

NORTHWESTERN NEWS

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January 18, 2018

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Nurses practice pediatric care

By **ASHLEY STREHL**
Feature Editor

The NWOSU Nursing students are learning about Pediatric Nursing in the Nursing Care of the Family course.

All students spent the day talking about the expectations for their pediatric clinicals they will be participating in this spring throughout a variety of experiences to learn about the normal growth and development of a child.

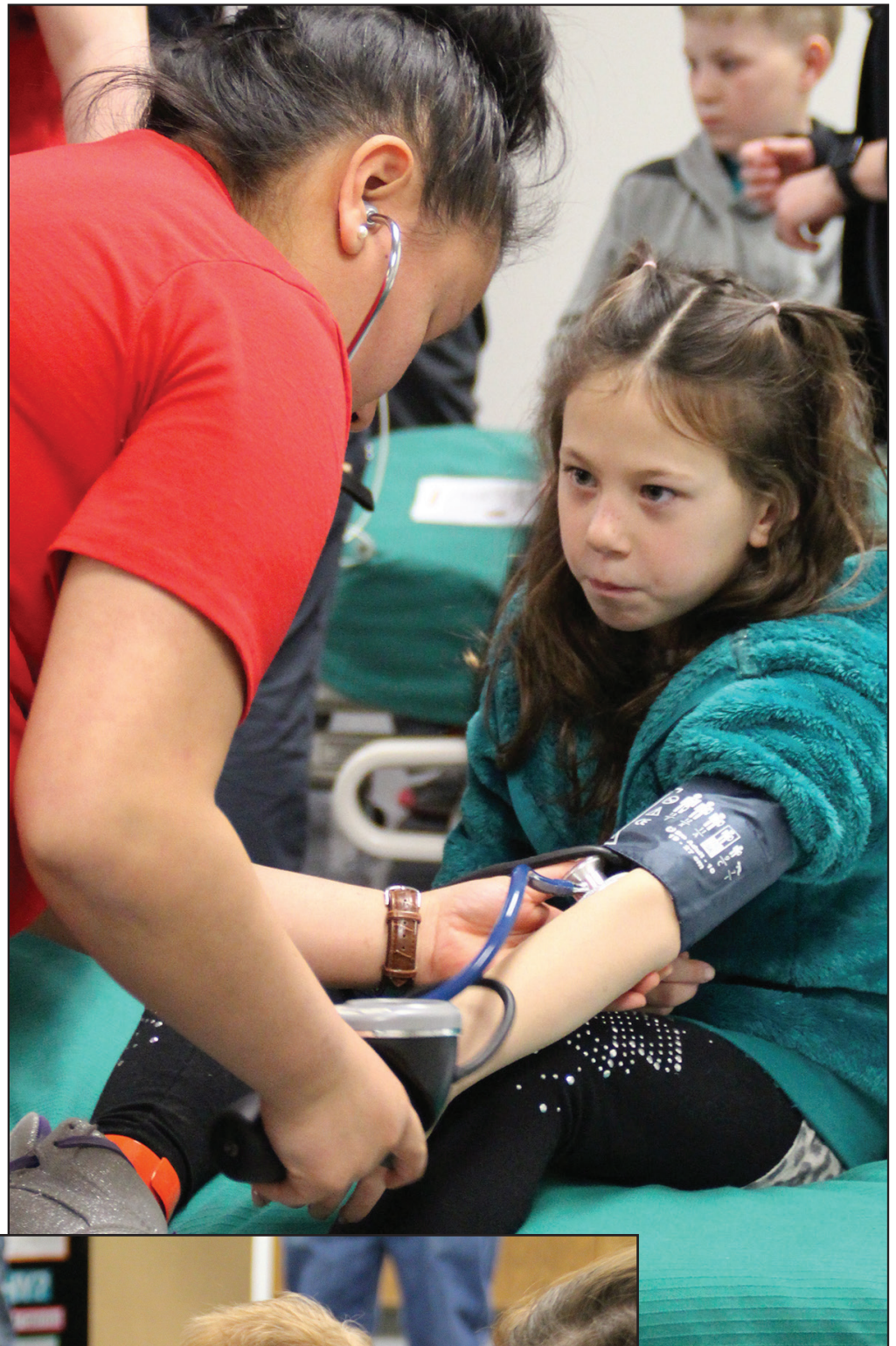
Children of the Alva Community visited Northwestern to receive a short check up by the nursing students. The students performed assessments on the children ranging from musculoskeletal, neurological, to gathering height, weight, and vital signs.

Each assessment had its own station and each “pediatric patient” visited all the stations in order to get a full check up from the student nurses. “The students worked fabulously with the children and I am very excited to see how they perform

in their clinical rotations this semester,” said Dr. Jennifer Mahieu, Assistant Professor of Nursing and coordinator of the course.

The kids came in a bit shy that day, so they set up an icebreaker station, where they were able to color, do puzzles and get to know the nurses. This also gave the student nurses a chance to interact with the children, as they will have to nurse a lot of children in their future careers.

There were 28 second semester Junior nursing students present from the Alva, Enid, Woodward, and Ponca City campuses. There were also 10 elementary students ranging from ages 2-11, present from Alva Public schools, and their names are Logan Bays, Grady Mahieu, Brooklyn Zimmerman, Parker Grimsley, Kapri & Emry Like, Trenton & Bailey Clepper, and Kendall & Kade Collins. “The experience was very enlightening for me to stand back and watch the students interact with the children. Many times students are hesitant with pediatric nursing, but I am proud to say they did a remarkable job,” Dr. Mahieu.



At top, Sumji Sherpa takes the blood pressure of Kapri Like. Far left, nursing student puts Grady Mahieu at ease to begin the assessments. At left, Kade Collins settled in quickly with nursing student Shalyn Farrington. Ten children participated in the growth and development assessments on Tuesday.

Photos By Kimberly Bell

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Students make resolutions

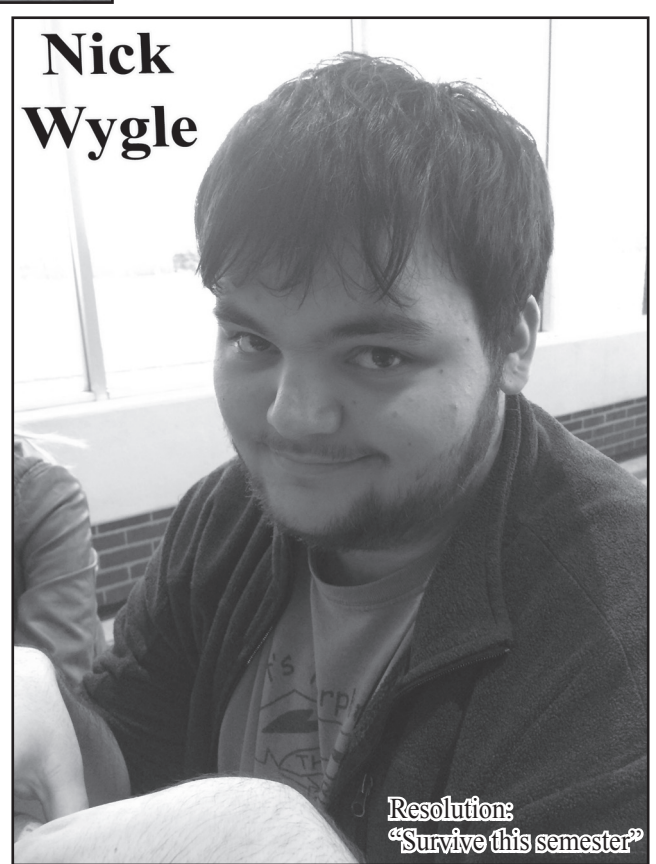
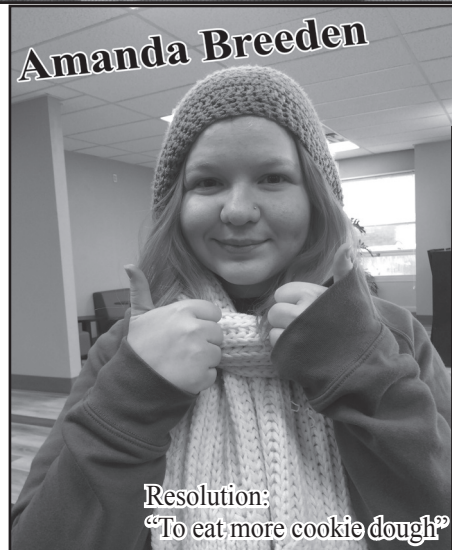
Tips for taking care of vehicles during winter

