By Kaley Riley

Have you ever woken up on a snowy winter day and wondered if campus was closed? Your worry stops here—
with the SWOSU Weather Alert.

The Weather Alert allows students and faculty to sign up for a free service that will send a text message relating to emergencies—and the main thing—campus being closed due to bad weather.

The alert is easy to sign up for and only takes a few minutes. All you have to do is go to the Sayre Website; www.swosu.edu/sayre. You then go to Current Students, and you will see the logo at the bottom of the page. Take the time and sign up for the alert; this hotline has information on all sorts of campus subjects including; transcripts, holidays, observatory, weather related closings, construction and road projects, and library hours.

SWOSU-Sayre will be hosting the 14th Annual Timed WARP contest on Tuesday, Feb. 26. This event is open to all area high school juniors, who will compete for scholarships. WARP is an acronym for Writing and Research Project. The participating students receive valuable feedback on their research and writing skills. This year’s theme is Hurry for Hollywood, and students will view a short film then research topics and write a paper based on that film. The event begins with registration at 8:30 a.m. and concludes at 2:00 p.m.
Stay Ahead of the Flu . . .

By Jaci Alford

Many people are concerned about this year’s flu epidemic. The flu and common colds are usual around the winter months. Although you may have had the flu shot this year, you still can get the flu.

No one likes staying home while sick, because work, school, and other events steer us away from staying home while not feeling well. This is how the flu virus keeps spreading. The flu virus can stay on a surface up to eight hours!

Keeping your immune system at its best will help prevent you from getting a cold or the flu this year. Keep your hands clean, getting plenty of sleep, eating nutritious foods, and sanitizing will help prevent you from getting the flu or even a cold. A hand sanitizer dispenser is located in each building near the exits.

DO YOU KNOW THE DIFFERENCE?

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<thead>
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<th>Cold</th>
<th>Flu</th>
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<td>Fever</td>
<td>Rare</td>
<td>Common</td>
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<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
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<td>Aches, Pains</td>
<td>Slight</td>
<td>Common</td>
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<td>Weakness</td>
<td>Mild</td>
<td>Long Lasting</td>
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<td>Exhaustion</td>
<td>Never</td>
<td>Early &amp; Prominent</td>
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<td>Stuffy Nose</td>
<td>Common</td>
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<td>Sneezing</td>
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<td>Sore Throat</td>
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<td>Chest Discomfort</td>
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New Year Means New Resolutions

By Jaci Alford

Did you make a New Year’s resolution? New Year’s brings in many changes. A survey of the Sayre campus reveals that the most common New Year’s resolution is getting in shape, which included diet, exercise, eating more healthful foods and “having a six-pack by summer,” as one student said.

The second most common answer was “Not Making a Resolution.”

“New Year’s Resolutions are a waste of time!” say many students say. “Why bother when I’ll break it?”

To quit smoking came in fourth with 8%. Five percent wanted to get their house in order or get housework done.

Some students had unique resolutions, such as the following: get pregnant, think positive, stay out of trouble, stop cursing, read books, stay in school, and increase Bible study, to name just a few.

SWOSU students matched an on-line survey of the public, which also had the #1 answer as health and fitness, but the number #2 answer revealed an interesting response: “Fall in love.” It would seem SWOSU students are either satisfied with their love lives or too busy to bother resolving to fall in love!

So good luck in keeping your resolutions, and have a happy 2013!
Brewer’s play receives statewide attention

By Brisa Garza

On October 10, 2012, some members of the Heart of Western Oklahoma Homeschoolers, acted out a play at Southwestern Oklahoma State University in Sayre during the Literary Festival. Landry Brewer, a Fine Arts and Humanities instructor at the campus helped his wife’s drama class by authoring the play entitled “The Painting.” The play is set at a garage sale and has different people showing up who notice the painting. It shows how everyone has a different perspective on it. OU Coach Bob Stoops and OSU Coach Mike Gundy even show up! It shows the coaches arguing about the painting, and it is quite entertaining. The play was recorded and placed on YouTube. It was recognized by the Tulsa World. Sports Editor Michael Peters placed a link to it on the Tulsa World blog.

If you missed the play, you’ll want to catch it on YouTube or the blog: http://www.tulsaworld.com/blogs/sportspost.aspx From the email bag Tis the season for videos/50-18256 It was published on December 20th, 2012. Congratulations to Landry Brewer, his wife, and the amazing class for the recognition.

