### OPEN SEASON

Northwestern's baseball and softball teams played their home openers Tuesday. Check out the latest sports news on Pages 10 and 11 and photos on Page 12.



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## University celebrates art show's 20th year

By **CAITLIN HOFEN**Features Editor

Volume No. 84, Issue 17

This year marks the 20th annual Northwestern Art Society Art Show in the J.W. Martin Library. The show will run from March 5 to 31, and students, employees, retired employees and alumni are encouraged to enter artwork.

Angelia Case, the art society sponsor, has been involved in planning the show since it began.

"I got involved with this group 20 years ago when Christa Evans Rogers and Helena Plett McLaurine wanted to begin an art club on campus," Case said. "Christa asked me to be the sponsor, and I said 'yes.' Later that same year, we had our first show in the library."

There are 30 categories available to enter. Each participant can enter two pieces per category. The categories include artisan crafts, digital art, painting, photography and more. There are nine subcategories of photography.

"I hope to see even more incredibly beautiful quilts this

See ART SHOW, Page 2



File photo

Pieces of art entered in the 19th art show were on display in J.W. Martin Library in 2022. The 20th art show will run from March 5 to 31.

## Campus parking problems on the rise, chief says



Photo by Colby Dalton

Cars are parked in the faculty and staff parking space in the university's horseshoe parking lot near the Jesse Dunn Building Friday. University police are writing more tickets to enforce campus parking policies.

## Campus police are writing more fines for parking issues

By **CADE KENNEDY**Sports Editor

As parking problems begin to rise at Northwestern, campus police officers are cracking down on violators.

While there have been some isolated incidents with students parking in the wrong spot before, Dennis Kilmer, the police chief at Northwestern, said the issue is continuing to grow.

"We've had a parking problem since Cunningham Hall was remodeled at the first of the year," Kilmer said. "That kind of caused a backup in parking because we didn't have that kind of parking, but once we got that up and running, we let it go for a while and gave everybody warnings and said, 'Hey, park where you're supposed to be or we're going to start issuing some tickets.'"

Despite the temporary traffic conundrum caused by the remodeling of Cunningham Hall, the problem seemed to resolve itself. However, the past few weeks have shown otherwise.

"It was OK there for a while after it opened," Kilmer said. "We didn't seem to have too many issues, but now that we've gone into the colder months, I think it's people not wanting to walk across campus going to park in the parking spots."

The south side of campus is not the only area that has had problems pertaining to parking, as two other sides of the campus have also had parking issues.

"If someone has a dorm sticker in their window, they can't come up and park in the commuter parking or the horseshoe for staff," Kilmer said. "We're starting to see a little bit more of that."

The latest revisions to the campus parking map came in October. Specific instructions for where students, faculty and staff are supposed to park were added. The horseshoe area around Herod Hall has no parking for students, as the space is intended for employee parking. Commuter parking is mainly found on the east side of campus, according to the map, as the areas around Vinson Hall are intended for those with a commuter parking sticker.

See PARKING, Page 3

**NEWS** 

OPINION

**PROFILE** 

FEATURE

**SPORTS** 

Pages 2 & 3

Pages 4 & 5

Pages 6 & 7

Page 8

Pages 10 & 11

## **NEWS**

## Theater program to present 'The Act of Murder'

By **ALIYAH BIDWELL** 

Senior Reporter

The Northwestern theater program is hosting its first show of the semester, "The Act of Murder," on Feb. 16, 17 and 18.

The production is an interactive murder mystery written by Billy St. John. The play will begin at 7 p.m. Feb. 16 and 17 and Feb. 18 at 2 p.m.

The show is a play within a play, and there are two different time periods: one for the audience and one for the cast

Some actors will be dressed like they're from the 1950s, and some will be from the 1930s. The show the audience will be watching is in the 1950s, and the show the characters will be putting on is a 1930s show.

"Professor [Kimberly] Weast and I love a good plot twist, and that is one of the reasons we chose this play," said Mickey Jordan, director of technical theater. "We also believed that this would be a good challenge for our students. The last murder mystery we were able to do was 'Death and Deceit,' and it went well, but this was precovid.

"This time, the audience won't be on the stage. They will be in their seats, but there will still be an interactive opportunity while watching this play.

