

The story of the Herod carillon

By NICK PERKINS
Student Reporter

1999 was the year that the carillon system was installed at the top of the bell tower, it would ring every hour and play the ride rangers ride fight song from time to time throughout the day.

It was loud enough to ring throughout the surrounding blocks and let everyone know when a new hour of the day had started. "I think it was a wonderful addition when we brought it on in '99," said Steve Valencia, Associate Vice President for University Relations, "It's just one of those things that adds an experience when you're on campus."

A carillon is a musical instrument that usually has at least 23 bronze bells that are tuned in chromatic order and can play songs when coordinated together. However the carillon system that is in the Northwestern bell tower



Photo by Megan Brown

The Herod carillon would ring every hour and play the "Ride Rangers Ride" fight song.

er is a system that was replicated and made to sound like bells, the ride rangers ride fight song was actually played on a keyboard and saved to a computer and then played through speakers.

The carillon system has been down for a while now and has not been operational. About 3 years ago was when they looked into repairing the carillon system and what all it would need to be func-

tional again.

According to Valencia some of the reasons that it is not working is that there were some software issues that had to deal with scheduling when it played and there

were some hardware issues that affected it. When it was inspected for repair it was recommended that a whole new software system be bought to get it running.

With all of the budget cuts and tuition increase, repairing the carillon system is not a top priority for Northwestern.

Some of the things they are focused on instead are to enhance the student experience and to enhance the learning experience, like repairs to classrooms and buying furniture for classrooms and repairing heating and air conditioning systems for the classrooms. While they would like to get the system functional again, it is just not at the top list of priorities with the current budget.

While there have been reports of lights on up there and rumors of it being worked on, that is probably not the case. It is still a functioning tower and there are maintenance personnel that still go up there to make sure everything is where it needs to be. Also to check out the stained glass and make sure that it is not broken and there are no cracks in that.

So there is still activity up there but as far as Valencia knows there is none that is related to getting the carillon system working again.

Mental health issues are common but curable

By MEGAN MAHARRY
Sports Editor

Classes, jobs, athletics, involvement in clubs, homework, a social life.

These are all parts of a college student's life. There are times these aspects become challenging to balance. With all the pressure and challenges college students face, other problems can arise.

Mental health on college campuses has significantly grown in the past few years. The Anxiety and Depression Association of America (ADAA) stated anxiety disorders are one of the most common mental health disorders on college campuses.

Also according to the ADAA, 41% of students stated anxiety as the top resenting concern among college students.

Anxiety can present itself in many forms and have different symptoms. Some of these signs

can include fatigue, irritability, constant worrying and difficulty concentrating.

Depression is also a rising problem on college campuses.

The American College Health Association concluded in spring 2017 done on more than 63,000 students at 92 schools, nearly 40 percent of college students said they had felt so depressed in the prior year that it was difficult for them to function, and 61 percent of students said they had "felt overwhelming anxiety" in the same time period.

Depression can also present itself in different forms. Those struggling with depression may feel a sense of hopelessness, lose interest in things they previously enjoyed, trouble sleeping and change in weight or appetite.

Over the past several years, the number of students visiting coun-

seling centers has risen by 30% on average, according to a study done by Center for Collegiate Mental Health.

Taylor Wilson is the director of counseling services at NWOSU. She said in addition to college students struggling with depression and anxiety, they struggle with stress and time management as well.

Wilson said in the future, she plans to get groups together to

learn more about depression and anxiety.

"There's so much stigma on mental health," Wilson said. "Everybody goes to the doctor when they're sick, but when they're anxious or depressed, they don't want to come get help."

Wilson said some advice she had for lowering stress and anxiety such as time management. She suggested students make a list of things that needed to be done, with the urgent stuff listed on one side and less urgent stuff listed on the other.

After completing a task, students should check this task off this list. Wilson said this gives students a sense of accomplishment. She also said it is a great visual instead of trying to remember everything off the top of your head.

Wilson said to help cope with depression, students can write down three things they were grateful for in a day. She said writing down specific things

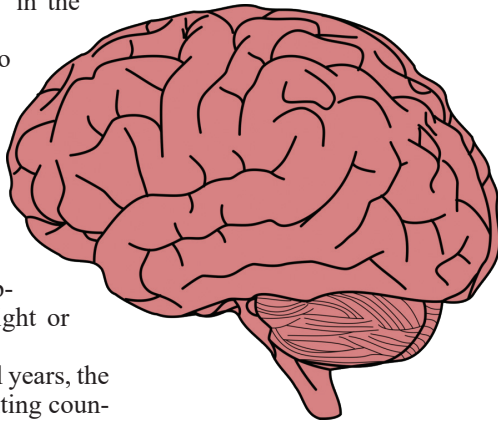
you are grateful for every day will help bring more positivity to your life.

"Your thoughts affect how you feel," Wilson said. "So if you have negative thoughts, it will make you have a negative mood."

On March 13, Wilson is putting together an event called 'Speed Friendship'. It is a campus wide event for students to meet several different people on campus. Students will have the opportunity to ask each other questions and get to know multiple people.

Next semester, Wilson said she plans to incorporate more information about mental health on campus, possibly through weekly emails or ways to cope.

There are many resources for college students if they are struggling with mental health. Practicing coping methods or contacting the school's counselor are all ways college students can help themselves. "Asking for help is not a weakness," Wilson said.



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News

Celebrating National Grammar Day

The most common grammar mistakes according to campus experts...

By **KEVIN FORD**
Student Reporter

How closely do you look over your essays for spelling and punctuation errors before you turn them in for a grade? If you type how you text, then you will have quite a few grammatical errors.

March 4 is National Grammar Day. Dr. Kathy Earnest, Assistant Professor of English, teaches English Composition at Northwestern. "Language is flexible, you can be creative, except when Dr. Earnest is grading your composition, use standard rules," Earnest said.

Less reading takes away from formal language. In today's society, almost all of our go to communication starts with technology. Social media has grown into the biggest communication platform in the entire world. "With the shift in technology, people find it even harder to find time to read and engulf in written literature," Earnest said.

College English majors, as well as writers, can always find the time to improve their grammar. Compared to the last two decades, students of all classes tend to struggle more than ever before when it comes to grammar. We sat down with Earnest and Dr. Roxie James,

Assistant Professor of English, to analyze the most common grammatical errors students in college steadily make.

"Grammar is not scary," James said. The more time you take to look over your paper, the better it will look as a whole. The most noticeable error is "I" not being capitalized. Another common one is failing to put a comma after the name of a city or location. Besides the format guidelines, students do not commit many errors; however, repeating the same mistakes is what usually keeps many students' grades from being higher. Anyone who has sat down and written a full paper wants to see good results, but proof-reading three or four times should be done to ensure everything looks neat.

"Code-switching" is when students struggle with adjusting between texting, writing papers and blackboard discussions, Earnest said.

College students text a lot, this is what is called informal language. College papers must follow formal guidelines; this is where most students struggle. Technology is a great tool. However, it is important to balance out the use of social media with the use of other resources such as textbooks, litera-

ture, magazines or news articles. The more we read and write, the better acquainted we will be with both formal and informal language.

A grammatical error once settled a lawsuit for over 5 million dollars. An article from The New York Times, released on Feb. 9, 2018 addresses the famous case over the Oxford comma.

