The Watchdawg

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Ron Kistler to Retire

By Kathryn Taylor Skelton

Mr. Kistler states that his mother was his influence. She was a fourth grade teacher for many years and truly enjoyed being a teacher and loved her students.

On a personal note, Mr. Kistler has four children. Keaton and his wife Maudia live near Lake Keystone. They have three boys, Tabor, Jack, and James. Marci and her partner Amy live in Oklahoma City. They also have three children: Elli, Esme, and Danny. Mendi and her husband live in Owasso and have three

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Purcy Dale Walker Guest Speaker at SWOSU-Sayre Convocation

By Kathryn Taylor Skelton

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At the end of this school year, the Southwestern Sayre Campus will be losing to retirement not only a valuable staff member, but also a wonderful friend.

Mr. Kistler has been involved in education for thirteen years. He started his teaching career at Shidler, OK. He also was a counselor at and teacher at Merritt Public Schools before becoming the financial aid advisor at the Sayre campus, where he has been for the past eight years. He has also been responsible for recruiting and sponsoring the Student Government Association.

When asked who influenced him to choose education as his field of study, Mr. Kistler states that his mother was his influence. She was a fourth grade teacher for many years and truly enjoyed being a teacher and loved her students.

On a personal note, Mr. Kistler has four children. Keaton and his wife Maudia live near Lake Keystone. They have three boys, Tabor, Jack, and James. Marci and her partner Amy live in Oklahoma City. They also have three children: Elli, Esme, and Danny. Mendi and her husband live in Owasso and have three

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Purcy Dale Walker will serve as guest speaker at the Seventy-First Annual Spring Convocation ceremony for Southwestern Oklahoma State University at Sayre on Friday, May 9th, at 7:00 p.m. in the Sayre Public Schools Auditorium.

One hundred seventy-three students will graduate that evening with Associate in Science or Associate in Applied Science degrees. Nine of the graduates have earned honors (Indicated by * on the list on page 17) with a GPA of 3.50 or better.

Walker, son of Purcy and Carolyn Walker, is a native of Western Oklahoma. He graduated from Elk City High School in 1970 and Southwestern Oklahoma State University in 1975, with a degree in accounting. After graduating from SWOSU, his working career began in Oklahoma City with Helmerich and Payne Drilling Company as an Inventory Control Coor-

(Continued on page 4)
By Kathryn Taylor Skelton
DeShawna Smyth and Chris Trent both from Elk City and who both attend Southwestern at Sayre received a great honor recently. Both students had their poems published in the Oklahoma Council of Teachers of English Anthology. DeShawna and Chris are both currently in one of Mrs. Haught’s classes.

“I never imagined that anything I write would end up being published or win a contest...”

DeShawna Smyth, SWOSU Student

“Pomp and Circumstance.”

Well, the composer’s name is Sir Edward Elgar from Britain, who composed this song in 1901.

The name “Pomp and Circumstance is a phrase from Shakespeare’s Othello, (“Pride, pomp, and circumstance of glorious war”) meaning triumph in battle. The song was first played at a graduation in 1905 at Yale.

They say they use this particular song because “it sounds extremely triumphant but with an underlying quality of emotions that marks the beginning of one stage of your life but yet the end of another stage.”

DeShawna Smyth.

They were invited to a banquet in Oklahoma City and were given a free copy of the publication.

Being able to write is a gift to have. DeShawna and Chris both should feel very proud of themselves, and the rest of us at Sayre are proud of them and also of Mrs. Haught. Her dedication to furthering students’ education and giving students a love for writing is greatly appreciated.

Thank you, Mrs. Haught, for believing in your students.

By Alexis Brown

The time is here AGAIN . . . to walk across the stage and leave the life that is so normal to us and start a new beginning. At this time of year, it always crosses my mind to do some digging and figure out who composed the song that is played at every graduation throughout America, “Pomp and Circumstance.”

The composer’s name is Sir Edward Elgar from Britain, who composed this song in 1901.

The name “Pomp and Circumstance is a phrase from Shakespeare’s Othello, (“Pride, pomp, and circumstance of glorious war”) meaning triumph in battle. The song was first played at a graduation in 1905 at Yale.

They say they use this particular song because “it sounds extremely triumphant but with an underlying quality of emotions that marks the beginning of one stage of your life but yet the end of another stage.”
By Elizabeth Varnell

On April 22, the Spanish class took their yearly field trip. It was a double destination affair this year, with both the Oklahoma City Art Museum as well as the Arts Festival as the objectives.

As the students perused the exquisite Arts Museum, they got to enjoy the majestic French paintings and Chihuly glass sculptures. There were also temporary exhibits of Ansel Adams’ and Brett Weston’s legendary photographs on display, in all of their silver gelatin glory.

Before heading off to the Arts Festival, the students visited a popular Bricktown Mexican restaurant, Chilinos, for a taste of some delicious and authentic Mexican cuisine.

The Arts Festival itself was both beautiful and full of life. There were fabulous works of art for sale, as well as some mesmerizing performers and outstanding displays. The food court held works of culinary art to snack on as well.

Overall, as a participant, I would rate the trip as a 10/10. Would go again.
Purcy Dale Walker at SWOSU-Sayre Convocation, from page 1

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In 1977, he returned to Elk City to become a small business owner. Service to his community has always been important to Purcy, and in 1990 he was elected as a Beckham County Commissioner.

Then in 2000, he was elected to the Oklahoma House of Representatives where he represented House District 60, consisting of Harmon, Greer, Beckham, Roger Mills and Ellis Counties. He termed out of the Legislature in November, 2012. Since then, he has enjoyed working for Great Plains National Bank, specializing in Public Relations.

Purcy and his high school sweetheart, Tonya, have been married for 41 years. Their marriage has been blessed with a son, two daughters, and six grandchildren.

One of his favorite scriptures in the Bible, written by the Apostle Paul, is Philippians 4:4-8. “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.”

Some Changes in Store for Campus

By Chris Trent

Some new changes will be affecting the Sayre Campus.

**Financial Aid Office**

First of all, we know that our beloved director Ron Kistler is retiring, but will he be replaced? Rumor has it that there may not be a position for a Financial Aid counselor here at Sayre after this.

The idea is that students can use the counselor at Weatherford. Will Weatherford allow us to keep the Financial Aid assistant position, now filled by Nancy Sanders?

Dean Sherron Manning stated: “Yes, Nancy Sanders will be fulfilling all of the responsibilities of Ron Kistler as Financial Aid Officer. Ron also states that nothing will change as far being able to apply for financial aid at the SWOSU/Sayre Campus.”

**Campus Book Store**

Also in jeopardy is our book store. With the prices of books online being cheaper and with more students able to purchase their own books cheaper online or rent them online, it is easy to see how the need for the bookstore isn’t as great as it once was.

