By Dayna Hicks

The doors of the Bulldog Café are no longer locked. When patrons walk into the café now, they can see some considerable changes to the establishment. One might say that the Bulldog Café has had a “facelift.” A wall around the salad bar separates the dining area from the entrance. It is designed to be more of a self-serve area. This should speed things up, so customers may grab something to eat in a hurry and not have to order and wait for food to be cooked.

The staff has added some new food items. Cereal, cookies, fresh fruit and muffins are offered, and yogurt has been added to the cooler.

Some changes include the moving of the utensils around the corner (Continued on page 2)

By Rebecca Clanahan

With Spring Break starting on March 19th, many of you are probably starting to make plans for the all-important spring break vacation. Like most of the population, one of the things that looms large in your mind is the rising cost of gas.

Average gas costs are up 12% from a year ago today (Forbes). At a national average of $3.57 per gallon, U.S. pump prices are already the highest ever for this time of year, and analysts say they may reach a record $4.25 per gallon this spring. (DesmoinesRegister.com).

While it feels like this has become a familiar prediction for the last year or so, it definitely may play a large role on deciding just how to spend Spring Break.

(Continued on page 6)
Social Networking: What You Should Know!

By Ashley Brewer

If you are not careful, your profile information, photos, status updates (short messages to everyone on your friends list) and comments (on your friend’s statuses) could reveal too much.

Danger

For example, your updates might reveal such information as to where you live, when you are and when you are not at home, what time you work, where you work, or where you go to school. Your address and an excited “Leaving for vacation tomorrow. Be back on such-and-such date” tells a thief exactly when and where to strike! Other details, such as your insurance information, phone number, and date of birth, could leave you open to harassment, bullying or identity theft. Yet many people readily divulge this information on their social networking page. Even if you specify “friends only,” you have no control over what your friends then do with that information.

Time

Have you ever thought about how your social network affects your valuable time? Social networking can consume your time and distract you from more vital activities, warns this month’s Awake magazine. The more contacts you have, of course, the more time spent on your social network and the more addictive it can be. Social networking is a great way to stay in touch with people. But, as with anything else, you just have to know when to shut it down.

Time is a commodity that most cannot afford to waste. Never let social networking activity interfere with the friendships you should be cultivating in your own household.

Family

“One of the ironies of the internet is that while it makes it easier to stay in touch when family members are physically apart, it can also keep them apart when they are at home,” says, Don TapScott, in his book Grown Up Digital.

Reputation

What you post on a social network carves out a reputation for you that may be difficult to erase. Many seem oblivious to the potential danger. It seems that when some people go on a social network, they lose all sense of reason. They say things that they normally wouldn’t say. Some don’t realize that with one distasteful post, their good reputation could be questioned or even ruined. Damaging your reputation publically can have severe long term consequences.

Employment

Stories are legendary of social network site users losing their jobs or being turned down for new jobs because of what they have posted online. Always before posting, think about who will see it or who might hear about it.

Pictures also can have major effects on how you might be described and how your character might be perceived. So remember, a social network page represents more than just entertainment and can and more likely will be used as judgment for which will determine in the eyes of others who you are and what values you stand for.

Social networking can be a very useful tool, if used correctly. Social network users should just be aware of the overall picture. How a user chooses to go about participating in the wide-spread world of social networking can be good; however, it can also be bad.

Users need to remember social networking can be safe and useful or very harmful and dangerous, but it is up to them on how they proceed to use this social tool.

Bulldog Café, continued from front page

(Continued from page 1)

from the counter on the left, the sweetener is now right beside the tea, and the billiard table has been moved to the other side of the room. The kitchen has been rearranged and looks to be more efficient than it has been in the past.

