FITNESS DRILLS »

These folks are heavy lifters. Congratulations to Drs. Donald D. Holmes ('54), Thomas G. Loafmann ('63) and Lt. Col. Mark R. Duffy ('94), Distinguished Alumni honorees for 2016. Does your class have potential candidates for the distinction of distinguished alumnus? Nominees are solicited annually through a simple process. Visit the nomination pages at Alumni Affairs on the CVHS website to nominate your candidate prior to June 1, 2017. Have a look at the top classes for Distinguished Alumni awardees:

Gold (Tied for 6 Distinguished Alumni) - 1960 & 1963
Silver (Tied for 5) - 1953, 1955 & 1970
Bronze (Tied for 4) - 1954 & 1957

That's some gut busting, career accomplishment.

YOU CAN SPOT A BOOT FROM A MILE AWAY »

Boots are no mystery but why do we wear them? What do they mean? What's in your boot? While boots are fairly common attire, they aren't for just anyone. Some characteristics of boot wearers....

- We bust our backs. **(Push Yourself** know-how.)
- Embody tradition and pride. (The **orange** kind.)
- There's nothing "standardized" about us.
- That polished boot commands respect. (Effort personified.)
- Boots are gender neutral. (We are lady-strong, after all.)
- Ultimate foot protection is our goal. (Lab splashes be danged and, um, other substances.)
- Have pairs in all colors, materials. (We're all about options.)
- It could be argued that some of us were born with boots on. (Yee-ouch, nod to Cowgirls, here.)
- Some boots sport **ORANGE SOCKS**. (There's a ceremony for that.)
- Respond to disaster (**Here to be Awesome**.)
- Know the meaning of **No Pain. No Gain**.
- Know average is a word but not about us.
- Our footprints endure. (Skill and compassion = life-saving.)
- We pony up. **(WAKE UP. KICK A**“. **REPEAT.)**

How we pony up.... flash back. CVHS created an endowed scholarship called **Alumni & Friends 1,000 giving $1,000.** Recipients of this award are veterinary students who embody the alumni legacy spirit of Cowboy veterinarians. If you missed out, there's still time to pony up for the **class challenge.** In 2016 we awarded **two scholarships at $3,800** each. Not at all chicken-scratch. Overall giving is more than $156,000 but we can strengthen this bottom line,‘cus if it doesn't challenge you, it won't change you.

Here's the top three class challengers. **Class of 1960 - $27,000, 1968 - $23,000, 1965 - $9,500.** Classes 1962 and 1969 deserve honorable mention for topping $6,000. If your class is sucking air, find out how you can be all in. Talk to me.

FALL CONFERENCE - REGISTER NOW »
Get registered for Fall Conference. View speakers, topics and Alumni Events, (a selection that offers you the flexibility of attending only the Corral Crawl reunion activities and/or the Distinguished Alumni Luncheon.) Seating restrictions apply for both alumni-only events due to space limitations. Class years ending in 6 and 1 celebrate reunions with Boots-on-the-Ground. Weapon of choice? Find out at the Crawl.

Remember, alumni events are advance ticketed. You must register at the website for the Corral Crawl Rancher's Club buffet and the DA Luncheon. (No tickets are sold at the door.) A cash bar is available at the Corral Crawl. All events are at Wes Watkins Center, October 13-14. Accommodation info for alumni is posted at the registration pages. Reply for help.

Heroes wear boots on Fridays. How's the fit?

*GIVE and BE change.*

Fancy a chat? sworrel@okstate.edu #scot1