

Smiles of the Week



Photo by Leah Darnell

Graduate student Rosa A. Guel is smiling because she enjoys sharing her knowledge and helping others succeed.

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A NEED FOR CONVERSATION

University hopes new program will help students talk about mental health

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

In the beginning of January 2020, the employees of NWO-SU received an important email.

The email read: "Dear NWO-SU Employees, SUICIDE IS THE 2ND LEADING CAUSE OF DEATH IN THE UNITED STATES AGES 18 - 34. The Oklahoma Department of Mental Health and Substance Abuse Services (ODMHAS) and The

Oklahoma Higher Regents have partnered to provide universities in Oklahoma access to the Kognito program."

Taylor Wilson, director of counseling and career services, worked with Student Services to send out this email: "At-Risk Faculty & Staff [Kognito] is an online simulation that lets you practice conversations with a virtual student, so you'll know what to say in real life. You'll learn how to determine when a student needs help, how to talk with a student who you're worried about, and where you and students can turn to for help."

Kognito is a health simulation company based in New York City.

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Graphic by Ashley Strehl

This graphic shows the percentages of college students who face different types of mental illnesses. [SOURCE: American Psychological Association]

SNOW, RANGERS, SNOW!

Northwestern Oklahoma State University officials canceled classes Tuesday afternoon after a snow storm passed through Alva, and the white blanket of snow on the ground transformed NWOSU into a winter wonderland. **RIGHT:** The Ranger statue on the northeast corner of the campus was topped with snow. **BOTTOM RIGHT:** The drainage ditch by Coronado Hall was filled with running water from early morning rain. **BELOW:** In the photo on the right, Ashtin Spradlin smiles as she runs through the snow. In the photo on the left, Italy Custard covers her eyes as she prepares to throw a snowball at her friend. For more photos, see Page 12. Photos by Jordan Green



Students learn about consent in seminar

Speakers talk about impact of sexual assault and violence; students learn about healthy relationships in seminar held in Herod Hall

By **MEGAN BROWN**
Student Reporter

While laughter rang from the auditorium during Monday night's seminar, the topic of sexual violence is no joke.

In the United States, one in three women and one in six men

will experience some type of sexual violence within their lifetimes, according to NSVRC.org.

Northwestern Oklahoma State University is looking to combat these statistics by educating students on types of violence and the resources that are available to students.

A Monday seminar covered

mental and physical abuse, the titles and definitions of different types of offenses, and the legal actions that could be taken.

Steve Tanio, an investigator with the district attorney's office, used a small amount of humor to lay out consent in a less serious manner. But this does not mean

See **SEMINAR**, Page 3

News

'We just want to help'

Campus Cabinet founders celebrate first year of program

By **JORDAN GREEN**
News Editor

Northwestern staff members had seen the problem around campus for years.

Students struggling with finances had a hard time making ends meet. Some didn't have enough food. Others needed hygiene products like soap and shampoo. Some staff members faced those problems, too.

So two sisters who work at Northwestern – Angelia and Valarie Case – teamed up with the NWOSU Art Society and several others. They came up with a plan to help students and staffers alike. Now, one year after they put it into practice, they're celebrating what they've done – and they're looking forward to helping more Rangers in the future.

The Campus Cabinet at Northwestern turned one year old Jan. 16. Volunteers say the program has provided several NWOSU students and staffers with food, blankets, pillows, and hygiene products, among other items.

The program relies on grants and donations from community members and businesses, who Angelia Case says eagerly support the university and its students. Students and employees in need can stop by Shockley Hall on Wednesday nights from 5 – 7 p.m. They may also submit forms via the internet at <http://www.nwosu.edu/campus-cabinet> or email Angelia Case at arcase@nwosu.edu.

It doesn't cost the recipients a penny as long as they bring their student or employee identification cards with them.

Recipients of goods remain anonymous, and Campus Cabinet volunteers don't ask them questions when they walk in the door.

The number of students who receive food from the food pantry



Photo by Bailey Rankin

Angelia Case stocks shelves with food items in the Campus Cabinet at NWOSU in this September file photo.

varies from week to week. Some weeks, only a couple of students stop by. Other weeks, that number is closer to a dozen. So far, the Cabinet has more than 70 registered users.

While recipients stay nameless, someone has to serve as the "face" of the program. That duty falls on volunteers, who go out into the community to organize food drives, Angelia Case said.

That's exactly what Joni Welch did.

Welch, a nursing major, wanted to get involved with a service organization on campus. When she heard about the Campus Cabinet, she knew that was the one for her.

"I was looking for an activity on campus to get involved in when I learned of the Campus

Cabinet," she said. "The staff and other volunteers were warm and friendly right away. I enjoyed volunteering there, and it was a good fit for my busy schedule. As a nursing major, I have very little time to volunteer, and I wanted to do something that would have a positive impact."

With the help of Share Medical Center employees, Welch organized a food drive in conjunction with Share Medical Center, The Homestead and The Convalescent Home. All three are Alva-area organizations with ties either to the medical industry or the housing industry.

And the drive worked. Case said the group received several large donations of food items, leaving the food pantry with more than 500 pounds of non-perish-

able food, hygiene products, and bedding.

Welch said the food drive was a meaningful experience that demonstrates the power of teamwork.

"It is very rewarding to help others," she said. "I was volunteering the day that the donation from Share Medical Center arrived. It was exciting for me to see a big donation arrive and know that I played a small part in it. A lot of things can be accomplished when people work together."

'THEY ARE WELCOME'

When the Case sisters and Art Society members first had the idea for the Campus Cabinet, that's all they were looking for: a cabinet. They ended up with an

entire room in Shockley Hall, and they've since been given half of another room.

To them, that was just one step in the right direction. The program has since expanded to the university's Woodward campus thanks to Kristin Mravinec, the dean's administrative assistant. Those involved say they hope the program will continue to grow and have a wide outreach to NWOSU students and staff.

Donations of food items are always accepted, and so are monetary donations.

Volunteers are needed, too. Welch said opportunities to help are plentiful.

"I would definitely encourage others to volunteer with the Campus Cabinet," she said. "There are many opportunities, including food distribution, cleaning, stocking shelves, checking in and weighing donations, and even providing baked goods on occasion."

"The staff is wonderful. They made a way for me to volunteer when I had a difficult schedule."

Valarie Case said those who have received help from the food pantry have been grateful for it.

"Every one of our students and employees who have come to the Cabinet for help has been so thankful," she said. "We completely understand those who have been hesitant to ask for help because we can identify. We want them to know they are welcome, and when they are able to in the future, pay it forward."

Angelia Case hopes to get more help from volunteers in the future. But above all, she wants more students and staff members to feel comfortable asking for help.

"We just want to help," she said. "What we want them to do is let us help now, and then they can pay it forward when they can. ... Just let us help."

KOGNITO: University can use program for two years at no cost

Continued from Page 1

Since 2010, more than 350 institutions of higher education have used Kognito's evidence-based mental health education simulations to train more than 400,000 faculty, staff, and students.

Kognito offers six main learning objectives: increasing knowledge and awareness about mental health and suicide; identifying warning signs of psychological distress, including verbal, behavioral, and situational clues; and motivating peers to seek support.

Participants will also learn how to understand the school's specific process for student refer-

ral and counseling services and will know how to help a friend if they are uncomfortable talking with them about their concern.

