

Dirden's road to coach at Northwestern Oklahoma State

By **TREYVON ANDRES**
Student Reporter

Teaching players about basketball and the mechanics of the game is what a good coach does, but a great coach teaches you how to be a man on and off the court. Teaching discipline, respect for your peers, honesty and loyalty. This is what a head coach brings to his players.

Shawn Dirden, head basketball coach here Northwestern Oklahoma State University, said he enjoys being active with his players and teaching them about life situations beyond the confinements of a basketball court.

"You can't teach effort" is the quote that he is always telling the team. You have to be willing to work, sacrifice and be able to be coached.

He brings that same mentality every day to practice because he would not be here in the position he is in if he didn't give 100 percent effort always.

The person who helped build Dirden's character as a man was his father. His father showed him that hard work and dedication are essential to having a good life. You have to work for what you want, nothing is going to be handed to you.

Dirden always wanted to do something that involved basketball whether it was being a coach or a player.

He began his college career at with the University of Idaho Vandals located in Moscow, Idaho. There he played a total of 54 games, averaging 11 points, three rebounds and 1.6 assists a game.

While attending U of I, Dirden had a lot of responsibilities that his head coach Joe Cravens at the time was worried about. Dirden took in his little brother Thomas while he was in college, saying that he needed to be under his supervision.

"I forbid Shawn [to watch over Thomas] because Shawn couldn't run his own life," Cravens said.

By showing an indisputable work ethic, getting decent grades, giving proper guidance to his brother and generally becoming a better

person, he was able to get back on Craven's good side.

After his time in Vandal, Dirden went to Texas. Following that he was able to play overseas for the 2002 season.

His professional career included stops in Venezuela, Lebanon, China, Sweden, Korea and Holland.

Dirden also participated in the Phoenix Suns rookie and veterans camp in 1997 before playing for the Idaho Stampede in the Continental Basketball Association. He also spent with the Columbus Cagerz of the United States league.

While Dirden was overseas, he had gotten in trouble for running a red light. The judge ordered Dirden to court, but by that time he was already back in the United States.

Knowing what he had done was wrong, he owned up to it and sent a letter to the judge apologizing that

he could.

"For me, with my basketball experiences. I feel like I'm in the position to relate more to kids on a variety of levels," Dirden said. "I know the first day we met him he came at us with all this stuff and about being in the NBA."

Former player for Dirden, Temani Adams, said he continued to talk about how he was amazed that they finally had someone professional.

Dirden would continue his coaching career as he got an assistant coaching job at the University of South Dakota. There he played a different role.

He wasn't head coach, but he was a lot closer to the players. He was the assistant who would make you laugh, someone you could come in and talk to, someone dependable and honest.

He said he would make sure that his players knew that his door was always open for them whenever they needed it.

Dirden said he learned a lot himself being in a new position. In new ways, he learned how to motivate the team on a personal level and be more involved in the academic part of the player's lives.

However, by being a coach that just says yes all the time, he said he molded players into the best person on and off the court that they could be.

After his career at North Dakota, where his team went 8-22 (4-14) in the Big Sky Conference, he got a head coaching job here at Northwestern Oklahoma State University.

During his first year at NWOSU, it was clear that he wanted to establish the team as an up and coming program, and a force the Great American Conference should look out for.

During his first year, student Adrian Motley averaged 20 points and seven rebounds under the watch of Dirden.

As a head coach, Dirden said he needed a staff of coaches who he knew that he could trust, relate to the players and have the same winning mentality as he does.

He hired Jordan Franz, Oliver Willis and Jarvis Jackson.

"I just want to come in and be able to contribute whatever I can to this team and pass down some experience to what I learned at the collegiate level," Franz said. "Coming in as an assistant head coach you take on somewhat of the same responsibilities as the head coach, helping with the game plan, scouting, individual workouts, etc."

"Oliver Willis is a coach that will be around the players more," Dirden said. "He is a player's coach I feel as if people could relate to him in certain situations. Willis is learning and absorbing things now but he has a good connection with the team."

Upon Dirden's arrival at NWOSU, the team had a record of 9-18.

After his first year here, the team finished 12-15 and his second year he would go 22-7, being the first team at Northwestern to win a GAC playoff game, losing in the second round of the playoffs.

Athletic Director Brad Franz was the one who brought Dirden in for the head coaching position.

"Coach Dirden's philosophies regarding academics, personal student growth and development of the individual and team basketball is exactly and fall right into line with Northwestern Athletics," Franz said. "I know he will provide the leadership and guidance for our team as a whole and the players individually."

Franz said he has worked for great organizations and he knows what it takes to build a winner.

Dirden is not only a person that has experienced a lot, but he has gotten through those situations by establishing himself as a man he said, who is to be respected, kind to others and learning from other people's experiences.

"Brad Franz has been a mentor of mine for over 25 years, and being chosen to lead his men's basketball team is an opportunity that I could not pass up," Dirden said.

Dirden said he is excited to bring everything to the table for Northwestern as he tries to lead the school to a NCAA DII Great American Conference title.

"Coach Dirden's philosophies regarding academics, personal student growth and development of the individual and team basketball is exactly and fall right into line with Northwestern Athletics."

-Brad Franz
Athletic Director

"You can't teach effort."

-Shawn Dirden



Coach Dirden with his wife Sierra and their two kids, Damian and Taylor.



Coach Dirden and his team are currently playing in the 2018-19 season.



Head coach Shawn Dirden.

he was wrong and that this should not have played out the way it did.

The judge noticed his act of integrity and owning up to what he did. The judge was lenient and dropped the case. It is a story he tells his players to teach them about taking responsibility.

Dirden returned to Denver, Colorado to coach the Cherokee Trails 5A high school team.

There he would stay for three seasons. While he was there, he mentored the young adults the best



Shawn Dirden joined the Ranger Athletic staff in 2016 and has had a 34-22 overall record in the past two seasons.

