Medical Technologists’ Program Produces Winners

Aaron Fultz from Haskell, Oklahoma, placed third in the American Medical Technologists’ Student Writing Awards contest for his paper on MRSA. Fultz received a plaque and $135.00 for his effort. The awards were presented at the AMT National Convention in July in Providence, Rhode Island. Program Director Roxann Clifton accepted the award on his behalf. While at the convention, Ms. Clifton was re-elected to the AMT Board of Directors. She was also elected to the executive committee to serve as Vice President of the association after having served one year as secretary. AMT is an organization of allied health professionals whose membership is over 43,000.

Aaron Fultz was also the recipient of this year’s Debbie Whitson Memorial Scholarship. The scholarship is given by the Roger Mills Memorial Hospital Board of Directors in memory of Ms. Whitson who graduated from the MLT program from what was then Sayre Junior College.

In October, the students traveled to Oklahoma City to attend the fall Oklahoma OKSSAMT/ASCLS One Voice Scientific Meeting. The students presented medical technology case studies to test the knowledge of the laboratories that chose to attend their presentation. Approximately 45 of the 150 meeting attendees participated in the contest.

The officers for this year are President Melissa Smith, Vice President Roy Goodspeed, Sophomore Representatives Lynn Crha and Aaron Fultz, and Freshman Representatives Alicia Houston and Charissa Isch.

The students sold candy this semester to raise money to offset certain program costs.

“Thank you to everyone that helped support the Medical Technology Club,” said Clifton.

Ms. Coell Smith, another Sayre Junior College medical technology program graduate, crocheted and donated two afghans to the Medical Technology Club for them to raffle. The raffle will be announced at a later date. MLT Program graduates are very

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SWOSU’s Spanish class has adventure in Norman!

By Carrie Myers, embedded reporter

It was a crisp cool morning, arriving at school I found Ms. Haught thawing out the van. One by one, the students in Spanish class began arriving. Ms. Haught had a fun agenda planned for the class—a day filled with history and culture on the Oklahoma University campus in Norman. The van was loaded, and Ms. Haught was ready to depart promptly at 8:00 a.m.

Before backing out, she said, “Now, you people in the back are going to have to help me back out, so I don’t hit any cars.” At this point Cody Stalling became the designated eyes in the rear of the van. The van was backed out successfully and soon on its way. We arrived at the University of Oklahoma at approximately 10:30 a.m. with help from the G.P.S. “woman.” We had no trouble finding our first destination, The Museum of Natural History.

The museum focuses on seven areas of national history: culture, fossils, discovery, people, nature, evolution, and the Pleistocene Plaza. The exhibits students found most interesting were the dinosaurs’ fossils. Some of the fossils were actually found in Beckham County. A fossilized nest of dinosaur eggs was discovered in Carter in 1987. The expression of amazement and wonder flowed over many of the students faces. I did, however, find a student that was discovering the back of his eyelids.

The next stop on the agenda was lunch. Ms. Haught found an appropriate Mexican restaurant via the internet, called the La Luna, located on campus corner. Upon our arrival, we found ourselves trapped in a parking lot, circling in a van the size of a monster, only one way in and one way out. In order to get out, customers had to have a token from the restaurant, but we had not yet eaten! The parking lot was full; what were we going to do? Finally, after backing up about fifty feet and turning around twice, we found a parking spot.

While waiting to be seated. Ms. Haught reminded everyone, “No alcoholic beverages.” One student noticed a sign in the entry way, it read; You are in our house now. Rule number one: No taking off undergarments, Rule number two: no drinking while in the head stand position, and number three: All unattended children will be sold.”

The class had a good laugh, and one student reminded Ms. Haught, “You can not drink while standing on your head.” We were seated, and what great food we were served!

The conversation was pleasant, talking about the upcoming game, Caught sleeping.

Growing impatient, I took my ticket to the front.

At the check-out counter I noticed a man also paying his ticket.

“He, wait. I know that man. THAT’S BOB STOOPS!” I said aloud.

I looked at Ms. Haught and asked, “Should I go ask him to take a picture with the class?”

She said, “Why not?”

By this time the rest of the class noticed him, too. With their encouragement, I went to his table where he was being interviewed by ESPN, and during a 30-second commercial break, I introduced myself. My hands were sweating and I was shaking, but I politely said “Excuse me sir, my name is Carrie Myers, and I am a reporter for The WatchDawg newspaper from Southwestern Oklahoma State University in Sayre Oklahoma, our Spanish class is here on a field trip. I wanted to know if you would take a picture with the class.”