LOSS OF PRODUCTIVITY

Kognito cited on its website a 2013 survey by the American Psychological Association, which reported that roughly one-third of all college students experienced depression within the past year, which caused them to have difficulty functioning.

According to the report, 32% of college students deal with a mental illness at any given time: 5% of students screened positive

for panic disorders, 6% for anxiety disorders, 9% for major depression, and 15% for self-injuring without thoughts of suicide.

NWOSU will have access to the program for two years at no cost to the university.

After the second year, officials will discuss further steps if they can show that they are utilizing the program.

No employees are required to complete Kognito training; however, Wilson sent it to all NWOSU employees because she says it could be beneficial to all employees.

"I think that this program will benefit students and employees

by enhancing knowledge of signs of distress and how to effectively respond," Wilson said. "Each person on campus plays a role to keep others safe our campus will become stronger together."

Wilson hopes the program will give employees the tools they need to help students cope with mental health issues.

"We want to make sure that we can all recognize signs of distress and know what to say if a student needs help," Wilson said. "It can be difficult to deal with these kinds of issues, but an effective conversation can help more than you think. It can help change someone's life."

"I think that this program will benefit students and employees by enhancing knowledge of signs of distress and how to effectively respond."
- Taylor Wilson, director of counseling and career services

News

What's up?

TONIGHT:

Another Goodie Giveaway will be held at tonight's Ranger basketball game.

There will be a baked item giveaway fundraiser. Buy three tickets for \$1.

The event will be held in Percefull Fieldhouse, and it begins at 5:30 p.m.

TONIGHT:

The Medical Sciences Club will hold a meeting.

This is a planning meeting for the events for the upcoming semester.

The meeting will be held in the Science Amphitheatre. It begins at 6:00 p.m.

Got news? Send your stories and information to us: nwnews@nwosu.edu.



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FEB. 4:

The Northwest Oklahoma Concert Series will bring in Ryan Shupe and the Rubberband to perform in the Herod Hall Auditorium.

Ryan Shupe is roaring back with his new album "We Rode On." "We Rode On" marks a striking career transition and a meaningful evolution in Shupe's songwriting, his life, and the band's sound.

Shupe has been touring extensively across the US since he was 10 years old. He is no stranger to the national stage and the band has appeared on Good Morning America, E! TV, Mountain Stage, Woodsongs, GAC and CMT.

They continue to tour regularly with stops at festivals, concert series, special events and prestigious venues.

Tickets are available for purchase at the door, and they cost \$5 each for students. They cost \$20 each for adults.

SEMINAR: Students learn about consent

Continued from Page 1
that receiving consent is not serious.

According to NWOSU, effective consent to participate in sexual activity is informed, freely and actively given, and mutually understood through words or actions.

Brandy Johnson, the school's victim advocate, said: "If you have the capability to laugh about it, then you are, perhaps, one of the lucky ones who has never had to deal with it. Laughing about a subject as serious as sexual assault is sometimes even a coping mechanism for some people. It is called a chameleon effect. Like, if I can laugh about it, then it didn't affect me."

Taylor Wilson, the university's director of counseling and career services, said she wanted to use the event as a way to make sure all students were aware of their resources. NWOSU's "1 is 2 many" campaign outlines the steps and resources a victim of a sexual crime has access to.

The university encourages students to first seek safety, preserve evidence and receive medical care before reporting a crime. While not all may feel comfortable reporting a crime committed against them, it is also encouraged that victims do disclose this information to someone in order to have a support system.

While NWOSU does have confidential resources for students to report to, it is important that students are aware that all NWOSU employees, excluding the counselor and victim's advocate, are required by the Clery Act to report any sex-related crimes as soon as they are made aware of said crimes. Confidential reporting options on NWOSU's campus include the school counselor and the university's victim advocate, both of whom are located on the second floor of Ryerson Hall.

Johnson is available by phone at any point in time for students to contact for assistance. The number for the 24-hour, confidential hotline is 1-888-256-1215.

Students and faculty should

refer to the Title IX handbook for more details or contact the university's Title IX representative, Calleb Mosburg.

For immediate help, NWOSU asks students to call the Alva Police Department for incidents that took place off campus at 580-327-2121 and the NWOSU Campus Police for incidents on campus at 580-327-8511.



Photo by McKayla Holson

Brandy Johnson, Alva coordinator for the Northwest Domestic Crisis Center and survivor, discusses sexual assault and where people can receive help if they need it.

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- Alva Police Dept.: 580-327-2121
- Campus Police: 580-327-8511

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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.

SUBSCRIPTIONS

Yearly subscriptions to the News are \$20.

Editorial

Unsung Heroes of Northwestern: Alva-Northwestern Relationship

By **JOHN BARTON**
Associate Professor of Speech Emeritus and Dean Emeritus, NWOSU

This is the sixth of a series of articles designed to recognize the work of many individuals who were responsible for getting Northwestern Territorial Normal School located in Alva, Oklahoma Territory in 1897 and for providing leadership to ensure quality education for the critical years that followed. Much of the information in this article can be found in the book Northwestern Oklahoma State University, A Centennial History (copyright 1996) written by Wayne Lane.

It was not my intention to deal with this subject when I first came up with the idea for this series of articles. However, the more research I did the more I could see the necessity of dealing with the Alva-Northwestern relationship. This close relationship is not just something that existed in the early history; it still exists today. The history does have a few bumps, but for the most part it has been a very supportive relationship.

The beginning of this rapport was in 1895 when the committee was set up to get a normal school located in Alva. One of the first things they did was to advertise for donations of 40 acres of land for the school. Several Alva area landowners offered their land.

In 1897, the bill establishing Northwestern Territorial Normal School at Alva was passed by the territorial legislature and signed by the governor. This bill required that the citizens of Alva establish a bond of \$5000 and was approved by a landslide vote of 93%.

Shortly after classes began in the fall of 1897, President Ament came up with the idea for The Castle on the Hill, but they could not get the territorial legislature to act on the funding for the building. 100 Alva citizens signed a \$100,000 bond to pay for the castle providing the legislature did not pay for it.

These three early examples show how dedicated the citizens of the Alva area were to Northwestern. Since that time, there are many other examples.

One area often overlooked is the assistance given to Northwestern students by area businesses and farmers by providing jobs. Many employers will adjust work shifts in order to accommodate student schedules. For many students, it is the only way they can afford college.

Alva area employers are to be commended for the jobs they have provided and continue to provide for Northwestern students. Three generations of my own family have been helped while attending Northwestern by Alva area employers. Thank you!!

Another example of this relationship is the Northwestern Homecoming committee. In the fall of 1950, several community leaders along with representatives from Northwestern revived the Homecoming celebration. Memberships were sold with

the proceeds used to finance floats for the parade and extra entertainment as well as to start a Cinderella Queen contest for area high school girls (now button sales are used for these purposes). The Alva-Northwestern Homecoming committee is known as one of the best Homecoming committees that exists. It is believed that this is a very unusual bonding of a community and a university.

The Northwestern scholarship program should also be included as an example of this connection. This program began in 1958 with a drive to raise money from both in and outside of Alva. It was further emphasized in 1973 when the Northwestern "On the Way" scholarship was put into motion. Many Alva citizens have worked and continue to work and contribute to this annual drive. Thousands of dollars have been raised and used in scholarships. The scholarships are very important because of the tremendous increase in tuition that has occurred in recent years. Our state leaders have shifted the costs of higher education more and more to the students and their families.

