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"Happiness is not something ready made. It comes from your own actions."
~Dalai Lama

"A child miseducated is a child lost."
~John F. Kennedy

"A day without sunshine is like, you know, night."
~Steve Martin

Eastern Statesman

Vol. 92 Issue 11

April 18, 2014

EASTERN OKLAHOMA STATE COLLEGE EST. 1908

"Cream of the Crop" named at Ag Banquet

BY JAMIE FINK

Editor

On April 17, Eastern's Agriculture Division hosted its annual Ag Banquet in the ballroom of the Student Center on the Wilburton campus. The event is held each year to recognize the agriculture-related majors at Eastern Oklahoma State College.

One of the biggest awards presented at the banquet each year is Eastern's "Cream of the Crop" award. The award recognizes the top three graduating agriculture majors in the respected class.

This year's recipients were Keifer Shearer, Broken Bow; Chelsea Hofegartner, Harrah; and Logan Rea, Sallisaw.

Shearer is an Ag Education major. Shearer has served as Aggie Club president, NASA president, and ESGA president. Shearer is also a member of Phi Theta Kappa, where he serves as the Vice President of Scholarship. Shearer is a



Keifer Shearer



Chelsea Hofegartner



Logan Rea

member of the Eastern Soils and Crops Judging teams.

Chelsea Hofegartner is an Environmental Science and Agronomy major. Hofegartner is an Ag Ambassador and a member of Phi Theta Kappa, where she has served as the Vice President of Fellowship. Hofegartner is also a member of the Math and Science Club, Aggie Club reporter, member of the

EOSC Honors program, and committee chair of ESGA. Hofegartner is a member of the Eastern Soils and Crops Judging teams. Hofegartner was named outstanding Environmental and Agronomy major.

Logan Rea is an Ag Economics major. Rea is a member of the Aggie Club, where he has served as Aggie Club Vice President. Rea is

also a member of Ag Ambassadors and the Eastern Livestock Judging team. Rea is also a member of the Eastern Agribusiness team. He was named the outstanding Ag Economics major at the annual Aggie Club banquet.

From these three students one of will be recognized on graduation night as the top student of the agriculture division.

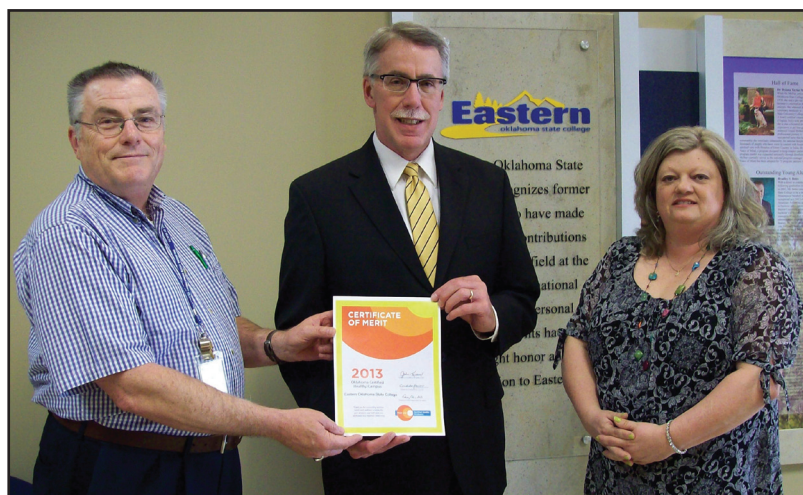
Eastern named Certified Healthy Campus

EOSC PRESS RELEASE

Eastern Oklahoma State College's efforts to promote health and wellness have resulted in the college's being named a Certified Healthy Campus by the Oklahoma Department of Health and the Oklahoma Turning Point Council.

The Oklahoma Certified Healthy Campus status recognizes public and private institutions of higher learning and career technology centers for their outstanding efforts and achievements in actively creating a safe and healthy environment for faculty, staff, students and visitors.

The initiative is part of the "Shape Your Future" campaign driven by the Oklahoma State



Robert Walker, a health coordinator with the Oklahoma Department of Health, and Denice Daniels, coordinator of the HALT Project through KiBois Community Action Foundation, present a Certified Healthy Campus award to Dr. Stephen Glazier, vice president of Student Affairs.

Department of Health and the Oklahoma Turning Point Council.

