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NORTHWESTERN NEWS

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Northwestern Oklahoma State University, 709 Oklahoma Blvd, Alva, OK 73717

November 30, 2017

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OK oil rigs inspire artist *Playing for good cause*

Using paint on the Plains

By **KATIE LACKEY**
Student Reporter

She has always loved art, even as a young girl.

Christine Aria's love of art has become a career, which led her to the artist-in-residence program at Northwestern.

"I have mostly worked in figurative art for the last several years, specifically around the human figure," Aria said. "So hopefully I will do a couple of portraits for this [upcoming] show."

Aria, a San Francisco native, is getting away from her usual portraits though in hopes of capturing the essence of the Midwest.

"Just being here, in Alva, away from any kind of regular life was very tempting just to see what I could come up with," Aria said. "I wanted to explore my own ideas a little further rather than doing the same things."

Art show Friday 3-6 p.m. JD Tower

Along with exploring new ideas, she has also been researching and learning about the connection

between people and oil.

Aria said: "I am always interested in the way that humans connect with each other, even more importantly with themselves; it is something that I have been inadvertently working on for years without really being able to say this is the common thread...I think this month has been a bit of a departure from that on the surface level. I had this idea to talk about oil consumption, but as I have been exploring this idea I think those kind of uniting factors of an empathetic view of people and ourselves can still be found in [my upcoming show]."

Aria's artwork can be viewed on her webpage www.christinearia.com. There you will find her favorite collection, "Falling Deep Below Heaven."

"It is about realizing that you



Photo by Sabreana Burks

don't have any ultimate control in your life," Aria said. "Things will always happen, and it is our reaction in the face of that to let go and realize it will be OK."

She said this collection is a favorite because it has so much truth.

"It was very emotional to do," Aria said. "But it is still very true today, which is the nice thing about looking at people because thousands of years ago we still had a lot of these themes and struggles and in thousands of years we still will."

Aria's recent work will be on display 3-6 p.m. on Friday in the Jesse Dunn Tower (fourth floor).

"So much of art is just exploring and making a lot of stuff that looks bad, but every once in a while the high you get from creating something beautiful or that feels really true to you is so amazing and worth it," Aria said. "You get to learn about yourself, other people and the world around you just by trying and observing."



Photo by Katie Lackey

Christine Aria, above, sketches oil pumps from photos she has taken and, top, discusses the work that will be on display Friday.

By **JACKSON GARDNER**
Online Manager

On Saturday, the Computer Science Club will host its third 24-hour livestream to benefit Child's Play Charity. From the two previous livestreams, the club has raised more than \$1,125 for charities.

In addition to the students' participation, this semester several faculty members will play for charity as well.

This semester's livestream will feature faculty cameos from Tim Maharry,

Keenan Meeker, Mark Bagley, and Evan Vaverka, all from the Mathematics and Computer Science Department; Leeta Grimsley, assistant director of IT; Jennifer Page from the English, Foreign Language, and Humanities Department; Kyle Larson, assistant professor of visual arts; and Marc Decker, director of bands.

During the livestream, faculty members will play Quiplash and various other games. A five-person group will attempt to go from level 1 to 110 in World of Warcraft.

Charity gamers will also play games such as Super Smash Bros., League of Legends, Kirby's Epic Yarn and many others.

Students will also be doing a "blind race" of a game chosen by Vaverka, which means the gamers will play a never-before-seen game without any preparation to see who can play the fastest.

Students from all majors are welcome to participate. Anyone interested in volunteering to help with the livestream should contact Richard Fischer at fischer.richard7@gmail.com.

The stream will run from 9 a.m. on Saturday to 9 a.m. on Sunday. Interested viewers and donors can watch the livestream by following links posted on Northwestern's Twitter and Facebook accounts.

Gaming for Charity

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NORTHWESTERN NEWS

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Letters to the editor shall bear the author's handwritten signature, hometown, classification, title, etc., address and phone number for verification and shall be kept on file. Unsigned letters to the editor will not be published.

Letters must be turned in by noon on Tuesday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to nwnews@nwosu.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

SUBSCRIPTIONS

Yearly subscriptions to the News are \$20.

Editorial

Why do we procrastinate?

By **MICHELLE WILLSON**
Editorial Editor

"I don't have to worry I still have two weeks till it is due." I feel like everyone has said or heard this phrase throughout their high school and college life. Why is it that we choose to push off our homework until the last minute? Do we really need to re-watch the entire second season of "Stranger Things" before we start our homework? I know it feels like two weeks or even one month is a long time but when you break it down you only have like 18 weeks a



Do not let your "Instant Gratification Monkey" Take the controls during Finals week

semester so I crawl up on you fast. Soon you are scrambling to turn it in at 11:59 and it is due by midnight.