"The dairy company in Portland, ME., agreed to pay \$5 million to the drivers, according to court documents filed on Thursday. The relatively small-scale dispute gained international notoriety last year when the United States Court of Appeals for the First Circuit ruled that the missing comma created enough uncertainty to side with the drivers." Imagine settling for a \$5 million lawsuit because of a misplaced comma.

For National Grammar Day, we focus on the importance of reading and writing. Grammar is a reflection of proper communication, whether written or spoken. Author, ee cummings wrote his name in all low caps. Earnest said, "Language is flexible." However, ee cummings was an author with his own trademark. College students must follow standard rules when writing papers.

4 of the most common grammar mistakes:

1. It's and Its

Its is possessive vs It's which is a conjunction of "it is"

2. There, Their and They're

"Over THERE", "THEIR house", "THEY'RE going to the store"

3. Your vs You're

Your is possessive vs You're which is a conjunction of "you are"

4. Subject-Verb Agreement Errors

Incorrect: An important part of my life have been the people who stood by me.

Correct: An important part of my life has been the people who stood by me.

Graphic by Ashley Strehl - Info provided by <https://www.medium.com>

Library prepares for annual art show on March 3

By **NICK PERKINS**
Student Reporter

The 16th annual NWOSU Art Society art show is coming up from March 3-29 in the J.W. Martin library.

The art show is an event that is put on every year by the NWOSU Art Society to help enhance the arts experience on campus.

The art show is open to NWOSU students, employees, retired employees and alumni, they can enter for a chance to win awards. The Student Government Association is co-sponsoring the event.

Contestants can enter two items in each of the 29 categories. Some of the categories are: works on paper, photography, painting, artisan crafts, cartoons/



Photo provided

The registration dead line for the art show was Feb. 20, and the art drop off day was Feb. 27

comics, digital art, fiber art, quilting and mixed media collage. Some of the ways the categories are chosen are by looking at fair books, looking at other online shows and classes that are held in the art department.

The money that comes with the prizes is only available to students except for the people's choice award, the money

that comes with that is available to all contestants. The awards that will be handed out are 28 category winners, 1st place will get \$15 2nd place will get \$5 and 3rd place will get \$2 all with ribbons; there will be one best of show, that will be picked out of all the categories, that will get \$75 and a ribbon; and one people's choice that will get \$50 and a ribbon.

According to Angelia Case, Academic Projects Assistant/Media

Specialist, there are almost 200 total entries this year.

There are 125 student entries, and 73 non student entries. "I'm sure that we're going to have some wonderful entries," Case said. "I'm excited to see those come in."

The registration dead line for the art show was Feb. 20, and the art drop off day was Feb. 27. The art show will be open to the public starting March 3 and the last day that it will be available to see at

the campus will be March 29. Non placing artwork must be picked up by 5:30 PM on April 1.

There will be a winners' show for the art work that placed and won an award.

The winners of the show will be held in downtown Alva at the Runnymede Hotel.

It will take place during the first Friday art walk on April 5 from 6-8 p.m. and will be open to the public.

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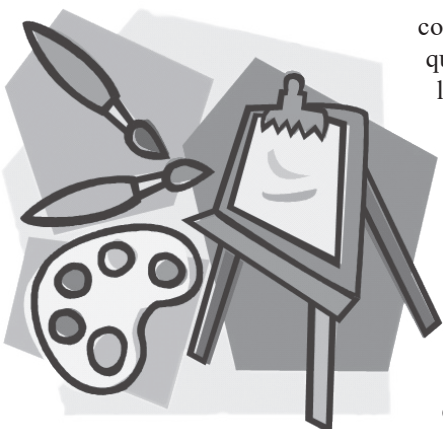
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News

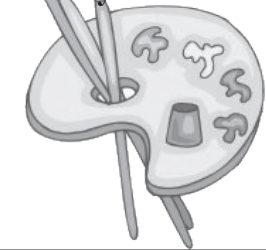
What's up?

16th annual NWOSU Art Society Art Show Starts March 3

Annual art show open to all Northwestern students, employees, retired employees and alumni.

Show will be open to public from Sunday, March 3, through Friday, March 29, during regular hours of the J.W. Martin Library.

Library closes at 5 p.m. on Fridays, and does not open on Saturday. It reopens at 1 p.m. on Sundays.



TONIGHT

GSA Meeting

Come to the GSA meeting to hang out and talk amongst peers.

SOEA Hospitality Room

5 p.m.



OSSAA DISTRICT BAND CONTEST

The district contest comprises of concert bands on-stage as well as solos and ensembles performing in the Fine Arts Building.

March 6

8 a.m.- 4 p.m.



Photo provided by Marisa Wilkinson

Marisa Wilkinson loves children, here she is with the children that she babysits from her home town of Buffalo

Day care vs self care

By BAILEY RANKIN
Student Reporter

Marisa Wilkinson sits in a rocking chair that gently moves back and forth.

The room is dimly lit so that the child she holds in her arms will not be stirred, but the shadows of cribs and highchairs are still visible.

Wilkinson is at work, a day-care where she has been employed at for the last five months, taking care of children that are not hers.

Wilkinson, a sophomore early childhood education major, is worried. She has worked almost every other night since she began at this daycare back in October of 2018 and she says she is burned out.

It's not the woman she works for or the children she watches that are the problem; it is the late nights she commits to them. Her shift is 3-11 p.m., but some nights she

doesn't make it home until 12:30 a.m..

Then she starts her routine over at 8 a.m. the next morning. First school, then work and finally some sleep.

These shifts take up most of her weekdays and a few weekends. She says that she is tired, that she feels like a middle-aged woman instead of a 21-year-old college student.

Working 30 to 40 hours a week as well as being a full-time student will do that to a person. So, she says she has to make a decision: get a new job or continue feeling this way.

She asks herself out loud, "Is spending evenings with another person's child worth not spending time with friends and family of my own? Just to make good money? That's something I'm trying to decide."

Her thoughts go back and forth,

weighing the pros and cons, just like the rocking chair she sits in.

"Is spending evenings with another person's child worth not spending time with friends and family of my own? Just to make good money? That's something I'm trying to decide."

Comprehensive Exams - 1:00 p.m. - EC 109 - Graduate Students



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 history

What Black History Month means to NWOSU students

By DAVID THORTON
Student Reporter



Photos by David Thorton

Junior health and sports science major Bryshon Bryant from New York mentioned why Black History Month is important to him. "It's important to me because it gives us an opportunity to go back and see what our ancestors fought for and their journey to freedom," Bryant said. Bryant also said it's about celebrating all that they did for the right they deserved. They were a powerful group and they deserve a month of celebration.



Right: Freshman mass communications major, Andrew Clopton from Houston, Texas, kept it simple as to why Black History Month is important. "It is important to know about black history and black culture, especially since they shaped America to what it is now," Clopton said.



