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“Perfection is not attainable, but if we chase perfection, we can catch excellence.”
— Vince Lombardi

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character- that is the goal of true education.”
— Martin Luther King, Jr.

SCHOOL WORK



A new concrete wall behind the Bill H. Hill Library on Eastern's Wilburton campus kicked off a series of campus improvements now in the works. Photo by Jamie Fink

Campus improving throughout semester

CAMPUS NEWS Improvements to include memorial, sidewalks, fresh paint and concrete wall.

By **JAMIE FINK**
STAFF WRITER

As students returned home for the summer, things started to slow down around campus. However, the Eastern staff has been hard at work sprucing up the campus to highlight Eastern's exterior to match the interior.

“We have done a lot of work on campus and still have so much to do,” stated Rich Lynes, East-

ern's Director of Operations. Lynes, his staff, and even his work studies have been working all summer to get things ready for the fall semester. Eastern is currently replacing the old retaining wall behind the Library Building with a newer and more stable concrete wall.

New students may not have noticed, but returning students who live in Miller or have classes

SEE IMPROVEMENTS PAGE 4

Eastern welcomes fresh faces to faculty and staff

By **JAYSON KNIGHT**
EDITOR

Eastern Oklahoma State has welcomed more than just returning students and new students this semester. New hires for the campus include instructors in Chemistry, Biology, Music, Animal Science, and Nursing. These instructors will seek to improve their respective programs, much the same way students will seek self-improvement by being involved in the curriculum.

A homegrown agricultural major, Kyle is a Red Oak graduate and attended Eastern from 2001-2003, where he was actively involved in the same programs he now teaches. Kitchens will also coach one of his former extracurricular activities: livestock judging. Kitchens completed his undergraduate studies at Fort Hays State University in Kansas. He is now



in the process of attaining his Master's degree in International Agriculture.

“I really enjoyed the program and it did a lot for me,” Kitchens said about his inspiration for returning to Eastern. “A lot of opportunities were afforded to me because of this program and I can now afford those same opportunities to these kids and hopefully make a difference in their lives.”

Marshall Carby will bring a new viewpoint to the Eastern theatre. Originally from Pflugerville, Tx, Carby achieved his bachelor's at Texas A&M in Corpus Christi, Tx, before moving on to the University of New Orleans. That's where he earned his master's in directing. According to Carby, “directing is what really drew me in. I like to tell stories.”

Carby could not decide a favorite play, but did mention a fondness for contemporary



theatre.

Biology Instructor Dr. Andrea Green, from her hometown of Pine Bluff, Arkansas, will work from both Wilburton and McAlester campuses. Green was an undergrad at Hendricks College in Conway, Arkansas. She earned her doctorate at University of Arkansas in Fayetteville. Not one to complain a hefty workload, Green taught nine courses per semester at Northeastern State University in Tahlequah for three years before taking the position here at Eastern.

Green said that one of her chief concerns when instructing Biology is to comfort students who may feel intimidated.

“I try to put them at ease,” Green said. “It's not the big monster that everybody thinks it is. You need to know things your doctor is talking about, why some medications are pulled off the shelves. I want them to take



away an appreciation for life, nature, and understand what cells, ecology, global warming, DNA, and basic concepts of biology are.”

Green also mentioned an appreciation for the small-town hospitality of Wilburton after living in larger communities up until now.

Dr. Randall Maples, Chemistry Instructor, received his doctorate at Oklahoma State University, started his undergrad education at NSU, and then went to Southwestern in Weatherford. Maples grew up near Durant in the small town of Silo, and said “I've always wanted to go into teaching.”

The way Maples sees it, even with a small town upbringing, a student can still cultivate academic excellence. “I grew up in a rural area, and I know that,



SEE FACULTY PAGE 4



NEWS BRIEFS

Lifeguards

Head Women's Basketball Coach Amber Taylor is currently in search of certified lifeguards. If you are a certified lifeguard and looking for a part-time job on campus, please contact Taylor. You do NOT have to qualify for work study to be hired. Please call, email, or drop by Taylor's office, located in the Fieldhouse, and bring your Lifeguard Certification card with you. Coach Taylor can be contacted at her office at 918-465-1894.

Improve your life

Student Life Coordinator Brandon Taylor has been orchestrating many intramural opportunities for ping pong tournaments, billiards tournaments, and other activities. Some competitions have even awarded prizes to the victor. For a chance to get involved in these social and competitive games, contact Taylor at btaylor12934@eosc.edu.