To receive the Certified

Healthy Campus distinction, institutions must promote wellness, encourage healthy behaviors, establish safe and

supportive environments, link health promotion efforts to the learning mission of higher education, increase visibility of health promotion and create a healthier Oklahoma.

Robert Walker, a health coordinator with the Oklahoma Department of Health, and Denice Daniels, coordinator of the HALT Project through KiBois Community Action Foundation, visited Eastern during the college's recent Wellness Week to present the award.

Eastern's Wellness Week activities included guest speakers, workshops and informational displays focused on topics such as tobacco cessation, weight management, self-defense, stress relief, heart-healthy nutrition and behavioral health.



NEWS BRIEFS

Cap & Gowns now available in EOSC Bookstore

Cap & Gowns are here! To order a cap & gown give the bookstore a call at 918-465-1713. Orders can be shipped to your house or to the bookstore. The sizes are based on your height and circumference. Come in and see what we have and let us take care of your needs!

Mountaineer Radio to host benefit concert

Eastern's Mountaineer Radio proudly presents Rock Cystic Fibrosis with a very special guest called Hollywood Uprising. The show will be in the Johnnie Wray Theatre on May 5th. The doors open at 6:30 and the show will begin at 7. The show is free however, all donations are greatly appreciated.

Student activities at all-time low

After a great and successful week of excitement with the addition of Denmark students, there is one thing that has left a sour taste in my mouth. On the very first day that the Denpals were on campus, we ran them through an orientation like we would do with any incoming freshmen.

However, there was a video shown to these students that I didn't agree with. The video that was shown is a promotional video of the Eastern campus, which is shown to prospective students. The video includes clips of all these amazing student activities happening on and off campus provided by different clubs and organizations.

I personally feel that we were lying to these students. Some of those events that took place in the video included the Mud Bowl, chariot races, inflatables, human hamster balls, and more. Out of all those things in the video, the inflatables are the only thing that we still do here on campus. I feel that there is a huge lack of student activities on campus.

Other than Homecoming week, students are never given the opportunity to interact with each other in competitions and games. Yes, we have the Halloween Carnival, but most students who are on campus that night aren't getting to enjoy. They are working booths or serving food. They don't have the chance to enjoy some free-time actually getting to do exciting things on campus.

What happened to the old Eastern from 2009-2010? Where did all the events and activities available to students go? Do the students not matter anymore? Are we really worried that people driving by are going to see college students actually having fun and doing things on a college campus? I'm tired of having to sit in the lobby and play pool or ping-pong. I'm tired of having to sit in my dorm room and watch the cable that doesn't even work half the time.

As an active member of various clubs and organizations on campus, I hear numerous conversations of how students wish

activities were going on that way they have something to do. I also hear conversations of many great ideas of events and activities that could go on on campus.

I feel that some students are afraid of speaking out, however. Or, perhaps, it's more of a feeling of no-confidence in Student Affairs.

Students feel that any ideas they have for events and activities that they bring to professors or even to staff will be shot down by individuals who are higher-up and make the decisions of what happens on this campus.

I know that this college needs students to come to this campus, but there's not a reason to. Why come to Wilburton when you can go to one of the other campuses and do the same thing there that we are getting here? No activities go on at any of the other campuses, you strictly go to class, study, and go home. I know this from experience, as I spent my entire freshman year of college attending the McAlester campus.

If you want students, you can't expect them to come here

to go to school and that's it. You have to provide events and activities that will help take off the stress of homework and class everyday. Things are going to have to change and when things do finally begin to change, then you will see an increase in enrollment and in student participation in other events like athletics, clubs and organizations involvement.

- Jamie Fink, Editor

Join the Statesman next year!

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.

Eastern Statesman and Mountaineer make a statement, again

BY GUY FOLGER

Senior Staff Writer

The 2014 Oklahoma Collegiate Media Association (OCMA) annual awards competition is almost history and once again your Eastern Statesman newspaper and Eastern Mountaineer yearbook have made their presence known. With two categories still to be judged, the Eastern student publications have already won 18 awards.

The OCMA began in 1975 as the Oklahoma Collegiate Press Association, but was updated in 2010 to include all forms of media. Founded by Oklahoma State University journalism school director Harry Heath, the organization exists to promote, improve and recognize the state college and university

newspapers, websites, magazines, radio and television stations and yearbooks.

"The level of competition at OCMA is very stiff. In many categories, we are not only competing against other community colleges, but against four-year universities such as OSU, ORU, UCO, and TU to name a few," said Kristen Turner, mass communication instructor and newspaper and yearbook adviser.