In the fall of 1959, the Northwestern Foundation was established with many Northwestern friends serving on the Board of Directors. The Foundation's net worth has steadily increased so that in 2018 it reached over 30 million dollars. This is a source of many scholarships for Northwestern students as well as for funding many improvement projects at Northwestern. Area residents and alumni are very generous in their contributions to the Northwestern Foundation.

The most recent and unique example of the close relationship between Alva and Northwestern happened in May of 1999 when the city voters approved a sales tax for economic development that provided revenue for Northwestern scholarships and for the community recreation center. Almost 75% of the voters approved the referendum. Since that election, Northwestern continues to receive awards for its low student debt for graduating seniors. This is a unique way in which Alva area citizens support Northwestern. With the additional burden that has been shifted to the students and their families, there is no doubt that this support came about at a time when it was needed.

These areas of jobs, scholarship drive contributions, Foundation contributions, the Homecoming celebration, and the sales tax for scholarships all continue and are paving the way for a glorious future for Alva and Northwestern.

The current president of Northwestern, Dr. Janet Cunningham, is not only a Northwestern graduate but she was born and raised in Alva. She is the first female and the first Alva native to serve as president. This is very positive for the Alva-Northwestern relationship. From my research, I am convinced that the founders of Northwestern would be proud of the unique, positive relationship that continues to exist between Northwestern and the Alva area community.

EDITOR'S RANT OF THE WEEK

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

I received a lot of positive feedback on my column last week. Thank you to those who told me that I did a good job, and to those who agreed with what I said, and so on and so forth. . .

This brings me to my next topic that I will be talking about this week: **support systems.**

Support systems can be vital to success. Northwestern has amazing professors, instructors and other faculty that provide you with a built-in support system, free of cost!

I was lucky to be adopted into the Mass Comm family, which is the best support system I could have asked for. I have professors that look out for me and only wish the best for me.

They have gotten to know me over the years, and now that I am a graduating senior, I can really see how much of an impact they have had on me. They see potential in me when I can't see it in myself. They praise me when I do something right and provide constructive criticism when I am wrong.

I am in the process of looking for a job to start after I graduate (Yikes!). My mentors have really shined through this process, even if I did just start a week ago.

I can tell they really want me to get the best job I can get that will match my skillsets and make me happy. It makes me feel relieved that I have this many people looking out for me.

Not only are my professors looking after me, but my peers are too. Today in one of my classes, my dear Mass Comm friend Megan Brown emailed me a job listing that she thought I might be interested in.

I know I am always going on and on about Mass Comm, but seriously, it's great.

Even if you don't have a support system, **be your own.** Look in the mirror every morning and say, "You got this!" Even when you feel like you don't.

Don't be afraid to pat yourself on the back, either. You're doing great! Keep going.

Interested in writing? Share your opinions!

Contact McKayla Holson

mrholson30@rangers.nwosu.edu

Editorial

Old-fashioned ways aren't so bad

By **JORDAN GREEN**
News Editor

Technology itself can be a good thing. But its allure can sometimes keep us from doing something important: thinking.

Writing isn't always easy. It's more than just typing words; it's about crafting an idea, considering its impact, evaluating its proposed audience, and finally putting pen to paper – or fingers to keyboard.

Perhaps the biggest scourge of the written word is the time it requires to weave thoughts together coherently. It takes a lot of drafting, editing, re-drafting and rethinking before publishing comes along – and you only get to do that last part once.

With such a long to-do list, writers – myself included – sometimes like to take shortcuts in producing our work. I'd like to think that taking this abbreviated path to publication does not sacrifice the quality of our work. But alas, nothing in life is free.

As I sat down to write this column, I felt as if I had come upon an insurmountable block in the road – specifically, a writer's block. Next to a construction-zone roadblock – or just having to work with a plain old blockhead – writer's block is the worst kind of block to have.

And it comes around all too often. What causes it? What fixes it?

When I have a case of writer's block, I'm usually trying too hard to churn out a piece of writing too quickly. The common denominator? My computer.

People often think that technology is our friend; it's supposed to save us time, they say. With the help of a computer, I can write down my words the second I come up with them, and as soon as I'm done typing, I can print them or send them off to anyone. To some degree, and in some cases, my computer may very well save me time in distributing text. But the step I'm cutting out in this process is the most important one: the step of thinking.

When we type, we're taking our brain power and divvying it up to complete multiple tasks. Part of the brain controls the hands; part controls the arms; part controls the fingers; and the last part comes up with words to write.

That's like taking one slice of bacon and trying to divide it evenly between four large Labrador Retrievers. As a dog owner, I can tell you it just doesn't work well – unless, of course, you have the divine power of turning water into wine.

Using the computer for writing isn't necessarily the best method. It is undoubtedly the quickest, but is speed more important than depth of thought?

As I prepared to write this column, I made the executive decision that it isn't. I closed my laptop and opened up my notepad. The second I pressed my ballpoint pen into the paper, it was as if the words

wrote themselves. My brain was able to focus on one task: thinking. How so?

When we write with our hands, we're not stretching our cranial resources too thinly. Our brains are far more familiar with our limbs than they are with our keyboards.

I'm not a neurologist. But as a person with both a body and a brain – though I sometimes question whether I have the latter – the act of handwriting requires less physical stress than typing does. That allows us to use more of our energy mentally. And that, my friends, is the type of energy we need in order to write.

With these ideas on my mind, I can't help but reflect on other ways in which technology has impacted the tasks we complete in life. To me, not all of those impacts have been positive.

In our everyday lives, we see people choose to text someone instead of talking to them in-person. What are we losing when we don't communicate with people eye-to-eye, face-to-face? Can a person really express herself through a computer-generated series of numbers that takes the form of letters? Or is she just filling up empty space with meaningless digital matter?

Of all of the conversations I have ever had via text, not a single one sticks out in my mind as being important. But what I do remember are the times when I reached out to shake my friend's hand before talking about his life. The times when I hugged my mother and cried on her shoulder after a rough day at school. The times when I watched someone's eyes light up when I delivered a bit of good news to them.

Those times, my friends, remind me that the human body is a wonderful creature capable of accomplishing tremendous tasks: speaking, writing and loving.

Controlling the parts of the body is a mechanism that sends out signals. It tells our arms when to pick someone up; it tells our eyes when to open wide; it tells our legs when to carry us forward; and it tells our hearts when to swell with pride and fill with love.

That mechanism is cheaper than a hard-drive, and it lasts a lot longer, too. With that very mechanism, the human race has devised incredible activities, built humongous structures, and spoken many a caring word.

In the absence of technology, it allows us not to type, but to write, and to meaningfully communicate.

It's gotten us this far, and if we use it to its full potential, it will carry us forward to a bright future. It's the brain – the classic human brain.

I put the computer up today. Maybe the old-fashioned way isn't so bad after all.



Graphic by McKayla Holson

The NCAA passed a rule that goes into effect in January 2021 that allows players to get paid for the likeness, image and name.

Student-athletes: Should they be paid?

Student-athletes represent the university and have hardly any time outside of their busy schedules to have a job.

By **ALEJANDRO AARON**
Student Reporter

Time is the number one factor in the life of a student athlete.

