

College of the Ozarks®

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OUTLOOK

Celebrating Christmas
at C of O

Recycle the Outlook

OUTLOOK

The Outlook is a student publication of College of the Ozarks, printed by the College Press in Point Lookout, Missouri. Opinions expressed in the Outlook do not necessarily reflect the policies of College of the Ozarks.

Mission

The mission of the Outlook is to produce an honest, trustworthy, caring and responsible publication that provides accurate information for the College of the Ozarks community.

Vision

The vision of the Outlook is to produce a publication that is by, for and about College of the Ozarks, constantly keeping in mind all aspects of the five-fold mission.

Outlook Staff

Karla Jenkins, Adviser
Ann Temple, Editor
Sally Moore, Design Editor
Angelique Meyer, Staff Writer
Caleb Phillips, Staff Writer
Noah Burton, Staff Writer
Riley Tullis, Staff Writer

Submissions

The Outlook welcomes letters to the editor, event information, story ideas, guest columns and photographs. The editorial staff reserves the right to edit any submitted work. Please email submissions to outlook@cofo.edu by 5 p.m. on Mondays.

Corrections

The Outlook seeks accuracy in its reporting and is committed to accountability for its errors. To request a correction, email the Outlook at outlook@cofo.edu. Please make the subject line "correction." The staff will place any corrections in the "News in Brief" section of the upcoming edition of the Outlook.

Contact the Outlook

Email: outlook@cofo.edu
Phone: (417) 690-3240
Office: Jamison Mass Media building, Room 208
Facebook: The Outlook



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News in Brief

The Lyons Memorial Library will extend its hours during the following days for finals week:

- Dec. 14, 7:30 a.m. - 8 p.m.
- Dec. 15, 8 a.m. - 4 p.m.
- Dec. 16, 2 p.m. - 11 p.m.
- Dec. 17-18, 7:30 a.m. - 11 p.m.

From the Pearl Rogers Dining Center:
CHRISTMAS VACATION PEARL
SCHEDULE

(RESIDENCE HALL STUDENTS ONLY)
Over the Christmas Holiday (Dec. 22, 2018 to Jan. 11, 2019), residence hall students are permitted to eat in the Pearl Rogers Dining Hall only during the weeks in which they are working scheduled 40-hour work weeks. ID cards will be required.

Any residence hall student remaining on campus between December 22 and January 11 who is not working a scheduled 40-hour work week must either (1) pay at the door for meals (B-\$5; L-\$6; D-\$7); or (2) work 15 extra hours to cover

each week's meals and lodging.

Students who need to work 15 hours for this period must see Mrs. Meyer in the Work Education Office either Monday, Tuesday, or Wednesday, Dec. 17, 18, or 19.

Pearl Rogers Dining Hall Hours:

(12/22/18 - 1/11/19)

Breakfast 6:30- 8 a.m.

Lunch 11:30- 1 p.m.

Dinner 4:30- 6 p.m.

Regular serving hours in the Dining Hall will resume on Saturday, Jan. 12, 2019.

Letters to the Editor is an opportunity for students to submit an opinion piece to be published in the Opinion section of the Outlook. Please be advised that these letters will be reviewed and published at the discretion of the Outlook. Please limit your letters to 300 words. You can email your letters to outlook@cofo.edu

The Peepo comic strip design on page 11 is courtesy of Cole Cramer.

Noted

C of O installs new Rave app for campus community

Caleb Phillips | Staff Writer

College of the Ozarks added the Rave Guardian app to its RAVE system, Marvin Schoenecke, dean of work education and administration, said, which helps students stay safe wherever they are.

"This is a complement to the RAVE alerts that we've had," Schoenecke said. "Students that already get our normal RAVE alerts during the semester, the testing and everything, (they're) already in the database."

Kurt McDonald, director of properties and operation head of crisis management, said the new addition will allow students to report suspicious activity or people on campus in order to keep the College safe.

"We were always taught situational awareness — be aware of your sur-

roundings — and the one thing I'd like to get across to students and everybody here, faculty and staff, too, is that we are not aware of what's going on around us," McDonald said.

The new app allows students to have quick, easy access to 911 calls, as well as a line to campus security, Schoenecke said. Students can download the app, which includes an additional benefit: the guardian feature.

The guardian feature provides the option for users to select a "guardian" of their choice for when they are out at night or in a questionable situation. For C of O users, the guardian can be another student, a family member or even campus security, Schoenecke said.