Coach Dirden's coaching career:

- George Washington High School (Denver, CO); 2002-05
- Indian Hills Community College; 2005-06
- Montana State University; 2006-08; 2012-14
- Cherokee Trail High School (Aurora, CO); 2008-11
- University of South Dakota; 2011-12
- University of North Dakota; 2014-16
- Northwestern Oklahoma State University; 2016-Present



Nurses practice pediatrics



Photo by Megan Mahary

Nursing Student Anabel Segaviz assesses the vitals of 1st grader at Washington Elementary and daughter of Allison Zimmerman, Brooklyn Zimmerman. See IMPORTANCE

'Campus Cabinet' helps students

By CAITLYN PRAY
Student Reporter

Under-privileged students and faculty of Northwestern no longer have to struggle and live without—all they have to do is turn to the Campus Cabinet.

"It's a food pantry for the Northwestern community," Angelia Case, initial co-founder and supervisor of the program, said. "It's not restricted to just students, but students and all of our employees are welcome to use it if they need to."

Since the cabinet debuted with a preview opening a week before Christmas break and officially opened Jan. 16, over 50 pounds of food have already been given. According to Case, the amount did little to empty their shelves of donated items.

"We want it to be Northwestern supporting Northwestern," Case said. "Thankfully, we have had wonderful alumni and staff that are supportive and helpful to us in so many ways. The [Alumni] Foundation is housing a bank account for us so that anyone can donate to the Cabinet a monetary, tax-deductible donation if they prefer rather than donating food; the library also donated their

shelves to us for free when they reduced their government document section, the Wellness Center is working on putting together a food drive event to help stock and support us, and different departments and in-service learning programs have contacted us asking how they can help and be a part of it. It's been wonderful."

Despite the growing vision and high hopes that Case said many have for the Cabinet, its heavy support, growing size and even the room it is housed in was not a part of the original idea. Calleb Mosburg, dean of student affairs, donated to the Cabinet an available room in Shockley Hall because he said the rooms were available, secure yet accessible and he was glad to help in the cause.

Norhtwestern faculty and students are not the only benefactors and people interested in the Campus Cabinet. Kelsey Martin, board member of the "Bank It" program in Alva, awarded the Cabinet a one thousand dollar check because they were so impressed by its work.

"We were so impressed when we saw what all the Campus Cabinet was doing to help so many students and employees in need," Martin said. "They submitted an



Photo by Caitlyn Pray

Angela Case (middle) and Art Society president Alanna Negelein (left) showing Kelsey Martin the shelves of Campus Cabinet.

application, and we were glad to help them in their service in the small way we could."

The work is far from over for the growing number of volunteers behind the Campus Cabinet. Al-

though Case said she is grateful for the 10 or so leaders who help the program run, the many benefactors and the growing number of volunteers, progress for the Campus Cabinet is always in

mind and in the works.

"We are just so excited for the opportunities to be helpful," Case said

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News

Tulsa Camerata set to play in Herod

By **MEGAN MAHARRY**
Sports Editor

The Northwest Concert Series returns to the campus of Northwestern Oklahoma State University with its third performance of the year in the Tulsa Camerata. The concert is scheduled for Jan. 29 at 7 p.m. in Herod Hall Auditorium.

The Tulsa Camerata is a professional mixed-instrumentation chamber music ensemble out of Tulsa. Founded in 2010, the group performs a variety of classical pieces as well as modern compositions. Their concerts blend music and commentary to enrich an audience's experience.

The Tulsa Camerata is a member of the Arts and Humanities Council of Tulsa and Arts Alliance Tulsa. Along with their concerts, their educational outreach programs are supported in part by the Oklahoma Arts Council.

Tuesday's program will include Appalachian Spring by Aaron Copland which includes 13 musicians and conductor. Appalachian Spring is a ballet that tells the story of a spring celebration of the American pioneers of the 19th century.

Prior to the evening concert, the group will hold a master class at 4 p.m. During this class, Tulsa Camerata members will discuss performing and instrumentation. They will also talk about how they



Photo provided by University Relations

The chamber music ensemble Tulsa Camerata will come to northwest Oklahoma on Tuesday, Jan. 29, at 7 p.m. in Northwestern Oklahoma State University's Herod Hall Auditorium. Tickets can be purchased online or at the door.

choose the pieces they perform, as well as their backgrounds as musicians.

The master class will run approximately 45 minutes, and the evening performance will run 90 minutes.

Admission prices are \$20 for the public and \$5 for students. Tickets

may be purchased online or at the door.

The Tulsa Camerata is the third group to perform at Northwestern for the 2018-19 Northwest Concert Series.

Kimberly Weast, chair of the department of fine arts and professor of theater arts, sits on the board

that puts together each season of the Northwest Concert Series. She chooses groups to come to Northwestern.

She said the Tulsa Camerata has not performed at Northwestern before, but she has heard many videos of their previous performances and said they were extremely good.

Weast said it takes many hours and investigating to find the appropriate groups to travel to Northwestern to perform.

She spends a large portion of time working with the companies of performers, negotiation times and funds to bring the group in. "My goal is not to repeat styles of music one year to the next," Weast said.

She said she works to get a variety of music and entertainment each year.

She looks at past performances done at Northwestern and tries to avoid too much repetition.

She said one type of music that has gotten popular among the audiences who have attended the Concert Series in the past is Irish; therefore, she said she tries to find an Irish group to bring in every few years.

The Northwest Concert Series is funded outside the university. Ticket sales, Northwestern, Art Works, National Endowment for the Arts, Oklahoma Arts Council, Charles Morton Share Trust and Alva Arts Alliance all play part in funding and supporting the event.

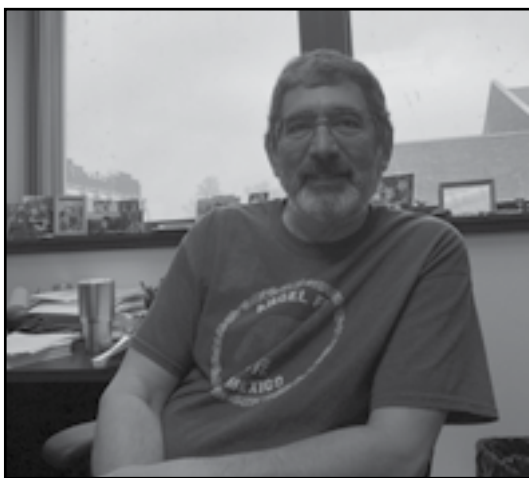
Northwestern will host one final group in its 2018-19 season: Riders in the Sky. This group is set to perform April 23.