Terry Billey selected as new registrar

By Julie Olson

After many years of service, registrar Kim Seymour has retired, and her replacement is Mrs. Terry Billey of Sayre. Terry has been employed at SWOSU for the last 17 years as Administrative Assistant to the Dean.

She grew up in several different Texas and Oklahoma Communities before graduating from Merritt High School. She then continued her education at SWOSU where she earned a B.S. degree in Organizational Leadership. She is married to Carl Billey, who is employed both as a funeral director and the assistant Fire Chief for the Sayre Fire Dept. She has two children: a daughter, Alyson, who is married to Shawn Dow- dell, and a son, Ty Billey.

She is currently the secretary-treasurer, Chapter 8 of The Red Knights, which is an international motorcycle club that she and her husband ride with. Other hobbies include crafts and sewing for her family. Terry is pretty talented and has painted the bulldogs on the walls in some areas of the college and the Lit Pit. She also has two dogs, Cricket and Roscoe, her dachshunds.

The Sayre Campus is glad to have her continue to assist students in this new capacity as registrar.

At right, Terry Billey takes a new seat as outgoing registrar Kim Seymour shows her the ropes.
College Gym/ Workout room Now Open!

By Dalton Kirtley

The school gym is open and ready to help with all those New Year’s Resolutions! Students seeking to get in shape may visit the workout room from 12:00 to 5:00 p.m. Monday through Thursday. Anyone using the equipment must have a student ID handy and is required to sign a liability waiver. Some gym rules include:

1. No children under the age of 14.
2. Any person who enters must sign in and out.
3. No food, drinks or tobacco.
4. Pickup your own equipment.
5. Use a spotter and a collar when lifting.
6. Do not jerk, slam, drop or bounce the weights.
7. 30 min. maximum on each piece of equipment.

There is no shortage of exercise equipment in the campus gym. No matter what kind of workout you’re looking for, there is a machine to fit your needs. Some of these include: Bench press, Dumbbells, Squat, Elliptical, Circuit, Machine, Treadmills, and Exercise Bike. Also, the university is looking for students who would apply for work-study to serve in the workout room. If this sounds like your cup of tea, please contact Ron Kistler in the Financial Aid Office in the Alexander Building.

Gym Hours
Mon.-Thursday
12:00–5:00 p.m.

Free ride to Jack Hanna show?

By Elizabeth Underwood

The last panorama event of the 2012-2013 series ends on February 26 with Animal Expert Jack Hanna. The Sayre Campus will be providing transportation to and from the event. Students that are interested can sign up in the Dean’s office to reserve a spot by February 12!

“Jungle Jack” Hanna will be at SWOSU on February 26. The legendary animal expert and wildlife conservator has been seen by millions on talk shows like Late Night with David Letterman to increase public awareness about endangered animals.

His best-selling memoir, Monkeys on the Interstate, shares his fascinating journey from childhood in a boarding school to becoming a zoo director, to his status as one of the world’s most beloved animal advocates!

The event starts at 7:30 in the Fine Arts Center of the Weatherford campus.

Tickets are available in the Sayre Business Office, and are $5 for students bought in advance and $10 for all who are not SWOSU faculty, staff, or students. Hurry to purchase, because tickets will cost $20 if purchased at the door.
Art instructor shows at capital

By Naomi Leverett

Sayre artist Sarah Harless is an adjunct art class instructor at SWOSU, and Sarah’s art has been on display at the state capitol in Oklahoma City. The show started December 3rd and will continue to February 3rd. There was a reception in her honor on December 18th.

She enjoys being outdoors and taking photographs of the natural environment around her. “I like the more traditional ways of life and simplistic life style when people lived off the land. I think my artwork captures some of the old ways that are still part of a tradition and life styles from the older generations. There is an importance of the older ways of life that we seem to forget about. The people, rain, livestock, and nature are all core subjects God blesses us with. I am blessed with a gift God has given me and I want to share it with others,” says Harless.

Sarah attended college at Southwestern Oklahoma State University (SWOSU) in Weatherford, Oklahoma. Her art includes both paintings and photography. Sarah gives credit for her skills and confidence to pursue arts as a career to Classen and her residency at the Quartz Mountain Summer Arts Institute during her senior year.

Sarah’s class at Sayre was canceled this semester because enrollment was short, but she is a talented artist and hopefully more students will enroll the next time it is offered. She has taught adjunct at Weatherford in the past. For more information on her class, display in the capital, or to look at some of Sarah’s work, students should go to: www.sarahharless.com. You can also call or email Harless with any questions.

