From the Bean to the Bar
Our Passion for Chocolate Knows No Bounds

By Kristen Tuck

With an estimated $350 million dollars spent over the holiday weekend by Americans on chocolate, it tops our list of passions!

This Valentine’s Day, or on any normal day in your life, as you indulge that precious piece of chocolate into your mouth, you would only think about how the amazing taste of the chocolate is treating your taste buds.

It never seems to cross your mind where this miraculous piece of heaven came from. For the ones who are absent of knowledge of where chocolate came from and how it’s made, it all started with a tropical tree down in Central and South America, known as the Theobroma cacao, or simply “cacao.”

Clockwise: Librarian April Miller and sophomore Tabitha Hill pick up Valentine gifts sold by the Student Government Association—part of an estimated $15 billion spent on the holiday annually! At right, Chocolate, delicious chocolate!

Theobroma is Greek for “food of the gods.”

A cacao tree can produce about three thousand pods per year. It takes 6 months for pods to mature, and then it’s off to the next step, fermentation.

The beans are placed in wooden barrels and smothered with banana leaves. The taste of a straight cacao bean wouldn’t be appetizing at all; this is why there are many steps to make the chocolate taste as delicious as it does. The sugars in the bean then turn into acids, changing the color from pale to dark brown. After fermentation, the beans are then dried in the sun for about a week, developing flavor over this period of time. Once the beans are dry, they are now ready to be shipped into the factories, where the real magic happens.

In the factory, that cacao is sifted, weighed, and sorted by type. Next, the cacao beans are roasted in large, rotating ovens, at temperature of 210-290 degrees. This step brings out more of the flavor and aroma. Then the outer shells are cracked, revealing the broken and crushed pieces of the cacao beans, referred to as “nibs,” that are more edible and begin to taste more like chocolate.

Annual Timed W.A.R.P. Being Planned

By Dee Dee Owens

Tuesday, Feb. 24 has been slated for the 11th annual Timed WARP.

WARP stands for Writing and Research Project. It is a writing competition for high school juniors. The theme this year is Interpersonal Communication. Combined with the many student activities is a workshop for English teachers which is presented by Mrs. Deborah Carpenter. The teachers can earn faculty development points while learning about using blogs in the classroom.

The Timed W.A.R.P. contest is a campus-wide effort. All participate in making the event a success. Judy Haught supervises the whole affair, contacting the participating schools and coordinating the event. Dianna Mosburg is in charge of the registrations, and Dr. Jim James will present the welcome. Landry Brewer will host bingo with prizes. Holly Hernandez is in charge of the computer lab. Dayna Coker will make certificates, while April Miller pulls together the hospitality room. The pool tournament will be held by Chris Stufflebean, and the SWOSU promotional gifts are bagged by Ron Kistler. The judges will be Judy Haught, Landry Brewer, Terry Ford, Kim Seymour, and Dr. Jim James.
Construction Projects help Accommodate the Handicapped

By Kylie Franklin

“Push” announces a large new button at entrances. Automatic door openers have already been installed around campus, allowing access in and out of buildings on campus for the handicapped. New enrollees on the campus recently have included a number of students in wheelchairs, and these updates are important so that all students can enjoy their independence.

There are a total of seven different automatic door openers around campus. Each one of these is estimated to cost approximately $2,500.

The automatic doors are not the only things that are being redone on campus.

There have also been five moveable desks placed in classrooms that are taller and more comfortable for students who need them. Additionally, a ramp has been built to the Connor Building.

SWOSU originally wanted to have the restrooms remodeled during Christmas Break; however, things did not go according to plans. Instead, remodeling for the restrooms has been rescheduled to begin during Spring Break. Additionally, changes in the chemistry lab will begin taking place right after the spring semester ends.

Antonio Edwards, a freshman from Elk City, was surprised and happy Friday to see the new automatic doors. Photo by Lauren Tatum

Sayre PBL Members Discuss State Conference

Members of the Southwestern Oklahoma State University-Sayre chapter of Phi Beta Lambda met recently to discuss next month’s state conference in Norman.

According to SWOSU-Sayre PBL reporter Mandy Hopkins, students who attend will compete in events such as Client Services, Business Law, Financial Concepts, Cyber Security and Desktop Publishing.

“Each student who attends the conference will choose two events to compete in,” Hopkins said. The top two finishers in each event qualify for the national competition this summer in Nashville, Tennessee.

