The WatchDawg

The Focus Is You!

Attention Graduates!

CONGRATULATIONS on earning your degree! This is an OUTSTANDING ACCOMPLISHMENT! You’ve worked very hard for your degree, so congratulations to all upcoming graduates!!

SWOSU at Sayre Graduation is May 8, 2015—right around the corner, and it’s time to order your grad regalia. SWOSU takes care of the basic expenses for cap, gown, and tassel for all graduating seniors, so you don’t have to worry about purchasing the basics for your graduation.

Senior Salute Grad Fair is today at the SWOSU University.

The graduation announcements and rings are at your expense, and can be ordered online or with a Jostens rep at today’s Senior Salute Grad Fair @ the SWOSU University Bookstore.

At the grad fair, the reps can answer all of your questions pertaining to graduation, you can get your graduation picture taken, and you can also place orders with them for announcements and rings. In the past, the Jostens reps were able to provide discounts for students who attended the grad fair, so please come by today, and they might be able to provide you with a discount based on your ordering. Some caps, gowns, and tassels are on hand to be used for pictures. The deadline for all graduation ordering is MARCH 1, 2015.

If you are not able to attend the Senior Salute Grad Fair @ the SWOSU University Bookstore, then the directions for ordering your grad regalia are as follows:

1. You must fill out your graduation application online via the website. To fill out your graduation application online, you can do so at the following www.swosu.edu/sayre/administration/registrar/graduation.aspx
2. After you complete your graduation application with the registrar, then you are ready to place your grad regalia online order. All grad regalia ordering is to be placed online via the Jostens/SWOSU website.

Dates to Remember

Today — Senior Salute Grad Fair @ University Bookstore, Weatherford.

Feb 26 The Breast Cancer Mobile Care Unit will be on campus for mammograms.

March 1 Graduate apps due

March 1 Scholarship Applications Due. See page 6.

March 9 Blood Drive 10 AM-3 PM @ the Patterson Gym

March 13 Spring Break Begins!!

March 17 St. Paddy’s Day
Sayre’s MLT Program Is Again Awarded Accreditation!

MLT Director Roxann Clifton received notice in January that the Commission of the Accrediting Bureau of Health Education Schools has granted SWOSU@Sayre’s application for continued grant of Medical Laboratory Technology programmatic accrediting.

This means that the MLT program had no deficiencies and passed in the many areas of eligibility criteria and evaluation standards of ABHES, as evidenced during its most recent on-site review and that our program continues to comply with the policies and procedures established.

The MLT program was awarded accreditation through January of 2021!

SWOSU Blood Drive

On March 9, the Oklahoma Blood Institute will be on campus from 10 a.m.–3 p.m. at the Patterson field house. Each donor will receive a free T-shirt, a health screening, and donor reward points.

If you’re a blood owner, be a blood donor.

T-Shirts for Sale

SWOSU READ Education Service Fraternity is having a Fundraiser for Spring 2015

Get your new Bulldog shirt now! Support the Bulldogs and the SWOSU READ Education Service Fraternity.

Order deadlines are as follows:

- Order by 3/6 and can be picked up on 3/27
- Order by 4/3 and can be picked up on 4/17
- Order by 4/24 and can be picked up on 5/8.

For more information, you can see Mrs. Ford or go to www.swosu.edu/academics/education/fundraiser.aspx

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<th>T-Shirts</th>
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<th>Sweatshirts</th>
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All garments are either solid navy or royal, except premium is heather navy or heather royal, v-neck is navy marble or true royal marble, women’s tank is midnight or true royal marble. Design is white with metallic silver print.
The Art of Time Management
Are you managing your time, or is it managing you?

By Belinda Graham

Most students at SWOSU are not only full time college students, but are employed, wives, husbands, mothers, fathers, or have many responsibilities outside of school that greatly impact their ability to devote precious time to studies. Few have the luxury to be simply a student. Is this you? Do you find yourself behind on studies, walking into a test knowing you did not devote enough time to ace it, or miss assignments due to lack of time? One of the most important skills you can learn now is Time Management.

How to fit it all in? By focusing your attention on the really big tasks first, then the less important, and finally the not important if you have time left. Most people fill their time with unimportant tasks like social media, games, and leisure pursuits. Not that down time isn't important for one's mental health, but unfortunately they can steal precious time from priorities in your life. This can be illustrated by a story “Rocks in a Jar.”

A Philosophy professor picked up a large empty jar and proceeded to fill it with small rocks. He then asked his students if the jar was full? They unanimously agreed that the jar was full. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked his students again if the jar was full. Again, they unanimously agreed that the jar was full.