Graphic by Clipart Library

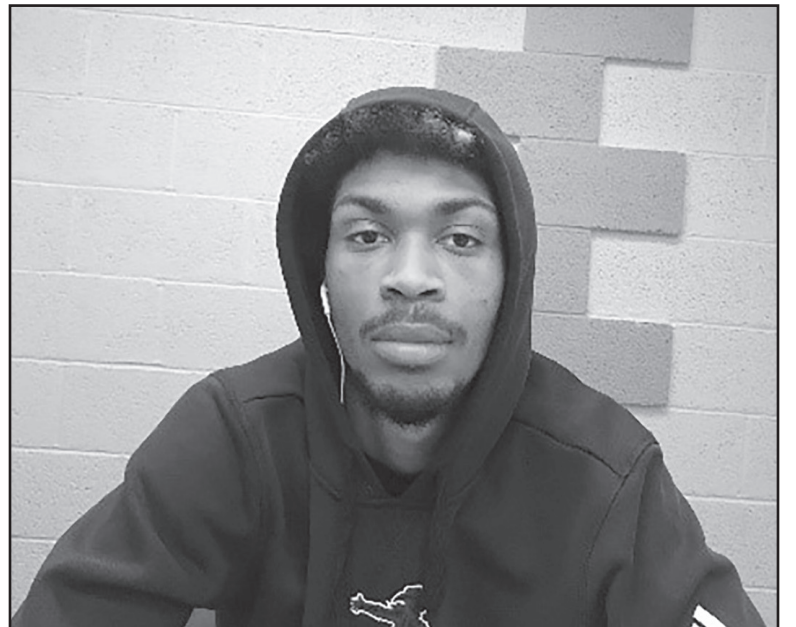
Left: Business administration major, Lynanne Hendrickson had a lot to say about Black History Month and why its good that we have it. "It's always important to look back at who influenced what and how they made such a positive impact on their culture," Hendrickson said. She also mentioned it's really important to look into history and see all the African Americans that changed so much in and for the United States, and what a impact they had back then that still applies and impacts a lot right now.

Jazz Band performs in library to celebrate Black History Month



Photos by University Relations

Jazz band member Darian Smith playing the trombone



The NWOSU jazz ensemble performed in the J.W Martin Library last Thursday for Black History Month.

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Editor-in-Chief
Ashley Strehl

Assistant Editor
McKayla Holson

Feature Editor
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Sports Editor
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Photo Editor
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Natalie Linville

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Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232
Telephone: 327-8479; Fax: 327-8127
E-mail: nwnews@nwosu.edu
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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@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.

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Editorial

Communication involves your ears

By CAITLYN PRAY
Student Reporter

You hear it whispered and shouted as the key to success in a variety of situations: relationships, sports, work projects and just in about any position, but yet sometimes it seems the message is thrown in one ear, but tossed out the other. You know what I mean?

I'm sure many of you can relate to more than one of these situations: a superior being upset with you because you didn't do a project correctly (though they didn't specify the guidelines and their expectations), a boyfriend or girlfriend randomly blowing up over something small you did or didn't do (though it's a result of them not telling you how they felt the first time you did it), a coach screaming at you as the buzzer goes off to a losing game because your teammates weren't in the right spots (though you didn't set out the game plan before you hit the court) or a group of peers glaring at you after a project because you didn't do your part (though they never asked you to do a certain part or job).

In some of these examples, you probably should be in trouble because it doesn't take a genius to take a hint. If you're working in a group project and everyone is busy and has a job and you don't, odds are that you need to step it up. If you texted your girlfriend "good morning" a hundred billion times before she answered in a less-than-sunny attitude six hours later, most likely you shouldn't do that again. Sometimes things aren't so black and white though, and it is in those times we need communication from the workplace to the playing field to the date.

"Employers consider oral communication another skill vital for those in entry-level jobs," a featured article from Cengage Learning reported. "Defined as the ability to articulate thoughts and ideas effectively and to possess public speaking skills, oral communication was the No. 1 applied skill that 95 percent of employers labeled "very important" among graduates of four-year institutions. For graduates of two-year colleges, 82 percent of employers said oral communication was "very important." But only 3 percent of two-year college students



and about 25 percent of four-year college graduates were found to possess excellent oral communication skills."

The above quote might be summed up to say: sometimes "k" just doesn't cut it. Although the report might be kind of harsh and truthfully a bit skewed depending on who the organization interviewed, it doesn't really come as a surprise to see that strong communication is something people look for and sometimes we don't really exercise it like we should.

The same truth applies to relationships.

"I just think that in relationship symbols like marriage or dating or even friendships it's so good to have that open communication," Brooke Fuller, former director of assessment, said. "I've been in friendships or relationships where communication just isn't very open and it's very hard because you don't know what's going on in the other person's mind. Sometimes it's hard, but I think it's important to, even in the hard situations, be vulnerable and tell them what your thoughts are, because how can they fix or solve issues going on unless you communicate?"

The same truth applies to the playing field.

"Communication is obviously very, very important, in any setting, but especially in a team setting." Shane Hansen, instructor of health and sports science, said.

In my interview with Hansen, I must admit that I was expecting a sort of team spirit or sports-centered perspective of why communication is important among teammates and

coaches and faculty associated with the sports world.

Instead, Hansen caught me off guard by going straight to the root of thorough communication and shared a vital truth about communicating with others that I think we often miss more than anything.

"I think it's important that we don't just have one-way communication from a top-down standpoint when there's communication amongst teammates," Hansen said. "It's important that there's also not just communicating verbally, but highlighting the ability to listen appropriately and intentionally to be an effective communicator. The concept of listening is just as important--than the concept of communicating verbally."

Listening in communication? Again, it's one of those points we hear shouted at us, but often I think that voice is drowned out by the myriad others screaming louder so their voice can be heard.

I left Hansen's office that day admiring his wisdom and thinking how different and great it would be if more people thought as he did; little did I know, there were.

Completely unaware that I had given any previous interviews, my next source picked up where Hansen had left off.

"Within communication, it's so important to listen," Fuller said. "I think we get so caught up in speaking that we don't always listen to what other people are saying, so I think it's important to make sure we are listening so that we are able to communicate well."

EDITOR'S RANT OF THE WEEK

By ASHLEY STREHL
Editor-in-Chief

Hello again, my readers, my fans and, most importantly, my friends.

I wanted to talk about something that isn't talked about very much in this newspaper, the Mass Communications Department.

I just want to start by saying, I love this place. There are so many great things that come with being a mass comm. major at NWOSU.

The instructors are nice and helpful and the student bond is completely unbreakable.

I've made so many of my friends by being a major and it's the reason that I'm even still at Northwestern. Most importantly, it's the reason that I'm even writing this column.

Mass comm. majors are amazing because all of the majors come from different walks of life. Some of us are athletes, some of us are science nerds, some of us are some english, some education. No matter what, we all share one thing in common. Our desire to inform our community of the latest news and event coverage.

It's fun being in mass comm. What other major can say that they get to film, radio record and write for one of the best college media programs in the state of Oklahoma?

When we all get together to work on a project, to me, it's more like hanging out and having fun, more than it is work. I can honestly say that sometimes, the best part of my day is class.

Classes can be challenging but you never have to worry about not having a friend in class. Also, we always work together to make sure everyone gets their assignments done and gets them done the best they can.

As the semesters go by, I love mass comm. more and more. I am now a Junior and I can say that I always make new friends as new semesters pass. I can also say that at first, being in mass comm. may seem hard, but you learn to turn your work into play.