The amount of time left over for student athletes after doing all that is required of them is very limited and is hard to get a job with such low availability.

Student-Athletes have to not only maintain a high enough grade point average but have to show up to mandatory study hall hours. We are pushed to the limits academically, emotionally, and physically. We set aside personal wants for the team's needs.

From early morning workouts in the offseason to a highly competitive in-season.

We push to be mentally locked in while in class after being physically drained. We signed up to be in this position as it is a lot of young kids dreams to be student athletes.

Most student athletes have been living the same life their whole life as the push to balance school, life, and sports to the best of their ability. As you get older the school work increases along with the intense workouts and a financial struggle for most.

Jobs are hard to balance with school, sports and life. The hours we have not doing school or sports we could work but most jobs want consistency and better availability hours.

Without a job finding a constant source of income is a struggle.

Income is a necessity. Most are able to get money from their parents from time to time, but for those who cannot have a hard time getting food, hygiene needs,

As you get older the school work increases along with the intense workouts and a financial struggle for most.

and clothes.

The NCAA passed a rule that goes into effect in January 2021 that allows players to get paid for the likeness, image and name.

Although we are grateful for this major step there are still schools that do not get as much exposure and have no way to get paid off of their name, likeness, and image.

That rule was mainly for the bigger Division 1 schools whose sports are on national display for the world to see.

With little time outside sports and school student athletes not only need it but I believe they deserve to get paid.

We aren't only pushing this to happen for us but also for those student athletes in the future.

We try to help the future out so they don't have to go through the same struggles we did in this current day in time.

Get inspired!

“The most important thing is to try and inspire people so that they can be great at whatever they want to do.”

-Kobe Bryant

“In three words I can sum up everything I've learned about life: it goes on.”

— Robert Frost

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

-Martin Luther King Jr.

Sacket takes well-rounded to the next level

By Austin Morton
Student Reporter

The winner of multiple FFA national awards, a key member in several campus clubs and a well-dressed intellectual: Ethan Sacket.

Walking around campus, it is hard to find someone as widely known or as well-liked as Ethan Sacket. This is because he's not like most students. Ethan holds himself to his own standards and rules that help him accomplish more.

He can go follow whatever he sets out to do. This summer, Ethan watched a TED talk describing how to better use your time. After watching this, he was inspired to do the same.

He then proceeded to fit in 35 audio books into his regular schedule to further enhance himself with more knowledge. In this time, he also taught himself how to ride a unicycle, and puts in around 35 to 40 hours to learn and work his way to mastering it.

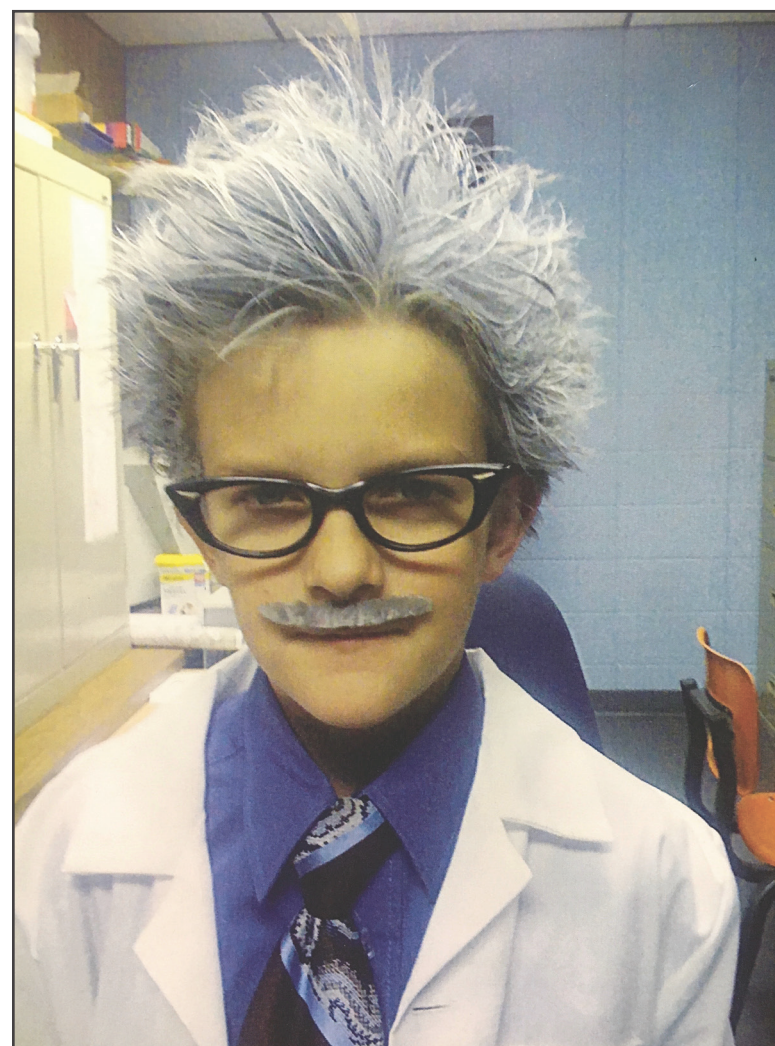
Ethan Gabriel Sacket is a junior here at NWOSU studying for a bachelor degree in business administration. While concentrating on his studies, he also finds time to stay involved around campus.

Being in the Student Government Association, a resident assistant in Coronado Hall, an officer and treasurer to the International Student Association and a Northwestern Scholar Ambassador, Sacket somehow finds time for all of this on top of maintaining his impressive grades.

Growing up, Sacket was born in Enid and was raised in Aline for the



Sacket (left) pictured with his siblings as young children.



Sacket dressed as Albert Einstein in grade school.



Sacket dressed up as an angel as a young boy.

the Yard of the Month contest that his grandma would enter. Thanks to Sacket's help with the yard, she would win on a regular basis.

Sacket says that this is most likely the starting point for both his work ethic and his interest in starting his own lawn care business later on in his life.

His grandma and the rest of his family, helped give Sacket a family oriented way of life that would be mixed with a core of integrity and doing your best when it comes to whatever work he would be doing.

This led Sacket to strive for his best when he participated in Future Farmers of America (FFA) throughout high school.

Sacket had his hand in many aspects of FFA. Starting with land surveying, which sees members judge plots of land and their viability for different aspects of farming. He went to state in this his sophomore year.

One of his first large accomplishments was going to nationals for his Career Development Event. Sacket planned and worked with Freed Family Farms to produce a meal kit service similar to Blue Apron called Farm to Fork.

With Farm to Fork, Ethan and his team would prepare a variety of meal ingredients and directions for cooking and then package it.

These meal kits would then go to families that could prepare the ingredients for a well portioned meal. Farm to Fork won nationals.

This was not the only time Sacket went to nationals however, as his work in landscape management and turf-grass management took him to nationals for 3 consecutive years.

In these years, he was a finalist in landscape management, and won turf-grass management.

Sacket went on to receive his State and American FFA Degree.



Sacket standing in front of the Ranger statue. Sacket is attending NWOSU and obtaining a degree in business administration.

His success in FFA was also rewarded with a free trip to Ireland.

"Ireland gave me that small town feeling," Sacket said.

This small town feeling is something that Sacket looked for when choosing where to attend college. Deciding to come to Northwestern Oklahoma State University was somewhat of an easy decision for Sacket.

