



Inside look: the new student union

The open dining space will be filled with seats and tables across from Chick-fil-A and Qdoba at the new Student Union in Denton, Texas. Photo by Sarah Pham.

By GAKENIA NJENGA
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Texas Woman's University's Hubbard Hall has been under construction for over a year to transform into the campus's new student union while the current union will become additional office space for the school and be called the Student Union Annex.

Scheduled to open next semester, the renovation of Hubbard Hall will include a full-service Chick-Fil-A, Qdoba, a bigger space for TeaCo that will include a lounging area and the uni-

versity's newest dining option, Community Choice, which will offer a different variety of food options each semester. The existing Mary Eleanor Brackenridge Student Union is currently the site of the Student Life Office, Center for Student Development (CSD) and Campus Alliance for Resource Education (CARE) — the university's resource center for commuters and non-traditional students. The CSD and CARE offices, as well as any additional services offered in the Mary Eleanor Brackenridge Student Union, have all been planned to move over to Hubbard Hall.

Director of Student Union and Conference Services David Sweeten said that the renovation of Hub-

bard Hall was designed based on student suggestions such as what food options and features they would like added to the new union. Student suggestions pioneered the addition of multiple gender-neutral bathrooms and lactation rooms, a meditation room and a quiet lounging area near the food court for those who want to eat while studying. The new build will also include a number of media, conference and multipurpose ballrooms as opposed to the six small rooms available for reservation in the current student union.

"We asked students what they wanted, and one of the things they responded with was wanting more space," Sweeten said. "We made it so that the building can have the flexibility to have different kinds of space to do different kinds of things."

Sweeten said he believes that the new student union will provide a number of

See UNION on pg. 3

Volleyball sophomore named Student-Athlete of the Month

By GAKENIA NJENGA
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Described by her teammates as encouraging and determined, and known to her coaches as a "jill-of-all-trades," Texas Woman's University's Student-Athlete of the Month consistently conquers the court as this year's volleyball season nears its end.

Hailing from Richardson, Texas, is the Pioneers volleyball team's sophomore middle blocker Trixie Oche. Oche first started playing volleyball in the seventh grade and stuck with the sport throughout high school, starting her competitive career in the tenth grade when she began her first club season. After two years on the competitive roster, Oche furthered her career and education at TWU, where she was offered a position on the team and earned a spot in the school's kinesiology program.

"I was talking with other schools, but my most solid offer came from TWU," Oche said. "I also really liked the coaches and staff and the health studies program here."

After Oche's arrival here at TWU, she made a name for herself on the team, hitting highs of 17 kills and scoring 19.5 points on her own in this year's season itself. The Pioneers' head coach Jeff Huebner said that Oche's performance over the past month has been fantastic as her focus and understanding of the game continues to improve with each passing week. He was proud to know that she had earned the recognition.

Oche said that she plays very much in-the-moment when on the court, and doesn't often think Up-tae nestium et, tem eos aliquo do-luptatio. Agnatus asperum volo quis dunti duciise itamendam sumque alibusandem. Lecte voluptiur, omniat.

See ATHLETE on pg. 7



Trixie Oche (left) and Katy Raney keep their focus on the volleyball during the Pioneer Invitational at The Kitty Winter Magee Arena in Denton, Texas Friday, September 13, 2019. Photo by Sarah Pham.

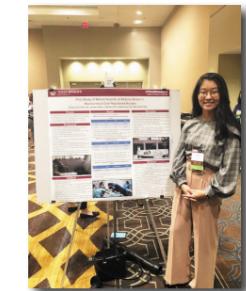
IN THIS ISSUE:



Year in Review: The best of 2019. 5



Editorial: Northwestern apology sets dangerous precedent. 6



Nursing student places second in national conference. 8

Students targeted by phishing

By GAKENIA NJENGA
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After months of being in the clear, Texas Woman's University students have once again been targeted with sketchy and unreliable emails being sent to their TWU email addresses, creating worry among those who have received them.

During the summer and early in the fall semester, a slew of spam emails was sent out to students, the most common message asking for a personal assistant. Many students said they felt confused and alarmed when they opened the message.