Hopkins said that participation in the competition exposes students to new people and new challenges. “This is a great opportunity to meet people across the state and the country,” Hopkins said.

For more information about PBL, contact SWOSU-Sayre faculty member Holly Hernandez at (580) 928-5533.

Chocolate, cont’d from front . . .

(Continued from page 1)

After the cacao nibs are crushed and ground into a thick paste called chocolate liquor, although you can find chocolate liquors at your finer bars and liquor stores, chocolate at this stage is not really alcoholic, just in name only. The chocolate liquor by itself is very bitter, and isn’t very smooth and creamy. To sweeten it up and improve the texture, the manufacturer will add things like sugar, cocoa butter, vanilla, and milk.

Manufacturers run the gruel-like mixture through steel rollers to refine it. To really bring out the flavor, the mixture is then run through a machine that mixes, mashes, and swirls it. Cocoa butter and lecithin are added, giving the chocolate its silky smooth texture. For more expensive chocolates, this takes up to six days. Who wouldn’t mind waiting another six days for that taste you’ve been craving?

Repeated heating gives the chocolate its nice glossy look. At last, we have chocolate! From the tropics in Central and South America to the comfort of your everyday normal or not so normal life, that brilliant cacao tree that produces those awesome cacao beans is one of the most brilliant findings in the history of recipes all over the world today.

As your mouth is washed with the rich taste of heaven, who would have guessed it all came from a bitter, unpleasant tasting bean. With all the calories totaled and the money spent consuming chocolate, it is all very well worth it in the end when it comes to chocolate!
Census Bureau Wants to Hire You

The jobs allow for flexible hours that can be worked around any other job or schooling or especially during the summer.

The pay is good, around $10 per hour and 50 cents a mile for traveling. Five to ten weeks of work will be available.

A practice job quiz is on-line at www.2010censusjobs.gov.

Each applicant must bring a photo ID (such as a Driver’s License, military ID, ID Card) And a Birth Certificate or Social Security Card. Veterans have preference with a copy of their DD-214 and/or a disability letter if one applies.

The Census will be mailed out in March and April. The jobs they are testing for are for residences that don’t return the census by mail. Census takers will then need to travel to those addresses to take the census by hand.

“It is crucial that our community be aware of the importance of an accurate count for our Representation in Washington and for our funding here at home,” stated Nova Wright, Recruiting Assistant for the U. S. Census Bureau. “It is extremely important that we employ enough local residents to count the population of the area accurately for this year’s Census.”

Testing for jobs with the 2010 Census Bureau will be offered on campus to students, faculty and staff on Thursday, February 18th at 2:00 p.m. The location is the Conner Building, room #313.

To all students who may be graduating in May: Contact Kim Seymour in the Registrar’s Office by February 20, 2010 to complete paperwork. Remember, you may walk across the stage in May ceremonies if you are graduating in the summer.

Graduates call 580-928-5533 X 101

“Gringas Gracias!” Spanish Class Receives a Thank You

By Robyn Hudson

Judy Haught’s Spanish class has received a Thank You card from a child, that was sent by the MAMA project program coordinator, Amanda Sagastume.

This card was made by Eliezer Hernandez, a child that was receiving treatment at the MAMA Project Nutritional Rehabilitation Center in San Francisco de Yojoa, Honduras.

The outside of the card had been hand made by the child. He had drawn a picture of a bear with a big smile, holding a heart and wearing a bowtie with two colorful rainbows by his sides. Hand written on it is “Gracias por su ayuda. Queridos gringos gracias por todo lo que nos dan por la ropa muchisimas gracias los quiero Adios” and signed “Eliezer.”

Then typed under the writing was the interpretation in English: “Thank you for your help! Dear Americans, Thank you for all that you give us; for the clothes, many thanks. I love you. Goodbye. Eliezer.”

The students and Mrs. Haught loved the translation of “gringos gracias” as “Dear Americans, Thank you,” but a more literal one would be “Dear white girls, thank you,” which brought a smile.

The inside said, “Thank you so much for your recent donation of Christmas gift packs to the MAMA Project. We are grateful for your generosity. Because of donations like yours, we are able to distribute Christmas gifts to families that otherwise would not be able to afford them.”

