

Jake's movie review: The Odd Life of Timothy Green. Are we called to be odd?

Read more on page 6



First home football game on Saturday, Sept. 22. Tailgate party at 5 p.m.

Read more on page 6

**September 21, 2012** Volume 84 Issue 4 echo.snu.edu

6612 NW 42nd St. Bethany, OK 73008

(405) 491-6382

## McNair Scholars Program receives five years of continued funding

Dr. Gwen Ladd Hackler, SNU Staff

McNair Scholars Program, de- and the resources and support signed to assist eligible SNU un- for them to succeed," said Dr. dergraduates in building the skills and confidence required to pursue program targets student scholars who demonstrate sound academand the intent to pursue a career in which a doctorate is required.

SNU will receive 5 years of at SNU has provided life-changcontinued funding for the SNU ing opportunities for students Loren Gresham, SNU President.

SNU will receive a total of a doctoral degree. This competitive \$1,098,935 of federal funding through the U. S. Department of Education's TRIO Ronald E. Mcic performance, strong potential Nair Postbaccalaureate Achievefor success in graduate school, ment Program. The McNair Program, one of six federal TRIO programs funded through the De-

"The McNair Scholars program partment of Education, is designed make a real and lasting difference to prepare low-income and firstgeneration students along with those from other groups typically underrepresented in graduate studies. Of the three institutions in the state awarded in this competition, SNU was the only private university in Oklahoma to receive funding.

> SNU McNair Scholars program lieves students are significantly im-

in the lives of first-generation, lowincome and underrepresented students, many of whom only need a little support and encouragement to realize their full potential, achieve their dreams, and change the trajectory of their families for generations to come. I'm so thrilled that SNU will be given the opportunity director Dr. Rhonda Crutcher be- to continue this important work."

SNU's McNair Scholars Propacted by their McNair experience: gram has served approximately "I have seen the McNair Program 60 students since 2007. Gradu-

## Professor named "Outstanding College Communication Educator"

Brad Crofford, Editor-in-chief

Dr. Pamela Broyles was hon-Oklahoma Speech Theater Com-

didn't notify me ahead of time,"

Outstanding College Communi- adviser during her time at SNU. cation Educator Award during

(three years), newsletter editor ored as the outstanding college (three years), first vice-president, communication educator by the and communication section chair.

Broyles was nominated by Dr. munication Association (OSTCA). Sheryl Lidzy, the current president "I was surprised because they of OSTCA and an associate professor of communication at Emsaid Broyles, chair of the depart- poria State University. Lidzy is an ment of speech communications at alumna of SNU, receiving both her SNU. "It was a nice compliment." bachelor's and master's degrees. She was awarded the Fred Tewell Broyles served as her academic

"During the past twenty years, I the luncheon/general meeting of have been influenced by Pam's ad-OSTCA's 85th annual convention vice, encouragement, wisdom, and at Oklahoma City Community strong work ethic," Lidzy wrote in College on Saturday, September 8. her nomination of Broyles, which Broyles has deep ties to OST- she made available to The Echo. "I CA. She has been involved with have witnessed her commitment the state association since she be- and service to the discipline of gan teaching in 1979. In those communication as my academic adyears, she has served in numer-visor, as my colleague, as a scholar, ous roles, including president through her involvement at local,

(two years), executive director regional, and national conferences, Broyles also serves on numerous as well as through her friendship."

> Broyles attributes her success to ingabout students and their futures."

In addition to the many courses she has taught at both the undergraduate and graduate levels member of OSTCA and a profesat SNU, Broyles has been actively involved in other endeavors. She helped create the curriculum and coached debate for 25 years. guides for high school speech as a member of the Task Force on High School Speech Curriculum, peer reviewed textbooks, directed and produced two 20-minute video documentaries. In addition, she developed and wrote an instructor's resource manual for a textbook on persuasive communication, and wrote, produced, and directed radio and television public service announcements for the Oklahoma Infant Immunization Coalition. Photo from OSTCA's Facebook

boards, councils, and committees.