With the other party designated as the guardian, a user can select an amount of time to load onto the guardian app's tim-

er, Schoenecke said, which will alert the chosen guardian if the user is unaccounted for when the time runs out.

However, Schoenecke said it is important to note that if a student chooses to have campus security as his or her "guardian," the security officers cannot see where the student is until the app indicates that the user needs assistance. This ensures that student privacy is not violated.

In addition to these functions, the guardian app is another way to view all RAVE alerts, including weather alerts, Schoenecke said. Students should be prepared to seek shelter in the event of a tornado or severe thunderstorm, and they should check with professors and work supervisors about plans for class or work in the event of bad weather and road conditions, such as snow or ice.

Photo of the Week



Adler Davidson receives a standing ovation at his comedy special, "5 Year Plan," on Dec. 10.

Angelique Meyer | Staff Writer

'Tis the Christmas season...



(1) The College of the Ozarks Chapel Choir sings during Christmas Card to the Community on Dec. 8 and 9. Riley Tullis | Staff Writer
(2) The Students' Union decorates for Christmas with a Christmas tree and festive wall decor. Noah Burton | Staff Writer (3) The Gittinger Christian Ministries Center lounge displays a cozy setting with stockings hung over the fireplace. Angelique Meyer | Staff Writer (4) The Christmas tree in the Financial Aid office sparkles with color changing lights and unique Hard Work U. ornaments. Angelique Meyer | Staff Writer

The reason why we celebrate Christmas



Angelique Meyer | Staff Writer

With the Christmas holiday approaching, Justin Carswell, vice president for Christian Ministries and dean of chapel, said he encourages Christians to remember the reason for celebrating Christmas: God's gift of redemption through His Son.

Throughout the holiday season, some may lose sight of the purpose of celebrating Christmas. However, Jay Todd, chair of humanities and professor of biblical and theological studies, said he tries to focus on seeking the Kingdom first rather than becoming distracted by cultural norms.

Todd said he and his wife teach their children the purpose of Christmas by reading the story of Jesus' birth to commence Christmas morning. The next event on their morning agenda involves exchanging gifts with one another.

Giving gifts, Todd said, is an opportunity to express thoughtfulness and love. Although some people develop a materialistic mindset by placing a high priority on the number of gifts they receive, Todd and his family stress the importance of "not just buying gifts for gifts sake."

"It's not about amount," Todd said. "It's about seeing something or getting something that you know the other person's interested in and seeing (the) joy it brings them."

In modern culture, many Christmas shoppers focus on receiving the best deal and accumulating more possessions; however, Carswell said he and his family give gifts as a reminder of God's gift of Christ, not merely to receive more belongings.

While he and his family exchange gifts on Christmas, Carswell said he doesn't believe the trajectory of Santa Claus fully encompasses the reason for giving.

St. Nicholas, Carswell said, is not a fictional character, and the "Coca-Cola Santa Claus" is not a true portrayal of who he really was. In fact, St. Nicholas was a Christian bishop who gave gifts to others who were unable to provide for themselves.

Carswell said the traditional Santa Claus that flies through the sky in a red suit is a thin depiction of Christmas that fails to portray the true reason for celebrating.

"The story of Jesus' birth," Carswell said, "that's the powerful story. The Santa story is not a powerful story."

Both the church and the secular world celebrate Christmas, but Todd said celebrating the holiday alongside a culture that insists on taking Christ out of Christmas gives the church an incredible opportunity to be a counter example of the true reason for celebration.

The celebration of Jesus' birth should continue after Christmas ends. In the days following Christmas, Todd said he is especially intentional in reminding himself and others that the coming of Christ is as important every day of the year as it is on Christmas Day.

"The whole reason that it's important to put Christ in Christmas is the same reason why it's important to put Christ in the center of our lives every day," Todd said.

The Christmas season opens hearts to giving, Carswell said, but the truth of being a disciple for Christ is that serving others and living for Christ is an everyday task.

Part of living for Christ is remembering His birth, Carswell said, paraphrasing a quote from Ebenezer Scrooge: keep Christmas in your heart all year round.

Angelique Meyer | Staff Writer

The Keeter Center hosts the Lighting of the Tree ceremony on Nov. 30.

Health tips for students during finals week



Riley Tullis | Staff Writer

The clinic offers beds for students to rest in when they're sick.

Riley Tullis | Staff Writer

During the winter season, and especially during finals week, students sometimes struggle with staying healthy, Lori Vanderpool, clinic administrator of the Armstrong McDonald Clinic, said.

While many people think the cold weather causes most illnesses during winter, Vanderpool said the main source for contracting illnesses is social gatherings during the holiday season.

