourages comment from the student body, faculty, and administration in the form of letters to the editor. All letters should include a name and phone number (or extension), however the name may be withheld on request. The phone number will not be printed, but it will allow us to contact the writer should the need arise. Letters should be sent or brought to *The Southwestern*, Room 117, Science Bldg., telephone 774-3735.

The opinions expressed on this editorial page are the opinions of the writers, and not necessarily the opinions of the university administration. The Southwestern Publishing Co. is solely responsible for the content of this newspaper.

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Lifestyles

Grin and share it: that healthy humor

Reggy Scott
Assistant Editor

Picture those childhood days when Saturday morning appeared with the joy of cartoons or that relaxed feeling experienced after seeing a good comedy. New research shows that the simple pleasures of humor can actually lead to good health.

Society is faced with many questions relating to sickness, stress, and other health related problems. The answer may be hidden in the belly of laughter. Not only does a good laugh help relieve stress, it can often have effects on the human body, which were not until recently proven medically sound.

Research in the area of using laughter to combat health problems reaches back 80 years ago. A French physician, Israel Waynbaum speculated that muscle contractions in the face during laughter might allow blood to flow easier to the brain, which could result in feelings of joy.

More recently, research across the country has shown that laughter helps the body to provide its own medications. The Journal of the American Medical Association cited the ability of the human brain to produce morphine-like molecules as a result of laughter and delight.

William Fry, a psychiatrist of the Stanford Medical School has studied the effects of laughter for 30 years and compares it to a type of "inner

jogging." He says, ten seconds of heavy laughter can increase the heart rate as much as ten minutes of strenuous rowing. Fry's research has found that a good laugh helps circulatory and respiratory systems while exercising the heart.

Medical researchers at several institutes believe laughter is a physiological response initiated by the brain, which triggers oxygen to be released to the brain.

The actual pioneer in making the public aware of the effects of laughter is the author of *Anatomy of an Illness*, Norman Cousins, who reported that laughter assisted in his recovery from a progressive connective-tissue disease.

Two elements in battling any serious illness are outlined by Cousins. Of course one is related to the doctors ability to give patients the

best care possible. Secondly, he focuses on the patients ability to call on all their physical and spiritual resources to combat their disease.

Cousins believes firmly in laughter's ability to relieve pain, but is quick to illustrate that illness is not a laughing matter to be used as a substitute for traditional medical care. His emphasis is placed not only on humor, but on an array of positive feelings like hope, faith and the determination to live.

Many hospitals have followed Cousins' inspiration and installed humor related programs across the nation. For instance, at Oregon Health Sciences University nurses proudly wear buttons that proclaim, "Warning Humor may be hazardous to your illness".

Facilities designed to let patients enjoy humorous

surroundings have produced extremely positive results. Patients become more relaxed and responsive while laughing and enjoying themselves. The Duke University Comprehensive Cancer Center has put humor to use in an everyday process by creating the "laughmobile", a pill cart used by the recreational therapists to offer comic books, games and monologues by comedians like Bill Cosby.

Another example of laughter's effects is seen in Texas Tech University's experiments which produced findings that laughing can be linked biochemically to the release of natural painkillers that fight inflammatory conditions like arthritis and possibly slowing the release of stress hormones.

C.W. Metcalf, a self-styled "humorologist", who has made a career of teaching people to deal with everyday stress, urges his audience to lighten up through techniques dealing with humor. Interestingly, his methods have been tracked to produce highly successful results. One human resource development director at the Colorado Health Sciences Center found that a group of employees who participated in Metcalf's seminar showed a 25 percent decrease in downtime, an 80 percent increase in self-assessed levels of dealing with stress and an overall 60 percent rise in job satisfaction.

Psychologist William James statement, "We don't laugh because we're happy, we're happy because we laugh", illustrates today's new outlook on laughter as a step in helping our society become more healthy with the proper dose of HA-HA-HA!

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Losing weight can be easy and fun!

Lisa Hohweiler
Section Editor

Dieting, it is a word that is commonly heard and is also something that 99% of us do at least once in our lifetime. Not only is it heard either, we read about it, too. Every month at least one magazine

has some sort of diet plastered on the cover. They range from liquid diets that models use to the ever famous, "Lose 10 lbs. in five days, I did!"

Boy, wouldn't we like to believe them and for a few seconds we do, but then we lose self-confidence or con-

vince ourselves it is a hoax. Diets can be very harmful, especially the ones in two dollar magazines.

Believe me, I have tried them all and none of them were adaptable. I have no longer fallen for the diets that say I will have a models body in two weeks if I stick to

their diet. I decided that I wouldn't go on another magazine diet. Instead I simply made up my own diet, and even though I do not "abide by the rules" 24 hours a day, I keep my weight down. My secret is something else that is commonly heard— exercise and eat

well.