The award for outstanding col-"understanding, relating to and car- lege communication educator was established in 1987 and was named after Fred Tewell in 1993, according to Lidzy. Tewell was a long-time sor of communication at Oklahoma State University, where he taught



2 • NEWS

## McNair Scholars Program receives five years of funding cont.

ate schools attended by these SNU McNair graduates include Rice University, Duke University, Salem University, the University of Arkansas, the University of Oklahoma, Oklahoma State University, Langston University, and Oklahoma City University.

Lauren Brand, an SNU McNair student completing graduate work at Rice University, commended the SNU McNair program: "Applying to graduate school can be a complicated, even overwhelming, endeavor. The McNair program gave me the education and support I needed to navigate the process."

A unique feature of the Mc-Nair Program is a paid research internship for each participant. Each McNair Scholar will work directly with at least one Ph.D. faculty mentor and receive individualized academic advising, preparation and mentoring focused on academic achievement, research experience, and professional acculturation. Special assistance is available for students preparing to enter gradu-

ate school in the STEM fields of mathematics, computer sciences, engineering, and natural, physical, and biological sciences. McNair Scholars build credentials that enable competitive applications to top graduate schools. Numerous universities across the country offer specially designated scholarships for McNair Scholars accepted into their graduate programs.

Dennis Williams, Dean of the College of Teaching and Learning pointed out the McNair program's long-term impact on higher education, stating, "This program has been instrumental in preparing SNU students to successfully matriculate into graduate programs in their chosen field and to prepare future professors who will provide transformative education through higher education."

Further information on SNU's McNair Scholars Program is available from Dr. Rhonda Crutcher, McNair Program Director at 405-789-6400 ext. 6564 or e-mail mcnair@snu.edu.



The McNair Scholars Program offices are located on the 3rd floor of the Learning Resources Center. SNU has been chosen to receive another five years of funding for the program. (Photo by Stephany Reyes)

## Where did the cookies go? Answers to your Sodexo questions

Ronna Fisher, Assistant Editor

Students may have noticed a few changes in Sodexo this semester. Some changes have students excited for their upcoming meals, while some have left students disgruntled or confused. Sodexo staff have clarified what's new and what has changed this year in the student cafeteria.

One of the biggest student complaints about Sodexo this semester has been the absence of fresh cookies.

"Health-wise the change is good; I haven't eaten a cupcake," said junior Katelyn Lamb. "I liked to make ice cream sandwiches with the cookies as I walked out the door."

"Cookies were the only things I ate out of the dessert. It was the most popular, most eaten dessert, but it is the only dessert they took out," said Maïa Brown, junior.

Amber Noyes, Sodexo General Manager, wants to dispel all fears that the cookies are gone forever. In fact, the fresh cookies will be back Monday, September 17th and will be found at the dessert bar. A back-order and a desire not to waste food are the reasons for the disappearance of the cookies.

Students have also been curious about the reposition of the dessert bar. In fact, Noyes has two practical reasons for the relocation. Sodexo management hopes to keep traffic flowing in the cor-

rect direction by relocating the dessert bar. It is also healthier to have the desserts offered last in the food order. Noyes says Sodexo wants students to come in and see soup and salad first, then other healthy options, before soothing a sweet tooth with tempting desserts, such as fresh chocolate chip cookies. The ice cream machine will eventually join its fellow des-

continued on page 3

NEWS • 3 9.21.12

## Where did the cookies go? Answers to your Sodexo questions, cont.

serts at the end of the buffet line.

Other dietary changes in Sodexo include fresh squeezed lemonade daily and themed dinner nights, like wing night, Mongolian grill night, restaurant night (where students will be waited on), the traditional steak night and gourmet burger night. Sodexo is also attempting to provide more gluten-free and vegetarian options.

Another exciting change for students this semester is the opening of the 3rd floor Commons balcony. According to Noves, this change is partly due to the work of Scott Strawn, former VP of Student Development, and Michael Houston, Associate Dean of Students.

"This is something they really wanted, and we were excited about it as well. The process actually began last spring, but there were a couple of hiccups due to signage and administration," said Noyes.

