Biggest Loser Contest Underway!

Time to Make Good on New Year’s Resolutions!

By Julie Olson

SWOSU-Sayre is hosting a “Biggest Loser” contest. This event began on Wednesday, January 19, with 16 contestants weighing in and paying the $15 entry fee. This means the grand prize for the biggest loser stands at $240.00 cash!

The weigh-ins will be conducted in the weight room of the gym every two weeks for smaller prizes. Mr. Chris Stufflebean, who has been sworn to secrecy, will be in charge of recording all weight statistics for this event. Losses will be based on a percentage so as to give all participants a more “level playing field.”

The weigh-ins for smaller prizes will be, Feb. 2, Feb. 16, Mar. 2, Mar. 11 (early weigh-in due to Spring Break), Mar. 30, and with the final prize awarded after the weigh-in on April 13th!

Some prizes will be donated by the SGA, thanks to Mr. Ron Kistler, SGA sponsor, and donations are also being sought from local businesses, thanks to the hard work of Mr. Bill D’Allessandro, the Program Director for Hospitality, Restaurant, and Gaming Management.

The campus fitness center is free to SWOSU-Sayre students. It is located in the Patterson Field House, room #113. A student employee is available to help you sign in and use the weight equipment. It is open at 8 a.m. every week day. On M-T-R it closes at 8 p.m. and W-F it closes at 5 p.m.
Educate Yourself during Stalker Awareness Month

By Tisha Herndon
January is Stalker Awareness Month. During a 12-month period, an estimated 3.4 million persons ages 18 or older were victims of stalking. Stalking is defined as a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Some may not realize that they are crossing “boundaries,” and some perhaps do not care. The Supplemental Victimization Survey (SVS), which is where this information comes from, identified seven types of harassing or unwanted behaviors consistent with a course of conduct experienced by stalking victims.

“Victims must be assertive and establish boundaries. It sounds cliché, but you must take your power back,” stated one woman on the Sayre campus, whose former stalker is now serving time. “Don’t be afraid. Take action,” she said.

The following are considered stalking behaviors:
• making unwanted phone calls
• sending unsolicited or unwanted letters or e-mails
• following or spying on the victim
• showing up at places without a legitimate reason
• waiting at places for the victim
• leaving unwanted items, presents, or flowers
• posting information or spreading rumors about the victim on the internet, in a public place, or by word of mouth.

While individually, these acts may not be criminal, collectively and repetitively these behaviors may cause a victim to fear for his or her safety or the safety of a family member. The federal government, all 50 states, the District of Columbia, and U.S. Territories have enacted laws making stalking a criminal act, although the elements defining the act of stalking differ across states.

Facts About Persons Being Stalked:
• During a 12-month period, an estimated 14 in every 1,000 persons age 18 or older were victims of stalking.
• About half (46%) of stalking victims experienced at least one unwanted contact per week.
• A reported 11% of victims said they had been stalked for 5 years or more.
• The risk of stalking victimization was highest for individuals who were divorced or separated—34 per 1,000 individuals.
• Women were at greater risk than men for stalking victimization; however, women and men were equally likely to experience harassment.
• Stalking victimizations were equally likely to be reported to the police with Male (37%) and female (41%).
• Approximately 1 in 4 stalking victims reported some form of cyber-stalking such as e-mail (83%) or instant messaging (35%).
• Some 46% of stalking victims felt fear of not knowing what would happen next.

Nearly 3 in 4 stalking victims knew their offender in some capacity.

This article is Part I of a two-part series. Look for more information in the next edition of The WatchDawg.

The National Domestic Violence Hotline is 1-800-799 SAFE. For legal assistance in Beckham County, contact a victim’s advocate: 580-938-2054. For more useful information, try these: www.ocadvsa.org and www.ncadv.org.

Join the Professional Business Organization Now!
Aluminum can tab fundraiser already underway.

By Becca Sims
PBL (Phi Beta Lambda) is the campus organization for motivated students interested in fellowship, competition, community service, and improving professional skills. The club is welcoming new members who would like to officially join! If you are interested in developing leadership, communication, and team skills or simply looking for an organization to meet and network with others at the local, state, or national levels, PBL is the organization for you.

