By Tom Warren

Ashley Luttmer was just one of many that admitted that she doesn’t make New Year’s resolutions. Of the several resolutions that people vow to keep, some of them will keep them and some won’t. But maybe this year will be the time to stick with it. Even if you can think of something to quit, perhaps there is something you can do that’s positive, like study more and get more rest. Good luck!

By Sarah Stephens

Tickets are now on sale for a performance by the Peking Acrobats as part of the Panorama series at Southwestern Oklahoma State University in Weatherford. Advance tickets for the event are $10 for SWOSU students and $20 for non-SWOSU students. All tickets at the door will be $25. Tickets are available at the SWOSU Public Relations & Marketing Office, Room 205 of the Administration Building, and at the SWOSU Business Office, room 109 of the Administration Building. Tickets can also be purchased with a credit card by calling (580) 774-3019.

The Peking Acrobats—a troupe of China’s most gifted tumblers, contortionists, jugglers, cyclists and gymnasts—will demonstrate their 2,000-year-old tradition of acrobatics. The group has appeared on numerous television shows and on the silver screen in all films in the Ocean’s Eleven franchise. SWOSU’s Panorama series has been bringing outstanding events to the Weatherford campus since 1991. Panorama is partially supported by an endowed lectureship sponsored by SBC. Additional information about the Panorama series is available by calling the SWOSU Public Relations & Marketing Office at (580) 774-3063.

DON’T MISS IT!
GET EMERGENCY MESSAGES ON YOUR PHONE!

SWOSU recently adopted a new notification system that enables SWOSU to send emergency news to cell phones. If you haven't signed up, you are encouraged to do so.

The notification system will be used to communicate important information during any potential emergency, such as a homeland security advisory or weather warning, for example.

Rick Bolar, director of public safety at SWOSU, said university employees and students can sign up for the free service at www.swosu.edu/resources/alert.asp or by going to the following web pages and clicking the “SWOSU Alert” logo: Current Students, Faculty and Staff, Sayre Current Student and Department of Public Safety. Once the person signs up for the service, SWOSU will be able to text message the cell phones with timely information about emergencies.

The new system, powered by e2Campus, enables SWOSU officials to send instant alerts directly to registered subscribers’ email accounts and mobile phone via SMS text messages. Bolar said SWOSU plans to use the system only in emergency situations.

Bolar encourages the entire SWOSU community to register. Depending on the person’s cell phone plan, there may be a nominal fee from the carrier to receive the text messages, but there is no charge from SWOSU to use the service. Students should also check with their instructors to determine the class policy for leaving all cell phones on and in the silent mode during class.

A quote from Julins Gordon: “Love is not blind - it sees more, not less. But because it sees more, it is willing to see less.”

Can You Donate Your Hair?

By Keri Barker

Come and join the Medical Technology Club to contribute to the Pantene Pro-V Beautiful Lengths Campaign. They are working towards a million-inch chain of donated hair. This hair is used to make free wigs for women who have lost their hair to cancer treatment.

What is hair to women? It is one of the biggest ways a woman defines her self-image. It is incredibly important to a woman’s self confidence.

The Medical Technology Club at SWOSU is working in conjunction with WOTO in trying to get everyone interested in this very important cause. It is open to anyone who has at least 8 inches to donate. Bring your friends and families. The cost of the hair cut is free.

For more information see Roxann Clifton in CB 301, please contact her before February 15.

MEET THE STAFF

By Dillon Partain

The combined classes of the Student Publication II and the News Gathering and Reporting will make for a fine newspaper staff this semester. The News Gathering and Reporting class consists of Katrina Bartlett, Cody Carnahan, Yuridia Soto, Sarah Stephens, Tom Warren, Jina Brown, and Dillon Partain. The Student Publication II class has Keri Barker, Jeff Roland, Nicole Smith, Candise Warren, Kevin Williams, and Gina Sullivan. Some students work on the newspaper at arranged times, others meet at 10 a.m. in Mackey Hall’s Computer lab room 111.