"I read the message and was wondering if anyone else at the school had gotten it, too," second-year political science major Rahel Tesfaye said. "I think it's crazy that hackers were able to email students like that."

At that time, the Office of Technology sent out an email warning students to beware of suspicious emails, urging them to think twice before clicking on attachments and hyperlinks and offering additional tips on how to stay safe and unaffected. The office informed the TWU community of the measures regularly taken to avoid spam or phish-

ing emails from getting to students, but that some may slip through the university's IT security and find their way into student inboxes. Ever since around that time, such messages have not been as big of an issue for students until recently.

Students like Tesfaye received an email Nov. 11 from "Dixie Hitt" explaining that they needed a part-time pet-sitter. The message provided a contact email and requested that those applying respond using a private address and not a school address.

"I kind of knew I shouldn't have opened the email, but I did anyways," Tesfaye said. "It was scary because I thought that since I opened it, whoever sent it could now track me."

Due to the steady rise in kidnappings and occurrences of human trafficking in the U.S., Tesfaye said that she thought it might have been some tactic to capture young women and that it would make sense for them to target a women's college.

Second-year sociology major Mecca Ahmad said she received an email from "housing" twice, one Oct.

See EMAILS on pg. 2

The Lasso

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500-word or less jump (make picture bigger as needed, within reason)

Continued from pg. 1

Texas Woman's University's long-awaited sophomore housing addition has arrived.

The grand opening event for Parliament Village, set to house all second-year students, was held Friday, Aug. 20 at 9 a.m. to celebrate the completion of the main campus' newest residential community. Made up of three separate residence halls — Mary's Hall, North Hall and South Hall — Parliament Village will house 872 students.

Chancellor Carine M. Feyten kicked off the morning with a greeting followed by a special thanks to the TWU Board of Regents, the TWU Foundation and Alumni Association, as well as members of the Denton City Council, Denton ISD, Mary L.A. Stanton, who Mary's Hall is named after, and her family.

With the completion of Parliament Village, TWU will not need to house students off campus in apartments or hotels for the first time in 10 years. Parliament Village was also designed to keep second-year students in mind.

"Students will have an opportunity to live on campus with the help of other students to stay engaged in the college experience and remain on the path to completion," Feyten said. "Being here will create an important sense of community for our students."

Dr. Feyten then invited regent Jill Jester to the podium, who read a proclamation provided by the mayor of the city of Denton.

In the proclamation, Stanton was recognized for her hard work as a TWU student, raising two chil-



Chancellor Carine Feyten (left) and Mary L.A. Stanton embrace after cutting the ceremonial ribbon during the Parliament Village opening at The Texas Woman's University in Denton on Friday, August 23, 2019.

dren and working as a driving instructor all while maintaining her full-ride scholarship. Stanton was also commended for her work as an alumnus and business woman. Mayor Chris Watts applauded her diligence and persistence so much so that he declared Aug. 23, 2019 "Mary L.A. Stanton Day," in her honor. With that, Feyten and Stanton officially introduced the grand opening of Mary's Hall and Parliament Village.

"I decided on donating for a residence hall because it's better for the students," Stanton said, referring to the many residents who have had to live in off-campus apartments and hotels.

She said she felt compelled to put forth her

donation of \$10 million because she truly wanted everyone to have a chance to gain a sense of community as well the full college experience.

Students are also just as excited for the new collection of resident halls.

"This is the sophomore experience," second-year student and South Hall resident assistant Lauren Eisenkramer said. "This is a brand new year—this building is for us. As a sophomore, it's nice to know that there's a building just for me and for my friends."

Eisenkramer continued to express her anticipations as the school year begins.

"I can't wait to be able to see all my friends and

510-word story (headline to span length of story).....

By AMBER GAUDET
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As a new freshman class settles in at Texas Woman's University and another semester is ushered in this week, students say the changing landscape of the Denton campus has complicated what is an already hectic time of year.