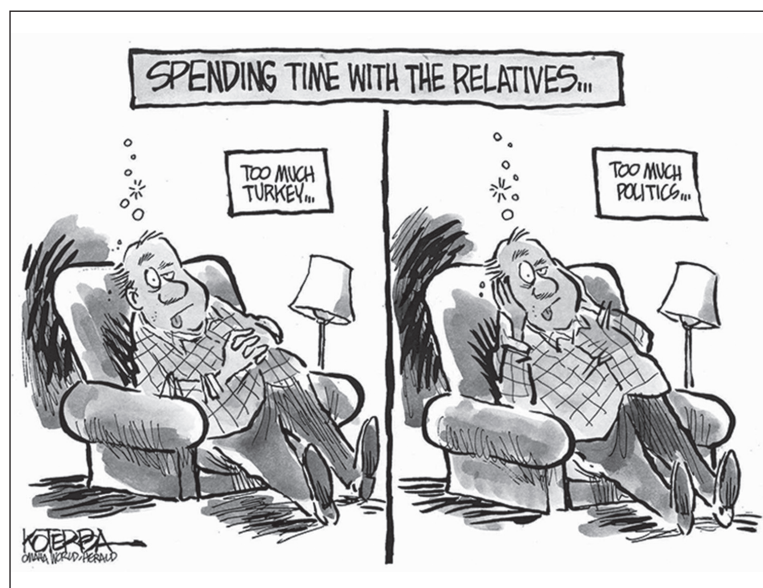
In a Ted Talks presentation, self-proclaimed master procrastinator Tim Urban says that your "Instant Gratification Monkey" in your brain is the one to blame. The monkey takes hold of the controls until the "Panic Monster" scares it away. It is an endless cycle. We would rather watch YouTube

videos then do our homework because it is less stress on our part and Scrolling through Facebook is easier then writing a three page essay. Our procrastination always comes back to bite us in the end but that does not stop us from doing in on our next assignment.

With finals in two weeks, I believe this is an important issue. If your teachers give you your essay a month in advance, do not push it off. , you will be studying and have other finals to work on. Work ahead where you can. You do not want to be pulling all-nighters for a week to get your work done before break. Do not let your "Instant Gratification Monkey" Take the controls during Finals Week. Remember to take a couple breaks while doing homework, but do not get carried away and do not stress. If you start your work now, you will not have to do it all in one week.

How to Avoid it

1. *Set goals*
2. *Make a Schedule*
3. *Write in Breaks*
4. *Work Ahead*
5. *Avoid Distractions*

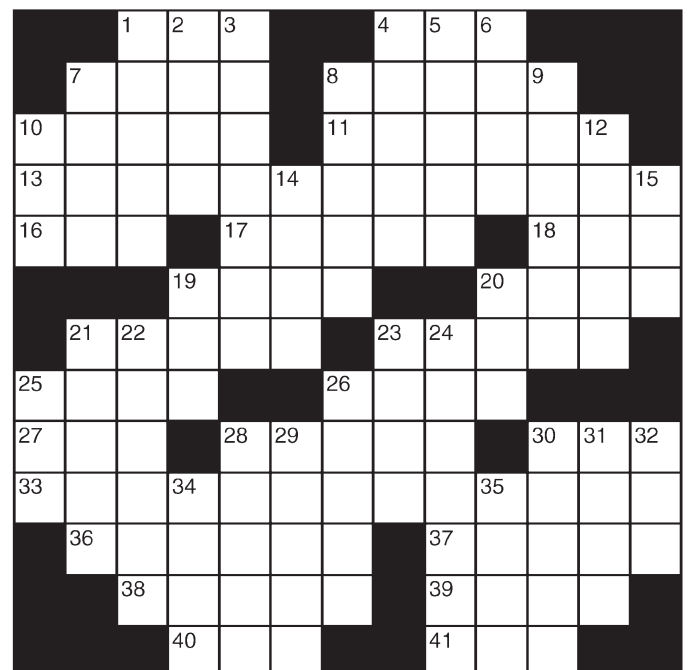


Interested in writing? Share your opinions! Contact Michelle

mdwillson99@rangers.nwosu.edu

King Crossword

ACROSS	36	Esprit de corps	12	Preferred invitees
1	AAA job		14	Foundered
4	Fed. purchasing org.	37	15	Perched
7	Hindu garment	38	19	Deposit
8	Intended		20	Regret
10	Takes to the waves	39	21	Gomorrhah's sister city
11	Sweater material	40	22	Swedish money
13	Paycheck recipients	41	23	Henry —
16	Still		24	Massachusetts city
17	Partners	DOWN	25	Pouch
18	By way of	1	26	Boob tube
19	Nerd-pack fill	2	28	Go
20	Take five		29	Archipelago part
21	Polecat	3	30	Burdened
23	Bank feature	4	31	Types
25	Kind	5	32	Airport safety org.
26	For part		34	Icebox, for short
27	Commotion	6	35	PBS science show
28	Enraged	7		
30	Illuminated	8		
33	One-on-one sites in church	9		
		10		