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“Sure,” he said. “Just get everyone together at the front and I will be right out.”

Patiently waiting for the rest of the class to pay their tickets. Mr. Stoops finally said he was on a tight schedule and he had to go to another interview, so the three of us who were outside had the chance to take individual pictures with him. Had the rest of the class missed their chance? Not if I could help it. As chance would have it, Mr. Stoops forgot his token to get out of the parking lot, so he had to return to the restaurant, and this time on his way, the class was ready.

The last stop on the agenda, was the Fred Jones Jr. Museum of Art. This museum was full of important art by Georgia O’keeffe and Vincent Van Gogh, just to name a few. This was not a good opportunity for photos, flash cameras are not permitted. In some areas of the museum, all photos were strictly prohibited. However, I was able to capture a couple of shots. The museum had about 50 security officers following us around making sure we did not touch anything. After about an hour of exploring the museum, it was time to head home.

Thank you, Ms. Haught for treating us to a day filled with museums, culture, and great food.

*The SWOSU Spanish class poses with Bob Stoops, OU head coach.*
Christmas Began Long Before Jesus . . .

By Tiffiny Holloway

Every year, millions of people celebrate Christmas. But do we really know the story behind Christmas? After all, most people only know what is told to them. Christmas began long before Jesus.

Before the time of Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many people celebrated during the winter solstice because they knew the worst of winter was behind them, and that the days would soon grow longer and warmer. Most of the stories revolving around the month of December, and holidays involved a massive celebration that usually involved the slaughtering of cattle and the fermentation of wine and revelries to gods and goddesses.

In the middle ages, early Europeans attended church in the morning and spent the rest of the day throwing a huge party that is similar to today’s Mardi Gras. Every year, the poor people would name one person, the “Lord of Misrule,” and then they would proceed to go to every rich person’s home and ask them for their best food and drink. If the rich refused to supply them with food and drink, then the subjects would terrorize their home.

When the pilgrims came to what is now known as America, they did not celebrate Christmas. From 1659 to 1681, Christmas was outlawed in Boston, Massachusetts. Anyone who showed signs of a “Christmas spirit” would be fined five shillings. American settlers would not celebrate Christmas because it was a holiday that tied them to England, it involved revelry, and many of its customs didn’t originate from the Bible. Christ never celebrated his own birthday, nor did any early Christians. It was considered a pagan custom at first, because it was practiced by pagan rulers in conjunction with their horoscope. But its customs were fun, and its popularity soon won out. Christmas was not declared a holiday in America until June 26, 1870.

Santa Claus was derived, as most of you should know, from a man named St. Nicholas. St. Nicholas was born around 280 A.D. in Patara, near Myra in modern day Turkey. Many people admired his kindness and piety. He gave away all of his inherited wealth to travel the countryside helping the sick and the poor. The most famous story of St. Nicholas is that he helped three sisters (who were being sold into either slavery or prostitution by their father) by providing them with a dowry so that they could get married. He became known as the protector of children because of this.

Just like our language, our holidays have slowly evolved from many other sources, customs, and traditions over a long period of time!

Thank-You Note to All Who Helped

By Jill Esslingen

The SGA would like to take this opportunity to give special thanks to several of the staff members here at SWOSU. If not for these individuals the success of the Fall Festival would not have been possible. Nancy Sanders is such a huge help to SGA, and even though we run her ragged, she never complains! We love you Nancy. Ms. Davis offered her help for anything that we might need and also furnished the raspberry sherbet for our witch’s brew. Thank you so much, Ms. Davis. Ms. Billey was a great help, supplying us with many things we needed for decorations, and Ms. Manning made all of the food for our lunch that day. Those ladies cooked all day! Mr. Stufflebean also helped us out a lot. He was a huge help to Shannon with the decorating of the gym. Thank you so much. Also, last but certainly not least we wanted to say another special thank you to Louie, Jim, and Alan who helped us move and set up all the tables. You guys are the best! For anyone else that I might have left out I apologize, and want you to know how much SGA appreciates all the help and support that all of you have given to us.

I would also like to encourage more student participation is SGA. We have meetings on Fridays at noon in Mr. Froneberger’s room. We would really like to have some student input in upcoming events. If you have suggestions or would like to join us in SGA, come join us at a meeting.

SGA is Selling Raffle Tickets

Raffle tickets are being sold by SGA to win a camcorder, digital camera, and Nintendo DS. Tickets are only $1 each, so it is well worth it.