Registration is due to Mrs. Holly Hernandez by February 5th. There will be rules/dress code passed out for the exciting upcoming conference, from March 31 to April 2. Dues are $30. Don’t miss this great opportunity!

Also the PBL SWOSU-Sayre Chapter asks you to pull your tabs! The tabs are being donated to the Ronald McDonald House in Oklahoma City. There will be boxes placed by the soda machines in Mackey Hall and Alexander Buildings.

Just place your pull tabs in a Ziploc bag and bring them to Ms. Hernandez in room 103 SMH. Everyone is encouraged to participate in helping our PBL SWOSU-Sayre Chapter to collect as many tabs off of cans as possible!
Textbooks Go Digital! Save Money!

By Dayna Hicks

In years past, you wouldn’t think about having a textbook that wasn’t actually a book. Things are changing. Now with technology such as the Kindle, novels have been brought into the Digital Age. What about textbooks? Going digital is one way to cut down on cost. Digital copies of books are much cheaper than a hard copy, and they cut down on paper. “Last semester was the first time we had some to offer from Follet,” said university bookstore manager Jolene Bales. “You have to have a computer and subscribe to CafeScribe. We have 10 or 12 titles here that are eligible for download.”

You can even test the book for one week and get your money back if it isn’t right for you. The code can be purchased in our bookstore or online at cafescribe.com.

Although the price of a digital book compares to that of renting, one drawback is using the book in class. It can be downloaded onto a laptop, and taken to class that way, but that may not be as convenient as opening a book. The textbooks are not yet available for the Kindle or I Pad.

Talk to Mrs. Bales at the bookstore to see about buying digital textbooks.

Peking Acrobats to Perform at Weatherford

By Megan Spitz

Tickets are now on sale for a February 2nd performance by the Peking Acrobats as part of the Panorama series at Southwestern Oklahoma State University in Weatherford. This gala 25th Silver Anniversary North American Tour stop in Weatherford will also feature the Women’s Peace Orchestra of China.

The event is set for Wednesday, February 2, at 7:30 p.m. in the Fine Arts Center on the SWOSU campus. Advance tickets for the event are $10 for individuals with an SWOSU I.D. card and $15 for others. All tickets at the door will be $20.

Tickets are available at the Alexander Building room 110, in the Business office. Ask Mrs. Woodruff or Mrs. Campbell for tickets or for more information. Tickets can also be purchased with a credit card by calling (580) 774-3019.

Performing live at SWOSU Fine Arts Feb. 2

The Peking Acrobats—a troupe of China’s most gifted tumblers, contortionists, jugglers, cyclists and gymnasts—will demonstrate their 2,000-year-old tradition of acrobatics. The group has appeared on numerous television shows and on the silver screen in all films in the Ocean’s Eleven franchise.

Panorama Committee Chair Brian Adler said the performance should be an outstanding show and enjoyable for all ages. Adler said the last time the Peking Acrobats were at SWOSU, the show sold out. Another large crowd is expected for this Silver Anniversary gala. Additional information about the Panorama series is available by calling the SWOSU Public Relations & Marketing Office at (580) 774-3063.
With the start of a new year, most everyone is making resolutions to better their lives. The Watch-Dawg conducted a random survey with the student body. Almost 41% of the students who participated were concerned with their health. Another 20% of the students had school on their mind, and 18% decided that they do not need a resolution this year. Below are some of the more unique resolutions that made our list:

“My New Year’s resolution is to be more organized and clean out closets. I honestly do not see it happening, but . . . .”--Paula

“My New Year’s resolution is to throw my son the best birthday party ever.”--Rachel

“My New Year’s resolution is to fill up on Jesus.”--Amanda Wilson

“My New Year’s resolution is not to get suspended.”--Sayre Freshman

“I plan on doing only positive things that will in some way better my life.”--Kala Baker

“In an effort to not over encumber myself with some quaint resolve which would no doubt be forgotten and forsaken or both by the latter part of January, I chose instead to insist upon myself a goal, that, while on the surface may seem more broad, in reality is quite specific to the advancement of the self. I have come to a state of mind in which a complete examination of my goals led me to the thought: If I am to endure the necessary actions needed to attain to my goal, my first and foremost goal must be to unite the lower EGO (emotion, instinct, pride) with the higher SELF (logic, reason, love, will). In this way, I should maximize my forward motion by continually becoming more energy efficient. And so, my resolution this New Year is/was simply to continue down my path just as I am with a sound and resolve and pure intent.”--By Brandon Miller

Marcus Lewis’s New Year’s resolution is to “beat the OKC Thunder” apparently single-handed!