No, eat well does not mean eat "all you can," it means eat better and healthier foods. Not only will you cut out and burn some calories, you will feel better about yourself.

Stress, new and better ways of handling it

Lisa Hohweiler
Section Editor

Everyday the average American goes through some sort of stress. Some people can control it and some people can't. For those people who can't handle too much stress, those around us suffer. Learning to

handle stress takes the right attitude and time. Here are some helpful ideas in helping to reduce stress.

Don't show up on time for your next appointment, be early. This will help you prepare for whatever you are waiting for. During this time take a deep breath and collect

your thoughts, this will help you become in control and make you feel better about yourself.

Another good idea is to go to bed one hour earlier than usual. This way you can wake up an hour earlier and get a good start on your day. Later you will feel better about

yourself and you will not feel so hurried through the day.

And last but not least, have a positive attitude toward the day. Researchers say that optimistic handle stress easier than others.

Statistics show that the average American spends five years of his life standing in

line, two years returning phone calls, and five months waiting for a traffic light to change. No one can live this way and not have a little stress on their back. So with these tips you can learn or at least try to handle stressful problems that come up every-day.

Believe it or not, it's true!

Lisa Hohweiler
Section Editor

Below are some interesting facts that may seem hard to believe, but are true according to various "Cosmopolitan" magazines.

Would you believe that out of all the terrible things Mother Nature produces such as floods, hurricanes and tornadoes, that heat waves kill more people? Believe it or not, it is true, with summer approaching the temperature is rising so, take cover and drink plenty of fluids when you are out in the sun.

For those calorie counters, beware! Calculations have shown that a regular, single-colored stamp contains .07 calories! Yes, it is true, you would have to lick 15 stamps to ingest a whole calorie!

Are you nuts about nuts? If so you are in luck! A six year

study has shown that nuts appear to be the only food that helps in preventing a fatal heart attack. Keep those peanuts coming!

For contact lens users only! Studies have shown that extended-wear contact lenses that are safe if left in for up to seven days pose danger if not removed daily and cleaned. If left in Ulcerative keratitis, can appear. Ulcerative keratitis, is the growth of bacteria trapped between the lens and corneal surface. Remove those contacts daily so you won't suffer from loss of vision.

Even though some of these facts seem very doubtful, everyone of them are true. Here is some good advice-- drink water, don't lick stamps, remove your contacts and be sure to eat peanuts.

Vitamins help

Lisa Hohweiler
Section Editor

Starting early treatment for your health is smart, but most people do not think about it until it is too late. Maintaining a decent weight is important and so is exercising, but caring for your heart? According to "Mademoiselle" magazine studies have shown that vitamins C and E help nourish the heart. Even though tests have only been practiced on animals, the evidence is strong enough to advise daily supplements of vitamins C and E.

How do vitamins C and E help nourish the heart? These vitamins are essential in preserving glycosaminoglycans (substances found in the arteries). Without enough of these vitamins the artery lining deteriorates and devel-

Calorie counters, beware!

ops cracks that fill with cholesterol. These vitamins help in many other ways too, vitamin E has just been found to help pro-

tect you from ozone pollution found in smog. This is very essential because ozone is known to promote cancer. Start taking your vitamins.

Below are some facts about three of the largest food chains located here in Weatherford. Many people go on diets, in fact all most

everyone goes on a diet at least once in their lifetime. With these facts you weight watchers out there will have it easier.

McDonald's		2 pieces extra-crispy recipe	544
Hamburger	260		
Big Mac	570		
McD.L.T.	680		
6 Chicken McNuggets	320		
Chocolate shake	380		
Pizza Hut		Half a 13-inch medium-size Thin 'N Crispy standard cheese pizza	680
Kentucky Fried Chicken		Half a 13-inch medium Supreme pizza	800
2 pieces original	393		

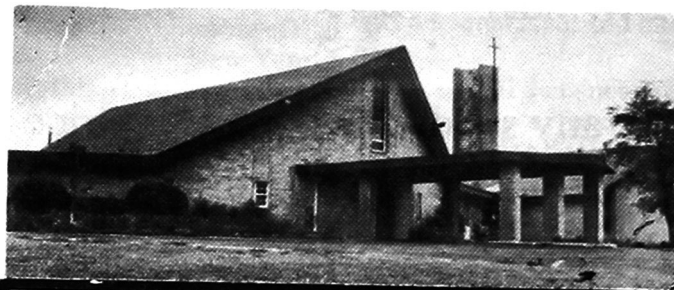
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Campus

TKE: Leading the way

Karen Branson
Staff Writer

The SWOSU chapter of Tau Kappa Epsilon wants to be the "fraternity of the future" by leading the way with a different new member program. Mitch Fuller, TKE treasurer, said the new program will mean doing away with the old pledgship where prospects become members after a full semester of pledging. Instead, rush (recruiting interested students) will be followed by a two-week pledgship immediately followed by initiation as a member into the fraternity.