For more information, contact Kimberly Weast or visit the Tulsa Camerata website at www.tulsacamerata.org.

New year resolutions for professors

"Do you have a resolution? What is it? If not, why?"

By **KOLTON FISHBACK**
Student Reporter



Dr. Steven Thompson, professor of biology

"So the resolution I make almost every year and never follow through on, is go fishing more. It seems like everything just gets in the way of my fishing trips. Related to classes, a resolution that some of my students led me to was to include drawing in more of my classes. I really think drawing helps students better remember and understand topics."

- Dr. Steven Thompson

"I do not make New Year's resolutions anymore, I never really made them in the first place. I tried to play along with it a couple times, and lasted shockingly about a week or two. Nothing against them there just kind of a cultural deal that people do and I choose not to." - Dr. Richmond Adams



Dr. Richmond Adams, assistant professor of English



Mistie Kline, instructor of psychology

"No I do not, because usually when I make New Year's resolutions, I break them. I have difficulty with following through so whether it is losing weight or being more organized rather than yearly setting myself up for disappointment I decided not to do one this year and just hope for the best." - Mistie Kline

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News

What's up?

Advice from experience..

By PHILL HUDSON
Student Reporter

NWOSU Art Society
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Ranger basketball
games.



Annual fundraising
activity for NWOSU
Art Society at Ranger
basketball games,
Percefull Fieldhouse.

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Jan. 28



Sara Cunningham and
'Free Mom Hugs' pre-
sentation

Author of *How We
Sleep at Night*; Speaker
and accidental activist
for LGBTQ kids, and
their families as they
navigate the "coming
out" journey.

1:30 p.m. - 3 p.m.

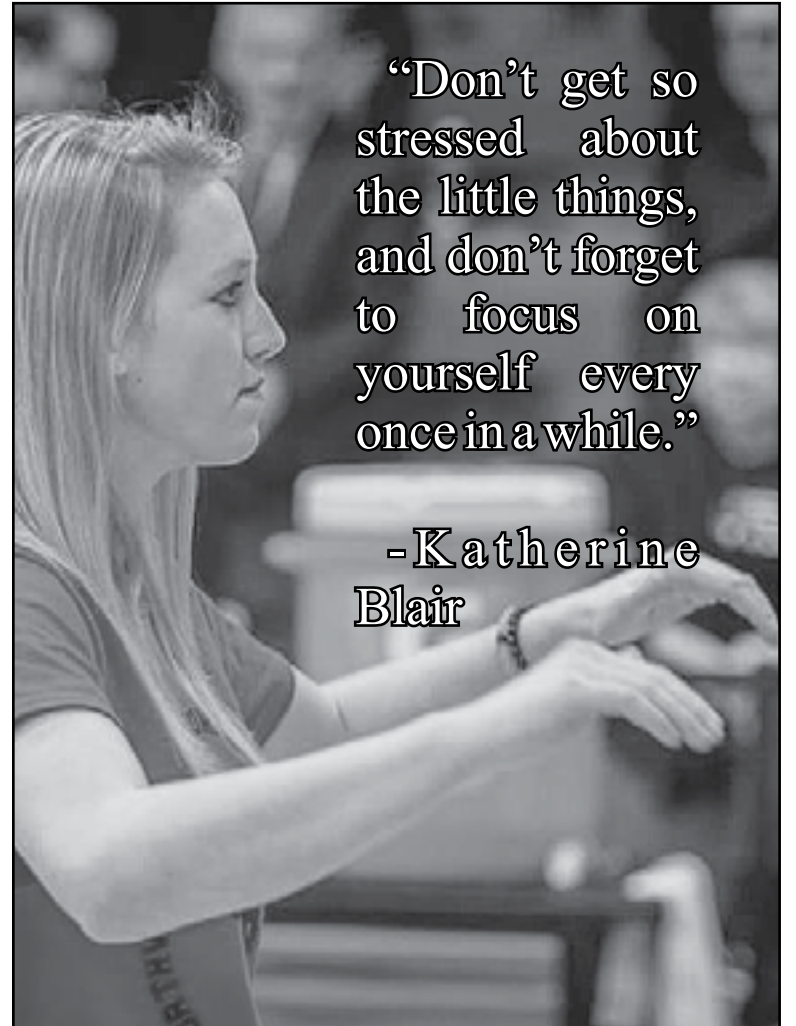
Ranger Room

Jan. 31

College is a new experience for most freshmen. They have to get up on their own, do their laundry and balance all their class work with their job. Luckily, there are people that have gone through the same trials and are willing to give advice on how they have been able to maneuver college.

The first question is how to manage all the class work. Amanda Harding, a biology major and math minor, gives the advice to do the subject easiest to hardest; "In math classes, the homework for the whole chapter is given in advance, so I do the homework as we cover the material in class." She continues on talking about her biology class and, besides reading the textbook and your notes, "It helps to find YouTube videos, such as CrashCourse, dissection videos, and documentaries to watch." Katherine Blair, an instrumental music education major, also has this issue. "I'm honestly now sure how I do. I have two jobs as well as involved in all fine arts activities," Blair said. Blair goes at this with a positive mindset, which helps when the work is piling up. "I love to stay busy so I really couldn't imagine doing what I am doing any other way," Blair said.

Blair brought up another interest about college, having a job and balancing it with work. When asked if schoolwork interfered with her two jobs, she responded that it did not interfere. "...I am a campo student worker so he [Chief Joel Johnson] fits with my schedule and allows me to get homework done and I'm an assistant to the band director so everything I am doing now I have to do anyway



"Don't get so stressed about the little things, and don't forget to focus on yourself every once in a while."

-Katherine Blair

Photo provided by Katherine Blair

Junior instrumental music major Katie Blair conducting the band at a basketball game

so I'm just getting paid for it," said Blair. Harding also had the same response, "...I work in the natural history museum on campus, so I can basically study biology as part of the job." A job is greatly important for a college student. Students need money for books and tuition among other things like gas and food. It is best to find an occupation that fits your schedule, but if you cannot, like the last paragraph, go at it positively.