News

NWOSU decorates for Christmas



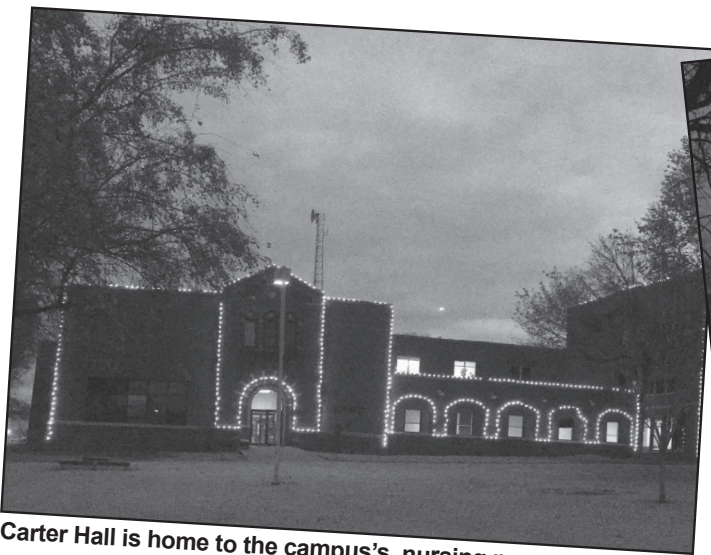
President Janet Cunningham's house is lit up in the spirit of Christmas.



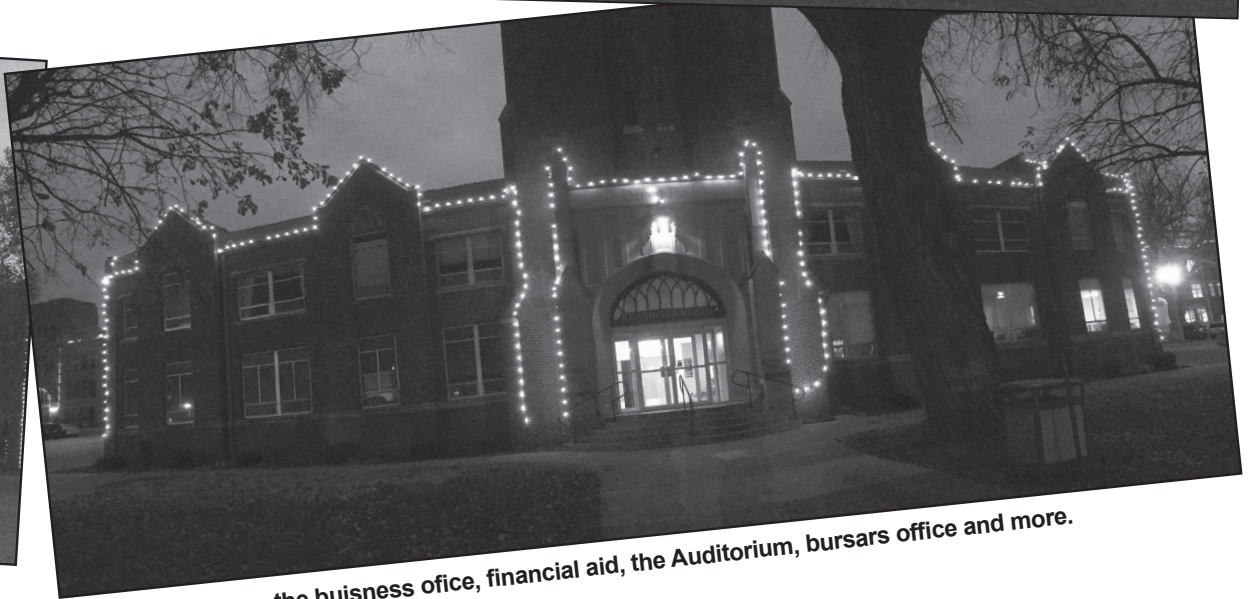
J.W. Martin Library celebrates Christmas with window decore.



The Fine Arts building shines bright with its Christmas lights.



Carter Hall is home to the campus's nursing program.



Herod Hall houses the buisness office, financial aid, the Auditorium, bursars office and more.



