

JANUARY 30,
2007

EDITOR :
REBECCA
RIPPY

The Watch Dawg

SWOSUP @ SWOSU

- **Lit Club will meet every Monday at 2 p.m. Book: Tuesdays with Morrie.**
- **January 31— Memorial service at Memorial Student Union Ballroom for James Hensley, a Weatherford student killed by a truck Sunday afternoon on 1-40. Service at 5 p.m.**
- **February 12 – Enrollment for 2007 Summer Semester Begins**
- **February 13-14—Free Pop and Candy to all Students from SGA. Pick up by the Financial Aid Office.**
- **February 15 – Career Fair @ Student Center Ballroom (10:00am – 2:00pm)**
- **March 19-23 – Spring Break Begins**
- **March 26 – Classwork Resumes**
- **March 28 – Education Career Fair @ Student Center Ballroom (10:00am – 2:00pm)**
- **March 30 – Last Day to drop a class with guaranteed “W”**

THE ICEMAN COMETH . . .

By Martha Barber

The snow is back, and seems to be a recurring theme for Spring 2007! “Classes Can-

An unusual sight posted around Weatherford’s campus were the flyers which stated: “SWOSU *very rarely* cancels classes due to inclement

According to Brian Adler, Director of Public Relations, the final decision to cancel class is made by the head of each campus. Since there is a 60-mile



Driving conditions were treacherous and some students reported accidents, both on four wheels and on two legs. Photo by Martha Barber



The frosting on the campus artwork tells a story of frigid temps. Parking lots and sidewalks became sheets of ice. Photo by Melissa Greene.

celled” is a phrase that is seldom used for SWOSU students, yet as the spring semester began, many were glued to the television sets to see if SWOSU would be listed among the canceled events. And there it was.

weather; however, if classes are cancelled, the television and radio stations will be notified by 6:00 a.m. You may also call 580-774-3225, select #4 for information on class cancellations.”

difference between the two campuses, Dr. Jim James, Dean, would make the final decision for the Sayre campus, while Dr. John Hayes, University President, would make the decision for the Weatherford campus.

(Continued on page 6)

NEED MONEY? FAFSA WORKSHOPS OFFERED

Need help filling out one of those tricky Free Applications for Federal Student Aid, known as FAFSA?

SWOSU at Sayre is having come-and-go workshops for filling out the FAFSA. Two different sessions will be scheduled.

The first will be on Saturday, February 17 from 9:00 a.m. to 12:00 noon in the Alexander Building.

The second session will be Mon-

day, February 26th from 5:30 - 8:00 p.m. in the Capps Building.

These workshops will help parents and/or students fill out their FAFSA forms, apply for Personal Identification Numbers (PIN), and put the FAFSA on line.

“We want to remind parents and students that all scholarships for freshman that are attending SWOSU in the Fall of 2007 are due on March 1st,” stated Ron

Kistler, Student Financial Services Director.

Also needed is a copy of the 2006 tax return in order to fill out the forms. If the parent and/or student is not filing taxes, then a copy of the W-2 form is needed.

“Refreshments will be served at both workshops, so come and join us,” stated Jennifer Hodge, Administrative Assistant/Receptionist.



Sayre’s Student Union. Photo by Melissa Greene.



GET YOUR RESUME ON THE BULLDOG JOB BOARD

By Justin Edler

Interested in a job? Planning to get a work-study position? Then you need to know about the Bulldog Job Board.

In the past, students could fill out a paper application for a work study or other campus job, but as of December 1, all students will have to apply on-line. That's right—no paper applications. But don't worry. A step-by-step instruction can be obtained at the Financial Aid Office, and in no time you will have your resume posted on line for all

employers to see.

Instructors who wish to hire a work study student must also register on line and post their jobs to the website.

The Bulldog Job Board is a free service and is open to all students and alumni of SWOSU. It is available at www.swosu.edu, under **More Quick Links** on the left side, where you can click on **Bulldog Job Board**, then click **Go**.

You may bring your resume in on a disc, and from the homepage, click on **Upload a Resume**.

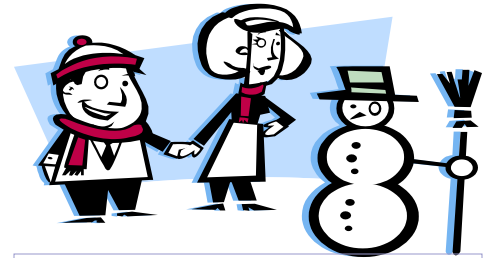
You don't have a resume, you say? That can be fixed. From the homepage, you can

go to Career Services homepage at the following website: <http://www.swosu.edu/administration/careers/> where you'll find sample resumes for you to use a template.