"We see a high increase in our clinic census after the holidays, where our students ... go to parties involved in large gatherings, and there are potentially people that are ill that are at those gatherings," Vanderpool said. "Therefore, you're at risk for getting ill yourself and bringing it back and sharing it with everyone you live with in the dorm."

Deborah Piland, associate professor of nutrition and dietetics, said a few ways to combat the spread of illness during the winter season is by drinking plenty of fluids, washing hands frequently and obtaining an adequate and productive amount of sleep each night.

Obtaining quality sleep is beneficial for many reasons, including enhancing academic performance during finals week, Piland said.

"Getting an adequate amount — and quality — of sleep has been shown to improve mood, concentration and productivity," Piland said. "It's also been shown to increase athletic performance and our immune functions. So, a lot

of times during finals week you'll see so many people getting sick ... Sleep will help keep you well because nothing is worse than having to take finals while being sick."

In regard to finals week, both Vanderpool and Piland said coffee and tea can help students with their rigorous amounts of studying that go into preparing for finals week.

Vanderpool said coffee and tea are both safe stimulants that can help improve students' energy and overall mood when used in moderation.

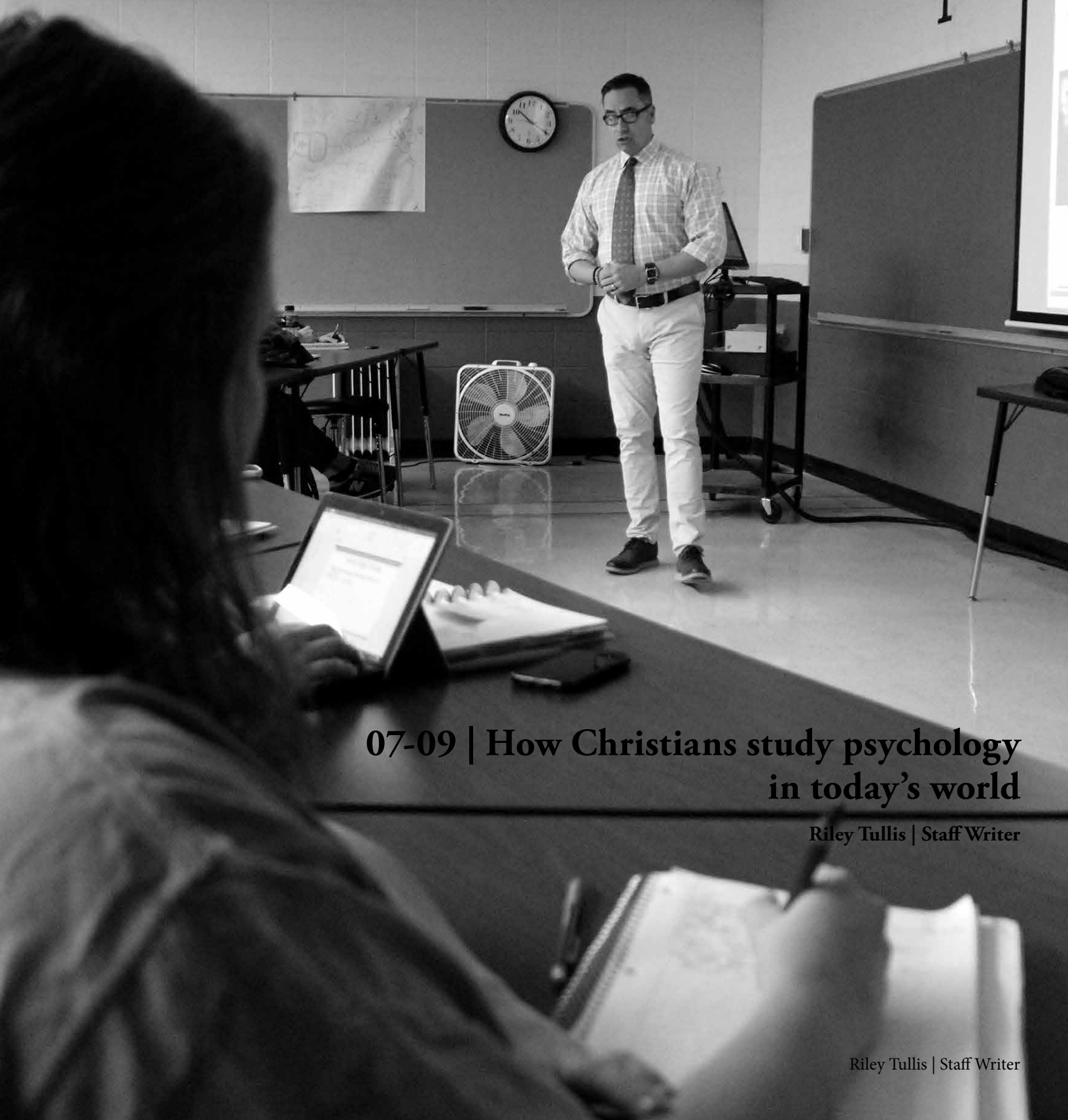
Piland said too much coffee or tea can hinder a student's ability to gain an adequate amount of sleep.