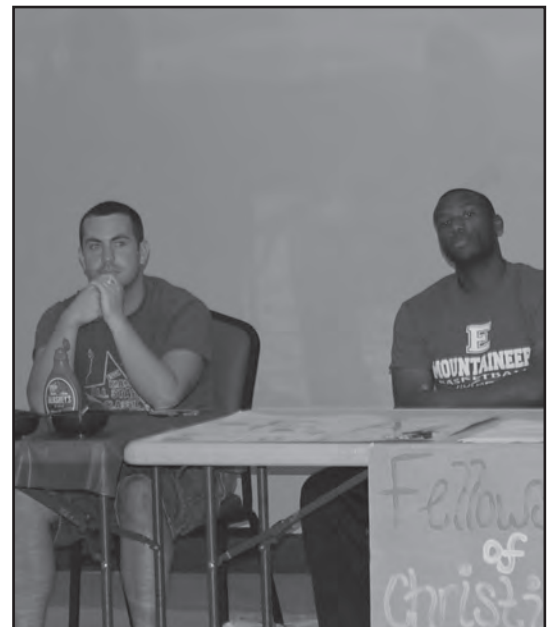
Join the staff

The Eastern Statesman is looking for writers, graphic designers and anyone interested in maintaining our website.

Contact Kristen Turner at 918.465.1720 or kturner@eosc.edu.



Many of Eastern's clubs and organizations hosted an ice cream social Wednesday, August 28 in an effort to help students get involved in extracurricular activities. Students may be very busy with studies, but clubs and organizations can help fill the free time of students looking for more activities and groups to join.



Soccer coming to Eastern campus

By **GUY FOLGER**

SENIOR STAFF WRITER

In the fall semester of 2014, Eastern Oklahoma State College hopes to field both a women's and men's soccer team.

Eastern's Dean of Students and Athletic Director, Greg Warren, says the opening for a soccer coach has been published for a couple months now and a few applications have already been received.

"There are two other two-year schools in Oklahoma, Northern [Northern Oklahoma College] in Tonkawa and NEO [Northeastern Oklahoma A & M College] who have soccer already and play a fair number of teams in northern Texas and southern Kansas," Warren said.

It is hoped that by bringing soccer to Eastern that the college

might attract more students. This could mean possibly some International students, but mostly more on-campus students. "It's really about attracting more students and to enhance the life on campus," Warren says.

Hiring a head coach is the first item on the agenda of course, but current plans include turning the old football field into a soccer field.

The official name of soccer is "association football," as some of you may know. The term

"soccer" supposedly came about as an abbreviation derived from that official name. The original game dates to the Tsin Dynasty (255-206BC) in China. The Chinese game that soccer descended from was called Tsu-Chu which translates to "kick ball."

MOUNTAINEER MINUTE



Members of the Video Production class work to film the Mountaineer Minute. The Mountaineer Minute is a weekly broadcast of Eastern events, news, and happenings that is written, shot, and produced by students of the Mass Communication program.



Parker Middle School students get off of a school bus at the McAlester campus. Photos by Sharell Collins

McAlester campus welcomes new students

By **SHARELL COLLINS**

MCALESTER CORRESPONDENT

Eastern Oklahoma State College has a new class of students, at least at the McAlester campus that is. Starting Aug. 14, the fifth and sixth grade classes from Parker Middle School started their school year off at Eastern's McAlester campus. The day before classes were due to begin at Parker a main water break occurred, which caused flooding in many of the classrooms.

"We have structural damage and at this time we're not able to use Parker," said MPS Superintendent Marsha Gore.

McAlester Public Schools Board of Education President, Dr. Janet Wansick and EOSC President Dr. Steve Smith, helped make arrangements for the Parker students to attend Eastern until further arrangements could be made. The fifth and sixth grade students finished out the week at the McAlester campus. Friday morning the McAlester Public School Board of Education held an emergency meeting regarding the students from Parker Middle School.



Fifth and sixth grade students of Parker Middle School walk to their classes that were being held on the McAlester campus of Eastern Oklahoma State College. The sixth grade students continue to use the McAlester campus.

It was decided that starting Monday Aug. 18, the fifth grade students would be moved to the former St. John's Catholic School in McAlester. The sixth grade students continue to use classrooms at EOSC's McAlester campus.

According to Superintendent Gore, "It's uncertain how long Parker students will have to continue taking classes at other sites. The damages at Parker is

being surveyed and estimates are coming in on costs for repairs."

Life on the McAlester campus was a little crazy for the first few days, but as a new routine is being established, the chaos is starting to subside. For the rest of the nine weeks, please be patient and aware of the extra students on our campus as well as the buses and extra traffic.



The crew moves in to start pouring concrete for the retaining wall behind the library.

Improvements

CONTINUED FROM PAGE 1

in Mitchell Hall may have noticed the new, freshly painted rooms and hallways. The staff has also freshly painted most parking lots and roads, with clearly marked center stripes and parking spaces.