Students have already begun to take advantage of the balcony during meal times, especially with the cooler weather of fall coming.

"I'm very excited about the balcony. I wish it was a little bit bigger, but it's really nice when it's raining because you can eat outside without getting wet," Lamb exclaims. For anyone who is worried the bal-



Recent changes in Sodexo have included the dessert bar moving and the addition of patio dining. (Photo by Amy

cony is too small to find a place to sit, Lamb and Brown encourage students to be brave, even if that person knows no one out on the balcony.

"God wants us to live in fearless community; that's what's so great about attending a Christian university. You shouldn't ever be afraid," says Lamb.

Sodexo tends to have a bad rap amongst students, but Brown points out positive aspects of Sodexo that are often forgotten:

ways liked the environment up there. It's big and open and not too loud or crowded. They are always willing to listen and accept suggestions, too. They take student suggestions seriously."

Along with providing multiple places for students to make suggestions or leave comments, Sodexo is also putting together a SNU Dining Food Force, a student-faculty forum.

"We are looking for bright and

"The staff is awesome. I've al- motivated representatives the SNU student body to join a monthly forum bringing both stories of success, as well as opportunities to better fit the students dietary expectations," said Executive Chef Ian Wagner.

> If you think you have some great ideas on how to better improve Sodexo, Food Force is currently taking applications; they can be found in the 3rd floor office.

### State, wind contribute to overdue elevator inspections and leaks

#### Brad Crofford, Editor-in-chief

Overdue inspections. Liquid dripping into the elevator cab.

What at first might appear to be worrisome problems with the science building's elevator are actually indicative of nothing worse than an overburdened state bureaucracy and strong rain, according to Ron Lester, SNU's Director of Facilities Management.

State law requires annual inspections for cable-operated elevators such as those found in the science building and Hills. As of September 17, the elevator's certificate lists the expiration date as July 31, 2012. The elevators

in Hills' certificates show their expiration dates as 12/31/11.

This situation is not unusual, however, according to Lester. "The Oklahoma Department of Labor (DOL) requires regular inspections of elevators. However, we have no control over the timing of these inspections. These are initiated solely by the DOL and are done completely on their schedule," Lester said. "Sometimes, this is within the date of the certificates and sometimes it may not be initiated by them until after that date. They only have about three or four inspectors for the entire state, so it is not unusual for them to be behind."

Last week, some students noted liquid dripping into the elevator.

"The carpet looked very wet; part of it was darker than the rest," senior psychology major Allison Wellman said. "It was a decent size. At first I thought someone spilled something, so I didn't pay attention, but then I noticed it was dripping from the ceiling. Then evervone started talking about it."

The source of this problem is not directly related to the elevator, says Lester.

"During investigation of this, we determined it to be coming from a vent stack on the elevator penthouse roof. We think because of the blowing nature of the rain, it got under the flashing. This then, dripped down on top of the elevator cab," Lester said.

While the state's annual inspection has yet to be performed, monthly inspections have been performed through a standing service contract with a statelicensed elevator contractor in accordance with state law. This contractor performs and code upgrades as required. "Hopefully the state will get our inspections done soon and get everything back up to date," Lester said.

9.21.12 NEWS • 4

## Living out the faith and caring for the least of these

#### Ashleigh Buchanan, Staff Writer

Last fall, a group of SNU students started going to downtown Oklahoma City every Saturday to feed the homeless people who call the streets of Bricktown their home.

As the year progressed, the size of this group grew. This fall a group of 10 male sophomores and juniors started a theme house, located in an Imel Townhouse, dedicated to this ministry. The mission of the theme house is to educate the student body about homelessness while serving the homeless in our city and doing spiritual outreach with them.

Stephen Brand and Sam Duce were a part of the group that started this ministry last fall. Brand said that the idea formulated one night when him and Duce felt like they needed to do something to help these people. It started off as a one-time outreach, then they felt led to bring a meal to these people every week to establish a presence and form long-term relationships with the people living on the streets of downtown OKC.