“My New Year’s resolution is to finish what I start.”--Dallas Schultz

“Well, to be perfectly honest I haven’t thought about it. I always wanted to be smart, please don’t ask what’s with the humor. If I had to think about it and be serious, I would say I want my two front teeth. Oh wait, I already have that. OK, OK, OK. I’ll tell you party poopers. My New Year’s resolution is . . . Drum roll, please! I want to remodel an old broke down ’69 Mustang. When I’m done it will be all black, with two gold racing stripes going down the top of the car. It will have tinted black windows and the engine I want in it is a BOS 302. I’ve always wanted to since I was a little kid. Well folks that all I’m giving for now, I’m here 24 hours, 7 days a week. By the way, I charge 25 cents for every journal entry, just letting you know.”--By Aaron Malenshek

“My resolution is never to make a resolution. I optimistically conclude that the following year will be better than the last. I believe the fresh new start, in itself, is better than any resolution. My motto is revelation not resolution.”—Student from Northern California

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Sports Talk

With Spencer Smith

OU and OSU are set to have special seasons. The 2010 College Football season hasn’t been over long, and there is already an excitement in air for 2011. The season is over 200 days away, but if you talk to Sooner and Cowboy fans alike they don’t want to wait that long. The Oklahoma State Cowboys are coming off the best season in program history with an 11-2 record and an Alamo Bowl victory. The Oklahoma Sooners finally got over their BCS slump with a victory over Utah in the Fiesta Bowl, and they finished the season 12-2 and as the Big 12 Champs. The 2011 season looks even more promising for both teams as key members spurned the NFL draft to stick around to compete for the ultimate prize, the National Championship.

The 2011 version of the OU Sooners is going to look pretty familiar with the announcement that Ryan Broyles and Travis Lewis will be returning for another season. The Sooners return 18 of 22 starters from a 2010 team that saw the offense clicking on all cylinders at seasons end, and a smash mouth defense that got better with every game. Landry Jones returns to lead the attack at QB who was 2nd in the nation in passing yards with 4,718 and a slew of talent at receiver. Leading the receiving core is Broyles who not only finished 3rd in the nation in receiving yards with 1,622, he also imprinted his name in the OU record books. Lewis looks to lead the defensive attack with a group of young talent returning. The Sooners are already favorites by a few writers for the preseason #1 ranking and hope to live up to the billing.

The Oklahoma State Cowboys were picked to finish 5th in the Big 12 in 2010, but came roaring out of the gates with the help of Brandon Weeden, Justin Blackmon and Kendall Hunter as the three-headed monster offense that finished 6th in total offense in 2010 and a defense that found some identity and finished in a tie for 1st in the Big 12 south division. All Blackmon did was burst on to the scene with a record 12 straight games with 100 yards receiving and finished 2nd in the nation in yards with 1,782. Weeden led the team to its first 11 win season in school history and a top 10 finish in the USA Today/Coaches poll and finished 3rd in the nation in passing yards with 4,277. The cowboys will have to find a replacement for Hunter who after injuries in 2009 had a solid 2010 campaign with 1,548 yards, which is good for 9th in the nation. The return of Weeden and Blackmon has Cowboy fans excited and wanting more.

The 2011 season is still months away, but that won’t stop the Cowboys and Sooner fans from talking about what might be for next season. Both teams should be highly ranked in 2011 preseason polls and their annual Bedlam game has all the makings to be a winner take all for the Big 12 title and maybe even better, a shot at a National Championship.

Movie Review: True Grit

By Becca

Re-makes are usually horrible, but the Coen brothers’ version of True Grit (Rated PG-13) is that rare remake that definitely beats the original, unless you’re a die hard John Wayne fan! If you haven’t seen the original 1969 western with its classic cast, in addition to Wayne, there was Glen Campbell, Kim Darby, Robert Duval, and Dennis Hopper. Hard to beat? Yes.