I feel so privileged to be able to work amongst some of the coolest people on all of campus. These people support me and praise me for my hard work, and that means the world to me.

I joined mass comm. because a mass comm. major told me how awesome being here was and I took her word for it. I am so glad that I did.

Thank you guys for being my peers, teachers, leaders, but most importantly... Thanks for being my friends. I found more than just a major when I came to study mass communications. I found my very own family.



Photos by Selena Estrada



Photo by Michelle Willson

Rural life and its ups and downs

By SELENA ESTRADA
Student Reporter

Approximately 19.3 percent of the U.S. population live in rural areas, but rural areas cover about 97 percent of the nation's land area. This is according to the 2016 U.S. Census Bureau, anyway.

It's a little hard to believe that rural areas cover so much land area, but only 19.3 percent of the population live in it. Living in rural areas can have several advantages and disadvantages.

People have several different perspectives on rural areas, depending on where they grew up. People who grew up in big cities may not actually know or realize all the advantages and disadvantages rural areas can have.

Someone from a small town like Buffalo, Oklahoma, population of approximately 1,329 knows some of the advantages and disadvantages of rural living, but how is rural living seen nationally?

Rural is defined by the U.S. Census Bureau as "what is not urban—that is, after defining individual urban areas, rural is what is left." Many would agree with this definition.

When thinking "rural," people picture dirt roads, farm houses, the community that has formed at the crossroads or the town in the middle of nowhere.

Even though the U.S. Census Bureau defines rural as "what is not urban," it can be difficult for some to distinguish the difference between rural and urban. In the book, "Rural Communities-Legacy and Change," the authors say, "It is increasingly difficult to analyze rural-urban differences, as less and less data are available on smaller places."

One of the authors Cornelia Butler Flora explained how she would describe the difference between rural and urban. "I would use distance and density," she said in an interview. "How far are things, how many people, how are things squeezed together, and how do you view distance and density."

If you feel uncomfortable, if you don't see streets crowded with cars, and stores at every corner, that means you have an urban mindset. If you say 'wow there's a little more space here I really kind of



A tractor rakes hay that will be formed into hay bales, a common site in rural Oklahoma.

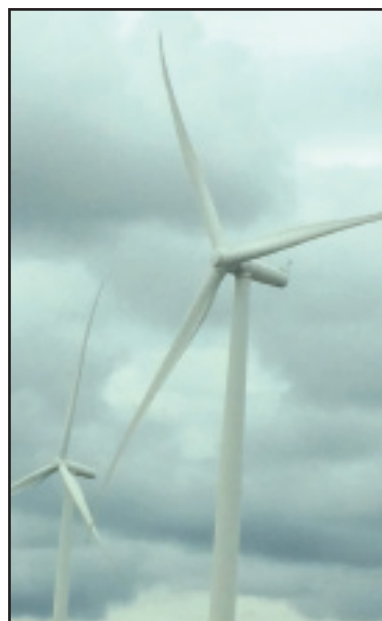
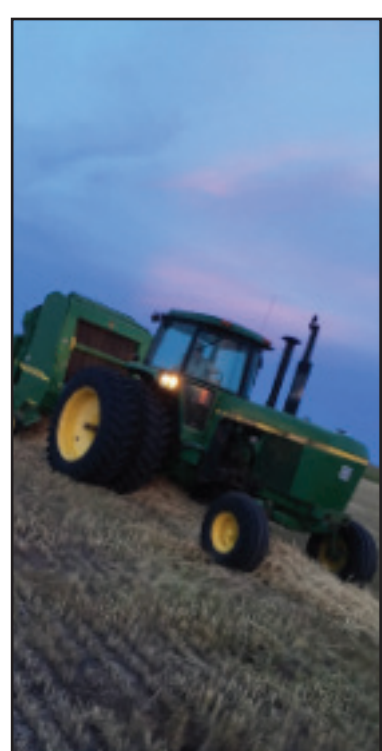
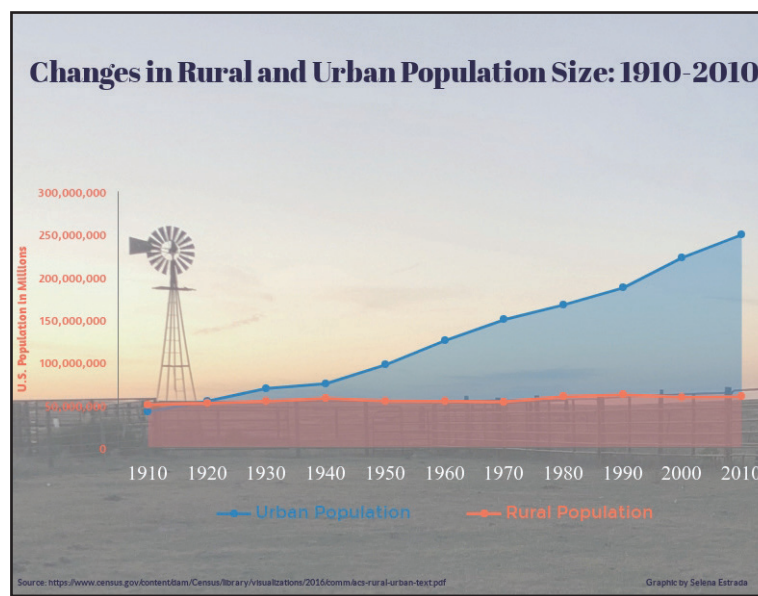


Photo by Michelle Willson



Two calves and one cow eating out of bunks at the Estrada Farm. The Estradas' have had their farm for four years.



“Each rural community is different and it depends on the attitude of the community on whether the community continues to grow or not.”

like this,' that's urban people seeing that rural advantage and a lot of suburbanization that has basically nothing all that good for us. It's that chance to have higher density but less distance but still have at least the illusion of personal space."

Flora and her husband, Jan Flora, are busy people involved with several committees. They are both authors of the book "Rural Communities Legacy and Change," and they even have a show that airs on PBS. The first edition of the book was made to accompany the television series.

They travel all around the country trying to understand rural communities. Cornelia and Jan both said they have done community development in both Latin America

and the U.S., and they've realized that rural communities are not all the same. With all the research and experiences, they both would be considered experts in rural living.

Advantages and disadvantages exist with rural living, however Cornelia Flora said she believes the advantages and disadvantages turn out to be the same. Flora ran the population research lab at Kansas State University, and because of this, she said she found out there was a returning migration occurring in the early 70s in rural communities in Kansas.

She said she found out one of the examples she came across was under social capitalism. "Everybody knows everybody else and knows what they're doing and that's the

reason so many young people want to leave and go someplace else," Flora said "But then when you have children you began to realize you really like it if your neighbors knew your kids and you could keep an eye out."

She said she also found out another example of return migration. "On the flip side, the push factor at once in your life cycle was the pull factor in another stage," Flora said, "so it's that sense of shared community."

Each rural community is different and it depends on the attitude of the community on whether the community continues to grow or not. Research shows more older people live in rural communities than young adults.

"In these communities, older people know how things are supposed to be, and they're that way," Flora said. "And I think that that is very oppressive for younger people who are ready for or looking for change."