New art at Swosu!

The art case in Mackey Hall now has a new display. This case is used to bring a little art and culture to the campus. The case now displays art presented by sophomore Rachel Ryan.

Rachel says “Art is one of the few talents God has blessed me with.”

Rachel’s family members also have an artistic hand. Rachel’s sister Jackie was art student of the year in high school. Rachel soon followed her sister’s footsteps. Rachel’s dad welds art out of metal, and her aunt paints Western art. Rachel’s talent really flourished after she attended art classes in junior high.

Rachel is 24 years old. She lives in Sayre and has a son. Rachel is majoring in nursing and hopes to have a good career.

“Art is something I do in my free time,” she says, “but if it were used to make a living, then it would take the fun out of it.”

Rachel’s art teacher at Mangum Junior High was Mr. Matthews. She says, “He really helped me bring art done in color to life.”

Mr. Matthews helped her to enter her art in the Oklahoma State Fair., where she placed first and second for two years in a row!

We hope you enjoy Rachel’s art as you travel the halls of SWOSU.

The prize winning artwork of SWOSU-Sayre student Rachel Ryan is on display in Mackey Hall.

Sarah Harless, adjunct instructor, is honored with a showing at the state capitol.
Meet our new maintenance tech: Misty Williamson

By Rachel Ryan,

The new maintenance technician for Mackey Hall is Misty Williamson. Misty was raised in Carter, Oklahoma. She is 33 years old, happily married, and has four children.

She is the proud mother of a 17-year-old daughter, 12-year-old son, 6-year-old son, and 3-year-old daughter.

Misty says, “I am excited about working here, and I love the people!”

She was a stay-at-home mom for years and was ready for something new. Ron Kisler told her about the job opening. She instantly was interested.

She says, “I like the fact that this job will pay for my children’s tuition.”

Misty loves spending time with family. She attends the Methodist Church in Carter.

So if you see Misty around campus don’t forget to give her a warm welcome and say “hello”

Rad Tech & OK Breast Care Center . . .
Teaming up for Women’s Health

The Oklahoma Breast Care Center will partner with SWOSU-Sayre’s Radiology Program to offer Digital Mammography Screening on Wednesday, February 27 and again on Tuesday, March 5, at the Sayre campus.

A convenient Mobile Screening Unit will be available for all women. It is not restricted to SWOSU students and staff, but is open to the public at a convenient, central location on the SWOSU-Sayre campus.

The American Cancer Society recommends that all women 40 and older have an annual Mammogram and have an annual clinical breast exam. They further strongly recommend monthly breast self-exam for women 18 and older.

Any woman who is interested in this screening should call and schedule an appointment by calling (800)422-4626, extension 110. Early detection is still our best promise of a cure!

Call today for an appointment and we will see you on either February 27 or March 5, 2013.

Mobile Care is on its way to you. Convenient and quick, this free screening is available to students, staff, faculty and the public.
Valentine’s + SGA = Food

Your Student Government Association is preparing two fun events to enhance your Valentine’s Day.

Valentine’s Day Cook-Out — Feb. 13
The Sayre SGA hosts a Valentine’s Day Cook-Out in the Lit Pit on Feb. 13th from 11 a.m. to 1 p.m. This food is absolutely free, so come by and indulge yourself. Ron Kistler and Nancy Sanders, sponsors for the SGA, will be helping your officers fry up hamburgers, serving up the trimmings, and providing chips and pop.

The Lit Pit is in the southeast leg of Mackey Hall.

Valentine’s Day Fundraiser— Edible Bouquets
What’s better than food as a gift? Food that is shaped like a bouquet! You will want to sign up early and often to purchase these treats from the SGA members or from Ron or Nancy in the Financial Services office.

And best of all, your money goes to a great cause—our student government finds a way to give back to the campus.

The bouquets can be ordered February 1-12, and can be picked up in the office on Valentine’s Day. Prices range from $5.00 to $20.00.

What do Valentine symbols mean?

By Samantha Barnett

Most everyone is familiar with the symbols of Valentine’s Day. Do we know why these are associated with Valentine’s Day?

Cupid, a mischievous little angel pierces his victims’ hearts with his bow and arrow. Cupid or “Eros” (from which we get our word “erotic”) is the son of Venus. He is thought to have caused people to fall in love. Roses are also a national symbol of Valentine’s Day. They symbolize love, peace, romance, and friendship. Each color of rose signifies a different thing. A yellow rose signifies friendship. White roses are a symbol of true love. Red roses are a symbol of passion.