"A cup of coffee has, on average, 75 to 100 milligrams of caffeine, and tea has a little bit less," Piland said. "(What's) important for students to remember is that the half-life of caffeine is 10 hours, so even if you have that cup of coffee at, say noon, you're going to have half of that caffeine still in your body at midnight."

While it is important to practice healthy habits around finals week and during the winter season, Piland said students should aim to go beyond that this season and consistently maintain their healthy habits all year.

"A lot of times students start out the semester with these good habits, and then once some stress occurs, then they start dropping those down," Piland said. "My encouragement would be to go ahead and keep those healthy habits going, and they will serve you well your whole life, because this is not just about one week — finals week — this is about staying healthy and productive our entire lives."

Viewing psychology through a Christian worldview Ψ



07-09 | How Christians study psychology
in today's world

Riley Tullis | Staff Writer

Incorporating Christianity into psychology

Riley Tullis | Staff Writer

Viewing psychology with a Christian worldview allows people to incorporate Christ into their study of the human condition.

Jeff Elliott, chair of human and social services and professor of psychology, said the Christian worldview aligns with the study of psychology considering the meaning of psychology itself.

"Psychology in and of itself is study of the soul," Elliott said. "Who else better to do the study of the soul than we as Christians who have a pretty serious interest in the soul?"

Rebecca Hendrix, associate professor of psychology, said

many people view psychology as a secular study and believe Christianity has no place in the field of psychology.

This branches from the history of psychology, Hendrix said, which is secular in nature. Sigmund Freud, whom many consider the founder of modern psychology, interpreted his observations through an atheistic worldview that influenced people of his time and of today.

Elliott said about 70 percent of psychology is based on facts and leaves no room for interpretation.

"If I was to tell you that most humans have two eyes and two ears ... I don't care what your worldview is," Elliott said.

"If you have a humanistic worldview (or) if you have a pagan worldview, any worldview is going to probably say you're



Rebecca Hendrix speaks with a student in her office.

Riley Tullis | Staff Writer

ical study

right.”

The remaining 30 percent of psychology is left to interpretation of existing data, Elliott said. This area of interpretation depends on one’s worldview, a theme that Elliott introduces early on in his classes.

In Intro to Psychology, a class taught by both Elliott and Hendrix, Elliott said, he explains how a worldview affects the way one sees the world. Christians will interpret the meaning of things through their knowledge of God and the Bible, and other religions or worldviews will interpret the meaning of things through their own belief systems.

Maggie Wright, a sophomore psychology major, said she believes the best way to study and learn psychology is through a Christian worldview.

“I think that if you learn psychology through a Christian lens, you have a lot more resources, especially if you go into a field of counseling,” Wright said. “You can put a lot of emphasis on the power of God and the role that faith and prayer play.”

While secular psychology ignores the benefits of Christianity, learning psychology with a Christian worldview provides more ways psychologists can help others, Wright said. However, similar to secular psychology, Christian psychology is not immune to faults.

Wright said popular Christian psychology ignores the idea of “self-

help.”

Often, Wright said, Christians tend to put emphasis on caring for and helping others. While this idea is pure in motivation, Christians occasionally think it is wrong to care for themselves.

Although she believes the College of the Ozarks community has improved in its focus on self-help, Wright said she is pushing to change this mindset and encourage the idea of self-help in Christian psychology.

Elliott said there are three main components of Christian psychology: humans are relational beings, humans are broken and humans have bodies.

Knowing that humans are relational beings, Elliott said, helps Christian psychologists study humanity in relation to one another and in relation to God. Elliott references the story of Adam and Eve in the Bible and how God made Eve so Adam wasn’t alone.

“We need relationships. We need relationships with God; we need our relationships with each other,” Elliott said.

While secular psychologists simply view humans as they are, Elliott said Christian psychologists view humans as creatures fallen prey

to sin.