However, it has been convenient to go over there for a t-shirt or USB.
Class of 2014

Students graduating with an Associate in Science are:

Altus: Tabitha Ann Combs, Naomi Elizabeth Dempsey
Ames: Nallely Yanire Aguilar
Anadarko: Savannah Kaye Kappelle, Cheyenne Nicole Mitchell
Apache: Carrington Dawneal Fisher, Kassie Darlene Sechrist
Arapaho: Ashlee Jordan Bishop
Armdore: Haskell Trace Palmer
Broken Arrow: Sara Jean Robinson
Buffalo: Kelsey Jordan Orange
Burns Flat: Felicia Renee Hitt
Calumet: Meghan Chantry Remberger
Canute: Kris Michael Sandusky
Chelsea: Katrina Jo Harriett
Chickasha: Emily Dee Baker, Breanna Kay Bobbitt
Choctaw: Hillary Corinne Caknupp
Clinton: Rita H. Rangel Greear, Katie Lyons Lopez, Ryan Scott
McCullough, Tiffany Annette Powell, Jessica Alexandra Ramirez, Morgan Michelle Brewer Wermly
Cordell: Lindsay Nicole Madison
Corn: Alyssa Jo McClendon Penner
Crawford: Clifford W. Keahy
Crescent: Kami Leigh Owens
Cushing: Elizabeth Marie Handke Paulus
Custer: Asher Eligh Mathis Reed
Cyril: Shellbie Lynn Laughlin
Durham: Kelah Suann McGlothin Watson
Edmond: Sarah Lorraine McWhirter
El Reno: Mitchell Patrick McKee
Elk City: Taler Jean Daughtery
Enid: Taylor Rhea McClroy, Katie Lynn Houston Rhodes, Emily Mavis Rios
Erick: Taylor Rachele Smith
Fairview: Baron Wayne Reese, Kassey Jae Worley
Hammon: Kimberly Ivey, Starla Dawn Etris Walker
Henryetta: Brinden Mykael Wallace
Hobart: Laura Ann Gibson
Hydro: Savannah Case Fairless
Haynes, Kaylene LaRay Hutton Rivera, Tori Jean Harding Simmons, Susan Leigh Elizabeth Burns Stutzman
Lawton: Jordan Renee Beasley, Kaitlyn Brianne Dawson, Allison M. Lee, Barry Allan Williams
Longdale: Travis Loranzo Martin
Lookeba: Sarah Lea Paxton
Loyal: Cody Lane Glazier
Mangum: Chelsea Nicole Norman
Richardson
Marlow: Erin Nicole Crosby
Midwest City: Johnny Ray Moore, Jr.
Moreland: Diamon Shael Rae Miller, Daniellie Nicole Starr
Mountain View: Jeremy Gene Woreley
Norman: Chad Alan Ehrhart, Tyler Thomas Newbury-Johnson, Bailey Lorraine Spears
Oklahoma City: Ashle’ Cabeling Holbrook, Allison Rebecca Layden, Alyson Hope Lederer, Mai Hong Tran, Chelsie Nicole Wilkins
Piedmont: Breanna Marie Miller Adkisson
Pond Creek: Jeffie Irene Akers
Randlett: Shelby Nicole Piatt
Rocky: Rebecca Leigh Clanahan Dobbs
Sapulpa: Chelsea Ann Blevins
Selling: Maci Dawn Hinshaw
Sentinel: Megann Marie Morgan
Shawnee: Shelby Marie Smith
Snyder: Allie E. Ayers
Spencer: Ariell Lewis
Stillwater: Shelby Danelle Murrell Tuttle
Afton: Afton Marie Mages, Hunter Danielle Martin
Watonga: Bailey Marie Milliron
Green Parkhurst, Miranda A. I. Harting Smoot, Kelsey Kay Woods, Sheena Zarazadeh
Woodward: Jack William Hartman, Maggie Jo Terry
Yukon: Baylee Chism, Rachel Ann Hankins Mansour
Highlands Ranch, CO: Emily Rochelle Hickey
Lincoln, KS: Victoria Marie Fieldkamp
Bangor City, Taiwan: Huy Manh Nguyen.

Students graduating with an Associate in Applied Science are:

Anadarko: Kambrea Lynn Franklin
Altus: Shelby Lynn Daniel, Daniel Frank Forcucci
Binger: Mason James Smith, Jennifer Renee Barnes Spanger
Carnegie: Karah Kay Marks
Clinton: Alyssa Danea Friesen Miller
Cordell: April Lynn Duggan May erich, Elizabeth Ann Reece Walker*
Corn: Brent A. Brinkley
Duke: Macie Grier Wallace*
Fort Cobb: Chelsea Nicole May
Frederick: Courtney Danielle Corrales
Lawton: Heather Christine Bivins*, Rebekah Jane Bowers, Jacquetta Green Campbell*, Carlyn Rene Finke*, Kayla Marie Hope, Dustin Dean Rhoades
Mangum: Shawn Marie Chilson
Whetstone
Norman: Jennifer Deloera
Oklahoma City: Audra Louise Green, Allie Marie Emerson Martin
Union City: Bonnie Drew Sweeney
Watonga: Jeremy Antonio Valenzuela
Weatherford: Neva R. Gray*, Natosha LeAnne Hankins, Sutton Rhea Hallerty*, Crystal M. Mars, Jordan Taylor Vanderwork*
Yukon: Katie Andrea Raines
Runaway Bay, TX: Natasha Beth Brumley
Wheeler, TX: Merinda Dyann Atwood Dawson.
By Lacy Pryor

Congrats to all of my fellow students that are going to be graduating very shortly! I envy you all. Also, as for the rest of the student body, I would like to say awesome job on completing, well almost completing, this spring semester! I am a true believer in rewarding yourself for staying dedicated and working hard to achieve your goals.

With that being said, I have found several affordable summer vacation ideas and destinations for college student who are on a budget. I’m not talking just a weekend stay in the city going to the mall and Starbucks. I’m talking a real vacation! Impossible you say? I’ll let you be the judge.

Destination #1: The Bahamas

Okay, you are probably already ‘thinking that the Bahamas have no place on a list of affordable summer vacations for students. But if you know where to look, the Bahamas can be perfect. There tends to be a number of late deals available, including hotels and flights, and you won’t need much money when you actually get there. There’s a lot to do there, too, from exploring the local cultures to shopping in amazing markets and relaxing on the amazing beaches. It’s a great way to get the best of both worlds!

Destination #2: Buenos Aires

Buenos Aires might be associated with luxury and partying, but things aren’t as expensive here as you’d think. Ask the locals for the best places to shop; hidden supermarkets and markets can conceal the most amazing treats for rock bottom prices.

