After the winter that wouldn’t end—with snow and ice on the ground just two days earlier—the Spring Fling was slated for April 25, and that Friday proved to be sunny and mild, and the delicious smell of barbeque filled the gymnasium.

It was also a lucky Friday, too, for the SWOSU student winners of the drawings that were held. Amber Knight won a laptop computer, Yajaira Zuniga won a $100 certificate from the Follett Bookstore, and John Mauldin won the $20 certificate.

As exciting as that was, all students were winners with the crystal 3-D imaging. Everyone stood in line to get their free 3-D photo taken and went home with a cherished keepsake. Barbeque on a bun was the fare of the day, served with pickles, onions, chips, chocolate chip and oatmeal raisin cookies, and soda pops.

Grads—Pick up Caps & Gowns now at Bookstore!

Commencement is May 10th

By Samantha Barnett

Graduation rehearsal is next Wednesday, May 8th, at the Sayre Public Schools Auditorium at 11:00 a.m. If grads haven’t picked up their caps & gowns, then they need to get those at the bookstore.

Graduation will start at 7 p.m. on May 10, 2013. It will be held in the Sayre School Auditorium, just north of the college campus. Graduates should be there no later than 6:30 p.m.

Special music will be provided by Olivia Martin, SWOSU student from Sayre.

The guest speaker will be Dr. Blake Sonobe. This retired airman taught Chemistry at the Air Force Academy before coming to SWOSU, where he eventually became Senior Vice President and Provost. He is currently Vice Chancellor for Academic Affairs for the State Regents for Higher Education.
As of April 19th, ninety-four students are scheduled to graduate with an Associate in Science or Associate in Applied Science degree. Twenty-five of the graduates have earned honors with a GPA of 3.50 or better.

Associate in Science graduates
Canute: Mickey Caleb
Sandusky
Carter: Kyrie Kay Helling, Cassie Michell Springer Mitchell, Morgan Williams
Cheyenne: Sam J. Maddux
Clinton: Taylor Marie Colvin, Josue Angel Martinez
Cordell: Karli Ophern Booth
Elk City: Kahler LaRanda Black, Lymett Cherell Mitten Cram, Tom Little Eagle Davis III, Josi Rae Eeds, Mackenzie Nicole Gifford, Allison Jade Gilliland, Sally Elizabeth Jones, Amber Jade Knight, Elizabeth Mendoza, Justin Aaron Short, Bonnie Louise Smith
Erick: Brady Greer
Fay: Holly Ann Masquelier
Denton
Hammon: Sarah Paige Elliott, Tessa Shae Cook Page
Hobart: Macy Lynn Morrow
Lawton: Briana Marie Klein
Leedey: Amber Jade Knight
Marlow: Larry Lance Crampton
Medford: Shelby Taylor Blubrough
Piedmont: Bradley Don
Gilchrist
Purcell: Valenda Noelle Smith Zimmer
Sentinel: Maranda Jo Frank
Watonga: Shellie Nicole Miller Roberson
Weatherford: Kevin James Garrison, Whitney Lynn Faulk Merle, Pamela Jan Mosqueda, Malia Jade Parks, Hali Lynn Thornhill, Yen Cao Hai Tran
Shamrock, TX: Kaley Dawn Riley
Virginia Beach, VA: Christopher Adam Wheeler