Flora explained that younger people who end up moving to bigger cities, later come to find out that it's more expensive and they can't afford housing. They then want to come back to rural communities. She said they try to explain to rural communities that if they want people to live in rural communities, they need to be open to change and know that there will be changes.

"Change should not be frightening," Flora said. "What

concerns me right now is that were an atmosphere where anything different is seen as dangerous, we're in a climate that keeps inducing sheer rather than exploration and excitement of difference."

Jan Flora agreed with his wife, but also had a different point about agriculture to add. "When we're talking about agricultural areas, the way that agriculture has gone has contributed to the decline of rural communities," he said. "It's true with forest communities and to some degree it's also true for urban areas that were dependent on manufacturing because all of those kinds of activities require fewer people."

Agriculture is actually the most saving of labor of any of our

primary activities. The amount of investment per worker is really staggering so we spend a fair portion of our lives working on alternate agriculture that might employ more people. It's true, agriculture is the most saving of labor."

People from bigger cities don't realize how different rural communities can be and overlook the advantages and disadvantages. In an article "What Rural Living is Really Like," author Tom Harkins explains how rural living can have advantages over bigger cities, but how it can also be harder.

Compared to bigger cities, Harkins explained a few things where rural areas have the advantages. Rural living can have the option of a bigger and more

affordable home, it can be quieter than cities, less crime occurs, rural areas are also more open and more freedom to do what you want. Some disadvantages include fewer housing choices, fewer shopping and recreational areas, fewer job opportunities and more maintenance work to do (if you live in a farm house).

As Cornelia Flora said, even with all these disadvantages and advantages, it all just really comes down to the same thing. She also said opportunities happen if people in the community allow growth.

Harkins listed several advantages and disadvantages in his article, but listed them in a way to keep an open mind and maybe see different perspectives. For example, Harkins

19.7% of residents live in rural areas

97% of the United States is Rural area



Photo by Michelle Willson

The Berntsen family of Conway Springs Kansas attempting to direct a stubborn 600 pound pig into a trailer.

explains that there may be fewer job opportunities in rural areas compared to several options bigger cities offer. However, in rural areas people can possibly start their own businesses and even work from home.

He said this is probably possible because the cost of living in rural areas tends to be lower than in bigger cities, so therefore it is easier to be able to have a unique job

that allows someone to work from home without worrying about the expensive cost of city living.

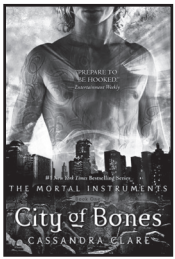
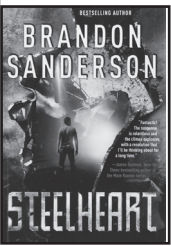
As stated in the book "Rural Communities Legacy and Change," "many people imagine a rural America characterized by farming, homogeneous cultures, and close-knit communities. In reality rural communities differ more from each other than they do, on average, from urban areas."

Feature

Students share favorite books- Read Across America Day

By PHILIP HUDSON
Student Reporter

In honor of National Read Across America Day, March 2, some NWOSU students have recommended their favorite books to read and why they love these books.

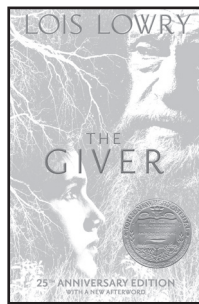


Science Fiction/Fantasy is a popular genre among our students. Biology major Amanda Harding says Andy Weir's "The Martian" is her favorite book because she finds the novel hilarious. The main character is stranded on Mars and "...is very creative about how he survives and he references Star Trek, Marvel Comics and others a lot."

Hunter McEachern, freshman music education major, likes another book in this genre: "City of Bones" from "The Mortal Instruments" series. McEachern recommends the book. "Characters are interesting and keep the story going and it is the first of the series I read and it is what got me hooked on it," McEachern said.

Another book in the genre is "Steelheart" written by Brandon Sanderson. Joe Bowden, freshmen vocal performance major, says it his favorite book. "It is a sci-fi based book where people get unusual powers."

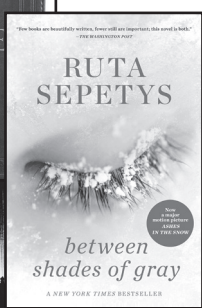
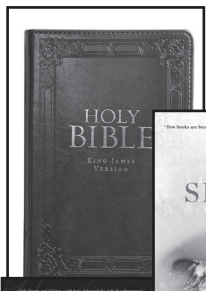
"Steelheart" also falls under the genre of young adult. Katherine Blair, a junior instrumental music education major, says her favorite book is "The Giver" by Lois Lowry because she liked the overall concept of the book. This story is also a young adult novel. Lowry's book follows a boy as he apprentices under The Giver, an old man tasked with seeing the chaotic past of this "utopian" society. The boy, however, sees that much has been sacrificed to bring them this community of order and peace.



There are other genres if the last few have not piqued readers' interest. General education major Mary Ellis says, the Holy Bible is her favorite book. "It is the word of God," Ellis said.

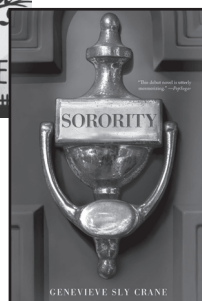
Senior English major Baleigh Roberts recommends a shorter read, "Between Shades of Grey" by Ruta Sepetys. "It's a book I read when I was younger, but it's one I think of quite a bit in terms of what I enjoyed reading as a child," Ellis said. "It's also historical fiction so it allowed me to be entertained and informed while I read it."

Junior computer science major Katie Evans says a childhood favorite of hers is Frank Peretti and Ted Dekker's thriller "The House" written in 2006. "The reason why I like the book is because I didn't like reading when I was little and that was the first book I liked and enjoyed," Evans said. Books we read as children often help us figure out what we like to read. What hooks us in when we are little implants a nice memory we can recapture when reading as adults.



The next recommendation is debated whether it is a young adult book or not. Junior agriculture major Michael Czapansky recommends reading "To Kill a Mockingbird" by Harper Lee, because it is about a white man trying to stand up for diversity of a black man and what all they had to go through. Though this 1960 novel is debated whether or not it is the first young adult novel or not a book of that genre, it does fall under the genre of bildungsroman. This genre is about book that focuses on the growth of a child protagonist in a psychological and/or spiritual nature.

"Sorority" by Genevieve Sly Crane is also in this genre. Faye Jackson, junior early childhood education major, recommends the book because it is a dark humor book that tells the lives of each girls. The book is odd and hard to put down with its close to home stories. It is a look at the girls as person more than a sorority as a whole



Many of these books are highly recommended because it is the book that got them to start reading; go find that book for you Saturday and read. Reconnect with your past, which books often do.

"Don't cry because it's over, smile because it happened."

— Dr. Seuss

"If you want to know what a man's like, take a good look at how he treats his inferiors, not his equals."

