The Sixty-sixth Annual Spring Convocation for Southwestern Oklahoma State University at Sayre will be held on Friday May 8, 2009 at 7:00 p.m. in the Sayre Schools Auditorium.

One Hundred and nine students will receive an Associate degree in this ceremony. Dr. Henrietta Mann, President of the Cheyenne and Arapaho Tribal College will be the featured speaker at this year’s ceremonies. (For more on the world-renowned speaker and educator, please see page 3.) Morgan Whinery and Curtis Headrick will offer special music. Both Whinery and Headrick attend Sayre High and are concurrently enrolled students at SWOSU in Sayre.

Immediately following the graduation ceremony, a reception will be held in the Southwestern-Sayre Student Center. All graduates, friends and family are invited to attend.

Students earning an Associate in Science degree in GENERAL EDUCATION are: Altus – Shelby Leigh Vinyard; Burns Flat–Tanya Nicole Hiss; Canute – Justin Kyle Edler, Shannon Lee Margerum; Carter – Sharon Nicole Thomas; Clinton – Nicholas Joseph Barton, Cally Ann Denton; Coweta – Lindsey D. Popekess Horton; Colony – Gladys J. Nowlin; Elk City – Ashley Marie Dunn, Jill Shannon Cook Eslinger, Mary L. Rios Garcia, Vanessa Anthea Givhan, Tiffany Renee Holloway, Kayla DeAnne York McCain, Mandy Danielle Davie McKenzie, Teresa Gay Weas Villa, Candise Dawn Ham York Warren, Alex Nathan Werner, Jeffery C. Wood; Erick – Brittany Marie Carpenter, Lauren Elizabeth Pritchard French, Heather Luella Bland Mayfield, Jarrod Scott Pierce; Hobart – Brittany Anne Beebe; Mangum – Brittany Marie Carpenter, Lauren Elizabeth Pritchard French, Heather Luella Bland Mayfield, Jarrod Scott Pierce; Morgan Whinery and Curtis Headrick will offer special music. Both Whinery and Headrick attend Sayre High and are concurrently enrolled students at SWOSU in Sayre.

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MEDICAL LABORATORY FIELDTRIP

By Lynn Crha, sophomore MLT student

On Thursday, March 5, 2009, the Medical Laboratory Technician students from SWOSU at Sayre traveled to OU Medical Center to tour their lab. The tour started in the lowest level of the Presbyterian tower where the blood bank is located.

The workers of the blood bank section stay on their toes, keeping up with all of the units of blood being transfused. OU Medical Center is the only Level 1 trauma center in Oklahoma. Their bill for units of blood averages three quarters of a million dollars a month.

The next stop on the tour was the microbiology lab where they encounter numerous human pathogens. They work with any type of specimen available from the patient. The micro lab is a lot like being a detective. Their job is to grow microbes on different types of media and running tests to determine what kind of pathogen is present.

Finally, the tour ended in the Core lab. The core lab is equipped with a top of the line automated chemistry and hematology machine. Each specimen is placed on an electronic track that automatically centrifuges the specimen, tests it, and places it in a refrigerator.

A total of 12 students and sponsor Roxann Clifton participated in the tour.

GRADUATION, CONTINUED FROM FRONT

(Continued from page 1)

BUSINESS are: Cordell – Blaire Celeste Butler Wall; Elk City – Blake Kyle Bustin, Jonathan Chase Cook, Tonya Sue Davis Hargrove, Sarah Elizabeth Kenney, Ashley Nicole Pettit, Pake Eugene Wing; Granite – Melissa Gail Vowell Barham; Sayre – Karla Virginia Chaparro, Jose Adrian Rodriguez, Kelly Lynn Boyd Taylor.

Two students earned an Associate in Science degree COMPUTER SCIENCE A.S.: Burns Flat – Robbie Ray Lowery Jr.; Sayre – Dustin Earl Smith.

PRE-NURSING A.S. degree: Cheyenne – Patricia Danielle Daniels; Elk City – Gary Don Stephens, Ashley Brooke Yandell; Erick – Sadie Marie Blocker Steward; Sayre – Kara Lee Bain Patton.