The grand opening of Parliament Village Thursday was the first of many new construction projects that TWU administrators hope to complete over the next two years. Although some projects are wrapping up this semester, the university has new development projects set to begin soon and several ongoing renovations, which students say make navigating the campus — and the college experience — more difficult.

"It [the construction] has kind of made it a little bit difficult, because we've had to come back several times," Meesha Robinson, junior English major and transfer student, said. "We don't know where we're going, and other people don't know where the new departments are."

Nadja Gonzales, a political science junior, said she has experienced similar difficulties. "I think that's been a big problem," Gonzales said. "We've been here while departments are moving and stuff, so no one knows anything, it seems like."

Robert Ramirez, associate vice president of TWU Facilities Management & Construction, said the development is a necessary part of meeting the needs of the TWU community as it grows.

"A lot of those projects are coming to an end, which should provide a little bit of relief," Ramirez said. "I know the last couple of years have provided a lot of activity [with] trucks [and] parking but it's kind of like breaking a few eggs to make an omelet."

With at least a half dozen more eggs to crack, though, students say they worry about the difficulties ongoing projects could create.

"I'm concerned since I don't know anything," Gonzales said. "I think that's what I'm scared about — being detoured while I'm trying to get to class."

TWU has more development plans in the works in the form of an \$11.5 million sports facility that will house "existing soccer, softball and intramural programs as well as future competitive sports," according to a TWU News press release. Though the project is still in the design



A contractor stands near a barricade blocking entrance to a section of Administration Drive in front of the Admissions building at the Texas Woman's University in Denton, Texas on Aug. 20, 2019. The barriers are an extension of construction on the adjacent new student union at Hubbard Hall, set to open Dec. 2019. Photo by Amber Gaudet.



A contractor directs traffic on Oakland St. in front of the new Hubbard Hall student union being built at the Texas Woman's University in Denton, Texas, on Aug. 20 2019. Construction is expected to be completed in Dec. 2019.

stage, Ramirez expects the athletics facility will be built between the soccer and softball fields with construction beginning in 2020, and the project approaching completion by June 2021.

While some students expressed concern that the expense of more future development projects like the athletics complex will be offset by increased tuition and fees, Ramirez said such initiatives have funding independent of student contribution, namely state appropriations and private donors.

Despite barriers, students expressed enthusiasm about exploring what new facilities have to offer. "I would be excited to see it," Robinson said of the new dining facility, which is expected to open in October.

Ramirez did not rule out more construction in the immediate future, saying university administrators will look to TWU's master plan to assess ongoing development needs on campus and asking for patience from students as "growing pains" continue.

"Barricades and dust and bad roads can definitely weigh on people, but the expectation of the improvement is definitely worth the wait," Ramirez said. "Things are just going to be getting better from here."

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WORLD BRIEFS



Brazil's government rejected an offer of \$22 million in aid from the G7 summit Tuesday to help combat fires in the Amazon rainforest. President Jair Bolsonaro of Brazil later offered terms for accepting the aid, including an apology from President Emmanuel Macron of France, after the two leaders' exchanged disparaging Tweets.

As many as 30 alleged victims of financier Jeffrey Epstein spoke at a hearing Tuesday after Epstein's suicide. The hearing was set by U.S. District Judge Richard Berman after Epstein's lawyers requested charges be dropped given Epstein's death.

An Oklahoma judge on Monday ordered Johnson & Johnson to pay \$572 million for its role in the state's opioid crisis. The landmark ruling is expected to influence the outcome of similar lawsuits against drugmakers across the United States.

A federal judge on Tuesday blocked a Missouri law banning abortions after eight weeks. The ruling comes on the heels of federal rulings blocking abortion bans in Ohio and Arkansas earlier this summer.

395-word jump can go here.....

Continued from pg. 1

new and exciting opportunities and activities for students. "I'm really looking forward to the new union employing about 30 additional student employees," Sweeten said. "There are also a lot of spaces in this new building that we don't currently have that I think students will really like."

Students like second-year psychology major Jackie Medrano said they are also equally thrilled about the new union as its opening date approaches.

"I'm excited for construction to finally be over and all the new food options," Medrano said.