The work however doesn't stop there. Lynes and his staff have a full schedule already and will be working all semester. The staff will even be working over Christmas Break. Over Christ-

mas Break they will be demolishing the old Student Center and building a veterans memorial. The parking lot behind Johnston Hall will also be redone to accommodate more student parking. A new sidewalk will be built from the Student Center to Choctaw Hall so students can stay out of the street.

For more information make sure to contact Rich Lynes at the Physical Plant.

MOVING IN



Eastern Oklahoma State freshman basketball player Crystal Idika unpacks before settling into campus life at the beginning of the semester. New Mountaineers are preparing for an educational, challenging, albeit fun semester. Submitted photo

Faculty

CONTINUED FROM PAGE 1

for whatever reason, you might not have the same opportunities as students from bigger schools, but that doesn't mean that you can't go on and succeed at whatever you want."

Maples has two girls, Kanna and Mikayla, both local students at Grace Russell Elementary.

Another doctorate is held by new Music Instructor Brandon Hendrix, who finished his education at the University

of Texas. He began his college career at Eastern in 1998 after graduating high school in Broken Bow. His wife graduated from Poteau and "are very glad to be back. This is home to us," said Hendrix.

Trained to appreciate classical and concert band music, he admitted there is still a fondness for 90s rock in his palette. "There are certain things we don't tell our students we listen to," Hendrix said.

Hendrix was appreciative of the smaller student-to-teacher



ratio that allowed him and his wife the one-on-one time he felt they needed to build up their careers in music.

"We want to see Eastern's music department reach at least the level it was at when we were going to school here," Hendrix said, including again the efforts of his wife. "We would like to see the same involvement within the area that we had then. We want to see more music majors, and people who want to be members of the band. We just want to see more excitement about music."

Christy Stanfield began as

a McAlester campus Nursing Instructor in 2007, working full-time for four years. She did train clinicals and taught online courses in the mean time, but is back full-force as a nursing instructor with classes on both campuses.

Stanfield earned her Associate degree in nursing from Carl Albert State College in Poteau. She went on to finish her undergraduate in 2007 at East Central University. She also finished her Master's in 2009 through the University



of Oklahoma's nursing program.

Speaking on Eastern, Stanfield said "This is an outstanding nursing program. The camaraderie with the faculty is amazing, they work really well together. I've worked with all of them before. I also really like student outcomes. I like watching them grow as nurses, and become critical thinkers."

"I think Eastern really wants to turn out the best. I don't see myself leaving Eastern," said Stanfield, who also works part-time at the McAlester Regional Health Center.

Like us on Facebook. [facebook.com/easternstatesman](https://www.facebook.com/easternstatesman)

Nearly 200 students receive scholarships

EASTERN PRESS RELEASE

Eastern Oklahoma State College provides scholarships to nearly 200 area students

Eastern Oklahoma State College is helping make a college degree more affordable for nearly 200 area students who began classes in Wilburton, McAlester, Idabel and Antlers this week. Eastern will provide institutional scholarships and tuition waivers to 80 students and 108 students will receive scholarships from the EOSC Foundation.

The total amount of scholarships given won't be determined until after enrollment closes later in the semester. Last year, more than 200 students benefited from scholarships totaling nearly half a million dollars. Eastern provided more than \$300,000.00 in institutional scholarships and tuition waivers to 120 students. The EOSC Foundation presented \$190,000 worth of scholarships to 106 students.

Treva Kennedy, director of Institutional Advancement, said scholarships, which can be based on financial need, major or academic merit, can have a direct impact on student's lives.

"While Eastern remains one of the most affordable options for higher education in Oklahoma, scholarship assistance is still very important to students and their families," Kennedy said. "This funding might influence the number of classes students take in a semester, how quickly they can graduate or whether they can work part-time or full-time while attending college. Scholarship funds make a direct impact on their lives."

Kennedy said many of the scholarships provided by the Foundation are from endowments set up by individuals, businesses and organizations. Endowments provide permanent funding for scholarships as the principal amount of the endowment stays intact while all or part of the

earnings are used for annual scholarships. As the principal increases, the earnings available for use each year also increase.

"Endowments create an enduring source of funding for student scholarships and can be named in honor of a loved one or organization," Kennedy said. "Many of Eastern's endowed scholarships have been created by supportive alumni and local businesses who want to invest in their community."

For more information about establishing an endowment to support student scholarships at Eastern, contact the Office of Institutional Advancement at 918-465-1759.

Eastern's 2013-2014 scholarship recipients are listed in alphabetical order by hometown.

