Hypnotist Brings the Laughs

By Tawna Widney

Hypnotist Richard Aimes brought the laughter as promised in his “Hypnopalooza” last Friday.

Aimes won over the crowd by making his volunteers do the Twist, drive race cars, and sing. The Naked Masculine Ballet was a real show stopper! The audience enjoyed being serenaded by famous stars, as Aimes suggested that Gwen Stefani, Christina Aguilera, Dolly Parton, Keith Urban, and the king himself “Elvis” all come forward and strut their stuff.

In addition to being funny, Aimes gave the students several helpful suggestions, such as the ability to be a better student by being able to study, focus on what instructors are saying, and believe in their success.

After the show, the hypnotist offered a free seminar to any in the audience who wanted those same advantages.

Pile-on nachos were the free fare for the day. The Student Government Association members did a terrific job in coordinating the event, along with sponsor Ron Kistler.

Students Plan Spring Break

By Justin Edler

SWOSU students and faculty are looking forward to Spring Break, sunny weather, and catching up on sleep. Here’s what they say:

“This Spring Break I am going to be working so maybe I can get more hours to pay off what I owe to the college.”—Christina Ramirez.

“I will probably be going home and building fence for my dad.”—Erika Bryant.

“I am going to go to the movies a lot because I have been deprived.”—Leslie Acuna.

“I’m probably just going to relax and sleep!”—Kim Brewer.

“I might clean my yard or work on my pickup.”—Crystal Rippetoe.

(Continued on page 7)
PBL takes a field trip to Bar-S

Members of the Southwestern Oklahoma State University Sayre Phi Beta Lambda (PBL) organization toured the Elk City Bar-S Foods Company on February 28. Earl Behrens, materials coordinator at Bar-S, conducted the tour and explained the operation and function of the Elk City company. In addition to his duties at Bar-S, Mr. Behrens is also a business student at the SWOSU Sayre Campus. Rick Rainey, plant controller of Bar-S, gave the SWOSU Sayre students a brief explanation of his accounting responsibilities.

Learning about accounting responsibilities are (from left) Earl Behrens, Doug Tate, Tina Porter, Brian Atteberry, Kathy Lampshire, Lauren Eaves, and Bar-S Plant Controller Rick Rainey.

“Be Cool” Blood Drive is Today

The SWOSU Sayre campus Blood Drive is today, March 14, from 10:00 a.m.-2:30 p.m. in the Patterson Fieldhouse.

All donors will receive a free “Be Cool, Give Blood” t-shirt, Cholesterol Screening, and a chance to win an Alaskan Cruise.

As always, some of your instructors will give bonus points for your participation in the blood drive. Check with your instructors to see which ones are participating.

This semester, however, you can also do a good deed for a boy in our community by the name of Cameron Vincent, son of one of our SWOSU students. As reported last edition, the 4-yr-old’s family will be able to afford blood transfusions if you donate in his name.

Students in 1974 Sound Off on Daylight Saving Time

By Daniel Ferrari

Did you remember to set your clock forward? It’s nothing new. In March 1918 Congress passed a bill to “save daylight and provide a standard time.” Besides establishing a period of summer daylight saving, the bill made standard time zones into national law. Repealed in 1919, daylight saving remained in use by local option until the Uniform Time act of 1966 made daylight saving national law. During World War II, year-round daylight saving prevailed, and in 1974 President Richard Nixon, reacting to the first energy crisis, set the clocks ahead for fifteen months.

We found a 1974 copy of the campus paper, and here is a look back at what some of the people had to say about it at Sayre Junior College in 1974.

“I hate it, because it is too dark.” Kent White

“For this part of the country, I don’t like it, because it is not good to have all the little kids going to school in the dark.” Brenda Waldroop

“It will be better when the day starts getting longer, so I can play golf later in the afternoon.” Skip Scott

“No good.” Jim Longhofer
Today’s college student more political

By Matthew Swint

Are you registered to vote? Better yet, do you feel that you are in tune with today’s politics?

According to researchers at the University of California at Los Angeles, this year’s first-year college students are increasingly politically minded and moving away from the center of the political spectrum. The researchers also found that one in three students reported discussing politics frequently during their last year of high school.