Second-year pre-occupational therapy major Makayla Bonhomme said that a new student union is just what the campus needs to freshen it up.

"The student union was due for an upgrade," Bonhomme said. "I feel like the overall feel of the current student union is kind of outdated and little run-down."

Sweeten said that the soon-to-be Student Union Annex will continue to house the Office of Student Life and will most likely bring together services around campus like Career Connections and ID Services, and put them all together in one building for better efficiency.

The December Pioneer Preview Day will be hosted in Hubbard Hall, making it the first event in the new student union before its grand opening in January 2020. Until then, Sweeten said that the construction crew will be working hard to prepare the building for its first official guests.

The current student union will continue to run its services until the end of the fall semester.

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The Student Organization Suite will serve as a meeting place for various campus organizations at the new student union in Denton, Texas. Photo by

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POLICE BLITTER

This week's blotter covers the week of Nov. 18-25.

Houston Center – An individual at the Houston campus received a spam email on their twu.edu email address offering a pet-sitting job and a false statement to obtain property and credit over \$750 but less than \$2500. Last Wednesday, the individual reported to have had money removed from their bank account, but the case has since been suspended.

Guinn Hall – A student received text messages from their roommate they thought were threatening at Guinn Hall Wednesday. The student did not want to press charges and the situation was handled through Housing and Dining Services. Additionally, a resident assistant reported the smell of marijuana outside of a room in Guinn Hall Thursday. When officers arrived, the resident assistant keyed into the room in question to find the room empty with no marijuana odor or marijuana in plain sight.

715-word story goes here.....

By AMBER GAUDET
agaudet@twu.edu

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Refurbished light fixtures from Hubbard Hall illuminate the hallway at the new student union in Denton, Texas Thursday, Photo by Sarah Pham.



Q: If you could receive any gift, what would it be and why?



Le'Ambria Johnson Sophomore Nursing

"This is weird, but I'd say my own business. I want to open my own healthcare company and own my own practice."



Matthew Priller Junior Music Education

"Probably the gift of an early opportunity. If one lights me up, I would go for it."



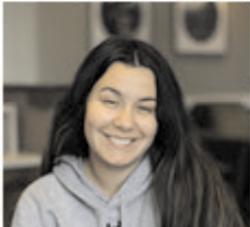
Chloe Luster Sophomore Education

"My short answer is money, because I'm broke. But probably something meaningful and thought out."



Haleigh Boyce Sophomore Sociology

"I want a car because mine is so bad, and it breaks down all the time."



Samantha Ban- Junior Occupational Therapy

"Meeting new people is hard. People are in their clusters and do not have a lot of opportunity to make new friends."



400-word story w/ visual, 615

By AMBER GAUDET
agaudet@twu.edu

I am so excited to begin my first (official) semester at Texas Woman's as editor of The Lasso. Though I've been working to get the paper ready for fall since May, I still cannot believe that it's already time for our first issue – or that I've been in charge of producing it.

When I began working for The Lasso last fall, I knew I wanted to get experience writing and see what this field, which I had always been interested in, was about. I thought it would be a good learning opportunity and a chance to become more involved on campus.

What I didn't anticipate was how much my experiences at The Lasso would change me. I had no idea I would fall in love with journalism, and my vague notions of wanting to be a writer would be transformed into something tangible. I could not have known how much the act of reporting would help me gain the confidence to go places and meet people I never would have before, and how I would enjoy every one of those encounters, despite the butterflies.

I never dreamed I would be ushering this newspaper into its 105th year. But because I have, somehow, been entrusted with this monumental task, I plan on going all in with The Lasso, which means we are undergoing some major restructuring to ensure we are delivering the best to students every day.

Firstly, I am excited to have a lot of new, enthusiastic faces in the Lasso newsroom who I am honored to lead this semester. I know the writers, editors and visual artists that make up The Lasso team will show up for students every day and bring their best to this paper, because they already have. The long days and late nights the staff poured into creating our first edition of fall is just one example of the dedication these talented students bring to the table every day.

