BUY SWEETIES FOR YOUR SWEETIE

By Abbey White

Have no clue on what to get your significant other on Valentine’s Day? Look no further!

SWOSU Sayre Medical Laboratory Technician Club has a special Valentine’s offer for you.

The MLT club is offering a couple of homemade items.

Chocolate-dipped Strawberries
1 for $3.00, 3 for $8.00, or 6 for $15.00.

Rice Krispies Hearts - $10.00.

They will be available for delivery on Friday, February 14th or pick up at SWOSU at Sayre, Conner Building room 313.

Get your order in today, and no more need to worry and wonder what to purchase for your love! An order form can be found on the last page of this issue of The Watchdawg.

All orders must be turned in to Mrs. Clifton no later than Feb. 12.

ADMIN OFFICES ARE ON THE MOVE!

By Alexis Brown

If you are looking for Dean Sherron Manning, then she may not be in the place that you expect her to be.

The administrative offices will soon have a new home—in the old Bulldog Café, next to the bookstore.

The café is in the final stages of being remodeled. Dean Manning moved her office on Friday, January 31. The administration offices will move in stages. The staff that is scheduled to move next includes the

(Continued on page 10)
NO VAPING—E-CIGS NOT ALLOWED ON CAMPUS

By DeShawna Smyth

The electronic cigarette was introduced to the U.S. market in 2007 and offers the nicotine-addicted an alternative to smoking tobacco.

Because they contain no tobacco, e-cigarettes aren't subject to U.S. tobacco laws, which means they can be purchased without proof of age, especially online. This raises concerns that e-cigs may be particularly appealing to kids and may encourage nicotine addiction among young people. And while manufacturers of the e-cigarette claim that it's the cigarette you can "smoke" anywhere, regulatory agencies around the world are taking a close look at these gadgets and instituting a range of restrictions on their use. In fact, SWOSU does not allow vaping on campus.

Many regulatory agencies and health experts aren't sure the e-cigarette is safe. While there are hundreds of companies in the United States alone that are making and selling e-cigarettes, manufacturers often don't make specific health or safety claims about their products. But they extoll the benefits of e-cigarettes as an alternative to tobacco. The Food and Drug Administration (FDA) and some health experts are concerned that the side effects of inhaling pure nicotine have yet to be adequately studied, and are therefore unknown. The FDA is also concerned about quality control, asserting that some manufacturers may not adequately disclose all the chemical ingredients in their e-cigarettes, and that the amount of nicotine listed on a cartridge label may not match the actual amount in the cartridge.

So far, electronic cigarette manufacturers are careful not to directly market their product to young people. However, nicotine cartridges for the e-cigarette come in a wide range of flavors that certainly would appeal to youngsters, such as chocolate, caramel, strawberry and even bubble gum. It's easy for kids to purchase them since they are sold online.

While vaping doesn't produce secondhand smoke, it does produce secondhand vapor. And even though manufacturers say that it's merely water vapor and harmless, regulatory agencies and health experts contend that e-cigarette makers have not conducted the research needed to prove this.

Some people, particularly those with health conditions that make them sensitive, have reported that the vapor is irritating to their eyes, noses and throats, and that it affects their breathing and makes them nauseous. Maybe people shouldn't be subjected to secondhand vapor until manufacturers have proven it to be safe for everyone, including children, the elderly and people with certain medical conditions.

Student Handbook Tobacco Policy

The SWOSU Student Handbook forbids vaping with this wordage: “For the purposes of this tobacco-free policy, the following words and phrases shall mean:

“Tobacco products: Includes all forms of tobacco, and is not limited to cigarettes, cigars, pipes, hookahs, chewing tobacco, snuff, and all other kinds and forms of tobacco, or non-tobacco, prepared in such a manner to be suitable for spit tobacco use, smoking, or both.

This term also includes herbal tobacco products and simulated tobacco products that imitate or mimic tobacco products, including, e-cigarettes, vapor cigarettes, pipe or other types of inhalation devices.

“Tobacco use: Includes smoking, chewing, dipping or any other consumption or use of tobacco, or non-tobacco products.

“Campuses: Includes any and all SWOSU owned or maintained property, including but not limited to buildings, facilities, sidewalks, roadways, parking lots, and grounds in Weatherford and Sayre. Campus includes all SWOSU-owned, leased, or rented vehicles whether parked or not. Campus includes private vehicles parked on university property. Campuses may not include any properties leased by SWOSU or leased to third parties under long-term leases.”