The staff of the Bulldog café would like to welcome you to see for yourself the wondrous changes to the establishment.
Students Share Gripes About Facebook

Collected by Josi Eeds

Facebook users at Southwestern at Sayre had a lot to say about what irritates them most about Facebook. Here are few of the students’ complaints:

“I can’t stand it when they put ‘Hey, so-n-so, text me’ on Facebook! Just text it! Or when they start to say how God has touched their life today and everyone should praise Him and He will shine on you. My all-time favorite is ‘If people would stop talking about me, it would be great.’ Who cares? Stop putting that on Facebook, ya boobs.”

“Some of the most annoying posts on Facebook are when people talk about deleting people because they made them mad. Seriously, nobody cares why you deleted a person. Another thing that is very annoying is people posting their whole life on there—what they are doing 24 hours a day, seven days a week. It just gets old.”

“The most annoying posts on Facebook are ‘My life is sooo amazing!’ Posting pictures of your supper every night. ‘My kids are so perfect and so is my husband.’ Yeah, right! That is what I have to say about that.”

“Cursing on Facebook. Telling everyone in Facebook you are going on a trip and won’t be back for a week. (Idiot.) Posting pictures of new things you just bought from expensive stores. (Very bright). Telling everyone everyday that your ex-husband’s wife is your new BFF, and telling each other personal things. (Yuck!)”

“The most annoying posts on Facebook are any that pertain to religion. I have tried to weed out the friends that you know aren’t religious, but try to put on a front just to look good. Come on, people. Really?”

“The most annoying Facebook posts are ones that the people constantly gripe! On my birthday, someone sent me a ‘Happy birthday’ post, and I didn’t say thank you, so she then posts ‘This is the last time I say happy birthday to someone who does not say thank you.’ That is just begging for drama.”

“Sometimes people post statuses that are supposed to be about someone, but they don’t say names. Everyone knows who they are directing it towards, but I believe it is just rude.”

“The posts that annoy me the most are the ones where people constantly gripe! On my birthday, someone sent me a ‘Happy birthday’ post, and I didn’t say thank you, so she then posts ‘This is the last time I say happy birthday to someone who does not say thank you.’ That is just begging for drama.”

“Sometimes people post statuses that are supposed to be about someone, but they don’t say names. Everyone knows who they are directing it towards, but I believe it is just rude.”

“Hours are spent on Facebook by so many of my close friends, and they post their every move. I tell all my friends to get a journal or therapist.”

“I hate people who post ‘Just did the laundry’ or ‘Just finished vacuuming.’ But worse are the 23 friends that click ‘Like.’ Really? Let’s not encourage the mundane!”

“I find most of the posts on Facebook to be very annoying. Friends who tell me what they have for dinner every night waste my space on the page.”

“This is to my relative whose only posts relate to the gym: Stop posting ‘awesome workout’ and ‘going to the gym again’ and ‘really pumped hard today.’ Boring! You can’t be that excited about lifting weights. I’m starting to think it is code for something else.”

DOES FACEBOOK LOWER GRADES?

It took 38 years for radio to reach an audience of 50 million, 13 years for television, but only two years for Facebook to reach 50 million, according to Shift Happens, a You Tube site.

A study of college students showed an astounding 96 percent say they use Facebook every day. In addition, 43 percent say they have increased their usage of social media from a year ago.

Good news, though. The study indicated that social networking may not be interfering with grades as much as professors worry that it might. “The study indicates that social media is being integrated with rather than interfering with students’ academic lives, said University of New Hampshire adjunct professor Chuck Martin, whose marketing research class conducted the study. “College students have grown up with social networks, and the study shows they are now simply part of how students interact with each other with no apparent impact on grades.”

“Heavy use” was defined as 61 minutes or more per day. Thirty-seven percent of heavy users showed low grades (B’s and lower), while 63 percent of heavy users received high grades (A’s or A’s and B’s).

This information was taken from an article by Mary Bart in Trends in Higher Education.
Dear Editor:

Maybe it’s because I am old(er). Maybe it’s because I am old(er) fashioned.