By **BRADY KOKOJAN**
Student Reporter

You never know which one of these five little tips could keep you from being stranded on the side of the road in freezing weather. So here they are, a few tips that can keep you from being stranded and from having problems with your vehicle:

1. Always fill your car or truck up with gas the day before a big blizzard or even an arctic blast. This could eliminate you from being stranded in some of the roughest conditions.
2. Make sure your tires are aired up to the correct PSI which you could see inside the door for the stock tires. Most of the time the PSI range is even shown on the tires. With that said not all cars show their PSI, Always carry a tire gauge which are very cheap to buy at Walmart.
3. According to Be Car Care Aware.com always allow your car a little more time to warm up when temperatures are below freezing so that the oil in the engine and transmission circulate and get warm.
4. Always carry either an ice scraper or even a spray called Ice Off Spray which can be bought at Walmart for less than \$5.00. I personally recommend the spray first and then scrape with the ice scraper for easier scraping.
5. Check your wiper blades to see how there conditions are. Wiper blades are very cheap and easy to replace on your own. If you happen to get into a snow storm I would like my chances better with fresh wiper blades.

These tips are handy, but the biggest tip of them all is be proactive. Watch the weather the night before, also do these steps that allow some time before you need to be somewhere so you perform the step correctly and doesn't make it worse.



Resolution: "Make recipes from my cookbook"

Resolution: "To pet more dogs this year"

Resolution: "To eat more cookie dough"

Resolution: "Become closer to God though music"

Resolution: "Learn to play an instrument"

Resolution: "To get better grades this semester"

Resolution: "To be more patient with people"

Resolution: "Survive this semester"

Photos/Interviews by Michelle Willson Continued on page three...

Alva's Market

Shop downtown Alva.

706 Flynn

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1-17-18 through 1-23-18

Shurfine gallon white milk \$2.99	Hostess single serve packages \$1.00 ea.
Sunny D drink 128 oz. size \$2.99	Bagged red delicious apples 3 lb. bag \$2.69
Lean Cuisine frozen entrees \$2.00 ea.	Bar-S Jumbo meat franks \$1.50 1lb. pkg.

10% discount with student ID!

El Maya
MEXICAN CUISINE

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580-327-2878

News

Martin Luther King Jr. top 10 things to know

By SAMI MCGUIRE
Student Reporter

Ten Northwestern students were asked what they knew about Martin Luther King Jr., and 10 students didn't know much.

Many answers included "he said he had a dream", "he was shot", "I think he did some march on Washington", "he wanted to bring black and white people together" and etcetera.

Martin Luther King Jr. Day was Monday. It is held the third Monday of January every year.

King Jr. was primarily an American civil rights leader. He was a Baptist minister and a social activist. He was assassinated on April 4, 1968 by James Earl Ray, a career criminal. Below is a list of facts about Martin Luther King Jr. and why he is so important to America.

1. According to America's Story on America's Library, Martin Luther King Jr. was the most important voice of the American civil rights movement.
2. King Jr. was famous for using nonviolent resistance to overcome injustice.
3. His main mission was to end the Jim Crow laws, which were segregation laws.
4. King received a Nobel Peace Prize in 1964. He is the youngest person ever to receive this honor.
5. King gave many speeches besides the "I have a dream speech."
6. King led the bus boycott in Montgomery, Alabama. It started when Rosa Parks wouldn't give up her seat on a bus to a white passenger and was arrested.
7. "I've Been to the Mountaintop" is King Jr.'s final speech. It was given on April 3, 1968. The speech referred to his death and the need to continue the fight after he is gone.
8. He was assassinated while standing on the balcony of his hotel room in Tennessee.
9. In 1983, President Ronald Reagan signed a day honoring Martin Luther King Jr.
10. According to interexchange.org, "It is a day for all people to remember that whatever differences we may have in terms of ethnicity or culture, they can and should be overcome for the benefit of society."

Next year Martin Luther King Jr. Day will be on January 21, but it is never too late to celebrate this historic man if you didn't get to on Monday.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that," Martin Luther King Jr.

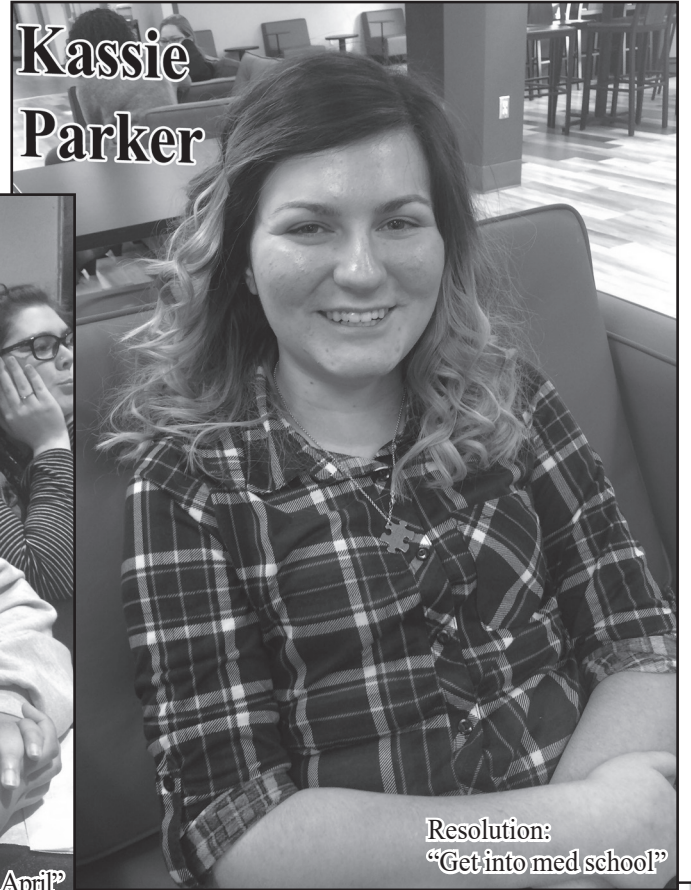
I have a dream...



Resolutions made by students

By MICHELLE WILLSON
Editorial Editor

...Continued from page two.



Kassie Parker

Resolution:
"Get into med school"



Taylor Alexander

Resolution:
"Put together my cannibalism seminar before April"



Katie Evans

Resolution:
"To sleep more"



Isabella Hardester

Resolution:
"Drink more water and read 100 books this year"

Join the NWSU Facebook group!