Fuller said, "This eliminates the division between the members and the pledges which will bring about more unity within the fraternity." He said that the purpose of pledgship is actually to educate pledges about the fratern-

ity. Now, learning the history, brotherhood, what's expected of them as members and what the fraternity has to offer them will be an ongoing process for new membs. "Pledgship is archaic, and the new way will omit any chances of hazing," said Fuller. Fraternity hazing and pranks have been known to result in serious injury and even death at some universities. Many have resulted in lawsuits against the fraternity.

Fuller said the program was one aspect of "risk management" discussed at a recent TKE regional leadership conference. "We believe pledgship will be completely phased out from all colleges and universities within five years. Our goal is to be the best fraternity on campus. We want to lead the way and be the fra-

ternity of the future by being the first to establish this program next fall," said Fuller.

There is a move for all fraternities to inject new life into the Greek system. The TKE's selected Special Olympics as their philanthropy last year. According to Fuller, the level of assistance provided by the fraternity in the past will increase. The fraternity has contacted Terry Kerr, Oklahoma Executive Director of Special Olympics, and requested the opportunity to be involved in helping to organize the event.

Another community service volunteer effort was made by the TKE's when they offered their services to the teen center, Ernie's. "This gives us an opportunity to raise our standing in the community and localize our efforts," said Fuller.



Chamber contributes

Marsha Trent of Weatherford (center) and Lynn Feil of Woodward (right), both student officers of the Alpha Psi Omegas chapter at SWOSU, recently received a \$300 check from Byron Cox, chairman of the public affairs committee of the Weatherford Chamber of Commerce, to kick off an "Invest in a Vest" drive to provide bullet-proof vests for Weatherford policemen.

History Club MOVIES

Coby Hood
Student Writer

The Southwestern History Club will present the internationally acclaimed Danish film, "Pele the Conqueror", on Tuesday, April 10 at 6:30 p.m. According to reviewer Stanley Kauffmann, "the peculiar hold of [the movie] is that it seems to situate us a bit above the earth, watching it turn and watching the course of numerous lives for a year." The plot concerns the adventures of the aging immigrant farmer, Lasse, and his son, Pele, with subplots involving the many inhabitants of the intricate local farming community.

Kaufmann says that highlights include "the tyranny of the foreman; the lecherousness of the owner; the gypsy-like woman who sometimes shouts at the front door of the manor house, dragging along her and the owner's mentally defective son; [and] the cries and moans of the owner's wife heard from the manor house." With Max von Sydow as Lasse, Pelle Hvenegaard as Pele. Adapted for the screen and directed by Bille August. "Pele the Conqueror" will be shown in the

Census jobs available

If you are a college student with some extra time and would like to earn money while helping account for the residents of Custer county, then the Bureau of the Census has a job for you. Currently there are 18 census jobs available in Custer county. Applicants must be 16 or older with a high school diploma or the equivalent, and they could have access to a vehicle since some travel is required. The pay starts at \$5.00 an hour and workers receive 24 cents per mile for travel. If you are interested in these jobs call the U.S. Census Bureau office in Enid collect at 237-2036. They will set a time and place for applicants to take the census workers exam.

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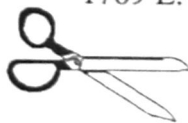
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Speech students perform for elementary

Bennie Williams
Staff Writer

Eleven SWOSU students from the speech department, along with sponsor Sherrie Sharp, went to the East Elementary grade school to pro-

vide special entertainment for the second graders. There were a variety of acts performed.

To begin the show, Lisa Chesterfield recited from a book entitled "The Butter Battle Book", by Dr. Suess. The really big eye catcher was when Kyle Vannoy came out in his Egor character outfit,

complete with a green face and a huge melanoma wart on his face. The students "oohed" and "awwed". The kids also enjoyed an impromptu version of "The Three Bears" performed by Marcia Trent (Goldilox), Kale Haggard (Papa Bear), and Kim Charles (Mama Bear).

Lynn Feil recited a short

poem about finding excuses not to go to school, which the children related to easily. To end the show, Jessica Massey Dan Heath, Michelle Vanderveer, and Lucinda Nordquist performed the story about the Velveteen Rabbit. The children were very attentive, and appeared to thoroughly enjoy the change from their

ordinary routines.

The speech department felt honored to be included in this special service to the elementary students.

"Performing for the elementary students was good experience. I enjoyed entertaining younger people and serving the community," stated Lisa Chesterfield.



