

## » THIS WEEK

OCTOBER 2-8

### MONDAY, OCTOBER 2

**Deadline to file  
for December graduation**

**Counseling Center Workshop:  
Time Management & Organization**  
3:30 p.m. Legacy Multipurpose Room

**Wellness Week:  
Mustangs Stampede 5K**  
4 p.m. Registration  
4:30 p.m. Start Sikes Lake

### TUESDAY, OCTOBER 3

**Wellness Week: Mindful Relaxation**  
2 p.m. Wellness Center

**Counseling Center Workshop:  
Four Steps to a 4.0**  
3:30 p.m. Legacy Multipurpose Room

**Admissions: Financial Aid Night**  
6 p.m. CSC Comanche Suites

### WEDNESDAY, OCTOBER 4

**Wellness Week: Sex + Candy**  
11 a.m.-1:30 p.m. Wellness Center

**i.d.e.a.wf: Awards Luncheon featuring  
keynote speaker Dwain Cox**  
11:30 a.m. CSC Comanche Suites

**Women's Soccer at St. Edward's**  
3 p.m. San Antonio

**Counseling Center Workshop:  
Choosing a Career and Major**  
3:30 p.m. Legacy Multipurpose Room

**Wellness Week: Unified Sports**  
5:30 p.m. Free Play Fields

**Hispanic Heritage: Top Chef**  
7 p.m. Legacy Hall

### THURSDAY, OCTOBER 5

**Athletics: Lunch with the Mustangs**  
Noon WFMA

**Counseling Center Workshop:  
Taming Test Anxiety**  
3:30 p.m. Legacy Multipurpose Room

**Wellness Week: Outdoor Yoga**  
4 p.m. Legacy Courtyard

**Continuing Education:  
Repurposed Yard & Garden Décor**  
5:30 p.m. Sikes Lake Center

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## AROUND CAMPUS

### Wellness Week

Wellness Week is an annual MSU observance to encourage students to be healthy – in body and mind. See the complete list of activities on Page 4.

### i.d.e.a.wf: Awards Luncheon Featuring Dwain Cox

Dwain Cox, Senior Director of Innovation & Design for Chick-Fil-A, will be the keynote speaker for the annual i.d.e.a.wf Awards Luncheon beginning at 11:30 a.m. Wednesday, October 4, in CSC Comanche Suites. Design and innovation have been Dwain's career passions for the last 20 years. His dream has been to lead a team of designers, oversee a world-class innovation center, and partner with premier colleges and universities. Leading the Design Department at Chick-fil-A is the fulfillment of that dream. Every day, Dwain enjoys the privilege of working with creative people at one of the truly great companies in the quick service restaurant industry.

Dwain serves on a couple of boards including the Savannah College of Art & Design (SCAD) and Matchstic. He obtained his Bachelor of Science in Polymer Chemistry from the University of Southern Mississippi, his MBA from East Tennessee State University, and his Ph.D. in nuclear physics from Texas A&M. Dwain is married to Donna and has three boys: Dustin, Heath, and Joshua.

### Congratulations to these finalists:

Aunt Pam's Closet – Pam Schenk  
Hayley's Music – Joe & John Hayley  
Lily & Sparrow Design – Alison Beck  
Mesquite Tree Hill – Tracy Hyden  
Take the Shot Golf & Gun – Scott Matheson & Nathan Moore  
Wichita Falls Brewing Company – Matt Bitsche & Russ Reynolds

Tickets to the luncheon are \$25 and may be purchased at [i.d.e.a.WF 2017 Registration](http://i.d.e.a.WF2017.Registration).

### Reel to Real Film Series: *Latinos Beyond Reel: Challenging a Media Stereotype*

The Office of Equity, Inclusion & Multicultural Affairs will present the first in a series of Reel to Real Series at 7 p.m. Thursday, October 5, in Legacy Multipurpose Room. The series introduces and engages MSU students in a variety of topics focused on culturally relevant themes. A guest panel offers thoughtful commentary on each film and engages the audiences in deeper dialogue and reflection.

*Latinos Beyond Reel* examines how Latinos have been disproportionately represented in American news and entertainment programs as criminals and illegals and traces the personal and political effects of media stereotypes.

### Fantasy of Lights Workday

A Fantasy of Lights workday to ready the displays for their Nov. 20 show time will be from 9 a.m. to 1 p.m. Saturday, October 7, at the Fantasy of Lights warehouse. Lunch will be provided. For more information, call Dirk Welch at ext. 4972.

### Calle Ocho

As part of Hispanic Heritage Month, celebrate Calle Ocho beginning at 1 p.m. Saturday, October 7, at 8th and Ohio streets in downtown Wichita Falls. Enjoy Latino food, music, dance, and culture. Admission is \$5. Email [ruby.arriaga@mwsu.edu](mailto:ruby.arriaga@mwsu.edu) for more information.