Alva's Market Hope everyone had a good Thanksgiving! 706 Flynn
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Crystal Farms Sliced Cheese 12 oz. \$1.99	Mandaraine oranges 2 lb bag \$3.39
Frozen Hot Pockets 9 oz. \$1.79	Bar-S Franks 99 cents 12 oz. pkg. (excluding beef)

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Our 12 Days of Christmas start December 1st and end the 14th every day but Sunday.

Feature

College microwave hacks

By **CEDRIC COLLINGE**
Columnist

National Microwave Day is Dec. 6, and what better way to use a microwave than to create a quick dinner for one.

Looking for something to toss in the microwave, all while watching your favorite TV show? If so, grab a mug, gather the ingredients, and open the microwave! If the first go around was a success, more recipes can be found on Google by searching “mug cooking recipes.”

Mug cooking is a detour around stove cooking for people looking for a quick, but small portioned meal. There are several different recipes that people can use to their advantage when mug cooking.

Here are a couple recipes to stir the mug— instead of the pot!

Egg Fried Rice

- 1 cup of cooked jasmine rice
- 2 tablespoons frozen peas
- 2 tablespoons chopped red pepper
- 1/2 stalk of green onion, sliced
- small pinch of mung bean sprouts
- small pinch of shredded purple cabbage
- 1 large egg
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon onion powder
- 1/4 teaspoon five-spice powder

1. Place the rice into a large mug. Lay the peas, red pepper, green onion, mung bean sprouts and cabbage on top. Cover the mug with cling film. Using a knife, puncture one or two small holes through the film. This step is important! You don't want to scald yourself. Microwave on high for 1 minute 15 seconds.

2. In the meantime, beat the egg and mix in the seasonings (soy sauce, sesame oil, onion powder and five-spice powder). Pour the egg mixture into the mug, and stir with the vegetables and rice

3. Cover the mug with cling film again, and microwave for 1 minute 15 seconds to 1 minute 30 seconds. Take the mug out of the microwave, and give everything a good stir. Let the fried rice stand for a minute to finish cooking. Use a fork to fluff up the rice and serve.



Egg Fried Rice in Mug

Sausage and Cheese Spaghetti

- 1 1/2 cup of spaghetti, broken into short segments
- 1 1/2 cup water
- 1/4 tsp of salt
- 1 cup of half and half
- 1/8 tsp nutmeg
- 1/2 heaping cup shredded fontina cheese
- 1/2 heaping cup shredded sharp cheddar (plus more for topping)
- 1/3 cup of grated Parmigiano cheese (plus more for topping)
- Salt and black pepper to taste
- 4.2 oz of sweet Italian sausage meat
- 1 clove of garlic, finely minced
- 2 sprigs of fresh thyme
- 1 tsp of unsalted butter

1. Break the spaghetti up into short segments with your hands into a microwave-proof bowl.

2. Add water and salt, then stir to combine.

3. Cover the bowl and microwave on high for 4 min, then stir again with a fork. Cover and microwave on high again for 3 ~ 4 min (depending on the thickness of the spaghetti) until the pasta is al-dente and the water's mostly absorbed.

4. Add the half and half, grated nutmeg, shredded fontina and cheddar, and grated Parmigiano cheese. Mix evenly and season with salt and black pepper. Set aside.

5. Divide the Italian sausage, minced garlic, fresh thyme and unsalted butter into 2 mugs. Use a fork to mix them slightly, then microwave on high for 1 min. Break up the sausage meat with a fork (which shouldn't be completely cooked yet) and return to the microwave for another 1:30 min.

6. Divide the spaghetti and cheese mixture into the mugs and mix with the sausage on the bottom. Top with more shredded cheddar, Parmigiano cheese and freshly ground black pepper.

7. Microwave on high for another 3:30 min until hot and bubbly (you might want to place a sheet of parchment on the bottom in case it over-spills).

Chocolate Chip Cookie

- ¼ cup all purpose flour
- 1 tablespoon butter
- 1 tablespoon white sugar
- 1 tablespoon dark brown sugar
- 3 drops of vanilla extract
- 1 egg yolk (do not use egg white)
- 2 tablespoons of chocolate chips
- Pinch of salt

1. Microwave butter in a cup, bowl or mug until soft.

2. Mix in sugar, vanilla and salt.

3. Add egg yolk and mix.

4. Stir in flour and chocolate chips, then mix until all ingredients are fully combined.

5. Microwave for 40-60 seconds (take out at 40 seconds to check if it is done — you might have to play around with the timing as all microwaves are different).