OCCUPATIONAL THERAPY ASSISTANT A.A.S. degrees are: Apache – Valerie Diane Craig; Carnegie – Amanda Michelle Hollsted; Clinton – Whitney Ryan Hobbs; Colony – Dawnel Nicole Hollan; Ft Cobb – Sherri Lynn Ryan, Zack Wesley Smith; Lawton – Suzanne Hope, Crystal Dawn McCain; Sentinel – Julie J. Maddox; Weatherford – Michelle Renee Peeples, Caleb E. Reed, Jennifer Rene’ Sanders, Sunni Leanne Squires Schlegel, Kara K Wall; Woodstock, GA – Amanda Christine Honea.

PHYSICAL THERAPIST ASSISTANT A.A.S. degrees are: Altus – Jessica Gilvin Walker; Binger – Jessica Jean Haskins; El Reno – Ronda Dianne Piersall; Elk City – Regina Kay Savage; Fletcher – Kristin Downing Lassiter; Lawton – Jesse K. McMasters; Mountain View – Shelslie Diane Bennett; Norman – Carrie Renae Arganbright; Walters – Kelly Dawn Johnson; Weatherford – Serena Kristin Burrell.

MEDICAL LABORATORY TECHNICIAN A.A.S. degrees are: Cordell – Amy J. Giblet; Elk City – Martha Elisabeth Spurlin Bustamante, Melissa Marie Smith; Sayre – Erika Suzanne Bryant, Lynn Marie Crha; White Deer, TX – Penny DeAnn Armstrong.

By Carrie Myers

**Time management.** Plan, plan, plan. Before finals begin, get out your calendar and pencil in as many of your final exams and activities as possible. Plan for time to study, and then stick with the schedule.

**Schedule in study breaks.** Do not plan to study non-stop for the next five days. You will go insane, and you will be too exhausted to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You will feel so much better and will be able to concentrate so much more.

**Schedule in sleep.** Some people can function well on fewer hours of sleep a night. Most cannot. Most need 7 or more. You will do much better during exams if your mental state is good, and sleep is essential for this.

**Prioritize!** You have limited time to study and will have to choose what you spend the most time with. For example, you could spend hours and hours on that math exam where you might only be able to pull a “C.” Alternatively, you can spend hours and hours on a history exam, because if you do well, you have a chance at an “A.” It is up to you.

**Free your schedule.** As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events. Definitely put off shopping.

**Ask your professor for help.** If you are confused about your notes or the readings, go to the resident expert. This works much better if you do not put off studying until the last minute. It is a good idea to read all of your notes before you start to study, so that you can inquire early about things that confuse you.

**Keep things in perspective.** What is the worst thing that can happen if you do not do well on this test? Excessive stress will make you crazy and hurt your performance on tests, so as much as you can, relax. In addition, if you are having serious problems with anxiety during final exams, seek help at your school’s counseling center. This is a common problem—one that can be improved.

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Who Is Dr. Henrietta Mann?

Dr. Henrietta Mann is a world-renowned speaker, author, panelist and educator. She is a full-blood Cheyenne enrolled with the Cheyenne and Arapaho Tribes and has served on their tribal government. It is with great pleasure for Southwestern Oklahoma State University at Sayre to welcome Dr. Henrietta Mann to address the graduates of 2009.

Dr. Mann is the first President of the Cheyenne and Arapaho Tribal College. She continues to serve as the Special Assistant to the President of Montana State University - Bozeman. In 2000 she became the first individual to fill the Endowed Chair in Native American Studies at Montana State University Bozeman, where she is now Professor Emeritus. She also was director/professor of Native American Studies at the University of Montana, Missoula. Some of the other institutions included in her administration and/or teaching experience at the higher education level are the University of California at Berkeley, the graduate School of Education at Harvard University, the University of Sciences and Arts at Chickasha, Oklahoma, and Haskell Indian Nations University, Lawrence, Kansas.

In 1986 she was a Deputy to the Assistant Secretary of Indian Affairs/Director of the Office of Indian Education Programs, Bureau of Indian Affairs, U.S. Department of the Interior. In 1991-1992 she served as the National Coordinator of the American Indian Religious Freedom Coalition in the Washington, D. C. offices of the New York based Association on American Indian Affairs.