## **THIS WEEK** SEPTEMBER 25-OCTOBER 1

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**Men's Soccer vs. Lubbock Christian**  
7 p.m. MSU Soccer Field

**Reel to Real Film Series:**  
**Latinos Beyond Reel: Challenging  
a Media Stereotype**  
7 p.m. Legacy Multipurpose Room

**Wellness Week:**  
**Outdoor Movie: A League of Their Own**  
7:30 p.m. Wellness Center

**Theatre: Luna Gale**  
7:30 p.m. Fain Fine Arts Center

**University Wind Ensemble  
and University Orchestra**  
7:30 p.m. Akin Auditorium

### **FRIDAY, OCTOBER 6**

**Wellness Week:**  
**Sand Volleyball Tournament**  
4-6 p.m. Wellness Center

**Opening Reception: Landscapes from  
Maui by Catherine Prose**  
4 p.m. Moffett Library

**Women's Volleyball at Angelo State**  
7 p.m. San Angelo, Texas

**Women's Soccer at West Texas A&M**  
7 p.m. Canyon, Texas

**Theatre: Luna Gale**  
7:30 p.m. Fain Fine Arts Center

### **SATURDAY, OCTOBER 7**

**Fantasy of Lights Work Day**  
9 a.m. FOL Warehouse

**UPB: Calle Ocho**  
1-6 p.m. Downtown 8th & Ohio

**Men's Soccer vs. UT-Permian Basin**  
1 p.m. MSU Soccer Field

**Women's Volleyball at Tarleton State**  
2 p.m. Stephenville, Texas

**Football vs. Texas A&M-Commerce**  
7 p.m. Memorial Stadium

**Theatre: Luna Gale**  
7:30 p.m. Fain Fine Arts Center

### **SUNDAY, OCTOBER 8**

**Women's Soccer  
at Eastern New Mexico**  
2 p.m. Portales, N.M.

**Theatre: Luna Gale**  
2:30 p.m. Fain Fine Arts Center

## **MARK YOUR CALENDAR**

### **UPB: Breast Cancer Awareness Booth**

The University Programming Board will sponsor the Breast Cancer Awareness Booth from 11:30 a.m.-2 p.m. Wednesday, October 11, in the CSC Food Court. Breast Cancer Awareness Month is October 1-31. Visit the booth and show support for finding a cure by signing a banner and collecting a button.

### **Moffett Library Workshop: Citation 101**

Moffett Library continues its series of workshops with Citation 101: How to Cite Anything for the First Time at 2 p.m. Wednesday, October 11, and at 3 p.m. Thursday, October 12. The one-hour workshop is free and will be held in Moffett 212A. For more information, contact Allison Breen at ext. 4171.

### **Steps to Success Program Schedules**

The Office of Equity, Inclusion & Multicultural Affairs will present the third of five programs in the First Steps to Success beginning at 4 p.m. Wednesday, October 11, in the Sunwatcher Clubhouse Conference Room. The program for first-year students is designed for first generation, students of color, but open to ALL first generation students. This five-session program engages students in effective strategies and tools immediately applicable for success in academic performance and personal development. Application is required.

Similarly, the Office of Equity, Inclusion & Multicultural Affairs will present Next Steps to Success, a five session program for second-year students, designed for first generation, students of color, but open to ALL first generation students. Session two will begin at 6 p.m. Wednesday, October 11, in the Sunwatcher Clubhouse Conference Room. Application is required.

For more information, contact Syreeta Greene at [syreeta.greene@mwsu.edu](mailto:syreeta.greene@mwsu.edu).

### **Hispanic Heritage Month Activities**

As part of Hispanic Heritage Month, learn about HIV during National Latinx Aids Awareness Day at 11 a.m. Friday, October 13, in CSC Wichita I & II.

Enjoy the Grammy-nominated Mariachi Divas at 1 p.m. Friday, October 13, outside the Dillard College of Business Administration.

Noche de las Estrellas, a gala to celebrate the Hispanic culture as well as highlight organizations and students on campus, will be at 7 p.m. Saturday, October 14, in CSC Comanche Suites. Stephanie Robles, assistant principal at Barwise Junior High School and an active community leader, will be the keynote speaker for the evening. Tickets are \$5 and may be purchased at Office of Student Involvement, CSC 194.

Email [ruby.arriaga@mwsu.edu](mailto:ruby.arriaga@mwsu.edu) for more information about Hispanic Heritage Month activities.

### **Geoscience & Environmental Science Colloquium Series**

The Geoscience and Environmental Science Colloquium Series will present Joseph Frederickson at 5 p.m. Thursday, October 12, in Bolin 100. Frederickson is doctoral candidate in Ecology and Evolutionary Biology at the University of Oklahoma's Sam Noble Museum of Natural History. His topic will be "From giant crocodiles to fish-eating dinosaurs: new insights into the paleoecology of predators from the medial Cretaceous of North America." For more information, contact Dr. Jesse Carlucci at [jesse.carlucci@mwsu.edu](mailto:jesse.carlucci@mwsu.edu).