That’s up from 26 percent in 2004, the last time the question was asked. The findings are not surprising, given that many expect the 18- to 24-year-old turnout from last fall’s midterm elections to break records once the data are revealed.

A report from Harvard University’s Institute of Politics, released before the elections, foreshadowed increasing political activity. In that poll, 32 percent of people in the college-going age category said they “definitely will be voting,” and three in four said the likelihood that they would cast ballots was at least 50 percent.

Sophomore Megan Dickson is registered to vote. “I don’t really do a lot of research, but I listen to what people say and ask a lot of questions of older people I respect, like my 3rd grade teacher who is like a mom to me,” says Megan.

So will you be exercising your right to vote in 2008?

If you are not registered to vote, you can do so now at www.rockthevote.com. Voting is an American privilege of which we should all take advantage.

For Med Tech Program . . .

Culver Wins Outstanding Student

Michelle Lynn Culver has been named Student of the Year for the Medical Technology Program at SWOSU at Sayre. This qualifies her to compete against other students across the country that are also enrolled in allied health care programs.

The award will be presented at the American Medical Technologists’ national convention held this summer in Orlando, Florida.

Culver, a sophomore from Elk City, is studying to be an MLT and is on track to graduate in May. She is a member of the American Medical Technologists’ Student Society.

While attending school, Culver has worked full time as a nurse’s aide and has already been employed in a medical lab. Prior to attending school at SWOSU, Culver was named Outstanding Student at Western Technology Center.

Her list of accomplishments include constructing an award-winning PowerPoint presentation on the dangers of methamphetamine, participating in an MS fund drive on the SWOSU at Sayre campus, attending the Health Occupations State Leadership Conference and the Business Professional of America State Leadership Conference.

Culver’s honors include the 1st place AMT Student Writing Award in 2006, National Technical Honor Society, and Who’s Who Among American Junior Colleges.

Roxann Clifton, Director of Medical Technology for the Sayre Campus, stated, “Michelle’s grade point average, her community service, participation in extra curricular activities and outstanding clinical reviews make her an excellent candidate for this award.”
By Rebecca Rippy

Sheila Dodd is a non-traditional student here at Sayre, and she is a very interesting person to say the least. She juggles work, school, and her children—yes, she has been busy raising seven children.

She has two that she adopted from Korea. She lived there when she got them. Now she is helping with her hopefully soon-to-be husband’s children. Then she has two that she gave birth to. She is always busy with this one or that one, going here or there for one of the many children she supports.

How would you like to go to college and work nights with seven little blessings running around?

“Mom” this, “Mom” that! “I have this” and “I have that to be done tonight.”

Most of us feel we have our hands full, but Sheila really is busy. I really admire her for all she is doing. She works nights at the North Fork Correctional Facility. She appreciates her older children because they really help her get things done when she is in a pinch.

Both Koty and Wesley are 9 years old and in third grade. Haylee is 5 and in pre-k. Cheyenne, 7, is in the second grade. Kunwoo and Stacey are 15 and in ninth grade. Hyejung is 12 and in sixth grade.

Can you imagine all of the mayhem in the morning before school or even trying to get all of them to bed on time? Sheila can always manage even if she has to have help at times. Her boyfriend Hank does odd jobs and is always around when you need him. Their life is a story in itself. They all live in a very small 2-bedroom house, where they have made the garage into another room.

Sheila has graduated from here once before, but she liked it so much she came back to get some more Bulldog education. If you ever need to know anything about the campus or the teachers, you can ask Sheila. She has had about every instructor here on campus. If she hasn’t had them, she knows them from being around here for some time. She is also very good with computers and will help anyone that needs the help.

Something you may not realize is that Sheila has a hearing impairment. You may notice that she speaks loudly. Some people would think they had too many strikes against them to attend college if they were in Sheila’s shoes, but she doesn’t let anything get her down. She is truly an amazing woman!

