Students tell New Year's Resolutions

By Robyn Hudson

The WatchDawg polled eighty-eight SWOSU students about their New Year’s Resolutions, and of those, a whopping 27% listed wanting to make better grades as their resolution. It was the #1 answer. Nineteen percent have decided to make no resolutions, 15% want to lose weight, and 14% percent want to maintain their weight as it is, but work out and be more healthy. Having a better attitude or being a better person got 8%, and 6% want to quit smoking.

Below are some of their amazing and unique resolutions.

"I don't make New Students tell New Year's Resolutions any more. I used to, but I just don't seem to follow it through. So this year I decided not to set myself up for another disappointment.”—a freshman at Sayre.

"Mine is to start going to class all the time and never miss.”—Brandt McDonald

(Continued on page 3)

No Class Monday

For Martin Luther King Day

By Robyn Hudson

According to the Registrar’s Office, classes will be dismissed on Monday, January 18, 2010, to celebrate Martin Luther King Jr. Day. Classes will resume on Tuesday, January 19 as scheduled.

This is the first year that the classes have been dismissed for the holiday. The suggestion was made by Weatherford's Student Government Association and approved by administration and faculty last year.

Martin Luther King Jr. Day is a United States holiday marking the birth date of the Reverend Dr. Martin Luther King, Jr., observed on the third Monday of January each year, around the time of King’s birthday, January 15. It is one of four United States federal holidays to commemorate an individual person.

(Continued on page 2)
H1N1 intra-nasal vaccine still available

By James Racadio

The H1N1 vaccine is available free of charge at SWOSU Student Health Services, located in the Wellness Center room 158 at Weatherford. They are also offering the intra-nasal (flu mist) form of the vaccine. This type of vaccine is a weakened live virus vaccine that is sprayed into the nostrils rather than injected into the muscle. It is recommended for healthy individuals age 2-49 years. Those who should not receive the intra-nasal vaccine include pregnant women, children younger than 2 years of age, people 50 years of age and older, those with a chronic medical condition or a weakened immune system, children younger than 5 years with a history of recurrent wheezing, and children or adolescents receiving aspirin therapy. The Oklahoma State health Department has encouraged SWOSU to offer the vaccine to all students, faculty, staff, and family members.

"Please stop by anytime between 8-12 and 1-5 to get your flu shot—we look forward to seeing you!" said Laura Smith, Director of Student Health Services in Weatherford.

The Writing Center gears up to help you

The Writing Center opens for the Spring Semester on January 19, 2010, the day after students return from the Martin Luther King holiday. The Center’s spring hours will be posted on their webpage at that time for students who wish to drop by for one-on-one help with composition. Otherwise, students from Sayre will probably want to e-mail their papers to the Writing Center, which offers free assistance with spelling, grammar and composition.

The Writing Center wants to thank the students who used their services last semester and the faculty who encouraged the students to attend. They meet with students approximately 605 walk-in sessions and reply to 373 e-mailed projects making a total of 978 for the semester. Last year the Writing Centers total was 1243 sessions for the entire year. The Writing Center hopes to continue to increase the number of students they see.

The Writing Center knows that there were a few occasions last semester when tutors were out sick or unavailable, leaving them understaffed for a few of their scheduled hours. Students can always call ahead to see if a tutor is available or to make an appointment. Their number is 580-774-7083, or student can e-mail a paper to the Writing Center at writingcenter@swosu.edu.

The Writing Center looks forward to serving students this semester. All disciplines are welcome and students may bring projects at any time in the writing process.

M.L.King Day, continued from front

(Continued from page 1)

Day was founded as a holiday promoted by labor unions. After King’s death in 1968, Rep. John Conyers introduced a bill in Congress to make King’s birthday a national holiday, highlighting King’s activism on behalf of trade unionists.

In 1986, Martin Luther King Jr. Day was declared a national holiday in the United States and was celebrated by many people on January 20, 1986, for the first time.

And for the first time here at SWOSU, we can celebrate the national holiday outside of class.
News Year’s Resolutions, continued from front

(Continued from page 1)

"Mine would be to be the best mother I could be. I think I could accomplish this just for the simple fact that I am going to college. This will help me be a better mother." —a freshman and mother from Elk City.

"I usually cannot stay awake long enough o ring in the New Year."—Lori Atteberry

"Mine is to get knighted by the Queen of England. Getting knighted would just make my year. Being knighted also means 'Sir' would go in front of my name, and that's just awesome." —Zack White, freshman.

"My resolution is to mellow out when things don’t go my way." —Dayna Hicks

"My New Year’s Resolution is the same as most individuals—to lose weight. Everyone wants to look good and be happy with their body."—Concurrently enrolled senior from Sayre High.

"Mine is to go to college. I was a 28-year-old working at a fast food restaurant. I felt like I was letting my kid down, so I enrolled in SWOSU in late December. My children and husband are very proud of me."—a freshman from Burns Flat

"One of mine is to train to be in a marathon and work my way to a triathlon. Another is to read the whole Bible by Christmas of this year."—Derisha Brose

"To survive high school with my sanity intact." —Concurrently enrolled student, Khelsea R.