When asked about what they want to accomplish with their ministry, Casey Myers said their prayer is that people realize that homeless people "bear the image of God just as much as we do." Brand noted that there is an obvious social difference between SNU students and the homeless community and that if students

stay in the SNU bubble, they won't see the brokenness of the world.

Caleb Grosse said a goal of theirs is that this ministry isn't just something that lasts for a year, but that it becomes a part of the

"it's powerful to be talking to a homeless person and realize that in God's eyes you are equal with them..."

SNU lifestyle. He hopes that if this ministry continues, down the road they will have made a small difference in the lives of the people to who they are ministering.

This ministry is open to anyone who is interested. The theme house wants a lot of people involved and if the group gets large enough, they may begin going to several different locations in the downtown area in order to benefit as many people as possible.

What's the best way to get involved? Show up at the circle drive west of the Webster Commons at 1 p.m. on a Saturday. Everyone carpools downtown together, and then they start passing out food and making connections.



Photo by Flickr user auldhippo used under Creative Commons license

By going downtown and interacting with the homeless people living there, a person will not only be giving them food and letting them know someone cares for them, but they might also get something back as well. Duce said it's powerful to be talking to a homeless person and realize that in God's eyes you are equal with them, and that God loves these people just as much as he loves us.

Questions? Concerns? Want to just talk to one of these guys before you dive in? Anyone currently involved in this ministry would love to give you more information! The guys in the Imel house are: Caleb Grosse, Sam Duce, Casey Myers, Andrew Leahey, Cameron Keeton, Andrew Taylor, Jakob Williams, Blake Jordan, Caleb Swanigan, and Garrett Neal.





Visit our
Facebook page
for more photos
from Kick for the
Cause!

# OPINIONS

### The Echo • September 21, 2012 •

## Sixty-four crayons

#### Patty Juliuson, Columnist

I love crayons. I love the way they look in the box and I love using them. I even like the way they smell when they're new. I see myself as a 64-crayon person, brown when you can use "Burnt Sienna", "Desert Sand" or "Fuzzy Wuzzy?"

Crayola people kept up with the times. Several colors have been renamed: "Cranberry" "Chartreuse" is now "Laser Lemon."(Just as well, no one can identities. spell chartreuse anyway.)

They've made "Brink Pink" into "Pink Sherbet" and added one of my all-time favorites, "Tickle Me Pink." Somebody over there has a sense of humor. It looks like "ultra" was a little overused in times past. Just a few of the changes: "Ultra Yellow" has become "Atomic Tangerine," "Ultra Blue" is "Blizzard Blue," Ultra Green" transformed into "Screamin' Green," and "Ultra Orange" is now "Outrageous Orange."

crayons are in the grand scope of the world, we can take a lesson from their example. Just one Crayon color won't suffice, because we know trees and grass and the sky are not all red. Five you know? Why color something colors don't fulfill the world's artistic desires, because we want to use shades and tints that make our drawings a lot more interest-It appears over the years the ing. And, as the Crayola people know, even a box of 64 has to be updated periodically because times change and we need to was rechristened "Blush," and be able to relate to the tools we

about diversity, let's fully emas a community"

Crayons are a good example of how diversity enriches every one's lives. As we grow, we learn to appreciate color and cultural differences between people and As relatively unimportant as embrace that variety, and it en-



use to express our emotions and Photo by Flickr user drocpsu used under Creative Commons license

"Rather than talk ty deepens our understanding of a homecoming lineup that accubrace who we are larities because those variations don't see this cultural wealth readd shades and tints to the palmore meaningful.

> the offing, and it's near the time of SNU. of year when the student body I'm going shopping for a new have been on campus since the

> hances our experiences. Diversi- fall of 2010, and I have yet to see other races, cultures and creeds. rately reflects our student body. We recognize that people don't We have physically challenged look like us, act like us and think students, older students, interlike us, and we grow into our national students and a variety ability to welcome their dissimi- of ethnicities on campus, but we flected in our homecoming royette of life, making it richer and alty. Rather than talk about diversity, let's fully embrace who we So why all this chatter about diare as a community and choose versity? SNU's homecoming is in a court that reflects the true face

> chooses a homecoming court. I box of crayons. See you in class.