Winning in a big way was current Statesman editor Jamie Fink with nine awards; First Place in sports photography, Third Place awards in sports reporting, general news writing, yearbook sports photography and yearbook sports writing and Honorable Mention awards

in feature writing, yearbook sports photography, feature photography and sports photography.

Making a definite statement was past editor Jayson Knight, with First Place awards in feature writing, reporting portfolio and investigative reporting. Winning two awards was Guy Folger with a Second Place in column writing and an Honorable Mention in feature photography. Winning one award each was Tayler Richey First Place in column writing; Thomas Trouche, Honorable Mention in yearbook feature photography; and Wes Carter, who is now writing for the "Oklahoma Daily" at the University of Oklahoma, a Second Place in editorial writing.

"I am so proud of the way that our student publications continue to represent Eastern so well," said Turner. "I don't think that people realize how difficult it is to produce the newspaper and yearbook, while also taking a full-time course-load, while balancing work and home responsibilities. I am fortunate to work with these students and am very proud to see all of their hard-work pay off," she said.

"We are going to work very hard next year to get to where we need to be digitally with our newspaper," said Turner. "It is an inevitable process that will not take away from the quality and professionalism of the work that is done in the Statesman office."

Fifth annual Sapphire Ball raises \$12,000 for student scholarships

EOSC PRESS RELEASE

The lives of many current and future Eastern Oklahoma State College students were changed on April 5 as the result of the college's fifth annual Sapphire Ball. Approximately \$12,000 was raised for student scholarships at the event, which also honored alumni, outstanding employees and community supporters.

More than 180 guests enjoyed the black-tie event which featured dinner, a silent and live auction, entertainment, the awards presentation and dancing. The Sapphire Ball is Eastern's largest annual scholarship fundraiser.

"In the past three years, Eastern has raised nearly \$31,000 in scholarship funds exclusively through the Sapphire Ball," said Treva Kennedy, Eastern's director of Institutional Advancement. "Not only was this a fun evening, but the generous support of our attendees and community partners will provide more students with the opportunity to pursue a college degree."

The evening began with a reception and silent auction that included a diverse mix of items, including jewelry, home goods, services, handmade items, gift baskets and autographed Eastern athletic memorabilia. Attendees could also purchase "golden eggs" for the chance to win additional prizes. Guests were engaged in friendly bidding wars during a live auction later in the evening. All of the items were donated by local businesses, organizations and individuals specifically to raise scholarship funds at the Sapphire Ball.

Eastern President Dr. Stephen E. Smith also honored four individuals and one organization during the evening. The annual awards presentation recognizes those who have made a significant impact on the college or in their community.

Anita Caldwell Jackson (Class



Eastern President Dr. Stephen E. Smith (far left) gathers with honorees at the 2014 Sapphire Ball. Honorees include (from left to right) Carl Dupuy, site Manager for the Arkoma Operations Center, Community Spirit Award; John Redman and Anita Caldwell Jackson, Distinguished Alumnus Awards; Trish McBeath, J.C. Hunt Award; and Margaret Sorrell, President's Excellence in Teaching Award. The event raised approximately \$12,000 for student scholarships. Submitted Photo

of 1971) and John Redman (Class of 1987) received the Distinguished Alumnus Award, presented annually to alumni who have distinguished themselves professionally and through service to the college.

A lifelong resident of the McAlester area, Jackson is a leading advocate for the arts in her community and is a co-founder of the SOFA Art Gallery. In 2011, as a gift to the community, Jackson helped initiate and design a project to paint an 80 foot-wide mural in downtown McAlester that celebrates the heritage of the community. Last year, 16 works of Jackson's Native American art was donated to Eastern by Mike and Nancy McGowan, also of McAlester. The art is displayed throughout the first floor of the Library building in Wilburton. Jackson is a retired art teacher and counselor at Kiowa Public Schools.

Redman, who lives in Durant, has been employed by the U.S. Department of Agriculture (USDA) since 1986. He currently serves as an enterprise community specialist for USDA Rural Development, managing a variety of community, business, water and sewer programs in southeast

Oklahoma. He is committed to serving his community and is a graduate of three leadership training programs, including Leadership Durant, Leadership Southeast and Leadership Oklahoma. He also serves as a board member for the Eastern Alumni Association.