— J.K. Rowling

Easy Strawberry Banana Smoothie

By ASHLEY STREHL
Editor-in-Chief

1 cup frozen fruit

1 1/2 cup milk

3 teaspoons sugar

Blend and Enjoy

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518 College Ave.
Alva, Ok 73717
580-327-3300

Burlington Branch
PO Box 80
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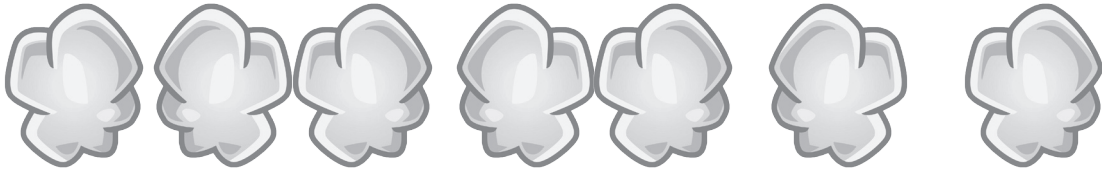
Enid-Chisholm Branch
801 W. Broadway
Enid, Ok 73701
580-234-4201

Bank of Freedom Branch
1085 Main St.
Freedom, Ok 73842
580-621-3276

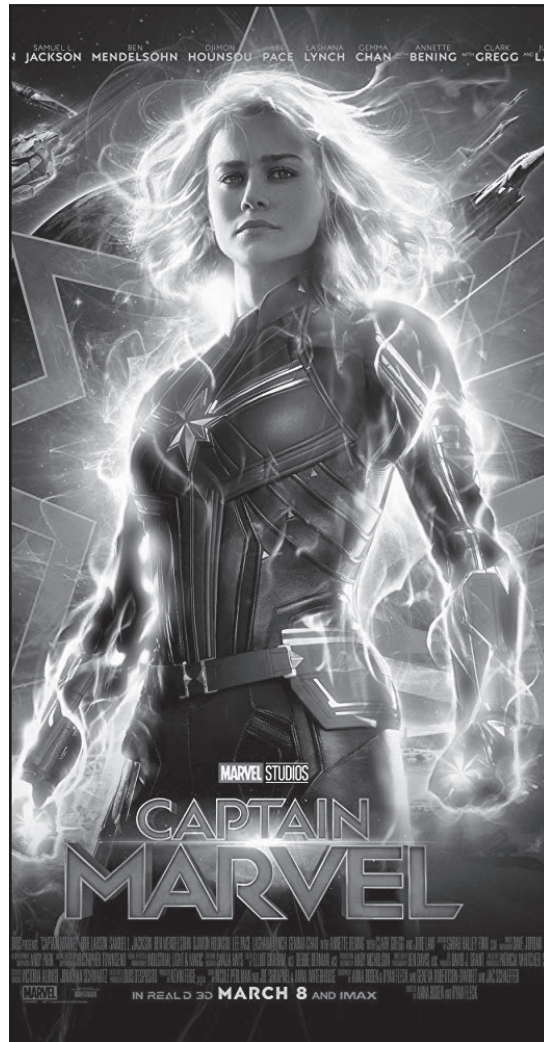
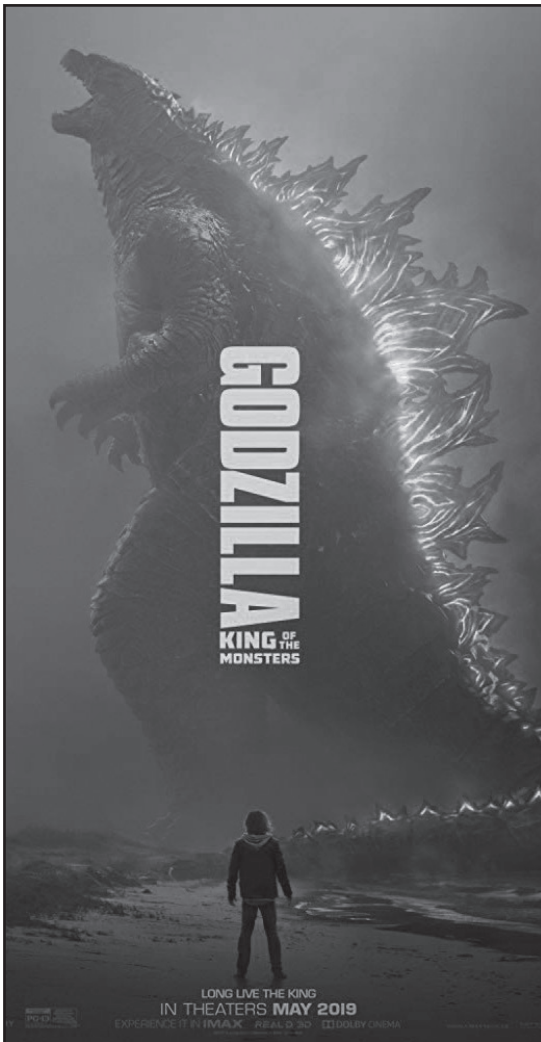
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Entertainment



The Oscars



Now presenting: the previews

By **Richmond Adams**
Movie Reviewer

Two weeks ago, my wife Jane and I (at her urging: she knows I have somewhat “quirky” taste in movies) went to see the recent film *Green Book*, a fine production concerning issues from the early 1960s that remain, sadly, much too present today. My thoughts presently, however, do not revolve around that film, but two of the previews that Jane and I happened to see. We first saw scenes from *Godzilla: King of the Monsters*, which serves as the inevitable sequel to the simply named *Godzilla* from 2014. Beyond the usual CGI “blow up most of the world” graphics, the preview suggested that the creature who generated the most horror from films during the 1950s and 1960s has now become the one who will now save humanity from itself. Interesting.

As *Godzilla* left the screen, *Captain Marvel* took its place. Apparently retelling the transformation of Carol Danvers who will, at the last possible moment, bring about the saving of the world (cue Tom Cruise’s entrance for *Mission Impossible XII*, or whatever its number is, for a dramatic cameo), our gallant rescuer comes to battle all manner of evil for seemingly almost two hours, give or take a popcorn break. Only, more or less, the 10,456th portrayal of superhero-dom in the aftermath of 9-11, *Captain Marvel* will, without doubt, do her duty and allow we who are mere mortals to rest easy until the forces of evil again descend upon us. Interesting.

In taking these two previews as a whole, (the third one was some CGI cartoon about something or other that caused me to reach for my Dr. Pepper), they suggest that we have come to rely upon once

feared and horrid monsters along with CGI-formed superheroes to rescue us not so much from what lurks beyond our control, but actually from ourselves. These films, in short, reflect the cultural ways that we have come to understand ourselves in a much different manner even within the span of my lifetime. In 1962, to use a notable example, Atticus Finch during the film *To Kill a Mockingbird* called us to duty. While the jury in Maycomb, Alabama did not listen to his call, many among the audience did, it appeared. Those who saw the film and read Harper Lee’s novel came to realize, or at least believed, what was expected. The previews from two weeks ago noted, however, that even if we could recreate Gregory Peck’s thunder from the seat of cultural judgement in 1962, we might still wait for a monster or a superhero to save us from ourselves. In itself, that cultural shift remains most interesting.



Sports

Baseball drops series

By MEGAN MAHARRY
Sports Editor

The Ranger men's baseball team dropped in their conference series against Oklahoma Baptist University 3-0.

After being delayed a few days by weather, the men faced off in game one against the Bison Sunday, falling 12-4.

The Rangers started off with the 1-0 lead before the Bison pushed four runs across the plate in the third inning.