Associate in Applied Science graduates
Anadarko: Lindsey Michelle Martin DaingKau
Amber: Amber Jean Fairbanks
Altus: Jillian Diane Janis Barnes Burns Flat: Bryttnay Lynn Harris, Rebecca Ann Klava Sander Canton: Aubrey Kristine Colvard Haffner
Clinton: Kristen Marie Hricko Battles Colony: Michaela Jae Loula, Kadree Ann Setzer
Cordell: Daniel Nazarath Lundy
Duncan: Jillian Jan Gregston, Shannon Marie Perkins
Edmond: Kyle Brandon Qualls
Elk City: David Carol Dobyns, Dian Louise Mergo Foreman, Ashley Brooke Davis Gibson, Kylene Elyse Hoffman, Nicole J’Lyn Wilson Smither, Mindy Jo Steele, Jesi Elise Sullivan
Erick: Melanie Michelle Davis, El Reno: Stephanie Diane Royse Delk
Elgin: Heather Leigh Dodson
Gracemont: Brooke Lynn McLemore
Headrick: Melinda Mercer Gann
Hinton: Amanda Nicole Arrington
Hobart: Dakin Clay Harris
Lawton: Megan Lee Caldwell, Justin Charles Webber
Leedey: Toshia Marie Albright
Marlow: Casey J. Willard
Mounds: Brittanicy Nicole Scott
Oklahoma City: Vanessa Ann Jech, Joshua Philipose, Eden Negranza Woznick
Sayre: Olivia Goldie Martin, Sandra A. Peña, Elizabeth Faye Terry
Thomas: Tara Jo Eschenbacher
Weatherford: Hai Tuan Kixmiller
Dallas, TX: Ransford Odoom-Fynn
Electra, TX: Johanna Walser Anzaldua
Harrold, TX: Callie Lynn Freeling
Wichita Falls, TX: Abbie Allane Flinn.
Some tips on being a good step-parent, according to Awake Magazine, are as follows:

- Talk to your spouse privately about concerns or problems with your stepchild—never in front of the children. Focus on the child's specific behavior, rather than on some supposed flaw in earlier training.
- Treat your stepchild the same as you would your biological child, giving them their own place at the table and in the home, even if they are not with you full time.
- Understand what the stepchild is going through. Don't require the child to call you “Mom” and don't make a lot of new rules or change their routine too quickly.
- Schedule time alone with each of your children. Spend one-on-one time with the stepchild so you can build a relationship without the parent serving as a referee.
- Never renounce the child's previous family. If the child says he misses his dad, don't say, “I’m your dad now.” Instead be empathetic. Say, “I’m sure it’s hard for you. Tell me what you miss most about your dad.”

By Jaci Alford

Do you have a stepparent? Are you a step parent? Stepparents face unique challenges. Step-children have challenging relationships with stepparents.

“Being a stepparent can be difficult, but it can truly be a blessing. You choose to love a child and take responsibility, even when you don’t have to,” says a SWOSU student from Canute.

Stepparents must remember the other parent. The most common mistake stepparents make is talking badly about the other parent, shutting out the parent, or not letting the stepchild talk to or about the parent.

“It’s hard to not be the parent with custody. Even though you may have the child for weekends, it doesn’t seem like enough time. It’s hard sometimes to combine two families,” said one student with a stepfamily.

Stepchildren often feel trapped between the two families. Stepchildren face the difficult task of keeping things peaceful between the two families.

Stepfamilies—Stepping Together is Hard

“IT IS A CONSTANT TUG-OF-WAR FOR ATTENTION.” —JACI
Got Finals? Got Stress!

By Samantha Barnett

With finals coming up it’s only human to have a little anxiety. While having a little anxiety before testing can increase concentration, extreme anxiety can lower your test scores. To decrease your test anxiety, you should study enough to feel confident in knowing the material.

Here are a few suggestions that may help you in reducing test anxiety.
1. Study early.
2. Review the material once right before going to bed.
3. Think positive.
4. Walk into the room with your head up. Acting confident may make you feel confident.
5. Also you can try some common relaxing techniques as well. Take a deep breath and slowly release it. Release any tension in your body. Repeat this until you feel your body is relaxed. Starting at the crown of your head, flex then relax every part of your body. Think of a place where you feel content and calm. Close your eyes and take yourself there.
6. Talking to someone can really help. If you find yourself seriously “wiggling out,” remember that SWOSU students have access to free professional counseling at the Health and Wellness Center on the Weatherford Campus. Ms. Kim Liebscher is the director of counseling and Ms. Tamra Misak is a counselor. Call 774-3776 for an appointment.
7. Visit your doctor. Some anxiety medication can be taken only when feeling anxious, instead of daily.