As for the other changes we are implementing this semester, they are immense – and necessary. We have heightened journalistic standards and shortened our turnaround time for articles so we can increase our focus on bringing students relevant, meaningful content.

We have already begun redesigning our website, increasing our presence on social media and on campus, and reducing the size of our monthly print editions to a smaller, more manageable layout. Our print issue also has a brand-new masthead and page design aimed at emphasizing our heightened focus on bringing the news to life through visuals.

Simply put, what all these changes mean is a better experience for our readers. The Lasso has always been a newspaper of firsts. Lasso '28 editor Caro Crawford Brown was the first to win a Pulitzer Prize for local reporting. Grace Robinson New (Lasso '46 editor) was the first female television news reporter in Dallas. We are the first and oldest publication at TWU.

In the tradition of honoring those that came before me and the Pioneers that walk these halls today, I want The Lasso to be first in an era of lasts for newspapers. I want us to be

Repertoire

September 2020

10 TUE Spring Break Hiking with Outdoor Adventure

Join fellow TWU students on a trip to Lake Texoma to hike the Juniper Point Trail March 10 from 8 a.m. to 4 p.m. There are 10 spots available for this trip.

17 TUE CARE Chats Over Coffee

Enjoy free Starbucks and breakfast snacks while getting to know the CARE staff and learning about the theme of the month! The event will be held in the Commuter Lounge of the Student Union at Hubbard Hall from 8:30-10 a.m.

18 WED Career Advice and a Slice: Higher Ed

Are you interested in a career in higher education? Enjoy a slice of pizza as you network with professionals in the field and learn about available opportunities. The event will be held in Hubbard Hall's Southeast Ballroom from 12-1 p.m.

16 MON Music Monday (Dallas)

Enjoy and request music along with \$3.25 burger deals and giveaways from Chartwells during Music Monday at Dallas's Campus Cafe from 12-1 p.m. Student Life will be hosting Music Mondays every week, so be sure to stop by one before the semester is up!

17 TUE Pinterest Party: Spring Fever

Come get crafty at our Spring Fever Pinterest Party, held in Hubbard Hall's Southeast Ballroom. Create flower pots, decorative flip flops, and tote bags from 4-6 p.m.

21 SAT Nostalgia Night

Join Student Life to "be a kid again" while indulging in Dino nuggets, mac-n-cheese, coloring, movies and more! The event will take place in Parliament Village's Multipurpose Room from 7-9 p.m.

Story headline here.....story headline here.....story headline

By KATELYN GARST
rgarst@twu.edu

It will be 2020 in less than a month, and students are cutting the cord in favor of on-line streaming services. These are no longer the days of Netflix DVD rentals and Hulu-only streaming services, so deciding where to spend money on movies and TV shows depends on price, quality and content. If you weren't one of the 10 million to sign up for Disney+ on its first day, check out these stats on some of the most popular services to help decide whether or not a subscription is really worth it.

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Photo by Amber Gaudet

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study break



theme: movie characters

across

1. Curaçao neighbor
6. Lungful
9. Not on a rolling stone
13. British unemployment checks
14. Schiller's famous poem, e.g.
15. "Will comply" in radio communication
16. Opposite of liability
17. Napoleon Bonaparte or Louis Vuitton, e.g.
18. Embedded design
19. *Teen with telescopic powers
21. *Adventurous professor with fear of snakes
23. *He played it in "Casablanca"
24. Sign of escape
25. Steampunk decoration
28. Thanksgiving tubers
30. Fear of flying, e.g.
35. Bun baker
37. "CliffsNotes," e.g.
39. Bound by oath
40. Nay, to a baby
41. Bread spreads
43. *She takes on PG&E
44. Sacrificial spot
46. Wedding promise?
47. Not yet final
48. Eats between meals
50. Blood-related problem