Alva Vision Clinic

Family vision care
Comprehensive and Diabetic exams
Ocular disease management
Contacts
-hard to fit
-high power/
Astigmatism
-bifocal
-colored
Large inventory of frames in stock

Co-management
-laser vision correction
-Cataract Surgery
Also sunglasses in polarized or regular
Retinal Mapping/
OCT/ fields
Call to check on insurance coverage

Hours: FOR AN APPT.
Mon.&Thurs: 580-327-2393
8-5:30
Tues.&Wed. 504 College
7:30-5:30 Alva, Okla
Closed 12-1 daily
580-829-2026

5:15 Daily Appointment

CITY OF ALVA
415 4th Street
Alva, Oklahoma 73717
(580) 327-1340
Fax: (580) 327-4965

The City of Alva is currently seeking to fill the position of Part-Time/Seasonal ARC Attendant.

Job Duties:
This position is charged with supervising sports activities for kids; helping with overall park maintenance and general Recreation Park functions. Receives direction from the Director/Assistant, exercise safety, and follow the policies and procedures of the Alva Recreation Complex.

Qualifications:
High School education or GED
Must be able to read, comprehend and speak the English Language. Must have good customer service skills.

Application Information:
Applications are available at 415 4th Street, Alva, OK and will be accepted until the position is filled. The City of Alva is an Equal Opportunity Employer.

Editorial

Resolutions: why they fail

By Michelle Willson
Editorial Editor

“New Year, New Me” It seems like everyone makes New Year’s Resolutions, but I bet you can name at least five people who have already fallen off the resolution wagon. Business insider stated, “80% of people fail their resolutions by February”.

Why is it so hard to keep a resolution? Are there secrets to keeping them? Well I was thinking about it and I feel most people make their resolution to broad in the sense that they do not give themselves a time limit or set boundaries or even make a plan to achieve their goals.

Psychology today listed a couple ways to stay on track with your resolution. They said you should Focus on one goal, take little steps, Celebrate the little victories along the way and do not give up if you mess up.

“80% of people fail their resolutions by February” - Business Insider

Having one goal helps you keep all your focus on it instead of dividing it between multiple goals. Take time, you do not start

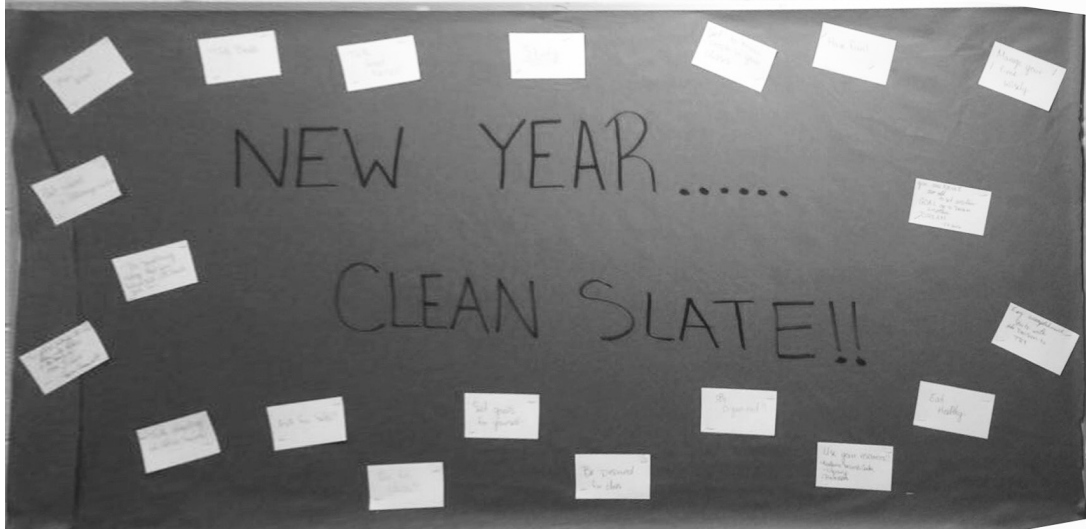


Photo By Michelle Willson

This bulletin board on the third floor of south hall states ideas for New Year’s Resolutions

running marathons before miles. Start small then slowly go up to your goal.

Celebrate little victories so you do not get discouraged when you hit a rough patch. If you reward yourself every once in a while, you will have more strength to push through and lastly If you mess up jump back on the horse and try again. Just because you messed up a little does not mean you have to give up.

They also state that another way to keep your resolution from failing is to “Get an accountability Buddy” get someone that will help hold you to your resolutions or get someone who will go after the same goal.

I feel that workout buddies are a great way to stay accountable, It helps if you don’t want to go to the gym alone and having someone to talk to and compete against makes

the time go by much faster. I use my sisters as a workout buddies and we have all been able keep up with our workouts longer than when we tried by ourselves. If you do not have siblings, try friends most of them would be glad to help you.

If you missed the ball on your 2018 New Year’s Resolution, you do not have to worry. You do not have to wait until next year to make a resolution for yourself you just have to have to set a date, stick to it and follow through.

The Bulletin board on the third floor in south hall has some ideas for you: Eat Healthy, Go to class, Study, and manage your time wisely.

Pick a resolution that speaks to you so you will be more likely to keep it up. If it helps place reminders around your room. If your resolution is to eat healthier

place a sticky note on your fridge that says “This year I will eat healthier” so you will have a constant reminder.

I apply the S.M.A.R.T. method to my goals. The same one you learn in Wellness Concepts and Personal Finance. Make your goal Specific, Measurable, Achievable, Realistic and Timely.

Instead of saying “I am going to save money for my trip”, say something like “I am going to take \$30 out of my paycheck every week to save for my trip.” It gives you a direct plan that you will most likely be able to stick with.

Therefore, whether your goal is to eat better, work out more or even watch more Netflix remember to stick to it. Do not beat yourself up if you hit a plateau and remember that nothing will change overnight