Other pieces of advice range from setting alarms for all your classes, writing due dates on a calendar and doing your best to be organized. Nobody has the perfect formula for maneuvering college; four years and people still need help staying on top of assignments. Blair gives this advice, "Don't get so stressed about the little things. And don't forget to focus on yourself every once in a while."

Other pieces of advice range

ATTENTION ALL POTENTIAL SPRING 2019 GRADUATES!!

Please submit your application for bachelor's degree by **February 15, 2019**. The application for bachelor's degree form can be found at the registry office on the Alva and Enid campuses, the Woodward office, and online (www.nwosu.edu, go to the A-Z Index, A for Application for Bachelor's Degree).

There is a \$25.00 application fee (per degree) that must be turned in with the application.

If you have an event that you would like featured on our "What's Up?" section, just contact us at nwnews@nwosu.edu.

Include date, time and a short summary.

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Campus

The importance of pediatrics

By **ASHLEY STREHL**
Editor-in-Chief

Annually, the NWOSU nursing students enrolled in the course, “OB and peds. nursing care of the family” get the opportunity to practice pediatric care on children of the NWOSU staff and Alva community.

Assistant professor of nursing, Dr. Jennifer Mahieu, teaches the class and knows the value in working with children in the medical field. “Children are special and unique human beings,” Mahieu said, “and for them to feel safe we must learn how to communicate with them therapeutically and if we don’t know how to communicate with the children while they’re well it’s not gonna work when they’re sick.”

Students from the Alva, Enid, and Woodward campuses hosted the event and each child gained the attention of at least six nursing students at each checkup station.

The stations focused on areas ranging from height and weight to neurological assessments. The students have been preparing for the assessments since school started last week.

Tiana Young-Mauchly is a junior nursing major who hopes to be an RN after graduation found this experience quite helpful. “This was so much fun,” Mauchly said, “as a nurse, you’re going to be with a wide variety of ages, and knowing about pediatrics is just as important as adult-care.”

The students used this to prepare for their clinical and their visit to children’s hospital later this



Photos by Megan Maharry



Above: Nursing student Clarissa Coble helping 2nd grader from Longfellow elementary and daughter of Leeta Grimsly, Parker Grimsley, fill out her assessment sheet to ensure that she visits all the stations.

Left: Tasha Swallow assesses three year-old Kade Collins son of Dr. Collins, assistant professor of nursing.

Right: 3rd grader Kapri Like is having her heart looked at by nursing student Taylor Hole.



Support for the sororities- fundraising on campus

By **KEVIN FORD**
Student Reporter

There are two sororities open for people to join at Northwestern. A lot of students do not know about these two sororities. The primary way these programs get money and funding is through different fundraisers. Fundraising brings out creativity and volunteering. Delta Zeta does a lot of different fundraisers. Some include getting involved and helping around in the community. Sororities must follow specific rules on fundraising. On-campus fundraising must follow specific protocol. Waivers and requests must be reviewed and approved by Caleb Mosburg, dean of student affairs.

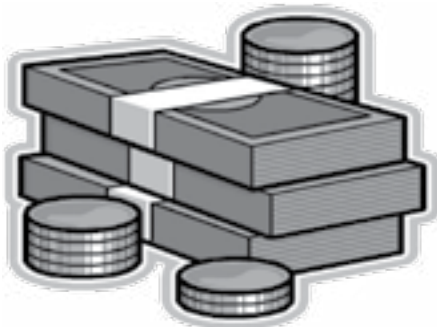
The two sororities are Delta Zeta and Alpha Sigma Alpha. Del-

ta Zeta is the bigger of the two. Both sororities are a part of a national club. Each event the Delta Zeta sorority participates in they provide pictures and stories on their Facebook page. The clubs mission statement is from their Facebook page; “The purpose of this sorority shall be to unite its members in the bonds of sincere and lasting friendship, to stimulate one another in the pursuit of knowledge, to promote the moral and social culture of its members.”

Delta Zeta president Elizabeth Jackson encourages students to follow Delta Zeta on social media and wishes to welcome anyone who

is interested in being a part of the Delta Zeta sorority. Jackson is a junior early childhood education major from Yukon, Oklahoma.

The ASA sorority promotes high ideals and standards for its members throughout their lives by emphasizing balance among the four aims of intellectual, physical, social and spiritual development.



ASA arranged a dad day in November. This event saw members of the sorority bring their dads out for bowling. Both sororities help host blood drives on campus. They help out and gain respect for their volunteering. Blood drives are a type of event that ultimately needs approval by the administration.

The Art Society hosted a fundraising event over Christmas break. They had people come with presents and gifts that were picked out by kids and young children of the community. The Art Society does fundraisers together with the sororities. A big reason is how involved members of these sororities actually are in the community. Sadie Bier, financial manager on campus, emphasized how important it is with community involvement. Volunteering is the best way

to get people and support behind you to raise funds or recognition for a cause or club.

Delta Zeta recently hosted a dodgeball tournament which became a success. They always manage a series of bake sales and blood drives. Another notable event Delta Zeta does is heart for hearing and the Starkey hearing foundation. The Starkey hearing foundation is an independent organization which raises money for bringing attention to people in need. Their mission statement, as it says on their Facebook page, mentions the focus of empowering people to reach their fullest potential. Both of these foundations help children with hearing problems and focus on empowering lives.



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Letters must be turned in by noon on Monday 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@nwsu.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

Do smartphones help us?

Or is newer technology setting us back?

By: **NICK PERKINS**
Student Reporter



With the evolution of smartphones, we have information at the tips of our fingers. We can talk to people all across the world with social media, but what does this mean for those sitting right next to us that we ignore to do these things?

A child tries to start a conversation with a parent and the parent just grunts and nods their head, not paying attention to the child and the conversation that they were trying to start, because the parents' head was stuck in their phone.

Parents take the kids camping to try to spend quality time with them, maybe teach them life lessons and enjoy the time that they might not get back, but the kids are looking at their phones, playing games or texting friends instead of talking with their parents and realizing that these moments will not last forever and there may not be another camping trip.