"One thing that drives the cast nuts is that the last pages of the script aren't given to them until dress week. The reason Professor Weast and I agree to do this is to keep the suspense. If the actors know who the killer is too soon without knowing it, they will subconsciously give it away on stage."

Jordan worked on the scene design for about a month, and the theater students are still building the set.

"The set will have many parts, and some will move around and be taken apart, but I don't want to give away too much because it's part of the plot," he said.

The show has about 10 characters on stage and an equal



Photo by Colby Dalton

Northwestern theater students rehearse for the upcoming play "The Act of Murder" on Friday in Ryerson Hall. "The Act of Murder" will be the theater program's first production of the semester, taking the audience on a mysterious adventure.

number of understudies.

"The understudies have been working just as hard as the main cast, even though they may never go on themselves," Jordan said.

Theater major Lisa Turner plays B.J. Ellington, and she is the stage manager in both plays. Turner has been in eight

plays at Northwestern. She said she auditioned for the play because she read some of it and thought it would be fun.

"My favorite line in the play is when I say 'business," she said. "I have a lot of one-liners. I am looking forward to the community coming to see us perform on performance nights because it is going to be a really good show."

## ART SHOW: Entries sought in multiple categories



Artwork from the 2022 art show is shown in these photos. This year marks the 20th annual art show on Northwestern's campus.

File photos

### **Continued from Page 1**

year," Case said. "There may even be a few surprises since we opened a 'miscellaneous' category. This is for things that just don't fit any other place."

With it being the 20th year of the art show, art society members have put in countless hours of work to plan the event.

"There really is so much planning that's never seen that goes into any show – ours is no exception," Case said. "Right now, I have a spreadsheet on my desk with more than 40 things 'to do.' During February, it all becomes all too real. Deadlines start creeping closer, and there's always the fear that no one will enter. But they always do in the end and produce amazing work."

Not only are ribbons awarded for first through third places, but there is also a Best of Show for students and People's Choice Award. A \$50 cash prize will be awarded to the student winning Best of Show, and the students placing first in a category will earn \$10. Everyone entered in the show is eligible to receive the People's Choice cash prize of \$25

The category of coloring will pit non-students against students for a prize ribbon. Pieces may use pre-made coloring pages or original coloring pages.

Art Society President Allison Huffmaster said she encourages students to put themselves out there and try their hand at entering the art show.

"Everyone has some kind of talent, and you never know what it is until you keep trying," Huffmaster said. "Whether it's photography, crochet, painting, felt making or anything creative, there is something out there for you."

Entry forms, category descriptions and rules are available online at www.nwosu.edu/art/nasart-show. Entry forms are due by

A Winner's Show is scheduled for April 7 from 6 to 8 p.m. at the Runnymede in downtown Alva during the regular First Friday Artwalk events.

"NAS works so hard to put this on for our campus community and the Alva community," Case said. "It takes many hours of prep work along with the setup and takedown of the actual show. I really hope that everyone can come check out the work that will be displayed and take real time to look at the pieces and enjoy them. Do tell people how much you enjoy their work. You'll definitely bring big smiles to their faces."

## **NEWS**

# NWOSU nursing majors lead statewide organization

By **JACOB ERVIN**Senior Reporter

Nursing majors at Northwestern are helping revive the once-defunct Oklahoma Nursing Student Association.

The ONSA is a student-run organization for future nurses in Oklahoma. The association lost all of its membership when colleges closed in the spring of 2020 as a result of the pandemic.

However, the association has returned to operation under the leadership of the organization's new president, Northwestern senior nursing major Brenner Clark.

Clark became involved with the organization after Dr. Dean Prentice, an associate professor of health sciences at Oral Roberts University and retired Air Force Nurse Corps Colonel, reached out to Northwestern nursing students to gauge student interest in relaunching the organization.

Clark, who was elected president of Northwestern's Student Nurses Association in May, reached out to Prentice. Their correspondence led to a group of nursing students from various Oklahoma colleges meeting at the Oklahoma Nurses Association's annual convention in September.