“We look around us, and we see a world that’s hurt,” Elliott said. “There’s a brokenness to the world, and psychology tries to explain that, but so do we as Christians.”

As creatures fallen prey to sin, Elliott said humans have not only a mindset, but also a body that is naturally inclined against the will of God. This distinction of a sinful body is important to Christian psychologists when understanding the biology of humans.

“An important part of psychology is that we study the biology of what’s going on, so that depression isn’t just something that you think in your head,” Elliott said. “It’s actually something that’s messing with the neurological activity in the brain. So, what I think affects what my body does.”

Hendrix said Christian psychologists not only study the condition of humanity, as secular psychologists do as well, but they also strive to find a redemptive solution in Christ for the human condition.

“So much of psychology leaves a soul out,” Hendrix said, “but a Christian worldview puts it right back and puts its center of that relationship with God.”



Jeff Elliott answers a student’s question in class.

Riley Tullis | Staff Writer

Editor's Column

Festively celebrate Christmastime

Ann Temple | Editor

Does anyone else feel like holidays are less noticeable in our lives as we grow older? It feels that way for me.

Maybe that's because I don't watch T.V. as much as I did as a child, and I'm not in elementary school where my teachers make the hallways look like a Michael's store or a Pinterest board.



Christmas doesn't seem as "Christmas-y" anymore, even with all the Michael Buble songs, peppermint hot chocolate and Hallmark movies.

But, there are a few things that help me get my Christmas fill, and I will list some for you:

Christmas lights

I LOVE driving through neighborhoods or Shepherd of the Hills Trail of Lights to see Christmas light displays. Nothing makes me feel more Christmas-y than seeing a lit baby Jesus in a manger-themed display while drinking peppermint hot chocolate.

Caroling

This may sound like a foreign activity, mostly because no one wants strangers at their door anymore (Did they ever?). Caroling is a way to spread Christmas cheer; try standing with a group of friends next to the Salvation Army donation collectors and sing "We Wish You a Merry Christmas" or "Feliz Navidad." I bet you'll help the volunteers earn more donations, and maybe they'll even join you in song. Bring peppermint hot chocolate to keep you warm, too.

Building gingerbread houses

I know you can buy kits at Walmart, but nothing is better than homemade gingerbread and frosting to decorate with. You can build it with your family or significant other (great date idea), or you can make it a competition between friends. Either way, it'll taste good. Also, gingerbread washes down well with peppermint hot chocolate.

No matter how you celebrate Christmas, just remember that it is a season to be grateful for the wonderful gift of Christ's coming to save the lost.

Also, it's a time to be grateful for peppermint hot chocolate.

Odd and lovable aren't antonyms

Caleb Phillips | Staff Writer

In case you haven't gathered it at this point, I have an announcement to make: I'm a weird guy. I just am.

See, when I first said that, your mind probably jumped to the conclusion that this is a column about wishing I could change myself or wanting to be less socially awkward or less of a sci-fi nerd with a random, often messy and disjointed brain.

To quote the brilliant thinker Obi-Wan Kenobi, "You still have much to learn, my very young apprentice."

The reality is, once I came to terms with the fact that I'm an odd guy by nature, my life improved greatly.

Once upon a time, I wasn't comfortable with that aspect of myself, and it made me standoffish, angry and an unpleasant person to be around in general. I took things personally that



people said as a joke, and I automatically assumed no one liked me, which led me to act like I didn't like anyone else any more than they liked me.

Strangely enough, I didn't have many friends.

In time, I've come to realize that often, my assumption of what people thought of me was more damaging to my ability to socialize than the personality I was attempting to bury.

People don't care that I'm a little different, and not only that, many of the people closest to me find my out-of-left-field thoughts and quirky comments to be among my most endearing traits.

So, in other words, if you're like me and feel like I did, remember this: it's OK. Embrace it. Once you do, you eliminate the thing that's really holding you back — your fear. People will come to not only accept you as well, but they may even love you for it.

Be weird. You'll feel loose and at ease for the first time, and the people around you will see that, but more importantly, they'll see you.

Look Mom, I've made it big

Riley Tullis | Staff Writer

If you would've told me during my Character Camp week that I would have a comic in the Outlook that featured me and an imaginary cockroach named Peepo ... I would have been very unimpressed with my future self.

For those of you who live under a rock and have never heard of my metaphorical cockroach, Peepo, let me catch you up on how we got here.

One day, during my first semester here at the Outlook, I was thinking of column ideas. (A column is the thing you're reading right now.)