In 1983 Dr. Mann was selected as the Cheyenne Indian of the Year and in 1988 she was honored as the National American Indian Woman of the Year. Rolling Stone magazine, in March 1991, named her one of the ten leading professors in the nation. The National Women’s History Project in its series of six posters has featured her as one of five 20th Century Women Educators. In 1997 she was inducted into the SWOSU Distinguished Alumni Hall of Fame. The University of New Mexico Alumni Association presented her with the Bernard S. Rodv Award in 2008.

In addition, the National Association awarded her its 2008 Lifetime Achievement Award. She also is listed in Who’s Who of American Women, World Who’s Who of Women, and World Who’s Who of Women in Education.

Dr. Mann is the first President of the Cheyenne Arapaho Education, 1871-1992 was published. She has been a reviewer of grant and a reviewer of Ford Foundation Predoctoral Fellowships.

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Did You Ever Wonder Why?

By Tom Warren

Did you ever wonder why Earth Day is celebrated?

Well, here is the answer for inquiring minds.

It all started on April 22, 1970. Twenty million people across America celebrated the first Earth Day by filling their local streets, parks and auditoriums to demand a healthy, sustainable environment. Their concerns were about their cities laden with smog, polluted rivers, rampant pollution and other environmental concerns.

Since then, Earth Day is celebrated around the world by people from all walks of life who are concerned about making a sustainable future for their children. Events, festivals and overall awareness campaigns mark the day, with the hope of preserving the environment.

PAWPark Inspires Idea for Dog Park in Sayre

By Ashley Womack

SWOSU adjunct professor and local attorney David Brooks was intrigued by a trip to Oklahoma City’s PAWPark with his rescued Boxer named Clyde. He and Clyde had such a good time during their visit to the dog park; Mr. Brooks has decided to petition the Sayre Park Council about the idea of building something similar here in Sayre.

If you’ve never been to a dog park yourself, here’s a general idea of what they are. They are areas, most often no-leash, for the community to bring their vaccinated, non-aggressive dogs for outdoor playtime and socialization.

The park is beneficial to those who live in apartments, or lack a yard in which to play with their four-legged friend. It’s a safe, sanitary area to let dogs also reap the benefits of the fresh air, sunshine and exercise, without the risk of being near roads or other dangers. Dog Parks are usually separated into two areas designated by weight, with an area for dogs weighing more than 30 pounds and another for those under that 30 pound mark. Users of the park are responsible for cleaning up after their dog or dogs, and for helping to keep the facility running and operating smoothly.

Mr. Brooks says that initial funding to provide Sayre with a dog park would likely be acquired though grants. Maintaining the park afterwards would probably be done through donations given to a non-profit organization that would be established just for the dog park. He has even prepared a rough sketch of the Sayre City Park that would be suitable. An area outlined in red would be for the over 30 lbs. crowd, while a blue line would indicate the area for the smaller dogs.

Even though the idea is still in its early stages, Mr. Brooks is hopeful the Sayre community will be keen to the proposal of having a dog park to take the many dogs of town out for an afternoon in the sun. Anyone interested in more information are welcome to call Mr. Brooks at his office in Sayre, 928-5593. Those with comments or suggestions can call City Councilman Brian Henderson at 928-5800.
Learn About Signs of Suicide

By Carrie Myers

According to American Academy of Child and Adolescent Psychiatry, suicides among young people continue to be a serious problem.

Each year in the U.S., thousands of teenagers commit suicide. Suicide is the third leading cause of death for 15-to-24-year-olds, and the sixth leading cause of death for 5-to-14-year-olds. As the second leading cause of death in college students after car accidents, suicide is a serious problem that can affect teenagers and young adults at an age when serious mental illness first manifests itself and often goes undiagnosed.

If you have or know of someone who is experiencing symptoms, PLEASE SEEK HELP! It should be said that some people who commit suicide do not show any suicide warning signs. Many people hide their depression because there is still a strong social stigma against mental illness.

Also, many people believe that they will be perceived as weak, so they also hide their depression.