A resume is a requirement for application.

From the homepage, you'll be able to search for jobs posted to your school, enter criteria specific to the type of job you are looking for, and even search for jobs in a national job database.

This employment service involves a cooperative effort with College Central Network, Inc.



It's supposed to be the happiest time of the year. Why do so many people get the blues? Lack of light is a factor....

HAVE THE "WINTER BLUES" GOT YOU DOWN?

By Tawna Widney

Do you ever get the feeling that you are so down and depressed over the winter, but yet you are energetic and excited and happy over the summer and spring months? There is a reason for it, and that reason is called SAD or Seasonal Affective Disorder. It is often confused with the term "winter blues," but they are not the same thing. SAD is created by symptoms of clinical depression, with impaired social interaction and cognitive ability. In other words the "winter blues" are a much milder version and is usually teamed with lack of energy and feeling sad or down. With having "winter blues" you can still function with everyday life and situations, with SAD most normal daily functions are difficult to perform.

So what exactly is SAD you ask? It is a type of depression that occurs with the change of in seasons and may be related to the amount of available daylight. Sounds crazy, I know, but it is proven that with lack of light people tend to feel more down or upset because they are not able to "see things clearly," as they would with bright light. Like in the summer and spring for examples. According to the American Academy of Family Physicians, six out of every 100 Americans (a whole 6%)

suffer from SAD. Another 10 to 20 percent may experience a milder form of SAD ("winter blues"). And just a little fun fact, SAD is more common in women than in men, and also it is more common in people living in northern parts of the country.

Are you starting to think you are a person that suffers from SAD?

There are plenty of signs and symptoms for you to know so that you can determine if you are a sufferer. A few common symptoms are anxiety, loss of energy, social withdrawal, increased sleep and sleepiness, loss of interest in activities you once enjoyed, overeating (especially foods high in carbohydrates), weight gain, and difficulty concentrating and processing information.

All symptoms of SAD tend to reoccur around the same time every year. These symptoms may seem minor and or normal, but compared to what the damage could do, you need to find ways to feel better.

The worst thing that could happen if you don't treat yourself is Chronic Depression, which has worse symptoms that could lead to death. The symptoms are the same, but affect you harder, such as thoughts of death or suicide, feeling like you can't cope anymore, talking about harming yourself or others, or starting to give away personal possessions. The worst thing is thoughts of suicide or harming others.

There are a few ways of coping with SAD. The most common way is called "light therapy," which is where you find a very bright light and place it in your most common "traffic area" of your home; you can also put more in other places. This gives you the feel-

ing of "seeing things clearly" because you now have bright, positive energy flowing through your house. Just go out and do something, help a friend or family member with activities or special events.

It is around the holidays that SAD occurs, so go out and plan an exciting party or a cozy get away with a special someone. What ever you do, don't do anything alone. When you are by yourself you start to get feelings of sadness all over again. If possible be with your friends as much as you can, or your family. One thing that is probably the best thing, if you are unable to talk to friends or family, then there are counselors available to help you out.

Our Kim Liebscher, the Director of Counseling Services, is a Licensed Professional Counselor and is on campus at Weatherford in the Wellness Center. She is available from 8:00 a.m. to 4:00 p.m., Monday through Friday, while class is in session. Her email is kim.liebscher@swosu.edu and her telephone is (580) 774-3776. There is no cost to talk to her if you are a student at SWOSU.

If you need someone to talk to, go to her, she will help you with any situation, from homesickness to grief, or even abuse and relationship problems.



Counselor Kim Liebscher offers a free service to all SWOSU students.

HARLEM CHOIR ROCKS THE HOUSE

Photos and story By Melissa Greene

The world famous Harlem Gospel Choir from New York City performed on Tuesday, January 23rd, at the SWOSU Weatherford Campus. The choir was founded in 1986 by Allen Bailey. This choir consists of singers and musicians from various black churches in New York City. The

choir shares a common goal, to bring people and nations together

by sharing their joy and faith through their music.

The unity of their voices is symbolic of the Unity they try to bring to the people around the world at their concerts. Allen and his wife Anna Bailey each tour the world internationally with a set of 11 musicians from the choir.

