The WatchDawg
The Focus Is You!
November 13, 2013

Med Tech Program Turns 45

A host of dignitaries from the world of Medical Technology attended the 45th Anniversary of the MLT program at Sayre last week.

The early 1960s, Chris Christian, MT(AMT) foresaw the need for trained medical laboratory professionals and convinced what was then Sayre Junior College to let him start a program in medical technology.

A coveted Governor’s Commendation was received by Roxann Clifton, the MLT’s program director.

The college and students are fortunate to have Clifton as the current director, as she has served as an officer on local, state, and national boards.

What began in 1968 has blossomed into today’s thriving degree program, which culminates in an Associate of Applied Science that allows the graduates to pursue a career in the medical laboratory.

The primary role of the MLT is performing tests on blood and other...(Continued on page 2)

At center is MLT Program Director Roxann Clifton, surrounded by students and Dean Sherron Manning, at the 45th Anniversary Reception.

Get a SWOSU Weather Alert!

The fall weather is upon us; icy cold conditions of winter are almost here. It’s always best to be prepared, so why not get the SWOSU weather alert for your phone? This will send school cancellations due to weather straight to your phone or e-mail. Here are three easy steps to keep you out of the cold when classes are cancelled:

Step 1. Log onto SWOSU/Sayre then click on the site search icon. Type in “swosu weather alert.”

Step 2. Complete the form online to create an account.

Step 3. Confirm the validation codes sent to your phone via text message and you’re all done.

Calendar of Events:

Nov. 6 – Campus career day.
Nov. 27-29 – Thanksgiving Break!

Dec. 6 – Last day to drop with WP/WF.
Dec. 12-18 – Finals...
Dec. 19 – Final grades due.
Dec. 20 – End of the semester.
Dec. 23 – Jan. 1 – Campus closed for Christmas.
Jan. 8 – Spring semester Begins.
body fluids. The test results aid the physician in over 70% of their objective medical decisions in diagnosis and treatment of the patient. The MLT candidate is provided training in blood banking, clinical chemistry, hematology, immunology, microbiology and more. Graduates are in high demand in the rapidly expanding health care industry. Most program graduates are employed in hospital and physician office laboratories. With further training, graduates may work in research, forensic, fertility and commercial laboratories.

The Medical Laboratory Technician program is under the direction of Roxann Clifton, Program Director and Kathy Brooks, Allied Health Instructor, on the Sayre Campus.

Graduates of the program sit for the national certification examination that is offered by the American Medical Technologists (AMT), an internationally recognized organization that provides certification to allied health professionals.

Throughout the years, the MLT Program graduates have achieved a near 100% pass rate upon first attempt at certification.

The determined work of Ms. Clifton and Ms. Brooks has also lead to the same level of job placement after graduation.

A reception was held recognizing the wonderful achievement of the MLT Program and Governor Fallin’s Commendation.

Congratulations to the MLT Program for this honor.

Free popcorn balls, caramel apples, turkey legs and pulled pork—it was a free feast for the Sayre campus during Fall Festival last Wednesday.

The Renaissance-themed event was a huge success. Several booths were sponsored by vendors from the community, and instructors hosted class at the Fair with instruction booths.

Taking center stage was the jail cell, where students were allowed to be locked in the cage for $1 per minute—all for a good cause. The jail raised $220 for SWOSU student Chris Bankston.

Chris Bankston was born with Cystic Fibrosis, a life threatening disease. Chris and his fiancé Kayleigh Reed (also a SWOSU student) are using the money from this and other fundraisers to obtain a new drug called “Vertex,” which is still being tested but shows signs of great hope for him and others with this disease.

When Chris beats this disease, he plans to use the business degree he is pursuing here at SWOSU to open his own convenience store.

For more scenes from Ren Fest, see page 5.

One educational display was the forge operated by a real renaissance man, Mandell Greteman, who demonstrated the art of hammering red hot steel. Photo by Abbey White.
Did you know? Crazy facts about Thanksgiving. By Todd Garrett

1. It was not until 1941, that congress declared Thanksgiving as a national holiday. It was declared to be the fourth Thursday in November.

2. Turducken, a turkey stuffed with a duck stuffed with a chicken, is becoming more popular in Thanksgiving (originated in Louisiana). A turducken is a de-boned turkey stuffed with a de-boned duck, which itself is stuffed with a small de-boned chicken. The cavity of the chicken and the rest of the gaps are filled with, at the very least, a highly seasoned breadcrumb mixture (although some versions have a different stuffing for each bird).