Being only a small distance away from his home, and having family that attended before him, NWOSU seemed like the right

choice. It would not be long before he made his presence felt on campus.

During his freshman year, Sacket was part of the President's Leadership Class, Castle Players and began his activities in the Student Government Association.

People began to take notice, as Sacket seemed to be everywhere on campus. From students to faculty, Sacket left an impression wherever he went.

Olivia Yandel, professor and head of the SGA said, "He's ex-

tremely hard working and never leaves anything half done."

When discussing Sacket's work ethic, one of Yandel's first memories of Sacket was when he was doing his volunteer hours for SGA.

Instead of doing his one hour and leaving he stayed for an extra three hours just getting paperwork filed because he wanted to get it finished instead of doing it later.

Sacket has been very involved with the SGA. Starting as a senator his freshman year, he has quickly risen up the ranks during his three

years involved. He moved up to treasurer his sophomore year, and then won a unanimous vote to become Vice-President his junior year.

Sacket says he is unsure if he will run for president.

Though he is unsure, Yandel believes that he would be a good fit for the presidency.

Outside of the SGA, Sacket is still as involved on campus as he was his freshman year. He also believes that it is important for other students to get involved as well.

Busy Bee

Clubs/Organizations for Junior Year

- Student Government Association VicePresident
- Northwestern Scholar Ambassador
- Ranger Business Club President
- International Student Association Treasurer
- Red and Black Honor Scroll Officer
- Ranger Connection Peer Leader
- Native American Student Association
- Spanish Club
- Coronado hall Resident Assistant
- Camp Ranger Coordinator
- Elementary School Mentor
- Upward Bound Tutor
- Woods County Point of Contact for Census 2020
- Northwestern Thank-A-Thon Leadership Team

Clubs and organizations that Ethan Sacket is involved in in his junior year of college. He is involved in 14 different clubs around campus.

Graphic by Ashley Watts

"When you see the world, the world sees you."
- Ethan Sacket

majority of his life. Forgoing the regular route that most of us would take in life from the very beginning.

Instead of going to preschool, Sacket would go and spend time at his grandmother's house.

Here, he would be put to work outside doing tasks that may have been a bit too much for a young boy.

This ranged from raking the yard, making sure it was kept and even climbing the trees in the yard to pick out the dead branches to keep the trees looking good for

a day to day basis. Though it may seem overdressed to most people, Sacket's reasoning shows that he is always putting his best foot forward.

"When you see the world, the world sees you," Sacket said.

This goes further than just his looks. Sacket is always willing to put other people's needs before his own without asking for anything in return.

"He is supportive of his residents in Coronado Hall, and is always quick to help others and be a good role model," Sacket's sister, Natalie Sacket-Evans said.

This positive attitude helps set Sacket apart from most people and makes him someone fellow students can look up to, even though their age difference may just be a year or two.

He is kind, caring, intelligent

and well-mannered. Even throughout his many National awards won, Ethan still stays humble and puts other people first.

With a family oriented and humble personality, Sacket has the ability to branch out and be successful no matter what he does.

Natalie Sacket-Evans said it best, "I know he will be an excellent boss some day and will guide many others to success."

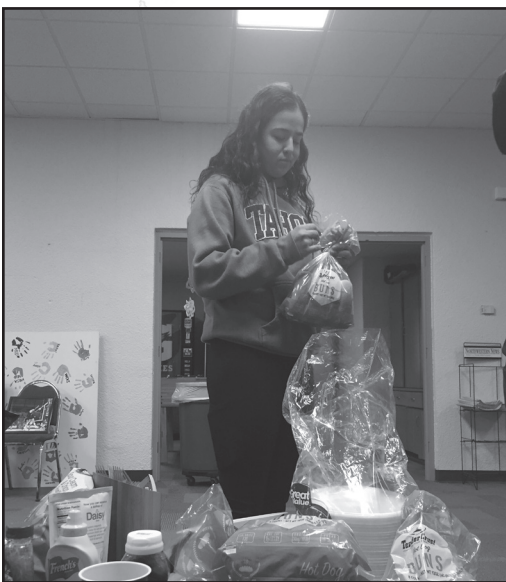
Feature

Who will get the rose?

Female dorms host view parties for 'The Bachelor' on January 27



Photos by Michelle Willson
The viewing started at 7 and lasted the length of the episode.



There were free hotdogs for the dorm residents.



The RAs also supplied juice and water for those who stayed to watch the drama unfold.



Photos by George Smith

A friendly face and a nice smile can go far

By GEORGE SMITH
Student Reporter

Who would you consider to be the face of a company? For McDonald's you might think, Ronald McDonald, or for Tesla, Elon Musk, Apple, Steve Jobs, even though the CEO has been Tim Cook since 2011, and Microsoft has Bill Gates. For the most part the "face" designated to a company is either the founder, highest-ranking executive member, or a cartoon character designed as a market strategy. But for small businesses with loyal employees, the face of the company can simply be the first person you see walking into the building every day.

That's Alesi Streik the office manager for the 8th Circuit Engineering District of Oklahoma. With their headquarters located here in Alva, Streik is the first person seen as you walk into the main building. Making her the face of the company, so to speak.

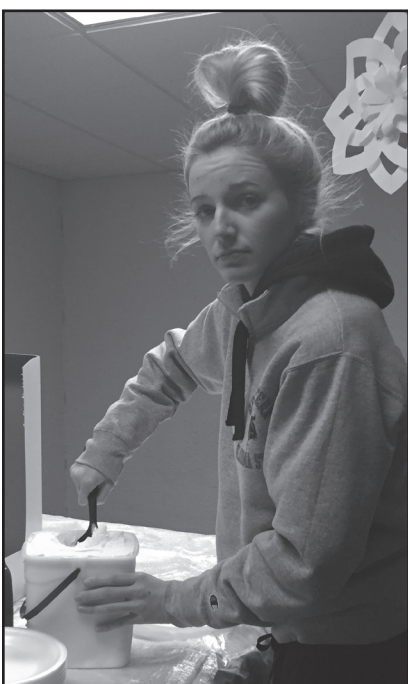
She's keen to give a smile and say hello while she stays doing her job as always, a lesson learned while working at Walmart after graduating from Alva High school. Streik also built up a rapport of kind greetings being a bartender at a few bars and restaurants before becoming the face of CED #8.

The road to success isn't always laid out perfectly, and through the adversity that comes with life, it trims the hedges and plucks the weeds out of the garden to prosper and grow the best crop of individuals to lead a society.

Streik found her match while attending college at NWOSU. She had a job at Walmart, then she got pregnant and since, "being pregnant takes up a lot of your time," Streik said, Walmart began to cut her hours and she was looking for a second job. Luckily for her, a new bar was opening up in Waynoka and she got a job there as a bartender. A second job meant that she didn't have a lot of time for school and ended up dropping out of college. But it was for the better as a fellow associate from the CED office, Savannah Smith, came into the bar one night to view the local entertainment.

Streik and Smith became good friends and Smith decided that there was a position that she didn't want to fill, but that Streik might be good at and got her an interview. Streik nailed it and began working immediately. Her positive attitude and dashing wits have enabled her to become a role model to her children and to others who walk into the CED office and say hello to the face of the company.

Dorm birthdays galore! Celebrating January babies



The RAs host one party a month to celebrate the residents birthdays.