Suicide Warning Signs

- Appearing depressed or sad most of the time.
- Feeling hopeless.
- Expressing hopelessness.
- Withdrawing from family and friends.
- Sleeping too much or too little. Feeling tired most of the time. Making statements such as these:
  "Everyone would be better off without me."
  "Life is not worth living."
  "Nothing matters anymore."
  "I don't care about anything anymore."
  "I want to die."
- And any mention of suicide--
- Writing notes or poems about suicide or death
- Acting Compulsively.
- Losing interest in most activities.
- Giving away prized Possessions.
- Being preoccupied with death or dying.
- Behaving recklessly.
- Irritability.
- Frequently complaining about headaches, stomachaches, etc.
- A dramatic change in personality.
- Performing poorly at work or in school.
- Abusing alcohol or drugs.
- Inability to concentrate.

For the National Suicide Prevention Hotline (Bilingual) call: 1-800-273-TALK.

This service supplies trained crisis intervention. For Elk City, call (580) 225-1173. For anywhere in the state, use the Oklahoma Department of Mental Health The ReachOut National Hotline Crisis & Information Line 24 / 7 is 1-800-522-9054.

Intercoms Installed for Safety

As the world remembers the 10th anniversary of the Columbine school shooting, the administration at SWOSU is making an additional effort to keep students safe. SWOSU at Sayre has installed a new emergency intercom system in all of the classrooms and some of the offices.

The intercoms are all set on the same frequency so that in an emergency everyone can be reached on short notice. Examples of emergency situations would be a tornado or a shooter in the building. The first line of warning will still be the phone system, where everyone who has signed up for the texting service gets an instant text message. (Go to swosu.edu for instructions on signing up. Use the “Search” button and type in “Emergency Text Message” to find instructions.) However, this new intercom will be a second line of defense. By using the intercom system, every room on campus should be connected, with the exceptions being closets and bathrooms.

In the event that a teacher or staff member should have to use the intercom, he or she should speak very slowly and clearly.

“We hope these units never have to be used,” stated Earl Bales, Network Administrator. “I’m sure that everyone realized the significance of disrupting every class, so the intercoms should only be used in the worst of emergencies.”
By Candise Warren

Most of the students on Sayre campus know me when they see me, even if they don’t know my name. I am Candise Warren and I am your SGA president. I have been a student at Sayre for almost two school years now, and this semester will be my last one officially. I will be taking Weatherford classes full-time beginning this summer.

I sit in the hallways each Friday trying to talk all of you into buying at least one of the goodies that we have for sale that day. There is always a good variety. I tutor the Algebra and grade papers for Mrs. Coker. No, I will not miss-grade your paper so that you make a better grade. Just teasing, no one has asked me to do that. I like to help people.

Most of you have no idea where I came from though. I grew up in a small town in eastern Oklahoma. Graduated high school there, and was basically miserable from the time I was in the 7th grade on. I grew up the fat child of dirt poor alcoholics. Most of my high school years were spent taking care of the house and my younger brother and sister. I would cook dinner and wait for the call that my parents were dead somewhere on the side of the road. We never ate until they got home, sometimes as late as 10:00 pm. They had a 30 minute drive and were off work at 5:00 pm every night.

I have been married to an abuser that did things to me that I am still, to this day, embarrassed to admit. I tried going to school when my two sons were just babies, but had to quit near the end of my second semester in order to care for my kids. No one told me about withdrawing, so I took “F’s” for the semester. I had to have my husband arrested for hitting me. You would think I would have learned, but I stayed with him probably about 6 years. That was at least 5 too many.

I have held many jobs, in many different sectors of the work force. I did what I had to do to take care of my children. My family was no help through most of the years. I had to take care of them the best I could. We got by okay. I never had to degrade myself for income, so that is good.

Why am I telling you all of this? That is a GREAT question. I am telling you all of this in order to demonstrate that no matter where you come from. NO matter what kind of family you have, or don’t have. No matter the things you have done in your past, you can get past it.

Every person I know of that I am related to has had, or presently has, a drug and/or an alcohol problem. I was terrified of becoming dependent on chemicals, so I stayed as far away from all of it as I could. I did smoke, but gave that up about 6 years ago. I am now married to a man that is good to me and for me. He has brought me out of that “too terrified to speak to anyone” way of life that I have lived. We are both on the path to better things.