3. Fossil evidence shows that turkeys roamed the Americas 10 million years ago.

4. About 91% of Americans eat turkey on Thanksgiving Day.

5. Thomas Jefferson thought the concept of Thanksgiving was "the most ridiculous idea I’ve ever heard."

6. The North American holiday season (generally the Christmas shopping season in the U.S.) traditionally begins when Thanksgiving ends, on "Black Friday" (the day after Thanksgiving); this tradition has held forth since at least the 1930s.

7. Benjamin Franklin wanted the national bird to be a turkey.

8. The Guinness Book of Records states that the greatest dressed weight recorded for a turkey is 39.09 kg (86 lbs), at the annual "heaviest turkey" competition held in London, England on December 12, 1989.

9. More than 40 million green bean casseroles are served on Thanksgiving.

10. In the US, about 280 million turkeys are sold for the Thanksgiving celebrations. There is no official reason or declaration for the use of turkey. They just happened to be the most plentiful meat available at the time of the first Thanksgiving in 1621, starting the tradition.

11. The First Thanksgiving lasted for three days.
Spanish Class Takes Excursión

By Abbey White

The Elementary Spanish I class took a trip on November 1, also Day of the Dead, a Mexican holiday to celebrate their passed ancestors. The group ventured to Norman, where they visited two museums and ate lunch at Ted’s Café Escondido for a delicious Mexican meal!

The Sam Noble Museum of Natural History, on the OU Campus, included six galleries giving an in-depth tour of more than 500 million years of Oklahoma’s amazing natural history. The highlights of the museum were works of Native American art and Mayan Culture of Mexico and Central America, including native landscapes and dinosaurs and the world’s largest *Apatosaurus* and a Guinness-World-Record-Holding Pentaceratops. The museum also has hands-on exploration in the discovery room.

The next stop on the trip was to Ted’s Café Escondido where the meals are prepared the way Mexican food should be, including their homemade *tortillas*. After enjoying lunch, they offered free *sopapillas* for desert, and the students let the waiters know Mrs. Haught’s birthday is in November. They put a big red sombrero on her head, and a group of waiters all gathered around and sang happy birthday at the top of their voices for her.

The next stop, the Fred Jones Museum of Art, featured *Libertad de Expression*, the works of a Latin American artist promoting freedom of expression during Cold War politics. It is one of the nation’s finest university art museums. The museum’s extraordinary collection includes major art works by some of the most beloved artists of all time such as, Van Gogh, Degas, Renoir, Monet, Gauguin, Hopper, O’Keeffe, Ansel Adams, Allan Houser, Nicolai Fechin, Leon Gaspard and others. Some of the current exhibits even included Pablo Picasso on loan by another museum, as well as James T. Bialac’s Native American Art Collection. It houses the Eugene B. Adkins Collection, one of the most important private collections in the nation of works by the Taos artist, as well as Native American works of art. This collection includes over 3,300 objects, including more than 400 paintings by distinguished artists. The museum consisted of three floors available to view works of art and other pieces of collections. It was a fun-filled busy day!

*All photos by Chris Trent*

*Attending were Miranda Aranda, Ashley Brewer, Alicia Crum, Alexis Franshier, Brisa Garza, Lee Houston. Holly Jones, Lindy Smith, DeShawna Smyth, Chris Trent, Abbey White, Judge Doug Haught and Mrs. Judy Haught.*

*ART ABOUNDS*
Winner of best SWOSU-related costume was Terra Goodfellow, dressed as Papa Froneberger.

Below, Counselor Laura Miller and Dean Sherron Manning go West for delicious BBQ.

Instructor Scott Froneberger goes back in time.

Time in Jail benefited the Chris Banks Fund.

In the fortune-telling tent, Daniel Thompson and his Gypsy girlfriend made predictions to a rapt audience.

Winners of the Pumpkin Decorating were Trent Mickles, Terra Goodfellow and Rachael Simons.
SGA Planning New Fundraisers

By: Abbey White

SGA, the Student Government Association, brings a closer relationship between students and faculty and helps promote student activities. It has a president, vice-president, secretary, and then a representative from each class. SGA officers must have completed 24 hours and maintain a 3.0 GPA, and Class Representatives must also maintain a 3.0 GPA.