The Oklahoma Nurses Association hosted a workshop in Tulsa for nursing students in the







**Holmes** Runyan

absence of the ONSA's annual September convention. Students from Northwestern, the University of Oklahoma, Oral Roberts University and Eastern Oklahoma State College conferred about the future of ONSA and reestablished an executive board to guide the organization back to life.

The ONSA serves as a governing body for the student nursing associations of colleges across the state and falls under the umbrella of the National Student Nursing Association. The organization also works in partnership with the Oklahoma Nurses Association.

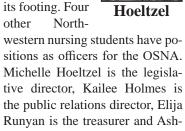
Clark said the primary purpose of the ONSA is to help students prepare for the National Council Licensure Examination, which is required to become a licensed nurse, and help students prepare for life as healthcare professionals.

"We assume responsibility for contributing to nursing education in order to provide for the highest quality healthcare," Clark said.

While Clark may be leading

the charge as president of the reborn association, he is not the only Northwestern student helping the ONSA find its footing. Four

director.



The ONSA plans to restart its yearly convention this fall and launch other events, such as a leadership summit. The group is also working to rebuild membership

ley Steadman is the marketing

"We don't really have a number yet," Clark said. "We're still just trying to launch everything. We're still in the planning process."

## What's up?

#### **MONDAY**

The Rangers and Lady Rangers basketball teams will face the Southwestern Bulldogs in Percefull Fieldhouse starting at 5:30 p.m. The Student Government Association will pass out 600 T-shirts to all Ranger fans in attendance beginning 30 minutes before the first game.

#### **TUESDAY**

Northwestern's summer enrollment opens. Students should contact their advisors for more information.

Don't forget: Feb. 14 is Valentine's Day.

#### WEDNESDAY

The deadline to apply for foundational and departmental scholarships is Feb. 15. Some deadlines may vary, however.

A two-day blood drive will take place on the Alva campus in the Student Center Feb. 15 and 16 from 10 a.m. to 4 p.m. each day. The blood drive is open to the public.

#### **FEB. 16**

The Northwestern Regional Science Fair for middle and high school students will take place in the Student Center beginning at 8 a.m. The event is open to the public.

The first theater production of the semester, "The Act of Murder," will begin at 7 p.m. in the Herod Hall Auditorium. Tickets can be purchased at the door.

#### FEB. 17

The first theater production of the semester, "The Act of Murder," will begin at 7 p.m. in the Herod Hall Auditorium. Tickets can be purchased at the door.

Friday is the last day to drop first eight-week classes. Visit the university registrar's office for more information.

### **FEB. 18**

The first theater production of the semester, "The Act of Murder," will begin at 2 p.m. in the Herod Hall Auditorium. Tickets can be purchased at the door.

### PARKING: Students, faculty must display vehicle decals

### Continued from Page 1

"I have also seen an uptick in people not having any decals at all," Kilmer said. "That becomes a safety issue for the whole campus. If I have a vehicle that doesn't have a parking sticker, I don't know if it is someone that belongs on campus or not.

Kilmer added: "We do have some visitor parking spots in cer-

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tain places where, if you just have to be in a certain place for just a couple of minutes, you can get into one of those visitor parking places and get out. It's not that we're just out there giving tickets all the time. We do give some warnings."





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### LETTERS TO THE EDITOR

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

Letters must be turned in by noon on 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.

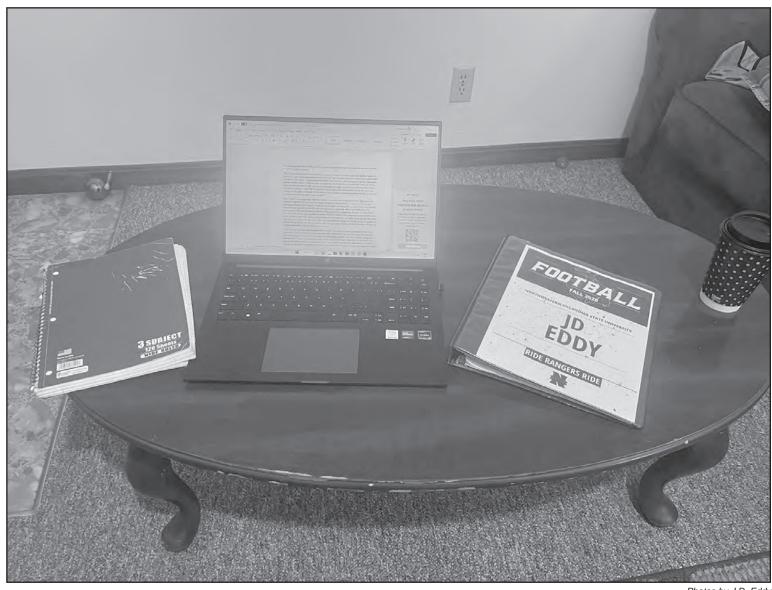
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## **OPINION**

