Leap Year Is Here!

By Keri Barker

As everyone may know, Leap Year has arrived. Instead of its usual 28 days, February of 2008 has 29 days. What is a leap year?

In the Gregorian calendar, which is the calendar used by most modern countries, the following rules decide which years are leap years.

First, every year divisible by four is a leap year. However, every year that is divisible by 100 is not a leap year unless the year is also divisible by 400. If it is also divisible by 400, then that year is a leap year.

Leap years are needed so that the calendar is in alignment with the earth’s motion around the sun.

Using a calendar with 365 days would result in an error in days of almost 6 hours a year. After 100 years, the calendar would be more than 24 days ahead of the seasons.

So to keep the seasons straight, one day is added approximately every four years.

Leap year is not a perfect solution to the problem. Using the modern leap year, we still lose 27 seconds a year, which results in losing one day every 3,236 years.

However, it seems to be a better solution than previous methods used.

Mind Reader coming to Sayre

By Nicole Smith

Mentalist, Chris Carter, will perform at SWOSU at Sayre on Wednesday, March 5, at 12:00 p.m. in the Patterson Field house (gym).

This program of dazzling entertainment is called “March Madness of the Minds.”

Free pizza and drinks will be provided for all, starting at 11:15 a.m., and Carter’s mind-boggling performance will begin at 12:00 p.m. Carter is known as one of the most skilled “mind readers” as well as one of the most creative hypnotists of today. Carter became interested in E.S.P. when, as a child of eight, an uncle allowed him to sit in on a poker game. Observing the body language of the players, Carter, for the first time, realized that people broadcast their thoughts in ways beyond mere words.

Carter maintains that his paranormal talents include much more than thought reading. “I make predictions which come true in detail; I influence other people’s thoughts; I cause objects to move using the power of my mind, and even teach audience members how to read the thoughts of others. I can only read people who want to share their thoughts with me. Also, there is a myth that one has to ‘believe’ in hypnosis in order to be hypnotized. I enjoy making my living playing with people’s minds—because I believe that the mind is the last great unexplored frontier.”

If not in class, come join in on the fun on March 5th.
80 Years of Oscars
By Cody Carnahan

Near the start of the first Academy Awards, Academy librarian and eventual executive director, Margaret Herrick, said that the award looked like her Uncle Oscar. Later in 1934 right after the sixth Academy Awards, columnist Sidney Skolsky used the term in reference to Katharine Hepburn’s first best actress win. Finally in 1939, the “little golden man” got its official nickname: “Oscar”.

The 80th Annual Academy Awards will air live February 24 at 7:00 central time. It will be hosted by the 78th Annual Oscar host, John Stewart. Stewart has also hosted the Grammy Awards in 2001 and 2002.

Students in Mrs. Ford’s Introduction to Speech class will be asked to watch the awards show, at least in part, to listen for good speech qualities and for poor ones in this year’s acceptance speeches.

For eighty years The Academy of Motion Picture Arts and Sciences has been awarding Oscars for accomplishments in the movie industry. From Actor in a Leading Role to Writing of and Original Screen play, there are several categories that a movie can win.

This year’s nominations for best motion picture include: Atonement, Juno, Michael Clayton, No Country For Old Men, and There Will Be Blood.

The best actor nominations are George Clooney in Michael Clayton, Daniel Day-Lewis in There Will Be Blood, Johnny Depp in Sweeney Todd: The Demon Barber of Fleet Street, Tommy Lee Jones in In The Valley of Elah, Viggo Mortensen in Eastern Promises along with the best actress nominations: Cate Blanchette in Elizabeth: The Golden Age, Julie Christie in Away From Her, Marion Cotillard in La Vie En Rose, Laura Linney in The Savages, and Ellen Page in Juno.

BUSINESS TRIP TO CHINA OFFERED
By Sarah Stephens

Northwestern Oklahoma State University Business College is offering the chance of a lifetime. There will be three different trips this summer that are open to all college students who are interested. The trip will include visits to major Chinese businesses that work very closely with American businesses. Guest speakers will be lined up for the college students in China, including Beijing.

Students will be staying on a university campus where they will have the chance to meet with the students and faculty. The lucky students who sign up for this trip will also get a chance to meet Team-USA, who will be competing in the 2008 summer Olympics.

The requirement for undergraduate students (3 credit hours) is to complete assigned readings, take part of all program activities and events with manifested team work skills, demonstrate a good professional demeanor with an acceptable cross-culture knowledge, sensitivity, and competence, and independently complete a satisfactory program paper (15 pages maximum, double-spaced) with citation of references through research, and other assignments as stipulated in the course syllabus.