"On New Year’s I didn’t make a resolution, I didn’t do anything but work. It was not fun at all."—Robert Sanchez

"My resolution for 2010 is to not add pressure to my life by making resolutions."—Cherrie Nutley

"To prevent myself from talkin’ like a redneck. Excuse me, talking like a redneck."—James Racadio

"My New Year’s resolution is to not have a resolution. I think it’s better to live one day at a time."—Freshman at SWOSU

"This year I have dismissed the idea completely. Yes, I know I am an overachiever. But what can I say?" —Donna Clemmer

"I’m going to have as much fun as I can with all of my friends before we go off to college." —Hollie Orth, concurrently enrolled senior from Merritt High School

"My New Year’s resolution is to try hard at school this semester and to have a better attitude about everything."—Jenna Maddox

"I would like to continue doing well in class, so I can find myself a job to be proud of and my children can be proud of." —Jason Crampton

"To stop drinking pop."—Tiffany Capi

"To spend more time with family. My mom is terminally ill, so spending as much time as possible is very important."—Anonymous

"My New Year’s Resolution is to make all B’s in my classes. I would be happy with A’s, but I’m going to shoot for B’s." —Lauren Tatum

"Mine would be to be able to fight negative obstacles that occur."—Tabitha Hill

"I decided to quit a few bad habits and start new habits. I moved my husband and all his belongings out of my house and out of my life."—Reyna Saiz

"I think mine would have to be to try and forgive and forget the past."—Kylie Franklin

"My brothers and sisters are very important to me and I hope I can find the time to see them more this year."—Tara Sargent

"To get rid of the belly fat so I can wear a certain . . . interesting . . . outfit."—Amy Shepperd. Go, Amy!!

"I have pledged myself to be happy, and I am happy when playing music. So this year I am going to start playing piano again."—Jessica Egner

"Mine is to not stress over things I have no control over."—Julie Rhodes

"I don’t feel I articulate my thoughts to paper very well and look forward to developing skills to help me improve that part of me."—Colleen Taylor

"To help make someone’s day brighter every day."—Radi Boles

"I believe 2010 is going to be a better year than 2009 was for me." —Kelly Cox

And isn’t that what it is all about? Thanks to everyone who responded to our poll, and we hope your resolutions succeed!
Instructor Ronald Duffield dies
Campus shocked by untimely death

By Meagan Doyns

Walking onto the campus after hearing rumors and hoping they were false, students found out Ronald Duffield passed away over the break. Mr. Duffield was 59, and is believed to have died from severe complications of the flu; however, the medical examiner is investigating to determine the exact cause of death. He died on December 20, 2009. His services were held at Sayre Public Schools auditorium.

Ronald Duffield was born on September 25, 1950, in Tahlequah, Oklahoma. After graduation he began working as an electrical lineman before he entered the US Army, serving his country during the Vietnam War. Ronald even owned his own company, Duffield Power line Construction, which he operated for 12 years until an accident left him without an arm and parts of both legs. The preacher at his funeral said Mr. Duffield took it in stride, never blaming anyone, and continuing to have a positive outlook on life.

He eventually went back to school at SWOSU, received his Masters in Social Science, where he went on to teach for the past 25 years. He was very active in the both the Masonic Lodge and the Veteran’s Association.

He is survived by his wife Alice, daughter Jonnetta, and stepson Charlie Merida. He will be missed tremendously.

“Mr. Duffield was a wonderful instructor, very student oriented and up on the subject matter. We received compliments on him frequently. Also, he was highly respected by his peers and always willing to help in any way needed. He will be very, very missed,” stated Dr. Jim James, Dean of the College of Associate and Applied Sciences.

“A few years ago, Mr. Duffield learned of a student who needed an operation but had no insurance and wasn’t considered healthy enough to be employable. Mr. Duffield worked with the SGA to have fundraisers and worked through his club affiliations to match the money raised,” remembers co-worker Terry Ford, English instructor. “Not only did he collect and store items for the garage sale, he also then organized the sale, set up a big tent downtown at the bank, and worked at it to take in the money. As if that weren’t enough, he also donated items of his own to the sale, like his valuable collections of baseball cards and collector’s cards. He was amazingly generous and active in the community.”

One of his students, Jeff Roland, remembers that he said, “Gooood mooorning, class” every day in the same jovial manner. Roland also recalled that Duffield loved to fish and always marveled at how he managed it. “And he was a better driver that all the rest of us, too,” Roland said, recalling a time when he and a fellow student were helping him move a TV, and they both got in Duffield’s van and put on their seatbelts. Duffield, noting that the students were buckling up, joked about his disabilities and said, “That didn’t take you boys long.” He truly had a wonderful sense of humor and a love for other people to do all of the things he did and to be an educator in the community for as long as he did.

Teaching some of Mr. Duffield’s classes will be Susie Campbell, Landry Brewer, Scott Froneberger and David Brooks.