March is Women’s History Month

March is Women’s History Month, and to celebrate, Librarian Janice Hodge has put together a display of books and videos on some very special women, including some of the books named by Questia as the top 10 books on women. Number one on the list is Women’s Suffrage in America: An Eyewitness History. Also, Creating Rosi the Riveter; Class, Gender, and Propaganda during World War II made the list at #4, and East to the Dawn: The Life of Amelia Earhart made #10.

Instructors are being asked what book they would recommend for Women’s History Month to help with the celebration. Students, too, may e-mail a comment on their favorite outstanding woman or on their favorite book on a woman or by a female author for inclusion in the next edition of The Watchdawg.

Just send your e-mail to Mrs. Terry Ford at terry.ford@swosu.edu and look for the display in the McMahon Library.
Take a Movie Break

By Melissa Greene

Hope you have a wonderful Spring Break and have time to catch a movie. These four are getting rave reviews.

BRIDE TO TERABITHIA
Jess Aarons (Josh Hutcherson) is an 11-year-old boy, aiming to be the fastest runner in his grade, until the new girl, Leslie Burke (AnnaSophia Robb), shows up and proves that she can run faster than all of the boys. Despite their athletic rivalry, the two become friends and share their vast imaginations with each other, ultimately creating the world of Terabithia, a magic kingdom hidden deep in the woods, where they must battle the Dark Master. Based on the best selling book.

GHOST RIDER
The story is based on the Marvel character Johnny Blaze (Nicolas Cage), a motorcycle stuntman who becomes the host of a "spirit of vengeance" in exchange for the safety of his true love. At night he's transformed into a fiery demon with superpowers who chases bad guys. Nic buffed up for this one.

RENO 911
Based on the hit Comedy Central series, the usual gang of idiot cops head to Florida for a police convention. After creating their typical garments, such as hats, visors, long sleeves, and sun glasses. Be sure to apply 30 SPF sunscreen or higher before sun exposure, and re-apply after swimming or extensive sweating. Be sure and try to avoid tanning beds and sun lamps.

With anything that is preventable, it is important to stay educated. Be sure to practice proper sun protection from a young age.

What is skin cancer? Your skin protects your body against heat, light, infection, and injury. It also stores water and much-needed nutrients. Skin cancer is a disease in which your skin is harmed or weakened by malignant cells found in the outer layers of your skin. There are several types of cancer that start in the skin. Skin cancer can occur anywhere on your body, but it is most common in places that have been exposed to more sunlight, such as your face, neck, hands, and arms.

What causes skin cancer? Sunburn, UV rays, heredity, and environment. Sunburns or tanning of the skin is the body’s protective response to sun exposure and acts as a shield to prevent further sun damage. Also, if there is a history of skin cancer in your family, you may be more susceptible, or if you live or visit environments where the UV rays are stronger, such as vacation spots near the equator.

How can you protect yourself? Minimize your exposure to the sun during peak hour, 10:00 a.m. - 2:00 p.m. Wear protective garments, such as hats, visors, long sleeves, and sun glasses. Be sure to apply 30 SPF sunscreen or higher before sun exposure, and re-apply after swimming or extensive sweating. Be sure and try to avoid tanning beds and sun lamps.

With anything that is preventable, it is important to stay educated. Be sure to practice proper sun protection from a young age.

THE WATCHDAWG

chaos on the sunny sands of South Beach, they are called into action after terrorists poison all of the other visiting officers. Will Lieutenant Jim Dangle (Thomas Lennon) and his pack of misfits save the day… or destroy it?

WILD HOGS
Four middle-aged guys hit the road "Easy Rider"-style in this comedy starring John Travolta, William H. Macy, Tim Allen and Martin Lawrence. Tim Allen, John Travolta and a bunch of other paunchy suburbanite men form a motorcycle gang that gets challenged by some true bad boys.

Watch Your Exposure to the Sun

By Sue Brown

During the spring, everyone tends to spend a lot of time outdoors at the lake, the pool, or the ball field. With so many things to keep up with, it’s easy to forget to protect yourself from harmful UVA and UVB rays. Skin cancer is a growing epidemic and is the most common form of cancer; sadly, it is also the most preventable. By the age of 18, it is estimated that a person will have received over 80% of their lifetime sun exposure. It is very important to practice proper sun protection from a young age.