There will be three different trips that students can participate in: the 7/20 to 8/9/08 trip, the 8/4 to 8/24/08 trip, and the 8/4 to 8/14/08 trip. The cost for the first two trips is $4,500 each and the third trip is $2,800 because it is only 10 days. Scholarships are available based on financial need or academic merit.

In addition, the college will help students interested in staying and attending the Olympics to find an affordable room. Any one wanting more information can visit the following web site: http://www.cbt.nsuok.edu/chinaTrip/.
By Kevin Williams

The SWOSU-Sayre journalism class took a field trip at the end of last semester. The group first visited The Clinton Daily News. There they witnessed where several small town newspapers are printed, such as The Sayre Record, the Granite Enterprise, and many others, as well as The Southwestern, which is the paper of our sister campus at Weatherford. The owner, Rod Surface, held a question and answer session with the students, and took them on a tour of the huge press room.

From there, the journalism class departed for Weatherford, where they were guided by Dr. Joel Kendall through a tour of the Journalism Department at Weatherford’s campus. Students were provided with copies of the Department’s many publications, including Westview, the Alumni Journal, and the Southwestern.

It was a busy day for the students, but they were rewarded for their time with dinner at a Chinese buffet. Mrs. Ford hosted a game of “Cash Cab” and rewarded those who correctly answered questions on journalism topics with crisp $1.00 bills. Those attending were Nicole Smith, Yuridia Soto, Chase Cook, Matt Lee, Jeff Roland, Kevin Williams, Tyler Smith, Alex Werner, Sharron Adair, Sponsor Mrs. Terry Ford, and bus driver, Carl Bound.

“We thank Carl for driving us, and we especially thank Dr. James for the opportunity to learn more about the newspaper industry and career opportunities,” stated Mrs. Ford.

By Cody Carnahan

The letters “BCM” stand for “Baptist Collegiate Ministries,” formally known as the Baptist Student Union (BSU). The BCM is an organization which actively tries to reach out to the students with the Gospel of Christ. There are five intentional thoughts by which they operate. They are as follows:

*Inspire students to LOVE God and experience God’s love for them.
*Motivate students to INVEST in others and to allow others to invest in them.
*Encourage students to VALUE a biblical lifestyle.
*SEND students into their world.

Every Wednesday from 11:30-12:30, BCM offers a free lunch to anyone on campus, including students, faculty, and staff, along with a short devotional or discussion topic. Not only can you go visit on Wednesdays, but the BCM is open Monday-Friday, 9:00-3:00. They offer comfortable study areas; a lounge area to watch T.V., movies, or play Nintendo; and also an area to play ping-pong, foosball, and board games.

Several opportunities are given to attend trips year round, as well. There are Spring Break mission trips, sports tournaments, and discipleship trips. Group or one-on-one Bible study sessions are also offered.

The BCM is located north of the library. Whenever you need a quiet place, a T.V., or just want some free food, go visit the BCM. You’ll be glad you did!

By Nicole Smith

In order to be in compliance with Oklahoma State Law Statutes Title 70 §324, SWOSU at Sayre now requires immunization documentation from every student taking classes on campus, either full time or part time. From now on, everyone who is accepted to SWOSU will receive a Cumulative Immunization Record. Please visit our website for a copy of the form at http://www.swosu.edu/resources/forms/shs/nurse-healthinfo.pdf. The form clearly states the importance of turning in immunization records.

Beginning with the class that enters in Fall 2008, SWOSU will no longer be allowing temporary overrides. Students will still be able to attend their first semester with no problem. However, if they do not have documentation of immunizations on file in the office, they will be placed on a health services hold and will not be able to enroll in their second semester until they complete it. The University has to be in compliance with this law, so please get this documentation turned in ASAP to help with this change.

If you have any questions, please feel free to contact Becky McBride, Director of Health Services @ (580)774-3776.
Try Neuromuscular Massage Therapy

By Gina Sullivan

Students suffering from the stress of college life might want to try a special kind of massage therapy that is a favorite of mine. Neuromuscular massage therapy specializes in health and maintenance of soft tissues and dysfunction of tissues, joints, and muscle movement.

It is also a conservative approach to headaches; back pain, chronic pain and relaxation. Pressure from stress and strain specifically interrupts nerve messages to the brain. An overworked, strained, or knotted muscle restricts blood and oxygen flow, resulting in toxins being trapped in the constricted muscles, causing pain. Neuromuscular massage therapy relaxes the muscle, increasing blood and oxygen flow, releasing the toxins, returning to normal function. Neuro means nerve; neuromuscular is where the nerves and muscles are attached to the muscles to give them the information from the brain on what movements to perform.

This therapy is successful for a large range of medical problems: Headaches; Bursitis; Carpal Tunnel Syndrome; TMJ; Arthritis; Shin splints, Whiplash, Tendonitis; Strains and Sprains; Muscle Weakness; Pain; Eye pain; Numbness, and many more.