The Rangers added two runs in the bottom of the third on a wild pitch and a single by Johnnuelle Ponce.

Despite consistent bats for the Rangers, the Bison tacked on seven more runs in the eighth and ninth innings, stopping the Ranger offense cold.

Justin Bundy was solid for the Rangers, accounting for three of their four runs. He hit his fourth home run of the season in the sixth inning.

The Rangers returned to the field Monday to play the double-header against OBU.

Unfortunately, the hot bats were from OBU.

The Rangers lost in game two 21-10.

Game two proved to be a



Photo by Shannon Nesserella.

The Ranger men next face Southern Arkansas on the road.

slug fest between the two teams, as multiple home runs were hit throughout the game.

The Bison started off with three home runs in the first, to which the Rangers quickly answered back in the bottom of the inning. Marques Paige knocked the long ball over the fence to notch the three-run homer.

Despite the bats flying, the Rangers could not overcome the Bison. The final game of the series saw the Rangers fall 11-8.

The Rangers held the lead first, but a big third and seventh inning totaled the win for the Bison.

The Rangers look to get back in the swing of things on March 1 and 2 at Southern Arkansas.

Basketball split two at home

By LOGAN JONES
Assist. Sports Editor

In the final homestand of the 2019 season, the Northwestern men's basketball team took on the two Arkadelphia-based teams, Ouachita Baptist and Henderson State.

On Thursday night, the Rangers took on the OBU Tigers at Percell Fieldhouse. However, after a close, back and forth game, Northwestern ultimately lost, 67-58.

The Rangers came out of the gate running, leading the Tigers by the score of 18-11 after nine minutes of play. In the first half, the red and black would lead by as many as nine points.

Despite the early deficit, the Tigers managed to battle back, tying the Rangers at 21 with just over six minutes left in the half.

For the remainder of the first half, both teams looked to be evenly matched with the Tigers responding every time the Rangers found the net. At the buzzer, Northwestern held a slight one-point lead at 32-31.

The second half picked up where the first left off with both teams battling back and forth for the lead.

With nine and a half minutes left in the game, OBU scored eight unanswered points, giving the Tigers a 5-point cushion. The Rang-



Photo by Kevin Ford.

Senior Hunter Frisby.

ers would go on to cut the lead to one but just could not overtake the Tigers. With five minutes left on the clock, Northwestern seemed to run out of gas, only scoring nine to OBU's 15.

Redshirt sophomore Jack Peck led the scoring for the Rangers, putting up a season high 18 points and four assists. Other standouts include A.J. Jones and Eric Andres Jr., each putting up eight points, while Andrew Clopton and David Thornton each scored five of their own.

The boys looked to make their last home game a good one as they looked to take down the Henderson State Reddies on Senior Day. Lone senior, Hunter Frisby, was

honored before the game as he and his family were awarded a framed jersey of his number 4. The Rangers went on to win, 69-54.

After starting the game with each team neck and neck for the lead, a big 3-pointer from Cole Jones sparked a 13-2 Ranger run, giving Northwestern a 22-10 lead with seven and a half minutes left in the first.

The red and black led by as many as 14 in the first half before the Reddies cut into the lead. The half ended with the Rangers winning 32-20.

When the second half came around, HSU tried to fight their way back into the ball game.

They went on a 9-2 run to bring them within eight points. The Reddies continued to chip away at the Ranger lead, ultimately trailing by only three with 10 minutes left. The red and black would stretch the lead to 11 and again to 13. Then with 46 seconds remaining, Jones drained a 3-pointer, making the score 69-54, where it stayed until the final buzzer.

Northwestern heads into the final week of the season with a 7-19 overall record and a 5-15 record in conference.

The Rangers will finish the 2019 campaign on the road as they take on the Arkansas Tech Wonderboys in Russellville, AR on Feb. 28 before heading to Searcy to play the Bison of Harding University on Saturday, March 2.

Smither, Young earn conference First-Team Honors

By ERIC SCOTT
Athletic Communications

Northwestern Oklahoma State University track and field set the bar for future Ranger athletes Saturday as the Rangers competed in the first ever Great American Conference Indoor Championships. The event was held inside the Mosier Indoor Facility on the campus on the University of Oklahoma.

With a winning distance of 11.25 meters, Cayla Smither leapt past teammate Keiazayah Young who finished with a distance of 11.17 meters. Both athletes became the first ever First Team All-GAC recipients in the triple jump.

Smither and Young both finished with two All-GAC honors. Young closed the long jump on Saturday with a fourth place 4.99 meters for Second Team All-GAC, just .02 meters outside of a First Team spot. Smither finished Second Team All-GAC after a seventh place finish in the high jump.

"We have the triple jump champion as well as the runner-up and are very fortunate in our first season," said Lancaster. "We've learned a lot and feel good going into the outdoor season. It's an exciting time to be a Ranger!"

Athletes who finish their respective events first to third are named First Team All-Conference and fourth through sixth were named Second Team All-GAC. Smither's high jump was the sixth best mark in among GAC participants, as the event winner was competing unattached from the conference meet.

Young also finished just outside of All-Conference marks in the 60-meter dash with an eighth place finish at 8.06 seconds.

The 4x400 meter relay team of Megan Mayfield, Lashayla Bell, Journey LeBateau and Lashayla Green made a showing with a Second Team All-Conference finish as they place fifth in the event. It was a great success for the relay team as they team was changed up due to a conflict with the triple jump.

A few events were held Friday evening, including the 5000 meter run.

Kayla Gourley finished crossed the finish line at the 20:01.23 mark, shattering her previous personal record in the 5K by 52 seconds. Gourley also set a PR in the 3000 meter run.

"It's hard for me to put into words how proud I am of Kayla this weekend," said associate head coach Brock Hime. "She stepped up and set two PR's in the longest races of the meet."

Adding a top ten victory Saturday afternoon was Alexa Leyva in the long jump as he went for a distance of 4.75 meters. Rayna Patton also closed the shot put in the top ten with an eighth place mark of 10.99 meters and Jenny Martinez finished the same event in tenth place after toss 10.53 meters.

Other top ten finishers include Kelsey Swindle (11.36 meters) in the weight throw and Claire Theis with 2,149 points in the pentathlon.

"The weight throw went great individually with five athletes setting new PR's," mentioned Lancaster as the conclusion of the meet. "Rayna set a huge PR to make the finals, Smither utilized her talents to open the second day by scoring in the high jump and Keke Young continues to improve in the 60-meter dash by making the finals and setting a PR along the way."



Photo Provided.

The Lady Rangers next run in the NCAA Indoor Championship.

Sports

Lady Rangers advance to GAC Tournament

By MEGAN MAHARRY
Sports Editor

The Lady Ranger basketball team was victorious in clinching the Great American conference spot after their 74-54 win over Henderson State on Saturday.

Prior to Saturday's win, the Lady Rangers took down Ouachita Baptist 71-60 on Thursday.

Bailey Brown continued to impress with her performance. The sophomore finished the game with 17 points and her sixth double-double—her third in four games.

Kalea King also recorded seven points on the night, and is now ninth all-time in points at Northwestern.

McKenzie Billy made four three-pointers to finish the game with 12 points.

The Lady Rangers trailed by one point going into the second half. They refused to stay behind for long, however.