Signs of anxiety can include:
- Feelings of apprehension or dread
- Trouble concentrating
- Feeling tense and jumpy
- Anticipating the worst
- Weight changes
- Muscle tension

Universities Try to Reduce Testing Anxiety

By Samantha Barnett

Test anxiety and stress over Final Exams is something most students have to deal with, so universities are taking the time to address the issue.

During “Dead Week” (the week before Finals when students can have time to study), the University of Oklahoma attempts to relieve the stress their students are under by bringing puppies to the campus. What better way is there to relieve stress than playing with a cute puppy! Oklahoma State does things a little bit differently, though. Regardless of study routines and how students prioritize, anxiety can be inescapable during dead week. The Reboot Center, in room 320W in the OSU Student Union, helps students relieve stress. OSU’s Outreach Specialist Veronica Sutton said, “It’s a place for students to come to learn some ways that they can help their bodies relax, to calm down, to kick in the body’s natural way of calming itself down,” Sutton said.

“We have four stations for students with comfortable chairs and big-screen TVs, and basically you sit at one of these stations and go through some breathing exercises.”

At SWOSU, Dead Days for Sayre begin early this year—April 29, 30 and May 1. “No exams, quizzes, extracurricular events or required field trips are to be scheduled, and no papers or reports be due or presented during these days,” stated Sherron Manning, Dean of the Sayre campus.

Rather than freaking out during Dead Week, try some of the tips above to reduce anxiety. You’ll be on your way to success in no time.
Summer Vacation Spots That We Love . . .

By: Kaley Riley

Classes are just about over and summer vacation is just around the corner. Many destinations await you for summer vacation. If you are trying to find a place to visit, I hope this helps you out!

According to the Travel Channel’s top 10 Vacation Spots, Paris, France, is the number one place to visit for vacation, with its many different museums to visit, many places to shop, and also busy cafés that are the great place to go people-watching.

Second on the list is New York, New York. The Travel Channel states, “New York is true to its roots and remains a city of immigrants with inspiring architecture and a thriving arts scene.” There are shows on Broadway to watch as well as spending a lazy day relaxing in Central Park. You can also explore New York’s diverse neighborhoods.

The third best place to visit is Rome, Italy; explore its long history with Rome’s monuments, churches, and restored ruins. They give you an idea of what Rome was like back in the days of the Roman Empire. Enjoy pasta and gelato as you get a glimpse of the culture.

Next is Cancun, Mexico; with its miles of beaches, endless luxury, and the nonstop party atmosphere it’s bound to please quite a few people. Sayrite Abbey White agrees. “My best summer vacation would be my trip to Cancun. We flew to Atlanta, then from there to Mexico. It was my first time to fly, and I loved it. We stayed at a resort where the view was spectacular. I would go back any day.”

Fifth was London, England. The article states, “London is a cosmopolitan city with a unique blend of historic traditions and a hip, modern culture.” Enjoy tea and crumpets while you celebrate the city’s roots.

Miami, Florida, is next. Miami’s South Beach is an international playground that offers non-stop nightlife, sandy shores, and unique architecture. It is sure to please all types of people.

Seventh another city in Florida: Orlando. Trisha O’Quinn, Sayre student, says her favorite vacation spot is Florida. “My family lives in Orlando, and I love seeing them. I love everything about Florida, from the warm weather to the busy life.”

“In Florida, I would definitely want to go to Universal Studios and Disneyworld,” says Lacey Bailey, of Gracemont.

Eighth is going to be San Francisco, California. The Travel Channel says, “Stroll through Golden Gate Park and board a ferry to the island of Alcatraz for a dose of history and great city views.” Also, National Parks sit right outside of San Francisco that you can visit while there.

