Dawg Day Brings Fun, Food and Freebies

By Carrie Myers

Dawg Day was a big success. Many students enjoyed an afternoon of entertainment and lots of free good-ies, including a back pack from SWOSU that contained an insulated mug, calculator, pens, and note pads. Many of the vendors also gave away free items including can tops, Haa-\n\ntai leis, Frisbees, books, ice scrapers, and snow cones. Many prizes were given away, including a dinner for two, a gift certificate to the bookstore, t-shirts, and much more. The winner of the 10.1” Aspire One Netbook w/\n\n\ntel Atom and Windows XP was Phyllis Castleberry. The Literary Club\ngave away a free book, and Karla Chaparro was the winner.

The campus also enjoyed the live music preformed by Alex Damon and Dean Jackson. Everyone enjoyed the Sphere brought by the National Guard. The Mobile Event Team travels the state with various obstacles to promote recruiting. Last year, it was a rock climbing wall, but this year it was a spinning sphere, which many brave souls experienced. The motivational speaker presented ideas on getting a “real Job” after graduation. Coordinator Ron Kistler thanked all for contributing to the day’s success.

The weather was perfect.

New “Hospitality” Degree Offered

Want to take a class in Black Jack? How about Texas Hold’em? Or how about learning how to set up a beautiful banquet for a wedding party of 200? Local residents can now pursue a two-year degree in Hospitality, Restaurant, and Gaming Management from Southwestern Oklahoma State University’s Sayre campus.

Employment opportunities abound in this field in Western Oklahoma and the Texas Panhandle,” said SWOSU-Sayre Dean Jim James.

Oklahoma will need 21,000 more workers in this industry in the next

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SEPTEMBER CALENDER

Friday September 11
National Service Day in honor of 9-11
Saturday, September 12, 2009
National ACT 8:00 AM - 1:00 PM
Monday, September 14, 2009
Computer Club meeting SMH(104) 12 noon
PBL Club meeting SMH(105) 12 noon
MLT Club SCB 1:00 p.m.
Monday, September 21, 2009
SGA Elections. Vote in the Registrar’s Office.
Wednesday, September 23, 2009
Sayre Booth at Oklahoma State Fair
Tuesday, September 29, 2009
Panorama Event - Max Brooks
Fine Arts Center, Weatherford 7:30 - 9:30 PM
The Centers for Disease Control and Prevention (CDC) recommends four main ways you may keep from getting sick with the flu:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. Frequently clean your living quarters. If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.

2. **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don’t have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

3. **Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.

4. **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Information about 2009 H1N1 flu vaccination can be found at the following: www.cdc.gov/h1n1flu/vaccination. Information about seasonal flu vaccine can be found at: www.cdc.gov/flu/protect/keyfacts.htm

If flu conditions become MORE severe, students, faculty, and staff should consider the following steps: Extend the time you stay home or at your residence to at least 7 days, even if you feel better sooner. If you are still sick after 7 days, continue to stay home until at least 24 hours after your symptoms have completely gone away. Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

5. **Prepare for the possibility of suspension of classes** by planning to continue your work at home (e.g., homework packets, Web-based lessons, phone calls), and find a place where you can stay either by going to your home, home of a relative, or close friend of the family.
By Carrie Myers

Many of us have found that textbooks are very expensive. Some textbooks can exceed $200.00 dollars. Are you kidding me, for some of us that’s a car payment, electric bill, or a week of day care. After five semesters, I have found ways to save big bucks.

#1. **Comparison shop.** By using the ISBN number, one can find the cheapest bookstore online. Most books will ship the next day, however, allow time for shipping.

#2. **Rent-A-Book** at chegg.com. Did you know it is possible to rent only a few chapters? Credit cards are required. After the semester is up, please be aware of late fees of $25, and after one week of being late, the “rented” book is considered purchased.

#3. **Check the media.** Local newspaper’s may have Want Ads in the classifieds. This will also work for radio. KECO 96.5 has a daily program, from 10:00 a.m. to 11:00 a.m. Monday-Friday called Tradio. The listeners can buy, sell or trade. This program has been very helpful. I have bought and sold textbooks, with no shipping.

#4. **By checking online,** one can purchase textbooks off the web for a fraction of the cost. Be cautious! Some books are sold in two editions, for example: chapters 1-9 in one book and 10-22 in another. If one purchased the full edition, one would save more money. Also, consider the condition of the book—sometimes the book might be missing a page.

#5. **Friends, Friends, and Friends!** On the last day of class, ask your instructor if the book will be used the following semester. If so, one can sell the book to friends who are taking the class next semester, saving a ton of money!

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SWOSU-Sayre Offers New Degree
Hospitality, Restaurant, and Gaming

Completion of the Associate Degree program will train students for supervisory jobs.

The hospitality degree includes 44 hours of general education courses and 21 hours in areas of concentration that include internships and other work experience in a real restaurant setting, probably Quartz Mountain Lodge.