I came up with the genius idea of writing a comically over-exaggerated retelling of my Saturday morning routine.

During this retelling, I wrote about an epic stand-off between an imaginary cockroach,



named Peepo, and myself.

Over time, a narrative documenting the complicated relationship between Peepo and me was built over several editions of the Outlook.

And now, we have a comic.

Now that I've made it big, I would like to recognize a few people who helped make this happen.

The first is a guy named Cole Cramer. See that comic at the top of

the next page over? He DREW that.

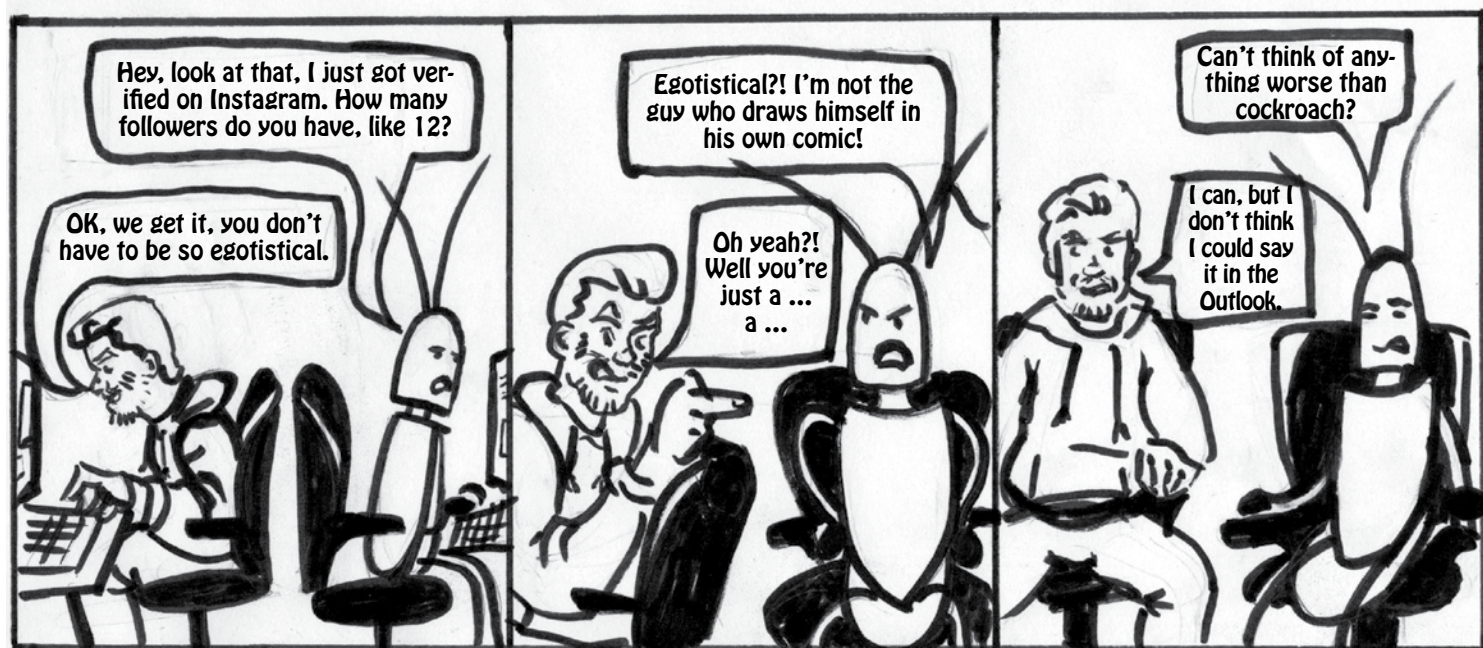
Seriously, Cole Cramer is a very talented artist and deserves to be recognized. If you see him, tell him he did a great job.

Second, I would like to thank my amazing coworkers for supporting me and making this happen. These guys seriously are very talented at what they do, and I can't thank them enough for the support.

Lastly, I want to thank all of the readers who supported Peepo. None of this would have happened if you guys hadn't responded so well.

Well, I finally know what it's like to reach the top, and all I can say is, I deserve every bit of recognition I receive.

Peepo the Cockroach: Episode One



Q&A What's the best gummy bear color?



Natasha Ferkel, junior
"Red."



Caleb Stephens, sophomore
"Green."



Jeshua Puckett, sophomore
"I'm not a gummy bear fan."



Zach Hiatt, sophomore
"Red."



Angela Gustafson, sophomore
"White."



Noah Lewis, sophomore
"Red."