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Sports

Sports Talk

Jim Burrows
Sports Editor

What is a sportsman? The sportsman is the foremost authority on every sport no matter what it is. These are the top ten signs.

1. The sportsman is unable to touch toes (or in extreme cases, even to view them).
2. The sportsman can go to games and hurl obscenities at even the finest athletes, even though he failed to make his junior high team of the same sport.
3. The sportsman hates all coaches, no matter how successful, and could easily outsmart any of them with his left brain tied behind his back.
4. The sportsman watches ESPN eight hours daily.
5. The sportsman always blames the little league loss on someone else's kid.
6. The sportsman knows it's not whether you win or lose, because it's always the referee's fault.
7. The sportsman is not athletic now, but in high school he was All-American in five different sports.
8. The sportsman's loss of athleticism since the glory days can be attributed to a knee injury.
9. The sportsman still believes Pete Rose never gambled.
10. The sportsman is usually a Dallas Cowboys fan.

Rodeo goes to Kansas

Lady dawgs come back with third place

The Southwestern rodeo teams opened the 1990 Central Plains regional spring circuit of rodeos on March 23-25 at the Ft. Scott Community College rodeo in Ft. Scott, Kan. The Southwestern women's squad took second place, while the men's team did not place in the top three.

Ft. Hays, Kan., won the women's team title, while host Ft. Scott won the men's title.

In individual competition, Jackie Barnard of Leedeey won second place in the women's all-around competition while Cassie Honey of Lajunta, Colo., placed third in the same competition. Barnard took

first place in the short go round and second place in the average of breakaway, and she also won the long go round in goat tying.

Honey placed third in the long go of breakaway, third in both the short go round and average of goat tying and second in the long go of barrel racing.

Also, Lesa Arnold of Pryor won first place in the average, second place in the short go round and third place in the long go round of barrel racing. Kim Stamps of Norman won third place in the short go of breakaway, and Kelli Snodgrass of Foster tied

for third place in the average of barrel racing.

In the men's competition, Southwestern's Phil Clifton of Clinton was the lone Bulldog to place as he won first place in the short go round and third place in the average of steer wrestling.

Southwestern's rodeo teams were in action again last weekend, March 30-April 1, as they traveled to Manhattan, Kan., to compete in the Kansas State University rodeo. Southwestern's own rodeo will be held April 12-14 in Weatherford, beginning at 7:30 each evening and one p.m. on Saturday.

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Student learns basketball from the best

Paul Lambert
Staff Writer

In the District Nine women's basketball semi-finals I had the unique opportunity of sitting next to Bertha Frank Teague, an Oklahoma legend and an interesting lady.

For those who are unfamiliar with Mrs. Teague, let me give you the pleasure of an introduction. Bertha Frank Teague was born on September 17, 1901 in Carthage, Missouri. She began her legendary climb to basketball fame when she became the high school girls basketball coach at Byng, Okla. in 1927.

Having never played or coached, she fared pretty nicely. Teague went on to coach for 43 years at Byng and in those years she achieved 38 conference titles, 22 regional championships, 40 district crowns, and eight state championships, all of which are still state prep records.

While coaching, her Lady Pirates compiled a winning average of 90 percent with 1,157 wins and 115 losses. This fantastic winning percentage enabled Teague's team to make 22 state tournament appearances and a 98 game winning streak, yet another record. Teague had five undefeated seasons in her coaching career and informed me that five of her girls never

lost a basketball game while playing under her.

The basketball game coached by Teague in 1927 is a far cry from the game played now. She is considered to be one of the frontier people who helped modernize the game of girls basketball.

"The state demanded that the girls play in long bloomers and high socks," Teague said. "It didn't take me long to take those off and put shorts on."

Teague also mentioned that the players were limited on the amount of dribbles and time in the lane was unlimited. Teague used her strategic coaching to take advantage of these out of date rules.

"I had a girl that couldn't walk across this court and chew gum without falling down," said Teague, "but broke the record in the state tournament because she was so tall. We just planted her in the lane and threw her the ball all day," she said.

The fact the Teague took advantage of such rules is surely a partial reason for the elimination of these and other ancient girls basketball regulations.

Teague shared one story of how she was able to get a change through the girls basketball national rules committee, which she served on at the time.

She had the girls in the classes at East Central University, where she taught

during the summer, mail letters to the national rules committee requesting the change. She instructed the girls to mail the letters only after returning to their individual hometowns throughout Oklahoma.

Teague said the national committee was impressed by the apparently widespread movement to change the rule and informed her the young ladies in Oklahoma must really feel strongly about the change.

Teague said it took years before the public accepted girls basketball and feels that it has come a long way with an even brighter future. She believes that at present, females are accepted in practically every sport and says it's good to see such large crowd turnout at a girls basketball game.