MAMA stands for Mujeres Amigas Miles Apart, meaning Mothers Friends Miles Apart. The project is a regular feature of Spanish class, where Mrs. Haught’s students donate or make maternity gifts to send to needy mothers in Honduras; however, this is the first time they have received a thank you directly from a child who benefited from the gift.
Sayre Computer Club Meets

By Michael Amberson

On Friday, February 12, the computer club held its third meeting at 10:30 am in Mrs. Carpenter’s computer lab, where the members tried to remote control a computer by using the internet.

Brandon Raleigh, the current Computer Club President stated that in addition to remote controlling a computer via the internet, the agenda for the meeting would also include discussing the PBL’s upcoming competition, enjoying snacks and a game of hacky sack in the warm afternoon air.

If you have any questions or would like to join the computer club, you can get with any of the following members for more information: Brandon Raleigh, president; Lendell Jones, vice president; Robert Sanchez, reporter; or Corey Smith, Secretary/Float/Secret Service, or swing by Room 104 in Mackey Hall to see what a Computer Club meeting is all about.

Available on the web . . .

Virtual Tours, Published Newspapers, Web Cam

A new feature that has been added to the SWOSU website is a virtual one. Virtual tours of campus are now available. The first two implemented are the Student Union and Wellness Center.

These can be viewed at www.swosu.edu/resources/map/vtour.asp or from the homepage left navigation and other locations on the website. If you haven’t seen the Wellness Center, you should check it out. It will make you want to exercise and eat right.

course, it is free to all SWOSU students, just like our gym and fitness center are free here at Sayre.

Also available on the web is your local newsletter, The WatchDawg is published on the web at www.swosu.edu/sayre under News and Events, then under Current Publications. Old issues are archived on the Share drive (available on campus computers only) under “Newspapers-Published.”

Google Nexus One takes on the Apple iPhone

By Kristen Tuck

The Apple iPhone has had the top spot in competition with other cell phones since it launched back in 2007. It is great for listening to music, downloading favorite albums and shows, and having thousands of applications for entertainment. The iPhone has gained major success for both Apple and AT&T. Supposedly, Google’s new phone that has just recently launched, the Nexus One, is going to blow Apple’s iPhone out of the water and is rumored to be better in many ways.

Some of the advantages the Nexus One has over the iPhone include being narrower and a little more lightweight, a bigger screen giving it more resolution, new AMOLED screen technology making it brighter, one of the fastest processors ever put in a phone, and double the memory of the iPhone. It also is said to have a faster reaction to its touch screen, with 3D animations as you turn your pages of apps.

The Nexus One’s camera, with five megapixels of resolution, an autofocus lens, an LED flash, and HD video capability, is a step up from the iPhone. The iPhone only has three megapixels and no flash.

The Nexus One uses Google’s software, Android. This software does have an advantage over the iPhone’s, such as a Google voice virtual phone number service, and also has a version of Google maps that has an option to speak to you with turn-by-turn driving directions. The iPhone’s maps application lacks this feature, forcing you to find a third party program to use. The Nexus One also has built-in voice recognition, which lets you dictate e-mails, text messages, and other bits of information. It also comes unlocked from the manufacturer itself, Google, letting you put any SIM card from any network carrier.

The iPhone is carried through AT&T and requires a contract to be signed when bought, making the price of the phone more affordable than buying the Nexus One.

In comparison to the two smart phones, it is more of a personal choice of which features you would find more useful to your individuality. The Nexus One does have better features than the iPhone, but it doesn’t compete with the music and the hundreds and thousands of apps the iPhone has to offer. As much as technology changes and upgrades, only time can tell which phone will eventually be at the top.
Leap Year—No Man is Safe

By Katie O’Neal

February 2010 is NOT a leap year, but it is the year a movie comes out entitled Leap Year. Men, if you have been dragging your feet to purpose, you may have to watch out. This movie may give the ladies some ideas.

As the story goes, the tradition of women romantically pursuing men during a leap year began in 5th-century Ireland, when St. Bridget complained to St. Patrick about the fairer sex having to wait for men to purpose. Patrick finally relented and set February 29 aside as the day allowing women the right to ask for a man’s hand in marriage.

This is the topic for Hollywood's newest romantic comedy, out this month, entitled Leap Year, starring Amy Adams and Mathew Goode. Will this Irish tradition catch on?

Look out if you see a flock of women at jewelry stores—or would it be hardware stores? Then the answer might become clear, women are leaning toward a more traditional way of commitment.