BP America Production Company received the Community Spirit Award for outstanding support and service to Eastern and the Wilburton community. BP America has provided more than \$35,500 in scholarship funding to Eastern students over the past three years. The scholarships are available to qualifying students residing in BP's operating counties of Latimer, Leflore, Haskell, Pittsburg or Sequoyah.

The President's Excellence in Teaching Award was presented to Margaret Sorrell, dean of Eastern's science and

mathematics division. A Wilburton native and 1982 Eastern graduate, Sorrell has a long history with college. She was a cheerleader and played basketball for the Lady Mountaineers and her parents were both long-time Eastern employees. In 1986, she returned to her alma mater as an adjunct mathematics instructor. She was hired full-time in 1994 and became dean of the division in 2007.

Trish McBeath of Quinton received the J.C. Hunt Award for staff excellence. McBeath joined Eastern in 2011 as the director of communications and marketing. McBeath oversees the college's creative services, publications, advertising, news releases, website and social media. She also serves on the executive board for two statewide organizations, Communicators Council and the Oklahoma College Public Relations Association.

Does your club or organization have
news or an upcoming event?
We can't report it, if we don't know about it.
Contact us at
statesman@eosc.edu



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Letters to the editor are not only welcomed, but encouraged. All letters must be able to be verified with the author's phone number, address, and e-mail address. The editor reserves the right to edit to fit space limitations and to comply with libel laws and good taste.

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FIELD WORK



Contractors begin construction on the old track and football field at the Wilburton campus. The field is being renovated into a soccer field to accommodate Eastern's future men's and women's soccer teams who will begin in the fall of 2014. Photo by Guy Folger

President Smith visits student leaders in Idabel

EOSC PRESS RELEASE

Five of the best and brightest Eastern Oklahoma State College students from the Southeastern McCurtain County Campus in Idabel recently met with college administrators to discuss their experiences at Eastern.

Eastern President Dr. Stephen E. Smith, Site Coordinator Preston Wheeler and Associate Vice President Dr. Janet Wansick hosted the luncheon to recognize each student's academic and leadership success. Attending the event were Tammy Bray and Regina Hill of Idabel, Sherry Holeman and Chanelle Gulley of Broken Bow, and Stacey DeRamcy of New Boston, Texas.

All of the students are Eastern Ambassadors, a group of student leaders who advance and promote the college by serving as a face of the student body. The Ambassadors help or-



Eastern President Dr. Stephen E. Smith (far left) recently gathered for a luncheon to recognize some of the college's top scholars and Eastern Ambassadors in Idabel. Pictured are Tammy Bray of Idabel; Sherry Holeman of Broken Bow; Chanelle Gulley of Broken Bow; Stacey DeRamcy of New Boston, Tex.; Regina Hill of Idabel; Preston Wheeler, Eastern site coordinator at the Southeastern McCurtain County Campus; Dr. Janet Wansick, associate vice president of Academic Affairs.

ganize and participate in all student activities, provide campus tours and promote Eastern in the community and at events such as career and college fairs. Eastern Ambassadors are selected by recommendation of faculty members.

The students talked about their experiences as

non-traditional students balancing work and family with their classwork. Hill and Gulley are studying administrative office technology, Holeman is majoring in general studies and DeRamcy and Bray will earn their degrees in medical laboratory technology.

25 things you didn't know about Eastern staff and faculty

Mariflynn Duncan

BY SHARELL COLLINS
Staff Writer

Instead of doing a regular profile on some of our faculty and staff, starting with Anne Brooks, we have decided to ask them for a list of 25 things that most people do not know about them. This will be a fun way to get to know each of our faculty. Since Professor Mariflynn Duncan has been on campus for almost 40 years, we chose her as our next victim to give us a little insight to her life.

I asked Duncan to give me a list of 25 things that most people wouldn't know about her. Here is her reply:

1. I am Dean of the Behavioral and Social Science Division.
2. I teach various courses in psychology and sociology.
3. I have taught at Eastern for 39 years.
4. I originated the very competitive PSYCHO CLUB on campus that is now called the PASS Club. (We won the spirit stick, food drives and other club competitions numerous times)
5. I sponsored both the PSYCHO CLUB and the N.A.A.C.P. Club of Eastern both at the same time for more than 30 years.
6. I was voted "Teacher of the Year" here at Eastern 7 times.
7. I was selected "Outstanding Young Woman of America".
8. I was selected "Who's Who

among America's Teachers several times."