Put your name in the drawing now to win one of these cool prizes.

See Nancy Sanders in the Financial Services Office.
Don’t Forget: Order Your Tickets Early!

By Shannon Esslinger

Hollywood star Chelsea Handler will be performing at Southwestern Oklahoma State University Weatherford Campus in the Fine Arts Center and a large crowd is expected. Even though the show isn’t until March 7, 2009, fans may want to call early to get tickets. (One university employee said that sororities from OU and OSU have already called to check on ticket availability.)

Tickets will go on sale January 7th. The Administration Building on the Weatherford campus will open at 7 a.m. so people can line up for tickets. Sale of tickets will begin at 8 a.m. The prices of tickets will be $15 for SWOSU students if pre-purchased. Students must show their student I.D. to receive the student price. Non-SWOSU student price is $25 for advanced purchases. If there are any tickets left at the door, cost will be $30, so make sure you get your tickets early, you won’t want to miss the show.

You’ve probably seen Chelsea Handler on her nightly Chelsea Lately TV show on E! The stand-up comedian is a fast-rising star with a wide following.

Her bestselling book, Are You There, Vodka? It’s me, Chelsea, is in stores now. She has appeared on many shows, including Weekend at the D.L., The Bernie Mac Show, Girls Behaving Badly and The Practice. She also has been a correspondent on The Tonight Show and has co-hosted The View. Get ready for a laugh riot.

Did You Ever Wonder Why?

By Tom Warren

Did you ever wonder why the candy cane is symbolic of Christmas? Here is a short explanation, if you are pondering the question.

Long ago in the 18th century, there was a candy maker in Indiana who wanted to make a candy that would help us to remember who Christmas is all about. So he did just that; he made a candy cane. Incorporated in the idea were several symbols for the birth, ministry, and death of Jesus Christ.

He started out with a stick of pure white hard candy. White is to symbolize the virgin birth and sinless nature of Jesus. The hardness of the candy symbolizes the solid rock, the foundation of the church and the firmness of the promises of God.

He then made the candy in the form of a “J” to represent the name Jesus. It also represented the staff of the “Good Shepherd.” Then he included red stripes to represent the suffering Christ endured at the end of his life.

Soon the candy became known as the Candy Cane, which is seen everywhere during the Christmas season. The meaning has faded since there are all colors of candy canes now, but it still gives joy to children young and old, whom Jesus loves and treasures. Merry Christmas and have a Happy New Year!
Why Be Concerned? Student Apathy on the Rise

By Carrie Myers

Apathy means lack of interest or concern, according to *Webster's College Dictionary*. Why are we seeing this trend more from college students? Have moral standards and goal-setting declined? These are just a few of the questions we have to ask ourselves.

Young adults in college are declining to take advantage of the free resources on campus. This is of great concern here at Southwestern. Why are the students not concerned with the happenings on campus? For example, the students are not fully taking advantage of the free food provided by the Methodist church on Monday and the BCM on Wednesday. Literary Club’s attendance is very low, although a few more are participating on-line. We have a fully equipped gym; students can exercise free with their student ID.

“With kids it is hard to find time for homework, let alone time for extra activities,” one student explained. During Student Government elections, only about 30 people voted out of around 500 students on campus. Wake up people, these students represent our voice on this campus. We should be concerned.

Another aspect of apathy is the lack of interest. Students have no interest in attending school, even though they are enrolled full or part time. Why is it important for the college to retain its students? According to the Board of Regents of Higher Education, the state benefits in many ways, including completion rate. Colleges that are aided by federal grants are monitored very closely, for example if a college has a completion rate of 50 students out of 100 completing their degree, this may show them that the school needs improvement. As the semester progresses the attendance of students decline. More and more students continue to miss class, putting their homework under the instructor’s door and expecting full credit for it. Thinking that one zero will not bring their grade down, yet one leads to another. Soon the student is not passing the required class. Three zeros in one class can be devastating.

“On the one hand, I know that it is their money and their time, and if they want to squander it, they certainly have that right,” said Ms. Ford. “But it is hard not to take it personally when they ask what we’re doing today, then decide it’s not important enough to stay. I know students are dealing with a lot of real-world situations, but being able to cope with life’s drama and still make it to work is important in every career.”

“I don’t take it personally.” stated Ms. Coker. “But they need to realize, even if they aren’t paying for it, parents or taxpayers are. They’re wasting someone’s money. It has to do with discipline and maturity. Even if they can’t come to class, they need to be responsible enough to visit with their instructor, and not just blow it off until they get so far behind that they feel they have to drop the course.”