## Off with the masks, on with the nametags

#### Brad Crofford, Editor-in-chief

We live in a society of masks. We wear masks when we are around others, wanting them to have a positive view of us.

I knew all about this when I sang in choir in high school. When I was going to be performing a solo at a concert, I would practice for weeks. I would have knots in my stomach and my legs would quake as the concert would approach; I couldn't miss

a note lest others think less of me. My mask was perfectionism, and it was constricting at times.

But, when I would walk home from school each day, I would belt various songs, never remembering all the verses or words, simply enjoying the act of singing.

This image of wearing masks is one that is commonly used, perhaps even cliché. And, of course, the correct response is to say, "Let's take off our masks. Let's be who we really are."

And yet it is hard to do daily. Perhaps the simplest mask we wear is when we so automatically say we are doing well when we greet each other. "Hey!" "Hey! How's it go-"Pretty good. How 'bout you?" "Good." then we go our separate ways.

A question I've started asking

lately when I really want to be able to take off masks instead of "How's it going?" is "How can I pray for you?" This question is so fundamentally different. When we ask "How's it going?" we may seem formulaic, duty-bound by social conventions to ask this question, and we respond in the

continued on page 7

# STORMSPORTS

### The Echo • September 21, 2012 • Page 6

## Football team off to 0-3 start, but supporters remain hopeful

#### Matthew Wellman, Staff Writer

It's no secret that the SNU football team has had some problems with its first few games. They lost by 42 points to Henderson State in week one and then followed with a 37-15 loss at the hands of East Central University.

With losses like that, it can sometimes be hard to pinpoint things that are going wrong. There are usually numerous things that you could attribute the troubles too. The offense has not been as strong this year as it has been in past seasons.

Matt Shellenberger, who does the radio play-by-play for the Crimson Storm, said, "Any time you lose a quarterback like Brady Wardlaw you're going to have to adjust. Dylan Terry has been good in his two starts but him and the offensive line are still working out some kinks. I think in a few games those issues will be fixed."

Shellenberger is right about the offensive line needing some help. They have given up 10.5 sacks in only two games. In their game against ECU, they also had -70 rushing yards.

One of the contributing factors is the switch to NCAA.

"When you play teams that are more solid, they make you pay for your mistakes. We've made the mistakes and we've paid for them," junior defensive back Stan West said. "The competition is stronger. That being said, our problems are coming from within. If we shore up some of the mistakes that we've had, we can compete with and beat any team we face."

"Anytime you move from an already competitive level of football to an even more competive one, there is going to be a change"

Shellenberger also showed the same confidence. "Obviously anytime you move from an already competitive level of football to an even more competitive one, there is going to be a change," Shellenberger said. "So yes, and that's not an excuse, that's just a fact. It is going to take some time for the team to adjust but over time I feel they will be highly competitive on this level."

Better competition can cause mistakes like penalties, mental mistakes and also physical blunders. That is true for any sport. When your opponent is stronger than anything a team has ever faced, they have to dig deeper than they ever have to find ways to beat them.

The early struggles were expected with the new schedule. Tougher teams, tougher travelling schedules and tougher conditions will prove to be the ultimate test for the Crimson Storm. With time and hard work, however, supporters believe that they will be able to overcome any obstacle that stands in their way.

The football team will play its first home game (out of only two) against Harding University on Saturday, September 22. The tailgating party is scheduled to start at 5 p.m.

Keep up with results and scores at sports. snu.edu

The first home football game is on Saturday,
September 22nd.
The tailgating party will begin at 5 p.m.
The game will start at 6 p.m.

Come show some support!

#### **September 21, 2012** • TheEcho •

## The Odd Life of Timothy Green: Are we called to be odd?

#### Jake O'Bannon, Columnist

I saw a weird movie this weekend. That's a stupid way to start a review, but that's just how I'm going to do it this time. I use the word "weird" because the movie I saw, The Odd Life of Timothy Green, was in fact weird. Now don't get me wrong, weird can be good. Weird is capable of great things. And in this case, weird is good.