Although Teague has stopped coaching basketball, she has not stopped winning.

Teague's honors include Oklahoma Girls Basketball Coaches Association Hall of Fame inaugural inductee, Special Service Award, National High School Athletic Coaches Association, National Federation of State High Schools Hall of Fame, Naismith National Basketball Hall of Fame, Missouri Basketball Hall of Fame, and the Oklahoma State University Alumni Association Hall of Fame.

Despite all her state and

national awards, Teague said her most joyous moment came when she was inducted into the Oklahoma Sports Hall of Fame.

"Being nominated into the Oklahoma Sports Hall of Fame topped them all," Teague said. "I was more excited for that than when I was inducted into the National Basketball Hall of Fame."

Teague headed the foundation for the first Girls Coaches Association here in Oklahoma and aided other states in getting theirs off the ground as well. She also conducted the first girls basketball camp in the Southwest.

Among all of Mrs. Teague's firsts, none is more celebrated than her being the first woman coach inducted into the Naismith National Basketball Hall of Fame.

Upon induction she received a very unique pendant. All prior inductees, being male, received a man's ring as a gift from the hall of fame committee.

Teague received the same ring face but the committee had it placed on a gold chain to be worn as a necklace.

Teague told me of a time when a young waitress found

her unusual pendant quite intriguing. After the waitress had gathered enough nerve she approached Teague and inquired where she had gotten such a rare piece of jewelry.

"I rode a bus for 43 years," Teague quickly replied.

Mrs. Teague's life has been more than just basketball victories and inductee banquets. She has experienced her share of harsh times as well.

Teague sadly reflected of the time when her husband had passed away and of the incredible hardship she had to overcome.

"I just had to keep on going," Teague lamented.

Beyond all the witty remarks and glorious memories is a fighter and survivor.

Teague has struggled with and survived ornery high school girls, narrow minded rules committees and a masculine public perspective.

This architect of basketball has also won many games, has watched the public accept the growing sport of girls basketball, and has lived to see her name on the walls of a half-dozen hall of fames. A winner on the court, Bertha Frank Teague has truly been a winner in life.

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Golf team wins second place in Durant

Chad Nye
Staff Writer

The Southwestern golf team traveled to Durant Monday, March 26 for the first leg of the OIC tour hosted by Southeastern. Though the Bulldogs posted a second place finish in the team standings,

Southwestern's Dwayne Faust took top individual honors.

Faust placed first with a 143 total and shot a four under par 32 on the last nine holes. Other placers were East Central's Mike McQuain, who had a 144 total to place him a close second to Faust; Lee Perry of Northeastern, whose

147 total claimed the bronze medal; and Jeff King of East Central and Gregg Deitz of Northeastern both finished with 152 totals to tie for fourth place.

Though Faust was the only Southwestern golfer to bring back a medal, several other Bulldogs played, and played well.

Don Stokes finished with a 154 total, just two strokes off the fourth place 152 score of King and Deitz. Jeff Schaffer made another strong finish with a 155 total. Bruce Etter returned to the clubhouse sporting a 161 total, and Shawn Scott finished with a 162.

As a team the Bulldogs finished second with a 610 total

behind East Central's 607. Southwestern finished ahead of Northeastern and host Southeastern who had 613 and 659 totals, respectively. Northwestern does not play golf.

The next stop on the Oklahoma Intercollegiate Conference tour will be in Weatherford on Monday, April 9.

Baseballers start season with winning record

As of March 29, Southwestern's baseball team at Weatherford had compiled a 9-6 record. The Bulldogs should be contenders this season for both NAIA District Nine and Oklahoma Intercollegiate Conference championship titles. Five of Southwestern's six losses have come to ballclubs rated in the NAIA top 20 poll.

Shawn Nunley is leading the team in batting percentage, with a mark of .391 with nine hits in 23 at bats. Nunley is a freshman from Sterling. Rick Castaneda, a senior from Midland, Texas who plays third base for the Bulldogs and who was a first team All-District selection last year, is hitting