“We’re sorry for any inconvenience to students working in the lab, but perhaps there are enough computers to accommodate them in the library,” said Mrs. Ford, newspaper advisor.

If you’d like to submit news or story ideas, see any journalism student or e-mail Mrs. Ford at terry.ford@swosu.edu.
By Nicole Smith

How did a day celebrating love come to be?

Valentine’s Day possibly originated in 5th Century Rome as a tribute to St. Valentine, a Catholic bishop. However, for about 800 years before Valentine’s Day was established, the Romans practiced a pagan celebration in mid-February commemorating young men’s rite of passage to the god Lupercus.

The celebration included a drawing in which young men would select names of teenage girls from a box. The girl assigned to each young man would be his sexual companion during the remaining year. Other fertility celebrations are traced to this week in February, as well.

Because this behavior wasn’t consistent with Christian values, Pope Gelasius ordered a change in the drawing which consisted of the box containing names of saints instead of girls. Men and women then drew names. Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take its place. They thought St. Valentine would be appropriate. When the Roman Emperor Claudius banned marriage from his empire to encourage better soldiers, St. Valentine would secretly marry young people that would come to him. Claudius found out about his indiscretions and ordered that St. Valentine be stoned and beheaded.

During the time St. Valentine was imprisoned, he fell in love with the blind daughter of his jailer. His love for her, and his strong faith, miraculously healed her from her blindness. Before he was taken to his death, he signed a farewell message to her, “From your Valentine.” The phrase has been used on his day ever since.

The first Valentine card came from this story. In 1415 Charles, duke of Orleans, sent the first true Valentine card to his wife. He was imprisoned in the tower of London at the time. Cupid, another symbol of the holiday became associated with it because he was the son of Venus, the pagan Roman god of love and beauty.

By Candise Warren

Dr. Jim James is the Dean here at SWOSU, and has been for six years. He is a “good ole’ boy” that is very interesting to talk with. I recently sat down with him to discuss how he became the Dean of this fine college. He was raised in Mangum and went to school at SWOSU when it was Sayre Junior College.

His higher learning paths have included many schools for many different degrees. He has an Associate in Commerce (Business), a Bachelors of Arts in Social Studies, a Master’s in School Administration, a Specialist degree in school Superintendent, and his Doctorate is in Community College Education. He has attended or worked at several schools across the southern part of the United States including Texas, New Mexico and Florida (where he obtained his Doctorate).

Dr. James met his wife, Peggy, in Oklahoma City where she was working on her Master’s Degree to be a school Counselor. A friend introduced them, and after visiting, he gave her his business card. A few days later, he got a phone call and it was her asking if he could talk at her school. She needed to arrange a speaker; he had already graduated from the school she attended. Their relationship grew from there, and they have spent many years together.

She is a counselor at an elementary school in Norman, and they have a small apartment there. They take turns driving back and forth to see each other as Dr. James spends his weeks here in Sayre (walking distance from the campus). They are both avid OU fans, although, when OU plays Missouri, Peggy tends to be somewhat neutral. She was born and raised in Missouri.

Dr. James also has two adorable dogs, Jake and Abby. He lovingly refers to them as his “kids”. They are about 1 and ½ years old, and from the looks of things VERY loved. When you walk into his office you can see a picture of his wife and of his dogs. They are both Shih Tzu’s, mostly Abby is white and black, Jake is gold and white. Dr. James and Peggy share them between their two homes.

The most ironic thing about the paths that Dr. James and Peggy have both chosen is that everywhere they go, they keep running into people they know. When they would apply to jobs, someone there would be someone they knew (or someone that knew a person they knew) from school, home or past work experiences in life.

Perhaps the largest irony, to me, is that many of the people they have met along the way (including Peggy’s recently retired principal) have gotten their start right here at SWOSU. Dr. James has come full circle in his life, and he has returned home. “I love College campuses and I have always dreamed of a job where I could walk across campus to work. Now I have one”, Stated Dr. James. He is back home in Western Oklahoma, where it all began.

