Upcoming Events:

- September 24 - Hoot 'N' Scoot - games, local booths, music - downtown Sayre.
- Now through Sept. 25 - OKLAHOMA STATE FAIR!
- September 30 - Registration Deadline for Oklahoma Research Day.
- October 5 - School nurse Laura Smith will administer flu shots in the Dean's Office from 9 a.m.-12 p.m. Cost is $15.00.
- October 6 - Last Day to enter in Miss SWOSU Pageant.

Feel great. Give blood.

The annual SWOSU Blood Drive will be held Monday, September 26th in the Patterson Field House (Gym).

You will be able to donate from 10:00 a.m. to 3:00 p.m. All donors will receive a free t-shirt, health screening, and earn Donor Rewards Points.

Many professors on campus give bonus points for giving blood.

If you can’t donate, find someone who can! You will still receive bonus points from most teachers for encouraging others to donate. To schedule your donation you may contact Kathy Brooks at 580-928-5533x115.

For more information about The Oklahoma Blood Institute visit www.obi.org.

Beware: Cold and Flu Season!

By Zac White

Have you ever tried to count how many times you touch your face in a day? The average person can touch the face up to 5 times a minute, which equals about 4,800 times a day! It may be simply scratching your nose or even wiping your eye. These tiny, mostly unnoticed, actions are all it takes to get sick. You may not realize it, but your hands can be one of the dirtiest parts of your body. Every day you touch thousands of things that have germs on them that may be harmful to your health. Even items such as your toothbrush or the money in your wallet can have millions of germs on them that you then put on your face. With the overwhelming numbers on the germs' side, some may ask how we can ever stay healthy.

One way to help out is to WASH YOUR HANDS!!! Washing your hands often is the most effective way to keep from getting sick. It is not that hard and does not take that much time to use hot water and a little soap to kill some of the pesky germs on your hands. The CDC recommends that you use cold or hot water, and that you use soap and scrub for longer than 20 seconds. If you need a timer, just hum the “Happy Birthday” song.

Student Tiffany Olayede stays healthy by using the convenient sanitizers around campus.
Fall means fairs and town wide festivities, so watch for the bright blue SWOSU tent when you attend events in Oklahoma. The SWOSU Booth will be set up at the Oklahoma State Fair, with runs from Sept. 15 to Sept. 25. The Bulldog booth will be located in the Cox Pavilion Center, and volunteers who man the booth will receive free state fair tickets. They will be busy passing out free souvenirs and answering questions. Look, too, for the booth at the Hoot-n-Scoot, coming up Sept. 24th in downtown Sayre. Staff members Nancy Sanders and Ron Kistler are always busy setting up the booth and passing out information. A brightly-painted vehicle with SWOSU logo was present in Elk City's Rodeo Parade. So always watch for the DAWGS wherever you go.

By Rebecca Clanahan

September marks the 10-year anniversary of the Literary Club. To kick off the club this semester, the book will be The Alchemist by Paulo Coelho. Normally the meetings take place on Wednesdays at 1 PM in the Lit. Pit. SMH136. Due to Mrs. Haught's recent surgery, the Literary Club will officially start in a few weeks. The Literary Club will hold discussions on D2L until then.

The Literary Club was started in the fall of 2001 as a response to the general melancholy that settled over the campus as a result of the September 11th terrorist attacks, Mrs. Haught remembers. Approximately 10 faculty members and students began meeting weekly to read and discuss a book that is decided on by the group; usually a book from the New York Times Bestseller List. Ten years later, the club is still going strong with 15 – 20 people participating by coming into the Lit Pit or online.

Haught said, “Fellowship and the pleasure of reading combine to make Literary Club a successful campus organization.”

By B.K. Miller

“My Circular Movement in Cheyenne and Arapaho Culture” is being presented at Weatherford now through October 6.