S.M.A.R.T

Specific

Measurable

Achievable

Realistic

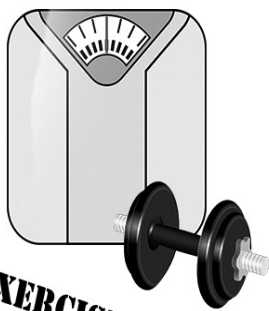
Timely



Top 5 Resolutions of 2018



1) EAT BETTER



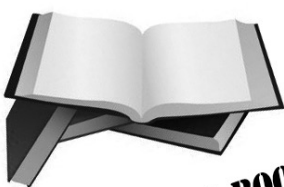
2) EXERCISE MORE



3) SAVE MONEY

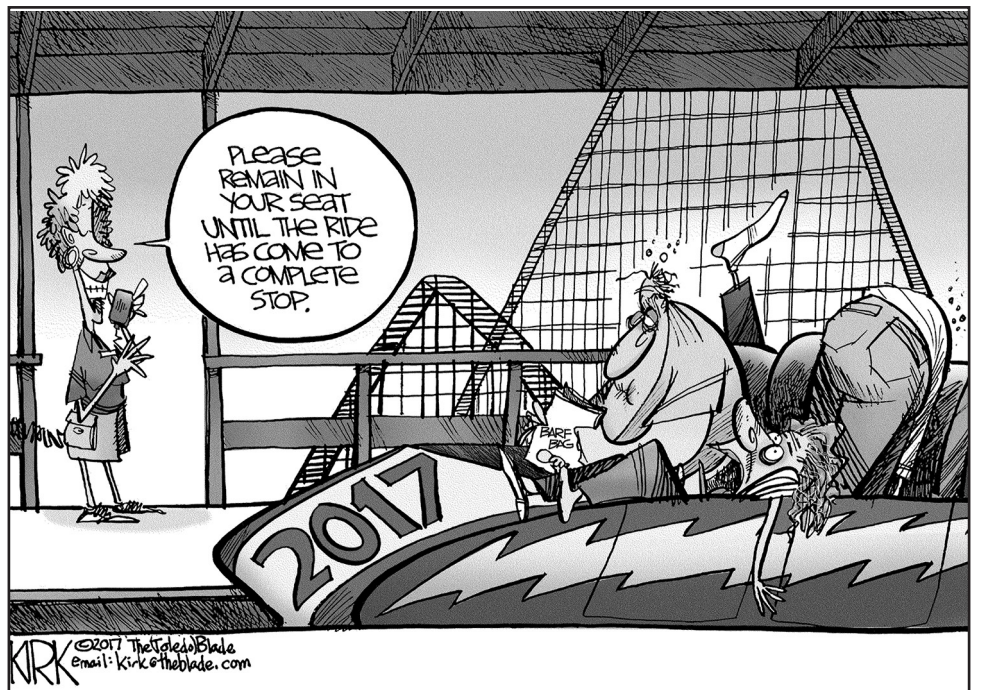


4) SELF CARE



5) READ A BOOK

Statistics from Patch.com



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Inquiries concerning the application of these programs should be made to Caleb Mosburg, Director of Student Affairs, Northwestern Oklahoma State University, 709 Oklahoma Boulevard, Alva, OK 73717, (580) 327-8415.

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LETTERS TO THE EDITOR

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.

Delta Zeta fund raiser

By Allie Smith
Columnist

Since 1954 Delta Zetas national philanthropy has been speech and hearing. Delta Zeta is partners with Starkey Hearing Foundation. The Starkey Hearing foundation provides hearing devices and care programs all over the world, Delta Zeta alone funds the missions and operations in 59 individual countries around the world.

Delta Zeta also funds aftercare programs for the individuals that receive hearing devices such as providing class's on how to properly clean, and insert the devices after every use, we also provide the funds for them to continue to have the devices even if they break! Delta Zeta is currently trying to reach a goal of raising \$5 million dollars for the Starkey Hearing foundation.

Delta Zeta supports the Starkey hearing foundation by donations that provides equipment and devices to those with hearing

challenges, funds also support programs aimed at hearing loss prevention. Delta Zetas all around the world are helping to raise donations for the Starkey hearing program.

You have the ability to help your local Delta Zeta

chapter with their 1st Baked Potato lunch, that's taking place on February 10th at the Wesley House.

If you have any questions you can contact any Delta Zeta you see on campus. The Delta Zetas on your campus wear their

DELTA ZETA BAKED POTATO DINNER!

February 10th From 11AM to 2PM
 @ The Wesley House

\$5 a ticket or \$7 at The Door
 Dine In or Carry Out

Please call 580-395-0422 after 4pm before the 5th for tickets

All Proceeds go to the
 Starkey Hearing Foundation

letters every Monday! With your help the Delta Zeta sorority can achieve their national goal of 5 million.

You can also say that you helped the Starkey Hearing Foundation provide hearing devices and care for someone who truly deserves it.

The tickets are 5 dollars if you buy tickets from a Delta Zeta before February 10th if you come the day of its 7 dollars at the door.

If you are interested in joining a sorority on campus go talk to Sadie Bier, her office is located in the student center. Delta Zeta can't wait till we see everyone at the Baked Potato lunch!



**Interested in writing?
 Share your opinions!**

Contact Michelle

mdwillson99@rangers.nwosu.edu



King Crossword

ACROSS

- 1 Possess
- 4 Hourglass fill
- 8 Frizzy hair-style
- 12 Witness
- 13 Bassoon's cousin
- 14 Applaud
- 15 Meadow
- 16 Supreme
- 18 Longtime talk-show legend
- 20 Supporting
- 21 Isinglass
- 24 Apprehensive feeling
- 28 Sunshades
- 32 Unmatched
- 33 Historic time
- 34 Sum
- 36 Tavern
- 37 Teen's facial woe
- 39 Archetype
- 41 Top
- 43 Take the bus
- 44 Knightly address
- 46 Interior design
- 50 Skydiver's

need

- 22 Hen pen
- 23 Sacrifice site
- 25 Asian desert
- 26 Metal refuse
- 27 Expression
- 28 Carrots' partners, often
- 29 St. Louis landmark
- 30 Hindu royal ...
- 31 ... and what she may wear
- 35 They counter-act chutes
- 38 Inferior substitute
- 40 Fourth letter
- 42 Twitch
- 45 Actress
- 47 Uppercase, for short
- 48 Hodgepodge
- 49 Need for 13-Across
- 50 Standard
- 51 "The Greatest"
- 52 Decay
- 53 Ref
- 54 Cravat

DOWN

- 1 Scandinavian city
- 2 Cry
- 3 Approach
- 4 One whose reasoning is faulty
- 5 "The — Daba Honeymoon"
- 6 Neither mate
- 7 Unhearing
- 8 Oak nuts
- 9 Winter ailment
- 10 Operated
- 11 Make up your mind
- 17 Extinct bird
- 19 Doctors' org.

1	2	3	4	5	6	7	8	9	10	11	
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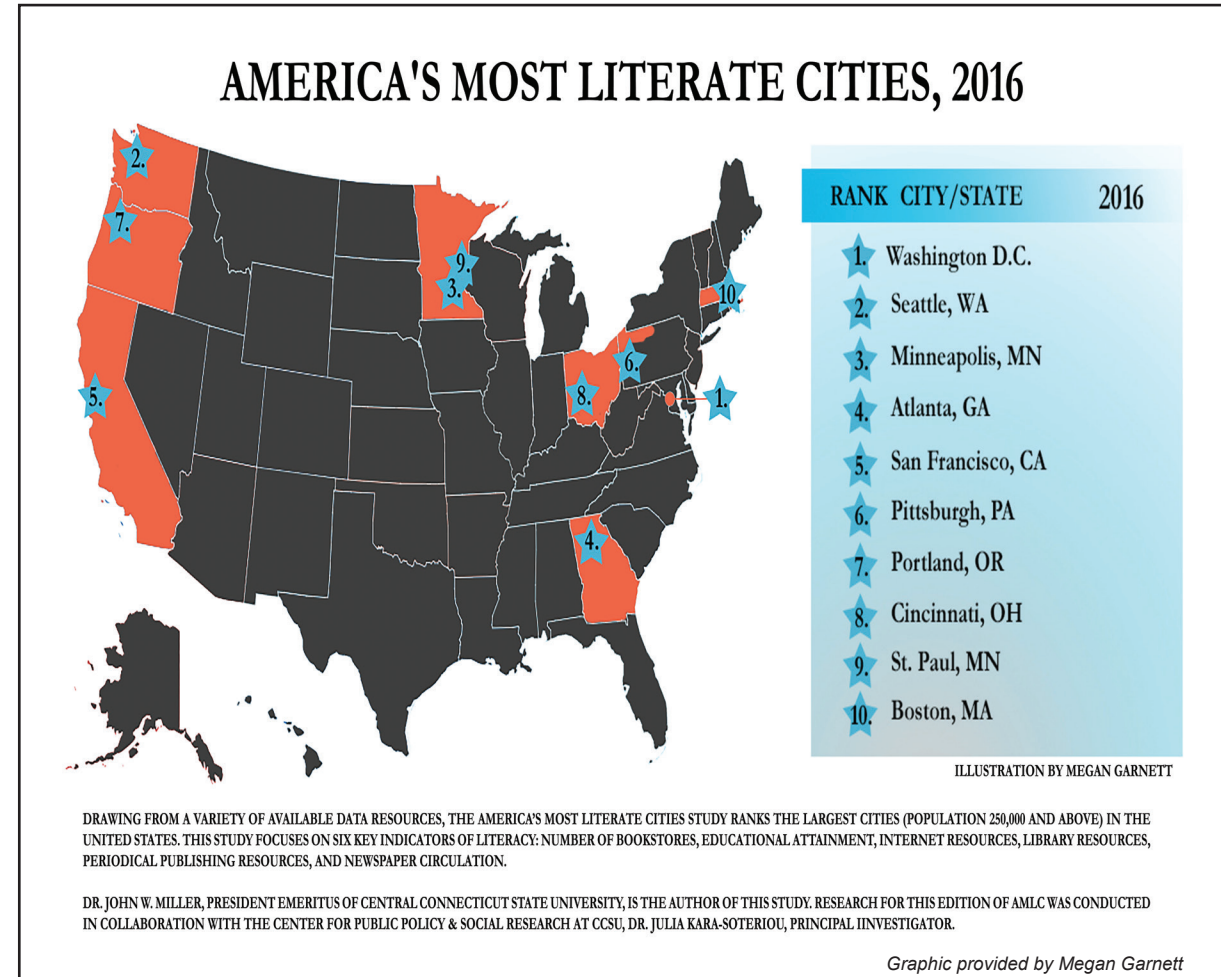
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Answers to the crossword are on page ___