These are just two examples of how smartphones are distancing people from one another. They are great for communicating with friends, looking up information,

using them as maps and playing games, but they are also distancing people who are close and just want to spend time with each other and make memories.

It is ironic that something so liberating is also so desensitizing and mind numbing. People on their phones are like braindead zombies walking around, bumping into stuff and grunting at people who speak to them without realizing that there was even anything said to them.

Smartphones also make it hard for people to focus on just one thing for a long period of time. They are shortening people's attention span because it is so easy to just pull out a phone and start looking at whatever it is that came across there at that moment instead of just focusing back on whatever it was that was going on at the moment before.

I personally think that smart phones are great but, like anything, there is a good and a bad. For a limited time,

They are a purposeful tool and can help out a lot, but everywhere you look people are almost always looking at their phones doing something while oblivious to everything around them. I am guilty of using my phone more than I should and without thinking about it.

I will find myself looking at social media in line at the supermarket, playing games at my desk before class starts or texting when I am at home watching a movie.

I am not one to pass judgment on people for doing this. Just maybe be more aware of how often you are looking at your phone and think about it every time you pull it out just because you cannot think of anything else to do at the time.

Maybe instead of pulling out your phone next time you are in line or waiting around, try turning to someone and striking up a conversation about something.

EDITOR'S RANT OF THE WEEK

By **ASHLEY STREHL**
Editor-in-Chief

This may or may not be the one and only time I ever rant about politics, but since that seems to be one of the most prevalent things going on right now I figured, why not ... plus I didn't have anything to write about anyway.

So the government is shut down, and I know, as millennials, there are some of us that care, and there are some of us that really don't, and I'm not sure that there is that much of a "in-between" category.

I want you all to know that you SHOULD care about the government shut down, because in the long run, it may really affect our lives, AND you DEFINITELY should care about all of political issues.

I for one am thankful that I'm not paid by the government. You know, I saw on the news the other day that this TSA worker got like 10 cents on his most recent paycheck. If I got a paycheck like that I'd be like "Really? Is this some sort of joke?" I mean seriously. They want to make living in America so dang expensive and then they want to not pay people to support their families and their lives? This seems to be doing more harm than good ... right?

However, I am a firm believer in the opinions of our president deserves respect, even if you don't agree with him or her (someday hopefully, girl power am I right) decisions and views. Yes, Trump has shut the government down, but do you guys know why? No it's not because he's not getting his way and he's throwing a temper tantrum, www.blog.action.org says it in an easy to understand manner, "The Senate failed to pass a spending bill that includes border wall funding. President Trump refuses to sign any additional funding that does not include \$5.1 billion in additional money to pay for an extension of the border wall, allowing him to fulfill his primary campaign promise."

So here's the cheese, the gouda, the SWISS ... The American people voted for Trump. Meaning, they wanted to see his campaign promises come through, right?

Trump is doing exactly that, and you can agree with me or not agree with me, but that takes some serious guts, to do something that you know people are going to hate.

I am a firm believer in when you are passionate about something and you know it's gonna be good for you or in this case, your country, you do it, and you fight for your beliefs.

For the rest of the article on the government shut down visit www.blog.acton.org

The Oscars

"The Oscars, who just revealed their nominations early Tuesday morning, are highly competitive and very political. This means that a film or person that ran a better campaign may take a nomination, or even a win, over an objectively better film or performance."

-Seth Stuart, *OU daily*

Process of joy

"Once you recognize courage in yourself, you see it all around you. You are not alone on this journey. We can all climb for joy."

-Alex Cateforis, *The University Daily Kansan*

Interested in writing? Share your opinions!

Contact Michelle Willson

mdwillson99@rangers.nwsu.edu

Feature

5 helpful tips to get you through the semester

To help jumpstart your semester of on the right note, I've compiled a list of five helpful tips to have a great semester. These tips avoid the obvious "get eight hours of sleep" and "actually attend class."

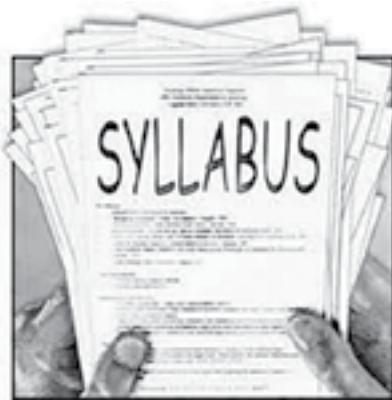
By SHANNON NESSERALLA
Student Reporter

Get a planner. You can purchase these for fairly cheap prices at the book store or Walmart. Planners are a great way to help you remember everything you have to do so you can plan your week accordingly. Make sure you're making it a habit to write everything and looking at it daily.



Be organized. A great way to stay organized during the semester is to designate a spot to keep all of your books, assignments, projects, etc. If you keep all of your stuff together it'll be easier to find. Also, keep your room organized. Waking up each morning and making your bed can help jump start your day because you already accomplished a small goal each morning.

Keep the class syllabus. The class syllabus may have a tentative weekly schedule of what you can expect to have assigned. By keeping the syllabus, you can look back at that schedule when needed. Also, the professor should have their office number, email and office hours listed if you need to get ahold of them outside of class.



Get involved. NWOSU has many great clubs and organizations that you can join. Find one that is within your major and meet new students who are also interested in the same things. Intramural sports are also a great way to meet new people and they help you stay active. Get out of your comfort zones and join something new.

Talk to your professors. During class be the student that is interacting with the professor and answering their questions. It shows them that you're actually interested in what they have to say. They will appreciate the effort you're putting into their class. They notice when you're staring at your phone the whole class and not paying attention. Be respectful.



Free Mom Hugs Presentation

By: MICHELLE WILLSON
Feature/Entertainment Editor



Photo provided by FreeMomHugs.org

Sara Cunningham, executive director of Free Mom Hugs, is coming to the Alva campus to share her story and answer questions. The newly founded Gay-Straight Alliance asked her to come to share her story with others. Cunningham's presentation is on Jan. 31 from 1:30 p.m. to 3:00 p.m. in the Ranger Room. Located in the Student Center of the NWOSU Alva Campus. All faculty, students and community members are welcome to attend. A question and answer session will follow Cunningham's presentation.