Neuromuscular massage therapy is also good for overall wellness, health, and stability. Healthy muscles cause the body functions to work properly, when muscles are healthy they keep the spine in proper alignment.

When your body is well and without pain, emotional wellness as well. If trouble sleeping you may want to give this a try. Neuromuscular massage located in Elk City on the corner of Broadway and Randal. His clinic is called the Myofascial Pain Clinic. Myofascial is a form of alternative medicine, a treatment for chronic pain using deep muscle massage for musculoskeletal pain (the whole body). Unlike ordinary massage therapists, Jeff and one other specialist in his clinic are trained in a four year college in Colorado, just studying the functions and structure of the body how it relates to injuries and pain, how to correct the problems of the body using these natural techniques to help people without the use of medications. These treatments are also less expensive than the cost of going to the doctor coupled with the cost of prescription medication.

Blue Cross and Blue Shield cover this alternative treatment, along with many other insurance companies. I highly recommend just trying it one time, or give a gift certificate to a loved one for a positive alternative for good overall health.

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Letter to the Editor...

By Candise Warren

It seems that it does not matter where you are from, if you are on the SWOSU Sayre campus, you have heard and possibly even debated the issue of school uniforms.

In the corner in the back of the room sits a girl trying to blend into the background of the room. Maybe if she is real still and quiet, no one will notice her back there. You see, she is the girl that everyone torments. She is that girl whose parents cannot afford to buy the clothes that can make her “cool.” Those are other overweight girls that are not left out of the circle because they can afford the nice clothes. There are other kids that come from dysfunctional families, but they are not tormented. It would sure be nice if there were something that could make her “equal” to all the rest of the kids.

That girl was me in high school. My parents were alcoholic and poor, and I was an overweight child. I spent many days of my high school years wishing something could happen to make me “normal” so the kids would not put gum in my hair or do other mean things to me. I often wished that my school would make us wear uniforms. Uniforms would have been an answer to the prayers of one little girl, and I am sure that I am not alone.

Like my parents, my family is poor, and we struggle to make ends meet, but I am thrilled at the idea of uniforms in our schools. No matter how poor we have ever gotten, my children have always dressed with decency and respect. They are not allowed to let their inappropriate places shine. “Bagging and sagging” is a major no-no at our house. I will admit that there have been times when they have slipped out of the house with a hole in their pants and we missed it, but that is a rare thing.

As a parent, it is MY responsibility to make sure that my children are dressing with respect. Not only respect for their teachers, but respect for themselves. The way we dress reflects the respect we hold for society and ourselves. I do not see anything respectful about a person’s underwear shining, or their tummies hanging out. That is total disrespect for themselves, not to mention others.

Uniforms are a part of everyday life as an adult. If an adult has a job in the workforce or is in the Military, they are expected to wear a uniform of some kind. Most professionals are expected to wear “business attire” to work daily. If a person works for a factory, they often times have strict dress codes.

One argument is that it will take away the “individuality” of the children. Is that the only thing your child can call his/her own individuality? If it is, they need to find other things to make them their own person. My kids are not straight “A” students, but they have the things that make them their own person. My 17-year-old son wants to be a chef, and will be going to basic training this summer. My 16-year-old son sings well, and he is also the kid that everyone knows wherever he goes. My 12-year-old daughter sings, plays in the band and is involved in everything. All are involved in theatre. There are many opportunities for children to express themselves without being disrespectful of themselves and others.

As for the issue of the cost, it has been stated time and time again in the local paper that there are already benefactors to help those parents that can not pay to provide these uniforms. That has already been foreseen and taken care of.

The School Board is a group of Elected officials that were VOTED into the positions that they hold. We elected them to look out for the well-being of ALL of our children. I was always taught that if you voted, then you need to vote them out if you are not happy with the officials. If you did not vote, then you have no room to gripe. If you are not happy with the leaders of our school board, then vote them out, or better yet, YOU run in the next election. They are not just looking out for the well-being of ONE child; they have to consider the welfare of the entire school district.