Photos provided by Megan Garnett

The Alva Public Library was erected in 1963, located at 504 7th St. Alva, Oklahoma. Charles Morton Share provided the building to the community so that Alva and all adjacent communities that may wish to use the building for educational purposes may do so.



Page Design by Deitra Wedd & Docker Haub

Everyone deserves access to literacy

By MEGAN GARNETT
Student Reporter

A life of loving books and promoting literacy is one that Alva Public Library director Sandra Ott-Hamilton has always known.



Sandra Ott-Hamilton, the public library director in Alva, speaks about the importance of literacy.

She grew up in a home where studying encyclopedias with her brother replaced television and chores could be negotiated with reading.

Literacy is a constantly evolving topic and it has more to do with technology than ever before.

"Literacy is vitally important," Ott-Hamilton said. "Not

having those skills can severely impact someone's self-esteem, and if that is impacted, it can also affect the jobs they can get and choices in life that they are not going to have."

She explained that illiteracy goes beyond not being able to read, do math or write. Even the word illiteracy is problematic, according to University Scholar and past president of the International Literacy Association (ILA), William H. Teale. "For a lot of people, when they hear the word illiteracy, they think that means people have no idea about reading or can't read at all; in a lot of places, within certain countries, that may be the case," Teale said. "There are plenty of people in the world who I believe don't have adequate literacy skills and whose reading and writing skills are lower than they could or should be. I think it's more like they're not adequately literate to be able to give them the opportunities of life that they should have."

Teale went on to explain that rather than categorizing a person as literate or illiterate, it makes more sense to think of it in a more linear way.

"There's a continuum that exists along the lines of literacy from people who have very minimal skills, to people who have very highly developed skills," he said.

Some factors leading to inadequate literacy can be related to home and environment where reading books and writing do not have a large emphasis in the home.

ILA Director of Public Affairs Dan Mangan said the association has provided teachers and leaders of all levels with resources and expertise and has set the standards and agendas for literacy instruction and evaluation for 60 years.



Dan Mangan, the ILA director of public affairs in Fort Worth, Texas, explains how the ILA helps to spread literacy.

The ILA has built a global community of literacy practitioners that spreads across 75 countries and has developed and managed dozens of global projects addressing literacy issues across the developing world from Macedonia to Nigeria, Ghana, Zambia, Indonesia and Bangladesh.

"Our research journals, publications, advocacy, professional development and standards for literacy educators have shaped and refined the instructional skills of tens of thousands of educators and, through their professional efforts, brought the gifts of literacy to millions of learners in all walks of life," he said.

The importance of literacy is something that the ILA believes strongly is a basic human right.

"Literacy learning is the most fundamental education, the learn-

ing through which all other learning flows," he said.

Without strong literacy skills, most people will struggle to realize their full economic potential and will not be able to function fully as citizens in democratic societies, take advantage of their legal rights, or find personal fulfillment, he explained; Research has established correlations between high levels of illiteracy and poor health, as well as criminal activity.

Deeper than the traditional problems with literacy is what literacy experts are calling the digital divide. This phenomenon is characterized by a lack of experience and understanding of what is known today as basic technological skills. This can be because of a lack of accessibility in areas of poverty or lower socioeconomic status.

"The digital divide, both in terms of access to devices and broadband as well as knowing and using specific digital literacies, is real," Hicks said. "To the extent that demographic gaps exist, we know that people who earn lower incomes are the minority and are less likely to be digitally literate."

Having less of an education in the digital aspects of literacy would most likely put people in those demographics at a disadvantage, especially when compared to their more digitally literate counterparts.

According to PEWInternet.org, the primary concern with the digital divide is not as much that people don't have access to computers, but to what degree people are able to use current digital technologies.

The Pew Research Center released information showing a correlation between adult experience with technology for both career and personal use and socioeconomic status, race, ethnicity and subsequently, access to necessary technologies. It was also

concluded that adults whose digital skills were in the less proficient range often couldn't use computers or mobile devices for the use of searching for a job, thus furthering the problem.

Although a range of factors can contribute to inadequate literacy in children, Teale agreed that socioeconomic status was one of the biggest factors leading to literacy problems in the United States.

"There are devastating effects of poverty, one of which is that it's pretty clear from the statistics that overall as a group, kids who grow up poor don't do as well in reading and writing in our school system as kids who don't grow up poor," Teale said.

"By the same token, we should really pay attention to the fact that there are plenty of poor kids who grow up economically stressed who do just fine with reading and writing. If you grow up in economically stressed conditions, it doesn't mean that you're less capable of achievement in literacy or that you're going to do really poorly in literacy.

"It's not that they can't, but it's that we don't have yet the kinds of systems that we need to be able to reach all of those kids"

The emergence of technologies is changing the way educators teach and students learn exponentially.

Professor of English and education at Central Michigan University Dr. Troy Hicks agreed, "I think that our individual experiences, as well as evidence drawn from many research studies, do show that technology, when used in critical and creative manner, can have positive effects on students' literacy," he said.

He explained that people need to help students think about when, how and why they are using different devices and services.

"Moreover, we need to invite them

to be curators and creators of information, not just consumers," he said.

Mangan said access to effective instruction and reading materials is critical, as well as having well-stocked libraries and providing digital media resources.

"A school can be resource and access rich," Mangan said, "but in-



William Teale is a professor, university scholar and the director of the Center for Literacy at the UIC in Chicago, Illinois. He spoke about literacy and illiteracy.

effectual with respect to the digital literacy learning taking place in its classrooms."

He explained that teachers need "strong formation and professional development with respect to the types of digital literacy instruction that will truly prepare students to function in the 21st century economy."

Teale agreed that the developments in technology have paved the way for the future of literacy.

"There's no doubt about the fact that the digital technologies that we've developed over the last 10 to 15 years especially, but even going back as far as 20 and 25 years, have changed the fundamental nature of literacy," he said. "They've changed

what it means to be a literate person in 2017."