Behind the scenes: Workstations that secretly serve C of O

Riley Tullis | Staff Writer

Some workstations at College of the Ozarks, such as the McDonald/Ross Processing Plant and the McDonald/Southard Water Treatment Plant, tend to work behind the scenes, Adam Kimrey, processing plant supervisor, said.

The processing plant processes campus-raised animals into food for various locations around the College, including the Edwards Mill and the Keeter Center's Dobyn's Dining Room and Beulah Winfrey Gift Shop, Kimrey said. The plant also provides food for special events on campus.

"We only process our own animals," Kimrey said. "It's all student raised, student processed and student cooked."

Kimrey said the student workers learn to complete the full method of processing the animals that come through the processing plant.

"We have daily paperwork we have to fill out and maintain," Kimrey said. "Students handle everything, from paperwork, to cleaning, to everything in between, from start to finish."

The processing plant processes meat according to the guidelines set by the

United States Department of Agriculture, which Kimrey said has very high standards regarding the cleanliness of processed food.

Through working with students, Kimrey said he has found that students learn better working alongside experienced students.

"I try to have some more experienced students who have worked here for a couple (of) semesters to teach them and work alongside of them," Kimrey said. "That way they know the basics of stuff and how it needs to be done, and they can pass it along to new workers once they're trained."

The ultimate goal of the processing plant, Kimrey said, is to provide local, healthy food for the campus and the surrounding community.

Similar to the processing plant, the water treatment plant also provides a valuable service to the College while working behind the scenes, Richard Fredrick, water treatment plant supervisor, said.

The purpose of the water treatment plant, Fredrick said, is to provide clean and safe water for the campus.

Jake Sowell, a senior exercise science

major, said working at the water treatment plant has taught him the basics of water treatment, which will be useful in his future.

"When you graduate here, you get hours for being here, and it can go towards getting a license," Sowell said. "I'm actually going to take the test and go into water distribution, so (the water treatment plant) is going to give me (a) career."

Even though he does not plan on having a career in water treatment, Levi Rightnowar, a junior allied health major, said he has still benefited from working at the water treatment plant.

"I would like to get my water license and just to have it as a backup," Rightnowar said. "But it's been a good learning experience, and it's always something I can say I've done and fall back on."

From a supervisor's perspective, Fredrick said he is grateful for the experience of working with students at the water treatment plant.

"I have learned a whole lot working here," Fredrick said. "Working with students is one of the greatest things you can do."



Jake Sowell tests the pH level of the water at the water treatment plant.

Riley Tullis | Staff Writer

... To spread joy for all to share



(5) The Career Center showcases a handmade ornament of the C of O Bobcat paw. Angelique Meyer | Staff Writer (6) The student workers in the Registrar's office display a gingerbread house. Riley Tullis | Staff Writer (7) The Edwards Mill sells Christmas decorated ornaments and figurines. Riley Tullis | Staff Writer (8) The Students' Union displays an illuminated Merry Christmas sign. Noah Burton | Staff Writer (9) The Public Relations office has Christmas gifts underneath its tree. Noah Burton | Staff Writer

How students can start clubs on campus

Noah Burton | Staff Writer

Students who wish to start a club at College of the Ozarks must go through several processes, which include finding a sponsor, collecting signatures and receiving approval.

Students who are interested in starting a club should speak with Nick Sharp, dean of students, or Ryan Knight, director of student activities, to determine if the club would be a good fit for the College community, Sharp said.

"We (also) want to make sure that ... the student who is proposing the club has a good answer as to why they want to do this," Sharp said. "Why do you want to be a club? Why do you want to go through all of this to be a club? What's your purpose?"

Once they have the foundation of an idea, students should begin looking for a sponsor. Knight said a sponsor would be any faculty or staff member who helps oversee the club.

When students are looking for a sponsor, it helps to find someone who is like-minded, Knight said. For example, a chemistry club would typically have a chemistry teacher or someone who is interested in chemistry as its sponsor.

According to the Clubs and Organizations section of the Students' Union handbook, some jobs of the sponsor include overseeing student leadership, assisting student leadership with planning events, recruiting students and planning the master schedule. Sponsors are also required to travel with the club members during off-campus trips.

Even though a sponsor is involved in the club, the students are in control of its operations, Knight said.

"When you're a good sponsor, you allow your students to do a lot of the work, if not all of the work," Knight said. "You just provide oversight. You are literally a facilitator."

After a sponsor is chosen, students starting the club need to collect 150 signatures from other students. Jill Mutrux, a sophomore English and secondary education double major and Students' Union student services officer, said that by signing, students are saying they are in support for the idea of the club; it is not an agreement to be a part of the club.

