



OKLAHOMA CITY

Cowboy Chronicle

Welcome Students!

Hello everyone!



Let me take a moment to introduce myself! My name is **Carol Phillips**, and I have the privilege of serving as your Student Government Association (SGA) president for the 2007-2008 school year. I have an extraordinary executive team, all committed to serving you to the fullest extent. **Amy Thompson**

is vice president, and this is her first semester here on campus. She is a single mom of three beautiful daughters, and she is working towards her associate degree in accounting. **Michelle Erwin** is the secretary/treasure. She is a recent high school graduate and recipient of the President's Leadership Council scholarship. **Jaymie Puckett** is our historian. She is responsible for taking pictures at each event for the end-of-the-year video that is presented at the Student Advisor/Organization Leaders luncheon. She has transferred here from NEO A&M College in Miami, OK.

As SGA officers of this campus, we represent the student body. We are focused and dedicated to serving the students. We meet with OSU-OKC President Jerry Carroll each semester; and, we let him know everything that has come to our attention. If you want to be "in the know," come to our general session meetings every second and fourth Thursday of the month. Our first meeting is **Thursday, August 30 @ noon, Student Center, President Suite**. We discuss current and future events, as well as hear from the student body in attendance. Come get involved!

How does one become involved in SGA? I'm so glad you asked! We currently have two officer positions that we need to fill as soon as possible, parliamentarian and activities coordinator. The parliamentarian position requires that you become very familiar with the parliamentarian procedures or "Roberts Rules", which will allow you to make sure all general session meetings are run correctly. The activities coordinator is responsible for our monthly movie days. That will require you to make and post the flyer advertising movie day, purchase the movie (you will be reimbursed), run the movie and do the drawing for the movie giveaway. In order to be considered as an officer, you have to have and maintain a 2.5 GPA, be able to attend all executive meetings (Tuesdays from 12:15 to 1 p.m.) and all general session meetings (every second and fourth Thursday from noon to 1 p.m.). If you are selected for an

office you will receive a \$300 stipend (\$150 per semester) and free parking. Along with that you will gain leadership skills, new friends and better eligibility for campus scholarships. If you are interested in either one of the available positions or you have questions, please email me atps.carol@gmail.com.

I would also like to mention that there are dozens of clubs for you to get involved in on campus. Each club holds its own events, as well as participates in certain SGA events. There is a brochure in the Student Activities office that has more information about each club, along with a contact number for you to call and get information about joining a specific club.

I am so excited about all that we have planned this year; it is going to be great! SGA and the Student Activities and Campus Life Department have a full calendar of activities! We are planning on more movie days, Noon Tunes and bingo each month! The first band we will have on campus is The Stave. Don't miss them, **September 5 @ noon, Student Center, Dining Room**. The first SGA Movie Day is **September 19 @ noon, Student Center, Conference Room North**. There is so much more that will be going on, so be sure and get your FREE student calendar and check it out!

This is going to be a great year and a fun semester! I am looking forward to meeting as many of you as I can. Be sure to check out the campus bulletin boards that are located in each building for any activities that will be happening on campus, or call the Student Activities hot line at 945-8639 to stay informed. Good luck on all your tests, midterms and finals, and be sure to get involved!

**Take care everyone,
Carol Phillips, SGA president**

- Remember that life is short so live it to the very fullest and be the very best that you can be. Live for yourself and not for the approval of anyone, so that you can be in charge of what you do and how you live your life. Take advantage of everything life gives you and learn as much as you can, for knowledge is power! Laugh often as it is a natural healer; hugs are free so give and take as many as possible; and tell your family and friends that you love them every time you think about it because you may not have another opportunity to do so.



H O W W O R D Y W E E K

Monday, August 20

20

- Come find good fortune! Stop by the Student Center for FREE MINI EGG ROLLS AND SODA while supplies last. Student Center, Second Floor, 11:30 a.m. - 1 p.m. and 4:30 - 5:45 p.m.
- Strap yourself into our extra large and comfortable recliner and hang on tight. You get 30 seconds to throw six footballs to the receiver on the big screen. Did we forget to tell you your recliner is out of control? Outside between the Student Center and the Learning Resource Center, 11:30 a.m. - 1:30 p.m.

Tuesday, August 21

21

- Need a break? Come by the Student Center for a lift! FREE PIZZA AND SODA while supplies last. Student Center, Second Floor, 11:30 a.m. - 1 p.m. and 4:30 - 5:45 p.m.
- Scramble to the snow-covered peak of Mt. Allison and be rewarded with an awesome view. Outside between the Student Center and the Learning Resource Center, 11:30 a.m. - 1:30 p.m.

Wednesday, August 22

22

- New classes... parking... OH MY! Come through our BAKED POTATO BAR, GRAB A SODA and relax for a few minutes while supplies last! Student Center, Second Floor, 11:30 a.m. - 1 p.m. and 4:30 - 5:45 p.m.
- Come and listen to THE STARS BAND live! You won't want to miss it! Student Center, Dining Room, noon - 1 p.m.
- First Down! Get ready for OSU football and check out our first down challenge. Outside between the Student Center and the Learning Resource Center, 11:30 a.m. - 1:30 p.m.

Thursday, August 23

23

- It's a hot, hot day! Come by the Student Center for FREE ROOTBEER FLOATS while supplies last. Student Center, Second Floor, 11:30 a.m. - 1 p.m.
- Do you wanna be a cowboy? Then cowboy up and get on our mechanical bull! Outside between the Student Center and the Learning Resource Center, 11:30 a.m. - 1:30 p.m.