9. I was selected "Marquis' Who's Who of American Women"

10. I am originally from Muskogee, Oklahoma.

11. I moved to Wilburton when I started teaching at Eastern.

12. I was inducted into the "Muskogee Service League Hall of Fame".

13. I am an active member of the graduate chapter of "Delta Sigma Theta Sorority".

14. I am from a family of 5 educators.

15. I have a strong belief in people getting educated.

16. I am a strong Christian person.

17. I am very family-oriented.

18. I have 3 adorable grandchildren.

19. I love many types of music.

20. I love art and poetry (I used to sketch a lot)

21. I am a very caring person.

22. I like going to museums. (would like to go back to Boston and D.C.)

23. I like to travel (by car when possible because you can see and experience more especially if you're not the driver)

24. I like many different types of good foods.

25. I like being to myself at times. (Quiet time and time to rejuvenate my brain!)

Would you like to join the Statesman?

The Eastern Statesman is looking for writers, graphic designers and anyone interested in maintaining our website next year. Contact Kristen Turner at 918.465.1720 or kturner@eosc.edu.

COUNSELOR'S CORNER

Preparing for Final Exams

Final exams are approaching fast. Here are some helpful tips on how to prepare for your exams.

1. Start early

Begin studying at least two weeks before the exam. Don't try to cram an entire semester of information into an all-nighter.

2. Organize

Begin by making yourself a calendar outlining a daily schedule to review your material. Be sure to allow enough time to study for each of your exams. Gather all your materials, books, notes, flashcards, and other studying tools together and keep them in order.

3. Identify your problem areas

Look over past quizzes and tests to determine what areas

or topics you had trouble with. Look at the questions you got wrong. Go to tutoring to get help with problem areas. Have a friend or family member help you review your material or vocabulary words.

4. Relearn your material

Going over your notes and textbook are basic ways to help you relearn the material. Flashcards, outlines, lists, diagrams or flowcharts can also be helpful tools for studying.

Study groups are a good idea all the time, but they are particularly effective when studying for finals.

5. Sleep

Make sure you get plenty of good sleep the night before the exam. You need at least seven hours of sleep at night to function. If you are sleep deprived, you won't be able to remem-

ber any of the information you worked so hard to learn.

6. Test day

Final exams time does not mean panic time. Eat well, get plenty of sleep, and relax. You might be surprised to find that you have remembered more than you think.

Final exams schedules are listed on the website www.eosc.edu, academics, final exam schedule.

Important dates to remember:
Graduation is May 9
Final exams are May 12—16
Summer semester begins June 2
Fall semester begins August 11

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

Senate approves bill providing free tuition to children of public servants killed on duty

PRESS RELEASE

The Senate approved legislation Tuesday that would help the children of public servants killed in the line of duty attend any Oklahoma career technology center tuition free. House Bill 3350 pertains to the children of any Oklahoma firefighter or emergency medical technician, both volunteer and salaried, peace officer or member of the Oklahoma Law Enforcement Retirement System who has been killed in the line of duty.

"As a former firefighter, I know how dangerous the job can be and I've helped lay many of my brothers and sisters, both firefighters as well as other public servants, to rest," said Barrington, R-Lawton. "This is a small way we can show our gratitude for these brave individual's tremendous sacrifice. I want to thank my colleagues for helping Rep. Armes and I get this bill to the Governor's desk."

Under HB 3350, the tuition waiver would be limited to five years.

"I'm glad to see this bill pass. I think it's the least we can do for young children whose parent gives their life in the line of duty, whether fighting a fire or keeping our society safe," said Armes, R-Faxon.

Once signed, the bill will become effective on Nov. 1.

State Regents continue making college courses easier to transfer

PRESS RELEASE

Transferring from one Oklahoma college or university to another is easier now for many of Oklahoma's undergraduate college students thanks to the Oklahoma State Regents for Higher Education's Course Equivalency Project (CEP).

The CEP facilitates the transfer of students by ensuring the maximum number of credit hours and course work transfer among both private and public institutions in the state. With an increasingly mobile student population, the CEP assists students in the transfer process from a two-year to a four-year school, or transfers from one four-year institution to another.

Since inception of the CEP, the State Regents have added more than 8,000 courses in more than 40 disciplines that are transferable among state system institutions and many independent colleges and universities. Transferable courses are similar

in content and skill level at each institution where they are offered, and they are guaranteed to transfer among institutions that offer those courses and list them as part of the CEP.