The film, starring that girl from Alias (Jennifer Garner), and that guy from Warrior (Joel Edgerton), tells the story of a couple who, after years and years of trying, is unable to have a child. But when they are at the brink of giving up, something extraordinary (and odd) happens. The night the couple finds out they will not be able to have a child of their own, they take solace in talking to each other about what their child would be like. They write down all the characteristics of the child and place it in a box, which is buried in their garden outside. This gets them through the night, and they go to sleep as content as they could be.

In the night, the couple is woken by a loud storm. They wake up and turn on the lights, and to their surprise they find a young boy running around their house. They do not know where he came from, but he tells them his name is Timothy - the name they had already

boy. The situation gets even more strange when Edgerton's character looks outside to find that the box they had previously buried is gone and the boy has apparently arrived through a hole in the garden.

The couple soon finds out that Timothy is not your average tenyear-old (as if the whole arriving from the hole in the ground thing didn't give it away). He has an oddity – there are leaves growing from his legs. But this does not stop the two from taking him in as their own, especially since he calls them "mom" and "dad' from day one.

To make a long story short and avoid spoilers, Timothy ends up being everything his parents wrote him out to be the night they sat together and talked about their child. But the characteristic that stood out, and made him even more odd than the leaves on his legs, was that he was someone that would "love and be loved." In his interactions with everyone he met, Timothy showed love. And this is not an I'll-love-you-because-I-have-to kind of love, this was an I'll-loveyou-because-I-WANT-to kind of love. Whether it was with his sick grandfather, bullies at school or his self-absorbed aunt, Timothy showed everyone love, no matter how they treated him. Living this way is odd in our world today.

I learned a lot from the kid picked out if they were to have a with leaves this weekend. Timo-



Photo by Flickr user our family world used under Creative Commons license

by the way he acted toward them. others. That is what Timothy His love was contagious, and it was, and that is what Christians brought out the best in people. are called to be. I recommend Timothy was a cinematic ex- you check this movie out and ample of what a Christ-follower see what I'm talking about. It is called to be; someone who won't win any awards, but it sure loves everyone unconditionally, will leave an impact on your life.

thy changed the way people acted someone who lives to live for

## Off with the masks, on with the name tags, cont.

same automatic, expected way. When we ask "How can I pray for you?" we communicate that not everything has to be going well. We want to listen. We want to be present. We

want to be there for one another.

Sometimes I imagine what our campus would look like if everyone were to wear a name tag each day. Instead of a name though, this name tag would say "Today, ." We would fill it each day (or throughout the day) with what we need. On some days, my name tag would read "someone to listen to me," "someone to share my good news with," "someone to share their excitement with me," or even just "a hug."

We all need something, and we are "pretty good" far less often than we tell each other.

What if we were to take off our masks and wear name tags

## Cooking with creativity

#### Baker Pitts, Staff Writer

Most SNU students would consider Sodexo to be a necessary evil; it is not something they particularly enjoy, yet do not really know what they would do without it.

Which is why it can really throw someone off when they happen to miss a meal. Luckily, it is fairly easy to keep some spare food in your room in case you happen to miss a meal.

man, Imel and Asbury, studenthousing areas don't have stoves and other kitchen areas in which to cook food. Most students take this as a ssign that they shouldn't keep food around and should instead take a trip to Taco Bell or McDonalds. While these places are certainly quick and tasty, they are not particularly healthy. With some helpful tips from a couple of upperclassmen, one might find it easier to catch up healthily on that missed meal in the dorms.

Nate Siems, a senior living in Snowbarger, offers his strategies for getting his needed nourishment.