### **Zumbathon**

The Bilingual Education Student Organization (BESO) will sponsor a Zumbathon fundraiser from 6-8 p.m. Thursday, October 12, at the Sikes Lake Center. Music, food, refreshments, prizes and more will

be part of the festivities. \$5 at the door. For more information, email [mwsubeso@gmail.com](mailto:mwsubeso@gmail.com).

## CAMPUS NEWS

### Department of World Languages and Cultures

The Department of Foreign Languages has officially changed its name to Department of World Languages and Cultures. The program has evolved through the years, and the change of name only reflects how second language studies have developed in recent years. Teaching a second language involves much more than simply drilling vocabulary words and grammar rules; studying a second language encompasses learning about history, literature, film, and many other sometimes subtle aspects of culture which get at the heart and soul of who a person is (as Oliver Wendell Holmes so aptly noted). In the evermore interconnected world, languages are no longer a foreign matter, and the goal is to keep up with the times, giving our students better tools and cultural understandings to deal with the everyday needs that they will face in the real, as well as virtual, world.

### Winners Named in Library Research Scholars Program

Moffett Library observed its fourth annual reception honoring the winners of the Library Research Scholars program for undergraduate students.

**First place:** Evolution and Diversity of Viruses (panel) – Alla Cerreta, Georgia Dubose, Alexis Ruger, and Dakota Tolleson.

**Honored Researchers:** Enaho Atamenwan, Abdullah Albakhurji, Garrett Clampitt, Jaylen Love, Hannah Selzer, Matthew Stanley (panel) – Seminar Design in Engineering - Multi-Chain Based Continuously Variable Transmission for Wind Turbines; and Shehan Karunaratne – Benford's Law and its application to the elections in Sri Lanka.

The library appreciates the work of judges Dr. Mark Farris, Dr. Peter Fields, Dr. Dittika Gupta, Dr. Kirsten Lodge, and Dr. Whitney Snow whose work in evaluating these projects makes all this possible.

## IN THE SPOTLIGHT

**Andrew J. Allen**, Assistant Professor of Music, performed at the 17th annual edition of Electronic Music Midwest, held on the campus of Kansas City Kansas Community College from September 21-23. This conference has become one of the leading performance venues for new electronic and electroacoustic classical music in the country. Allen performed *Balloonman* for tenor saxophone and electronics, a work based on the e.e. cummings poem "In Just," and written by Dr. Anne Neikirk, Assistant Professor of Music at Norfolk State University in Virginia. The piece was written for and is dedicated to Allen.

## FROM THE BOOKSTORE

- Special buys on \$16.95 crew neck sweatshirts and \$24.95 ladies full zip hoodies
- Tailgate sale Oct. 4-8 (Nike, stadium seats, and game-time chairs 25% off)
- Accepting applications for part-time associates with great availability
- Accepting applications for part-time associate to pull the trailer to the stadium (mileage included)

# Wellness Week

OCT. 2 - 6

## Monday, October 2

### MUSTANGS STAMPEDE 5K

4:00PM Registration, 4:30pm Start (Sikes Lake)  
Come start off your Wellness Week with a 5K run in your favorite school spirit attire. Prizes for 1st & 2nd place male/female and most school spirit will be awarded. Refreshments will be provided.

### SOCIAL MEDIA TRIVIA

All Day  
Answer some trivia about wellness on Twitter (@MWSU\_Rec) for your chance to win some MSU Gear.

## Thursday, October 5

### OUTDOOR YOGA

4:00pm (Legacy Courtyard)  
Relax your mind and stretch your body out with Kathy Wells! Yoga is a great way to move your body. Water & Snacks will be provided. Bring your own towel.

### OUTDOOR MOVIE

7:30pm (Wellness Center)  
Come relax in the pool with us and watch "A League of Their Own."

## Tuesday, October 3

### MINDFUL RELAXATION

2:00- 3:00PM (Wellness Center)  
Learn about ways to combat stress and quiet your mind. Mindful relaxation can help lower blood pressure, pulse, respiration rate, metabolic rate, oxygen consumption, anxiety, and produces a greater sense of wellbeing.

## Friday, October 6

### SAND VOLLEYBALL TOURNAMENT

4:00 - 6:00pm (Wellness Center)  
Sign up your team of 6 and come play volleyball. Come relax and enjoy refreshments will be provided.

## Wednesday, October 4

### SEX + CANDY

11 AM - 1:30 PM (Wellness Center)  
Learn about safe sex with Vinson Health Center and grab some candy on the way out.

### UNIFIED SPORTS: CHEER ON OUR TEAMS

5:30 PM (Free Play Fields)  
Cheer on our local Special Olympic Athletes and MSU Students as they compete in the MSU USL soccer game.

## All Semester:

### WELLNESS WEDNESDAYS

11:00AM - 1:00PM, (Mesquite Dining Hall)  
Come and learn about fresh eats Maverick's Dining Hall is offering.

- Intellectual Wellness
- Physical Wellness
- Social Wellness
- Emotional Wellness

Thank you to our departmental sponsors: Recreational Sports and Wellness Center, Office of Student Involvement, SGA, UPB, Residence Life & Housing, Counseling Center, Vinson Health Center