What is skin cancer? Your skin protects your body against heat, light, infection, and injury. It also stores water and much-needed nutrients. Skin cancer is a disease in which your skin is harmed or weakened by malignant cells found in the outer layers of your skin. There are several types of cancer that start in the skin. Skin cancer can occur anywhere on your body, but it is most common in places that have been exposed to more sunlight, such as your face, neck, hands, and arms.

What causes skin cancer? Sunburn, UV rays, heredity, and environment. Sunburns or tanning of the skin is the body’s protective response to sun exposure and acts as a shield to prevent further sun damage. Also, if there is a history of skin cancer in your family, you may be more susceptible, or if you live or visit environments where the UV rays are stronger, such as vacation spots near the equator.

How can you protect yourself? Minimize your exposure to the sun during peak hour, 10:00 a.m. - 2:00 p.m. Wear protective garments, such as hats, visors, long sleeves, and sun glasses. Be sure to apply 30 SPF sunscreen or higher before sun exposure, and re-apply after swimming or extensive sweating. Be sure and try to avoid tanning beds and sun lamps.

With anything that is preventable, it is important to stay educated. Be sure to protect yourself and teach younger children the importance of protection and the proper way to protect themselves from sun exposure. This is not a topic to be taken lightly, but one to create concern and positive responses. So have fun, enjoy the outdoors, but take the time to prevent overexposure.

To the left are some images of skin cancer. If you notice any abrasions similar to this, contact a doctor or dermatologist immediately.
SWOSU student Rebecca Rippy is in the process of joining BACA, or Bikers Against Child Abuse, and she is passionate about her new organization. She is urging others to get involved.

“I am becoming a member of BACA, and we need your help to fight child abuse in this area,” Rippy says. “We have several poker runs coming up, so ya’ll come have some fun for a good cause.”

Some of BACA’s upcoming runs will be April 21st and another on April 28-29.

“This one is a mandatory one if you want to be a member,” says Rippy. “It is a 100-mile ride and is for a very good cause. We would also like to see you at our booth at Shamrock for St. Patty’s Day.”

Everyone is welcome to attend BACA meetings and to sign up. BACA members take a personal interest in protecting children, even answering a request to guard a child’s home at night if there is an eminent threat. There are some requirements for those seeking to earn a BACA patch.

If you are interested, you can contact Rippy at (580) 303-8135 or you can call Ez, president (580) 225-2023, Hard core, vice president (580) 799-0011, or Stormy, the treasurer at (580) 774-8983.

In charge of publication is Gusto (580) 495-5656. You can also email Gusto at betterphotography@sbcglobal.net

He would be very happy to help you.

In addition to protecting children, the chapter also offers a $750 scholarship for high school seniors.

“We meet every first Tuesday at the Clinton VFW at 7 p.m. So all you party animals can come try out if you like to ride for a reason,” urges Rippy.

If you know a child that needs BACA’s help, please call 877-422-2286.

“If you want to help break the chains to this very awful crime against the small and innocent ones of the world, please help,” says Rippy.

Pauly Shore Rocks a Full House

By Tawna Widney

Wednesday, March 7th, was probably one of the funniest nights that SWOSU students have had all year.

The famous comedian Pauly Shore graced us with his “weasel” presence to give us all one hilarious performance. He talked about anything from his past, to his present time, to looking for a woman.

If you ever look back on any of his history, you will find that he has some pretty interesting initials. Pauly Montgomery Shore, you use your imagination. Shore gets material that he uses for his stand-up comedy from events in his life.

He played to a full house at the Fine Arts Building in Weatherford, and the whole “house” was having a good time, and laughing so hard, and participating with his banter.

If you ever want to see him in show again, or just for the first time, you can contact him on his MySpace page: www.myspace.com/paulyshore. He said he occasionally answers people personally who message him on his MySpace.
“I’m sure we are going to stay at a hotel on the beach.” —Luke Edwards.