Photos by Michelle Willson
They celebrated January Birthdays on the 28th at 9 p.m.



The Dorm supplies cake and icecream for all the residents.

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Entertainment

Cheap, cheesy and ridiculously funny

By **MCKAYLA HOLSEN**
Editorial Editor

“I don’t know much about God.”

“I don’t know much about dinosaurs.”

And so begins the adventure of Carol and Doug.

First of all, if you don’t like cheap, cheesy movies then this isn’t something for you. It’s low budget and ridiculous, which is why I enjoy it.

The movie was given a 5.7/10 rating on IMBD and I would rate it 3 out of 5. While I did enjoy it, I’ve seen similar movies that were better.

Examples being Piranhaconda, Planet of the Sharks, Inhumanwich and, yes, the Sharknado movies.

At the beginning, the main character Doug, who is a pastor, is preaching a sermon and his parents die shortly after in a fiery car explosion.

What is amazing about this scene is that the parents and their car just poof away and the shot is the empty street with “VFX Car Explosion” written across the screen.

Yes it’s dumb, but I LOVE dumb movies like this.

Doug is obviously upset and the other pastor, and his mentor, suggests he goes on a trip to help recover.

Doug ends up going to “China”, which is really just

a wooded area with the word “China” written across the screen, and ends up bumping into a woman who gives him what looks like a tooth. The woman tries to tell the man to destroy the item, but the language barrier causes confusion and she dies from an arrow wound.

Doug then accidentally cuts his hand on the item and he becomes a “Dragon Heart Warrior”, which doesn’t make any sense to me because he transforms into a dinosaur, not a dragon.

He ends up killing people who are trying to hurt a prostitute, Carol, while he is transformed and he wakes up the next day in her bed, unsure of what happened the night before.

Doug tries to continue life as he knows it, but he loses his temper after listening to the confessions of the Carol’s pimp and ends up killing him.

After learning this, Carol convinces Doug to use his newfound powers to take down bad guys. This leads him back to China where the two work together to take down what is basically a drug cartel... Ran by ninjas...

Overall, it wasn’t the best bad movie I’ve seen, but it made me laugh so it’s pretty good in my book. If you can’t handle, enjoy and appreciate low-budget, poor quality movies, then this isn’t the movie for you.



When You Move to ‘Virgin River’

Netflix series starts off on the wrong foot

By **TIFFANY WILLSON**
Student Reporter

In the Netflix original series “Virgin River” released last month, viewers follow Melinda Monroe (Alexandra Breckenridge) as she begins a new life.

After facing a trauma in her own life, revealed to us throughout the season, she sells all her belongings and moves to the small, rural town of Virgin River, California.

Her move is encouraged by the promise of working with the town doctor and living in a fabulous cabin. Once there she finds that nothing is as it seems in the tight-knit community.

Working as a nurse practitioner and midwife in Los Angeles, California prior to the move, Mel is used to the fast-paced life of the emergency room, she struggles to find routine and momentum in her

NETFLIX
-Review-

new home.

What appears to begin as a typical Hallmark-style movie, featuring the business-minded woman and her small-town love interest, quickly revolves into a web of interconnected stories, secret partnerships, and inquisitive neighbors that create rifts between friends and families.

Every episode introduced a new problem that threatened Melinda’s future in Virgin River. With a boss who did not hire her, a possible love interest, and nowhere to return to, will Melinda remain in Virgin River?

Breckenridge, known for her roles in well-known television series “The Walking Dead” and “American Horror Story”, shows us a different character as Melinda Monroe.

Breckenridge and co-star Martin Henderson, who portrays Jack Sheridan, builds a true down-to-earth friendship that viewers hope is the start of a romantic relationship. Snarky comments



“Jack had no idea what she might be thinking, but he thought, Don’t turn and run just because you got kissed. Things could be worse. After”

— Robyn Carr, *Virgin River*

and sarcasm are abundant as the actors portray the development of relationships in this new age.

I give this series a 4.5 out of 5 stars. All the actors and actresses did a beautiful job portraying their characters earnestly. After watching season 1, knowing the direction the producers and directors wanted to take the show, I only wish they would have introduced the first episode in a less cliché way.

Viewers who are looking for a fast-paced, unexpected series will find it in Virgin River if they can make it through the first episode. The atmosphere and interactions of small-town living was brought to life through the world of Virgin River and I am patiently awaiting the second season, to be released mid-2020.

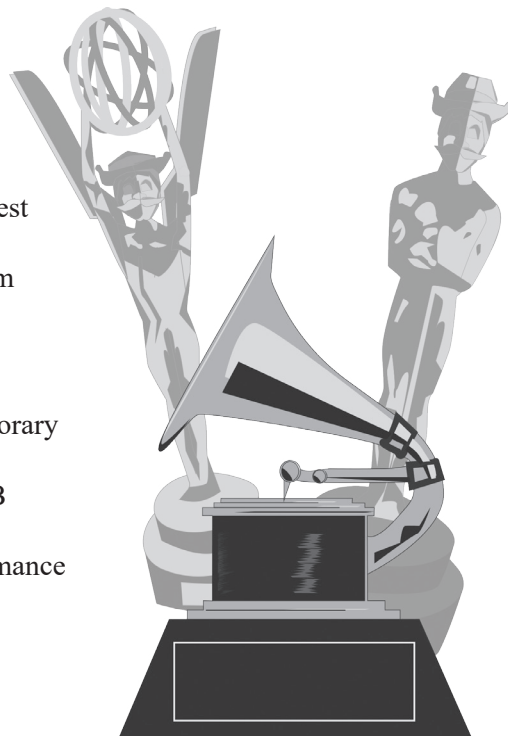
Top winners at the Grammys

Billie Eilish

- 5 wins
- Album of the Year
 - Song of the Year
 - Record of the Year Best
 - New Artist
 - Best Pop Vocal Album

Lizzo

- 3 wins
- Best Urban Contemporary Album
 - Best Traditional R&B Performance
 - Best pop solo Performance



“This Land”

- Gary Clark Jr.
3 wins
- Best rock Performance
 - Best Rock Song
 - Best Contemporary Blues Album

“Old Town Road”

- Lil Nas X featuring Billy Ray Cyrus
2 wins
- Best Pop Duo/Group performance
 - Best music video

Thinking of Moving??
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Sports

Track starts second season

By **DACODA MCDOWELL-WAHPEKECHE**
Student Reporter

The Lady Rangers competed in their first indoor track meet at Kansas State University in Manhattan, KS. The competition starts the team's second year of track and field in the Great American Conference.

The Lady Rangers are coached by Jill Lancaster and Craig Binkley.

According to the Northwestern Oklahoma State University Athletic Communications website, Lancaster was named one of the Top 10 Female Athletes of the Century in 2009. She was also inducted into the Hall of Fame.

She has coached several NCAA Division - I track teams, including at the University of Oklahoma and Troy University. She has also served as an assistant coach at numerous universities.

Binkley has experience in track and field coaching. While coaching runners at Wittenberg University in Ohio, his runners broke school records in the 800-meter and 5,000-meter races, according to Northwestern's Athletic Communications website.

"We are moving in the direction



Photo provided

The lady Rangers track competed in their first meet at Kansas State University last weekend.

where we could be a force, not just individually, but as a team," Lancaster said. "As long as we use every meet as a learning tool to be better for the next one, it's a good day you get to compete."