### SOMETHING TO THINK ON

You are beautiful just the way you were made to be. Don't change that.



Photos by J.D. Eddy

ABOVE: The author's notebook, laptop, football binder and cup of coffee — key components of his online classwork — are shown.

BELOW: The author recommends that students in online classes keep detailed schedules, whether online in print, to keep up on coursework.

## Online classes have pros, cons

By **J.D. EDDY** *Editorial Editor* 

Online college classes have advantages for many people, especially for individuals who are involved in sports or other activities.

When I started my master's courses, I did not realize the amount of course work that doesn't happen in-person. I have always been a more in-person type of student. By tha,t I mean I learn easier when my class is face-to-face. I retain information better than when it's online.

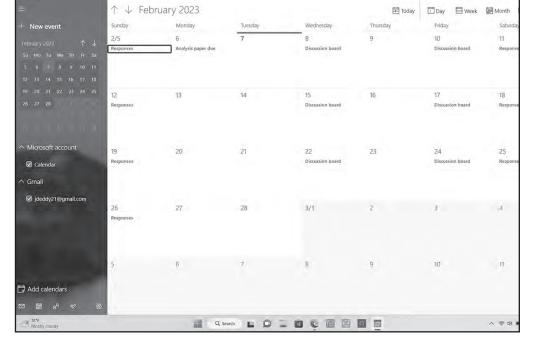
I'm studying things such as discussion boards, analysis papers, reflections and watching the information on a recorded Zoom call. That is what my class schedule is right now. I am playing football again, taking pictures and at the same time writing for this paper.

Having all of my courses on Blackboard is convenient, allowing me to optimize my schedule around these papers I have to write.

Now, I know I have mentioned that there are positives to having classes online. But there are definitely negatives that surround this as well: forgetting the assignments that are due, not checking spelling or having specific feedback on your work, not being able to retain information as well and not being adjusted to the differing workload that you now have

When I say "feedback," that is referring to the professor making comments on the post after it is submitted, and this can really affect you. If you are like me, then you do not always check the feedback that shows up on your graded paper.

Most of these assignments show up on Blackboard in your calendar, and some do not, so you have to be adamant and check for the



due dates. There are times when we forget that things are due. It happens to the best of us, but most of the coursework will show up on the calendar.

So, do not get lazy and forget to check Blackboard for new announcements about work.

There are ways to offset these negatives. For example: hanging a calendar on the wall where you write down what is due, having a planner you write in daily, setting a reminder on your phone and having your roommate help remind you if you have the same class schedule.

These are just basic things that I started to do so I will not get behind on my coursework. Now more than ever, it is imperative that I get my work done in order to stay eligible. If

you are an athlete, you have the same issues: constantly keeping your grades up, not getting behind on homework and balancing this with your social life as well.

This is not to tell you to have all of your classes be online, or to tell you that they need to be in-person.

You as an individual student need to determine what is best for you. This is a way to optimize your school work, stay on top of your grades and balance your life and learning all in one.

As always, thank you for taking the time to read my article and the campus paper. If you want to voice your opinion in the paper, write a letter to Northwestern News. We would all love to hear what the student body or faculty have to say.

## **OPINION**

#### A GOOD WORD

"When you change your thoughts, remember to also change your world." — Norman Vincent Peale

## Staying busy at work, school pays off

By KRISTEN KIRTLEY Senior Reporter

Working while earning a degree is one of the best decisions a student can make to increase their personal growth and learn valuable life lessons.