Destination #3: Vegas

Vegas can be an expensive holiday, and it certainly will be if you lose yourself in the casinos or stay at the top-end hotels! If you’re careful, though, you can easily do Vegas on a budget. Forget about big shows like Cirque de Soleil, unless you can really haggle down the last-minute ticket prices. Instead, hunt down fantastic last-minute deals (you’ll likely find something amazing if you are willing to stay off the Strip!) and make the most of what you can get for free. Spend your days lounging by the pool and enjoying the hotels, and the nights in the cheapest clubs. It makes Vegas a completely different experience, but it’s still totally worthwhile.

Destination #4: Anywhere

If you have access to a car and enough money to club together for gas, you’ve got a vacation. Find a map, jump in the car and see where you end up; just make a deal to swap driving every few hours, and to get out and explore every third place you drive through. Pick random restaurants to eat out, explore random attractions and create some amazing memories of your own country. Just make sure you abide by the law!

Destination #5: San Diego

A trip to San Diego can be both classic and cheap: there’s great weather, beautiful beaches and fantastic hotels, making it easy to recreate the classic Mexican vacation without the expense. Again, you’ll find the best deals by checking out late-deals and joining the mailing lists for hotels in the area, and you can cut costs when you are out there by collecting vouchers, haggling and doing free activities such as window-shopping at The Gaslamp Quarter and enjoying Balboa Park.

Destination #6: Go on a Cruise

This one might take planning some time in advance, and you’ll likely need to be flexible on when you go, and where you travel from. Cruises have had a modern upgrade recently, and the boats are now packed with creature comforts and luxurious surroundings. Tickets are usually all inclusive, covering your trip, food, lodgings and entertainment, and you get the chance to explore a number of destinations. Tickets can be as cheap as $250, which isn’t bad considering you’ll have unlimited food, drink, snacks and entertainment! Just remember to take a little extra if you want to buy anything in the towns you explore. With so many different cruise types on offer, they really do make amazing summer vacations for students.

These are just a few ideas that I’ve found that any student can do on any budget and with a little creativity and planning. The memories are what truly make the vacation so make sure to take plenty of photos and take advantage of the cultural surroundings. Everyone deserves a vacation to get away from their hectic everyday schedule. Reward yourselves guys because you deserve it! Be smart and use the buddy system, safety first.

……and may the odds be forever in your favor
By Bonnie Smith

Hearing the words “homeschooled” makes many people cringe, but many examples can be produced to alter that perception.

One extraordinary example exists in the form of a fellow student. The oldest of four children in a very close knit family, Daniel Thompson, has been homeschooled, but academically and socially does not fit the stereotype given these individuals.

Home schooling has changed considerably, and in the experience of this reporter, he may not fit the stereotype, but he is very typical. Academic excellence and gregarious attitude seem to be the standard in modern society.

Graduating soon, he is currently a high school student, working three part time jobs, and attends college at Southwestern Oklahoma State University. Speaking with him briefly one cannot miss an air of confidence, which drips from every word. His love for his family is also evident when speaking these words. “My parents are awesome. They have been incredibly supportive. I owe them all the academic opportunities I’ve been given a chance to succeed in.”

He also enjoys his siblings calling them “bright” and “Hilarious.” There is something that sets this student apart from his peers.

According to one of the instructors on campus, he may be the only Sayre student to have been awarded the University Baccalaureate Scholarship. Applying for this scholarship requires an ACT score of 30 or higher. Then a re-

(Continued on page 16)

Instructor Terry Ford

By Abbey White

On July 21, 1965, one of the many teachers at SWOSU was brought into this world, Mrs. Terry Ford. She was born to Neil and Sharon Callahan in Amarillo, Texas, where her parents had eloped. She then grew up in Delhi, a community south of Sayre marked by a store, a cemetery, and an airport.

As a child, Mrs. Ford loved the excitement of when an airplane landed or took off, the thrill of climbing up the tower to change the beacon light, and recalls the steady swing of yellow light, green light, yellow light in her bedroom window as the beacon made its sweep around the country side.

She was the oldest sibling, almost 7 years older than her baby brother, Curt Callahan, who now owns and operates Callahan Steel in Mustang.

Her dad started his own business putting up metal buildings and carports, and they owned and operated The Waterbed Store in Elk City. Her dad is a minister, but unlike most religions, preachers for Jehovah’s Witness are volunteers and no collection plates are ever passed, so her dad planned for his retirement by flipping houses and renting them.

Growing up Mrs. Ford always wanted to be a teacher. School was her favorite game to play with her brother, she was the teacher and he was her pupil! But after high school, teaching didn’t sound so cool. Mrs. Ford loved being a reporter, too, but it didn’t pay very much or offer insurance, so she ended up with her first love, teaching!

Mrs. Ford graduated from Sayre High School Class of ’83. She is proud of being the Band Queen of 1983.

She then attended our campus which, was called Sayre Junior College then. After two semesters there, she went up to OU and majored in Journalism. She worked for the Sayre Record as a reporter/photographer for five years, then returned to college to change her bachelors of professional writing into a teaching degree.

She went to SWOSU Weatherford to receive a (Continued on page 16)
children, as well: Sophia, Ella, and Henry. Whitney is the youngest of his children. She lives in Tulsa and has a boyfriend named Kris.

When asked about his hobbies, Mr. Kistler’s first response was gardening and taking care of his yard. I have had the pleasure of seeing his yard, and I must say it’s beautiful! Mr. Kistler stated that he prides himself on having a beautiful yard full of flowers and a good garden. He used to enjoy raising cattle, but due to the drought and his future plans to move, he has sold all of his cattle.

Mr. Kistler is already making post retirement plans. After retirement he will move to Oklahoma City to be closer to his children and grandchildren. He hopes to attend as many of their activities as he can. He has also been attending a church in Oklahoma City where he hopes to become active and do some volunteering. He does plan to continue working, but he isn’t sure where or what he wants to do just yet. He stated that he wants to find something that he enjoys doing and feels like he will be doing a service that will help others.

When asked what he will miss most about his job here at Sayre, Mr. Kistler first mentioned the students. He also said “I will miss Nancy and Paula. We are like the three stooges and have formed a real friendship and working relationship. I have also developed some very nice friendships with some of our students, and I will remain in contact with some of them.”

In the eight years that Mr. Kistler has been at Sayre, he has touched many students’ lives. He has helped numerous students find a way to continue their education. Belinda Graham, SGA President, stated, “Ron’s dedication and support of the students at Sayre is incredible. As a financial counselor he took the time to ensure that students had all the help they needed and as the Advisor of the SGA he went above and beyond serving the students by working activities and helping the student government association plan fun events to show appreciation for the students.