52. Ship pronoun
53. Diamond's corner
55. Be obliged
57. Name before X
61. *Orphan who wanted more gruel
64. Love between Abélard and Héloïse
65. Pitching stat
67. Nostrils, anatomically speaking
69. Pine
70. Fleur-de-_____
71. Novelist Wharton
72. *Adopted orphan of Green Gables
73. Auction set
74. Like a disreputable neighborhood

down

1. Palindromic title
2. CISC alternative
3. *Female Superman foe along-side General Zod
4. Afrikaners' ancestors
5. Off course
6. First-rate
7. Nuptial agreement
8. Version of a song
9. Mr. Bean's ride
10. Paella pot
11. Diagnostic test
12. Bean that rhymes with Goya
15. Distance from side to side, pl.
20. Insect in adult stage

22. Tiny bite
24. Most vital part
25. *A barbarian
26. Convex molding
27. Ladies and _____, for short
29. *a.k.a. The Mayor of Castro Street
31. *Hutch actor in 2004's "Starsky & Hutch"
32. *Famous Frankenstein portrayer
33. Like Michael Collins
34. *One of Miss Hannigan's orphans
36. *Russell Crowe's Biblical role
38. _____ of the trade
42. Bar seat
45. Type of realistic baby doll
49. *Pizzeria owner in "Do the Right Thing"
51. Strings
54. Olfactory sensation
56. Avoid
57. Poet Angelou
58. Flock's affirmation
59. Bank's provision
60. Dry or salt
61. Brewer's kiln
62. Great Lake
63. Retired, shortened
66. Spanish river
68. Like a wallflower

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By AMBER GAUDET
agaudet@twu.edu

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Q: What's your favorite music album and why?



Amber Gaudet
Editor-in-Chief

My favorite album is Modest Mouse's "Good News for People Who Love Bad News." I got to hear them play songs from it live a couple of summers ago when they toured with Brand New and it was an amazing experience. I'm a huge fan of MM in general - I have a tattoo that was inspired by another of their album covers, if that's any indication.



Plamedie Ifasso
Copy Editor

My current favorite album is "Erys" by Jaden Smith. I love the way he connects this work to his previous album "Syre," another great musical collection. I also like how each song works so well together. Sometimes when you're listening to an album, it's hard to see the connection between the songs, but Smith does a great job telling a story with every song.



Katelyn Garst
Managing Editor

It is darn near impossible for me to really choose my favorite album. Just to show the sheer volume of music I love, the biggest playlist I have at the moment is 202 hours and 6 minutes long (and growing). If I have to choose, though, one playlist I love no matter what my mood is, it would be the "Birthplace" album from Novo Amor.



Catty Tomaszewski
Engagement Editor

My favorite album is "A Brief Inquiry into Online Relationships" by The 1975. I love it because it's by my favorite band, and there's no two songs that sound the same. There are songs about love, addiction, friendship and life. The album encompasses the versatility of the band and exhibits the range of the lead singer, who might also be my boyfriend even though he doesn't know it yet.



Sarah Pham
Photographer

My favorite album is "The Pains of Growing" by Alessia Cara. She has always been my favorite artist, and her voice is so beautiful and unique. The album is beautifully orchestrated to tell a story about the trials and tribulations with her coming of age, and the storyline is something I relate to a lot.



Anissa Clark
Page Editor

My favorite album is "Weathervanes" by Freelance Whales. It's a beautiful album that uses a lot of instruments that aren't typically in music of that style (like the melodica) and it's very pleasant to listen to. The lyrics of the tracks (including my favorite song of all time, "Generator First Floor") are incredibly moving. I love this album!

Garrett Gantt
Reporter

My favorite album at the moment is Lemon Demon's "Spirit Phone." As per usual for Lemon Demon, the music is unique and fun in a way you don't get from most other artists. Not to mention, it has the song "Touch-Tone Telephone," one of my favorite songs, and 100% objectively, one of the best songs of all time. The album never fails to deliver a good time.



Angelica Monsour
Graphic Designer

My favorite album of all time would be "The Shepherd's Dog" by Iron and Wine. The album is absolutely beautiful with each song different and melodic. The indie instrumentals and Sam Bean's musical genius makes it an easy listen. My favorite song from the album is "Resurrection Fern" - it's reminiscent of my hometown. It's definitely an album I come back to time and time again.