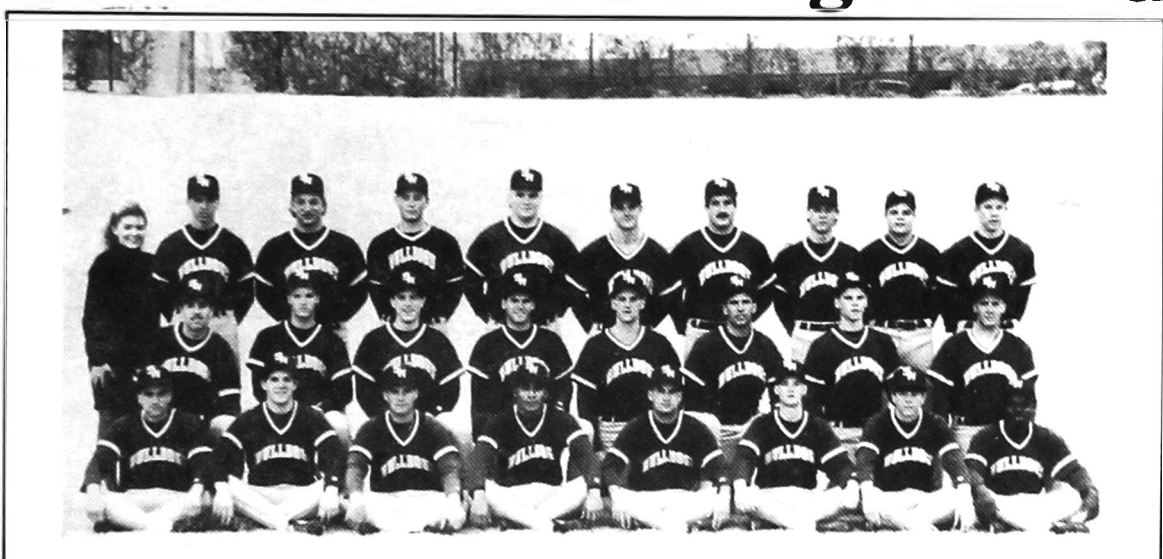
.367 for the Bulldogs with 18 hits in 49 at bats.

Zed Stephens, junior from Mustang, is batting .357 with 10 hits in 28 at bats.

Castaneda leads the team in home runs with two. Thomas, a senior from Durant, leads the Bulldogs in stolen bases so far this year with five.

Jim Brown, junior pitcher from Burns Flat, is 3-0 on the year for the Bulldogs, as is Tony James, a sophomore from Blanchard. Darren Hatter has recorded 27 strikeouts to lead the Bulldogs.

The Bulldogs will play in Weatherford this Saturday against Southeastern. Game time is 1:30.



The 1990 Bulldogs are (front from left): Chad Cross, Robbie Gage, Clint Roles, Rick Castaneda, Shawn Paulk, Shawn Nunley, George Clevenger, Lynn Booker. Middle row: Adam Cisneros, Tony Rodgers, Eric Stephens, Terry Nylund, Darren Hunt, Brian Miller, Shane Hacker, Andy Eckstein. Back row: Annisa Nowlin (statistician), Tate Thomas, Tony James, Brian Young, Chuck Melton, Jim Brown, Darren Hatter, Tommy Peters, Tommy Campbell, Jeff Gilleland.