The Fall Festival that was just put on was a SGA event. (The officers used their funds for this event, so they also have fundraisers to promote.) Some past activities SGA has had includes cookouts, entertainment assemblies, dances, play days, campus improvements, parade participation to advertise Sayre’s campus, dress-up days, as well as other things to benefit those on campus.

This year they will be meeting in the month of November to make a decision on which fundraisers to do. A SWOSU Bulldog Cookbook, Car Smash, and the 5K Rock & Roll Color Run are on the table for fundraising.

The SGA activities are always enjoyable and fun, so make sure to get involved in the fundraisers.

Belinda Graham, Kayleigh Reed, John Mauldin, Rachael Keahey, Felicia Jones, Kelsie Shockey explore cookbook options for a fundraiser.

BUILD A POSITIVE SELF-CONCEPT

By SWOSU student: Belinda Graham. Self-Concept. What is it? Where does it come from? How do you improve it? Why should it matter to you? These are the questions that will be addressed in the following two-part article.

What is Self-Concept? It is defined as the way an individual thinks about and values him/herself. Ok, easy right? Not so much. Stop for a moment and ask yourself, “What do I think about myself?”

Be open and honest. Was the answer positive, or did you make a laundry list of your shortcomings? If it was more negative than positive, do not feel alone. As humans we tend to be self-deprecating, focusing on negative images we have formed about ourselves. Even seemingly attractive, outgoing, successful people, who you might think have great self-concept, could actually suffer from a very negative self-concept. Everyone has heard of movie stars who took their own lives at the pinnacle of their careers, only to find out they viewed themselves as unattractive, talentless, or worthless. To understand how this could happen, you need to know how self-concept is developed, in essence, where it comes from.

Where does your self-concept originate? Self-concept forms from messages received since childhood. These can be verbal or non-verbal. They can come from parents, siblings, peers, educators, and anyone with whom you interact. Messages about yourself from others are referred to as reflected appraisals. Most come from things people say about you. These can sometimes turn into “scripts” that are given to you by parents, teachers, and others who feed you expected reactions to situations, such as “say please and thank you,” “you’re a good boy/girl.” Also, social comparisons affect your self-concept. This is how you compare yourself to your peers. Such as “She is thinner than me,” or “I got a better grade.” Lastly, your self-concept is formed by your self-perception. This perception includes self-assessments of your physical, social, intellectual, and spiritual self. This is the part of self where you develop morals and desires, as well as political and spiritual feelings. Our self-concept is fluid in nature, meaning it is ever-changing and developing as we live and grow in experiences.

Now that you know what self-concept is and where it comes from, you can begin to understand just how you have developed yours. And if you find your self-concept is less than positive, or needs a little improvement, look for Part 2 to this series in the next WatchDawg for tips to building self-confidence which will boost your self-concept.
**Thanksgiving History** - Thanksgiving is a particularly American holiday. The word evokes images of football, family reunions, roasted turkey with stuffing, pumpkin pie, and of course the Pilgrims and Wampanoag, the acknowledged founders of the feast. Was it always so? Giving thanks had always been apart of Wampanoag daily life. From ancient times, Native People of North America have held ceremonies to give thanks for successful harvests, for the hope of a good growing season in the early spring, and for other good fortune such as the birth of a child. Giving thanks was, and still is, the primary reason for ceremonies or celebrations. The arrival of the Pilgrims and Puritans brought new Thanksgiving traditions to the American scene. Today’s national Thanksgiving celebration is a blend of two traditions: the New England custom of rejoicing after a successful harvest, based on ancient English harvest festivals; and the Puritan Thanksgiving, a solemn religious observance combining prayer and feasting.

**Turkey and all the Trimmings** - The classic Thanksgiving menu of turkey, cranberries, pumpkin pie, and root vegetables is based on New England fall harvests. In the 19th century, as the holiday spread across the country, local cooks modified the menu both by choice (“what they liked to eat”) and by necessity (“what they had to eat”). Today, many Americans delight in giving regional produce, recipes and seasonings a place on the Thanksgiving table. In New Mexico, chilies and other southwestern flavors are used in stuffing, while on the Chesapeake Bay, the local favorite, crab, often shows up as a holiday appetizer or as an ingredient in dressing. In Minnesota, the turkey might be stuffed with wild rice, and in Washington State, locally grown hazelnuts are featured in stuffing and desserts. In Indiana, persimmon puddings are a favorite Thanksgiving dessert, and in Key West, key lime pie joins pumpkin pie on the holiday table. Some specialties have even become ubiquitous regional additions to local Thanksgiving menus; in Baltimore, for instance, it is common to find sauerkraut alongside the Thanksgiving turkey.