Another student Terra Goodfellow said, “SWOSU won’t be the same without Ron Kistler! We are definitely going to miss him.”

This is just two students who obviously will miss him and appreciate him dearly, but they speak for us all!

Thank you for all you have done Mr. Kistler. You will be truly missed.

By Shelby Baker

As college students, we spend most of our time devoted to school between the months of August to May. Whether this be studying, classes, or labs it consumes most of our day.

When May rolls around, we have the chance to take some classes or to take the summer off. Most students choose to take the summer off. Taking the summer off from school allows us to both work hard and make extra money or it allows us time to take a trip and enjoy time with family and friends.

A trip can be planned as far as Italy, Florida, or even close to home. A trip that could be planned close to home would be going to Little Sahara State Park.

Little Sahara is located just outside out Waynoka, Oklahoma. This park is geared for off road riders in their dune buggies, razors, rangers, four wheelers or even dirt bikes. Little Sahara is known for its sand dunes which can range up to 75 feet and trail riding.

At just $10 a day per off road vehicle you are guaranteed to have a blast this summer right here in our own state. The fun never ends at Little Sahara State park because it is open 24 hours and night riding is available.

Be safe, buckle up, ride the dunes and most of all enjoy the summer break!
By Jade Watson

Some people that graduate high school have their life planned out in detail. That’s what Senior Allison Gilliland has done. Allison will be graduating this May with a major in Elementary Education; she is a 2010 Elk City High School graduate.

Starting this fall she will be doing her student teaching in Elk City, following in her Mother’s foot-steps in education.

Allison says her favorite thing about SWOSU has been the ability to do interactive courses with SWOSU in Weatherford. This has saved her time and money. Allison has shared that Sayre has a “family” feel and she loves the Professors and the administrators.

Allison has substituted in Elk City Public Schools for the experience for her future. She says “managing school isn’t too difficult because school comes first and has been my top priority for the past four years.”

Allison has not only been graduating from college in May, but will also be getting married. Allison says, “I always knew I would go to college right out of high school, because my mom, nana and papa always told me it was important and I should always strive to be independent and the only way was to attend college.”

Allison added, “This is my last semester at SWOSU and I would like to say thank you so much to all the staff at SWOSU for their encouraging words.” “I will really miss the people, but not the class.”

Although Allison has been blessed with her college career, this semester has been the toughest. Her biggest supporter has always been her Papa; he is in Oklahoma City Hospital fighting for his life.

Allison added, “This is my last semester at SWOSU and I would like to say thank you so much to all the staff at SWOSU for their encouraging words.” “I will really miss the people, but not the class.” “I would also like to say thank you to my family and friends for all their support I am looking forward to May to marry my high school sweetheart and start teaching and a new adventure in my life.”

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Are You Cell Phone Savvy?

By Melissa Meyers

A cell phone is a device that is owned by nearly every adult and teenager. It’s guaranteed that you can be almost anywhere and see the majority of people using one. They are a great tool for easy communication, but excessive use of a cell phone can be detrimental to your health. This is something that most people probably never even think about.

They are a threat to your health because they are claimed to be low-powered radiofrequency transmitters. Radiofrequency transmitters produce a certain amount of electromagnetic radiation, so in result your cell phone produces radiation. Radiation can cause cancer and heart disease.

Spending too much time on a cell phone can result in impaired concentration. You check your cell phone, then a few minutes later you check it again, even though you know for a fact you probably haven’t received any calls or text messages in the time between now and when you just checked it. At times it feels like cell phones rule our lives, instead of us owning them. The use of cell phones reduces the ability to focus. We are too consumed with constantly checking our phones even though nothing has changed.

Ever get tired of people constantly calling/texting you? Then you think, I just wish I could have a break! Remember the old days when we could actually go a few hours without talking to anyone? Now days if someone can’t get a hold of you they practically call in the armed forces because they just don’t understand why you aren’t answering! This leads to the next health issue, un-needed stress which in turn can lead to many other problems.

Studies have proven that cell phones are packed with germs, which encourage infection and sickness. To me this makes total sense. I see people all the time constantly touching things then picking up their cell phones. Do you take time to clean and sanitize your phone? Just imagine all the germs you are snuggling up with.

Like I mentioned earlier, the radiation from a cell phone can cause cancer as well as heart disease. Radiation forces red blood cells to drip hemoglobin, which can build up in the body and result in health complications, including heart disease. This is why you should never keep your cell phone in the front pocket of a shirt.

Staring at a cell phone for a long amount of time can lead to headaches, eye strain, blurred vision, and even dry eye. Studies have shown that you should keep a 16inch distance between you and your phone.

It’s best to try to not carry your cell phone anywhere on your body, shirt pockets, pant pockets, jacket, etc. Wherever you carry it at gets a direct amount of radiation from your cell phone. Many people tend to sleep with their cell phone under the pillow at night but this is also something that you should try to keep from doing. Instead, try putting it as far away from you as possible. Cell phones will always be a life line to most people, but we can try to prevent inflicting health problems upon ourselves by taking precautionary measures.

“Sometimes it’s best to just shut off your phone for an hour.”
—Melissa Meyers
For Cinco de Mayo, try **Sopapilla Cheesecake**

By Alexis Brown

Looking for an amazing, easy recipe for family reunion, potluck dinner, family holiday, or even an office party on Cinco de Mayo? My family has been using this for years and at every get together it is the first desert GONE!!!

It is called Sopapilla Cheesecake, and most importantly it takes no time. You will need

- 2 packages of 8 ounce Philadelphia cream cheese,
- 2 packages of 8 ounce crescent dinner rolls,
- 1/2 cup margarine
- 1 tsp vanilla extract
- Cinnamon/Sugar Mix
- 1 cup of sugar

First you will need to pre-heat your oven to 350 degrees then you can begin by lining your pan with 1 package of the crescent rolls, flatten it out to cover the pan, next you will mix both packages of cream cheese, 1 teaspoon of vanilla extract, and 1 cup of sugar in a bowl. Spread this mixture over the crescent rolls that you have in the pan. Third you will take the last package of crescents and place them over the creamy filling you just spread in the pan. Your final step is to spread ½ a cup of margarine over the top layer of crescents and then sprinkle evenly ½ a cup of cinnamon sugar over the very top, place the pan in the oven for 30 minutes at 350 degrees. Take out of the oven and enjoy!!!

**SWOSU Nursing & Pharmacy Reach Panama**

By Taylor Scott

Earlier this month, nineteen Southwestern Oklahoma State University students and faculty entered Panama. The Weatherford residents were from the Division of Nursing and College of Pharmacy. The team ventured to Panama to provide medical attention to 322 patients in just three days. The group was part of a Global Brigades mission trip that connected with SWOSU through the College of Pharmacy’s Rural Health Network.