Next is Myrtle Beach, South Carolina, the largest resort along South Carolina’s 60-mile Grand Strand. They say, “It is the East Coast’s ultimate Vacation Hub.” There is plenty of summertime fun at Myrtle Beach, with its beaches, amusements, and waterparks.

Last but definitely not least is Branson, Missouri! See a show at any of Branson’s 50 theatres and enjoy some outdoor family time at the lake. Enjoy the view of the Ozark Mountains with Branson’s “small-town charm and big-city entertainment.”

“My favorite place to go on vacation in Springfield, MO,” says Vanessa Rosebrook, freshman from Canute.

Personally the two big vacation spots that I have been to have both been great. I’ve been to Red River, New Mexico, a few different times and have loved it. In the summer, horseback riding and four-wheeling are lots of fun. This past summer my family and I went to South Padre Island, Texas. We all had a blast! We went on a dolphin watch and spent most of our time on the beach. You can ride a slide at a waterpark or rent a Pirate Ship, take an Eco-Tour or go on a dance-party boat.

Jarrod Manning, of Sayre, says, “Best vacation spot I have ever been during the summer was the Gold Coast surfer’s paradise—Australia. Last summer I went to play football there, so I met some amazing teammates…”

“I went to Butchula, Kenya in 2011,” says Mackenzie Gifford. I got to play with African children, make crafts with them, and explore their country. My favorite part of the trip was asking the kids how they were doing, and no matter what, they always said they were doing good. I loved their singing and dancing.”

“I have always wanted to go on a vacation to Hawaii,” says Dakota DeLeon, of Erick. I want to go see all the volcano’ over there and travel between all of the islands. I want to see what every beach looks like over there. I have always wanted to go to a Luau and see what one of those are really all about. They all look fun in the movies, but I want to see one with my own eyes and experience it myself.”

“One of my favorite vacation spots is in Northern Alberta, Canada…One of the little towns we go to is called Jasper,” says student Payton Wright.

Kendra Price says “There is a little spot not many people know about outside of Mangum. It’s called Jaybuckle.”

No matter the spot, summer means fun in the sun for all—even if it’s your own back yard. Enjoy it while it lasts.
“It is difficult to not have your heart touched by the personal, intimate stories, poems and photographs these talented students have produced. They have written about personal loss, joys of parenthood, testaments of faith and family, and shared the beauty of southwest Oklahoma through their lens.”

--Mrs. Judy Haught
Language Arts Instructor
Sponsor of Lit Fest

ANTHOLOGY:
a book or other collection of selected writings by various authors, usually in the same literary form, of the same period, or on the same subject

By Brisa Garza
Get your writing published! SWOSU @ Sayre is printing a student anthology next fall.

The work is a collection of original stories, photographs, essays, or poems of Western Oklahoma from students currently enrolled at SWOSU in Sayre’s College of Applied & Associate Sciences. The anthology is assembled by Language Arts instructors Judy Haught and Terry Ford.

If any student would like *BONUS POINTS* in their classes, submit ASAP!

NOW ACCEPTING

STUDENT ANTHOLOGY SUBMISSIONS!

By Naomi Leverett
The Language Arts Program at SWOSU-Sayre is already planning for the annual Literary Festival. Instructor Judy Haught is once again applying for a grant to fund a full day of literary endeavors.

Guests speakers have been slated. Books will be autographed and available. SWOSU students are already submitting their poetry, photography, short stories, and essays to be published in the annual Anthology of Student Writing.

The theme of the festival is “Noteworthy Oklahomans.”

The date will be Oct. 9, 2013.

One of the guest speakers that has promised to be here is author/historian Bob Burke. He practiced workers’ compensation law, exclusively representing claimants since 1980. Bachelor’s degree in journalism—1970—University of Oklahoma. Burke has written more historical non-fiction books than anyone else in history. Furthermore, his latest project is editing a book on Western Oklahomans—written and researched by SWOSU-Sayre students!

Other speakers will include area authors, scholars and SWOSU student writers.