"Many students enroll at multiple higher education institutions throughout their academic career. The State Regents' CEP provides students with a smoother transfer from one college or university to another," said Chancellor Glen D. Johnson. "Oklahoma's program brings faculty together annually to discuss full course content – not just course titles – making transfer more seamless for students and ultimately, bringing graduates into the workforce more quickly and efficiently."

The State Regents' plan to improve student transfer began in 1996 with a report to the state Legislature detailing a comprehensive action plan that would alleviate some of the obstacles students face when transferring

within the state system of higher education. That report led to a second progress report in December 1997, which focused on the implementation phase of the plan, known as the CEP.

Under the CEP, which operates on a yearly cycle, up to 200 faculty members from across the state meet to discuss courses that will transfer among institutions, with the goal of decreasing time to degree completion. Once the various curriculum committees complete their reports and various academic groups review and approve committee recommendations, the State Regents accept the course equivalency reports and distribute the information to the colleges and universities each spring. The information is also available on the State Regents' website for students to use in planning their college courses for transfer.

For more information on the CEP, visit www.OKCourseTransfer.org.

DOUBLE BACKFLIP



Pictured above, Eastern cheer coach Jaxon Presley, spots Eastern cheerleaders, Courtney Cohen and Hailey Luker, as they perform a backflip outside during an Eastern baseball and softball game. Photo by Jamie Fink

Senator Boggs Weekly In The Know: EOSC included in Choctaw Nation's "Promise Zone"

PRESS RELEASE

We're coming up on the April 24th deadline for the full Senate to vote on House Bills that made it through the committee phase. One piece of legislation we approved on Monday is called the "Parents Bill of Rights."

There have been an increasing number of cases around the country where parents' rights to raise their children as they see fit have been challenged. These are not cases where there has been abuse or neglect—these are cases where an outside party simply disagreed with child-rearing decisions that should be up to the parents.

The Parents Bill of Rights would ensure that the State of Oklahoma and courts would recognize that it is a fundamental right for parents to raise their children as they see fit, and that includes decisions on religious training, education, as well as mental health and health care.

On Tuesday we continued voting on bills in the Senate. As with most days during the session, we also had visitors here. I was very happy to welcome members of the Oklahoma Farm Bureau's Women's Leadership Team to the Capitol. What a group!

If I start to list them all by name (there must have been more than 200 ladies from our Oklahoma farms and ranches) I'll run out of space and miss someone. They served lunch and had an opportunity to visit with our legislators about issues they're concerned about this year.

These women are an important force in Oklahoma Agriculture, and I appreciate them taking the time to visit the Capitol, not to mention lunch was great!

On Wednesday, we had another intense day of floor votes in the Senate, but having worked efficiently we were able to complete work on about half

of the bills that were awaiting action by next week's deadline.

This enabled us to adjourn a day early, giving us a little more time to visit with constituents back in our districts and spend a little more time with our families for the Passover remembrance and Easter services.

We have several economic development projects underway here in the district, including a 15 acre housing addition on the south side of the Wilburton golf course. The first home has been built and several more will be constructed in the next few years.

One of the largest employers in southeastern Oklahoma is the Choctaw Nation. It has been named one of six national "Promise Zones," a designation which includes tax benefits that should help attract businesses to the area. Key strategies of the Choctaw Nation's plan include improving skills for tomorrow's jobs through workforce training

for skilled trades and professionals as well as more rigorous summer and after-school programs.

The plan emphasizes working with partner educational institutions like Oklahoma State University, Eastern Oklahoma State College and the Kiamichi Technology Center to improve workforce training for skilled trades and professionals with a focus on providing nationally-recognized STEM certifications.

Other strategies include infrastructure investment and the pursuit of economic diversification by utilizing natural, historic, and cultural resources to support growth in agriculture and agribusiness. There are additional goals as well—all of which will not only benefit members of the Choctaw Nation, but non-tribal members, too. This latest endeavor underscores the important role of the Choctaw Nation in shaping Oklahoma's past and its future.

My two pages this week were Hunter Nixon and Cade Fite, both seniors from Wilburton High School. I have known both of these young men and have had the opportunity to watch them grow and become valuable athletes for our Wilburton Diggers, but more importantly outstanding citizens of Red Oak and Wilburton. It was truly my pleasure to have them at the Capitol and witness their interest in the Oklahoma legislature.