Love birds are also associated with Valentine’s Day. The ancient belief dating back to the 1800s that birds find their mates on St. Valentine’s still continues. In Parlement of Foules (1382), Geoffrey Chaucer wrote: “For this was on seynt Volantyns day when euery byrd comyth there to chese his make.” Blue colored birds are said to best signify this belief. Doves signify humbleness, purity, and wholesomeness.

A heart pierced with arrow forms the principle symbol of St. Valentine’s. Hearts signify life, and if you give your heart to someone, it means to handover one’s existence. The organ of the heart is symbolically thought of as the seat of motivation.

While some believe that Valentine’s Day is celebrated to commemorate the anniversary of St. Valentine’s death or burial—around A.D. 270—others claim that the Christian church may have decided to place St. Valentine’s feast day in the middle of February in an effort to “Christianize” the pagan celebration of Lupercalia. Celebrated at the ides of February, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification.

They would then strip the goat’s hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later, all the young women would place their names in a big urn. The bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.
The Writing Center now open!

By Brisa Garza

The Writing Center (in the Al Harris Library, B3) at the Weatherford campus, has opened for the spring semester beginning Tuesday, January 22. The Center will close for the semester on Wednesday, May 1st.

At their convenience, Sayre students can e-mail essays, speeches, resumes or any kind of writing to be checked for accuracy, or for any tips on how to make it the best it can be. Students must e-mail their writing as an attachment to writingcenter@swosu.edu. An appointment can also be made using that e-mail or call (580)-774-7083. "Like" the S.W.O.S.U. Writing Center on Facebook, or follow them on Twitter (@swosuwrites) for the most up-to-date scheduling information.

Spring 2013 Hours:

Monday and Wednesday: 11:30 a.m. – 01:30 p.m. and 2-6 p.m.

Tuesday and Thursday: 10 a.m. – 12:00 p.m. and 1-7 p.m.

Friday: 9:30 a.m. – 11:30 a.m. and 2-5 p.m.

(English Conversation Corner 3-4:30 p.m.)

Saturday: CLOSED. Sunday: 7-9 p.m.

Please keep in mind that these hours are subject to change depending on consultants’ schedules as the semester progresses.

English Conversation Center (ECC) takes place on Fridays from 3-4:30 p.m. in the center, beginning Friday, February 1st and ending Friday, April 19th. Students may practice their English conversation skills during this time.

Storm Chaser flies in for a show

By Elizabeth Underwood

Reed Timmer, lead meteorologist and extreme storm chaser from Discovery Channel’s series Storm Chasers, was a guest speaker, Tuesday, January 22, 2013.

The event consisted of Timmer explaining what extreme storm chasing was, showing the audience videos of what it is like being up close and personal to a natural disaster, joked about his phobias; parasites, big waves, and flying, and spoke about his experience chasing storms. Timmer mentions that he has been close to tornadoes most of his life, so it seems to be all he knows.

His team members, with the help of Discovery Channel, have turned every day vehicles into storm research vehicles—the Dominator and Dominator 2, which they use to get as close as possible to, and occasionally inside, the tornados. This past Christmas, Timmer said he was chasing a tornado that ripped through Mobile, Alabama. Though he didn’t spend the holiday with his family, he was glad he got to help the people in need that were affected by the storm damage in the area. Storm chasing is not just for the thrill; it is about the technological advances possible so there can be a better understanding of storms and tornados to keep people safe from the disaster they cause.

"It’s better to know a lot about a little rather than a little about a lot," he quotes.

Discovery Channel also offers a real-time weather tracker online where you can watch Timmer and his team chase tornadoes live with GPS location.

Students—enter contest to design a logo

By Brisa Garza

Calling all informed and engaged student graphic designers: have we got a job for you! AASCU’s American Democracy Project (ADP) is turning ten, and they want to move into another decade with a fresh look.

Established in 2003, ADP is commemorating its 10th anniversary during the 2012-2013 academic year.

Submission Deadline:

11:59 p.m. Eastern Standard Time on February 22, 2013

Thematic Elements:

The logo should reflect the American Democracy Project’s mission to prepare the next generation of informed, engaged citizens for our democracy. The logo should incorporate some thematic elements related to ADP, such as democracy, students, participation, engagement and/or learning.

Contact the ADP:

Jennifer Domagal-Goldman
National Manager
(202) 478-7833
donagali@aascu.org

American Democracy Project

This is the old logo. Students are invited to compete to design a brand new logo.