Then the professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," the professor said, "I want you to recognize that this is your life. The rocks are the important things: your family, your partner, your friends, your health, your children, and things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else. If you put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will

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Security Alert:
Visitors to Campus
Now Need a Pass

All visitors to campus will now need to wear a visitor’s badge during the entire visit. This change has come about due to a recent incident on the Sayre Campus. A textbook buyer was caught on security camera after arriving on campus, entering the building where several faculty offices and mailroom are located, entering a faculty office where the door was left open, and now at least one textbook appears to be missing. The person is a known textbook buyer based in Norman. No actual theft was recorded on camera, but this could have been much worse if private possessions were in the office. It is also suspected that in the past, complimentary textbooks from publishers were removed from the unlocked mailroom, which the thief then sells for money. Therefore, some changes have been made to campus security.

1. All people who come to campus to purchase any item, such as a solicitor, must first check in at the Administration building. They will be required to produce a government issued ID and company credentials.

2. All people will have to sign in and must wear a visitor badge during the entire visit. If the visitor does not have a badge, please send him or her to the Administration building.

3. At departure the visitor must come back to the Administration building to return the badge and sign out.

“We are a very low crime campus, and most of us are very trusting of colleagues and students,” said Dr. James South, Provost and Vice President for Academic Affairs. “We need to remember that campuses are very wide-open spaces, and that in such an environment crimes of opportunity (and even ones involving some knowledge and planning by outside perpetrators) may occur. I’m not trying to alarm anyone, but it is wise to be careful.”
Dreaming of Spring Break?

March 13 brings one of the most enjoyable weeks of college—Spring Break! Whether you spend break in a traditional way with beaches and bikinis or a more pedestrian week of work and sleep, it never hurts to dream of the perfect spring fling! Here are your classmates’ responses:

“My perfect spring break would be a tank full of gas, all of my friends and family laughing with me and all the time in the world to enjoy them with.” – William Burr

“I’d go back to Hawaii!” – Trasey Boyd

“My dream spring break would be spending time with family and friends without arguing. All of us spending time together and having fun.” – Allisa Davis

“Since Spring Break is only two weeks long, I would not want to go to Italy. There is too much of Italy to cover. I would not want to go to Florida because the music that college students listen to sucks and they are too loud. I think I

(Continued on page 5)
History of Shamrock’s St. Patrick’s Day Celebration

Many of us visit our neighbors to the west for St. Paddy’s Day. An Irish immigrant suggested the name “Shamrock” to the east Texas town back in the 1800’s.

A Shamrock bandmaster, Glenn Truax, in 1938 had the idea of Shamrock’s St. Patrick’s Day celebration. Glenn imagined Shamrock producing an annual one-day celebration to draw visitors to the Irish City. The Shamrock Boosters Club helped with the first St. Patrick’s Day Festival’s success in 1938. The first festival attracted a few thousand people and 12 bands. It continued to grow until Word War II cancelled the celebration from 1941 to 1950.

The festival came back in 1950 when the Junior Chamber of Commerce and American Legion co-sponsored the celebration. The following year it was cancelled because of the Korean Conflict. The Shamrock Chamber of Commerce took over the festive which has been held annually since 1952.

The festival has grown to a three day celebration and is still held on the weekend closest to St. Patrick’s Day. This year it is on the 13th, 14th, and 15th of March, 2015. To find out the Shamrock’s St. Patrick’s Day festivities, visit the following website www.shamrocktexas.net.

The website will give you the list of days and times of the festival activities for some Irish family fun. Don’t forget to wear green!

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Fracking . . .

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done. While they have mostly started in central Oklahoma, they come closer and closer to southwest Oklahoma by the explosion.

If you want to do anything to try and help stop this, or at least set a limit to how many times they are allowed to engage in this, there has been a Facebook page made to stand up against fracking.

Visit www.facebook.com/StopFrackingOklahoma

The Bulldog Angels Fund was established in 2014 to benefit SWOSU students in times of crisis. It is meant to be a vital resource when all other options for assistance are exhausted or unavailable; indeed, the Bulldog Angels Fund may mean the difference in a student being able to continue learning at SWOSU, or having to leave the campus due to external financial pressures.

The application should be completed by any student who is seeking relief from the fund, and may be returned to Burton House or to any of the offices listed below. It is important to note that application to the fund does not guarantee an award. Also, please note that a student may only receive the Bulldog Angels Fund award once during his/her time at SWOSU, and that the current maximum award amount is $750.00.

Find the application at this link: http://www.swosu.edu/alum-foun/foundation/bulldog-angel-fund-letter.pdf

Applications may be delivered to any of the following SWOSU personnel:
- President, Administration Building 207-A
- Dean of Students, Stafford Center 211
- Bursar, Administration Building 109
- Director of Admissions & Recruitment, Stafford Center 208
- Director of Student Financial Services, Stafford Center 217
- Director of Physical Plant, Physical Plant
- (Sayre Campus) Dean, Administration Building 103
- Foundation Executive Director, Burton House

Apply for Scholarships Now

Calling all full-time SWOSU Students
It’s scholarship time again!!

find the SWOSU Foundation Scholarship Application at http://www.swosu.edu/alum-foun/foundation/scholarships.asp

All applications must be returned to the Foundation Office by March 1st!!
Check Your Cancer Awareness during February

By Kimberly Archie

February is National Cancer Prevention Month and also February 4th was World Cancer Day. We need to help spread the word and make more people aware of how dangerous of a disease cancer truly is. Most of us, in one way or another, have been affected by Cancer. Some of us have either known someone who had cancer, lost someone from cancer, or have known of someone affected. Cancer is the second leading cause of death, following heart disease, according to the American Cancer Society. A statistical study that was done on data received from 2006-2010 found that there were 2,468,435 recorded deaths in the United States and of those deaths 574,743 (23%) of those were because of cancer. 301,037 of those were male and 273,706 were female. The good news is that the death rates per year have decreased 1.8% for males and 1.4% for females and there has been a continuous decline over the past two decades.