6. Try topping your creation with whipped cream or vanilla ice cream.



Chocolate Chip Cookie in a Cup



Nutella Mug Cake

Nutella Mug Cake

- 4 tablespoons self-rising flour
- 4 tablespoons sugar
- 1 egg
- 3 tablespoons cocoa powder
- 3 tablespoons Nutella
- 3 tablespoons milk
- 3 tablespoons vegetable oil

1. Add and mix all the dry ingredients into a large mug. (Really make sure it's big or else the cake will overflow.)

2. Add the egg, milk, vegetable oil and Nutella in the same mug and stir until all clumps are gone.

3. Microwave for one minute and 30 seconds (even if it looks like it is not ready, take it out because it will continue to cook as it cools).

4. Grab a spoon and indulge in this chocolate hazelnut wonder.

Quotes of the week

Courage is being scared to death and saddling up anyway.
-John Wayne

The best thing to hold onto in life is each other.
-Audrey Hepburn

It is during our darkest moments that we must focus to see the light.
-Aristotle

Yesterday is not ours to recover, but tomorrow is ours to win or lose.
-Lyndon B. Johnson

The past can hurt. But the way I see it, you can either run from it, or learn from it.
-The Lion King

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Entertainment



Photo Courtesy: Warner Bros. Studios

'Justice League' is a 2017 American superhero film based on the DC Comics superhero team of the same name, starring Ben Affleck, Gal Gadot, Henry Cavill, and Ezra Miller.

'Justice League' spectacular, and suspenseful

By **ASHLEY STREHL**
Entertainment Editor

Batman, Wonder Woman, Aqua Man, Cyborg, and The Flash, are individually some of the most interesting superheroes of our time.



In this 2017 DC film, these heroes band together to take down an enemy and it could not have been put together in a more spectacular and suspenseful way. This film, at most parts will have you biting your fingernails. You never know what is going to happen next.

In the beginning of the movie, the world is in mourning after the death of Superman. Meanwhile an evil Villon named Steppenwolf is planning to regain his mother boxes and destroy Earth.

The mourning of Superman triggers the Mother Boxes to reactivate and Steppenwolf's return to Earth in an effort to regain favor with his master, Darkseid. Bruce Wayne, Batman, can tell that Steppenwolf and his army are coming and works hard to hunt down superheros from around the globe to create "The Justice League."

The movie is rather humorous and heartfelt at times, but has the perfect mixture violence and, as I mentioned before, suspense.

The fighting scenes are incredible, you can tell filmmakers put infinite amounts of money and time into making this movie look it's very best.

The movie doesn't hold back with its special effects, I found myself often wondering how they shot some of their incredible scenes.

Ben Affleck plays the mysterious, deep voiced and last but not least, extremely wealthy Batman, and does an amazing job, once again. Out of all the Batman's, Affleck has to be my favorite. He makes Batman out to be a very believable character, with emotions and pure badassery. Through the movie we see Batman trying to deal with the incident that occurred in the previous movie, Batman vs. Superman. He feels responsible for Supermans death, and this causes him to lash out. He finds his way throughout the movie, and turns out to be a very important character in this film.

There is only one woman who can be thrown, punched, and thrown across the room and still look like the hottest woman alive, and that woman is Gal Gadot. Her character Wonder Woman incapsulates all

that Wonder woman stands for, and you can tell the role is very important to her. In the movie, Diana Prince teams up with 4 men and helps save the world, by being as strong, and smart as the men, but she looks way better in action.

Jason Momoa plays the big tough, muscular, and quite hairy Aqua Man. His introduction starts with him saving a man from his drowning fishing boat and taking him to the bar for a drink afterwards. His character is scary but at times you can see that there are feelings behind his rough and tough character. One thing that truly amazed me about aqua man was that no matter what he was doing, or how rough has day had gone, his hair always had that perfect mermaid wave to it.

Ezra Miller come in and plays the nerdy quirky fun kid that is The Flash. The movie introduces him as he is visiting his Dad in jail and gets the news that his Dad doesn't want him to come see him anymore, but he wants him to pursue his dream of becoming a police officer and get a career. Barry Allen lives alone with his enormous towers of pizza pockets and plenty of computers to keep him company. He meets Batman in his house and before batman finishes explaining why he wants him

on the league, Berry is all for it and packs his stuff. The Flash is no more than a comedy relief in this film, his young spirit keeps smiles on an audience.

All in all, I would say this film is a 5 out of 5. It has all the elements of a good old fashion family superheros fight crime

film.

If this movie doesn't inspire you to change your identity and walk into a lab to be exposed to radiation, giving you super powers, I don't know what will. I would recommend sand spending your money to watch this truly awesome film.