Oklahoma Zachery Fowler, Antlers - Southwestern Bell Telephone Scholarship

Bryce Martin, Antlers - BP America Scholarship

Dylan Castleberry, Atoka - Otha Grimes Scholarship

Colby Cole, Atoka - Otha Grimes Scholarship

Briley Evans, Atoka - Otha Grimes Scholarship

Emily Henderson, Atoka - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship

Tuff Parsons, Battiest - Eastern Opportunity Scholarship and Otha Grimes Scholarship

Aaron Hamby, Bokoshe - Eastern Opportunity Scholarship and Dolly Hughes Harrison Scholarship

Ashton Going, Broken Bow - Eastern Opportunity Scholarship

Catherine Lively, Broken Bow - Ed E. Enis Scholarship

Seth Neal, Broken Bow - EOSC Regents Academic Scholar

Keifer Shearer, Broken Bow - Eastern Opportunity Scholarship, Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship

Dulce Villeda, Broken Bow - EOSC Regents Academic Scholarship

Clay Fitzgerald, Buffalo Valley - IC Gunning Scholarship

Matthew Kennedy, Buffalo Valley - Otha Grimes Scholarship

Lecie Murray, Caddo - EOSC Presidential Leadership Scholarship

Joshua Gaylor, Canadian - Clark & Wanda Bass Scholarship

Paige Henninger, Canadian - Clark & Wanda Bass Scholarship

Chelsea Hofegartner, Canadian - Dr. Lloyd E. Church Foundation Scholarship

Emily Orr, Canadian - Kiamichi Electric Co-Op Scholarship

Hunter Mills, Caney - Otha Grimes Scholarship

Preston Olmstead, Claremore - Eastern Opportunity Scholarship

Cyndal Curren, Clayton - Joe & Brenda Coy Scholarship

Amy Davis, Clayton - EOSC Presidential Leadership Scholarship

Matthew Little, Clayton - BP America Scholarship

Darian Roberts, Clayton - Clayton High School Scholarship

Kathryn Cecil, Crowder - Clark & Wanda Bass Scholarship

Kaitlin Cook, Crowder - Kerr Foundation Scholarship

Sara Powell, Crowder - Don C. Phelps Scholarship

Samantha Burke, Eagletown - Karolyn & John Hendrix Scholarship

Curtis Payne, Eagletown - Otha Grimes Scholarship

Aaron Young, Edmond - Ross Harlan Scholarship

Nathan Allen, Eufaula - Eastern Opportunity Scholarship

Kaylea Buie, Eufaula - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship

William Salters, Eufaula - EOSC Regents Academic Scholarship

William Ellis, Gans - BP America Scholarship

Ayanna Holtz, Gans - Dallas Herzer Scholarship

Sarah Davidson, Haileyville - EOSC Presidential Leadership Scholarship

Ryan Martin, Haileyville - Southwestern Bell Telephone Scholarship

Jenny Nelson, Haileyville - Gene Stipe Scholarship

Jo Stewart, Haileyville - EOSC Academic Scholarship

Chelsea Hofegartner, Harrah - Otha Grimes Scholarship

Caitlin Allen, Hartshorne - EOSC Academic Scholarship

James Dunagan, Hartshorne - Eastern Opportunity Scholarship

Quincy Laub, Hartshorne - Alecca Garafoli Scholarship and K. Lance & Jane Woodliff Scholarship

Sean Mass, Hartshorne - Ray Fuertsch Scholarship

Matthew Mitchell, Hartshorne - EOSC Presidential Leadership Scholarship

Justin Morgan, Hartshorne - EOSC Academic Scholarship

Sarah Shero, Hartshorne - EOSC Academic Scholarship

Casey Citty, Haworth - Eastern Opportunity Scholarship, Otha Grimes Scholarship and Dolly Hughes Harrison Scholarship

Shawn Dodds, Haworth - Otha Grimes Scholarship

David Fussnecker, Haworth - EOSC Academic Scholarship and Otha Grimes Scholarship

Cody Robinson, Holdenville - Otha Grimes Scholarship

Bailey Johnson, Hugo - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship

Heather Paliani, Hugo - Public Service Company of Oklahoma Scholarship

Jessica Antimo-Tonihka, Idabel - Karolyn & John Hendrix Scholarship

Ashley Earley, Idabel - Kerr Foundation Scholarship

Tyler Hubbard, Indianola - EOSC Presidential Leadership Scholarship

Ashton Weeks, Indianola - Otha Grimes Scholarship

Rebekah McIntosh, Kellyville - Carl Ryan Scholarship and Otha Grimes Scholarship

Aubrey Carpenter, Kinta - EOSC Presidential Leadership Scholarship

Charles Caughern III, Kinta - Southwestern Bell Telephone Scholarship

Dylan Glasco, Kinta - Eastern Opportunity Scholarship

Tiffany Lefler, Kinta - Fred & Florence Stovall Scholarship

Carly Monks, Kinta - Tri-County Administrators Association Scholarship

Bailey Sexton, Kinta - EOSC Academic Scholarship

Chase Smith, Kinta - Roger & Bettye Sinner Scholarship

Maci Monte, Kiowa - BP America Scholarship

Morgan Woody, Krebs - Eastern Opportunity Scholarship

Robert Faulkenberry, Lane - Weyerhaeuser Scholarship

Jacob Collins, Latta - Guy Gardner Scholarship and Otha Grimes Scholarship

Seth Hox, Mannford - EOSC Regents Academic Scholarship

Aaron Boggs, McAlester - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship

Kayla DeNike, McAlester - Evelyn Jo Whisenhunt-Guthery Scholarship

Austin Dobbs, McAlester - W. E. "Bill" Allford Scholarship

Jamie Fink, McAlester - Jim D. Sullivan Scholarship

Carlos Gonzalez, McAlester - EOSC Academic Scholarship

Jordan Holder, McAlester - EOSC Presidential Leadership Scholarship

Sarah Johnson, McAlester - Eastern Opportunity Scholarship

Shelly Joiner, McAlester - Ramon Jackson Memorial Scholarship and Otha Grimes Scholarship

April Key, McAlester - EOSC Sapphire Scholarship

David Lenox, McAlester - EOSC Regents Academic Scholarship

Hailey Luker, McAlester - Eastern Opportunity Scholarship

Troy Meadows, McAlester - EOSC Presidential Leadership Scholarship

Morgan Merrifield, McAlester - EOSC Academic Scholarship

Decembre Mullins, McAlester - Puterbaugh Pitts. Co. Scholarship

Destiny Parker, McAlester - Eastern Opportunity Scholarship

Jacob Pinegar, McAlester - Clark & Wanda Bass Scholarship

Drew Smith, McAlester - Clark & Wanda Bass Scholarship

John Troussel, McAlester - EOSC Presidential Leadership Scholarship

Jesse Vann, McAlester - James, Sarah, & Scott Salmon Scholarship and David Joe Thomas Memorial Scholarship

Andrea Young, McAlester - EOSC Academic Scholarship

Ashley Jones, Midwest City - EOSC Presidential Leadership Scholarship

Reggie Wright, Midwest City - EOSC Presidential Leadership Scholarship

Ivory Detter, Muse - Otha Grimes Scholarship

Kevin Anderson, Norman - Otha Grimes Scholarship

James Brinlee, Norman - Otha Grimes Scholarship

Sam Grellner, Okarche - George Nigh Scholarship and Jack Gladden Memorial Endowed Scholarship

Dalton Barnes, Oologah - EOSC Presidential Leadership Scholarship

Teigen Tieperman, Owasso - EOSC Presidential Leadership Scholarship

Kristen Hollan, Panola - Otha Grimes Scholarship

Ty Strain, Porum - Otha Grimes Scholarship

Michael Hughes, Poteau - Otha Grimes Scholarship

Blake Roley, Poteau - EOSC Academic Scholarship

Will Wagner, Poteau - Otha Grimes Scholarship

Preston Bingham, Quinton - EOSC Academic Scholarship

Bayler Fry, Quinton - EOSC Presidential Leadership Scholarship

Sydney Shafer, Quinton - Eastern Opportunity Scholarship and Farrell-Cooper Mining Scholarship

Duane Knight, Ramona - John Alan Ward Scholar Athlete Scholarship

Jenna Mabry, Red Oak - Wilbur & LaVerne Smith Scholarship

Taylor Odom, Red Oak - EOSC Presidential Leadership Scholarship

Jordyn Prock, Red Oak - Eastern Opportunity Scholarship and Johnnie Wray Scholarship

Asiah Sumpter, Red Oak - Eastern Opportunity Scholarship

Jace Goodwin, Sallisaw - Otha Grimes Scholarship

Logan Rea, Sallisaw - Pam Shoemaker Memorial Scholarship and Otha Grimes Scholarship

Kylar Robertson, Sand Springs - Eastern Opportunity Scholarship

SEE SCHOLARSHIPS PAGE 8



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COUNSELOR'S CORNER

Oklahoma Career Information System contains wealth of information

Welcome new and returning students!

We hope you have a great experience at Eastern Oklahoma State College. The Advising Office will be preparing a monthly article to notify you of important dates and other "need-to-know" services.

We would like to share with you a program called Oklahoma Career Information System (OKCIS). This program can be very

helpful to you when researching careers. The OKCIS program is an internet based career information delivery system customized for Oklahoma.

It combines a wealth of career, education and labor market information into one comprehensive, easy-to-use career exploration and job search tool. The OKCIS website is www.okcis.org. You are welcome to visit our offices and we will

be glad to help you navigate through this program.