Four scholars from the Cheyenne and Arapaho tribe, who are nationally and internationally renowned, are exhibiting and presenting the topic through different perspectives, including history, language and traditional/contemporary art.

On September 27, Gordon Yellowman will lecture from 3 –4:30 p.m. in SWOSU Stafford Center 104.

On September 19, Dr. Henrietta Mann, President of the Cheyenne-Arapaho Tribal College, spoke to a packed house.

Dr. Mann used the analogy of the human lifespan being akin to the cottonwood tree: “We want all of our adults to be strong Cottonwood trees, to shelter those who are younger.” She spoke about the values she envisions for her tribe and mankind, the wheel of life and of our Earth. She spoke about how all living things are connected and composed of the four basic elements: Water, Earth, Air, and Fire. “‘We must maintain that delicate balance between independence and inter-dependence,” Dr. Mann said with regard to the Universal kinship.

All events are open to the general public and admission will be free to all lectures and workshops. The project is sponsored by SWOSU, Oklahoma Humanities Council, Cheyenne and Arapaho Tribal College and the Cheyenne and Arapaho Tribes.

By Dr. Henrietta Mann

Dr. Henrietta Mann spoke to the crowd for the Circular Movement.

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The Writing Center is open

The Writing Center opened on Thursday, September 1, for the Fall 2011 semester. Students from all disciplines are invited to discuss their papers at any stage in the writing process with trained student consultants. “Both experienced and struggling writers benefit from discussions about their writing,” says Valerie Reimers, Writing Center Supervisor. “Students may walk in during our scheduled hours, which are posted on our webpage, or e-mail papers to writingcenter@swosu.edu. We encourage faculty to send copies of assignments and any special instructions that will help us to better understand students’ needs.”

Are You Ready For Football?

By Ashley Brewer

The athletic department would like to encourage all faculty, staff and students to attend all football games! EVERYONE must have a ticket in order to be admitted to the games this year.

“We are implementing a few minor changes in admission to the football games,” according to Athletic Director, Todd Thurman. “As always, admission for all faculty, staff and students is free with a current SWOSU ID. However, we ask that you get a ticket at the windows either at the SE or SW corner of the stadium.”

The SWOSU Pride of the Great Southwest marching band will perform pregame concerts at each home football game, approximately 50 minutes before kick off. Everyone is invited and encouraged to attend!

Additionally, area residents have the chance to win big money this fall for just enjoying food and football!!

The SWOSU Tailgate Challenge is taking place at every SWOSU home football game this fall and area residents/businesses are invited to participate in the challenge that has a different theme each game.

Chad Martin, director of SWOSU Residence Life and the sponsor for the challenge, said the event is held on the western side of Fast Lane Field in the Code Blue Party Pit. Entry fees are $25 each week and all entry fees are returned in prize money to the first and second place finishers. Points are awarded to all contestants according to where they placed, and these points carry over each week that they participate. At the end of the season, the contestant with the most points will win a $500 grand prize from Residence Life.

Participants will submit their best grilled dishes, adhering to the appropriate theme for that week. Themes for the rest of the season are:

- Sept. 24 Fight of the Finger Foods
- Oct. 8 King of the Grill
- Oct. 15 South Western Smoke Off
- Nov. 5 Duke’s Chili Challenge

A cook-off meeting is held three hours prior to the cook off each week. Martin said organizers prefer that contestants enter at the Residence Life Office by 5 p.m. on the Friday before each game. However, onsite registration can be done if space permits. For additional information, please call 580-774-3024.

Roxann Clifton Re-elected President of the American Medical Technologists

By Liz Terry

Roxann Clifton of Sayre, Oklahoma was re-elected President of the American Medical Technologists during the AMT national convention held in Miami, Florida in August. The American Medical Technologists is a nonprofit certification agency and professional membership association representing approximately 60,000 individuals in allied health care. Established in 1939, AMT provides allied health professionals with certification services and membership programs to enhance their professional and personal growth.