P.S. I hope you all took the opportunity to witness the Blood Moon at about 3 AM on Tuesday, April 15th. My wife telephoned me, yes in the middle of the night, so we could share it together. It was extraordinary!

To contact me at the Capitol, please write to Senator Larry Boggs, State Capitol, 2300 N. Lincoln Blvd. Room 522-B, Oklahoma City, OK, 73105, email me at boggs@oksenate.gov, or call (405) 521-5604.

HEALTH AND FITNESS WEEK



Picture left, Olivia Brown (far left), and Crystal Idika pose with their winnings from the Just Dance Competition during Eastern's Health & Fitness Week. Pictured right Crystal Frizzell (left), Tobacco Control Coordination Center, and Raina Sparks, Registered Dietitian, of the Choctaw Nation present the dangers of smoking, secondhand smoke and sugar.



Lady Mountaineers slam Rose State

BY JAMIE FINK

Editor

On April 3, the Lady Mountaineers made the trip to Mid-west City to take on Rose State in what proved to be one of the Lady Mountaineers best offensive performances of the year.

EASTERN- 8 ROSE STATE- 0

The Lady Mountaineers entered the contest with a 13-16 overall record and a 6-6 conference record. The Lady Mountaineers were sitting in the middle of conference with a win or moving them either up or down in the standings. The Lady Mountaineers pulled out not just one win on the day but two.

In the first game of the day, the Lady Mountaineers run ruled Rose State 8-0 in just six innings. The Lady Mountaineers were



In this file photo, sophomore Ashley Jones rips a single up the middle against NEO A&M. Jones went 4-for-7 from the plate in both games against Rose State. Jones hit two homeruns and drove in four runs in the two Lady Mountaineers victories. Photo by Jamie Fink

lead by the top of the line-up who went 9-for-15 from the plate driving in all eight of the Lady Mountaineers runs on the day. Freshman Monique "AJ" Johnson led the way in the first for Eastern as she went 3-for-4 from the

plate, smashing two homeruns, and driving in the three runs in the Lady Mountaineers first contest.

Freshman Kaley Reding was on the mound once again for the Lady Mountaineers where she

picked up win number 11 on the season. Reding pitched all six innings allowing only two hits in 27 at-bats. Reding also threw five strikeouts in the contest.

EASTERN- 3 ROSE STATE- 2 F/8th

In the second contest of the day, the Lady Mountaineers looked to continue their hot day at the plate, and that's just what the Lady Mountaineers did. However, it would take the Lady Mountaineers extra innings to pick up their second win on the day. This time the Lady Mountaineers were lead by sophomore slugger Ashley Jones. Jones went 2-for-4 from the plate smashing her second homerun of the afternoon, and driving in two of Eastern's three runs.

Rose State pitcher, Ashlee Perkins, was able to find a

groove and slow down the Lady Mountaineers as she allowed only eight hits in the game, and kept the Lady Mountaineers until the top of the sixth inning. That's when the Lady Mountaineers gained the momentum to carry them into extras innings.

Freshman pitcher, Bailey Day, was on the mound for the second game of the day for the Lady Mountaineers.

Day went five and a third innings before being relieved by Reding. Day allowed seven hits and struck out four in the no decision. Reding picked up her second win on the day as she improves to 12-9 on the season.

The Lady Mountaineers look to conclude their season at home on April 23, as they play in their last home and regular season conference game at NOC-Tonkawa. The contest will begin at 2 p.m.

FROM THE MOUND



Mountaineer freshman right-hander, Hunter Neal, delivers a pitch against Arkansas doubleheader 3-1. The Mountaineers were unable to clinch two conference wins at home as they dropped the second game 10-6. The Mountaineers are currently at 20-19 overall. Photo by Jamie Fink

Upcoming Events:

04/23- Lady Mountaineer Softball vs. Northern Oklahoma College-Tonkawa

04/26- Mountaineer baseball vs. Seminole State College

04/28- Athletic Banquet

05/01- EOSC Spring Recital

05/02- EOSC Theatre presents "Rumors"

05/03- EOSC Theatre presents "Rumors"
Mountaineer Baseball vs. Northeastern Oklahoma A&M College

05/04- EOSC Theatre presents "Rumors"

05/09- EOSC Spring Commencement

05/12- Finals Week Begins

SIGNING DAY



On April 16, Eastern Lady Mountaineer sophomore De'Amber Brice, seated left, signs her national letter of intent to continue her basketball career at Angelo State University in Texas. Brice broke numerous school records and was named to the All Region II Tournament team, All Region II and All Conference first teams, and was also an All-American. Submitted Photo

Final Exam Schedule

Final
Exam
Schedule

May
12-16
2014

STUDY TIPS

FROM SYLVAN LEARNING ONLINE

- RELAX THE NIGHT BEFORE.
- GET A GOOD NIGHT'S SLEEP.
- EAT A NUTRITIOUS BREAK-FAST.
- SHOW UP FOR THE EXAM PREPARED.
- HAVE EXTRA SUPPLIES, SUCH AS PENS AND PENCILS.