To overcome: Webster’s dictionary online defines overcome as a transitive verb 1: to get the better of: SUR-MOUNT <overcome difficulties> 2: OVERWHELM intransitive verb : to gain the superiority: WIN ; synonyms see CONQUER— OVERCOMER

To overcome: Some people come upon many hurdles in life while others come across only a few. What makes the difference in how people see their hurdles? Why does one person with a particular background go one way, while someone else with seemingly the same background goes in the opposite direction? This question has baffled people for many, many years.

No matter where people come from or what they come through, there is always the possibility of turning their life around. If people are determined, they can overcome (conquer) anything that may fall in their path.

DETERMINE TO BE AN OVERCOMER!! DO IT RIGHT NOW, TODAY!!

Make a pact with yourself. You can do it. I know you can.
Motivational Tips for Diet Success

By Teresa Villa

It has been ten weeks of my new life and relationship with food. I have dropped nineteen pounds and two pant sizes. Sounds good, right? It would if not for my new problem. Motivation.

I decided to get on the internet to find some ways to get motivated. I found an interesting article on WebMD.com that gives eight diet motivation tips for success. These tips work. They offer a new way to look at losing weight. I hate to sound like a cliché, but if I can do it, anyone can do it.

Set realistic goals for diet success. There are a few small goals you can set on your way to your final goal. Think of these goals as steps on a ladder. You can’t reach the top of the ladder without first reaching the step in front of you. One easy step is cut back on your calorie intake. Just cutting back 100 calories, or that second soda at lunch, could help greatly. Also, don’t expect to lose 30 lbs in 30 days. As long as the scale is moving downward, it is a good sign.

Go slow. If you want this to be more than just a fad diet that will help you get ready for swimsuit season, take the time to make some serious changes. Because these are serious changes, don’t expect them to happen overnight. It took time to develop the bad habits that get people overweight. It will take some time to break those habits, as well.

Expect setbacks. It’s Easter, and that chocolate bunny is calling your name. Don’t be ashamed if you have a moment of weakness and give into temptation. Just don’t let this setback be an excuse.

Don’t be a perfectionist. O.K., you ate the chocolate bunny. You’re not perfect. You’re not a failure, either. Just pick yourself back up and try again.

Use the buddy system. I know it sounds simple. You may even think you are strong enough to not need someone to lean on. I’m here to tell you that having a friend going through these changes with you may be the greatest help you can receive. A friend will call to remind you that it is time to hit the gym or go walking at the park. A friend will help you in that moment of weakness when that piece of cake is taunting you. A friend will be there to support you when temptation wins.

Be patient. One of the biggest motivation busters is thinking that the weight isn’t coming off fast enough. You have to remember, the extra pounds didn’t appear overnight. Also, there is the dreaded weight loss plateau. You’ve been doing everything right, but the scale won’t move. Don’t worry too much. Your body is going through changes. If you start to feel too discouraged, maybe cut a few more calories or exercise an extra fifteen minutes. The weight will start falling off again.

Reward yourself. Give yourself rewards for reaching your small goals. Just don’t make the rewards food related. Maybe, after every ten pounds, you could get a massage, a new pair of jeans, a round of golf, or a day at the spa.

Have a maintenance plan. You’ve worked hard all this time to get to a healthy weight. Now what? This is where the idea of making a lifestyle change instead of going on a diet comes into play. Maintain your healthy habits to maintain your healthy weight.

Letter to the Editor

A “Thank You” from SGA President

As the president of the SGA, I wanted to take the time to say thank you to a few people. First, I would like to thank the student body for their votes, and later for their support as we carried out fundraising projects on campus, and other various activities.

Next, I want to extend my sincere thanks to Ron Kistler and Nancy Sanders. These two people have put up with more stupid ideas and uncertainties than anybody should have to. They have been patient and tireless in assisting the Student Government in the endeavors and decisions that were tackled.

The faculty and staff of Southwestern Oklahoma State University-Sayre have been a tremendous help, and most have worked with the SGA to make things happen. Thank you for all your help with the SGA.