Mrs. Clifton was certified as a Medical Technologist by the AMT in 1982 after graduating with an associate’s degree in health technology from Sayre Junior College. She went on to complete a BS degree in biology and Med with a concentration in biology from SWOSU. As a member of the Oklahoma State Society of AMT she has served as editor, board chair, vice-president and president. She was elected to the national AMT Board of Directors in 2005. At the national level she has served as secretary and vice president before being re-elected as president during this year’s annual meeting. Mrs. Clifton has been honored as the Oklahoma State Society Technologist of the Year, at the national level by the AMT with ten editing awards including Editor of the Year for her work on the Oklahoma State Society journal The Sooner Scope, Distinguished Achievement, Exceptional Merit, Pillar Award, Silver Service and most recently the Medical Technologist of the Year Award—one of the highest awards conferred upon a member of the AMT.

Mrs. Clifton is an instructor and the Medical Laboratory Technician Program Director at SWOSU at Sayre.
The Watchdawg

COLD AND FLU (From page 1)

(Continued from page 1)

BEWARE OF GERMS! Get your flu shots! School Nurse, Laura Smith, will be on the Sayre campus to administer flu shots Wednesday, Oct. 5th 9 a.m. to noon in the Dean’s and Counselor’s offices. Cost will be $15.00.

Has flu shots available to SWOSU students, faculty, and staff available at Sayre on Wednesday, Oct. 5th from 9 a.m. to 12 noon in the Dean’s and Counselor’s offices.

Shots are also available at the Wellness Center in Weatherford. The cost is $15.00 per person.

Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010, when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccine in the U.S. to expand protection against the flu to more people.

While everyone should get a flu vaccine each flu season, it’s especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

The janitorial staff at SWOSU washes desktops and doorknobs to prevent the spread of germs, and sprays rooms to kill airborne illnesses.

RAD TECH PROGRAM GETS HIGH TECH

By Alyssa Brandon

Students in the Radiology program here at Sayre will now be able to take advantage of the new computed radiography imaging equipment that has been installed.

Previously, when a student took an x-ray, the image would be displayed on a film that had to be chemically processed in a dark room, similar to photography. With the new equipment, a student can take an x-ray and then digitally upload the image on the computer by scanning the new cassette. The cassette has a special screen that allows a laser to scan it and create a digital image that can be viewed on the computer screen.

Having to take fewer images saves time and exposes the patient to less radiation. More advantages are that students can now magnify an image to view a particular area of the x-ray much closer. They can also darken or lighten the image for better clarification.

Radiology students will still be chemically processing images; however, they will be learning how to use the new equipment to better prepare them for the digital imaging systems they will see in hospital clinical rotations.

Above, SWOSU Instructor Jess Parker takes an x-ray of a hand with the new Computed Radiography Cassette. Photo Katie Currell.

Instead of using old-fashioned film developed in a dark room, the Fuji XC-1 provides the digital image of the bones of the hand on the viewing station. The image can be manipulated or burned to a CD by instructors Parker and Chris Stufflebeam. Photo by Katie Currell.

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Upon the 10th anniversary of the worst terrorist attack on American soil, students in Mrs. Terry Ford’s Composition classes were asked to journal about their memories of 9-11. The students would have ranged in age from 8 to mid-twenties at the time of the tragedy. The following is a selection of some of their reflections:

“I was in the third grade at the time, and I remember my teacher turning on the news and making us watch. I wasn’t sure what was happening, but when I saw the scared look in her eyes, I knew it wasn’t good. The world has changed a lot since that day. Nothing will ever be the same.”  —Rachel Dunn

“I was a sophomore at Elk City High and was in fifth period drama class. I don’t think I really had any thoughts, just more in shock and thinking of all those kids and people and what their families must be going through.”  —Ashley Heimer