I grew up in a different era. In an era where respect was taken more seriously. An era where respect was taught, learned, earned, and given. I learned about respect and speaking out of turn pretty quick when all I remember was picking me and my smart mouth up off the floor.

Respect should be given even on campus. People should be able to go to the computer lab, library or even the hallways at any time of the day and be able to study. I have had to get up and leave the lab at least 90% of the time that I have gone in there. Why you ask? Good question. Let me answer it for you. People are rude and disrespectful.

Students need to be able to go in these common areas without having to hear very loud and inappropriate languages. Some conversations and phone calls are personal and should be kept that way. One should not have to hear the cussing and complaining that goes on, or to hear complaining about how this teacher sucks and that teacher is a beep.

Also, the lab is not a make-out spot. Young girls, if you do not have any more respect for yourselves than that, I assure you, no one else will. And it’s disgusting.

We are all supposedly adults. We should all be conducting ourselves as adults. If you don’t want to be in school, QUIT. I do want to be in school. I want to be in school and I want to learn. I am up to my wazoo in student loans.

I had a very wise Algebra teacher tell the class when the semester started, “You are at a school for higher education, conduct yourself as such.”

I hear you out there talking about your 5th amendment rights. I respect that. The writers of that amendment should have included a thing or two about respect.

All I am asking is that we all be more mindful of our surroundings, our language and our actions. We are ALL a reflection of SWOSU.

—Name on File

Biggest Loser Announces First Winner

By Karli Davis

The first week’s winner for the Biggest Loser Contest is Matt Nichols. He lost a total of seven pounds! The prize for Week One was a $15 certificate from The Crooked Spur in Elk City!

Join now and get in great shape for the summer! Only $20 to enter! The one to lose the highest percentage of weight at each weigh in will win a prize. There will be weigh-ins and incentive awards each week. The cash prize will be awarded to the winner at the end of the contest April 27th. The cash prize pot is now at $180, the sum of all entry fees. You may still join by contacting Colleen Taylor.

Meet Taylor in the weight room on Fridays around 1 p.m. to be eligible for prizes.
Fundraiser For DOE Activity

By Kaci Taylor

The Department of Education at the Weatherford campus is currently holding a fundraiser. The items featured for this fundraiser are T-shirts, ladies cut T’s, long sleeve shirts, sweatshirts, and hoodies. These are all available in sizes Small to 3XL. All garments are 100% pre-shrunk cotton.

These shirts and hoodies feature our mascot “Brandy the Bulldog”. They are a sport grey with white and navy print. The cost of these items are very affordable. T-shirts: $10, Ladies' cut T's: $12, Long sleeve: $15, Sweatshirts: $20, and Hoodies: $25. (Add $2 to sizes 2XL and 3XL)

Deadlines for your order are March 16 with a pick up date of March 30th, and April 6th with a pick up date of April 20th.

You can also order on-line at http://www.swosu.edu/academics/education/fundraiser.asp. Ordering on-line will be the easiest way to receive your shirt. You can pay with a pay-pal account or check. However, pay-pal would be the safest and most convenient way to process your order.

All proceeds will go toward further development of the education programs.

Art of the Drum
Beats True for Fans

By Rick Duran

Last Thursday, the stage at the SWOSU Fine Arts Center in Weatherford came to life with colorful costumes and a dynamic blend of traditional Japanese music.

One student who attended, Alyssa Brandon, had this to say: “The show was entertaining and full of energy.”

The Art of Drum was performed with power and precision. The performance incorporated several instruments such as harps, flutes, and even the Japanese variation of guitars called shamisens, samisen, or sangen (meaning “three-strings”).

But the real star of the show was the powerful Taiko drum. The performers used many different sizes and styles of drums to display their excellence in music, dance, and synchronicity. Creative acts (including a heated “drum-off”) kept the show flowing.

The drummers also included the audience in fun performances that had everyone clapping to the beat.