The biggest THANK YOU of all has to go to the SGA members. Everyone has worked tirelessly to provide bake sales, and other fundraisers. With the money the SGA has raised, students have been assisted in various ways. The focus has been on students with families, and that could really use the assistance. During the fall semester, we provided Thanksgiving dinner to two students with a family and $250 at Christmas to two students with a family. These students were all very grateful for the assistance, and they all said it was great to have the help. With the money being raised this spring, the SGA is helping a fellow student, and his family, pay for his father’s funeral.

This year SGA has taught all of us many lessons, but no lesson was learned better than the one of helping others. When you help others, it always is a reward. I personally wish the best for each and every student here on campus, and especially my buddies on the SGA.

God Bless,,
-s- Candise Warren
By Kandace Brown

In the action-thriller Public Enemies, acclaimed filmmaker Michael Mann directs Johnny Depp, Christian Bale, and Academy Award® winner Marion Cotillard in the incredible and true story of legendary Depression-era bank robber John Dillinger.

Dillinger, played by Depp, is the charismatic bank robber whose lightning raids made him the number one target of J. Edgar Hoover’s fledgling FBI and its top agent, Melvin Purvis (Bale), and a folk hero to much of the downtrodden public.

No one could stop Dillinger. No jail could hold him. His charm and audacious jailbreaks endeared him to almost everyone, from his girlfriend Billie Frechette (Cotillard), to an American public who had no sympathy for the banks that had plunged the country into the Depression. But while the adventures of Dillinger’s gang (later including the sociopathic Baby Face Nelson (Stephen Graham)) thrilled many, Hoover (Billy Crudup) hit on the idea of exploiting the outlaw’s capture as a way to elevate his Bureau of Investigation into the national police force that became the FBI.

He made Dillinger America’s first Public Enemy Number One and sent in Purvis, the dashing “Clark Gable of the FBI”. However, Dillinger and his gang outwitted and outgunned Purvis’ men in wild chases and shootouts. Only after importing a crew of Western ex-lawmen (newly baptized as agents), who were real gunfighters, and orchestrating epic betrayals, from the infamous “Lady in Red” to the Chicago crime boss Frank Nitti, were Purvis and the FBI able to close in on Dillinger. Coming to theatres July 1st!

Look for your new BulldogCard!

By Matthew Mauldin

The new BulldogCard will provide SWOSU students with increased choice when it comes to receiving their financial aid or school refunds, including the preferred “Easy Refund” method—the fastest and easiest way for students to gain access to their refund money—literally the same day SWOSU releases it.

SWOSU has partnered with Higher One, Inc., a financial services company focused solely on higher education, to bring this new method of refund disbursement to campus. Founded in 2000, Higher One provides higher education institutions and their students with efficient, convenient and easy-to-use solutions to handle financial disbursements.

What students need to do:
The new BulldogCard will be mailed to each student’s current address on file with SWOSU. Therefore, it is critical all students verify their mailing address on Campus Connect as soon as possible.

“We are very excited about this opportunity to provide SWOSU students faster service and increased choices for receiving their refunds. Please join us in welcoming this exciting new service!” stated Bryan Adler, Public Relations Director.

Have questions or want to see the new card? Visit http://www.swosu.edu/students/debit-card.asp or higherone.com to learn more about the all-new BulldogCard coming this summer.
National Nurse Week is May 6-12

By Marisol Lopez

National Nurse Week starts May 6, 2009 and ends on May 12, 2009. There are many types of nurses, including RN’s, LPN’s, Medical Assistants, CNA’s, CMA’s, hospital nurses, office nurses, and many more.

Nurses are really important in our society today. Different nurses do different things. For example “hospital nurses, which is the largest group, are staff nurses who provide bedside nursing care and carry out the medical regimen prescribed by physicians. They also supervise licensed practical nurses and aides. Hospital nurses are typically assigned to one area such as surgery, maternity, pediatrics, emergency, ICU, or oncology, but they sometimes rotate among departments.

Registered nurses (RNs) work to promote health, prevent disease, and help patients cope with illness. They are advocates and health educators for patients, families, and communities. When providing direct patient care, they observe, assess, and record symptoms, reactions, and progress in patients; assist physicians during surgeries, treatments, and examinations; administer medications; and assist in convalescence and rehabilitation.”

In Oklahoma a registered nurse can make up to $30 an hour and around $54,000 a year. To become a registered nurse, you need to get your associate’s degree, then get your bachelor’s, and then a diploma from an approved nursing program.