Lit Fest Planned for Fall

By Brisa Garza

The deadline is anytime before finals! If not, anytime is before the spring semester is fine.

My story is in, is yours?
Have fun and be creative!!
The Focus is You!

Meet Ransford

By Rachel Ryan

We at the WatchDawg love to introduce you to interesting fellow students, and one really unique student is Ransford Odoom-Fynn. Ransford has been all over the world. You may have noticed his unique accent.

Ransford's mom, Katlyne, is Jamaican. His dad is a diplomat and is from Ghana. His surname, which sounds unique to Westerners, honors his father. "Odoom-Fynn" is a royal name, and Ransford's dad is a tribal king.

Ransford was born in Ghana and went to Jamaica for four years and when he turned 6, he moved to London in the UK and attended Oxford Elementary school.

He went back to Ghana for a short time before he arrived in New York at just 17. He helped work in his mom's store called Ivy's Boutique on 34th and Broadway in New York. His mother's store consist of various sculptures and art. She travels extensively with his dad.

He then went to live with his mom's twin sister in Washington D.C.

Ransford also has a twin sister who attended ECU in Ada, Oklahoma, for nursing. She then got a job in Texas. He heard from her living in Texas was cheaper, so he moved there.

He started looking for schools online, and he found radiology offered at SWOSU here in Sayre.

He enjoys playing football and soccer. His favorite football team is the New York Giants. He previously was a volunteer in Texas at the hospital where his sister works.

Ransford considers people from Oklahoma to be "laid back." He says people in New York and London are fast paced and don't really ask you how you are doing.

Ransford plans to possibly go back to London, but while he is here, be sure and say hello to this fellow Dawg! He is as warm, sunny, and friendly as Jamaica itself!

Naming Customs in Ghana

- Surnames are often not the same for all persons in a family. Often each child is given a different surname, which may be different from that of the parents or grandparents. Family surnames are more common in Cape Coast and Accra.
- Sometimes in Ghana, the father's given name is given to his son as a surname.
- Married women did not take their husband's surnames until recently. They now will often retain their maiden name until the marriage is registered.
- Children are often given native names at birth and a "Christian" or westernized name when they go to school.

Although he was born in Ghana, Ransford’s accent comes from his beautiful home country of Jamaica!

As a child, he attended elementary in Oxford, England.
Are You Ready For Finals?

By: Dalton Kirtley

Final Exams are almost upon us! If you’re a procrastinator like me, you may be in need of some serious help. Unfortunately you probably won’t find it reading the school newspaper—or will you? Here are a few tips I’ve collected from some of the instructors on campus.

Good luck, and may the Force be with you . . . .

Ms. Ford—English Comp II: The error of a run on sentence can occur when? Two sentences are joined by only a conjunction.

Ms. Haught—Intro to Lit: Know when Huckleberry Finn was published.

Ms. Davis—Biology: Know about the Tragedy of the Commons and how it relates to biology.

Ms. Ford—Public Speaking: Your “I’m prompt tu” speech Must have a good introduction and conclusion.

Mr. Froneberger—Psychology tip? Come to class sober (That’s debatable advice.)

Mr. D’Alessandro—Hotel Restaurant Mgmt.: HOSP 2003 – Hospitality Financial Accounting Question. All of the following are sections of the statement of cash flows except the:

a. Operating Activities section.
b. Earning Activities section.
c. Financing Activities section.
d. Investing Activities section.

HOSP 2223 – Dining Room Operations. Question: The most frequent accident in a food service operation is a ________ caused by ________.

a. cut; broken glass
b. fall; a slippery floor
c. burn; a hot oven
d. sprained back; lifting too much weight

HOSP 2113 – Legal Issues in Hospitality. Question. A “tort” is?

A. A fruit-filled dessert pastry
B. A wrong committed against an individual or entity
C. A warning sign to indicate a wet floor
D. None of the above


Ms. Hernandez—Macroeconomics: The Foreign Exchange Rate Refers to? The amount of one currency that must be paid to obtain one unit of another currency.