Our own Susie Campbell, adjunct art instructor, attended and offered a great review, “A lot of people that were going weren’t sure what it was going to be like, but all of my students that went had high reviews. Some took their children and were pleased that it kept them all entertained. I was really impressed and glad I went. I hope they come again. I would definitely recommend the show to others.”

The Art of Drum is a must see performance for all ages. If anyone missed the show, their tour schedule is available on the website www.drum-tao.com. There are also videos of performances and insightful information.
Spring Break, Continued from Front

(Continued from page 1)

Fortunately, there are many options for how to spend quality time with family and friends while relaxing during the ultimate spring kick-off. Maybe traveling to a far-flung location, like Buenos Aires, Argentina isn’t really your thing, or even in your budget. If this is you, then here are some really cool ideas for an up-and-coming vacation trend, called “staycations.”

- Backyard camping--set up tents in the backyard and have a camping trip! Pack everything that is needed and don’t let anyone back into the house unless it’s for a bathroom break. Leave the electronics behind—yes this means your phone—and enjoy your camping trip.

- Movie Marathon Day—Plan a theme movie marathon. You can choose anything from comedy to zombie movies or even family vacation movies. Pop plenty of popcorn, gather the throw pillows and sit back and enjoy a day at the movies.

- Spring Cleaning Challenge--Spring fever brings out the desire for clean organized space in many of us. Get the members of your house to join in the excitement by making an incentive based game out of it. Organize a list of projects and assign each member one project. Set time limits for each project. Organize a yard sale. Each person receives the profits of items that they gathered while cleaning.

If traveling out of town is in your budget, there are several options that can be affordable.

- Ski Trips—while spring Break is commonly associated with warm sunny beaches, don’t rule out a ski trip.

- Road Trips—Get out on the open road and explore somewhere new. Visit the Grand Canyon or explore one of the many state parks in Oklahoma.

- Bahamas—Every member of the family will find something fun to do here. With options ranging from family fun to shopping to fishing and sun worshipping, you definitely won’t be bored here!

For those of you who are missing Mrs. Carpenter, South Padre Island, Texas is nice this time of year. There are endless possibilities for how to spend your time. The main reasons for visiting the tiny island include boating, fishing, diving, surfing and simply lounging on the beach. South Padre Island is a family friendly destination. Places to visit include:

- Sea Turtle, Inc. is an aquarium founded in 1977 to aid in the protection and recovery of the endangered Kemp’s Ridley Sea Turtle. They have expanded to include the rescue and rehabilitation of injured sea turtles.

- Schlitterbahn Beach Waterpark is another great way to spend the day.

- Numerous areas that are free to hike and explore while enjoying all of nature’s beauty.

Whatever your spring break plans may be, just remember to stay safe and enjoy quality time spent with family and friends.
Rainbow in the Dark is a joy for Okies!

By Terry Ford

A Rainbow in the Dark is a literary-fiction novel based on the true story of an African-American boy who overcomes the enormous obstacles of racism and poverty to turn a life filled with chaos into a life of prosperity. And the best part? It occurred right here in rural Oklahoma in the 1940’s. The story showcases the life of “Kirk” who eventually became Dr. Henry Kirkland, the first black professor at SWOSU! Due to a strong twist of fate, his family abandons Kirk at the age of 14. Left to fend for himself, his beloved hometown of Atoka now seems cold and indifferent as Kirk is initiated into a world of self-reliance. This right-of-passage story illustrates Kirk’s coming of age as he is forced to work three jobs, attend school, and care for himself without the security of his family.

Kirk’s life is altered when he is employed by Mr. Carney, a white pharmacist who takes a chance on Kirk. In an era when African-Americans were forced to sit at the back of the bus, Kirk’s employment at the town drug store creates problems between the people of this small town and Kirk and Mr. Carney. Even Kirk isn’t sure why Mr. Carney is risking so much by hiring a “colored boy.” In addition to that drama, Kirk stumbles upon some town secrets, a murder mystery, a stabbing, a Nazi plot, and it is all a whole lot of trouble for Kirk! The amazing thing is this really happened, and for a Western Oklahoman like me, it was fascinating to read about towns that I know, and places I know on the SWOSU campus.