Don't Forget...

Get a jump on your classes! Get organized now! Pick up your FREE OSU-OKC Student Calendar while supplies last in the Student Center, Second Floor and the Learning Resource Center, First Floor.

Enter for your chance to win prizes in the OSU-OKC Student Activities drawing. Prizes include free movie passes, football tickets, free semester of books, food in the Break Place, OSU clothing and more! Drawing will be held August 23.

Have you been to the Wellness Center?

The Wellness Center is located in the Administration Building, First Floor. Numerous credit and non-credit classes are available, including pilates and circuit training, as well as state-of-the-art workout equipment. The Wellness Center regular hours of operation are:



Monday - Thursday, 7 a.m. to 8 p.m.

Friday, 7 a.m. to 6 p.m. and Saturday, 9 a.m. to 4 p.m.

Don't miss the Wellness Center's free demonstrations in the Student Center, Second Floor, noon to 1 p.m.:

August 30, Kickboxing

September 6, Pilates

September 13, Aerobics



Be sure to check out the Wellness Rewards program! Wellness Rewards is an incentive-based program that encourages students to get involved in their health! Earn points by attending wellness events throughout the year!

To enroll, pick up a registration form in the Wellness Center. Turn in the completed form and schedule your fitness assessment. Fitness assessments can be scheduled through the Wellness Center at 945-8642.

Prizes include a strap-n-stride radio, digital jump rope, t-shirt, personal training session, beach towel, chair massage, convertible duffel bag/backpack, folding chair, and an IPOD Shuffle for the first 10 to reach 1,250 points.

Event	Points Per Session	Session Max	Total Possible
Fitness Assessment	200	1	200
Non-Credit Classes (70% of classes attended)	25	4	100
Intramural Sports	25	5	125
Lunch and Learn Workshops	15	4	60
Survivor Fitness Challenge	150	1	150
Health-Related Seminars	20	4	80
Blood Drive	15	1	15
Stress Management Seminars	25	2	50
Fitness Assessment Progress Check	125	1	125
Nutrition 101	30	1	30
Working Out (six days per week for 35 weeks)	4	210	840
Cowboy Classic	200	1	200
Weight Management (circuit training)	200	1	200
		Total Points Available	2,175

Looking to get involved on campus? Don't miss the Student Organization Fair.

Wednesday, August 29
Student Center, Dining Room
10:30 a.m. - 1:30 p.m.

Stop by and enter for a chance to win an OSU football signed by Coach Gundy!

Photo Fun Day

Get your picture taken in the photo FUN booth! Choose from three different photo booths.

Wednesday, August 29
Student Center,
Second Floor
10:30 a.m. - 1:30 p.m.



Noon Tunes

Need a break from classes? Come by the Student Center, Dining Room, noon - 1 p.m., for FREE live music!

September, 5 - The Stave
 September 26 - Lemme

SGA MOVIE DAY

WEDNESDAY, SEPTEMBER 19
STUDENT CENTER, THIRD FLOOR,
CONFERENCE ROOM NORTH
NOON - 2 P.M.

UPCOMING EVENTS

AUGUST

- 20 Fall Semester Begins
- 29 Student Organization Fair, Student Center, Second Floor, 10:30 a.m. - 1:30 p.m.
- 29 Photo Fun Day, Student Center, Second Floor, 10:30 a.m. - 1:30 p.m.
- 30 SGA General Session, Student Center, President Suite, noon

SEPTEMBER

- 3 Labor Day, Campus Closed
- 5 Noon Tunes, The Stave, Student Center, Dining Room, noon
- 8 Family Health and Safety Day, PDTC, 11 a.m. - 2 p.m.
- 13 SGA General Session, Student Center, President Suite, noon
- 19 SGA Movie Day, Student Center, Conf. North, noon - 2 p.m.
- 20 SGA Bingo, Student Center, Dining Room, 1 - 3 p.m.
- 25 Fall Blood Drive
- 26 Noon Tunes, Lemme, Student Center, Dining Room, noon
- 27 SGA General Session, Student Center, President Suite, noon
- 27 Fall Job Fair, Student Center, Dining Room, 10 a.m. - 1:30 p.m.

OSU-OKC

FAMILY HEALTH & SAFETY DAY

Saturday, September 8
OSU-OKC Precision Driving Training Center, Reno & Portland
11 a.m. - 2 p.m.

- Car Seat Safety Checks
- Free Health Screenings
- Free Smoke Detectors
- Free Child Fingerprinting Cards
- Children's Hands-on Art Center
- Inflatable Slide
- Moonwalk
- Great Food
- Live Music

For more information, call 945-3234.

GRAND PRIZE DRAWING
for a Stainless Steel Grill!

Free Event!
Free Ice Cream!
Free Popcorn!

Lights. Camera. Interview!

Fall 2007 Job Fair
September 27, 2007
Student Center, Second Floor
10 a.m. - 1:30 p.m.

All workshops will be held 11:30 - 1 p.m. in the Student Center, Third Floor, Conference North

- Job Search Helpful Hints
Monday, September 10
- Resumes and Cover Letters
Wednesday, September 12
- Building Self-esteem in the Job Search
Tuesday, September 18
- Interview Techniques
Thursday, September 20
- Job Seekers Review
Monday, September 24