With the inaugural season of

track and field being last year, the Lady Rangers are "looking to improve" this season in the Great American Conference.

With four Second Team All-GAC honors, one First Team All-GAC honor and a GAC champion

in the javelin throw, according to Northwestern's Athletic Communications website, the team will have experience under its belt.

There are eight track meets in the season excluding the NCAA National Championships. Out

of the eight, four of them are in Oklahoma.

The Lady Rangers will compete in Norman at the University of Central Oklahoma's track meet.

They will have opportunities to participate in the GAC Indoor Championship in Norman, an outdoor meet in Yukon hosted by Southwestern Christian University and another meet at Oklahoma Baptist University in Shawnee.

Senior Kayla Gourley, according to the university's Athletic Communications website, finished in fourth place at the GAC Outdoor Championships, improving her time by seven minutes.

She said she will run the 3,000 meters in the indoor track season. With the outdoor season coming quickly, she also said she will run the 10,000-meter and 5,000-meter races.

When asked about what she expects for the upcoming season, Gourley said that she "expects to do better than last year."

This will be the Lady Rangers' second season to compete in the NCAA - Division II track and field.

Baseball to start Spring 2020 season Jan. 30

By **KOLTON FISHBACK**
Student Reporter

The Northwestern Oklahoma State University baseball team will strive to be more consistent this year and make a push for the postseason under the direction of head coach Ryan Bowen.

The rangers start the season next weekend in central Oklahoma where they will play three MIAA conference teams in Missouri Southern, University of Central Oklahoma and Pittsburgh State University.

Arkansas Monticello is the favorite to finish first after winning the conference last year.

"Really, our biggest competition is honestly ourselves. Bowen said, if we worry about ourselves and take care of our business then we're going to have success."

Bowen said he thinks the pitching staff has a chance to be a strength for the Northwestern ball club this year.

Bowen said they have more weapons on the mound than they have had in previous seasons.

He also feels like the defense will be a strength as a whole, and is excited to have more people that can run when getting on base.

Bowen said that it is a different team than what they have looked like the last two years and he feels like they have a chance to do something special this season.

"I really feel like this has the



Graphic provided

Northwestern was picked ninth in the GAC preseason poll to start the Spring 2020 baseball season.

chance to be one of the best pitching staffs we've ever had," Bowen said he expects the pitching staff to have an impressive jump this year.

Bowen said that the core and what they believe in is focusing on the fundamentals of the game. Whether that be putting the ball in play, for the defense to react

when the ball is hit to them, and being able to run the bases with 100% effort.

They will continue to make adjustments and adapt and do the best things to develop the team.

The offseason has been a success for the rangers, with plenty of players in the weight room and spending time throughout the

day in the batting cages. Bowen said when you have player driven leadership you have a chance to have special teams.

Consistency is what the team will aim for this year, which will be important for a successful season.

Bowen said it is crucial to be more consistent, win the close

games, and execute when the games are close.

The team will strive to be better in the conference, and push the envelope to make the postseason, which would be the first time in program history.

Senior Colton Whitehouse is looking forward to this season.

Whitehouse said he has figured out his swing more, which will ultimately lead to more consistency and more RBI'S along with a higher batting average.

Whitehouse follows the simple routine of trying to focus on trying to get better at one aspect of either lifting or baseball.

During the last two years, Whitehouse has been the permanent designated hitter for the team, and he said that it can be tough to get the right mindset when batting.

He said the biggest challenge is getting off the bench cold because he is not focused in the game until he steps to the plate.

"My mindset has been the same with every at bat," Whitehouse said. "Runners on or not it is usually just go up there and hit the ball as hard as I can."

Whitehouse said he will continue to work hard on and off the field, and he is excited to start the season on a good note.

"Continue to work hard and believe in the coaching staff," Bowen said. "But believe in each other to do something special."

Sports

Lady Rangers lose two

By **ASHLEY WATTS**
Sports Editor

The Lady Rangers competed against Harding and Arkansas Tech this past weekend, but unfortunately came out winless on both games.

On Thursday the Rangers traveled to Searcy, Arkansas to play Harding University.

The Lady Rangers were ready to go up against the Lady Bisons of Harding University. Northwestern looked to get their first ever victory not only in Searcy but also against Harding in general.

Harding was able to take control right before halftime in this game and never lost control as they led through the whole second half, finishing off with an 85-61 victory.

This game looked to be a battle in the early going after a great first quarter followed by a tremendous start to the second had the game tied at 25 with 4:21 left in the first half. Harding would go on an 11-4 run to close the second quarter to open up a 36-29 lead which was never lost and extend to 24-point win.

Northwestern won points in the paint 22-18, the Lady Rangers got beat in bench points 27-17 and the Lady Bisons took advantage of their strong rebounding teams grabbing 19 offensive rebounds and winning the rebounding margin 45-27 leading to a 22-7 advantage in second chance points.

The Lady Bisons' run late in the half would give them a 36-29 advantage at halftime over the Lady Rangers.

Their lead would get to as many as 13 in the quarter and would finish at 12 on a Brown layup for Northwestern as the Lady Bisons' led 60-48 after three quarters played. In the opening quarter of the second half Northwestern shot 6-of-15 and 3-of-6 from three.

The fourth quarter was mainly Harding as Northwestern could not find any sort of rhythm as Harding quickly got the lead to 15 in the quarter.

Eventually they would open up that 20-point lead at the 3:24 mark left in the game and reached the peak which was at 25-point lead for Harding and would go on to win in Searcy. The lead would finish out being a 24-point victory.

Harding would win this one 85-61 over Northwestern, as Harding improves to 15-0 against Northwestern all time.

After playing Harding the Lady Rangers traveled to Russellville to take on Arkansas Tech. This game was also a loss for the Lady Rangers as they came up short, 70-51.

The Lady Rangers had two scorers in double figures in Kalea King and Kenzi Lamer who finish the game with 13 points each on 4-of-10 shooting and 5-for-15 respectively. Lamer and Kyleigh Leverich combine for four rebounds each to lead the team.

Bailey Brown led the team with two assists on the night.

Arkansas Tech took control of the game early in the first quarter and never looked back.

The lady Rangers dropped this game in a hard tough fought battle.

The Lady Rangers would finish the game 18-of-58 for 31% from the field, 5-of-25 from three, and 10-14 from the foul line. The game had five lead changes along with three ties.

The loss drops Northwestern's record on the year to 9-9 and 5-7 in Great American Conference play. The Lady Rangers will be home for a little while now after this road trip with three straight home games which include, Arkansas-Monticello, Southern Arkansas, and finishing the home stand with Southern Nazarene.

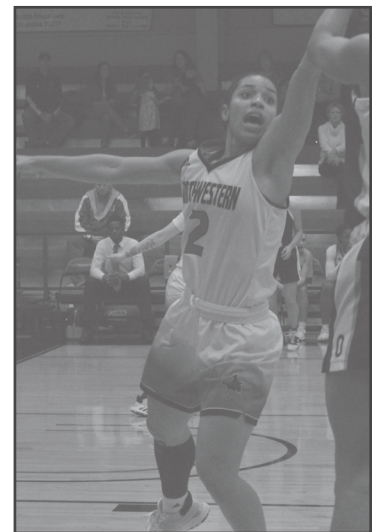


Photo by Leah Darnell

The Lady Rangers play SNU next.