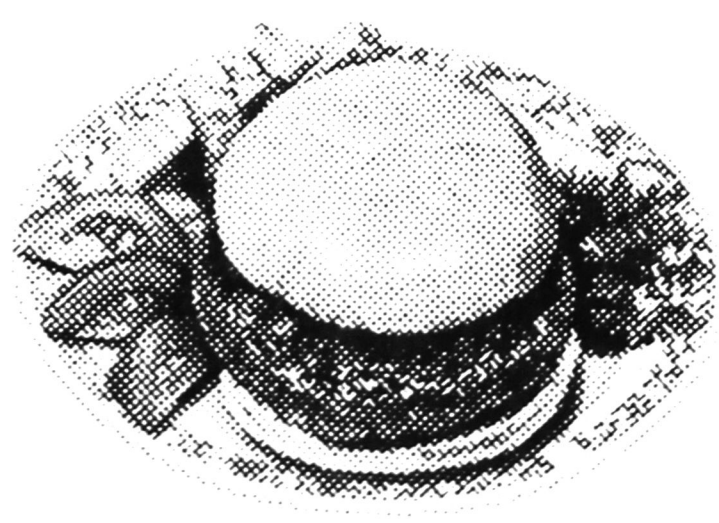
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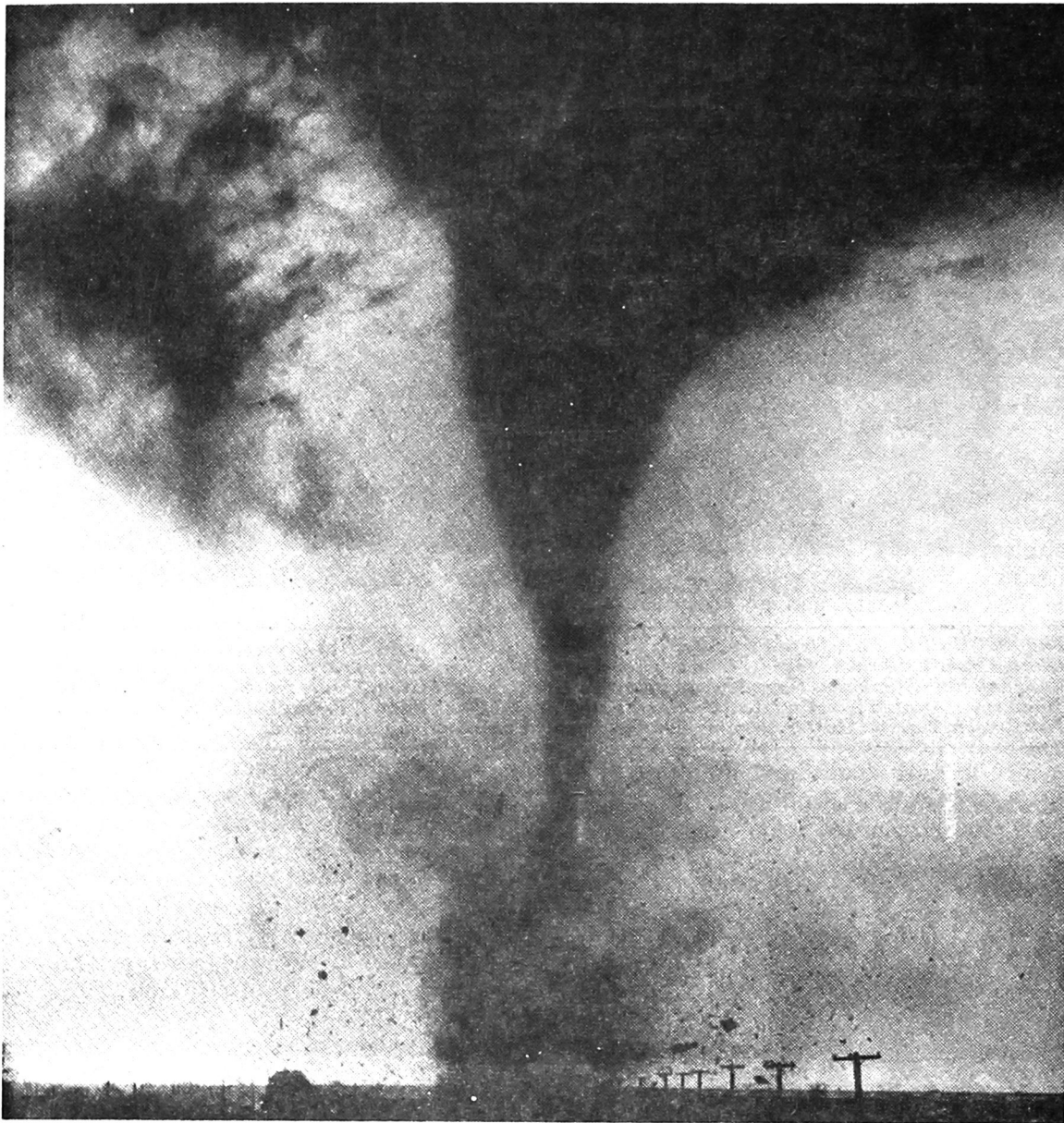
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Oklahoma — land of tornados



IN OUR OWN back yard lurks Tornado Alley. (Photo compliments of The Sayre Journal.)

by Robert Trent

Just to remind you of the tornado season that is upon us, I thought I would share this story. The day started out as a typically hot June day, but by night fall a family had lost their lives. There were hundreds of thousands of dollars of property damage. This should be a reminder that in Oklahoma, Tornado alley as the state is sometimes called, tornados interrupt the beautiful serenity of summer.

We lived at a farm east of Hammon at the time. We were in Elk City starting for home, when the weather reporter on television advised us that we were under a tornado warning. My dad said we had better get home. Before getting in the pickup, we were told if we had to pull over, to get in a ditch and lie as still as possible. The very idea started the adrenaline pumping through my body.

We left Elk City, and by the time we got to Beutler Brothers place, black clouds obscured the once beautiful sun. The air suddenly became cold. As we topped the hill, a highway patrolman was waving his arms. We pulled over, and he ran to the driver's side of the pickup. He informed my dad that two tornados were to the east of us. We turned our heads in a flash to look; we could see them both. It was an awesome sight. We stood there watching as the twisters moved on to the southeast. When my dad thought it was safe to go on, we went on home not knowing if our farm

would still be there.

When we topped the hill to our place, we all breathed a sigh of relief. Our house was still there, but the barn was nothing but a pile of tin thrown over the yard. We got back in the pickup and drove around to see if everyone was as lucky as we had been. Unfortunately, there were some not spared from the path of the tornado. As we drove around the damage, we noticed wheat straw had been driven into telephone poles, and barns were totally destroyed.