The Lady Rangers went on a 14-2 run in the third quarter and never lost the lead from there. They came away with the 71-60 win.

The Lady Rangers turned around Saturday afternoon to take on Henderson State.

With a 74-54 win, the ladies secure their first ever Great American Conference tournament appearance.

Saturday also honored for Lady Ranger seniors, who took the home court for the last time: Jade Jones, McKenzie Billy, Bailey Forell and Deja Beechum.

The Lady Rangers controlled nearly the entire game and were



Photo by Olivia Brock.

Senior Jade Jones.



Photo by Ashley Watts.

Senior McKenzie Billy.



Photo by Olivia Brock.

Senior Bailey Forell.



Photo by Olivia Brock.

Senior Deja Beechum.

solid in shooting, ending with a 52.4 percent of shots made.

Sophomore Bailey Brown continued to dominate on the court, recording a career high 28 points. It was also the most points scored by a Lady Ranger this season. She was a perfect 11-for-11 from the

free-throw line.

According to the statistics from the athletic department, Brown tied Kim Gerber (12/1/1997) and Deanna Braley (2/15/2000) for the second most free-throws made with a perfect percentage in a

game. Margo (Dobson) Hamilton is tops in school history with 17 attempts in 1997.

Jones ended the night with 14 points and Billy ended her senior career with a career high nine rebounds.

The Lady Rangers have two

final games left in their regular season. On Feb. 28 they take on Arkansas Tech University in Arkansas before facing Harding on March 2.

The Great American Conference tournament begins March 6 in Bartlesville, Oklahoma.



Photo by Ashley Watts.

The Lady Rangers finish off their regular season with games in Arkansas.

Softball splits opening series

By MEGAN MAHARRY
Sports Editor

The Lady Ranger softball team kicked off their conference season with a visit to the Lady Bison of Oklahoma Baptist.

The Lady Rangers went 2-2 in the series, with a double-header Sunday and the final series game on Monday.

In game one, the Lady Rangers took care of business to get the win 4-2.

The Lady Rangers grabbed the early lead in the first inning, thanks to a double by Madison Friest that scored two Lady Rangers.

The score remained 2-0 until OBU struck with a run in the fourth. They followed with a second run in the sixth to tie the game at two all.

The Lady Rangers answered back in the top of the seventh. A double by Abby Detar score one run. A single by Morgan Kirk, which scored Detar, pushed the Lady Rangers ahead by two.

The Lady Ranger defense shut down OBU in the bottom of the

seventh and claimed the victory.

In game two of the afternoon, the Lady Rangers just fell short of a victory with a score of 3-2.

Game two saw nearly zero scoring action for either team. The seventh inning was the only inning that saw a score, with the first six being zero.

The Lady Rangers added two runs in the top of the seventh on an error and a RBI double by Friest.

OBU, however, answered with three runs in the bottom of the inning, enough to top the Lady Rangers.

The Lady Rangers closed out the series on Monday with a 7-5 win in game three and a 15-3 loss in game four, splitting the series with the Lady Bison.

In game three, the Lady Ranger's bats did not begin firing until the fourth inning when they put up six runs.

The scoring began with an RBI single to centerfield from Caden Cunningham.

Three other Lady Rangers had hits that traveled into the outfield for RBI's.

Morgan Kirk had a solid afternoon of hitting with 2 RBI's, a hit

and a run.

OBU answered back in the bottom of the inning with four runs, but the Lady Ranger defense held them.

A single shot over the fence from Jada Overby in the seventh secured the 7-5 victory.

In the final game of the series, the Lady Rangers could not top OBU and fell 15-3.

The Lady Rangers had a tough first inning that ultimately put them out of the game.

The Lady Bison's bats were hot, as they put up 10 quick runs.

OBU began the inning with a grand slam to already make the score 4-0.

Shortly after, the Lady Bison managed a second grand slam to pull far ahead.

The Lady Rangers were able to add a couple of runs to the board, but OBU tacked on five more in the third, and the Lady Rangers could not come back.

The Lady Rangers next take to the road to face Southern Arkansas in double-headers on March 1 and 2.

Games are set for 3 p.m. on March 1 and 11 a.m. on the 2.



Photo Provided.

By ERIC SCOTT
Athletic Communications

For the second time in three weeks, a Northwestern Oklahoma State University baseball player has been recognized by the Great American Conference as Colton Whitehouse was named the GAC Co-Player of the Week, the league announced on Tuesday.

Whitehouse has had no trouble getting back into the swing of things as an everyday player following a redshirt season last year.

The redshirt junior had an un-

believable week after a win over MIAA foe Northeastern State and a sweep at Southern Nazarene with a .688 average (11-of-16), with a homerun and three doubles, while slugging 1.063. Whitehouse accounted for 13 runs in the four wins.

Whitehouse, a native of Mansfield, Texas, is the second Ranger this season to receive the Player of the Week honor.

Entering Tuesday slate of games, Whitehouse is second in the conference with a .500 batting average, sandwiched between Andujar (.520) and Luis Mendoza (.486).

Repenting, fasting, religion, Lent

By **BAILEY RANKIN**
Student Reporter

March 6, 2019 is the official start of Lent, but before Lent comes Fat Tuesday. The term Fat Tuesday comes about because of the fact that the more intense Lenten fasting required that those who were fasting were not to eat any animals or animal products for 40 days. To make sure that none of the products went to waste, they prepared a feast and ate it all the day before Lent.

Lent is the length of 40 days in which those who participate prepare for Easter in celebration of when Jesus was resurrected. When observing Lent, people of all sorts of denominations can adhere by fasting, repenting, self-denial and spiritual discipline or simply giving up something they en-

joy, or something they would like to change or improve upon themselves. By doing this, it allows time to be set aside to reflect on Christ and the suffering He endured, the sacrifice He gave and His resurrection.

Lutherans, Methodists, Presbyterians, Anglicans and Roman Catholics mostly observe Lent. However, anybody from any denomination or those that have no beliefs can participate. According to LifeWay, 1 in 4 Americans observe Lent (24 percent), with most American observers fasting from a favorite food or beverage (57 per-

cent) vs. a bad habit (35 percent) or a favorite activity (23 percent). But where is the fun in that? Here are a few unconventional ideas for what to give up for lent by life-teen.com:

- Don't eat the last bite of your food
- Park at the very back of the parking lot
- Put a popcorn kernel in your shoe every day
- Don't use your apps

- Get to know your neighbors

- Pray the "Hail Mary" and do an ab crunch for every single word

- Stop complaining and/or being negative

- Give up texting and call whomever you need to talk to

- Don't use utensils

- Give away 10 shirts, two pairs of pants, and a pair of shoes

- When you wake up, jump out of bed, kiss the floor and learn humility

- Wear the same

four outfits for all of Lent

- Everyday do 20 (or 100) pushups and offer it up for someone who's sick

- Leave a post-it with a positive message on it wherever you go

- Cut out all screen-time (phone, TV, computer) after dinner

- Use your weekends to babysit for free

- Send a different person from the Life Teen Staff an affirmation email every day of Lent

- Don't straighten or curl your hair

- Sit and stand up straight – don't slouch!

- Every day take a picture of something or someone you're grateful for and hang the pictures

Lent



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