The gift given by Mr. Carney has been carried forward by Kirk, who went on to earn his Doctorate and become a noted university educator. Dr. Kirkland took many of his students under his wing and encouraged them to pursue professional educations. His encouragement has been instrumental in the development of the careers of many doctors, veterinarians, pharmacists, and other health fields. This is an inspirational story, plus readers will learn a lot about Oklahoma. For example, did you know Nazi war criminals were kept in a camp in Oklahoma?

The novel was partially motivated by the odd discovery that Dr. Kirkland’s grandfather was a former slave raising his family in the same small Alabama town that Dr. McCoy’s great-great grandmother was raised by her uncle, one of the largest slave owners in Alabama prior to the Civil War.

Rainbow in the Dark is co-written by noted author Patrick Chalfant. Chalfant has authored two novels, published by Hawk Publishing. When The Levee Breaks (2003) fictionalized the plight of the American farmer. Bury My Heart at Redtree (2005), eloquently combined Chalfant’s pride in his Osage Indian heritage with his passion for penning stories of life in America’s heartland.
Mineral Rights Seminar to be held

Three free seminars for mineral owners and interested parties in western Oklahoma and the Texas Panhandle are planned in March and April at Southwestern Oklahoma State University in Sayre.

The Continuing Education seminars will focus on exploring issues regarding oil and gas in Oklahoma and will feature: Chesapeake Energy Corporation Manager of Corporate Development and Government Relations James Roller, Oklahoma Corporation Commissioner Dana Murphy and Oklahoma Senator Tom Ivester. The public is invited and encouraged to attend on March 15, March 29 and April 6. Each session will last from 6-8 p.m. at the Sayre Public Schools Auditorium in Sayre.

Topics will include:

- **March 15**: Oklahoma Unconventional Oil and Natural Gas Production: An American Energy Answer, James Roller, Chesapeake Energy Corporation
- **March 29**: The Changing Dynamics of Oklahoma Energy and the Oklahoma Corporation Commission, Speaker Dana Murphy, Oklahoma Corporation Commission Chair
- **April 6**: Legal Aspects of Mineral Rights, Senator Tom Ivester

For additional information, please contact the SWOSU Office of Continuing Education at (580) 774-7012, Terry Billey at (580)-928-5533 extension 2106, or osp@swosu.edu.

Ready to Run the 5k?

The SWOSU Gold Tough Enough to Wear Pink 5k Classic Run/Walk is coming up on Saturday, March 31, in Weatherford and entries are now being accepted for the run/walk that benefits the American Cancer Society’s Relay for Life event planned for April on the SWOSU campus.

The USATF certified and timed run/walk will begin at the SWOSU Clock Tower with registration, number and chip pickup beginning at 7 a.m. and the race starting at 9 a.m.

A first prize of $250 in Weatherford Chamber Bucks will be given to the male and female winners. Second and third place winners will receive $200 and $150 in chamber bucks, respectively. There will also be $50 chamber buck prizes for the male and female winner of each age category.

Everyone can register for the race at signmeup.com or in the office of the SWOSU Dean of Students, Stafford Center 214. Entry fee is $35 if pre-registration is completed; entry fee is $50 if done on the day of the race. A brunch will be served free of charge to all runners and volunteers immediately after the race. All others are welcome for $5.

The "Tough Enough" pink t-shirts can be purchased from any committee member or in Stafford Center 214. All proceeds for the $10 t-shirts go to the American Cancer Society.

**Verses**

By: Dayna Hicks

You say you wanna get to know me better.
I try to keep up appearance so you won’t up and change your mind.

You say you’ll never leave me,
And you want marriage and a family of our own.
You’re an idealist and I want set in stone.

You’re up in the clouds and I’m stuck on the ground.
I guess I’m just too scared of the unknown.