"I generally keep bread, peanut butter and some jelly in my room in case I have to miss dinner for some reason," Siems said. "I also have chips or something along those lines to go with the PB&J sand-

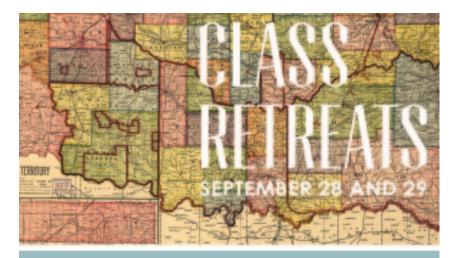
wich. This may sound bland, but it is a great meal that keeps me from eating something like Taco Bell. I try to always keep something in the room in case I miss dinner or need a late night meal."

Snowbarger and Bracken tenants may have it the hardest in terms of preparing food for themselves, since they have no kind of kitchen whatsoever. But if a mini-fridge is available, then there should be no With the exception of Chap- problem making up that missed

> Hills residents have it slightly easier because they are provided a refrigerator and microwave right in their room, but it still may confuse some students as to how to stock their fridge. Foods like Ramen Noodles and hot dogs can be prepared quickly and are easy to keep a student going.

> Chase Howard, an RA and veteran of Hills living, has no problem getting a meal together in his dorm if he happens to miss a meal.

> "The key for cooking in Hills is just always having stuff on hand that can be cooked in a microwave." Howard said. "My fallback meal if I miss a meal in [Sodexo] is usually a hot dog or two, chips and a cheese stick. It's simple, easy, and I can have the whole thing ready to go in under five minutes. I also try to



#### FRESHMEN

NORMAN CHURCH OF THE NAZARENE • 9/28 5PM-9/29 NOON \$2 OR FREE WITH CRIMSON CARD (basketball, volleyball, prizes, people, fun, food, & secret guest)

#### SOPHOMORE

LEBOLD'S HOUSE IN TULSA . LEAVE 9/28 4PM . BUSES PROVIDED COST IS \$2 OR FREE WITH YOUR CRIMSON CARD. (ban fire, frisbee, fellowship, food.bbq, lots more stuff)

#### JUNIOR

WATONGA BOUND . LEAVE 9/28 5PM . CARPOOLING (dinner, breakfast & a hearty portion of amazingness is provided)

#### SENIOR

MOVES AT THE BOWIES . 9/28 7 TO ELEVEN PM . MIMM SNACKS

bring home any leftover food from restaurants, so that I can do the same thing. For breakfast (cause let's be honest, who gets up and eats breakfast in [Sodexo]), I always have Poptarts and Cliff Bars."

So if you happen to miss a meal in the beloved Sodexo, try not to worry about starving to death, because there is a multitude of simple and quick ways to eat healthily in your dorm.

Want to get to know the writers, photographers, and editors of the Echo? Check out our wonderful staff under the 'About' section at echo.snu.edu

You can also find out more about joining our team there!

Editor: Brad Crofford

Adviser: Melany Kyzer

Content Editor: Kendra Nixon

Layout Editor: Kira Roberts

Assistant Editor: Ronna Fisher



The ECHO is the weekly student newspaper of Southern Nazarene University and is a long-standing member of the Oklahoma Collegiate Press Association. Viewpoints expressed in the paper are not to be considered official standard-bearers of the university or its sponsoring denomination.

Editorials on the op/ed pages that are generated by the ECHO staff--and therefore have no byline--express the opinions of the editorial staff but not necessarily of the administration, faculty or staff of Southern Nazarene University. Personal columns with bylines as well as opinions reprinted from subscription wire services or other publications by permission express the opinions of the writer and not necessarily of the editorial staff of the ECHO or the administration, faculty or staff of Southern Nazarene University.

The ECHO publishes a public forum called "Letters to the Editor" and invites readers to express themselves here. The editorial staff requests that letters not exceed 250 words and reserves the right to edit them for clarity and brevity. All letters must be signed. Send them to The ECHO, SNU Box 2541, or through e-mail at echo@snu.edu. Letters will not be returned. Unless otherwise marked, letters

received by The ECHO that deal with newspaper content or practice will be considered for publication.

Information on advertising and subscriptions can be obtained by contacting the business manager of the newspaper at (405) 491 6382 during regular business hours. Subscriptions are \$20/annually.