It takes about 4 or 5 years to become an RN. If that seems like too long and you want to go for something that doesn’t take as much schooling, then try being a CNA. It takes around 6 months to get certified and you could make around $27,000 a year.

Nurses are very important because they are the ones that stay with you until the doctor gets there, carry out orders from the doctor, give medicine, monitor vital signs, and many more tasks. If you’re still undecided on what you want to major in and desire to help others, then think about becoming a nurse. There is always a need for nurses.

Ask your advisor about SWOSU’s Nursing program.

AMTIE Recognizes Roxann Clifton for Continuing Education Achievement

By Ashley Dunn

The American Medical Technologists Institute for Education (AMTIE) announces that Roxann Clifton is the recipient of the Institute’s Continuing Education Certificate of Excellence for the year 2008. The Certificate is awarded annually to a distinguished group of healthcare practitioners certified by American Medical Technologists (AMT) who have far exceeded the number of continuing education hours required for compliance with basic AMTIE standards. Practitioners earning the Certificate have demonstrated dedication to the healthcare profession, to their employers, and to the patients. They serve by devoting significant effort to augmenting knowledge of their disciplines. Fifteen hours of continuing education are required each year; Mrs. Clifton has 35 hours for 2008.
Swosu@Sayre announced today that it will host Making It Count’s “Ultimate Money Skills: Scholars, Dollars, Budgets & Bills,” a financial success presentation created to educate and empower college students to develop smart money management skills.

“This is a 50 minute program and should help students budget their money, learn about credit card debt, and much more,” stated Ron Kistler, Financial Aid Director.

Making It Count, an educational service provider for students and a business unit of Monster Worldwide Inc. (NASDAQ: MNST), is teaming up with Bank of America, one of the world’s largest financial institutions to provide the free presentation on Wednesday, April 22 in the Alexander Building Room 132.

The “Ultimate Money Skills” program prepares students with an understanding of appropriate credit card use, student banking options, how to develop and follow a budget and the importance of saving. According to the 2003-2004 National Postsecondary Student Aid Study (NPSAS), two-thirds (65.7%) of four-year undergraduate students graduate with some debt, and the average student loan debt among graduating seniors is $19,237.

“The Ultimate Money Skills program emphasizes the importance of how the choices students make about money while in college can have a direct impact on their future financial success,” said JR Cifani, vice president and general manager, Making It Count.

Please attend if you are able.

Social Work Students Enjoy A Day of Politics

By Candise Warren

Social Work students and their department heads attended a meeting at the Oklahoma State Capitol Building. Assistant Professor and Director of Social Work Program, Debbi McFarlin rode along with students, and Asst. Professor of Social Work, Chris Gregston, was driving.

Upon arrival at the state capital, Mr. Gregston let out the students. Once in there, all jewelry, keys, cameras and cell phones went in a container to go through the x-ray machine while we had to pass through the metal detector without setting off all the bells. There were many Social Work students there that day.

Once past the metal detectors, they found their way to the blue room. It took a while for everyone to get signed in, and there were very few seats left by that time. The SWOSU group was scattered out about the room. When the initial speaker got up to talk and introduce people, they asked for a show of which schools were represented. When they called out Southwestern Oklahoma State University, we all raised our hands. Mrs. McFarlin was heard exclaiming with joy, “We have the most students here.” All of those Represented were all the CSWE schools (Council for Social Work Education—the governing agency for social work education).

The students heard from lobbyists, as well as politicians. Especially interesting was the speaker that talked about the Insure Oklahoma program. Insure Oklahoma is a low cost insurance program for low income working adults and college students. It also helps small businesses provide insurance to their employees.

In the first floor rotunda a box lunch was provided by the Oklahoma chapter of the NASW (National Association of Social Workers). There were social work students and instructors from all over the state. It was an interesting time meeting others interested in social work. After lunch, it was back upstairs to listen to more speakers. It was a very fun and informative day.

At left, Gloria Catherine Hughes, Renee Richelle Klaussen and Candise Warren of SWOSU enjoyed their trip to the state capital. Above, a photo of the State Seal from inside the Capitol Dome.