Being a student who has worked throughout the entirety of my college career, I can say that it has taught me a vast amount of

Although having a job while going to school has been rewarding, it has also been demanding and challenging. As Theodore Roosevelt once said, "Nothing worth having comes easy."

One important life skill I've improved on while working and going to school is time management. In order to be successful at school and work, I have to prioritize my time and avoid things that waste too much of it.

A habit I've recently started that has been helpful is doing at least one hour of school work each day. Even if nothing is due the next day, one hour of school work every day not only keeps me from getting behind, but it helps me stay ahead as well.

Another skill I've improved on throughout this journey is personal organization.

I stay organized by creating schedules, keeping my planner updated with due dates and todo's and giving myself deadlines to avoid getting behind.

Something I've learned about myself is that if I don't write it down, I'll forget it. With this knowledge, I try to write things down as soon as they get assigned.

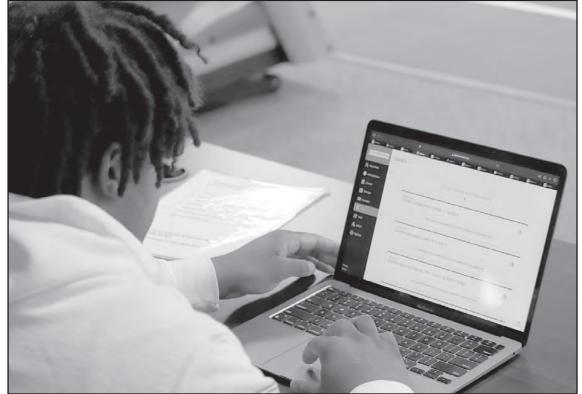
"Having a job while going to school has been rewarding," — Kristen Kirtley

Procrastination used to be a big problem for me, but once I started working more hours while taking classes, I realized procrastinating was no longer an option if I was going to achieve my goals.

I now try to start things as soon as they are assigned, rather than waiting until the last minute.

Once I started implementing this simple habit into my life, my grades improved, and my stress decreased not only at school, but at work as well.

In my opinion, balancing work and school can also help better prepare students to balance other things after graduation, such as growing their career and raising children. If a student isn't working, playing a sport or involved



Bryce Mack works on homework while on duty at the J.R. Holder Wellness Center Tuesday.

in an organization on campus, they may struggle to balance their work, family and personal lives both after they graduate and later on in life.

Another pro to working while attending school is earning an income. What college student doesn't want money?

Even if students don't necessarily need an income because they are on a scholarship or have financial support from their families, working could give them an opportunity to save money for life after graduation.

Appreciation for the little

things is another thing I've obtained while holding a job and attending school full-time. When I find myself having

more free time than usual, I appreciate the time given and try to make the most of it.

Rather than playing on my phone for hours, I make plans

with a friend or read a book.

Don't get me wrong, when things get busy at work and school, and deadlines start piling up, I sometimes get jealous of people that get to solely focus on school.

When that thought creeps in, I just think of all the things I've learned along the way that I wouldn't trade for the extra free time or decreased amount of stress.

## Believing in friends, family, faith and the power of prayer

**JORDAN** GREEN SAYS



Anytime people walk into a clinic or are admitted to a hospital, they're cared for by hard-working and seemingly healthy med-

profes-

ical

sionals.

rarely ever think that those people may themselves need to take medicine or go under the knife.

But alas, healthcare providers need healthcare, too.

I've been as guilty as anyone of thinking that providers are seemingly immortal. Part of the reason is because my dad is a physician's assistant, and I never want to think about him or anyone I love getting sick. But we're all humans. This truth was put back in focus this weekend, when my dad was on the opposite side of healthcare. This time, he was the patient.

For several days, Dad had been in non-sustained ventricular tachycardia, where the lower part of the heart beats at a different rate than the top half, causing the body to have lower rates of oxy-

genated blood. He was admitted to the Kansas Medical Center on Sunday. There, he and the medical staff concluded that a blood clot was causing his trouble.

Although Dad is a physician's assistant, it didn't take him too long to go stir-crazy in the hospital room. He's been in many hospital rooms in his life, but he was always in scrubs, not a gown. He was finally getting a taste of his

As much as he hates to admit it, he needed some time to relax, which he fortunately got. Even on days off, he's out at the farm or working on something around the house. Always busy, always

Often times hospitals and clinics are all short-staffed, meaning many healthcare workers are taking on longer shifts - and more of them. Despite their critical roles, they battle the same tiredness and fatigue that all people do.