The SWOSU group traveled to Santa Librada, Darien Province in Panama. This area has limited access to medical attention and resources. The SWOSU team treated these people who benefited from vitamins, antibiotics, blood pressure, and diabetic medications. The team also left the residents with dental and hygiene supplies.

The team had eight nursing students including Te’onna Adams, Sun City (CA); Bailey Bell, Weatherford; Meagen Harrel, Elk City; Katrina Holsaeter, Edmond; Micah Majors, Edmond; Katherine Maynard, Mustang; Bailey Spears, Amber; Mai Tran, Moore; and faculty member Juliana Bell, Bethany. The team also had six student pharmacists in the group including Samantha Caudle, Stillwater; Annette DeSantiago, Guymon; Tara Schultz, Weatherford; Kyrsten Smith, Ralston; David Truong, Moore; and Ryan Varghese, Mustang. Pharmacy faculty included Associate Dean Dr. David Ralph; Dr. Randy Curry, Coordinator of the College of Pharmacy Rural Health Network Dr. Randy Curry; and Introductory Pharmacy Practice Program Coordinator Dr. Nina Morris.

The donations for the trip were funded by local churches, communities, and the university, which allowed $5,000 in supplies and medications.

Trips like this one are prime examples of how Southwestern Oklahoma State University brings education, experience, and perspective to its students.
20 Ways to Participate in Summer

By Elizabeth Varnell

1. Go to a beach. Never been out of Oklahoma? Now is the time to go out.

2. Travel. If you can, go to a different country. Being around people that aren't like you changes your whole perception on life.

3. Take a class at a community college. Western Oklahoma Technology Center will be releasing a list of their summer classes soon. I promise you, most of them are nothing like a college class; they are a lot more hands on.

4. Build something. A greenhouse, a shed, a car, a portfolio... ANYTHING. Do something that you can look back and say, I built that in one summer, and I am super proud.

5. Read a book a week. Make it something you don't normally read, like a for-dummies book.

6. Make some jam. Surely you know someone around these parts who makes jam, or cans their own food. It's a great thing to know for later on, and it gives you something tasty that can last you the rest of the year.

7. Grab a bike. Go biking. Seriously. It will help build muscle and give you that invigorating feeling of earning the trip of going somewhere, even if it's just a friend's house.

8. Learn a language. Both SWOSU libraries have tools to help you learn a language. It just might come in handy when you’re backed into an alleyway surrounded by a bunch of foreigners. Maybe they just want to invite you to tea!

9. Volunteer. There are so many volunteer opportunities available, both locally and through summer camps.

10. Find a pen pal. There are multiple places online where you can find a pen pal to write to. It's nice to have a letter waiting in the mail for you.

11. Get back to your roots. Remember how you never talk to that one family member anymore that you used to be so close with? Invite them to dinner! You'll be glad you did.

12. Find a festival. During the summer, a lot of towns have festivals and that sort of thing. Here in Oklahoma, we have kolache festivals and peach festivals and all sorts of things!

13. Hike. When's the last time you've really connected with nature? There are several great places to hike in Oklahoma.

14. Learn the fun way. Oklahoma has tons of museums. My personal favorite is the Science Museum in Oklahoma City, followed closely by the Art Museum.

15. Reorganize your life. Maybe a break from school can let you live life a little differently. Find a nighttime job, and see what all you can learn from it. Or reorganize your room/ apartment/ house. Maybe you can't change a lot in your life, but even a little helps.


17. Take a road trip. It's a poor man's vacation, but it can be fun as hell. A lot of people travel up and down the old route 66. Maybe you should too. Try all the greasy burger joints and all the little museums everywhere.

18. Cook. Yes, really. With all the fast food available, people are seriously forgetting the pleasure of homemade apple pie, or learning how to make a new recipe. Teriyaki pineapple chicken for dinner tonight could be a change for the better.

19. Face that fear. Everyone has them, and we all avoid them. Maybe it's time to stop being so afraid and face it head on. Put the power of your life back in your own hands.

20. Go stargazing. I saved this one for last because it's my favorite. Online you can find a list of meteor showers and what times they come. There's nothing like driving out to the deep country with a bag full of snacks, lying on the roof of your car, and watching the stars fall in front of you. Imagining all the heat and power those stars have, but it doesn't even reach part of the way here. It lets you remember just how small you are in this great big universe.
Academic Marathon. Fight Senioritis!

By Taylor Scott

The year starts out with the big goal of a 4.0 GPA or all A’s and B’s. Mid terms hit and the 4.0 GPA is fading, but the A’s and B’s are still in sight! Now there is a mere week remaining and A’ and B’s seem to be running away.

Time to lock down, take a shot of energy, and finish strong...but how? Senioritis is kicking in and the thought of picking up a pencil is disheartening.

The students that were leading the class are running out of effort gas. The teachers are still coming in relentless with comprehensive finals and group projects.

What weapon can an exhausted student fighter use against an academic monster? Use bribing. Bribe yourself to finish school with all you have. Plan a trip for after finals. Plan a trip to the lake, the river, or out of state. Buy that new Nike jacket or go get your nails done after that last final. Look forward to moving back home or changing apartments.

Keep in mind the finish but remember what you still have to conquer. Your goals are still attainable, but its time to finish what you started.

Finish What You Started

By Dylan Scott

Each year millions of young adults start their life journey by attending college. Whether it is to further educate themselves or just experience the college life to see if it fits them, this time in a young adult’s life is important to say the least.

As I was growing up I was taught that you should always finish what you start. Each year thousands of students drop out, flunk out, or simply do not return for the next school year. Although college is very tough and at times can be very overwhelming with a lot of hard work, it can be done. After all, according to thinkprogress.org, 46% of college students graduate with a degree that will help push them to the top of the labor force.

What happened to the other 54% of students? I believe the #1 mistake by college freshmen is taking advantage of their new freedoms. It takes a lot of self-discipline to do your homework, study, and apply yourself to your classes without your parents looking over your shoulder.

College also is full of fun activities and events and can easily overwhelm a student if you are not careful. When asking Corianne Fairchild what the hardest part of her freshman year was she said, “Staying focused on class and homework. It is very tempting to skip class or put off homework to attend other activities!”

Bill Gates once said, “I failed in some subjects in exam, but my friend passed in all. Now he is an engineer in Microsoft and I am the owner of Microsoft.” I found this to be very motivational.

So remember as we are nearing the end of this semester, hang in there! We all fail at some things, we all get overwhelmed, and we all have to work hard to better our future. With a lot of hard work, and a little bit of self-confidence you too can finish what you started!
By Bonnie Smith

The best laid plans often go awry by the simplest of intrusions. Students often become derailed simply for not knowing their next step. Nursing students, let me send a little heads up to keep plans on track. Some of these suggestions may seem obvious, but I have seen them cause unwitting havoc.