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<p>"Wonder"</p> <p>Starts Friday! Friday 6:45-9:15 Saturday: 1:30-6:45-9:15 Sunday: 1:30-6:45 Dec. 4-7 6:45 nightly Screen 1/ PG/ 120 Mins.</p>	<p>"Coco"</p> <p>With Olaf's Frozen Adventure Friday 6:45-9:15 Saturday: 1:30-6:45-9:15 Sunday: 1:30-6:45 Dec. 4-7 6:45 nightly Screen 2/ PG/120 Mins.</p>	<p>"Justice League"</p> <p>Friday 6:45-9:15 Saturday: 1:30-6:45-9:15 Sunday: 1:30-6:45 Dec. 4-7 6:45 nightly Screen 3/ PG13/ 120 min.</p>
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Thursday Last Night: "Daddy's Home 2" 6:45
Coming Soon: "The Star" Dec.8
"Star Wars Last Jedi" Dec.14
Free Theatre Movie Pass when you rent 3 videos at Rialto Video
DVD or BlueRay \$1.99 to \$2.99/Keep 3 days/ FREE popcorn
New Releases:11-28-17 "Cars 3", "Logan Lucky", "Hitman's Bodyguard", "Valerian" & "Leap"

News

Things to do during the month of December



NWOSU Artist-in-Residence Christine Aria's Exhibition

This will take place on Dec 1, from 3 - 6 p.m. in Jesse Dunn Tower located on the 4th floor of the Jesse Dunn Building. It is free and open to all.



Woodward Campus Holiday Buffet & Celebration

This will be taking place on Dec 4, from 11 a.m. - 2 p.m. and from 5 - 7 p.m. on the Woodward Campus in the Commons Area. This event will consist of a snack and food buffet.



Study Abroad Summer 2018 UK Trip Interest Meeting

This meeting will be taking place on Dec 4, from 2 - 3 p.m. and on December 7, from 12 - 1 p.m. It will take place on the Alva campus in IE128, Enid 225, Woodward W140, and in Ponca city PC 125.



Holiday Tubas Concert

This concert will be on Dec 4, from 6 - 7 p.m. doors open at 5:30. This will be taking place in Herod Hall Auditorium. It is the first Holiday Tubas concert.



WHAT TYPE OF HERO ARE YOU?
A+B=AB O

Blood Drive

This will be on Dec 6, from 9 a.m. - 4 p.m. This will be held in the student center.



Conserving Our Ranger Environment Meeting

This meeting will be on Dec 6, from 12 - 1 p.m. Science Conference Room, Room 215 is where it will be held.



Soccer End of Season Banquet

This banquet will be on Dec 7, from 6 - 8:30 p.m. Student Center Ranger Room is where it will be held. It is \$15 per guest to get in but players are covered.



Holiday Gala

This gala will be on Dec 9, from 7 - 9 p.m. in the Herod Hall Auditorium. The university's music programs come together for this holiday concert which is open to the public.



Division of Education Pinning Ceremony

This ceremony will be on Dec 10, from 2:30 - 3 p.m. in the Education Center, room 109. Graduates of the NWOSU teacher education program will be honored at this ceremony by having their chosen individuals, who had a significant impact on their completion of a college education, to do the pinning.



Northwestern Fall Commencement

This will take place on Dec 10, from 3:30 - 5:30 p.m. in Percefull Fieldhouse.



Woodward Campus Graduation Reception

This will take place on Dec 12, from 6 - 7 p.m. in the Commons Area of the Woodward Campus.



Final Exams

Exams will take place on Dec 12 - 15, from 8 a.m. - 5 p.m. Schedule can be found online @nwosu.edu

DON'T MISS THE DEADLINE!

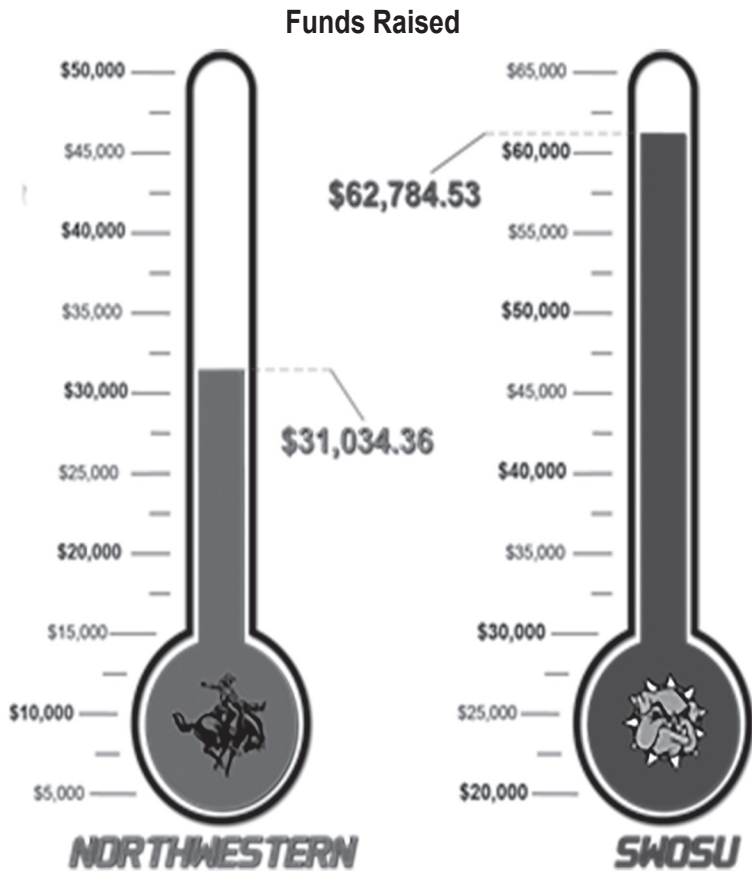
Additional late payment penalty in effect