After the signatures, the club creators will draft a constitution containing the club's goals, mission statement and bylaws. Mutrux said that after the constitution is written, it is then presented to Dean Sharp.

Sharp said one thing he looks for is that the club will continue once the students who create the club graduate.

Once it is approved by Sharp, the next approval is from the Students' Union members, Mutrux said, who will then vote.

During the final step of a club's creation, after the Students' Union approves the club, the club president signs an acknowledgment of the club's responsibilities, Mutrux said. Clubs have to set up a booth at both the Students' Union Clubfest and homecoming, and 50 percent of active members must participate in a community service project. Other responsibilities include hosting a campus-wide event for the student body every semester, a club meeting at least once a month and an updated list of members, group leaders and sponsors to Mutrux at the beginning of each semester.

After the club president signs the acknowledgment, he or she receives a club packet, Mutrux said. Then, the club is officially a club.

For more information about the process of starting a new club, email Ryan Knight at rknight@cofo.edu, Jill Mutrux at jillianrmutrux@student.cofo.edu or call the Students' Union at ext. 2375.

The basketball team



Angelique Meyer | Staff Writer
Treydon Rackley scores 11 points for the Bobcats in a home game against Evangel University on Dec. 4.

Teams keep working together for victory

Noah Burton | Staff Writer

The men's and women's basketball teams both face many challenges this season, such as having fewer players than other teams, traveling long distance to games and taking their finals a week early. Despite these challenges, both teams have more wins than losses in the season so far.

The men's basketball team record is 11-3 and the women's basketball team record is 10-1, according to the Bobcat athletics website.

One thing that the men's team struggles with is defending against other teams, Steve Shepherd, men's basketball coach and associate professor of physical education, said. The team cannot afford their players to foul because of the lack of members.

"We just keep drilling, keep working hard (and) keep stressing the importance of defense," Shepherd said. "Other teams have good offensive players as we do, so it's tough to play good defense."

The team's strongest attribute is shooting, Shepherd said. The team is ranked number two nationally in field goal and free throw percentage and is in the top five in points scored.

"I'm blessed to have this group of guys because they do work hard, and they are motivated to be a great basketball team," Shepherd said. "They believe in the system, they believe in each other and they believe in themselves."

Both the men's and the women's teams have games to compete in during break, Becky Mullis, head women's basketball coach and associate professor of physical education, said.

The women's team will play two games in Florida on Dec. 20 and 21, and then they will come back on Dec. 22 for a break. On Dec. 26, both teams will return for practice. Mullis said on Dec. 27, the men's and women's team will leave for Bellevue, Neb.

"We have a busy break with just a little bit of down time," Mullis said. "I think fatigue and just mentally staying sharp has

been a challenge, but we have pushed through."

Ashley Forrest, a junior allied health major and women's basketball player, said the hardest part about the season so far has been learning new offensive schemes. Forrest has just recently reached the point in the season where she feels like the team is flowing together nicely in the new offense.

Another difficulty of the semester has been keeping up with classes, Forrest said. She is taking 21 credit hours this semester, and many times her commitment to basketball causes her to miss class. The women's basketball team is also leaving during finals week, so the players' finals are scheduled for the week before.

"It's ... what we signed up for," Forrest said. "It's just something that I think makes me stronger because when I get out into the world, I've already juggled probably the hardest (thing) you can possibly do in college."

Forrest said that one thing that helps is the encouragement from people around her, like her work supervisor and her teachers. Her work supervisor has been very flexible with her schedule in allowing her to make up time she missed from basketball, and her teachers gave her permission to turn in completed homework assignments once she returns to campus.

Another person that really encourages her is her roommate, Forrest said, who is always willing to help Forrest out whenever she needs it.

Finally, a major part of the encouragement in Forrest's life is her coach, Forrest said. Mullis' door is always open for her and her teammates.

Mullis said that she has learned that each player needs encouragement in different ways. The challenges the team has faced has left her proud of the team.

"I'm really proud of the resiliency of our group," Mullis said. "We continue to persevere and push through and bring it to practice every day, and so I'm proud of them for that."



Klay Barton dribbles the ball past a defender during the Evangel University game on Dec. 4.

Angelique Meyer | Staff Writer



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“Where in C of O” gives readers the chance to pinpoint the exact location of the picture above. The answer to this week’s photo will be in the next edition. The answer from the last edition: the electric car power station in front of the Dee Ann White Engineering Center.