Mobile Mammogram Unit here for you, ladies!

By DeShawna Smyth

With flu season upon us, staying healthy is a big thing on everybody’s mind right now. But don’t neglect preventative health measures! For women, a mammogram is important, and vital, no matter what age you are.

At the age of 36, actress and dancer, Christina Applegate was diagnosed with breast cancer. Most women don’t get mammograms until they have reached their forties, but as Christina learned, it is never too early.

At age 10, Hannah Powell-Auslam, found out that she had breast cancer. She is the youngest person in the U.S. to be diagnosed with this sometimes fatal disease.

Please, don’t think twice; get yourself checked. The mobile mammogram unit will be around on Feb. 26 giving free screenings for all female SWOSU students. Please schedule your appointment with Oklahoma Breast Care Center mobile screening unit by calling 800-422-4626, extension 110.

SGA PLANNING SPRING DANCE & MORE

By DeShawna Smyth

SGA would like to announce that we will be hosting a Spring Fling Dance. We are in the process of planning the date, time, and theme and we need your help. By now you have probably seen the ballots being passed out by your instructors. You had a choice between three iconic decades, the 1920s, 1950s, and the 1980s. Someone from the SGA will gather the ballots and tally the votes. A date and theme will be announced soon!

Next in the works is a car smash! We are hoping to have the date for the car smash set for February 21st.

Also, SGA will be compiling a cookbook to raise money. We would like all students currently enrolled at SWOSU to submit as many recipes as you wish to Ron Kistler or Nancy Sanders. Please email them to ron.kistler@swosu.edu or nan-cy.sanders@swosu.edu.

EVENT CENTER HAS SUCCESSFUL OPENING NIGHT

By Taylor Scott

SWOSU had a phenomenal opening night for the new Pioneer Event Center on January 25th. Over 2,500 people attended the games and activities on Saturday.

It was a fun filled, free night full of some intense basketball and crazy entertainment. There were several giveaways like $500 cash, an ipad, t-shirts, and flashlights.

The first game was won by the SWOSU girls against Northwestern Oklahoma State University, 87 to 68. And the boys brought the house to a halt during a close game ending with a SWOSU loss 66 to 67. None-theless, the SWOSU basketball teams brought life to the gym.

During the breaks, Weatherman Gary England made a special appearance as well as the OKC Thunder’s mascot Rumble.

The night was a success. Student Sierra Howell said, “I couldn’t believe how many people showed up, it was great to see because it showed me how much pride our school has.”

The next non-athletic related event will be April 3rd where the Center will be hosting Bill Cosby. Doors open at 6:30pm and the show begins at 8:00pm. Get your tickets now at swosu.edu; Stadium-General Admission tickets are the only tickets still available!
By Kathryn Taylor Skelton

It’s flu season, and the virus has wasted no time reeking havoc across the state. Since late September health department figures show a total of 575 hospitalizations due to flu symptoms. The death toll, according to the health department is at a total of 20. Two were children and eighteen adults. According to the Centers for Disease Control and Prevention, Oklahoma is among two states that have reported the highest rate of flu like sickness.

With the flu cases being so high schools are seeing increased absences as well. Plato Elementary in Duncan, Oklahoma closed for two days because of the high outbreak in the cases of flu among their student body. Hopefully this continuing flu outbreak won’t affect attendance here at Southwestern since attendance is very important.

Most people believe that after the holidays have passed that flu season is on the downhill slide, and there is no need for a flu shot now. That is not the truth though. It is still not too late to receive a flu vaccination. Southwestern at Sayre did offer flu shots last semester. If you did not receive one on campus, you can still receive one from the Beckham County Health Department downtown.

OU’s Family Center Director Rachel Franklin and other physicians can’t stress enough the importance of a flu shot. "It is the absolute best protection we have against influenza,” Franklin said. Therefore, it is imperative that we do what we can to keep ourselves healthy during this flu season. Some helpful tips to try and keep the flu from your front door might include:

- Get vaccinated. This is the first step to flu prevention.
- Drink water. Water can help strengthen your immune system.
- Wash your hands. Cold and flu viruses may be spread by indirect contact.
- Do the elbow cough. This can reduce the spread of viruses since viruses cling to your bare hands. Many germs are spread through handshakes!
DATE NIGHT IDEAS

By Taylor Scott

What ever happened to “date night”? Valentine’s Day is a good time to bring back the old fashioned date. Living in a small town is no excuse for not being a romantic.