Dr. James is a very engaging person, and “has an open door policy for faculty and staff as well as students”. Be sure to ask him...
Valentines: Best of Times, Worst of Times

By Candise Warren

February always brings images of love and romance. A survey of 36 fellow students brought some interesting ideas to light.

One mother makes Valentine’s Day special for her children with outings and treats, but this Valentine’s Day she wants to go on a trail ride and snuggle in front of a warm fire “kid free.”

Of course, many responding planned to cook romantic candle lit dinners, send flowers (roses mostly) and give teddy bears and candy. Those are to be expected, but one male student said he made V-Day special. “I do leather crafting and for Valentine’s Day made my sweetheart a leather handbag with fancy flowers tooled into the sides, I enclosed a necklace and a letter with a song in it that I wrote for her.”

When asked, “What is your dream Valentine?” many responded that they want someone to go out of their way to do something romantic for them, “Maybe a romantic getaway like the Bahamas with a candle lit dinner” said one. “A girl who is funny, nice, pretty, and that has a great personality and likes me for me” said another, and “For the guy to write a letter or poem to me and give it to me in a unique way.” One said, “I’d like to be taken to a jewelry store for a shopping spree!” Several answered “to be proposed to!” Indeed, what better time is there to pop the question?

In response to the question: “What is the most romantic thing that you have ever done for someone else on Valentine’s Day?” one survey read: “I sent a gift package with all kinds of sweets to a friend because I knew her husband was out of town and wouldn’t be able to get her anything.”

As for the question: “What is the most romantic thing that someone has done for you on Valentine’s Day?” the one that stuck out the most was: “My boyfriend was working in the oilfield and was out on location for two weeks. He called me before I went to school that morning and had a few guys sing, ‘You Are My Sunshine’ in the background, while he told me ‘Happy Valentine’s Day and I love you.’”

“My husband made me a bath and lit some candles. He put rose petals and bubble bath in the tub. After a relaxing bath he gave me a full-body massage,” said another.

And another said, “When I got home from work, I had a brand new living room—new sofa, chair, and love seat. My husband had taken the day off and got help to move out the old furniture and move in the new. I was so happy and so surprised!”

“My girlfriend cooked me Chinese food for dinner, and had some Fortune Cookies for dessert. On little pieces of paper, she had typed very specific fortunes that included the two of us by name. She had used tweezers to pull out the store-bought fortunes to insert her own romantic fortunes into the cookies. It was cute...and fortunate for me. Most of them came true; she’s now my wife,” said one guy.

Romance is in the air, and there are just so many things that can be done to show someone you are thinking of him or her. The most romantic thing is what takes time or effort or original thinking. If you have not yet made plans as to what you will do for your sweetheart, maybe these suggestions will be of some help to you.

Literary Club selects a contemporary novel

By Gina Sullivan

Book Club will meet every Wednesday at 2:00 p.m. in the “Lit Pit” in Mackey Hall. The book of choice this semester is *Five People You Meet in Heaven* by author Mitch Albom.

This is a novel that explores the unexpected connections of our lives, and the idea that heaven is more than a place; it’s an answer. This is a resonant story of an old man who dies, convinced that his life has no meaning – only to discover that nothing could be further from the truth.

Mrs. Judy Haught oversees the book club. If you are interested in joining book club, visit with Mrs. Haught, sponsor, and join the book club each week and to get bonus points for any related classes, by just signing in and participating in person or do the questionnaire on-line at swosu.edu on the Sayre site, under “Current Students” and then, “Literary Club.”
New Therapy Involves watching movies

By Gina Sullivan

Here’s a therapy you may be interested in . . . Cinema therapy!

It is a friendly approach to group counseling, dealing with areas of life that all of us deal with such as: peer-pressure, relationships, grief, work, and much more.

The interesting part of this type of counseling is the use of movies.

Tamra Misak, Director of Academic Support Services, shared with The Watchdawg information about the Cinema therapy sessions held weekly on the Weatherford campus.