The cancer awareness, advancement in medicine and prevention measures could be the reasoning for the decline in deaths. Used to, if someone was diagnosed, it was like receiving a death sentence. The medicine was not available years ago, like we have now. There still is no miracle drug to prevent all of the many types of cancer that are out there. I was able to locate a list of 76, and that wasn’t all of them.

Many of the types are even broken down into many other types or classifications. There are several prevention measures that people can take to help reduce your risk. According the Mayo Clinic (www.mayoclinic.org), there are 7 tips to help reduce risk:

1) Don’t use tobacco – linked to various types of cancer
2) Eat a healthy diet – plenty of fruits and vegetables, limit fat and if you choose to drink, do so in moderation
3) maintain a healthy weight and be physically active – 30 min of physical activity daily, healthy weight can lower risk
4) Protect yourself from the sun – skin cancer is one of the most common, avoid midday sun, stay in the shade, use lots of sunscreen, and avoid tanning beds
5) Get immunized – hepatitis b and HPV
6) Avoid risky behaviors – safe sex and don’t share needles, avoid infections that can increase risk
7) Regular medical care – self exams and medical exams, early detections can save lives

I have personally been affected by cancer. I myself was diagnosed in March of 2004 with stage 4 non-Hodgkin’s lymphoma. At the time I was diagnosed I was only 34 years old, and cancer was the last thing I was expecting to have to go through. I was happily married, a beautiful 10 year old daughter and a job I loved!! I was never really sick, so very rarely did I think about going to the doctor and griped every year when I had to renew my health insurance and the premiums had went up. But I am so grateful that I did have that insurance. I had been sick off and on for a few months, when the doctors finally removed a softball size lymph node from under my arm. After the initial diagnoses was made, I was given a maximum of two years to live if we did not get the cancer under control. After about 8 months of extreme chemotherapy and 3 years of maintenance chemo, I have been in remission and couldn’t feel better.

If I had known some of the things back then that I know now, I don’t know if my diagnosis or outcome would have been any different. But it does make me more aware, not only for myself but for my family and those around me. It is important that we keep people aware and spread the word about cancer prevention!!!
In each volume of the newsletter, I will bring you information on the community of Sayre! Things to do, places to go, and sights to see! I hope you enjoy it!

What’s happening in Sayre?

Community Corner

By Belinda Graham

What to do Around Town?

Sayre is a great place to not only attend class, but to hang out! One example is The Split Bowling Lanes. Formerly Triple C Lanes! The new owners are currently renovating it to include a full kitchen which will serve pizza, sandwiches, and other goodies, and will have beer soon. They have added a video arcade and a pool table accessible to patrons at all times they are open. They have extended hours, a party room for all types of events, and fun bowling nights for everyone.

Why not stop in and check it out? They are located at 206 E. Main Street. Call 580-928-2483 for more information!

Hungry??

The Picket Fence, located at 1402 N. 4th Street, has what it takes to quit your rumbling tummy! With a full menu as well as a daily special, homemade coconut, strawberry, or chocolate pies baked daily, it is your one stop shop for good eats!

Follow them on Facebook to find their daily special. Call in your order at 580-928-9997 for a quick pick up at their drive thru window!

Carnival Time!

Mark your calendars now to enjoy the first carnival this year in western Oklahoma!

Great Plains Amusement will set up their full carnival March 5-7 at the Sayre City Park south of town on Highway 283!

They have all your favorite rides, plus your carnival favorites like giant cheesecake on a stick, corndogs and homemade limeades!

Historically Speaking

Did you know that Sayre is home to a famous building? The Beckham County Courthouse makes an appearance in the 1940 film, The Grapes of Wrath.

The Grapes of Wrath is an American realist novel written by John Steinbeck and published in 1939. The book won the National Book Award and Pulitzer Prize for fiction, and it was cited prominently when Steinbeck was awarded the Nobel Prize in 1962. In 1940, John Ford made the book into a movie and featured Henry Fonda as the lead. Set during the Great Depression, the novel focuses on a poor family of tenant farmers driven from their homes due to their nearly hopeless situation, and in part because they were trapped in the Dust Bowl, along with thousands of other "Okies." They traveled to California in hopes of work. Along their journey on Route 66, we get a great glimpse of downtown Sayre and our magnificent courthouse.