"Free Mom Hugs is a group of parents and allies who love all LGBTQ+ kids unconditionally and take hugs of love and acceptance to others," states the Free Mom Hugs Website.

"Beyond the Hug, we provide emergency assistance to LGBTQ+ community members in need, help with legal name changes, support at same-sex weddings, notes of encouragement, and more."

Free Mom Hugs can be seen at pride parades and other similar events. They offer hugs, high fives and words of support to those who need it.

NWOSU Gay-Straight Alliance President Peyton Lucas said, "I wanted Free Mom Hugs to come because I had seen them at Enid pride and they made an impact on me. I got a hug and she gave me her business card and with further research I really became invested in their causes."

Cunningham wrote a simple

post six months ago that stated, "PSA. If you need a mom to attend your same sex wedding because your biological mom won't. Call me. I'm there. I'll be your biggest fan. I'll even bring the bubbles." The post has now gone viral. She has been asked to attend and even officiate many weddings.

Free Mom Hugs was in the news lately because of recognition from Jamie Lee Curtis who met Cunningham and said "...their [Free Mom Hugs] support for LGBTQ members is heroic and important..."

Not only has Cunningham founded the non-profit, she has also written a book called "How We Sleep at Night: A Mother's Memoir." She wrote it to help mothers struggling with acceptance of their LGBTQ+ child.

"I hope other students come and hear what she has to say," Lucas said. "I also hope her story helps remind others to stay openminded and to not be afraid to change their views."



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Entertainment



Bird Box movie starts a dangerous challenge

By: MICHELLE WILLSON
Feature/Entertainment Editor

Going through your daily life blindfolded would be difficult. Shortly after the movie Bird Box was released on Netflix, it sparked an internet challenge. People started to post pictures and videos of themselves and others pursuing everyday activities with a blindfold on.

In the movie Bird Box, the main characters are in a post-apocalyptic world. They are terrorized by an entity that, when looked at makes people hallucinate, and end up killing themselves.



The characters are forced to go through their daily lives in a blindfold. That is what sparked the challenge.

The challenge videos show how difficult and impractical it would be to maneuver like that. Most of the videos are harmless and show people merely bumping into walls and counters.

Some became a little more dangerous when groups of people filmed themselves going outside and walking down busy streets and falling down subway entrances.

Some took it even further by driving blindfolded. A Utah teen got in a wreck while she tried to drive with a blind-fold on.

New on NETFLIX

Available January 24:

Conversations With a Killer: The Ted Bundy Tapes — Netflix Original
Hotel Transylvania 3: Summer Vacation

Available January 25:

Animas — Netflix Original Film
Black Earth Rising — Netflix Original
Club de Cuervos: Season 4 — Netflix Original
Kingdom — Netflix Original
Medici: The Magnificent — Netflix Original
Polar — Netflix Original Film

Unbreakable Kimmy Schmidt Season 4 Part 2 — Netflix Original

Available January 27:

Z Nation: Season 5

Available January 29:

Gabriel "Fluffy" Iglesias: One Show Fits All — Netflix Original
Marvel Studios' Ant-Man and the Wasp

Available January 30:

The Incredibles 2

Oscar nominations

Best Picture:

- "Black Panther"
- "BlacKkKlansman"
- "Bohemian Rhapsody"
- "The Favourite"
- "Green Book"
- "Roma"
- "A Star Is Born"
- "Vice"

Lead Actor:

- Christian Bale, "Vice"
- Bradley Cooper, "A Star Is Born"
- Willem Dafoe, "At Eternity's Gate"
- Rami Malek, "Bohemian Rhapsody"
- Viggo Mortensen, "Green Book"

Lead Actress:

- Yalitza Aparicio, "Roma"
- Glenn Close, "The Wife"
- Olivia Colman, "The Favourite"
- Lady Gaga, "A Star Is Born"
- Melissa McCarthy, "Can You Ever Forgive Me?"

Supporting Actor:

- Mahershala Ali, "Green Book"
- Adam Driver, "BlacKkKlansman"
- Sam Elliott, "A Star Is Born"
- Richard E. Grant, "Can You Ever Forgive Me?"
- Sam Rockwell, "Vice"

Supporting Actress:

- Amy Adams, "Vice"
- Marina de Tavira, "Roma"
- Regina King, "If Beale Street Could Talk"
- Emma Stone, "The Favourite"
- Rachel Weisz, "The Favourite"

Director:

- Spike Lee, "BlacKkKlansman"
- Pawel Pawlikowski, "Cold War"
- Yorgos Lanthimos, "The Favourite"
- Alfonso Cuarón, "Roma"
- Adam McKay, "Vice"

Animated Feature:

- "Incredibles 2,"
- "Isle of Dogs,"
- "Mirai,"
- "Ralph Breaks the Internet,"
- "Spider-Man: Into the Spider-Verse,"

Animated Short:

- "Animal Behaviour,"
- "Bao,"
- "Late Afternoon,"
- "One Small Step,"
- "Weekends,"

Adapted Screenplay:

- "The Ballad of Buster Scruggs,"
- "BlacKkKlansman,"
- "Can You Ever Forgive Me?,"
- "If Beale Street Could Talk,"
- "A Star Is Born,"

Original Screenplay:

- "The Favourite,"
- "First Reformed,"
- "Green Book,"
- "Roma,"
- "Vice,"

Cinematography:

- "Cold War,"
- "The Favourite,"
- "Never Look Away,"
- "Roma,"
- "A Star Is Born,"

Best Documentary Feature:

- "Free Solo,"
- "Hale County This Morning, This Evening,"
- "Minding the Gap,"
- "Of Fathers and Sons,"
- "RBG,"

Best Documentary Short Subject:

- "Black Sheep,"
- "End Game,"
- "Lifeboat,"
- "A Night at the Garden,"
- "Period. End of Sentence.,"

Best Live Action Short Film:

- "Detainment,"
- "Fauve," J
- "Marguerite,"
- "Mother,"
- "Skin,"

Best Foreign Language Film:

- "Capernaum" (Lebanon)
- "Cold War" (Poland)
- "Never Look Away" (Germany)
- "Roma" (Mexico)
- "Shoplifters" (Japan)