Starting school with the wrong advisor can cause a delay by several semesters. Sayre nursing students should have Kathy Brooks or someone from the School of Nursing (SON) on the Weatherford campus as an advisor. If not fix this NOW!

Next be sure to peruse the websites of schools of interest early. Oklahoma offers many institutions for nursing degrees, but each has its own test procedures and schedule. Try to find out well in advance the due dates and requirements for those of planned application. When the time comes, test early and often. This will give you the best advantage with scores.

Speaking of scores, keep your grades as high as possible. Higher grades produce higher points toward entry requirements.

I have some special tips for those planning to attend the SON at Weatherford. First get familiar with Power Point presentations and APA style papers. For those looking for a class to fill a gap, let me suggest intro to electronic records. Not required but one could find this helpful in the future toward academic success, and stress reduction.

Now for those who have received acceptance into the SON on our sister campus, get a date book and learn how to use it. This unobtrusive, old fashion, paper product can produce improved grades when used properly. I have even heard it referred to as “Best Friend”.

Soon access will be granted to the information needed toward next fall’s classes. Now is the time to stop procrastinating. A list of dates will be given, and these should be entered into the date book A.S.A.P. Waiting simply compounds the amount of work to be done later.

The SON will register students into the needed classes, so stop stressing over that. Schedules when finally received will be fairly consistent. Last fall’s example was Monday, Tuesday classes and Wednesday, Thursday clinical or labs. Friday, Saturday, and Sunday is time to catch up on class work. Yes there is a lot to do, but students are set up to succeed. Just DON’T PROcrastinate!

Orientation will bring much of the information students have been stressing over and a bit more. Learning of the calculation exams to come, causes more stress for anyone who has not found algebra agreeable, however plenty of practice is provided, and all of last year’s starting class passed this test. A luncheon is held where you can meet the instructors, other students and senior class. Plan to enjoy!

The largest obstacle for student success last fall was pharmacology. In my humble opinion, it is a very boring class, which requires much memorization. Most students failing to move on to spring semester found their failings to be with pharmacology.

There is good news however; most of us know many people who take medications for common ailments. Learn these now, and by mid-summer a list of more should be available. Some things you need to learn about medications include:

♣ Why they are being taken? Breathing, heart, diabetes ect.
♣ Who should not take them? Smokers, Diabetics, ect.
♣ What meds or foods they interact with and how?
♣ What side effects occur and may need reporting.
♣ What tests may need to be done.

Let me reiterate stop procrastinating now! The schedule seems designed to keep students in a state of stress, (at least that’s what many students believe) but it’s really not that bad if you start early, work often and follow a few suggestions from someone who’s been there. **—Bonnie Smith**
Cancer Awareness is every month!

By Alicia Crum

In today’s society cancer is very prevalent. Cancer awareness matters because it gives hope to those battling cancer, honors the deceased, and, most importantly, it spreads knowledge and saves lives.

Also, by personally making an effort to participate in cancer prevention could save your life! According to the Mayo Clinic, there are seven simple tips preventing all types of cancer that every person should consider. In many cases, what is known about cancer prevention is still evolving. However, it’s well accepted that your chances of developing cancer are affected by the lifestyle choices you make.

So if you’re concerned about cancer prevention, take comfort in the fact that some simple lifestyle changes can make a big difference. Consider these seven cancer prevention tips.

1. Don’t use tobacco

Avoiding tobacco — or deciding to stop using it — is one of the most important health decisions you can make. It’s also an important part of cancer prevention. If you need help quitting tobacco, ask your doctor about stop-smoking products and other strategies for quitting.

2. Eat a healthy diet

Although making healthy selections at the grocery store and at mealtime can’t guarantee cancer prevention, it might help reduce your risk. Consider these guidelines:

- Eat plenty of fruits and vegetables.
- Limit fat.

If you choose to drink alcohol, do so only in moderation.

3. Maintain a healthy weight and be physically active

Maintaining a healthy weight might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon and kidney.

Physical activity counts, too. In addition to helping you control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer.

4. Protect yourself from the sun

Skin cancer is one of the most common kinds of cancer — and one of the most preventable. Try these tips:

- Avoid midday sun.
- Stay in the shade.
- Cover exposed areas.
- Don’t skimp on sunscreen.
- Avoid tanning beds and sunlamps.

5. Get immunized

Cancer prevention includes protection from certain viral infections. Talk to your doctor about immunization against:

- Hepatitis B. Hepatitis B can increase the risk of developing liver cancer. The hepatitis B vaccine is recommended for certain high-risk adults — such as adults who are sexually active but not in a mutually monogamous relationship, people with sexually transmitted infections, intravenous drug users, men who have sex with men, and health care or public safety workers who might be exposed to infected blood or body fluids.

- Human papillomavirus (HPV). HPV is a sexually transmitted virus that can lead to cervical and other genital cancers as well as squamous cell cancers of the head and neck. The HPV vaccine is available to both men and women age 26 or younger who didn’t have the vaccine as adolescents.

6. Avoid risky behaviors

Another effective cancer prevention tactic is to avoid risky behaviors that can lead to infections that, in turn, might increase the risk of cancer.

For example:
Practice safe sex. Limit your number of sexual partners, and use a condom when you have sex.

The more sexual partners you have in your lifetime, the more likely you are to contract a sexually transmitted infection — such as HIV or HPV. People who have HIV or AIDS have a higher risk of cancer of the anus, liver and lung. HPV is most often associated with cervical cancer, but it might also increase the risk of certain types of cancer of the anus, penis, throat, vulva and vagina.

Don’t share needles. Sharing needles with an infected drug user can lead to HIV, as well as hepatitis B and hepatitis C — which can increase the risk of liver cancer. If you’re concerned about drug abuse or addiction, seek professional help.

7. Get regular medical care

Regular self-exams and screenings for various types of cancers — such as cancer of the skin, colon, prostate, cervix and breast — can increase your chances of discovering cancer early, when treatment is most likely to be successful.

Ask your doctor about the best cancer screening schedule for you.

Take cancer prevention into your own hands, starting today. The rewards will last a lifetime.
Daniel Thompson, from page 5

(Continued from page 7)

sume and two essays must be submitted for judging.

Daniel notes that this “product of an investment of time and effort is a gift from the Lord”. A sentiment he is sure is shared by his family and friends. This scholarship is granted to only five students each year, and this year a letter and email was received stating Daniel would be one of those five. Daniel plans to put this and other scholarships he has earned toward a business degree.