Important dates to remember:

Complete fall 2013 graduation application on WebAdvisor: week of Sept. 16 thru Sept. 20

A little extra:

Need roommate advice?

To have a positive dorm life experience, keep these four basic tips in mind. 1. Be respectful of

roommates sleeping habits. 2. Never gossip about him/her. 3. Don't use your roommate's stuff and/or eat their food. 4. Treat him/her how you would like to be treated.

Come and see us, we are here to help!

*Tina Ray and Sandra Robertson
Located in Library Building,
Enrollment Center Offices 156
and 157*

DORM LIFE

No sleep for this freshman resident

By KAYETIE WILSON

STAFF WRITER

Dorm life so far at Eastern is great. Move-in day was different, even though I had moved so much in my life. It still felt a little scary but my mom helped me throw it. The rooms seemed a little bit bigger than I thought they would be. There were more people staying in the dorms than I imagined. My room also has a lot of writing on the walls too.

There are many ups and downs to living in a college dorm. The upside is that you get your own place away from home to concentrate and study, have friends over to hangout, and just enjoy the freedom. Some of the downsides to the dorm life are for example, at night you have your loud, party animal types. On the very first day, at three in the morning I was awoken by a knock on my door. This poor guy was looking for a restroom.

I wasn't really upset about it, I thought it was kind of funny and it didn't bother me. So I just told him to go down the hall there should be one at the end of the hall. I went back to sleep and not even two hours later there was some yelling and cursing down the halls and I just gave up on sleep.

I have recently learned that the fire detectors in the dorms are very sensitive. I was told that even a hair dryer or a

hair straightener can set them off. Well I guess that it could be a good thing that they are like that, it makes me feel safer. So if you live in the dorms, be really careful what you do because those things will get you.

Dorm life for me I think will be a nice time and a good way to be independent. It may not last but it's a good way to show what the real world will feel like. I hope it's great for you like it has been for me.

CAMPUS TIPS

Making the most of campus lifestyle

By JAMIE FINK

STAFF WRITER

Adjusting to college life can be difficult for students transitioning from high school, and even for those who are older students. While there may be some bumps along the way, here are four things freshmen should know once they're on campus.

1. Leave your dorm room door open (when you are in it).

An open door policy is the fastest way to get people to introduce themselves. Open door equals friendly resident who wants to chat. If you're looking to make friends, then

be sure you pack a door stop to wedge your door open! People will drop in and say "hey" as they move in, and this will also let you know when your hallmates have moved in. If you need help with your unpacking, you're likely to get helpful hallmates asking if they can help with anything!

2. Know that everyone is as nervous as you are.

The other college students you meet might be excited, but that does not mean they're not freaking out on the inside. This is a new experience for everyone, so don't think that

you are the only person who is either homesick or worried about not making friends. It would take an extremely strong person to move into a new place and have no worries at all. One other thing is, everyone is just as eager to make new friends – so don't worry they're more than likely to appreciate that you made the effort.

3. Eat Healthy.

For many students, college is the first time they've been responsible for their own meals, and college dining halls often offer buffet options. Freshmen who want to fight the bulge should consider counting

calories—and many schools have made this easier to do by sharing calorie information.

4. Don't go home every weekend.

Going home for the weekend can be especially tempting if you have a boyfriend or girlfriend at home or if you live close to your school. But going home every weekend prevents you from connecting with other students, getting comfortable with your campus, and making it your new home. Quite frankly you're going to waste a ton of money driving home every weekend.

WHERE ARE THEY NOW...

Eastern Alumni making an impact on the world

Dr. Monte McAlester

By MIKE CATHEY

EOSC 1983 OF INDIANOLA

As an incoming EOSC freshman, Dr. Monte McAlester (EOSC 1975 of Wilburton), enrolled in 20 hours of course work because he was serious about his education, he was ready to get to work with a mapped out strategy for his education, career, and life and he was not going to let anyone or anything stand in his way.

"As an EOSC freshman I received a personal call from then EOSC Academic Dean, Dr. Hobart Means, shared McAlester recently. "He did not call to tell me that I could not carry a 20 hour load. He called to check in to see if I knew what I was getting into and if I thought I might be able to handle it. I quickly was able to assure Dr. Means that I was very capable of handling the load. Even with some difficult courses and lots of irons in the fire, I was able to make it through just fine."