Teale explained that if a person tried to define what literacy means, it would be a significantly different definition than what was known to be a literate person in 1977. He said the definition of literacy is still evolving in the minds of the American people.

"THE MORE THAT YOU **READ**,

THE MORE **THINGS** YOU WILL KNOW.

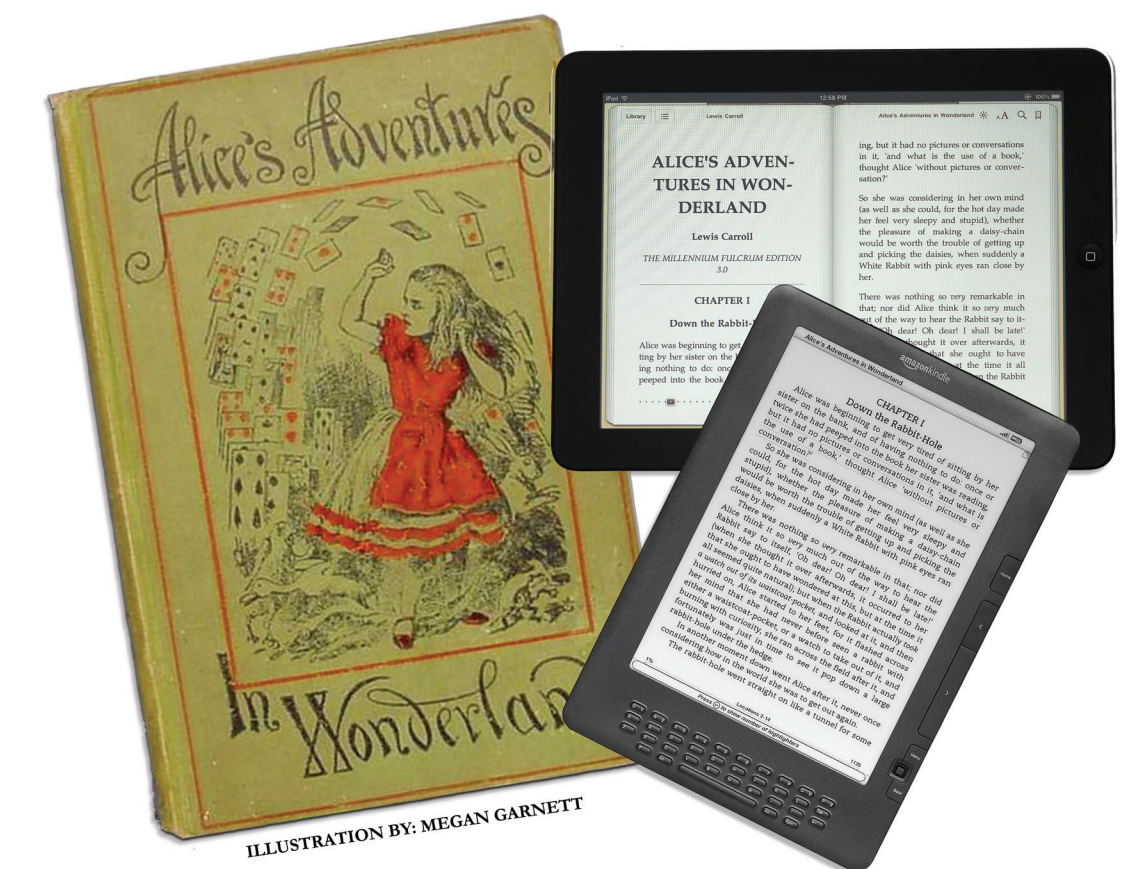
THE MORE THAT YOU **LEARN**,

THE MORE **PLACES** YOU'LL GO."

-DR. SEUSS

Graphic provided by Deitra Wedd and Docker Haub

WAYS WE READ IN 2017



Entertainment



Photo Courtesy Chernin Entertainment

The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who created a a worldwide sensation.

'Greatest showman' unimpressive

By **MAXWELL ARCHER**
Student Reviewer

Admittedly, I went into "The Greatest Showman" with very little interest and low expectations.



I had seen the trailer, and I was unimpressed by the decision to fill the sound track with songs that catered to a contemporary pop audience.

I have a soft spot for classic musicals and 19th century period pieces, and this film does everything it can to avoid the conventions of either of those genres. It lacks the flavor of 1800s New

York in every aspect of its style and substance. The dialogue, music, and character interactions are all distinctly and unapologetically 21st century.

The film's only purpose of being set in the past seems to be so it can demonstrate, in a quite heavy-

"None of the characters nor their relationships were particularly interesting nor compelling."

handed manner, that people of the era were mean, racist, and bigoted.

It does this to convey its flimsy and overly-simplistic moral of treating everyone nice, even if they're different. That's really the only substance of the film; other than that, it doesn't have very much to say. It offers ethical and social commentary at the level of complexity one might find in a children's book.

Additionally, none of the characters nor their relationships were particularly interesting nor compelling. In terms of the story's structural elements, it was competent. Everything that was set up paid off and the main characters possessed passable development and arcs.

It simply lacks any elements that help to elevate it or force it to be remembered; every story

and character aspect of this film can be described as little more than bland. However, in some of its technical aspects, the film did earn my begrudging respect.

There are some ambitious and well executed pieces of choreography and well-designed sets and stages. With that said, the CGI circus animals they decided to use are poor substitutes for the real things.

'The Greatest Showman' will be at the Rialto until January 18th.

'Star Wars VIII' worth a viewing

By **RICHMOND ADAMS**
Movie Reviewer

For me to review Star Wars VIII: The Last Jedi is a difficult task.



No matter how good, or in the present instance semi-not so good, another sequel might be, I remain forever slanted by my experience as a teenage lad watching George Lucas spin his initial tale of Good, Evil, Redemption, and coming of age.

In retrospect, what gave Star Wars its resonance was how Lucas allowed us to cheer when good actually triumphed and, as in Star Wars VI: The Return of the Jedi, redemption miracu-

lously occurred. As my father once commented, however, his films were not mine, and mine are now not those who are of the age when I went to the theatre in 1977.

Its central aspiration, which was to get Rey (Daisy Ridley) and Luke (Mark Hamill) at one with the Force, 150 minutes could have been finished in 120. The light saber duels involving Kylo Ren (Adam Driver), Rey, and Supreme Dude Snoke (Andy Serkis), Finn's (John Bodega) heroic willingness to sacrifice himself at the last possible moment, and Luke's outsmarting his impetuous nephew, expressive of 21st Century guilt for doing the right in the wrong way, were fun for a while. Even the heroics by Poe (Oscar Isaac) and Rose (Kelly Marie Tran), all the while

being chastised by Princess Leia (Carrie Fischer), had their moments with the Force as well.

All of that, however, contrasts with Rey first handing Luke his light saber. With no swelling John Williams music, Luke disgustedly tosses his weapon over his shoulder. That which had symbolized "peace and justice," as Obi-Juan Kenobi (Sir Alec Guinness) told young Luke in Star Wars (minus the hideous subtitle) now meant nothing. Without those binding reference points, Director JJ Abrams suggests, what is left but the tricks we play to save our dwindling alliances with those who can't remember the reason for our bonding. The implications of Luke's historical disgust is what makes Episode VIII worth a viewing.