On January 15th, Martin Luther King's birthday, the choir celebrated their 21st anniversary as the Harlem



Gospel Choir. As a member of the choir, Marchette Hellams stated, "The Baileys are a force to be reckoned with!"

The choir had just finished performing in North Carolina before traveling to Weatherford SWOSU campus for an amazing performance. The atmosphere throughout the auditorium Tuesday was full of energy as the patrons were on their feet.

The 11 members of the choir that performed on Tuesday have been traveling together for about 2 years. They are back on the road traveling to Washington State following their concert at SWOSU campus.

I spoke with Jennifer Owens, a junior at SWOSU, majoring in vocal music, and she stated, "This is one of the best Pano-

ramic events we have had. I have never heard anything like it. I loved it!"

The choir involved the audience in many ways, from coming out into the audience singing to bringing members of the audience up on stage with them.



Jennifer Owens, a big fan.

LaRissa Conn, an Alumna of SWOSU, who holds a Bachelors of Arts in Communications, was chosen to go up on stage and sing with the choir on Tuesday night during the performance. The graduate of the De-



SWOSU grad LaRissa Conn sings with the Harlem Choir.

ember Class of 2003 really helped electrify the crowd.

HARLEM GLOBETROTTERS PERFORMED AT WEATHERFORD

The world famous Harlem Globe trotters performed their special brand of basketball antics at Rankin Williams Field house at 7:00 p.m. on January 30.

The Globetrotters are on their 2007 North American "Nothing Like It" Tour, which tipped off on Dec. 26.

The Harlem Globetrotters recently completed their 2006 Holiday Military Tour. The 21-day tour of the Middle East included stops to 12 different U.S. Military bases in five different countries.

The Globetrotters played games and conducted several "meet and greets" with troops at three bases in Kuwait and three different stops in Iraq, including

Camp Sykes in Tal Afar, Camp Warrior in Kirkuk, and Camp Liberty in Baghdad. While in Baghdad, the Globetrotters toured Al Faw Palace, one of Saddam Hussein's palaces.

The team then played at military installations in Bahrain, Qatar, Djibouti, Africa, and a game aboard the U.S.S. Eisenhower, an active U.S. aircraft carrier in the Persian Gulf.

This marks the third consecutive year the Globetrotters have visited U.S. troops overseas in December just prior to the holiday season, made possible by Navy Entertainment and Armed Forces Entertainment.



PBL MEMBERS MAKES PLANS TO COMPETE



By Justin Edler

Phi Beta Lambda members at Sayre SWOSU campus are busy making plans to attend the spring conference and competitions in March. Last year's PBL had a record number of students place and win in competition, so this semester's bunch will attempt to rise to the challenge.

PBL members pictured left to right are as follows: Tina Porter, Doug Tate, Brian Atteberry, Kathy Lampshire, Jamie Fuchs, Jessica Jamison, Lauren Eaves, and Bailly Crosby.

Phi Beta Lambda is a great opportunity to meet students from other universities and build your confidence.

PBL gives you a chance to compete with other students and prove your capabilities to yourself and the rest of the world. Plus, it's great fun, and the members get to travel.

See Dr. Patsy Wootton for information on joining. Her office is located in Mackey Hall, room 103.

NASA SPACE GRANT

By Justin Edler

Are you interested in science or education? Then you might qualify for the NASA Space Grant Scholarship.

The National Space Grant Act passed by congress in 1988, established a National Space Grant College and Fellowship Program. This program was designed to provide activities that would increase the understanding, assessment, development, and utilization of aerospace resources and expand the educational, scientific, and research base of all aerospace-related fields. There are 52 Space Grant Consortia, representing every state, the District of Columbia, and Puerto



Love science? The NASA grant scholarship could open up new worlds for you!

Rico. Southwestern is proud to be included in the Oklahoma Space Grant Consortium, which consists of a state wide partnership of eight universities, a cooperative extension service, state government, city government, industry, and a major science museum. The consortium supports

programs in science, mathematics, engineering, technology, education, geography, and other aeronautics and space related disciplines throughout the state.

Scholarships are awarded to promising undergraduates who express an interest and aptitude for a broad range of projects and research in science and education. Awardees are required to commit a certain number of hours each semester to supporting space-related activities within the state, such as volunteering at the Stafford Space Museum, to help foster a sense of social responsibility.