Young students do not realize the impact of this grade on the transcript. For example, this could mean declined admissions to graduate school. It is my observation that when we have a test or paper due, many students decline to come to school. As if, the paper will go away or miraculously finish itself. Are the limits on late work not strict enough? Are the instructors’ attendance polices too relaxed, making it easy to pass without ever attending class? The University has a policy that states students are to be dropped by the instructor after 6 absences in a 3-hr. course.

“Some of the teachers tell you, you do not have to come to class,” stated a student, in his defense. As an older student, I, too, have three children, husband, dogs, cats, dishes, laundry, baths, lunch, dinner, taking care of grandpa’s insulin, step-dad’s death, and moving Mom to Oklahoma. I also continue to come to class, study for tests, write essays, write articles, practice Algebra and take pictures for *The WatchDawg*. Through education, we can accomplish so much, such as financial stability, retirement, retain health care, create a family or buy a house.

I have made it my mission to find out why. In the pursuit, I am taking this question to the students on campus. SWOSU at Sayre students were surveyed and the results are below.

Why are students enrolling into college and not showing up for class? Polled were 88 students, and this is what they said: 27% said it was a lack of interest, 9% said they had to be at work, 32% said it was just because they were lazy, 20% said they could still pass the course without going to class, and 12% said all of the above.

Why are students not taking advantage of the resources on campus? Of the 92 students asked this question, 13% said they didn’t have time because of work, 15% it interferes with class, 30% said not enough time, 41% didn’t care, and 1% said all of the above.

Survey Says . . .

The student body’s Top Five answers are listed below.

Why are students enrolling into college and not showing up for class?
1. Lazy
2. Lack of interest
3. Can still pass a course without attending class
4. Work
5. All of the above

Why are students not taking advantage of the resources on campus?
1. Do not care
2. Do not have time
3. Interferes with classes
4. Work
5. All of the above
Taking a line from Jonathon Swift’s epitaph, Ms. Haught recently asked her English Comp class to answer the question, “What lacerates your heart?” Here are some of their responses.

Cody Stallings replied, “People who live on credit. We have to realize that not everyone gets what they want.” Petra Acosta said, “Animal cruelty is what makes my heart hurt.” Whitney Shreck replied, “Kids who show their parents no respect.” Kyle Evans said, “Human trafficking” and Jamaia Rodgers replied “child abuse.”

There are many things that make our hearts hurt. The question is what can we do about it and what would be a solution. I am sure everyone has his or her own opinion, but the first step is to be aware of the problem. If society is aware of the problem, then it cannot be ignored. Everyone working together can make a difference. One must ask themselves what we can do to help. Get involved, go to open meetings, write to our governor, senator, and congressperson to let them know what makes your heart hurt.

What Lacerates Your Heart?

Ms. Ford’s Speech class recently held demonstration speeches. Danielle Bennett brought in sugar scrubs, lotions, and paraffin wax to demonstrate how to relieve dryness of the hands. Initially, the guys of the class were timid, but finally came around. Once the hands were triple-dipped in wax, they were covered by plastic bags to keep in the moisture and warmth. Only one young man refused to try it, claiming his hands were already very soft.

The students enjoyed the class, as well as other demonstrations on hand-cuffing, baking brownies, folding a fitted sheet, solving the BCS mess with a play-off system, and many more.
Great way to relieve stress? Ready, Aim, Fire . . .

By Sarah Stephens

So it would be a little bit of an understatement to say that Finals are a very stressful time for students. But two of the best (and scientifically proven) ways to beat stress are laughter and physical exercise.

Lately I have discovered a way to combine the two. One word….. Paintballing. It is a great way to relive stress and reward yourself in between study times. It is a sport that girls and guys, young and old alike, can enjoy. In fact, the best paintballer I have ever played with was my pastor.

The first objection I hear when I talk about paintballing is people don’t have a painball gun. The Red River Ranch in Sayre rents all of the guns, paintballs, masks, and CO2. It costs about 25$ per person to play. Simply call ahead of time to reserve the field and then show up ready to have a great time.

The Red River Ranch also turns the pressure of the guns down so that the paintballs don’t hurt as bad. There is a slight sting, but it doesn’t really hurt at all.

Many of the local college kids have become addicted to this stress reliever, and they are always looking for others to join their group. If you are interested, email stephenss@swosu.edu for more information.