“I’m going on a ‘girls only’ trip to Tennessee with my mom, daughter and niece. I’ll be wearing my Elvis suit (which I’ll borrow from Luella) through Graceland (oh so cheesy) and riding horses at my uncle’s cabin in Leaper’s Fork, next door to Wynona Judd’s estate, so I might wander over and eat Brownies with her. I think she eats lots of Brownies.” —Mrs. Ford

“My daughter Shannon and my son Keenan and I are flying to Detroit, MI. Shannon, who is a second-year medical student at A.T. Still University College of Medicine, will be spending her third and fourth years at Henry Ford Hospital in Detroit. We are going to see the hospital and check out the city.” —Mrs. Haught

“I might be doing a little partying in Dallas or Ft. Worth, if I can convince the parents to babysit. Whatever it is that I do for Spring Break, it needs to be fun. Lately I need to lighten up, so Spring Break would be a perfect time.” —Nicole Smith

“My plans for Spring Break include celebrating my birthday on Saturday.” —Brandy Miller

“I’m gonna stay home and clean my house. Hopefully I can recruit some family members to help me. Spring cleaning is so much fun, I’m sure I’ll have a lot of help.” —Jaclyn Garrett

“My mother was admitted to the hospital, so for Spring Break I will be traveling back and forth to the hospital and praying a whole lot.” —Kimberly Penny

“I think I am going to go to the city and visit my ex-stepmom.” —Melissa Smith

“I plan on preparing for my daughter’s fourth birthday.” —Chasity Bartie

“I would like to picture my Spring Break with me vegging out on the sofa with my children lifting my feet up as they dust excitedly around my lounging body. I see pizza and the occasional glass of wine served to me by the many friends asking for my help or advice. Then I wake up ...” —Shannon Margerum

Enter World Bank’s Essay Contest

By Justin Edler

The World Bank and its partners invite young people between the ages of 18 and 25 to participate in the International Essay Competition. The questions for the 2007 contest are “How does corruption affect your life” and “What can you do to fight the corruption you face?” For more information visit http://www.essaycompetition.org/

Additional awards are available for participants! The award ceremony is at Bled, Slovenia. The World Bank will cover travel and accommodation.
Join Your Local Red Cross

The month of March is a special time for your local American Red Cross. As the West Central Oklahoma Chapter celebrates over 75 years serving in western Oklahoma, many events and activities are planned.

As a gift back to the local communities, there are FREE Adult CPR Classes being offered in Clinton, Elk City and Weatherford and are available on a first-come, first-serve basis. For times, dates and reservations, call 580-225-2156 and ask for Candise. More classes may be offered if the need becomes known. Normally, there is a cost-recovery fee associated with any courses offered, but the chapter makes these available free once a year as a way of saying “Thanks” to the public.

“Celebrating Heroes of the American Red Cross” will be a statewide theme throughout this special month. Gary England is the statewide Ambassador of a grassroots campaign that plans on raising awareness and funds for each local chapter. Purcy D. Walker is the chairman for the West Central Oklahoma Chapter and is encouraging support for the American Red Cross.

Throughout the month, local Heroes from the West Central Oklahoma Chapter will be seeking donations ranging from $1 to $1,000. Individuals who donate $1,000 or more will be designated as members of the Clara Barton Society of the American Red Cross. The overall goal for the West Central Oklahoma Chapter is $15,000. For inquiries, or to make your gift call 1-800-530-4318 or come by the West Central Oklahoma Chapter at 916 S. Main, Elk City.

March 15th is Red Cross Day at the Capitol, where a blood drive and a Meet-n-Greet is planned with Oklahoma leaders.

A Singing Celebration is planned for March 30th at the Opera House in Elk City. All singers are invited to call and make arrangements to join the program. Donations will be taken at the door for admission.

On tap for June is a golf tournament in conjunction with KECO. Golfers may sign up now, and volunteers are needed for concession stands and judging on the greens.

“I wish everyone would join their local Red Cross chapter. We need to be prepared and that takes volunteers,” said SWOSU student Tom Warren, an active member of the Red Cross.

Events and activities are being added daily, so please call into the chapter offices at 580-225-2156 for more information. The West Central Oklahoma Chapter proudly serves Beckham, Custer, Roger Mills and Washita Counties.