Spring Break Just Ahead . . .

By Alizabeth Underwood

AHHH! Just the sound of it. Spring—renewal, rebirth, warmer weather. Break—a chance to relax, breath, a time-out with no pressure.

Yes, Spring Break officially begins at 10 p.m. on Friday, March 15th (yes, at night) and lasts until 8 a.m. on Monday, March 25th.

Some may be flying off to exotic beaches and some may be driving west to hit the slopes, but many of us will stay home and save money.

For ideas as to how to spend your leisure time while staying near to home, see Dalton’s story on page 6.

Students’ Book to Be Published
(Your research will be in print, SWOSU!)

By Terry Ford

The book we proposed will finally be a reality! Several semesters ago, I started a project in collaboration with Bob Burke, OKC lawyer and writer, and Senator Tom Ivester to have my Comp. II students do research on noteworthy Western Oklahomans.

We put ads in area media asking for suggestions, got many responses, followed leads, and submitted over 70 biographies on notable names, from politicians to Hollywood stars, military heroes to athletes, and even well-known names like Easy Jet!

The Oklahoma Heritage Association has agreed to publish our book! I am in the process of assisting Burke in (Continued on page 3)
Blood Drive is today!

The Oklahoma Blood Institute will be at our campus TODAY, Monday, March 11th, 2013, from 10:00 AM to 3:00 PM at the GYM!!! Be sure to bring your i.d. Have a healthy breakfast or lunch.

- Someone needs blood every 2 seconds.
- About 1 in 7 people entering the hospital need blood
- One pint of blood can save up to 3 lives!
- A newborn baby has about one cup of blood in his body.
- An average human adult has 10 pints of blood in their body.
- There is no substitute for human blood.
- 4.5 million Americans will need blood transfusion each year.

The Medical Laboratory Technologists, or students, have a special bond after taking several classes together. They cooperate to raise money to pay fees associated with taking tests and getting their licenses. One that has been successful is their Valentine bake sale. The students pictured below are putting together the orders from the sale. IN spite of the snowy weather and only one week of sales, the students still had sales of around $1,600!

“Students rock!” stated sponsor Roxann Clifton.


By Brisa Garza

The Watchdawg
Book, cont’d from page 1

(Continued from page 1)

picking out a photograph for the cover, naming the book, and finding quality photos. The book will include a preface by me, one by SWOSU Pres. Randy Beutler, and one by Sen. Ivester.

Additionally, Burke said the editor at the Oklahoma Heritage Association would like to use 5 or 6 of the profiles for a special section of the OKLAHO-MA magazine that comes out each quarter. It is a slick magazine published by OHA. Each group of profiles would include the authors' names and a paragraph about our writing program here at SWOSU-Sayre and about the profiles that will be included in the forthcoming book.

Some of the students whose work will be featured in the book are still here, and many others have graduated, but all of the ones who gave me their addresses will be contacted when the book is ready to be purchased.

Some of my favorites include the profiles on Tommy Franks by Kristin Archer, Donald Gott by Casey Jiles, Bill Hancock by Jory Snider, Darla Hood, by Ryan Brown, Houston Temple by Lane Gossen, Jane Jayroe by Rusty Dyson, Henrietta Mann by Brandon Miller, Quanah Parker by Stormy Jordan, Jess Willard by Kendall Cook and Sam Maddux, Sheb Wooley by Angela Harguess, and Jim Crabb by Devin Connell.

Who am I kidding? I love them all, but that's just a taste of what you'll find in the book.

2013 REU Program

Department of Physics and Astronomy

Research Experience in Physics and Astronomy for Community College Students from June 3 to Aug.9, 2013

Application Deadline: March 31

In summer 2013, eight students will be chosen to participate in the NSF-funded Physics and Astronomy REU (Research Experience for Undergraduates) program at Texas A&M University-Commerce, specifically designed for students from 2-year colleges around the country. Students will be paid $4,500 stipend, travel and free housing on our campus for 10 weeks from June 3 to August 9. Undergraduates will learn how to develop skills in giving research presentations and writing scientific papers, along with visiting research institutions and the McDonald Observatory in west Texas. Remote access to the SARA (Southeastern Association for Research in Astronomy) 0.9-m telescope located at Kitt Peak National Observatory outside Tucson, Arizona, or the SARA 0.6-m telescope located in Chile besides several smaller telescopes at the Texas A&M Commerce observatory is also included in the program. For more information or questions about the TAMU-Commerce physics & astronomy REU program, please contact Dr. Bao-An Li, Director, Physics & Astronomy REU program, Email: Bao-An.Li@Tamuc.edu, Phone: 903-886-5478 or go to the following website:


Volume 8, Issue 9
By Naomi Leverett

A lot of people get stressed out very easily. They get stressed over events that happen in their life, money, their jobs, and just everyday life. People all have their own way to cope with it.