For small, college towns like Weatherford and Sayre, dates are becoming less common. But why? Western Oklahoma is home to several small town restaurants and entertainment hideaways perfect for romance.

In Weatherford there are many “romantic,” restaurants like Luigis Italian Restaurant, Vincio’s Mexican Cantina, Casa Soto Mexican Restaurant, Lucille’s Roadhouse, Boomtown Grill, and T-Bone Steakhouse.

There are all types of options. All the restaurants have quiet table spacing, good lighting, and reasonable food prices. Not to mention the perfect set up for a date! Go make some memories after dinner. Take your date bowling at Southwestern Lanes or get tickets to a show at the new Pioneer Event Center.

If your date is crafty take her to All Fired Up pottery barn to design something for the two of you. Don’t forget about the college athletics; you can always go to a good SWOSU game. The danger zone is movies...only attend movies on a second or farther dates so you know each other before you silently accompany one another in a long film. When date two arrives, consider the ShowWest Theatre in Weatherford.

In Sayre, you can have an old-fashioned time at the car hop at Sonic Drive-In on Old 66 in Sayre. While dining in your car, preferably a convertible if the weather allows, play some Elvis, Fats Domino, or Jerry Lee Lewis music. Next head to the Elk Skating Center to strap on a pair of skates. You can hold hands or hold each other up as you turn circles! For Valentine’s night, the Elk Skating Center has planned a BLACKOUT night from 7 p.m. to 1 a.m. Call 225-0557 for more info!

Another “hot spot” in Sayre is The Brick, a downtown coffee shop on the north side of Main. Then sally up to the bar to slurp a grande iced Frappuccino, or cozy up on one of the couches with a hot spiced Chai tea. The warm red brick interior and mod design makes you feel as if you’re in the big city. But come back to Smallsville by walking across the street after you’ve had your java, and bowl at Sayre Lanes.

Can’t afford a big meal at a pricey restaurant? Pack a picnic lunch with red plaid table cloth. Buy a kite at the Dollar General Store or learn to make one on YouTube. Then go on a stroll around Sayre’s scenic park, feed the ducks, take photos of each other on the train, and fly your kite near a scenic pond. You may have to put your arms around her to help her hold it and show her how to let out the string just right and tug to keep it air born—wink, wink.

Men, remember to hold the doors, pay the tickets, and help her out of your truck. Ladies, think about your manners, act like a lady, and talk about him.

Number one tip? Enjoy your night! You only go on one first date with someone; make it worth something. The event of “a date” may be becoming obsolete. People fight too often, become too busy, and stress too much. No matter what your age or place in life, take a date night; you never know where it may take you.
“Technical Career Fair”

SWOSU will be holding a technical career fair Wednesday, February 12th, 2014. The career fair will take place in the Pioneer Cellular Event Center from 9 A.M.-2 P.M. For more information you can contact Jonna Myers at 580-774-3233 or email at jonnameyers@swosu.edu.

Before the Fair

- Research! Find out which employers will be attending, who is hiring and what they are hiring for.
- Dress appropriately.
- Bring multiple copies of your resume.
- Create your elevator pitch.

At the Fair

- Navigate strategically. Determine which employers you most want to talk with and go there first.
- Approach employers with a firm handshake, smile, and make eye contact. Ask for a business card at the end of your conversation, and take notes about anything you have learned.

After the Fair

- Send thank-you notes to the recruiters of the companies you were most interested in within a few days.
- Continue informational interviewing while also checking job and internship listings on TECHERlink, and visit the Career Development Center with any questions.

Chart from: career.caltech.edu
By Shelby Baker

Sydney Street is a 17-year-old high school student at Erick High School. She is concurrently enrolled at SWOSU at Sayre.

Being concurrently enrolled allows Sydney to make friends and get comfortable with the campus. Sydney Street gets comfortable with the college environment through concurrent enrollment.

At Erick High School, concurrent enrollment counts towards high school credits as well as college credits.