This will take place on Dec 14, from 6:35 - 7 p.m.



Holiday Store and Photos with Santa

This will take place on Dec 16, from 10 a.m. - 2 p.m. NWOSU Art Society members make holiday shopping available for area kids at an inexpensive cost and offers photos with Santa at a very reasonable rate.



Graphic provided by Northwestern Oklahoma State University Foundation Inc.

SWOSU takes the lead in Giving Tuesday competition

In the Giving Tuesday scholarship showdown between Northwestern Oklahoma State University and Southwestern Oklahoma State University Northwestern is currently, around \$31,750 behind Southwestern.

But there's still one week left in this competition, meaning the Rangers still have a chance to raise the most scholarship funds. It isn't too late to push the Ranger Nation's numbers up and take another victory over those who are considered to be Northwestern's biggest rivals.

Giving Tuesday was started by Mary Lou Bryan. She started the campaign with a \$5,000 pledge to match dollar for dollar every

gift able to be raised. As Mary's pledge was exhausted this week, an anonymous donor offered another \$5,000 matching pledge. This means that now, until this pledge is exhausted, every dollar donated is worth two.

Every dollar contributed to this scholarship showdown helps Northwestern provide more students with an affordable college education. It does the same for those donating on Southwestern's behalf. Giving tuesday is an opportunity to give back to the University. The opportunity to support Northwestern scholarships in this competition against SWOSU will end on the midnight of December 5.

Which West Will Win?

Students:
Let's go bowling!



Cookie's Bowl - Alva - 327.0461

Cosmic Bowling

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Every Saturday

9:30 p.m. to Midnight

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Sports



Photos provided

A'keem Oglesby, a junior, makes a free throw in the Percefull Fiedhouse. The Ranger men took down Emporia State, 72-71. So far the team has been undefeated throughout the season.

Men continue undefeated

By MEGAN MAHARRAY
Sports Reporter

The Northwestern Oklahoma State men's basketball team kept their undefeated season alive as they faced non-conference opponent Emporia State University and took away the 72-71 victory.

The Rangers battled back and forth with Emporia all game until

the very last second. The first half consisted of four lead changes, and Emporia State managed to take a seven-point lead. Despite the lead, the Rangers fought back to cut the advantage down to just two points by the time the halftime buzzer sounded.

The second half was just as close as the first. The winning bucket was scored by junior Treyvon Andres with just 1.3 seconds left, sending

the Rangers to a 5-0 record.

There was some confusion, however, with the last point. With a one second difference between the shot clock and the game clock, the horn sounded to indicate a shot-clock violation that was mistaken for the final horn.

Officials reviewed the play for fifteen minutes before ruling the Andres basket good. The Ranger bench, however, received a techni-

cal foul for running onto the court, and as a result, Emporia made a free throw to make the score 72-71 Rangers.

In the final second, the Rangers were able to defend Emporia's last attempt to score to take the win.

Overall, the Ranger offense was stellar. The Rangers shot an 44.6 percent from the field and was a perfect 16-for-16 from the charity stripe.

Treyvon Andres recorded a season-high of 22 points along with three blocks. Senior guard Cody Halvorson finished the night with 14 points, nine of which were from behind the three-point line. He was also 3-for-3 at the free throw line.

The Rangers will look to extend their winning streak to six games as they take to the road to Secrecy, Arkansas to battle GAC opponent Harding University on Thursday.

Women dominate weekend

By MEGAN MAHARRAY
Sports Reporter

The Northwestern Oklahoma State Lady Ranger basketball team were successful on the road against Oklahoma Panhandle State University and at home against Tabor College. The Lady Rangers took down OPSU 74-67 and Tabor College 84-55.

The Lady Rangers played a close game with OPSU until the third quarter, when the Lady Rangers took the lead for the rest of the game. Junior Jade Jones lead the team with 22 points and freshman Selena McDonald grabbed a team high of six rebounds.