Gritty, tough, dark and even humorous, this story of justice is one of the year’s best films. The scruffy drunk Jeff Bridges and spirited Hailee Steinfeld are an excellent pair, and Matt Damon provides the perfect amount of wry comic relief. Mattie Ross, (smartly played by Steinfeld) is a 14-year-old girl with a vendetta against her father’s murderer, a man named Tom Chaney (Josh Brolin). In search of a man who can aid in her quest for vengeance, she settles on U.S. Marshal Reuben “Rooster” Cogburn (Bridges), and they are joined by a Texas Ranger named LaBoeuf, (Damon). They are all seeking Chaney for different murders and the hunt takes them into Choctaw Territory. At least in the new version, it looks like they are traveling through Oklahoma; whereas in the original, snow-capped mountains and Aspens suspiciously mark their ride through “No Man’s Land.”

The last thirty minutes of the movie is filled with anticipation and suspense. The action is more believable in the new version, where LeBoeuf and Cogburn split up, thus enabling one to suddenly appear to help Maddie by the snake pit. In the old version, the two ride off across the valley together, and miraculously they appear to help Maddie by the snake pit. The action is almost secondary to the magic and simpler audiences.

The action is almost secondary to the growing relationship between Rooster and Mattie, with just the tiniest bit of sexual tension between the young Maddie and LaBoeuf. The endings are a slight bit different, and in this area I believe I favor the older version; however, the Coen brothers really made a remarkable re-make.
New Year’s Resolutions, continued

(Continued from page 4)

“I have more than one New Year’s resolution. One of them was to run a marathon. About one year ago my friend Lakyn and I let our teacher, Mrs. Lakey, talk us in to running with her and her husband. She printed us off training schedules and everything. However, neither one of us actually went through with it. So this year my New Year’s resolution is to train and complete the Oklahoma City Memorial Marathon.” — By Joe Manning

“MY New Year’s Revolution is to gain weight.” -- Unknown Student

“My New Year’s resolution is Absolute Nothing. I have tried to do them in the past but only lasted a day.” -- Freshman from Amarillo

“My New Year’s resolution is to stay in touch with my friends and family.” -- Presley Thomas

“My New Year’s resolution is to gain more independence.” -- Jessica Turpen

Megan Hooks New Year’s Resolution is to make her boss proud of her.

“My New Year’s resolution is to build my relationship back up with my little sister.” -- Alyssa Brandon

“I don’t usually make a New Year’s Resolution because I probably won’t keep it. I would have too many. I try to be the person that I can be so that I don’t need to make them.” -- Unknown Student

“I have two New Year’s Resolutions. The first one is to get back into shape. I plan on working out more to lose weight and tone up. The second one is to bring up my numbers at Sally Beauty Supply where I am store manager.” -- Loretta Hagh

“I just got a P90X and Hip Hop Abs to help get me back into shape.” -- Liz Sergeant

Lit Club Pick: The Forgotten Garden

By Michael Am- berson

On Wednesday, January 12 the Lit Club had their first meeting at 1 p.m. in the Lit Pit. The book chosen was The Forgotten Garden by Kate Morton. If you are interested in joining the Lit Club, it is never too late.

You can join by coming to the next meeting in the Lit Pit (southeast end of Mackey Hall) Wednesdays at one, or you can also join by enrolling on D2L and discussing the chosen topics with other members, or you can join by visiting the SWOSU website.

If you are interested in joining through D2L, you need to take your student ID number to Mrs. Deborah Carpenter, 102 Mackey Hall, so she can enroll you in the D2L Group.

Also Mrs. Haught and Mrs. Ford would like to remind all students that bonus points can be earned in their classes by participation in any one of the three ways. When asked why she gives out bonus points in her classes for joining Lit Club, Mrs. Haught responded, “Because it is my goal to get students interested in reading.”

Literary Anthology Deadline Nears

The English Department at Sayre is planning a Literary Festival for April 15, 2011, and one of the highlights will be the publication of a Literary Anthology featuring works by SWOSU students.

Welcomed submissions include poetry, prose, and short stories. The deadline for entering is March 1st, 2011. Submit your works to Mrs. Judy Haught or Mrs. Terry Ford electronically, either by e-mail attachment or on a USB. Their e-mail addresses are as follows: judy.haught@swosu.edu and terry.ford@swosu.edu.

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