Sydney recommends that other high school students should enroll concurrently because it prepares you for your future a year or two sooner and that it also looks good on transcripts.

After high school graduation in the spring, Sydney plans to attend Southwestern Oklahoma State University at Sayre for her basics. After that, she is undecided on where to attend college, but would like to get a degree in Veterinary Medicine and a minor in Farm and Ranch Management.

When Sydney is not in school, she enjoys helping her family with the farm and attending activities with her high school FFA team. Recently, Sydney received notice that she would be getting her State FFA Degree. Additionally, she is a Championship sharp shooter!

By Melissa Myers

It’s a proven fact that most all college students have a terrible diet. I know it’s much easier to not care about what you eat and just eat what you want. Not trying to be the health police but this can do some serious damage to your body.

Yes it is fun to go days on end eating junk food, but it might also help to think about how this will affect your body down the line. Eating unhealthy not only triggers weight gain, but it can also lead to many other health issues. You may think, “Well I’m just eating like this in college”.

Studies show that these habits are staying with people far beyond the college years and into adulthood. If you change a few things in your everyday life it can also help you feel better, have more energy, and maybe even get better grades. Who doesn’t want that? I know I do.

You can start by drinking more water. If you drink a glass of water before a meal it prevents you from wanting to eat as much.

It’s best to try to eat several small meals throughout the day rather than big ones. I personally love this because that just means that I get to eat more times during a day. Also, eating slowly, rather than inhaling your food helps.

Take your time and actually enjoy it. If you don’t have time to eat slow then just eat a small meal to tide you over, then eat again when you get a chance.

It is best to not get to the “starving” stage of hunger so that you don’t over eat. Definitely pay attention to what you are eating. If you want junk food, eat it in moderation. It’s best to try to limit it to once or twice a day.

Eating healthy snacks are ideal. Most college students don’t even eat one serving of fruit a day, when the recommended serving size is 5. Even if you can just grab an apple or banana for a snack, four or five times a week, this will help a lot.

Exercising is one of the biggest topics around the nation lately. Yes it’s hard finding time to fit it into our schedules, but it’s very important. I like finding ways to fit it into my everyday routine. You can exercise while getting ready for class, watching tv, cooking, cleaning, you could even power walk to class everyday and that would help.

Okay so you might get a few funny stares, but who cares? You’re improving your health!

Did you also know that an improper diet can cause lack of sleep? It’s pretty much just a cycle. Eating healthy and getting a good night’s sleep leads to having a more energetic, happy, healthy life.
WHY PAY FOR LUNCH?

By DeShawna Smyth

Two groups want to feed you—physically and spiritually!

Every Monday one of the area’s Methodist Churches serves student lunch in the Lit Pit, in Mackey Hall room 136. Judy Haught, instructor at Sayre, has taken the lead with the project and compiled a schedule for the churches. Lunch is served from 11 a.m. to 1 p.m. every Monday. Please be sure to take advantage of this wonderful service provided. On Feb. 3, lunch was provided by the Cheyenne Methodist Church. Becki Seay and Becky Buster brought a wonderful homemade Hash brown Casserole with green beans, cookies, rolls, and water! On Feb. 24, our own Sayre Methodist Church will be bringing BBQ Sandwiches!

Also, located to the north of campus, Benny Lockler and area Baptist Churches offer free food at the BCM (Baptist Collegiate Ministries). Lunch is served every Wednesday from 11:30 a.m. to 12:30 p.m. The doors are usually open to the BCM five days a week to just hang out, get a drink and some snacks, take a nap, watch some TV, surf the web or do homework on their free Wi-Fi, and play Ping Pong. I had a chance to hang out and chat a little with Benny and his adorable 2-year-old son, Malachi, and could see his passion for his ministry.

Please take time to thank both ministries and grab some free food while you are at it!