Film Editing:

- "BlacKkKlansman,"
- "Bohemian Rhapsody,"
- "Green Book,"
- "The Favourite,"
- "Vice,"

Sound Editing:

- "Black Panther,"
- "Bohemian Rhapsody,"
- "First Man,"
- "A Quiet Place,"
- "Roma,"

Sound Mixing:

- "Black Panther,"
- "Bohemian Rhapsody,"
- "First Man,"
- "Roma,"
- "A Star Is Born,"

Production Design:

- "Black Panther,"
- "First Man,"
- "The Favourite,"
- "Mary Poppins Returns,"
- "Roma,"

Original Score:

- "BlacKkKlansman,"
- "Black Panther,"
- "If Beale Street Could Talk,"
- "Isle of Dogs,"
- "Mary Poppins Returns,"

Original Song:

- "All The Stars" from "Black Panther"
- "I'll Fight" from "RBG"
- "The Place Where Lost Things Go" from "Mary Poppins Returns"
- "Shallow" from "A Star Is Born"
- "When A Cowboy Trades His Spurs For Wings" from "The Ballad of Buster Scruggs"

Makeup and Hair:

- "Border"
- "Mary Queen of Scots"
- "Vice"

Costume Design:

- "The Ballad of Buster Scruggs,"
- "Black Panther,"
- "The Favourite,"
- "Mary Poppins Returns,"
- "Mary Queen of Scots,"

Visual Effects:

- "Avengers: Infinity War"
- "Christopher Robin"
- "First Man"
- "Ready Player One"
- "Solo: A Star Wars Story"

Graphic by Michelle Wilson

Sports

Basketball victory at jumper; Jones reaches career 1,000 points

By MEGAN MAHARRY
Sports Editor

The Lady Rangers took on heated rival Southwestern Oklahoma State University last Thursday at home. It was a tough loss as the Lady Rangers fell 97-79 to the nationally ranked Lady Bulldogs.

Senior point guard Jade Jones joined the 1,000 Point Club Thursday night against the Lady Bulldogs. Jones tallied 12 points against SWOSU which gave her 1,004 career points.

Sophomore Bailey Brown had a solid night for the Lady Rangers as she finished with 14 points and 16 rebounds to earn her third double-double of the season.

Brown's 16 rebounds are the most rebounds in a game by a Lady Ranger at the Division II era and the most since a player in 2006.

The Lady Rangers fought hard and outrebounded the Lady Bulldogs 37-33. SWOSU averages around 41 boards a contest.

In the first quarter, Jones drained a three to give the Lady Rangers the advantage. They trailed momentarily in the second before Presley Payahspe found the three-point line to give them another quick lead.



Photo by Kevin Ford.

Jade Jones reached the 1,000 point club Thursday night against SWOSU, and also dropped 12 points in the game.

SWOSU went on to complete a 9-0 run and continued their momentum in the second half of the ball game. They held a lead of 17 points until the Lady Rangers fired back.

McKenzie Billy found a three and Brown hit a jumper in the paint.

Unfortunately, time expired on the Lady Rangers, who were unable to come away with the victory. The Lady Bulldogs proved a pow-

er shooting team, as they knocked down 18 three-point shots.

SWOSU's Hailey Tucker, the Great American Conference's all-time leading scorer, tacked 28 points against the Lady Rangers.

Looking for redemption, the Lady Rangers took to the road to face the Lady Bison of Oklahoma Baptist. The game came all the way down to the wire, as Kalea King came in clutch with a jumper at the buzzer to take the victory

67-65.

The victory was the Lady Ranger's first on the road against Oklahoma Baptist since the 2007 season. It also snapped the Lady Ranger's four-game road losing streak. The Lady Rangers held a 50-39 advantage in the beginning of the fourth quarter before OBU hit a spark to go on a 7-0 run.

A couple of points by the Lady Rangers bumped their lead back to seven until OBU brought it within



Photo by Kevin Ford

Jade Jones

two. With two seconds to go, King pulled up in the paint to bank the shot, ultimately giving the Lady Rangers the victory.

Brown nearly reached her fourth double-double with 11 points and eight rebounds. The Lady Rangers are now 6-11 overall and 3-7 in conference standings.

The Lady Rangers will return home on Jan. 24 to face the Lady Bison of Harding.

Tipoff is set for 5:30 p.m.

Softball prep for 2019 campaign

By QUINCY TUNSTALL
Student Reporter

With the spring semester warming up, the Lady Ranger Softball team is on deck for what head coach Jill Webb-DeVries expects to be a season full of "growth and hunger" from her mostly freshman roster.

"I have a young team who's ready to go, so I'm expecting a lot of fire out of them," Webb-DeVries said.

Entering her second season as head coach, Webb-DeVries and her team were picked to finish 9th in the Great American Conference's preseason rankings, following a 16-28 season.

However, Webb-DeVries does not seem too concerned about their placing, having nothing but confidence in her young team.

"I think there are going to be some people who take us lightly, but I've got a really talented group of girls who are going to come out and take some people by surprise," Webb-DeVries said.

With the same enthusiasm, assistant coach and former Lady Ranger herself, Allora Miller said she feels that their 17 incoming freshmen will really change the culture of the program, as well as add longevity.

Miller joined the Northwestern softball coaching staff in 2016, but

GAC PRESEASON COACHES POLL

1. Southern Arkansas (121) (11)
2. Arkansas Tech (110) (1)
3. Harding (Ark.) (92)
4. Henderson State (Ark.) (90)
5. Southeastern Okla. State (87)
6. Southern Nazarene (68)
7. East Central (60)
8. Douchita Baptist (52)
9. NORTHWESTERN
10. Oklahoma Baptist (32)
11. Arkansas-Monticello (24)
12. Southwestern Okla. State (23)

Graphic by Athletic Department

was a member of the Northwestern softball team for three seasons where she was a dominant pitcher for the Lady Rangers.

Miller said she feels that having a young group of girls with a competitive drive and a strong urge to be on the field will help fuel the team's energy as a whole.