The Lady Rangers were back home in Percefull Fieldhouse to take on Tabor College. The 84-55 win was the Lady Ranger's fourth consecutive win.

Once again Jade Jones lead



Bailey Forell, a junior, plays offense in Tabor College game.

the squad with 21 points. Selena McDonald, along with Amani Davis and Bailey Brown, all netted a total of 11 points in the game.

Junior Jakeria Otey was just named Great American Conference player of the week. She said it was such an honor and is glad her school is getting

recognized from the GAC.

"It just makes me want to work harder and ensures me that I know what I'm doing what I need to for my team to be successful," Otey said.

She said she and her team have the mind set of wanting to win and doing anything to accomplish it.



The Lady Rangers huddle pregame, ready to take down Tabor College.

"I feel that we're better at fighting adversity and finding a way to win," Otey said.

Currently on a four-game winning streak, Otey said she and her teammates must continue to buy into what their coach is saying and follow the game plan. She said they must keep their heads on straight and

continue to grow as a team.

"I'm very excited to see what's in store for us," Otey said. "I think it'll be one for the books."

The Lady Rangers will look to continue their winning streak as they travel to Searcy, Arkansas to face GAC opponent Harding University on Thursday.

Sports

Fitness in life: personal trainers

By SAMI MCGUIRE
Sports Editor

The following is an editorial article written for BodysbySandy.com.

You learned how to write, you learned how to swim, you learned how to do math. How did you learn these things? For the most part you learned these skills from a teacher or instructor.

Imagine a world where swimming lessons and math classes didn't exist and we taught ourselves these skills all on our own.

So how come when it comes to working out many people are reluctant to hire a personal trainer? Many people choose to teach themselves how to workout, and many people fail. They fail because they don't learn proper techniques. Without instruction people can get hurt and sometimes don't see results, and this causes people to stop working out.

Invest in yourself

According to livewell.com, the number one reason people don't hire a personal trainer is because they think it costs too much.

People who choose to do self training have to do a lot more of their



Photo by Sami McGuire

Katie Lackey, a senior, who learned to lift without the help of a trainer.

own research to make sure they learn to exercise properly. Self trainers will also have to learn to motivate themselves, because they won't have the help of a professional to hold them accountable.

The best way to look at the cost of a personal trainer is an investment in yourself, your body and your happiness. Many people workout because they think they should be healthier, but don't have a set goal in mind. A personal trainer will help you set your goals so you can make progress in your fitness.

Other people set goals for their fitness, but don't know how to achieve

them. A personal trainer can help you get a plan to achieve those goals.

Investing in yourself with a personal trainer will help you stay safe by teaching you correct technique so you don't get hurt. They will push you, give you motivation and hold you accountable.

Finding "the One"

The second reason people are reluctant to hire a personal trainer is because they think they are too out of shape. They think they will be too far behind to keep up with the exercise plan laid out by a personal trainer.

Here's the thing, finding a personal trainer is like finding a life partner.

First off they need to understand your goals and be willing to work with you to achieve those goals. Second, you and your personal trainer should get along. You will be spending a lot of time with this person. For some people working out is a very insecure part of their lives, so you have to make sure to find someone you are comfortable with.

So maybe before you settle down and "marry" your personal trainer, you should start by "dating" them. And what is the start of every modern day romance? Internet creeping. By this I mean research trainers to narrow down the list and try out some that appeal to you. If in the first few training sessions you don't get along with the trainer, you can move on, but hopefully you can find one that gets you.

Besides money concerns and fear of judgment or failure, there are many other reasons people are wary of hiring a personal trainer. For some people things have to feel right, and for others they just need to see the cold hard facts. So here are some.

Cold hard facts

In a study based on the effect of supervised, periodized exercise training versus self-directed training, done by University of California

Los Angeles in 2014, there were significant differences in the separate groups (personal trainers vs. self trained). It was a 12 week study on males ages 30 to 44. One group trained three times a week with a personal trainer and the other group exercised three times a week with no guidance.

Participants with personal trainers averaged 150 minute exercise sessions while participants without averaged 172 minute exercise sessions. The trained group gained 1.3 kilograms (2.87 lbs) in lean muscle mass, and the self trained group gained no lean muscle mass. The trained group improved their body fat percentage by two percent and the self trained group only improved by one percent.

In the study results it was found that the self trained group completed 15 percent more exercise, but had far fewer gains than those with a personal trainer. (To read full study results see <http://www.fitnessnetwork.com.au/resources-library/research-review-fitness-gains-self-vs-pt-trained>.)

That's a wrap

So work smarter not harder. Everyone today is looking for the most bang for their buck. Get results, stay safe and turn your body into a lean, mean, fat-fighting machine.