Thanks to all the instructors for being good sports, and best wishes for plenty of rest and calm nerves during Finals. (And that goes double for the instructors.)
You ask for puzzles? You got it.

By Elizabeth Underwood

Stepfamilies, cont’d

(Continued from page 3)

I personally have a stepmother and a stepfather. I was sixteen when my parents remarried. I have had a hard time accepting that my parents have remarried. Being that I felt I was far too old to just accept my stepparents as regular parents had a lot to do with it.

Being a stepsibling is also a hard task. One struggle I have encountered with being a stepsibling is the fight for your parents’ attention. It is hard for your parent to treat the stepchild the same as they would treat their own child. It is a constant tug-of-war for attention.

Remembering the Golden Rule can help: Treat them as you would want to be treated. Lower your expectations and be realistic.

Hats off to our many students who attend school and deal with the joys and trials of stepfamilies every day.

Walk for Your Health

By Samantha Barnett

As college students we tend to get lazy. Stress makes us tired, too. Did you know that just by walking for one hour you can burn as many as 400 calories?

The average person walks approximately three miles every day in the course of his or her normal activities. Some of the various benefits of a regular walking workout include: Cardiovascular health, bone health, weight loss, and mental health.

Walking strengthens your heart, improves circulation, and lowers your blood pressure. It can even stop some of the bone loss of osteoporosis and is proven to slow down arthritis. By walking just four miles four times a week you can walk off around a half-pound of fat every month. Studies have proven that walking reduces stress and improves your overall sense of emotional well-being.

So if you’re feeling down or stressed about Finals, grab a bottle of water and some comfy shoes and take a stroll!
Meet the Staff!

“The Editor”—Kaley Riley—quiet, but deadly efficient—is a dependable sophomore at SWOSU. She graduated from Shamrock High School. Kaley is achieving an Elementary degree and says her favorite teacher is Mrs. Terry Ford.

THE RINGLEADER—Dalton Kirtley is a graduate of Sayre High School. Dalton is undecided on his degree at the time, but is a joy to have at SWOSU Sayre. Dalton says his favorite teacher is Mrs. Terry Ford and he is known to have the coolest truck on the parking lot.

ONE HOT MAMA—Designing pages like a Picasso was Brisa Garza, a graduate of Elk City High School. She says her favorite teacher is a toss up between Mrs. Terry Ford and Mr. Scott Froneberger. Brisa is one of the best hairdressers in Elk City and is accomplishing a degree in Early Elementary Education.

“The Typewriter” Elizabeth Underwood is a graduate of Elk City High School. Elizabeth is undecided on what she is going to college for. Elizabeth says her favorite teacher is Mr. Bill Swartwood.

“Going Postal”—Licking envelopes was Jaci Alford, a graduate of Cheyenne High School. Jaci is earning her Early Elementary Education degree. Jaci’s favorite teachers are Mrs. Coker and “Pappy” Froneberger. Her antics and creativity are rivaled only by Dalton’s.

“Rockin’ Rachel Ryan” is attending SWOSU Sayre to earn a Nursing degree. Vivacious Rachel likes all her teachers and is very artistic, yet creatively challenged.

“The Sweet One” - Naomi Leverett seems shy or timid, but this is just perception. Get her wound up and she has stories to tell. She is a graduate of Merritt High School. Naomi has not yet decided what she is going to college to become. Naomi says her favorite teacher is Mr. Landry Brewer.

“Ghostwriter” Samantha Barnett took the class by arrangement. She is a graduate of Merritt High School. Samantha is going to college to be a Musical Therapist. She can also change her own oil.

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“It has been a pleasure to work with this creative, dedicated, and fun-loving group of students. We laughed every day while we worked, and they still produced some of the most colorful and interesting stories that have ever documented a slice of college life on the Sayre campus.” —Sponsor Terry Ford