The Weatherford Library has subscribed to “Hospitality and Tourism Complete,” which is a service covering scholarly research and industry news relating to all areas of hospitality and tourism. It provides full text or more than 480 publications including periodicals, company and country reports, and books. This will provide valuable information to any one interested in the new program at Sayre.

For more information about the new program, contact the SWOSU-Sayre Registrar’s Office at (580)928-5533. The Registrar, Kim Seymour, will be happy to help you enroll and begin your exciting career in either the restaurant, gaming or hospitality services.
Computer Club

By Rob Ellis

The Computer Club meeting will begin Monday Sep. 14th at 12:00 noon in Ms. Carpenter’s computer lab. This is room 104 Mackey hall. Everyone is welcome. Don’t be surprised if a computer-related door prize is given out at a meeting or two this semester. Members will be planning projects and field trips, so come be a part of SWOSU’s newest club.

Lit Club

By Kylie Franklin

Students voted for The Innocent Man, by John Grisham, as this semester’s first book. Students voted for meetings to take place every Wednesday at 12:30 p.m. in the “Lit Pit” SMH(136). Students do need to get their own copy of the book; they can purchase them on Amazon or at Hastings or other book stores. If you can’t make it to Lit Club discussions on Wednesdays, you can join online at SWOSU.edu, the Sayre site, under “Current Students.” Check with your instructors to see if you can earn bonus points for participation.

Phi Beta Lambda

By Rayburn Ritchie

PBL, our professional business club, is accepting new members. The first meeting will be held Monday, September 14 at 12 noon in SMH 105. New members should join by October in order to attend the first fall conference and competition on Saturday, October 10 on the Weatherford campus. Members who qualify in competition enjoy a trip to the national conference in exciting American cities, with expenses paid by the University.

Student Government Association

It is time right now to campaign for office! Campaign posters can be placed on campus THIS WEEK! The Student Government Association is a great place for you to practice your leadership skills, work toward improving the campus, and build your resume with activities! Plus it is fun and exciting to plan campus events. To sign up for an office, visit with Ron Kistler or Nancy Sanders in their offices in the Alexander Building. The S.G.A. will hold elections on Monday, September 21. Be sure to vote! Take your student ID with you to Nancy Sanders’ office any time on Monday and cast your ballot. Haven’t gotten your ID yet? Go by the Library in Mackey Hall. It’ll only take a couple of minutes if you have your ID number ready.

MLT Club

By Aaron Fultz

Medical Lab Technician Club is meeting Monday, Sept. 14, at 1 p.m. in Ms. Roxan Clifton’s classroom in the Conner Building. Officers will be elected and discussion will be held on the fundraisers for this semester. All Med Tech students are required to attend.
The Writing Center open to help with essays

The Writing Center is now open for this semester. They have several trained student consultants available this semester to help students with their writing projects, so they hope all instructors will encourage students to take advantage of this free service.

Students from any discipline are welcome to bring papers or presentations in any stage of development. The tutors will assist students in grammar, punctuation, content, and essay organization.

A few tutors are scheduled to begin work later in the week, so call to see what hours tutors are available in the Weatherford library basement for face-to-face consultation. The phone number for the Writing Center is 774-7083.

Perhaps the easiest way is to send your paper as an e-mail attachment. Tutors will type suggestions in a different color font so that students may make changes. The e-mail address is writingcenter@swosu.edu.

Inform your tutor as to what type of essay you are writing and ask specific questions about your concerns.

If you have questions about the Writing Center, call Dr. Valerie Reimers at 774-3244 or at this address: valerie.reimers@swosu.edu.

A copy of the schedule for the Fall 2009 semester can be found on the swosu.edu webpage. A summary of the hours and a chart of each tutor’s scheduled shift are included. The Writing Center may be found under “Services” on the Faculty/Staff page, under “Academics” on the Current Students page, and on the right hand side of the Library page under “SWOSU Resources.”

The link is as follows: <http://www.swosu.edu/academics/writingcenter/>.

Karla Wins Book

Karla Chaparro won Dawg Day’s Lit Club book giveaway. The book was provided by Lit Club sponsor Judy Haught.

Western Oklahoma Public Art Project Underway

“The Beauty and Pride of Western Oklahoma” is being woven by volunteers as part of a public art tapestry taking place at Southwestern Oklahoma State University in Weatherford.

Volunteers are invited to help on the project. Work times are set for the following times:

- Tuesday, September 1, 5-7 p.m.
- Thursday, October 1, 4-6 p.m.
- Thursday, November 19, 5-7 p.m.
- Tuesday, December 1, 4-6 p.m.

E.K. Jeong of the SWOSU Art Department said the project is taking place in room 415 of the Art Building on the SWOSU campus. She said the public is invited to watch the weaving in progress during the above times and also participate in the following workshops and open studios:

- Saturday, Sept. 19, 10 a.m.-noon
- Tuesday, October 13, 4-6 p.m.
- Tuesday, November 3, 5-7 p.m.
- Saturday, December 12, 10 a.m.-noon

SWOSU is sponsoring the making of the tapestry to represent the life, traditions and symbols of western Oklahoma. Once the tapestry is completed, it will be a traveling display that will be available for display throughout western Oklahoma.