But remember to look before you leap—into a marriage proposal anyway!

Leap Year—No Man is Safe

By Danny Trevino

In this first installment of METAL NEWS, we are talking about tour dates, recent accidents, and new upcoming artists.

As you all know, Avenged Sevenfold’s drummer “The Rev” died. The cause of death has been inconclusive, as of yet. He died on December 28 at his home in Huntington Beach, California. The Rev died at age 28.

Slipknot is still touring this side of the states. Also, All That Remain’s Oli Herbert is the man this month! Because of their smash hit single “Two Weeks,” his solo was phenomenal and very hard to replicate for you guitarists out there.

Also, The White Stripes are now releasing their first official album.

Since Sound Garden first came to the stage, they brought grunge out to a whole new scene, then disbanded in 1997. Just recently, Chris Cornell left Audio Slave and what I hope is Sound Garden’s upcoming reunion, although nothing has been finalized.

Below are concert dates for some amazing metal bands:

A Day to Remember, August Burns Red, and Silverstein in concert on Monday, May 10th. Tickets are $27.00 each. Begins at 6:30 p.m. in Cain’s Ballroom, Tulsa, OK.

Killswitch Engage, The Devil Wears Prada, and Dark Tranquility, performing Tuesday Feb. 23rd. Tickets are $33.00 each. Begins at 7:00 p.m. Cain’s Ballroom, Tulsa, OK.
Meet Some Historic Black Americans this Month

By Michael Amberson

When we think of black history, the very first person that usually comes to mind is Martin Luther King, Jr., who played a huge role in the civil rights movement and whose public speeches touched the heart of a nation, but what about all the other African Americans who have touched our lives and made the world a better place to live in? Meet just a handful of them now:


George Carruthers (1939 - ) invented the far ultraviolet electrographic camera, used in the 1972 Apollo 16 mission. This invention revealed new features of Earth’s far outer atmosphere and deep-space objects from the perspective of the lunar surface. Carruthers was inducted into the National Inventor’s Hall of Fame in 2003.

Dr. Charles Drew (1904 -1950) discovered techniques to store blood and developed blood banks. Joseph Winters invented a fire escape ladder in 1878.

This list includes just a tiny fraction of African Americans who have made the world a better place to live in. If you are interested in learning more, you can visit http://www.biography.com/blackhistory/index.jsp.

Take the chance this February to learn more about Black History Month and what other great things Black Americans have done. Read a book, watch a documentary, visit a website, or attend a multi-cultural event. (See story below for info on the Dallas Black Dance Theatre’s free performance Tuesday night!)

Dallas Black Dance Theatre to Perform Tuesday Night

Southwestern Oklahoma State University’s final Panorama event of the 2009-10 year will feature the Dallas Black Dance Theatre on Tuesday, February 23.

The 7:30 p.m. modern dance program will be held in the Fine Arts Center on the Weatherford campus. Admission is free.

“This will be a spectacular event,” said Brian Adler, chair of the SWOSU Panorama Committee. "The Dallas Black Dance Theatre has performed around the world, and it is extremely nice that SWOSU has made this a free event so that many people can enjoy this performance.”

Founded in 1976 by Ann Williams, the mission of Dallas Black Dance Theatre is to create and produce contemporary modern dance at its highest level of artistic excellence through performances and educational programs that bridge cultures and reach diverse communities. With an ever-expanding national and global audience, the company employs a diverse, multi-ethnic troupe of dancers performing for audiences of all ages and backgrounds.

The Dallas Black Dance Theatre is the oldest, continuously operating professional dance company in Dallas.

Under the direction of Williams, the ensemble, a contemporary modern dance company, consists of 12 professional, full-time dancers performing a mixed repertoire of modern, jazz, ethnic and spiritual works by nationally and internationally known choreographers.

In addition to performing at places such as the Kennedy Center in Washington, D.C., the DBDT has had tours to Austria, Ireland, Spain, Italy, Bermuda, Zimbabwe, South Africa, Mexico, Peru, Canada, Japan, Uganda and Great Britain.

For additional information on the Dallas Black Dance Theatre’s performance, contact the SWOSU Public Relations & Marketing Office at (580) 774-3063.
Two Thousand Ten Says “Goodbye” to Fashions Faux Pas

By Katie O’Neal

What left with 2009 in fashion? Everyone wants to start out the New Year looking trendy. Here are a few things that are a must to chunk out of your closet in 2010. If you were rocking the bold graphics and military look, it’s time to look deep into your inner “gamer” side with a future warrior top and hot braids to go with it.