Daniel spends plenty of social time with friends, but also enjoys writing, filming, and playing the piano. His writing and filmmaking have been put to good use working as a production guy for 96.5 KECO and 94.3 The Rock, two radio stations located in nearby Elk City. He also provides services to the Sayre Chamber of Commerce and Equip Advantage.com through Venture Video and Photography, a business for which he is not only an employee but also the proprietor.

It is his sincere hope that a business degree, and possibly a master’s degree after that will launch an exciting career in video work. He states writing and shooting film scripts is a muscle he plans to exercise throughout the college years.

Terry Ford, from page 5

(Continued from page 7)

Master’s Degree in Language Arts with a teaching certificate.

After college, she spent some time in Hawaii. She wanted to do photography in Hawaii, but the friend she was staying with moved back to the states and the car she had bought no longer worked, so she couldn’t afford to stay. She moved to Tulsa and before she was able to find a job, the car she had borrowed was stolen. That is when she hitched a ride back home to Sayre with her tail between her legs.

What had seemed like a string of bad luck for her turned out to be a good thing because then she started dating Troy.

Troy moved to Sayre in the 9th grade. Although they had been good friends, they never dated in high school because Mrs. Ford was quite religious and as she puts it, “he was quite the stud muffin, dating college women while he was in high school!” However, her misfortunate adventure to Hawaii and Tulsa, returning to Sayre penniless, jobless, and transportationless, led her to her future husband!

He was working in the oilfield at the time, and had money to burn and was able to woo her in style! At the wedding of a fellow classmate, they danced together the whole night. After that night they began dating and two years later they were married. Soon, Troy and Terry expanded their family, adding daughter, Madison, and son, Tayler.

Besides being a mother, wife, daughter and teacher, there is more to Mrs. Ford! In her spare time she loves to ride motorcycles. She had to sell hers when her husband’s health prevented them from riding, and “misses it like the flowers miss the rain!”

She also likes to collect various items—rocks from her travels, multicultural dolls, hats, coins, antique books, and cameras. She is a lifeguard at the pool in the summer, and she is venturing into rental property.

She always tries to make class fun with her hands-on projects, group assignments, and real-life anecdotes because she believes you learn more when you are enjoying the subject.

While in her classes, beware of using “word whiskers” and run on sentences, as those are her biggest pet peeves.

The quote in life she lives by is “The only person you should get even with is the one who has done you a favor,” which is a great one to live by!

She feels as if her biggest accomplishment in life is helping people understand the bible. Mrs. Ford feels as if many people have not received satisfactory answers from the bible. She loves to be able to help you find the answers and will happily do so when asked.

You probably have had Mrs. Ford in Speech, English Comp. I and II or Newspaper class. If not you more than likely will or should! She is an amazing person and teacher who is very joyous and loves what she does! You can ask her anything, especially about religion, and she won’t judge you!

She will be very happy to show any one what makes her a happy person, despite the things that go wrong in life.

Daniel Thompson in his comfort zone on stage!

Taking a “selfie” using a mirror before “selfies” were invented is Terry Ford on Spring Break in Padre in 1986, with college roommate from Venezuela.
Fix Your Pocketbook. Really. Do it.

By Elizabeth Varnell

Whether or not you'll be graduating in the next few weeks, financial planning should be on everyone's mind as the school year ends. We all have drastically different plans for summer, for sure, but is yours financially sound? Does it set you up for success for the next year? I'm going to walk you through a simple process to get your finances in order, so this upcoming summer can be your most worry-free ever (because everything is better with a plan!)

**Step one:**
**Starting the budget**
(Or, if you hate that word, a careful calculation of your primary losses of moolah)

This is where you are going to list, as of right now, where you spend your money. I always put my most important things at top, and then work my way down in order of importance to me.

You're going to want to really write down everything, so you can see where your money is being drained; rent, bills, subscriptions, hobbies (Do you have to buy plants for your garden? Or part for your project car? Maybe you just like buying new songs every once in a while for when you go jogging.), habits (Cup of coffee from Hutches every morning? Smoke? Drink?) and activities (Do you go bowling? Do you play pool? Go to the bar/club with your friends every Friday?).

Once you've made that list, go through and list all of your various forms of income. Do you have a job (or two)? This is the point where a lot of people, see they are trying to live beyond their means. This means debt of some kind. Yikes.

**Step two:**
**Changing your current budget**

This is your current state of life. Now you need to understand, to get ahead, sacrifices need to be made. You need to stop living beyond your means and live within.

Now, let's stop and think for a second of all the emergencies that life can throw on us that could mess it all up. What if you break a leg, accidentally falling down the stairs? Or if someone wrecks your car? With you in it? What if you spill a cup of water on your laptop? Or contract a disease? Even the most financially sound person can find themselves in a bad situation.

This is why you need to live within your means. If you hurt yourself, could you still work? How long would you need to take off? How will your essentials get paid, much less that Gatorade you enjoy every day between classes?

If economics has taught me anything, it's taught me about opportunity cost. For everything you buy, there is a cost of whatever else you could be buying. For example: A Gatorade every day for a month ($1.99, around these parts, times 30 days equals 59.7 bucks) could equal that box set of your favorite TV show you've been wanting. Or another month on your phone plan.

So let's get real. First off, what parts can you cut down on? That Gatorade, obviously. What about fast food? Or those songs you buy every month to motivate you while running? I'm not saying give up what you love, but realize there are other options. Only buy a Gatorade after every test you pass. Or buy in bulk. Buy your snacks in bulk too so you can wait to eat until you get home, and make your food there.

This is where you need to realize that you can control your money so it doesn't all disappear in a blink of an eye. Fix each part of your budget so you have both a spending goal, and a spending limit.

Maybe the fast food isn't the problem. Maybe your bills are just too high. Do you really need cable? What about that expensive phone plan? Can you downgrade your plan, or maybe switch carriers? I personally recommend Virgin Mobile. What about internet?

Now you argue with yourself. You know you want the more expensive option, but the cheaper option could save you a lot of money. You'll get bored without cable, you think. Will you? Or will it give you more time to clean the house, or pick up a part time job?

Ultimately, you'll want to get to the point where you can start to save. Doesn't matter what your income is or what your bills are, you NEED to save.

**Step three:**
**Staying the course**

So you came up with a plan. Awesome. Now stick to it. Put it on paper and stick with it.

Maybe when you get your paycheck you need to go buy/pay everything immediately so you don't waste your money. I did for a while.

To prevent myself from wasting money on fast food, I'd figure out how much I am going to spend on food that month and put it in a Walmart or United gift card. Done. No going back. You just forced yourself to follow through with your plan.

And the saving. This is a real thing that needs to happen. Maybe you drive a POS car that's going to die soon. Or you need to go to the hospital after you accidentally break your arm one day. Even with insurance, that stuff costs you. If all you can afford to save is $5-20 a check, do it. Aim for more, of course. Budget it in. Buy an actual piggybank if need be. Or open a savings account.

