

December 4

Electrical and computer engineering department to host technical open house

The School of Electrical and Computer Engineering will observe the 300th anniversary of the birthday of Benjamin Franklin, the world's first electrical engineer, with an open house showcasing student projects and design skills tomorrow (Tuesday, Dec. 5) from 11 a.m. to 1 p.m. The open house also will serve as a celebration of student accomplishments this past year. Robots in action, improvements in home entertainment systems, advancements in medical technology and a video game brought to life through projects built by students will be displayed throughout Engineering South in laboratory and operational settings. Prospective engineering students on campus, area high school students and all who are interested in the impact of electrical and computer engineering innovations on life today are invited to attend. For more information, contact Professor Jim West at jim.west@okstate.edu. This email address is being protected from spam bots, you need Javascript enabled to view it or 405-744-6096.

Poinsettia sale today and tomorrow

The 16th Annual OSU Poinsettia Sale will continue today (at OSU-Stillwater) until 5:30 p.m. at the OSU Teaching Greenhouses on Farm Road and open again tomorrow from 7:30 a.m. to 5:30 p.m. It had to be re-scheduled due to the weather.

Enforcement to begin on 25 foot rule

Just a reminder...Oklahoma State University, in accordance with Oklahoma law, prohibits smoking inside any of its buildings and within 25 feet of an entrance or exit of an OSU facility. Violators of this state misdemeanor could be issued a county citation punishable by a fine between \$10 and \$100. To read the entire OSU smoking and tobacco use policy, [click here](#).

Big Angel Tree donation and deadline extension

Wells Fargo Financial, Inc. recently presented the OSU Non-Traditional Student Organization a check for \$1,000 to fill the wishes of any angels not selected from the Angel Tree this year and to add to those who received only a little. Special thanks to Stacy Huddleston, manager of the local WFF office for his efforts to secure the donation. Due to bad weather, the deadline for participation has been extended to noon, Tuesday, Dec. 5 (tomorrow). If anyone has difficulty returning their Angel by the deadline, they should call Marie Basler at 744-5488 so that the Angels can be accounted for and arrangements made for their return and gift distribution. Thanks to all who participated this year.

Garage sale extravaganza set for Saturday

The OSU Student Association of Global Affairs will host the Community & University Garage Sale Extravaganza in the Wes Watkins Center exhibit hall from 8 a.m. to 1 p.m. Everyone is invited to attend. Entry to the event is free and open to the public. Individuals and groups from the OSU and Stillwater communities who are interested in selling items at the extravaganza are invited to reserve tables at \$10 each. The deadline to reserve tables is noon on Friday, Dec. 8. The tables are 6 feet by 2.5 feet in size. Anyone interested in reserving a table can contact Ceci at SAGAatOKstate@gmail.com. This email address is being protected from spam bots, you need Javascript enabled to view it or call 744-4270.

Snow day play

Click the following link to see how some students spent their snow day last Friday. <http://www.flickr.com/photos/ostatenews/>.

Sci-Tech reporting competition set

Oklahoma EPSCoR and the Regents for Higher Education are sponsoring the Oklahoma Sci-Tech Student Reporting Awards competition this year. Articles written by undergraduate or graduate students in an Oklahoma

College/University Student Newspapers are eligible as long as they are published between Aug. 15, 2006 and March 15, 2007. The competition is designed to increase public awareness of science and technology research taking place at Oklahoma colleges and universities while encouraging outstanding student journalism. Cash awards from \$50 to \$300 will be offered in three categories. Go to www.okepscor.org and click on the box in the upper right hand corner of the homepage for more details.

OSU's Yolanda Odenyo named First Team All-American

Congratulations to junior midfielder Yolanda Odenyo, who was named First Team All-American today by the National Soccer Coaches Association of America. The Uppsala, Sweden native garnered the first NSCAA All-America honor in the history of the Oklahoma State women's soccer program. Odenyo, the Big 12 Co-Player of the Year, scored five goals and recorded eight assists on the season to lead the Cowgirls with 18 points. She helped guide OSU to a second-place finish in the Big 12 standings. Odenyo was one of just two players from the Big 12 to receive first team honors.

Wellness tip: Correctly targeting your abs

Abdominal strengthening exercises should both isolate your abdominal muscles and prevent strain to your neck, head and shoulders. If you feel strain in muscles other than your abs, ask a fitness professional about proper technique. Take the time to train and strengthen your abdominal muscles. Strong abs help with good posture, reduce lower back pain and contribute to long-term health and well being. 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).