Sara Morgan was dreaming of becoming an American citizen and couldn’t understand why anyone would do this to the place she hoped to call home. In her thick Spanish accent, she explains, “I was living in Reynosa, Tamaulipas, Mexico. I was pregnant from my first baby and waiting for my legal permission to come to this country. I was sad and painful for all the innocent people there dying in the tragedy. It made me feel goose bumps and cry. It made our country be insecure, especially with immigration when you go to enter in the country. Everything pass through x-ray, including yourself.”  —Sara Morgan

“I was in my fourth grade class. I remember my teacher tried to explain to us what just happened. I thought we were all going to get bombed. I was scared to death and couldn’t sleep for days.”  —Lacey Lamm

“I had to take my son to a doctor appointment in OKC. By the time we had returned, all the gas stations were overcrowded, and we waited in line almost 30 minutes. A PTA meeting that night was cut short in order for all of us to go home for further information on what had happened.”  —Julie Olson

“I remember thinking that it was a movie. Our library had a big screen TV in it, and I remember thinking to myself, ‘Why is Mrs. Green watching this?’ I mostly get mad when I see footage of the planes and the towers falling. I also get feelings of pride knowing that we have overcome the tragedy.”  —Rick Duran

“I remember sitting on the floor while I looked around at the faces around me. Some were crying, others looked as lost as I was.”  —Robyn Hudson

“I remember sitting in Rise-and Shine on the cold gym floor. We were doing daily announcements, and our secretary ran in screaming, ‘The Twin Towers have been hit!’ My teacher was crying because she has a relative who lived in New York . . . When I think of that day, all I can see is the black smoke, ashes and seeing people jumping out of the buildings. Ten years later, I still get that sick feeling in my stomach. The world has changed so much. I am so thankful for my family and our thoughts of those who donated their efforts and their time to help their fellow Americans, even though each person probably knew very few of them.”  —Lindsey Anderson

“I was at work when it happened. I felt so sorry for them all. When the buildings fell on TV, it was so sad, I sat and cried. There is so much meanness in the world.”  —V. Horton

“I was 8 years old and I remember seeing the twin towers falling down on the news. I didn’t really understand what was going on. I just knew it was horrible.”  —Bianca Olivas

“I was sitting in my fourth grade class. I remember them walking in and telling us that we had just been attacked in New York. When they told us, all I could do was cry, and think why would anyone want to do this to us. I can still hear the desperation in my teacher’s voice.”  —Chasity Dyer.

“My elementary teachers didn’t inform my class that the attacks happened. I found out when I got home after school. I remember that I was in complete shock and felt scrambled.”  —Samantha Johnson

“I was laid up on the couch, skipping class, when my girlfriend burst though the door . . . panic on her whole body. She said that the U.S. had been attacked by terrorists. My roommate turned on the TV and then we saw the second plane explode into the tower . . . Extreme sadness was followed by anger. I still can’t understand why, but it is part of our history, the reason our moms, dads, brothers, sisters, and other relations are at war still to this day, ten years later. I will always support our troops, but enough is enough. Bring them home so everyone can heal.”  —Marshall Flowers

“I think the world has changed because people now can see how easy it is to lose someone you love.”  —Ryan
Student Raising Funds for Italy and Greece

By Katie Currell

The Red Carpet Community Theatre is offering an EF Educational Tour to Italy and Greece during the 2012 spring vacation. To help support the trip, the group will be holding a “Romantic Raffle.” For just ten dollars, you can buy your chance to win a dinner for two at Adamo’s Route 66 Italian Bistro, one night for two at the Elk City Hampton Inn, and more.

The drawing will be held Sunday, December 11th, 2011, at the Red Carpet Community Theatre’s Christmas production of It’s A Wonderful Life.

You do not have to be present to win. Tickets can be purchased at Currell’s Do it Center or Weatherly RCA in Elk City.

Room is still available on the ten-day trip for adults and students.

For more information, see SWOSU student Katie Currell or call (580) 225-5461 or go to www.efours.com/enroll sign-in #: 1026831. Come join the adventure.