It can easily be seen how the big, baggy clothing can pose a threat of weapons being smuggled into school. If that has happened, then everyone that is complaining now would be up there wanting to know why their kids were not protected. It is a proverbial double-edged sword. One way or the other, someone will be mad at them. I think it is better to err on the side of caution and protect our children. So, in all in all, it is my opinion that the new mandatory Uniforms for Elk City Schools are a major step in the right direction. I just hope that [unlike the healthy eating rules], these rules are enforced. I know it will take a brief period of adjustment for parents and children alike. Change goes on in our lives every day. We, as parents, must teach our children to be accepting of change. If not, it will be hard to deal with as adults. Besides, there will be no more “I don’t know what to wear to school today,” that old excuse will no longer be valid. One less headache.
Movie Review: No Country for Old Men

By Jeff Roland

No Country for Old Men is a good movie. It starts off with the villain, Anton Chigurh, being arrested and making his escape, and, in doing so, killing a deputy. Tommy Lee Jones plays the part of Ed Bell, the sheriff. Josh Brolin plays the part of Llewelyn Moss, an average Joe cowboy. The story takes place somewhere along the modern-day Texas border where murder and drugs start becoming something more and more common. Moss is out hunting antelope, and while in the process of tracking one, he stumbles upon several pickup trucks. As he approaches, he finds it was a drug deal gone badly, and all but one guy is dead. He finds a case of money and takes off with it. After another 50 miles, he goes back to where he knew the drug dealers were wait- ing, and from this point of the story, the chase begins. Sheriff Bell and the law find out what is going on and try to stay ahead, but as Chigurh chases Moss, Sheriff Bell is a step behind. Chigurh is a ruthless murderer and kills people with a bolt gun (used to kill cattle). Woody Harrelson plays the part of a bounty hunter hired to kill Chigurh. The movie is full of suspense, and I recommend it to most movie-going adults. You either like a movie or you don’t, and there’s only one way to find out. I give it 3½ out of 4 stars. [Rated R]

Should there be a Military Draft?

By Kevin Williams

It is a highly debated issue if the selective service should be reinstated. I can’t name one reason this would be beneficial. In order for the military to work toward a goal, they need to volunteer to be there.

If they begin forcing people to go, riots will occur, alongside more anti-war protests. This will not cause loyalty to the country, but the direct opposite. People will move off or purposely hurt themselves so they do not have to go. All this will accomplish is an anti-government movement and a huge uproar by the American public. This is definitely not needed at this time. For example, Kent State, protestors were shot and killed because they were protesting the war.

Do you not think there would be rioters today? They would be even worse. In order to preserve unit cohesion, we need a complete volunteer force. I am not saying they shouldn’t get paid. They are paid too little. They risk their lives every day to defend our selfish ones. I’m only saying, they all should be patriotic if they are going to be there.
WHY CHOOSE A 2-YR. BRANCH COLLEGE?

Before you follow all your friends to the four-year State U., make sure you check out your options. If going directly to a four-year college is right for you, great. But a 2-year branch campus may be a better choice, according to the ACT info website.

The four-year college is not the only path to success. A branch college can help you start a career after just two years, with training for some of the fastest growing jobs in the U.S., or it can offer a start to your four-year degree, providing you with about half the credits you need to earn a bachelor's degree.

Benefits of attending a 2-year branch college include:

- Courses that cover the basics, but also apply principles to the workplace.
- Classes that often are more hands-on than those at a four-year college.
- Saving money in tuition and other expenses, such as room and board. Tuition can be less than half of that at a four-year public college. And often students save money by living at home.
- Receiving more personal attention from the professors than at a large university.
- Easier decision making on a major once you've transferred to a four-year college. The focus on occupations and career discovery programs at a branch college can help you with the decision.
- Another chance at four-year college scholarships. Many four-year colleges offer numerous scholarships that are reserved for students who transfer from branch campuses.

Job Fair

Friday, February 22, 2008 10:00 a.m. - 6:00 P.M.
Frisco Center 1015. 4th St. Clinton, Okla.
Dozens of Employers under one roof! Meet employers face to face from a variety of industries! Job opportunities will include the following fields: Oil and Gas, Restaurant, Hospitality, Insurance, Manufacturing, Food Processing, Clerical, Facilities Maintenance, and MANY MORE!

If you are looking for a new career, a part-time job, or will soon be graduating, the JOB FAIR is the place to be! Free Admission For more information contact: The Clinton Chamber of Commerce, Phone: 580 323-2222 Fax: 580 323-2931 E-Mail: chamber@clintonok.org www.ClintonOk.org

CONTEST OFFERS $10,000 PRIZE

Are you a writer at heart? Would you like to win up to $10,000 cash prize?

The tenth annual Essay Contest on Ayn Rand’s novel, Atlas Shrugged may be for you.

The contest is open to all college students and graduating seniors. Deadline for all entries is September 17, 2008.

Essays must be no fewer than 800 words and no more than 1,600 words. Maybe for Spring Break you were planning on immersing yourself in a good book anyway. After reading this novel, you can use your English Composition II skills to develop a literary essay over the novel, then enter to win cash money!

Those entering the contest have a choice of three topics for essays. The topics are listed on the following website: www.aynrandnovels.com.

The complete rules are also listed on this website.

Summer Enrollment is now underway! swosu.edu