

**August 16, 2006**

**ALPHA orientation starts tomorrow**

Approximately 1,400 new students, along with 300 student and faculty/staff volunteers, will take part in Oklahoma State University's " 'X' Marks the Spot for Success" ALPHA 2006, a four-day orientation that starts tomorrow. The purpose of ALPHA is to provide opportunities for new freshmen to meet faculty, staff and other students, and to learn about what is expected of them as OSU students. Residence halls will open at 8 a.m. tomorrow to receive students moving into the facilities. ALPHA check-in will be in the Student Union Atrium Thursday and Friday from 8 a.m. to 4:30 p.m.

**OSU Mortar Board chapter receives award**

Congratulations to the Achafoa chapter of Mortar Board at OSU, which has received the esteemed Golden Torch Award for the 2005-2006 academic year. The chapter was one of 19 to take home the award, presented at the organization's national conference. It is presented to chapters that go above and beyond timeliness and excellence while exemplifying the ideals of scholarship, leadership and service. Mortar Board is a national honor society that recognizes college seniors for outstanding achievement in scholarship, leadership and service.

**OSU completing sign for 'Willham House' presidential home**

The designation of 1600 N. Washington, the residence of Oklahoma State University presidents since 1962, as The Willham House is being commemorated with the construction of a stone marker and sign at its entrance-way. Though Dr. and Mrs. Willham never lived there, their personal contributions funded three-fourths of the cost. Last October, the OSU/A&M College Board of Regents approved naming the Stillwater home in honor of former President Oliver S. Willham and his wife, Susan. Its current residents, David and Janet Schmidly, recommended the distinction. "Naming the OSU presidential home for the Willhams is a fitting tribute for their legacy and contributions to OSU," said Schmidly. "Janet and I are privileged to live in such a unique and wonderful home. We are thrilled that it now honors the Willhams." For more details, [click here](#) .

**"Include Every Voice" – diversity self-study available online**

As Oklahoma State University continues to make progress toward achieving a higher level of diversity throughout the institution, a new self- study has been created from the Office of Institutional Diversity. The study encourages all employees to include their voice in the development of an action plan for diversity, which is a system-wide goal outlined in our strategic plan. For more information, including the self-study, [click here](#) .

**OSU-OKC offers interactive Spanish**

OSU-Oklahoma City will offer Interactive Beginning Spanish, Saturdays, Sept. 9 through Dec. 9, from 10 a.m. to noon, on its campus at 900 N. Portland Ave. The course is open to all ages and requires no previous Spanish language education. Students will learn basic vocabulary and grammar. The final day to register is Friday, Sept. 1. For more information or to enroll call (405) 945-3373, or e-mail [sbear@osuokc.edu](mailto:sbear@osuokc.edu) .

**Wellness tip: High fiber cereal**

Does the term "high fiber cereal" make you think "cardboard"? If you don't enjoy eating high fiber cereal for breakfast, use it as a condiment! Sprinkle it on top of a salad; add it to yogurt for extra crunch; and use it in place of bread crumbs. Just 1/2 cup can provide as much as 13 grams of fiber, about half the daily recommended intake. Wellness tips are brought to you by the OSU Seretean Wellness Center, dedicated to making OSU the Healthiest Campus in America. For more information about services for students, faculty and staff, call 744-WELL (9355).