For more information go online to <http://www.swosu.edu/academics/compsci/nasagrants.asp> where you can get more details and an application.

HOME MADE LUNCHES AVAILABLE FREE

By Rebecca Ribby

New-comers this semester at SWOSU should know that there are two places to get a **free lunch**. Yes, free. The two places where you can get free lunch are the Lit Pit and the BCM.

Monday at noon, lunch is served by the Methodist Church members in the

Lit Pit, the commons area by the offices of Mrs. Haught and Mr. Brewer in Mackey Hall.

Wednesday at noon, lunch is served up with a little sermon at the Baptist Collegiate Ministry, the brick building to the north of the McMahon Library. The food is always the best because it is free, it is often home-made, and it is



made by the hard working and loving hands from the community churches who hope to encourage you. You never know--you may see your pastor or maybe even a friend.

Employee Spotlight

MEET MAYOR RON KISTLER

By Megan Dickson

Ron has been in the Director of Student Financial Aid and Recruitment at Sayre since June 1st of 2006 and is “loving it,” he said. He also serves as sponsor of Student Government Association. Ron’s goal for SGA is to get more students involved in SGA sports. Another goal is to convince young men to go to college instead of the oil field. Ron has been living in Carter for about 35 years—where he currently serves as the honorable mayor! Ron’s wife is a sixth grade teacher at Sentinel and has been teaching there for twenty years. Ron and his wife have four children. Their son, Keat, 34, is married and has two sons that are 4 and 6, living in Owasso. Mindy and Marci are his twins, age 30. Mindy is a stay-at-home mom taking care of her two-year-old daughter. Marci lives in Oklahoma City and is working at an insurance company. Whitney, the fourth child, 21, is studying to be a pharmacist at Weatherford. Ron’s hobbies are raising cattle and working in his yard and garden. His favorite movie is *Sleepless in Seattle*. He musical tastes include country and Christen music.

“He works well with others, he is up-beat, and has a positive attitude,” said Kim Seymour, registrar, who works in the administration office with Ron.

As you can see, Ron is involved in a lot of different things, but he is a friendly and energetic guy, and if you have any troubles with financial aid, he will really try to help you. If you have any ideas for SGA, tell Ron. He’d love to try to implement your suggestions, and he’d love for you to join SGA and get more involved in your college experience!



Ron Kistler, director of Student Financial Aid at Sayre. Photo by Megan Dickson

CENTENNIAL CELEBRATION: HISTORY OF OUR COLLEGE

By Yuri Soto

Why a college at Sayre? Sayre has been lucky to be in the right place for several major events in its history. First, it was lucky to be beside a river, near a cattle trail in Oklahoma Territory. Sayre, *Oklahoma*, was then born at the time of Statehood in 1907 and named for Robert Heysham Sayre of Bethlehem, Pennsylvania. He was a railroad man, and the chief engineer in charge of construction of the Lehigh Valley Railroad and a stockholder in the railroad, which luckily was constructed through Sayre at the time the city was founded.

Sayre was then a booming, growing community. In 1938 Sayre Junior College was founded, which opened many doors to the people of Sayre and the surrounding rural communities. The mascot was the “YellowJacket” and the campus colors were gold and black.

In the 1940s, Sayre Junior College soon became Oklahoma Western Junior College and the first degree was conferred.

America’s entry into World War II lowered both the faculty and students numbers.

Consequently, the college closed during the war years, but reopened in 1946. During the Fifties, the college had baseball and basketball teams, evening classes, and a yearbook was started in ‘54-55.

In 1956, Sayre Junior College moved from facilities occupied jointly with Sayre High School into separate facilities here on old

In 1960 two additional classroom buildings were added, and in 1968 the Mackey Hall dormitory was opened. Changes have been made to classrooms, conference room, and student services facilities; and with the conversion of Mackey Hall to classroom space and library facilities instead of a dorm..

In July 1987 by act of the Oklahoma legislature, Sayre Junior College was merged with Southwestern Oklahoma State University. With that change the campus colors switched from maroon to Bulldog blue and gray. The Conner Building was added, and the bookstore/student union is one of the most recent additions.

The campus serves western Oklahoma and the Texas panhandle within a 60-mile radius of Sayre. It offers open admission to people from 17 to 77! Open admission means high school seniors can enroll concurrently while still in high school, high school graduates of course, and students who do not hold a high school diploma or a GED. Special classes and/or tests can be taken by those who didn’t graduate to qualify them for college! Also, senior citizens can enroll to “monitor” classes absolutely free.