Gakenia Njenga
Reporter

The "American Teen" album came out during my junior year of high school and because I listened to it so much at the time, it kind of became like the anthem of my 11th grade. Every time I go back and listen to the songs, they remind me of the good times I had and all the new friends I made that year. It's really meaningful and nostalgic for me.



Photo courtesy of Cameron Been.

500-700 word jump/story here (500 with pull quote/cur-

By AMBER GAUDET
agaudet@twu.edu

Much about the aftermath of her efforts, so when she heard that she was awarded Student-Athlete of the Month, she was slightly taken aback.

"I found out after one of my late-night practices," Oche said. "I got an email from one of my professors saying, 'Congratulations' and I thought, 'Wow, this is so cool.'"

Oche's nonchalant reaction contrasted the excitement she felt at hearing the news that she had been recognized for efforts at doing what she loves.

While getting up this point, Oche would occasionally come face-to-face with everyday trials. Juggling both competitive sports and academics can be a challenging task, but her self-acclaimed time-management skills are what help her organize and stay on track with her busy schedule. Though, Oche admitted to sometimes feeling overwhelmed by her back-to-back calendars.

"There's almost no way to express the amount of work she has put in."

"For the most part, it doesn't get too bad," Oche said. "[When I'm overwhelmed], I do like to ride my bike around campus. It helps me clear my head, and when I'm

finished, I'm able to get back to what I was doing."

To keep up her momentum, Oche constantly works on areas she aims to improve and perfect, such as her attacking methods. She believes that there is always room for refinement, for "every day is learning day."

Head coach Huebner said he has watched Oche's abilities and strengths get better by the season, and is impressed with how far she has come.

"There's almost no way to express the amount of work she has put in," Huebner said. "When we recruited Trixie, she was an athlete who had a long way to go. She still has a lot to learn, but she has come much further much faster than I think anyone would have expected, and we are really excited about her."

Huebner believes that Oche has the sportsmanship and potential to earn the position of Student-Athlete of the Month again sometime in the future.

Along with the title of this month's student-athlete, Oche has continued to prove herself as an excellent athlete, after recently receiving two additional titles at this year's Lone Star Confer-



Photo courtesy of University of Colorado Colorado Springs Sports Information.

ence Awards ceremony. She took home awards for All-Lone Star Conference First Team and Academic All-Conference, the latter of which she earned for the first time in recognition of her 3.9 GPA in her focus of exercise science/pre-physical therapy.

During her time on the Pioneers volleyball team, Oche said she owes the entirety of her drive and motivation to her parents, who she thanks for giving her the opportunity to play volleyball, and her teammates, who endlessly encourage her to do her best.

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Extra!

Extra!

Did you know The Lasso has pitch meetings every Friday at 9:30am?

Come join us in Stoddard 311 and get a behind-the-scenes look at your student newspaper

Read all about it!



Photo courtesy of Clara Kwon

600-word story can fit here with current visu-

By AMBER GAUDET
agaudet@twu.edu

As the group of honors students wait in the hotel lounge for the bus to take them to the airport, Clara Kwon decides to check her email. She's had to miss a couple days of school for the conference, and she wants to make sure she didn't miss any emails from any of her professors. Unexpectedly, the first email she sees in her inbox is from one of the National Collegiate Honors Council presentation coordinators.

Kwon, a nursing junior at the Dallas campus, won second place in the Health Science Research category at the NCHC poster session in New Orleans early this month.

"I didn't expect it at all," Kwon said. "There were so many crazy research studies there that I was just looking at the titles and was like 'Wow, this is very impressive for an undergrad.'"

As an honors student, Kwon has to complete a capstone project before she graduates. To help her come up with an idea for her capstone project, Kwon applied to the Engaged Nursing Students

Partnering in the Research Experience (ENSPiRE) internship and became a student research intern at the Neuroscience Nursing Research Center at the UT Southwestern Medical Center.

When she started her internship, Kwon said there was a nurse doing research on the impact of music on the stress level of patients. Kwon was inspired by the project and wanted to see if music could be used to reduce the stress levels of nurses.