According to the American Heart Association, these are four ways that are sure to help:

- **Positive Self-Talk**
- **Emergency Stress Stoppers**
- **Finding Pleasure**
- **Daily Relaxation**

Positive Self-Talk is a great way to deal with stress. We all talk to ourselves; sometimes it’s out loud and sometimes it’s all in our heads. When you talk negative to yourself, (“I can’t do this”, “Everything is going wrong”, “Can things get any worse?”) it just increases your stress level. Try to talk positive to yourself no matter what the situation (“I’ll do the best I can”, “I can handle things if I take one step at a time”, “I know how to deal with this, I’ve done it before”). Remember that positive self-talk helps you relieve stress and deal with the situations that cause you stress.

Emergency Stress Stoppers are also a great way to relieve stress. There are so many situations where people get stressed out at work, home, on the road, and in public places. If you get stressed out in situations like this then try these:

- Count to 10 before you speak.
- Take three to five deep breaths.
- Walk away from the stressful situation, and say you’ll handle it later.
- Go for a walk.
- Set your watch five to 10 minutes ahead to avoid the stress of being late.
- Drive in the slow lane or avoid busy roads to help you stay calm while driving.
- Smell a rose, hug a loved one or smile at your neighbor.

Finding Pleasure in your life. Stress has a way of making you feel bad. When this happens to you, do something that makes you feel good! Doing the things that you enjoy is a natural way of getting rid of stress. You don’t have to do a lot to find pleasure. Even if you don’t feel like doing anything, you can find pleasure in simple things such as:

- Go for a drive.
- Read a good book.
- Take up a hobby, new or old.
- Have coffee or a meal with friends.
- Listen to music during or after you practice relaxation.
- Make a list of everything you still want to do in life.
- Watch a movie.

Daily Relaxation is one of the more popular ways of relieving stress. Some good forms of relaxation are yoga, tai chi (a series of slow, graceful movements) and meditation. Like most skills, relaxation takes practice. With daily practice, you will soon be able to use this skill whenever you feel stress.

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**Time For Spring Gardening**

By Jaci Alford

One way to save money is to plant your own garden. Many common things to plant in western Oklahoma are Cantaloupe, Eggplant, Okra, Squash, Sweet Potatoes, Tomatoes, and Watermelon. If you don’t have your onions in already, you’d better hurry. April and May are the most common times to plant these produces.

Growing your own garden can be fun and challenging. Eating something that you have grown yourself is very rewarding. You can even enter your vegetables in the county fair!
Spring Time means Alumni in Sayre

By Rachel Ryan

The Sayre School Alumni is a big deal for Sayre. It is held every year during the same weekend as Easter. SWOSU at Sayre was formally called Sayre Junior College and was part of the public school system, so the alumni celebration was something meaningful for this campus.

Every year, the SJC student senate built a fancy float to enter in the alumni parade and also parades in this area. The funds for the float would come out of the student activity fund. According to Don Roberts, a former dean of campus from 1984-2000, the college started as an extension of Sayre High School, and this lasted until 1987 when it merged with Southwestern at Weatherford.

“The school had a four wheeled trailer, and the students spent as much as a month working on the float,” said Roberts. Sometimes the float would win back some money for coming in 1st, 2nd or 3rd.

Some of the activities Sayre plans for alumni include a pancake breakfast, a basketball game, golf tournament, the banquet for honorary years, and sometimes a dance, but by far the best-attended event is the annual parade.

High school freshman, sophomores, juniors and seniors each try to win the float competition. The band marches, churches occasionally enter Easter floats, and all of the honor classes (5, 10, 15, etc.) ride through the parade throwing candy.

This year’s Alumni parade falls on Saturday, March 30th, and, our college will be represented in the by “Code Blue,” an ambulance-style truck all painted up with SWOSU’s logo that plays awesomely loud music.

You can enjoy the Alumni activities free—and you didn’t even have to work all month on a float!
By Kaley Riley

Think back to when you were in grade school, do you remember the first time you saw your teacher outside of school? You bumped into her at the grocery store and she was wearing pajama pants and no makeup, did it freak you out a little due to the fact that you never thought of her as having a life outside of school?

Now that you are older you know that teachers do not live at the school. Here are some things you might not know about what the instructors do here at SWOSU after 2 P.M.

Holly Hernandez, computer instructor, coaches and manages a competitive soccer team for boys 9 and younger, in the 04 Fusion Academy. She also teaches Zumba at the Cheyenne Arapaho Tribal Fitness center in Clinton.

Terry Ford, English teacher, has been trying her hand in sewing. She has been creating pillows shaped like owls and elephants, and also due to being inspired by a gift to Elizabeth Underwood, she started making sweaters for coffee mugs. She has these items for sell in the Registrar's office, so be sure and go check them out!!