Billboard 2017 Top 10 songs of the year

- 1- "Shape Of You"
Ed Sheeren
- 2 - "Despacito"
Luis Fonsi & Daddy Yankee Featuring Justin Bieber
- 3 - "That's What I Like"
Bruno Marrs
- 4 - "Humble"
Kendrick Lamar
- 5 - "Something Just Like This"
The Chainsmokers & Coldplay
- 6 - "Bad and Boujee"
Migos Featuring Lil Uzi Vert
- 7 - "Closer"
The Chainsmokers ft. Halsey
- 8 - "Body Like a Back Road"
Sam Hunt
- 9 - "Believer"
Imagine Dragons
- 10 - "Congratulations"
Post Malone Featuring Quavo

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"The Greatest Showman"	"Ferdinand"	"Paddington 2"
Friday 6:45-9:00	Friday 6:45-9:00	Friday 6:45-9:00
Saturday: 1:30-6:45-9:00	Saturday: 1:30-6:45-9:00	Saturday: 1:30-6:45-9:00
Sunday: 1:30-6:45	Sunday: 1:30-6:45	Sunday: 1:30-6:45
Jan. 22-25 6:45 nightly	Jan.22-25 6:45 nightly	Jan.22-25 6:45 nightly

Screen 1/ PG/ 105 Mins. Screen 2/ PG/105 Mins. Screen 3/ PG/ 105 min

Coming Soon: Jan. 26 "Hostiles",
"Maze Runner: The Death Cure"

DVD or BlueRay \$1.99 to \$2.99/Keep 3 days/
FREE popcorn

New Releases 1-16-18
"Happy Death Day", "The Snowman".
"Blade Runner 2049"

Feature

Easy NWOSU staff soup recipes to keep you warm

By CAITLYN PRAY
Photo Editor

As the winds blow in cold and blustering currents, the weather outside can become frigid and even at times frightful.

While the weather outside may continue to grow nippy, there is a plethora of warm, comforting options you can take to usher your chills back outside for the winter.

Next time Jack Frost knocks on your door, be prepared to greet him not with any icy glare, but a bowl of hot, savory soup instead, like one of the five delicious recipes shared below by the Northwestern faculty and staff.

Who knows? One of these savory sensations just might put your winter blues on ice all winter long!

Eric Schmaltz's Favorite Baked Bean Soup

- 1 lb. hamburger
- 1 large onion, chopped
- 2 21-oz. cans pork and beans
- ½ c. ketchup
- 1 T. Worcestershire sauce
- 2 T. brown sugar
- 2 T. Vinegar
- 1 t. prepared mustard

Eric Schmaltz, professor of history, dates this recipe back to his mother's kitchen. Schmaltz also suggests that this recipe is excellent with a side of cornbread or a multitude of breads for a side.



1. Preheat oven to 375 degrees.
2. In a skillet, brown hamburger and sauté onion over medium heat.
3. Add all remaining ingredients to the hamburger mixture and combine evenly.
4. Pour soup into a casserole dish and bake for about 45 minutes.

*“Only the pure in heart can make a good soup”
- Ludwig Van Beethoven*

Kaylyn Hansen's favorite Crock Pot Cheese Chicken Chili

Kaylyn Hansen, director of students and housing, reports that this recipe is a favorite that she received from her co-worker, Rebecca Cook, and is a regular winter pleasure in the Hansen household. She notes that this recipe can also be used as an excellent dip.

- 2 chicken breasts, still frozen
- 1 can Rotel tomatoes
- 1 can corn kernels, undrained
- 1 can black beans, drained and rinsed
- 1 pkg. Ranch dressing mix
- 1 T. cumin
- 1 t. chili powder
- 1 t. onion powder
- 1 8-oz. pkg. cream cheese



1. Put the chicken in the crock pot.

2. Top with the tomatoes, corn, the drained and rinsed beans, Ranch dressings mix, cumin, onion powder and chili powder. Stir to combine, then top with cream cheese.

3. Cook on low for 6-8 hours, stirring once or twice to blend in the cheese.

4. Shred the chicken into large pieces and serve over rice. One can also serve in tortillas or taco shells.



Jennifer Oswald's Favorite Potato Soup

Jennifer Oswald, assistant professor of education, was quick to recall this savored recipe when asked what her favorite soup recipe was. Oswald mentioned that one of the reasons this recipe was her favorite was because of how it is not only a warming comfort food, but it is easy to put together earlier in the day.

- 1 30-oz. bag frozen, diced hash browns
- 1 32-oz. box chicken broth
- 1 10-oz. cream of chicken soup
- 3 oz. bacon bits
- Salt and pepper to taste
- 1 8-oz. pkg. cream cheese
- 1 c. shredded cheddar cheese



1. Place the hash browns in a crock pot.
2. Add in the chicken broth, chicken soup, half the bacon bits and salt and pepper.
3. Cook on low for seven to eight hours or until potatoes are tender.
4. An hour before serving, but the cream cheese into cubes and stir into the potato mixture. Continue to stir throughout the hour until cream cheese is melted.



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Sports



Photo By: Raphael Edwards

NWOSU Senior Trey Johnson number 14 showing strength as he finishes at the rim through the Oklahoma Baptist University defender.

Men drop game to top-ranked conference opponent SNU

By **MEGAN MAHARRY**
Assistant Sports Editor

The Ranger men's basketball team went 2-for-1 last week against opponents Southern Nazarene University, Oklahoma Baptist University and rival Southwestern Oklahoma State University.

On the road against Southern Nazarene, the men's three game win streak snapped by a loss of 82-73 at the hands of the Crimson Storm.

Ranked No. 1 in the GAC standings, Southern Nazarene proved tough for the Ranger men.

Southern Nazarene shot 54.8 percent from the field and built a game-high 21 point lead in the first half of the game.

The Rangers went on a 12-3 run to late in the second half to cut the lead to only six.

With five minutes left, the Rangers were unable to pull ahead despite 10 points from seniors Cedric Collinge and Brandon Green, and 11 points from senior Greg Minor Jr.

The Rangers turned around to face Oklahoma Baptist University at home on Saturday and came out with the 79-73 win.

The game was a back and forth battle.

The Rangers held OBU to only 35 percent shooting from the field. The Ranger men also outrebounding their opponent 43-40.

OBU's most dangerous scorers, Chandler Rickey, has been averaging around 20 points a game, but the Rangers were not intimidated by Rickey. They

Rangers held Rickey to just four points in the first half.

The game was tied briefly in the second half before the Ranger men went on a 13-4 run to pull ahead and effectively shut the OBU defense down.

Senior Cody Halverson and junior Treyvon Andres both recorded 14 points on the night.

Senior Cedric Collinge also contributed to the win with 11 points.

The sealed their second victory when they traveled to SWOSU and took down the bulldogs 84-82.

After taking a large lead, the Rangers went cold, allowing SWOSU the advantage to bring the score within three.


The game was tied with only 22 seconds left, but two free throws made for the Rangers clenched the win.

The Rangers are now 13-3 overall and 7-2 in conference play, making them second ranked in the conference. The men next face Southeastern Oklahoma State University at home.