SWOSU ALERT: THE EASY WAY TO KNOW

By Lacy Pryor

With winter storms coming through and spring weather approaching, road conditions can be very unpredictable. There is a very popular saying here in Oklahoma which states, "If you don't like the weather, just wait five minutes." For those of us students who must travel by interstate from a different town to get to class, it makes it difficult to gauge road conditions and whether making it to class is even an option. SWOSU offers an alert system that notifies students only of emergencies or other urgent messages including weather-related closures via text message. SWOSU Alert eliminates all guess work and signing up is easy! Go to the swosu.edu website and click on the "current students" tab. Scroll to the bottom and click on the SWOSU Alert Emergency Notification banner where it says "sign up now." Click to register and simply create a username and password followed by entering your phone number and tada! You start receiving alerts.
ON THE HUNT: ACE THAT INTERVIEW

By Elizabeth Varnell

Why do you want to go to college? To get a good job, of course! However, even when you are armed with a good education, finding the job you want in this economy is hard. Everyone who is hiring wants experience- but how can you get experience if no one will hire you? And how can you stand out from the crowd to get picked?

I sat down with a business professional to try to answer some of these questions. Tyler Owens is an Area Restaurant Leader for JPM Inc. He manages all of the franchise restaurants in Oklahoma for JPM, and works directly under the Director of Operations.

He indulged a few of my questions about what it takes to stand apart from the crowd. “Most people tell you to just be yourself. Don’t do that. Be both yourself, as well the person you are aiming to become. There are a million people out there looking for jobs, but most of them have problems projecting themselves into the shoes we are looking to fill.” Why, I inquired, do people have problems with this? “Most people haven’t been properly prepared for the life and job they want. Trained, sure. But that’s not the same as prepared. They get scared. Walking in with confidence, when paired with knowledge, is a winning combination.” That set me up for my next question. What can we do to be prepared? “Research. Most people forget that. Ask people who work in the field. Understand the difficulties ahead of time so you can come up with ways to prevent them. If you plan it all out, you should be able to walk into an interview with the answers to all the questions they have ready to go.”

I requested some of the other traits Human Resources and hiring managers looks for. He gave me a laundry list.

- Honesty,
- Passion,
- A thirst for knowledge,
- An eloquence in difficult situations,
- Teamwork, and
- A deeper understanding of systems were the highlights.

“Bad situations happen everywhere. If an applicant can give me an example of one and how they handled it, that puts them way ahead on my list.”

What, pray tell, is a deeper understanding of systems? How does that work? I was intrigued. He launched into a complex example that I made him repeat about five times for me to understand. In the simplest way possible for me to put it, it is something along the lines of this:

If an interviewee already understands common workplace policies and protocols when walking in, it is much easier to understand how to answer an interviewer’s questions. Some businesses are family oriented. Others are not. Some want maximum passion, while others prefer their employees to be complacent and patient. “Research each company you apply to,” he says. “Shoot an email to someone there, or someone who works with them. How they respond can give you a good idea about the kind of people they are.”

What is the most difficult question? I was dying to know. “What are some of your weaknesses and strengths?” This question rattles even the most confident interviewees. He noted most people are unaware of that they are, and that can knock them out of the running. “If you don’t know what your strengths are, how am I supposed to know? How does that convince me to hire you?”

The other end of the spectrum hurts interviewees just as bad. “If an applicant tells me they have no weakness, that’s a blatant lie. I have a lot of those. What I want to hear is that they are working on their problems. Sometimes I’ll even hire felons. Because even if they have a bad past, it’s all about working on moving forward. If an applicant is focused on moving up and ahead in life, that’s the best kind of person I can find.”

Throughout my interview with the professional interviewer, he stressed how important small things can be;

- Posture
- Eye contact
- Appropriate dress
- Attitude

Can all be deal breakers.

“I’ll pick someone with an earnestness that reaches their eyes and voice over someone with more experience but can’t be bothered to show that they even really want the job.” This seems too simple, I thought. “It’s simple, but it’s not something that comes naturally. I can tell when someone come in unprepared. They might not get the job because of that.”

I asked him what the number one piece of advice is that he could give to turn a good interview into a great one. “Smile, laugh, and remember to brush your teeth!” Wise words indeed.
Admin Offices Moving, from front

(Continued from page 1)

Dean’s Secretary, Starla Walker, followed by Counselor, Laura Miller, said Manning.

When the move is complete, the registrar, business, counselor, and financial aid offices will all be in one building.

This will be a big improvement for people enrolling. They won’t have to run up and down halls to get everything done. It’ll be “one-stop shopping!” If you go looking for an office and no one is there, try the old cafe. In the meantime, drop by and visit Dean Manning in her new office.

While Dean Manning has unpacked a few boxes, much of the old Bulldog Cafe is not yet inhabited.

Photos by Alexis Brown.