All of these options make learning possible for a variety of good folk in Western Oklahoma!



Noticeable improvements to the college since this 1970s photo include pavement and trees! Photo courtesy of Janice Hodge, Librarian.

Route 66 with a gymnasium and a classroom building, in the northeast corner of Sayre. While associated with the high school, the campus colors were maroon and white.

THE ICEMAN COMETH . . . STUDENTS AFFECTED BY SNOW & ICE

(Continued from page 1)

The Director of Public Relations then notifies the television and radio stations of any cancellation.

Precipitation Reports

The snow fall varied throughout western Oklahoma. Many folks stepped out into their yards with rulers in hand to measure the snowfall, reporting anywhere from 2 to 8 inches of accumulation. However, the official precipitation measurement, recorded by Wayne Robison of Sayre, is .098 for the month of January, less than an inch of melted precipitation. Measurements are taken daily at 7 a.m., and Robison acknowledges that some was melting as it was snowing, so probably we had between 4 and 6 inches. On Jan. 12-15, we received freezing rain and sleet, measuring 0.27. On Jan. 20, there was a 2-inch snow for a total of 0.32" of melted moisture. On Jan. 21, another 2 inches of snow for a total of 0.34" of moisture, and today (Jan. 31) measured 0.05 and 1" on the ground.

Furthermore, the weather forecast for this week is "More snow on the way," and temperatures will be around the freezing mark for the next several weeks. So keep the mittens and hats available for more winter weather.

Students' Thoughts and Activities

By Rory Dyson
"The parking lot was a solid sheet of ice the first day," noted SWOSU @ Sayre student **Lisa Phillips** of Elk City.

Nikki Campbell of Elk City stated, "I hardly went anywhere. I was worried about all the idiots that

don't really know how to drive."

Matthew Lee, also of Elk, echoed Nikki's sentiment. "I had to worry about somebody wiping out in front of me or somebody following too close because I was driving a decent speed for the weather conditions."

Jennifer Mendoza, of Clinton, said "The snow and ice kept me from driving a couple of days and the other days I had to leave about 30 minutes earlier to get where I have to go."

"The ice affected me tremendously," said **Jina Brown** of Elk City. "On the 19th of December on my way to SWOSU I lost control of my vehicle in the freezing rain. Not only did my life flash before my eyes, but I also totaled my vehicle. The first thing that came to mind was my family, I was so glad that my babies weren't with me. Everyone told me that I was lucky. I say I was blessed, not lucky. My accident helped me to reflect on what is most important in life. Being on time to class is

important in life, but making it out of the crazy weather alive is the most important. 'Don't drive faster than your guardian angel can fly'... especially on ice."

Erika Bryant of Camargo said, "I thought I was lucky because I hadn't fallen on the ice. Well, the other day while everything was melting, I managed to find a patch that hadn't, and fell and busted my elbow."

Sharon Adiar, Sayre, had quite a time when her water lines busted, "leaving a swimming hole underneath the house." While fetching milk for the kids, she noted that "United parking lot was like ice skating and playing bumper cars all at the same time. Finally making it

home, I was very glad to be in one piece."

Dangerous, yes, but fun, too. Like so many others, **Hailey Wells**, a concurrently enrolled Sayre High School student, reported that she made a snowman and enjoyed skipping school!

Aaron Fultz of Cheyenne, took advantage of the snow to play on a 4-wheeler, as did Willow native **Ashlee Brewer** and her family, who tied a tractor inner tube to the 4-wheeler and went sledding.

"I think there is nothing more beautiful than looking out of your window at 4 a.m. and seeing the undisturbed blanket of fresh snow, said **Kim Penny** of Sayre.

Many note the beauty, and it looks as though we'll admire it some more this semester!



Big snow flakes in the foreground add interest and depth to this scenic landscape photo taken near Canute last week. Photo by Martha Barber



Footprints in the snow may remind you of the popular "Footprints in the Sand" poem/poster. Photo by M. Barber



SWOSU Student Mecah Williams sledding behind her apartment. Many students reported enjoying fun with their friends and family in the freakish frost. Could there be more on the way?



A well-constructed igloo on a lawn in Weatherford had passers-by stopping for a second look! Photo by Martha Barber