DURING THE TEST (SYLVAN, CONT'D):

- READ THE ENTIRE TEST OVER FIRST AND DECIDE WHERE YOU ARE LIKELY TO SPEND THE MOST TIME.
- BEGIN WITH THE EASIEST QUESTIONS.
- MARK THE MORE DIFFICULT QUESTIONS AND COME BACK TO THEM.

MNEMONIC DEVICES

FROM OXFORD LEARNING ONLINE

- TAKE THE FIRST LETTER OR A KEY WORD OF THE ITEM TO REMEMBER AND WRITE IT DOWN.
- REPEAT FOR ALL ITEMS.
- CREATE A SENTENCE. PICK THE FIRST WORDS THAT POP INTO YOUR HEAD. IT

DOESN'T HAVE TO MAKE SENSE!

- MNEMONIC DEVICES, OXFORD CONT'D.
- WRITE THE SENTENCE OUT A FEW TIMES WHILE SAYING THE WORDS THAT THE ACRONYM REFERS TO.
- PRACTICE RECITING THE ITEMS AND THE CREATED SENTENCE TOGETHER UNTIL YOU'VE GOT IT MEMORIZED!

CLASS PERIOD EXAMINATION TIME

MONDAY MORNING - MAY 12

9:10 MWF/MW/WF/W/MTWF/WTHF/DAILY 8:00-10:00
9:10 TTH/T 10:00-12:00

MONDAY AFTERNOON - MAY 12

8:40 TTH 1:00-3:00
9:40 T/TTH 3:00-5:00

TUESDAY MORNING - MAY 13

10:10 TTH/TH 8:00-10:00
10:10 MWF/MWTH/MW/W/MTWF/WF/DAILY 10:00-12:00

TUESDAY AFTERNOON - MAY 13

12:10 TTH/T 1:00-3:00
12:10 MWF/MW/WF/MWTH/M/DAILY 3:00-5:00

WEDNESDAY MORNING - MAY 14

11:10 MWF/MW/MTWTH/MTWF/WF/DAILY 8:00-10:00
11:40 TTH/TH 10:00-12:00

WEDNESDAY AFTERNOON - MAY 14

1:10 MWF/MW/W/M/DAILY 1:00-3:00
1:10 TTH/TH 3:00-5:00

THURSDAY MORNING - MAY 15

8:10 TTH/TH 8:00-10:00
8:10 MWF/MW/WF/WTHF/DAILY 10:00-12:00

THURSDAY AFTERNOON - MAY 15

4:10 TTH 1:00-3:00
2:10 MW/TTH/M 3:00-5:00
3:10 TTH 3:00-5:00

FRIDAY MORNING - MAY 16

2:40 MW 8:00-10:00
1:40 TTH/M 10:00-12:00

DAY CLASSES THAT DO NOT FIT THE ABOVE SCHEDULE MUST BE WORKED OUT ON AN INDIVIDUAL BASIS NOT EARLIER THAN 8:00 A.M. MONDAY, MAY 7, 2012.

- EVENING CLASSES TO INCLUDE MCALESTER CAMPUS FINAL EXAMS
- FINALS ARE TO BE GIVEN AT THE LAST SCHEDULED CLASS MEETING STARTING MONDAY, MAY 12, 2014, THROUGH FRIDAY, FRIDAY, MAY 16, 2014. FINALS ARE TO BE ADMINISTERED ACCORDING TO THE ABOVE SCHEDULE. EXCEPTIONS MUST BE APPROVED, IN ADVANCE, BY BRINGING SIGNED RECOMMENDATIONS FROM INSTRUCTORS TO THE OFFICE OF THE VICE PRESIDENT FOR ACADEMIC AFFAIRS.
- ANTLERS AND IDABEL EXAM SCHEDULES MAY BE DIFFERENT AND WILL BE ANNOUNCED AND POSTED ON THOSE SITES.