Dr. McAlester went on to complete an EOSC Associates Degree of Science in Pre-Veterinary Medicine. He completed a Bachelor's Degree in Pharmacy from the University of Oklahoma Health Sciences Center and a Doctorate from the Oklahoma State University College of Osteopathic Medicine in Tulsa. Dr. McAlester is currently serving as the Medical Director and as an Emergency Room Physician for the Cherokee Nation at the Hastings Indian Medical Center in Tahlequah. He is a Wilburton area rancher, and earlier this spring Dr. McAlester was named by Oklahoma Governor Mary Fallin to the EOSC Board of Regents. Dr. McAlester is replacing EOSC Regent Aud Balentine and will join EOSC Regent Teresa Jackson as the two

"I grew up very near the EOSC campus and have lived and worked, or commuted to work, from the Wilburton area my entire life..My family has strong Wilburton and Southeastern Oklahoma ties and I have always thought it was extremely important to play a leadership role in the community and to do all that one possibly can to improve and impact the lives of others."

DR. MONTE MCALESTER

EASTERN BOARD OF REGENTS

EOSC alumni on the board.

"I grew up very near the EOSC campus and have lived and worked, or commuted to work, from the Wilburton area my entire life with the exception of when I was away in school. My family has strong Wilburton and Southeastern Oklahoma ties and I have always thought it was extremely important to play a leadership role in the community and to do all that one possibly can to improve and impact the lives of others. I consider my new role as an EOSC Regent to be a continuation and expansion of my service to the greater community."

As a new EOSC Regent Dr. McAlester not only brings his extensive background from several different Oklahoma health and medical centers,



Wilburton mayor, Stephen Brinlee, left swears in new Eastern Board of Regents member, Dr. Monte McAlester. McAlester is a 1975 graduate of Eastern Oklahoma State College.

working with significant personnel and staffing issues, working with complex processes and procedures and addressing multiple facility and budgetary issues, but he also has previously served on the Wilburton Public Schools Board of Education and has the perspective of local educational needs and concerns.

"I look forward to working alongside the other EOSC Regents and the EOSC faculty and staff to continue the EOSC legacy that I am proud to be a part of."

"Spending a significant part of my time now focused on our family ranching operations, I have a particular interest in what I can do to provide insight and strategy development to the work of the EOSC farming and ranching operations. Eastern's very roots are tied to its

agriculture legacy which I believe needs to continue and flourish with possibly some new ways of thinking and approach."

"In a somewhat "closing of the loop" spirit I consider this new task to be like taking that 20 hour course load while a freshman student and seeing it through to the end with great accomplishment."

Dr. McAlester has been a member of the Oklahoma Osteopathic Association since 1981, the Oklahoma Cattleman's Association and the Oklahoma Farm Bureau and an active member of the Wilburton Church of Christ.

Senator Larry Boggs R-Red Oak who is the State Senator for Oklahoma's District 7 had the following to say about Dr. McAlester in a newspaper column earlier this year, "There is a saying in Oklahoma that I grew

up hearing and I'm sure many of you did as well- that we have an obligation to leave the woodpile higher than when we found. It means giving of your time, talents, and other resources to make our communities and our state an even better place for those who come after us. Dr. Monte McAlester is one of those working to leave the woodpile higher and is a great example of the importance of EOSC in preparing students for a great future."

Mike Cathey is a lifetime member of the EOSC alumni association. While at Eastern, Cathey was also a staff writer for The Statesman and the Vice President of the Student Senate. Cathey is also a graduate of the University of Oklahoma and resides in Chicago.

Eastern president named chair of Council of Presidents

EASTERN PRESS RELEASE

Eastern Oklahoma State College President Dr. Stephen E. Smith has been named the chair of the Council of Presidents for the 2013-2014 academic year.

The Council of Presidents serves as an advisory group to the Oklahoma State Regents for Higher Education (OSRHE). The council is made up of presidents from each college and university in the state system.

"I am honored that the college and university presidents have selected me to lead the Council this year," Smith said. "We have a tremendous group of higher education leaders in Oklahoma that I deeply respect. It is our goal as a Council to continue looking at ways to improve our state system."

The council's goals are to promote and encourage harmonious and productive



working relationships among state institutions and foster an economic, social and political climate favorable to the development of the state higher education system. The group also promotes public understanding of the significance of higher education to the quality life in Oklahoma.

In addition, council members discuss issues confronting Oklahoma higher education and develop a coordinated approach to identifying solutions to common problems.

Smith recently completed his term as chair of the Council of Two-Year Presidents and board member for the Oklahoma Association of Community Colleges. He currently serves on the College Board's national Community College Advisory Panel and the OSRHE Campus Safety and Security Task Force.