"Nurses are leaving the profession at an alarming rate, and I wanted to see if there is something we can do while they're working their 12-hour shift that can help alleviate some stress and anxiety that goes behind the high turnover rate," Kwon said.

Kwon worked with her mentor at UT Southwestern to make the project more achievable and something that could be completed in a year of allotted time. For the project, Kwon recruited 20 critical care nurses and sent them to a quiet room where they were randomly assigned to listen to nature sounds or silence for 20 minutes.

Kwon measured the nurses' perceived level of anxiety and their brain activity while they were in the room. She found that

the nurses who listened to nature sounds had lower brain activity, but they didn't perceive themselves to be less stressed.

"It wasn't what we expected to find, but it opened up a lot of discussions, especially while I was doing my poster presentation about where the study can go next," Kwon said. "It opened up a lot of conversations and gave us a lot of questions that I think future nursing honor students who come through this internship could elaborate on."

Dr. Jennifer Wilson, Kwon's capstone adviser, suggested Kwon consider presenting her research at the NCHC conference. Kwon submitted an abstract of her project and got accepted.

"Her results were promising, providing support to continue this topic," Dr. Wilson said. "It's exciting to think about all the different directions this topic can go in the future."

Kwon said people at the conference gave her a new perspective that she didn't think of and helped her contemplate possible directions for the study. She hopes to use the newfound insight to build off the research.

"When I first started the internship, I was petrified and had no idea what research was, especially in the field of nursing," Kwon said. "But now it has become something I am passionate about and want to do."

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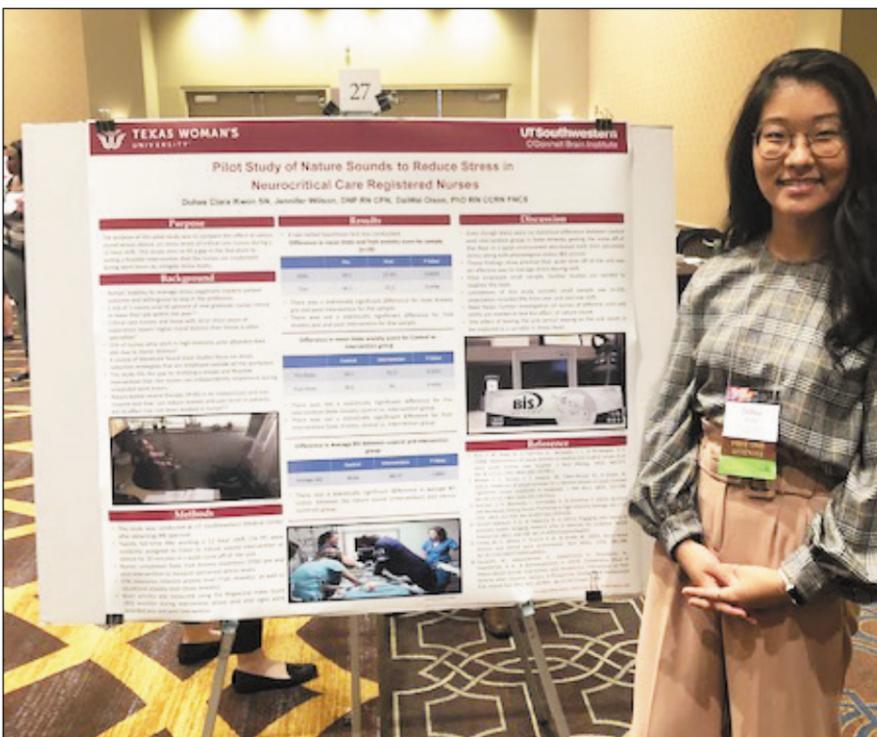


Photo courtesy of Clara Kwon

LETTERS AND VIEWPOINTS

We value reader submissions. As a university newspaper we have certain criteria that limit what we will place inside our newspaper. Please limit letters to 300 words. Columns submitted should be no longer than 600 words. Please include your name, address, phone and email. Your contact information will not be published. Unsigned submissions will not be published. All submissions are also edited for length and clarity. Submissions become property of *The Lasso*.

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