Photo By: Raphael Edwards

Brandon Green, number 11 blowing by the defender attacking the basket



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2017-18 GAC MEN'S BASKETBALL STANDINGS

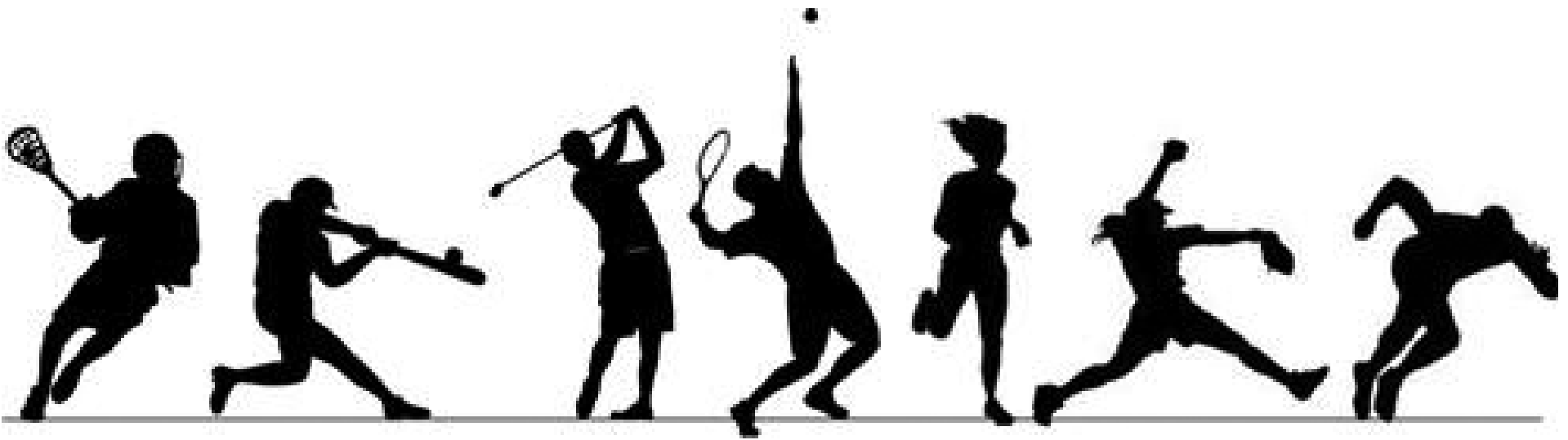
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2017-18 GAC MEN'S BASKETBALL STANDINGS ▾

TEAM	GAC	GAC PCT.	OVERALL	OVERALL PCT.	HOME	AWAY	NEUTRAL	STREAK
Southern Nazarene	10-0	1.000	13-1	0.929	8-0	5-1	0-0	W9
Northwestern Oklahoma State	7-2	0.778	11-3	0.786	7-0	4-3	0-0	W2
Southeastern Oklahoma State	7-2	0.778	8-6	0.571	4-3	3-0	1-3	W4
East Central	6-2	0.750	8-4	0.667	6-1	2-2	0-1	L1
Arkansas Tech	5-4	0.556	11-4	0.733	6-1	5-3	0-0	W1
Arkansas-Monticello	4-4	0.500	9-5	0.643	4-2	3-3	2-0	W1
Southern Arkansas	3-5	0.375	7-7	0.500	4-2	2-4	1-1	W3
Ouachita	3-5	0.375	5-8	0.385	3-2	2-5	0-1	L1
Oklahoma Baptist	3-6	0.333	6-9	0.400	3-4	3-4	0-1	L3
Henderson State	2-6	0.250	7-7	0.500	5-2	1-4	1-1	L1
Southwestern Oklahoma State	1-8	0.111	3-12	0.200	1-8	1-4	1-0	L5
Harding	1-8	0.111	1-13	0.071	1-5	0-8	0-0	L1



Sports



Spring sports are in session

By **SAMI MCGUIRE**
Sports Editor

Sports are back in swing after winter break. Some athletes go home and keep on the grind, while others go home and recharge.

When the teams return, coaches are ready to guide the teams to a winning season.

The main spring semester sports are basketball, baseball, softball, golf and rodeo. Shawn Dirden, head men's basketball coach, said he winning is the team's goal.

"Winning relationships

between player-players, player-coach," Dirden said, "winning home games, winning the state and making the GAC playoffs."

Dirden also said another part of their goal is to keep the team at a 3.0 GPA or higher.

Many teams have season goals. Many hope to win, but some coaches set out goals more than the win.

Ryan Bowen is the head baseball coach, and his goals for the team involve daily improvements.

"Mainly, we want to continue to develop on a daily basis of becoming the best student-athletes that we can be," Bowen said.

"That includes setting daily and weekly leadership, academic, and baseball goals that will help each of our players and program reach new heights.

We feel that if we live up to our standards and continue to develop on a daily basis, then we will have a great 2018 season."

Bowen and Dirden both said it is up to players to keep in shape during the winter break. NCAA doesn't allow for teams to continue practice over the winter break.

Dirden said: "Most will go home over break and do some maintenance running and lifting, and light shooting.

But mostly the rest and recharge their batteries. I don't encourage them to play because they risk injury, but whatever each player does or doesn't do is on them, they aren't required to do anything from me at all or in any way."

The men's basketball team practiced twice a day. In the mornings they focused on conditioning and shooting and nights were reserved for live practice.

The men's baseball team has their first game February 3. Bowen said the next few weeks will involve workouts, strict defensive work, small group, team

offensive work and several other things to prepare the team.

The men's basketball season is in full swing.

"We are off to a good start," Dirden said, "but we are working to stay focused on our goals and not read the press clippings. But we are 9-2 and off to the best start in D2 era here at NWOSU, best start since 2005. Winning is our goal, and is fun, but there is a lot of work to do and it is a marathon and not a sprint, so it's important to limit distraction and keep head down and work hard. That's what myself and staff are working to provide, and the players are doing their part!"

Women go 1-for-3

By **MEGAN MAHARRY**
Assistant Sports Editor

The Lady Rangers basketball team went 1-2 in their games last week losing 76-54 on the road against Southern Nazarene University on Thursday and won 91-82 on Saturday against Oklahoma Baptist University. The Lady Rangers dropped their game against Southwestern Oklahoma State University on Monday 95-81.

In the game against Southern Nazarene, the Lady Rangers fell

behind early and were unable to overcome the deficit.

The Lady Rangers struggled offensively throughout the game. They were only able to go 16-of-62 shots in the game.

The Lady Rangers were able to bring the score within ten points in the third quarter after a 6-2 run, but ultimately could not overcome the SNU defense.

Freshman Bailey Brown led the way for the Lady Rangers with 11 points and six rebounds. Freshman Selena McDonald recorded 11 rebounds in the game. Freshman Hanah Peterson scored herself a

season-high nine points and eight rebounds as well.

The Lady Rangers were back in action on Saturday, and this time they were able to come away with the victory against Oklahoma Baptist University with a score of 91-82.

Saturday was successful for the Lady Rangers. Three players recorded double-doubles, and the 91 points the Lady Rangers racked up resulted in a conference-high. They also had a season-high 54 rebounds and season-high 28 offensive rebounds.

Freshmen Selena McDonald and Bailey Brown, along with Jade Jones, were the Lady Rangers to record double-doubles in Saturday's game. Junior Bailey Forell was the fourth player who reached double digits with 6-of-10 shots made to record herself a career-high 16 points.

The Lady Rangers could not come away with a second win on Monday against the heated rivals of SWOSU. The final score was 95-81.

The Lady Rangers are now 8-6 overall and 4-4 in conference play. The Lady Rangers will next face Southeastern Oklahoma State University at home.



Photo By: Greg Minor

#30 Bailey Brown running the lanes, on the fast break.



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The Pit: More than just basketball

Fans find more than just basketball going on when the Ranger teams take to the court in Percival Fieldhouse. Below, 2-year-old Beckham Lauderdale, son of Tim and Andrea Lauderdale who both work on campus, meets cheerleader Aleah Lasker during halftime of the women's game Saturday. Top right, members of the Northwestern Art Society sell raffle tickets for a fundraiser. Bottom right, the band performed Saturday at both men's and women's games.



Photos by Sabreena Burks