She went on to say her girls are soaking up knowledge of the game

like sponges as they learn to thrive at this newly reached level of softball and are improving every day.

In regards to the Lady Ranger veterans, Miller said she is confident that, although the freshman brought in a new age that keeps the team young and fun, it still allows the upper classmen to pass down the traditions of Northwestern and be mentors to them.

Miller said she believes they are guiding them in the right direction when it comes to expectations and standards and what it means to be a collegiate athlete.

Senior Morgan Kirk said she feels that having a lot of new minds is great for our program and allows everyone to buy in quickly.

With her second and final season in the black and red approach-

ing she holds a role as a positive teammate and vocal leader on and off the field.

Kirk is looking forward to a winning season and making it to the GAC tournament for the first time since Northwestern's Division II birth.

The Lady Ranger's season kicks off Feb. 15 at the Edmond Regional Festival.

Sports

Men's basketball split home and road games

By **LOGAN JONES**
Assist. Sports Editor

Rangers took down the Bulldogs but fell to the Bison

Men's basketball returned to Percefull Fieldhouse this past Thursday as Northwestern took on conference rival Southwestern Oklahoma State University, winning 77-61.

The game got off to a slow start as only nine points were scored in the first five minutes of play.

Both teams fought back and forth for the lead, but the Ranger defense proved to be too much for the Bulldogs.

Southwestern finished with their lowest scoring output of the season and their leading scorer, Trea Evans was held to a mere 13 points.

Notable Rangers include senior Treyvon Andres, who earned his fourth double-double of the season with 16 points and 12 rebounds as well as junior A.J. Jones, who nearly finished with a triple-double with seven points, 10 assists and eight rebounds of his own.

Of the 12 Rangers who saw minutes on the floor, 11 of them scored points.

The win marks Northwestern's ninth straight home victory over the Bulldogs going back to 1996.

The win also snapped a four-game losing streak.

Looking to flip their fortunes and start a winning streak, the Rangers traveled down to Shawnee, Oklahoma to take on the Bison of Oklahoma Baptist.

Unfortunately, things didn't go as planned as Northwestern lost in a double-overtime game, 91-97.



Photo by Ashley Watts

The Ranger men return home to next take on Harding University.

After leading through most of regulation, the red and black fell victim to late clutch shooting by the Bison that tied the game at 70 apiece.

In the first overtime, Oklahoma Baptist took the lead, but it was the Rangers turn to come back and tie, sending the game into a second overtime.

Again, the lead kept going back and forth until time expired on the Rangers.

Despite the loss, Andres continued his great play.

He recorded his fifth double-double with a career-high 34 points and 14 rebounds.

Other standouts include red-shirt-sophomore Jack Peck and freshman Andrew Clopton with 16 and 11 points, respectively.

Northwestern moves to a 4-12 overall record and 2-8 in the Great American Conference this season. They will look to rebound on Jan. 24 when the Bison of Harding visits Percefull Fieldhouse.

Tipoff is set for 7:30 p.m.



Photo by Ashley Watts

Jack Peck goes up for the shot as the Ranger men defeated SWOSU 77-61 Thursday night at home.



Track and field open new season

By **ERIC SCOTT**
Athletic Communications

Northwestern Oklahoma State University women's track and field is geared up for its inaugural NCAA season as the Ranger runners, jumpers and throwers will take part in their first meet on February 1 in Wichita, Kansas.

There has been a lot of anticipation for the reboot of the Northwestern track and field program, and head coach Jill Lancaster and staff have done a tremendous job in building a roster that can be competitive on multiple levels.

"What an exciting few months that lie ahead," said Lancaster. "We are delighted to represent the former women athletes who paved at Northwestern long before our participation as a member of the NCAA."

After competing in the Wichita State Invitational to open the indoor season, the Ranger athletes will head to the Central Oklahoma Broncho Invitational, held at the University of Oklahoma indoor facility in Norman.

The indoor portion of the scheduled events will conclude at the same location as the UCO meet when the Great American Conference puts on its first even indoor championship meet Feb. 22-23. Qualifying athletes will have an opportunity to take part in the NCAA Indoor Championship the first weekend in March in Pittsburg, Kansas.

"The GAC made a commitment to its member schools and track and field to add an indoor championship," Lancaster said. "Once they announced the addition, we added an indoor schedule to experience this historic event. This will get our season going earlier and help us grow and better ourselves heading into the outdoor season."

To begin the outdoor campaign, Northwestern will take part in a dual meet with Southwestern Oklahoma State on the first Saturday in March, followed by the Oklahoma Baptist Early Invitational on March 15. There will be



Photo by Collin Stork

Track and field workout room.

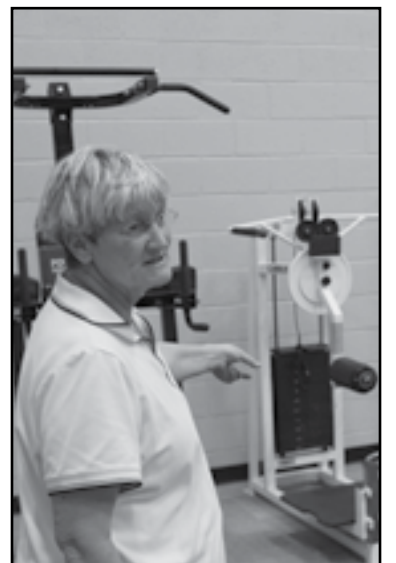


Photo by Collin Stork

Track head coach Jill Lancaster.

a two-day invitational meet March 29-30 at Oklahoma Baptist as well.

On Saturday, April 6, the Northwestern athletes will compete in the Route 66 Relays in Yukon, Oklahoma. The final scheduled meet of the outdoor season is set for April 18-19 at Oklahoma Baptist for the GAC Championships.

The 2019 Outdoor Track and Field Championships will be held May 23-25 at Texas A&M-Kingsville.

"We are fortunate enough to have good competitions locally, across the state and over the border to be a representative of Northwestern."

Sports

Northwestern men take down SWOSU rival



Photo by Ashley Watts

Junior computer science major from Denver Eric Andres, goes up for the shot against SWOSU last Thursday night. Mens basketball will play Harding University tonight at 7:30 at home.