Tommye Davis, Science Teacher, hangs out and plays Volleyball with a group of ladies between ages 50 and 60. She likes doing this to relieve stress. She also helps teach Bible Class at her church when needed. Even though her kids are no longer at home she spends a good amount of her time trying to help them, as one is in college and one is overseas.

Renee Bagzis, computer instructor, is in charge of a Summer League Baseball program at Merritt. She and her husband also run the concession stand for all of the Merritt school sports.

Judy Haught, English teacher, says she does "nerdy things" she is a member of Friends of the Library, and on the Library State Board. She plays piano and is a member of a craft club.

Landry Brewer, History teacher, says he spends his time after 2 playing with his kids. The most exciting part of his day happens before 8 a.m., he is the co-host of the Early Morning Show, also called TEMS, which he does with his brother Nathan Brewer.

Jess Parker, Clinical Coordinator, shows horses four times a year, and is a member of the Oklahoma Foundation Quarter Horse Registry, which attempts to preserve old foundation blood lines of horses from 100’s of years ago.

Bill D'Alessandro, Director of Hotel, Restaurant Management, and Gaming degree, is a member of the Kiwanis club, which does fundraisers for little league. He mostly likes to travel around Oklahoma and get to know his new home.

Dayna Coker, Math instructor, spends most of her time feeding cattle, and also taking care of the calves.

Now that you know what your instructors do, you may find that you have more in common with them than what you thought. They do have a life besides just being your instructor. Get out there and get to know your instructors; you might find that they are some pretty interesting people to know.

Wonder What Teachers Do After Two?

Volume 8, Issue 9

Coming Next Issue: “Staff After Six”
Top 10 things to do over Spring Break/ Paddy’s Day

By: Dalton Kirtley
On a budget? Can’t go far? Here’s the redneckenized way to spend break.

#1 See Cooder Graw in concert, Saturday the 16th @ 9 p.m. at the Shamrock St. Patrick's Day celebration. Pinch people not wearing green.

#2 Catch some rays and drink something ice cold at lake Altus.

#3 Break out the dirt bike or four-wheeler and ride through Buzzard Canyon in Willow, OK.

#4 Explore the Jester caves south of town in the Breaks, and check out Jesse James signature. See the albino amphibians. Part of the adventure is you might get arrested for trespassing.

#5 Take a swing at Jaybuckle’s natural spring. It’s a small Swimming hole, but it’s Big Fun (if your timing is good when you let go of the rope.) It’s south past Willow, almost to Mangum.

#6 Check out the indoor waterpark in Clinton, OK.

#7 Get in touch with your inner Native American at the Black Kettle Museum in Cheyenne, OK or the new memorial at the Washita Battle site.

#8 Go camping at Dead Indian Lake north of Cheyenne. It’s beautiful, quiet, and the fishing ain’t bad—perfect for a little personal vacation.

#9 Plant a tree for goshakes! It is spring after all.

#10 Last, but not least, if all else fails, take a road trip to the Weatherford super Wal-Mart. Stand in the game aisle where beer pong balls are sold and hit on the party-loving college girls.
By Terry Ford

A red carpet welcomed high school students toward the red theatre curtains that decorated the library on Tuesday, March 5. The staff of the library had gone all out to portray the “Hurray for Hollywood” theme of the annual Timed Writing and Research Project (W.A.R.P.) where juniors from area schools come to compete for a scholarship to SWOSU. The original date for Timed WARP was canceled due to snow, but once it was rescheduled, twenty-two students were still able to participate. Four schools were present—Erick, Merritt, Arnett, and Canute—plus two homeschool students.

Librarians April Miller and Dianna Mosburg welcomed and registered the guests, treating them to breakfast and drinks, as movie motif decorations and books lined the tables.

Judy Haught, coordinator of the event, directed guests to view three Pixar short films, after which the students were sent to the lab to research and write on related topics. Meanwhile, the teachers sponsoring the students were treated to two seminars: “Non-Fiction in the Classroom” by April Miller and “Teaching the Language of Film” by Terry Ford and Judy Haught.

Delivering pizza, drinks and desserts for lunch at the Lit Pit were Paula Hudson and Nancy Sanders. The contestants played Bingo for prizes, then returned to their lab to finish their essays. Gift bags were assembled by Ron Kistler and passed out to all.

Three SWOSU staff or faculty members served as judges at day’s end.

And the winners are . . .

1. 1st Place--Daniel Thompson--Heart of Western Oklahoma Home School--"Birds and Their Feathers"--$600 scholarship.
2. 2nd Place--Alyssa Tidmore--Erick High School--"For the Birds"--$500 scholarship.
3. 3rd Place--Lauren Crow--Arnett High School--"Together or Apart"--$400 scholarship.