The group members explored metaphors, plots, and characters from the movie to help understand specific dilemmas in real life that deal with emotional issues. The group discovered new ways of thinking and gained insight into personal issues of life.

Cinema therapy is valuable in order to improve the way you think, speak and do things in your life, and if you enjoy movies, you’ll love it, too.

Flu Shots are available at W’ford

Student Health Services would like to remind everyone on campus that we still have plenty of flu shots available for $12 and several doses of Flu Mist available for $20.

The first diagnosed case of the flu in Weatherford was reported on Tuesday, and SWOSU had its first diagnosed case of the flu on Wednesday.

Don’t wait until it’s too late! Get your flu shot today if you haven’t already done so! No appointment is necessary.

Simply stop by our office at anytime between 8:15 a.m. and 11:45 a.m. or 1:00 p.m. and 4:45 p.m.

If you have any questions, please feel free to contact Linda Barker, Student Health Counseling at 580-774-3776.

Beware of IRS Email Scam!

Recently, ITS has been notified of some campus email accounts receiving emails which appear to be sent from the Internal Revenue Service. One type of email displays the amount of refund the email recipient has received. The second type of message contains information about a January Tax Refund Calculator.

Regardless of the type of message received, each of these is an email scam. You can go to the following link to read the warning about these scams on the IRS website http://www.irs.gov/newsroom/article/0,,id=170894,00.html.

As with previous email scams, these fraudulent email messages trick recipients into giving out sensitive information by impersonating legitimate government agencies, financial institutes, credit card companies, online retailers, or others. These legitimate looking web pages may ask you to click a link to “verify” or “confirm” personal data, like your bank account numbers. However, the information is then passed to the people behind the scam who are now using your information for their gain.

Never respond to these emails, nor click on the links displayed. You can delete the emails from your inbox, and continue working. ITS is working on having these emails identified as Spam with our email server.
Movie Review

By Cody Carnahan

Every guy wishes to make the perfect date for his girlfriend—especially on Valentine’s Day. After dinner, give her a thoughtful gift, and then go to a movie. Luckily for every guy, there is a line up of great movies to premiere on Valentine’s Day.

The first movie is Jumper. This sci-fi, action filled thriller is directed by Doug Liman and is adapted from Stephen Gould’s novel which is a first in the trilogy. A young boy named David, Hayden Christensen, finds out in his early years that he can teleport or “Jump.” However, with every movie comes the conflict. David finds out that ever since there have been Jumpers there have been the Paladins. They are a secret organization that have devoted their lives to destroying the Jumpers. The leader of the Paladins is played by Samuel L. Jackson.

Another sci-fi movie is The Spiderwick Chronicles also adapted from a book. In the movie, Jared and Simon, both played by Freddie Highmore, along with his family, move into the run down estate of their uncle, Arthur Spiderwick. When an old book of Arthur Spiderwick is found, the family finds themselves fighting all sorts of strange creatures.

If you’re not into sci-fi, there is always Step Up 2: The Streets. This movie follows a street dancer named Andie (Briana Evigan) who attends the Maryland School of Arts. There she meets Chase (Robert Hoffman), the school’s hottest dancer.

Finally, Definitely Maybe will also hit theatres on Valentine’s Day. Will Hayes (Ryan Reynolds) is in his mid-thirties and a single dad. His ten-year-old daughter, Maya (Abigail Breslin) starts questioning him about his life before his divorce. Soon he finds himself with one last chance at love.

So after the flower bouquet, candy, and dinner, take your date to one of these movies. You’re sure to give her a traditional evening to remember.

Card Sale!

Calypso brand of everyday greeting cards are being eliminated from the bookstore. 1/2 off!

Only $1.25 to $1.75!

Come and buy while the selection is good! Wide selection of books—Just $1.00 A new shipment of Valentines cards are now available. Valentines cards from $2.29 to $3.99.

Exercise Your Brain with a Math Puzzle

Try to fill in the missing numbers. Use the numbers 1 through 9 to complete the equations. Each number is only used once. Each row is a math equation. Work from left to right. Each column is a math equation.