The project is sponsored by the generous funding from the Elizabeth Firestone Graham Foundation, the Weatherford Arts Council, City of Weatherford and SWOSU.

For more information, contact Jeong at (580) 774-3035 or ek.jeong@swosu.edu.
By Melissa Gilliland

High school students have the opportunity to get a head start on their college careers at Southwestern Oklahoma State University with free tuition. A high school student could use the waiver for a total of 18 hours of college credit—6 hours in the summer following their junior year, 6 hours in their senior fall semester, and another 6 hours in their senior spring semester. That’s a savings of hundreds of dollars!

There are no family income limits or restrictions to qualify for the waiver although the waiver does not cover the mandatory fees (activity fees, facility fees, library fees, technology fees, etc.) or the cost of books.

Concurrently enrolled students must meet the minimum requirements set by the Oklahoma State Regents for Higher Education. Students who want to attend classes on the Sayre or Weatherford campus must have a minimum of a 19 on the ACT, or have a cumulative GPA of 3.0 and rank in the top half of their graduating class. Students interested in attending classes must complete an application for admissions with the $15.00 application fee.

Students must also provide transcripts, ACT scores and parent recommendation form/verification form.

Students interested in the 2010 spring semester should contact the Registrar’s Office for the Sayre campus by calling (580) 928-5533.

Lauren Tatum Running for SGA President

Sayre student Lauren Tatum, 19, from Ft. Worth, Texas, is announcing her bid for candidacy for the office of president of the Student Government Association.

Lauren was a dedicated member of SGA last year, attending all the meetings and being active in working at the events. Lauren feels she will get things done as your president.

“I have the time and the energy to follow through with the plans and provide some fun events for students,” Lauren said. “I would like to plan a Spring Fling, a Halloween Ball, and a Teacher Appreciation Luncheon. And I am open to new ideas for this year’s fundraiser.”

She is studying to become a Medical Laboratory Technician. She lives in Sayre and is also involved in MLT Club. She would appreciate your vote on Monday, September 21. Vote in the Registrar’s Office, using your student I.D.
Time Management Tips for Students

By Jessica Egner

Starting to college can be overwhelming. As our parents would say, “You think you know it all,” and at times, we think we do. Whether it is us overachievers overloading our class schedules, or the regular achievers just scraping by with the minimum of full time, we all could use a few pointers on how to better organize ourselves.

As each instructor keeps reminding us, we are adults now. They are not going to manage our schedules, and neither will our parents. Some of us can wait and finish our work at the last minute, while others rush to get it done the moment it’s assigned—either way, we can overwhelm ourselves easily.

I’ve done a little researching and found a few tips that could help us save on time with our homework and give us more personal time throughout our day. Below are a few tips that you can use to easily reorganize your time, even if you only adopt one at a time.

**Plan each day.** Planning ahead for your day can give you a sense of what needs to get done. It helps cut down conflicts and last minute rushes.

**Write a to-do list.** With the most important tasks first, it helps keeps you on track. Plus, you have a sense of accomplishment as you check off each item.

**Prioritize your tasks.** Do the homework due soonest, you can worry about the other homework in three weeks when it’s due. Prioritize your personal life tasks around school by completing the most important tasks first.

**Break down large, time-consuming tasks into smaller tasks.** If you have a long report that isn’t due for several weeks, it would be best to break up the long report by working on it when you find you have extra time. Doing the whole report in one sitting will not only be time consuming, but might take away attention from the other homework you were assigned.

**Practice the 10 minute rule.** If there is a report you have put off on writing, or a chapter you have set aside to finish “later” because it’s not your favorite subject or you have no inspiration, work on the project for 10 minutes. Sometimes when we start the project, we find it really isn’t so bad.

**Limit Distractions.** When you are studying, watching television, listening to music with lyrics, talking on the phone, or texting, you are not dedicating the proper amount of thought and concentration to the work at hand.

**Get plenty of sleep, have a healthy diet and exercise regularly.** A healthy life can improve your concentration and efficiency! So it’s really important to keep your health and healthy life patterns as an important task.

**Take a break when needed.** Overloading yourself with facts, work, and life can begin to take its toll on you after a while. It’s alright to take a break when you need one. Go for a walk, exercise, watch a little bit of television (just don’t forget to go back to your work), anything to give your mind a break!

If you feel too much stress to try any of these tips, then you probably need to take up some deep relaxation habits and meditations!

We need to remember to finish each task in a timely manner and complete all our work assignments without stressing ourselves to the max.

These few time management tips, can not only help prioritize our class work, but can be blended into our personal lives, jobs, and even careers after college.
Scenes from Dawg Day