Photo by Kaylea Brown

Northwestern men's basketball won against Arkansas Tech.

Rangers win

By **MADISON PARROT**
Athletic Communications

Northwestern Oklahoma State University broke their losing streak against a higher ranked Great American Conference opponent in Arkansas Tech Saturday evening with only seconds left to play in the game. The Red-and-Black struggled in the first half, with only Parrish Hewitt scoring and trailed by more than 13 points at one time. The second half was a different story as the Rangers rallied back and outscored their opponent 39 to 24 to take the win 67-64. It's their second time in as many games to have the winning shot come down to the final seconds of the game.

Northwestern's offense was led by Hewitt who tallied 30 points and eight rebounds while going 6-10 from beyond the three-point line. Other stand-out Rangers included Bryshon Bryant who contributed 10 points and led the team in rebounds with nine. The rest of the points were shared between multiple Red-and-Black members, with Jack Peck tacking on the winning three point shot within the final seconds of the match. Clive Allen led the team with eight assists.

It became a battle of staying in the game to allow NWO-SU enough momentum to reach halftime without too much lost. Threes from Hewitt and Cole Jones kept the Northwestern hot on the Wonder Boys tail, but Arkansas Tech kept the lead as they headed into halftime with a score of 28-40.

The biggest advantage that

the Rangers took in the second half was their defense.

Hewitt led the comeback with a half-opening three followed by layups from Bryant and Allen to bring the Red-and-Black back to within two at the eleven-minute mark. Back-to-back threes from Hewitt gave the Rangers their first tied score of the half at 53-53 but Arkansas Tech did not allow them to take the lead.

Unfortunately, for the Wonder Boys, the Red-and-Black refused to give up. Led by Hewitt, NWO-SU took their first lead of the game 62-60 with only two minutes left to play. An untimely technical foul kept the swing on the Northwestern end and despite Arkansas Tech tying the game two more times after the initial lead change NWO-SU kept the momentum on their side. A final throw from the Wonder boys was not enough and the Rangers held on to take the win 67-64.

Northwestern's bench tallied 18 points compared to Arkansas Tech's 15, which helped the Rangers stay in the game long enough to allow for a battle at the end. The Red-and-Black also led in points off of turnovers with 14 to 10. The Wonder Boys out-rebounded the NWO-SU 44 to 40 and earned 15 second chance points but could not fight through turnovers and personal fouls that cause great destruction to their game plan.

The Rangers will head back to Percefull Fieldhouse to host GAC opponent University of Arkansas at Monticello. Tip-off starts at 7:30 after the Lady Ranges play their game Thursday evening.

Men's basketball loses by one

By **MADISON PARROT**
Athletic Communications

Northwestern Oklahoma State University dropped a tough loss to Harding Thursday evening in Searcy, Ark.

The Rangers jumped to a quick start in the first half and held the lead throughout, but the Bisons rallied back to tie the game and send it into overtime. Harding was able to snag the win in the final seconds of OT with a final score of 90-89.

The Rangers needed to start out hot in order to change the momentum that they had been riding, with consistently better second halves. The intentions

were clear as they jumped on the board quickly with a score of 10-3 led by Nathan Bailey III. As the game continued NWO-SU were able to consistently lead the Bisons throughout most of the first half. With six minutes left on the board Northwestern earned a fourteen-point lead, but Harding fought back as the Rangers went into halftime with a four-point advantage, 39-35.

Northwestern held onto their lead for the beginning of the second half until around the ten-minute mark when a rally began from Harding as they tied the game at 58-58. In the final seconds of regulation, a last-minute effort from the Bisons landed them a three-point bucket to tie the game 80-80

which led to an overtime battle.

Harding came screaming out the gate during overtime and reached their highest lead of the game with a score of 87-82. The Red-and-Black were not done as back-to-back buckets from Hewitt tied the game 87-87 with a little over a minute left on the clock. Unfortunately, a final second buzzer-beater from Hewitt did not fall and the Rangers take the loss to the Bisons with a score of 90-89 as the final.

Northwestern's bench tallied only 25 points compared to Harding's 40 which helped the Bisons stay in the game. The Rangers did, however, lead in points off of turnovers with 19 to Harding's 13.

Women's b-ball home:

Men's b-ball home:

Baseball away:

Softball starts:

Golf away:

Arkansas Monticello
Jan. 30

Arkansas Monticello
Jan. 30

Edmond First Pitch Invite
Jan. 31- Feb. 2

Southwest Baptist
Feb. 4

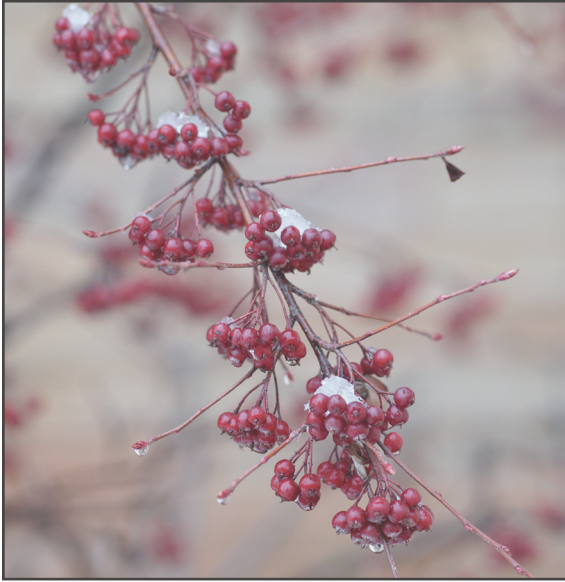
Jack Brown Invite
Feb. 2-4

Southern Arkansas
Feb. 1

Southern Arkansas
Feb. 1

Up Next for Ranger Sports

Let it snow! Let it snow! Let it snow!



Red berries on a plant were frozen together Tuesday.



The Ranger statue was accented with a blanket of white Tuesday.

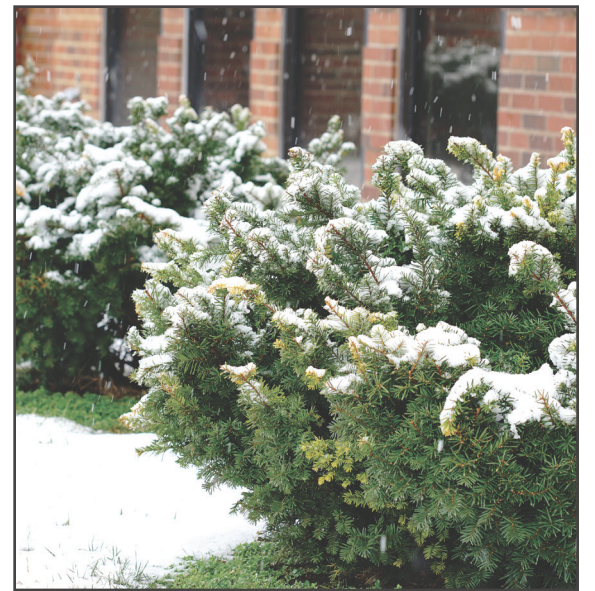


Snow sits atop green leaves on a tree near Coronado.



Erika Hernandez and Kelsey Radford walk together.

Photos by Jordan Green



Snow coats a line of green shrubs by Jesse Dunn Bldg.