**Homemade Pumpkin Pie**

**Ingredients:**
- 3 scoops of cooked pumpkin
- 1 cup of sugar
- 1.5 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt (optional)
- 4 large eggs
- 3 cups cooks, pureed pumpkin
- 1.5 cans (12oz each) of evaporated milk
- Pie crust

**Directions:**
Combine ingredients and pour into a prepared pie dish with the pie crust. Bake at 425° for the first 15 minutes, then turn the temperature down to 350° and bake another 45-60 minutes until the pie is set. To check if the pie is done, make sure that the center doesn’t wiggle. The sides should look dry, but the center will be a little moist. Cool and serve with whipped cream.

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**Holiday Has Uniquely American History!**

By Caitlyn Forrester

By Erica Lynch

**A Glance at Miss SWOSU Pageant**

Crowned last Saturday (to the left) is Haley Raetz, Miss SWOSU 2014! Her platform is “Adoption is Always an Option.” She will advance to compete for the title of Miss Oklahoma next year.

Each year surrounding high school girls and college students can enter the Miss SWOSU Pageant to show off their talents, hard work, dedication, and to voice their platform.

The winners all received a scholarship to SWOSU to help further desired careers goals.
Career Day was SPECTACULAR!

“The event was very successful, with 168 students registered from 19 schools. From the evaluation results, I believe it was an excellent recruitment effort. Thank you to all who participated and helped make this year’s event spectacular!”—Terry Billey, Registrar

Dr. Ruth Boyd was just one of the many speakers during Career Day. As head of the Department of Education, she spoke about teaching on all levels.

**Why Education?**
- Steady employment in uncertain economy.
- Gender– equitable pay
- Benefits such as health insurance
- Job opportunities at state, national, and international levels.
- Mobility

**Flexibility**
- Great career for working parents
- Once years of experience are accrued, they are never lost.
- Possibilities-
  - Classroom teacher
  - Administration
  - Higher Education

Exercise Science, discussed by Dr. Vicki Hatton, was another featured career.

**Get a Degree—**
The Bachelor of Science in Education degree in Health and Physical Education is a teaching degree accredited by National Council for the Accreditation of Teacher Education. The Health and Physical Education degree prepared the student for teaching and coaching positions in public and private schools. Graduates will be able to pursue employment as:
- Kindergarten through 12th grade physical ed. Teachers
- Kindergarten through 12th grade health teachers
- Middle school, junior high and high school coaches
- Coaching clinics

Mrs. Ford introducing Dr. Ruth Boyd to a full classroom of high school, vo-tech and college students. Photos taken by Caitlin Forester
Student Selected for NASA’s Scholarship Program

By Kaley Riley

SWOSU Student, Michael Brinkley has been selected to receive a financial award through NASA’s National Space Grant College Scholarship Program.

Brinkley received a $1,000 scholarship!

As a NASA scholarship recipient, it is very important that he participates in a five year longitudinal tracking program. Brinkley works with Mr. Earl Bales, assisting with computers on campus.

He also designed the Lit Fest website. Next time you see Michael Brinkley, be sure and congratulate him for his hard work in receiving this great achievement.

Thanksgiving

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If April showers bring May flowers, what do May flowers bring?

Pilgrims!

He who thanks but with the lips
Thanks but in part;
The full, the true Thanksgiving
Comes from the heart.

--J. A. Shedd
Fall 2013 Final Exam Schedule

**Thursday, December 12, 2013**
8:30 - 10:30 AM........................................All 8:00 AM T R classes
10:30 AM - 12:30 PM................................All 9:30 AM T R classes

**Friday, December 13, 2013**
8:30 - 10:30 AM........................................All 8:00 AM MWF classes
10:30 AM - 12:30 PM................................All 12:00 PM MWF classes

**Monday, December 16, 2013**
8:30 - 10:30 AM........................................All 9:00 AM MWF classes
10:30 AM - 12:30 PM................................All 1:00 PM MWF classes

**Tuesday, December 17, 2013**
8:30 –10:30 AM........................................All 10:00 AM MWF classes
10:30 AM–12:30 PM................................All 11:00 AM T R classes
12:30 PM –2:30 PM......................................All 12:30 PM T R classes

**Wednesday, December 18, 2013**
8:30 -10:30 AM...........................................All 11:00 AM MWF classes