Just remember, overall, be realistic. Be honest with yourself when making your budget AND when thinking about the future. Bad stuff happens, and you'll kick yourself for not being prepared.
Top Paying College Majors Told

By Dylan Scott

Young adults across the United States are faced with a huge decision early in life. What do you want to do with the rest of your life?

With the cost of college tuition and college living on the rise, so is the debt that many college students graduate with!

I began searching the web to find some of the best college majors to pick from to make the time and cost of college worth the effort. Just as I expected Doctors, Lawyers, and CEO’s of big companies were at the top of the list.

As we all know not everyone is cut out to operate on another living being, or defend another person’s life in court. I left those professions out of this article. There are many GREAT paying jobs out there for the taking with majors that are reasonably obtainable.

At the top of my list I have Engineering. There are many different engineering majors to choose from that could fit many different interests. Not only are there endless job opportunities as an engineer but the pay is exceptional! The average starting pay ranges from $50,000-$60,000, and can be as high as $160,000! More specifically in this region a Petroleum Engineer can graduate with immediate job offers with pay starting as high as $90,000!

Second on my list is Physics. With an average starting pay ranging from $45,000-$55,000, and advancements as high as $100,000+ it could be more than worth spending 4 costly years in college.

Third, I have Computer Science. With technology advancing every minute of the day a computer science degree could get you a job just about anywhere. With an average starting pay of $50,000-$60,000 and raises as much as $100,000 it is no slouch when it comes to pay.

Coming in fourth on my list are Finance Majors. This major is very versatile and could land you a job in many different job fields. Pay starts at $40,000-$50,000 and is known to be as high as $90,000. A Finance major is useful in just about any region of the U.S.

Lastly is Bio-Chemistry majors. With starting pay at $35,000-$45,000 and advancement as high as $90,000 you could definitely live very comfortably. This degree is also very useful in our region with the oil boom continuing on in 2014 with no slowdown in site!

<table>
<thead>
<tr>
<th>Major</th>
<th>Average Starting Pay:</th>
<th>Average Top Pay:</th>
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<tbody>
<tr>
<td>Engineering</td>
<td>$50K - $60K</td>
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<tr>
<td>Physics</td>
<td>$45K - $55K</td>
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<td>Computer Science</td>
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<td>$90K - $100K</td>
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<td>Finance</td>
<td>$40K - $50K</td>
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<tr>
<td>Bio-Chemistry</td>
<td>$35K - $45K</td>
<td>$80K - $90K</td>
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Aaron Newman and the OK Corral, featuring K101.7 deejay Chad Roper, rocked the gym!

Judy Haught teaching William Barr and Leann M. to embroider.

Susie Campbell enjoys a delicious burger.

Tyler .... Breaking in the final game.

DeShawna Smyth making Cotton Candy for students.

Renae Bagzis and Judy Haught discussing their talents. Renee cooks, cans, and sews!

Students grabbing grub and listening to Aaron Newman and the OK Corral at the Spring Fair on Friday, April 25, 2014, at SWOSU @ Sayre.

Tyler and Terra go head to head for the Pool Championship.

Terry Ford leaves her pillow-making booth trying her hand at embroidering at Mrs. Haught’s booth.

Bill D’Alessandro shows students the art of making their own pasta and pizza dough!

Earl Bales displays his stunning photography for students.

Terra Goodfellow studies her shot in the Final.
Summer Time Word Search

- AIRCONDITIONER
- BASEBALL
- BATHING SUIT
- BEACH
- BIKINI
- BOATING
- CAMP
- CAMPING
- DIVING
- FIREWORKS
- FLIP FLOPS
- FLOWERS
- FRUIT
- GARDENING
- ICE CHESTS
- ICE CREAM
- INDEPENDENCE-DAY
- LAKE
- OUTDOORS
- PARTY
- PICNIC
- PONTOON
- POPSICLE
- RECREATION
- RELAX
- ROAD TRIP
- SAILING
- SAND
- SANDALS
- SANDCASTLE
- SEA
- SNOCONES
- SUNBURN
- SUNGLASSES
- SUNSCREEN
- SWIMMING
- TAN
- TIKITORCHES
- VACATION
- VOLLEYBALL
- WATERMELON
FINALS WEEK

FREE COFFEE, MILK, WATER, ORANGE JUICE AND DONUTS LOCATED IN THE NEW STUDENT LOUNGE IN THE ALEXANDER BUILDING!!!

ENJOY A FREE BREAKFAST EACH MORNING BEFORE YOUR FINAL EXAM!!!

FINAL EXAM SCHEDULE
SPRING 2014

Finals for short courses and night classes will be held during the last regular class session, except for those meeting during Final Exams days.

Thursday, May 1, 2014
8:30 - 10:30 AM ......................................................... All 8:00 AM T R
10:30 AM - 12:30 PM ..................................................... All 11:00 AM T R

Friday, May 2, 2014
8:30 - 10:30 AM ......................................................... All 8:00 AM M W F
10:30 AM - 12:30 PM ..................................................... All 12:00 PM M W F

Monday, May 5, 2014
8:30 - 10:30 AM ......................................................... All 9:00 AM M W F
10:30 AM - 12:30 PM ..................................................... All 1:00 PM M W F

Tuesday, May 6, 2014
8:30 - 10:30 AM ......................................................... All 10:00 AM M W F
10:30 AM - 12:30 PM ..................................................... All 12:30 PM T R

Wednesday, May 7, 2014
8:30 - 10:30 AM ......................................................... All 11:00 AM M W F
10:30 AM - 12:30 PM ..................................................... All 9:30 AM T R
OKJUR LOGO CONTEST!

The new Oklahoma Journal of Undergraduate Research needs a logo! We want to involve you, the undergraduate student, in creating this logo. Please submit a logo for consideration by the OKJUR Advisory Board.

OKJUR Mission Statement:

OKJUR publishes research project findings, outcomes and products created by undergraduate students while enrolled at any Oklahoma higher education institution. Qualifying research projects may be in any academic discipline or encompass interdisciplinary topics, and must be conducted under the mentorship of a faculty member.
Submission categories include:
1. Business
2. Life Sciences
3. Humanities
4. Fine Arts
5. Social and Behavioral Sciences
6. Education and Professional Studies
7. Mathematics, Physical Sciences and Engineering

Here are the rules:

• Submission deadline date is May 2.
• Submit by email to Lmason@osrhe.edu.
• Use full color.
• Reflect the mission of the journal.
• Prepare a logo with a word mark (the name).
• You may submit conceptual or final designs.
• No limit to the number of submissions.

...And one of the ways we will show our appreciation is to provide a $200 cash prize!