Then came the worst. We pulled up to a home that had been occupied by a Mexican family that had just moved there. What once was their home was now a foundation. They apparently had not been familiar with the fury of the Oklahoma twister. The family had perished, for their bodies were strewn about the field. It was a terrible sight. We left that place feeling very sad, and thanking God for sparing our lives.

I wrote this story not to depress anyone, but to remind everyone that this is tornado season, a season not to be taken lightly. Here are a few tips that could save your life: If you do not have a cellar, go to the middle of the far Northeast corner of your home in a closet or somewhere where there are no windows. Get a mattress or padding to protect yourself from flying debris. Never stay in a trailer home! If we follow some of these simple tips, it could very well save lives.

A student's struggle: one woman's challenge

by Pete Vinyard

When I decided to become a full time student, I had no idea that it would be so stressful. There's so much pressure on me at times that I feel like I'm going to burst. I get so frustrated that I want to throw in the towel. I've had days where it's all I can do to keep the tears from falling before I get out the door. Then I usually cry all the way home and keep telling myself that it will be worth it someday. I've always heard, "No pain, no gain"; now I know exactly what this means. I feel like I'm running a rat race but not getting anywhere. There's no time to waste! I have to make every minute count, and I do a lot of praying.

In '81 I started out in night classes taking one class a semester. I was babysitting several children at that time, along with my own children. After three years of this, I decided that was enough. Then I started cleaning house for several different individuals. Now, six years later I've decided that I'm not going to do this the rest of my life. If I've got to work, I want to do something that is interesting to me yet enjoyable.

Besides my studying I also have the responsibility of everything at home—seeing that all the clothes are washed and put away and making sure that I have bought all

the proper groceries for my picky eaters. Preparing all the meals is even worse.

House work—I hate it, but someone has to do it. A clean house is important to me. I hate to have someone drop by and my house is a mess; it's embarrassing to me. They come by to see me not my house though.

Balancing a budget—is there enough money to pay all the bills and have a little left over to tide us over till next pay period? I would love to turn this job over to my husband to see how far he can stretch it.

I feel like I'm neglecting my whole family. I keep telling them that this is something I have to do for myself, and I need all the help I can get. Someday I will wear a little MT (Med Tech) pin, and I will start working. There will be extra money to buy all the extra things we've been wanting.

My day begins at 6:30 a.m. in the morning. After I get the kids off to school, I get myself ready for class on Monday, Wednesdays, and Fridays. My first class is at 10:00 a.m. That means I have to leave the house at 9:00 a.m. because I have to drive 37 miles. My class is over at 3:50 p.m. Then I drive back home.

On Tuesday I clean two houses. On Thursday I have an 11:00 a.m. lab class, so I clean one house before I go to class. Then I go

back home for a few more hours, if I'm lucky, before my children get out of school. Saturday I usually clean my own house and study that afternoon. Sunday I like to go to church, but lately I haven't been getting to go because I feel like I need to stay home and study. Sometimes I go to the Wheeler Hospital Lab to do volunteer work, because I feel like it helps me with my studying if I'm all caught up around the house and on my MT classes.

When I get home I have to cook supper. After I get the kitchen cleaned, it's time for homework. I not only have to get mine done, but the kids need help with theirs. My husband once told me all I needed was to move to Sayre while I was going to school. That way I wouldn't have to worry about anything but my studying, but that I would have to return when I was finished. I told him that sounded like a winner to me!

I can't count the times when I wished I had done this before I got married and had my children. I know it would have been a lot easier on me. But you live and learn. I hated high school, so col-

lege was out of the question. I didn't feel like I was college material; I thought only the "A" students were the ones for college.

Back years ago women got married, and the husband made enough money to support the family. Nowadays a family can barely get by on one income. We don't go out and buy anything we want. We buy only the things that we absolutely, positively can't live without.

Another thing that seems to be happening more often these days is divorces. Men and women walk out on each other all the time. Whoever has the children needs to be able to take care of them. How can a woman or a man take care of children on minimum wage? They can't!

Another thing that made me think about getting an education is the fact that my husband could be killed at any time. If this were to happen, there I would be with no way to provide for my children.

I pray that the Lord will give me strength to finish this task I have started, for without him in my life, I feel like I would fail.

Summer & Fall pre-enrollment

An important announcement from the Registrar's office: Pre-enrollment for the summer and fall semesters is now under way and continues thru April 27. Pick

up your forms at the Registrar's office. Then visit with your advisor. Get his signature and return to the Registrar's office.

Thoughts of spring

by Brent Cunningham

Spring, the time when things begin to grow.

The rains come, and the winds blow.

New life breaks forth out of the ground, and green replaces the earthen brown.

Spring fever takes you by the hand

to the beach, a walk in the sand.

Relax and enjoy, that's the best way.

Now back to reality; it's a school day.



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