DEBT COMMANDER



Eastern's business office put on a Debt Commander skit during OLS Aug. 12 on the Wilburton campus. Incoming freshmen were taught about the importance of keeping their spending and debt under control, especially as college students. *Statesman photo by London Runyon*

Scholarships

CONTINUED FROM PAGE 5

Courtney Cook, Savanna - Clark & Wanda Bass Scholarship
 Mariah Krebbs, Savanna - Eastern Opportunity Scholarship
 Ronan Cloud, Sawyer - EOSC Regents Academic Scholarship
 Jackson Ferguson, Soper - Dolly Hughes Harrison Scholarship
 Aaron Hamby, Spiro - Otha Grimes Scholarship
 Curtis Hays, Stigler - Otha Grimes Scholarship
 Amanda Self, Stigler - EOSC Academic Scholarship
 Jace Newby, Stilwell - EOSC Presidential Leadership Scholarship and Otha Grimes Scholarship
 Colten Hutchins, Stuart - Eastern Opportunity Scholarship
 Deborah Clark, Talihina - Eastern Opportunity Scholarship
 Jazmin Humphreys, Talihina - Bill Lambert Memorial Scholarship

Larry Whitney, Talihina - Frankie Rezabek Scholarship
 Robert Faulkenberry, Tushka - Otha Grimes Scholarship
 Jackson Ferguson, Tushka - Otha Grimes Scholarship
 Ethan Harper, Tuskahoma - EOSC Academic Scholarship
 Robert Mace, Tuskahoma - EOSC Presidential Leadership Scholarship
 Lane Whitby, Valliant - Deno & Gwen Maggi Scholarship
 Cacy Cribbs, Wapanucka - EOSC Regents Academic Scholarship
 Brittany Gilbert, Wetumka - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship
 Zeblen Oldham, Whitefield - Eastern Opportunity Scholarship
 Taylor Bell, Wilburton - Eastern Opportunity Scholarship, Clara Gaustad Scholarship and Otha Grimes Scholarship
 Joshua Champion, Wilburton - Eastern Opportunity Scholarship
 Felicia Clark, Wilburton - Eastern Opportunity Scholarship and Albert

Shelton Memorial Scholarship
 Charitee Evans, Wilburton - EOSC Academic Scholarship and Kensel & Dortha Lee Tucker Scholarship
 Erin Frazier, Wilburton - Eastern Opportunity Scholarship and Edgar & Jessie Wood Scholarship
 Ashley Fritter, Wilburton - Mary Beth Guard Scholarship
 Kendall Glenn, Wilburton - Eastern Opportunity Scholarship
 Jeanette Gonzalez, Wilburton - Eastern Opportunity Scholarship and Bill H. & Anna Vee Hill Scholarship
 Brittany Helmert, Wilburton - Mary Lea Gillespie Scholarship
 Payton Hokit, Wilburton - Eastern Opportunity Scholarship
 Chasity Houston, Wilburton - Howard Yourman Scholarship
 Victoria Juarez, Wilburton - Charles W. Davidson Scholarship
 Nicole Kibart, Wilburton - Eastern Opportunity Scholarship
 Lane Knight, Wilburton - BP America Scholarship
 Karlie Linn-Snow, Wilburton - Dolly

Hughes Harrison Scholarship and Otha Grimes Scholarship
 Bryce Livingston, Wilburton - Dolly Hughes Harrison Scholarship and Otha Grimes Scholarship
 Rachel Looper, Wilburton - Eastern Opportunity Scholarship
 Shelby Lund, Wilburton - EOSC Academic Scholarship
 Lexey Lund, Wilburton - Clara Gaustad Scholarship
 Kelbie Moon, Wilburton - EOSC Presidential Leadership Scholarship
 Hayley Myers, Wilburton - EOSC Presidential Leadership Scholarship
 Tylee Phillips, Wilburton - EOSC Academic Scholarship and Wilburton Faculty Choice Scholarship
 Shelbi Roberts, Wilburton - Joe & Brenda Coy Scholarship
 Whitney Sharp, Wilburton - EOSC Academic Scholarship
 Darrah Stanford, Wilburton - Deno & Gwen Maggi Scholarship
 Chelsea Woods, Wilburton - Tri-County Administrators Association Scholarship
 Taylor Wright, Wilburton - EOSC

Academic Scholarship
 Kristen Hollan, Wister - EOSC Presidential Leadership Scholarship
 April Davis, Wright City - EOSC Presidential Leadership Scholarship
 Arkansas
 Jackson Mead, Batesville, AR - Otha Grimes Scholarship
 Brent Rhodes, Camden, AR - EOSC Academic Scholarship
 Jackson Mead, Concord, AR - EOSC Presidential Leadership Scholarship
 Blake Harris, Genoa, AR - Otha Grimes Scholarship
 Katelyn Napier, Lincoln, AR - Vastar Resources Scholarship
 Cordell Smith, Lincoln, AR - EOSC Academic Scholarship and Otha Grimes Scholarship
 Brekke Gammon, Violonia, AR - Otha Grimes Scholarship
 Missouri
 Cody Rash, Bolvar, MO Otha Grimes Scholarship
 Texas
 Katlyn Foster, Maud, TX - Otha Grimes Scholarship