The old worn-out jeans are good for weekend downtime at home, but the new craze in jeans is the patch look and printed patterned pants. Word on the street is gigantic bug-eyed sunglasses are out and small framed bright colored shades (like Ray Bans) are in when blocking the rays in Spring.

Ed Hardy t-shirts may be on the down slope, and with all the sensation about Larry “General” Platt’s American Idol and YouTube hit song “Pants on the Ground,” sagging may at last be lagging as a fashion statement. This isn’t just for guys—we’re getting sick of the girls low-riding. At least the guys wear boxers instead of birthday suits.

Experts say that 2010 is going to be classically inspired in order to help out during the financial crisis. Throw out your tribal ethnic trends and say hello to knee high socks and play suits. Boyfriend pants might be out of style, but the boyfriend blazer is a sophisticated addition to the wardrobe in the chilled spring climate. Pixie cuts and cropped bobs are long gone and long natural looks are in (someone tell Alice Cullen, please.) If you’ve already been in the gym working legs, then you’re in luck, because high dress splits are a must if going out on the town. Remember, start fresh this year and say no to panty lines (Thanks, Spanx!), statement tee’s, ripped tights, and (since 1999) the perm.

Sports Update

By James Racadio

The SWOSU Men’s basketball team lost to UCO after riding a two-game win streak. They look forward to getting back to the winning ways the 17th against East Central, whom they have already beaten by 29 points earlier this season. They are at a record of 11-15 this season with four games left for the regular season. The SWOSU Women’s basketball team dropped their latest to UCO also. Their record on the season is 2-21 with five games remaining.

The SWOSU football team signed 31 student athletes on signing day. With those players, and the 13 JUCO transfers, the football season next year looks to be considerably better.

The OSU Cowboys took Bedlam (the 2nd one of the season) with a resounding 97-76 victory. OU was missing Tiny Gallon in the inside due to “disciplinary reasons” and Willie Warren was ill. However, Cowboys Anderson and Muonelo popped 3’s all night.

The New Orleans Saints are Super Bowl Champions after defeating the Indianapolis Colts 31-17. Drew Brees, the Saints quarterback, won the MVP honors. UFC 110 is scheduled for Feb. 20. Three of PRIDE FC legends will appear as Nogueira, W.Silva, and Cro Cop battle. It will be entertaining. Also, Nick Diaz is the new Strikeforce welterweight champion.
Katie O’Neal was born in Pampa and now lives in Erick. She has a boyfriend named Brian, and she enjoys spending her time riding horses, shopping and cooking. Katie has a huge heart and becomes upset when she sees stray animals. In 5 to 10 years she wants to become a mom, and if she were to win a trip to anywhere of her choice, she’d like to visit Ireland.

Becca Sims was born in Edmond. She now lives in Elk City. Becca is a fan of the movie Toy Story 3 (and apparently fake mustaches), and she would like to travel back in time to the Renaissance Period. Becca once got roped into posing for bonus points, and now you may see her face all over campus in promotional pictures!

Lauren Tatum, of Sayre, is originally from Ft. Worth, Texas. She is currently in the med tech program and is planning to graduate in May of 2011. Her favorite color is turquoise, but she loves all shades of blue. Her cat’s name is Meow-Meow and Lauren brags she owns the only cat who can say her own name.

Danny Lee Trevino was born in San Antonio, Texas and now lives in Elk City, Oklahoma. Danny resides with three other high school classmates all under one roof. He plays lead guitar, bass and backup vocals for bands. On his down time Danny plays Halo, Call of Duty, Guitar Hero, and Rock Band whilst drinking keg loads of Mountain Dew until the sun comes up. In the future, he plans to be a big time thrash guitarist playing free gigs just for the love of music.

Melissa Gilliland was born and raised in Elk City. Her three wonderful children, Tyson, Raegon and Ali, mean the world to her. A sophomore, she is earning a degree in nursing and works at GPRMC. She likes riding horses, going to the lake, and is a big fan of Oprah Winfrey.

Marlena Johnson is from Cheyenne and is a Medical Technology student who plans to graduate in May of 2011. In her free time, she likes to attend rock concerts with friends and/or with her boyfriend, Clint Lippencott. One of her favorite movies is Titanic.

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