With all those long hours come great sacrifices, and the biggest sacrifices healthcare workers make are of their own time and well-being. They lose countless hours of sleep, taking tremendous tolls on their physical and mental health. They're not home with their families as often as they'd like to be, nor do they have as much time to spend with friends or go on vacations. Yes, many healthcare workers are paid a respectable salary, yet they still pay the greatest costs.

In spite of it all, they soldier on and put their hearts fully into providing compassionate, quality care for others. The staff at Kansas Medical Center in Andover are prime examples of what excellence in healthcare looks like. The physicians devised and acted on a solid treatment plan, and the nursing staff ensured that Dad had everything he needed. The housekeeping staff kept the room in tiptop shape, and the kitchen staff delivered tasty food. All around, the Kansas Medical Center is a five-star operation thanks to the people who work there, and we are so grateful for them.

Of course, there's another group of people for whom we are eternally grateful: all of the many, many family members, friends and brothers and sisters in the faith who interceded with fervent prayers on Dad's behalf. We know they made a difference. When he was admitted to the hospital Sunday morning, churches had special prayer sessions for him, and hundreds of people reached out on social media to tell us that they're keeping Dad lifted up. That, Folks, is what true belief and Christ's love really are.

The power of prayer was put on full display for us Monday morning. That morning, Dad's heart was still not beating normally. Our church secretary at the First United Methodist Church in Blackwell, Linda Miller, sent us a beautiful and anointed prayer.

before Mom and I left the room to what matters most: Rest, family, eat lunch. As soon as we left the friends and faith.

room, Dad checked his heart rate, and it was normal for the first time in a week. The clot dissolved, and Dad immediately felt normal again. Hardly a coincidence. Yes, God is real, good, alive and healing, and like the guitar-picker at the front of a stage, he'll be here to take requests all week – and for all of eternity, thankfully.

Being on the other side of healthcare has been an adventure, Mom, Dad and I prayed it right one that's put back into focus

### Thinking of moving?

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Page 6 **NORTHWESTERN NEWS February 9, 2023** 

# Hoopin' with Harman

### Head men's basketball coach has passion for competition and family

By **Ely Noble** ~ *Student Reporter* 

■ he day Robbie Harman first got to college at the University of Central Michigan, he knew he wanted to coach basketball when he was done playing.

As his college days got slim, he started to make connections with coaches and made his plans to become a coach after his days of playing ended.

Harman is the head coach of the men's basketball team at North-

"Basketball was my love growing up," Harman said while talking about the role basketball played in

#### LIFELONG LOVE OF SPORTS

He played basketball from the youngest age he could until he finished his professional career in the

Harman graduated from Traverse City Central High School in Traverse City, Michigan, and at-

tended Central Michigan University, where he played both basketball and baseball for four years.

vision I MAC West Division Cham-

He said he lived the game and never wanted to have to stop.

"He was definitely the more vocal one in the group," said Jordan Bitzer, a former teammate at Cen- Mickaela Harman.

This trait of Harman's caught the attention of teammates throughout the years, showing that he had what it takes to coach at an elevated for his players for the future.

Harman was born on June 2, 1988 and raised in Traverse City all the way through high school.

He was active in sports and other extracurricular activities. Harman lived with his parents,

Lynnette and Thomas Harman, and had six siblings in the house. "I love my family," Harman

Harman said he was a big family-kid growing up, and he still is

Harman has been looked upon as a kind person and someone who is always trying to help people, in-He was a part of two NCAA Di- cluding his players, no matter the circumstances, those who know

> "Right after [Robbie] gets done yelling at them, he will literally help them with anything, even if it's fixing their car," said his wife,

Being a coach means more than just coaching the game to Harman. To him, his job is also to help them succeed off the court and prepare

Growing up, Harman was a dedicated person no matter what was in

"He is one of the most determined individuals I've had the opportunity to coach," said Ernie Zeigler, Harman's former coach at Central Michigan.

#### OFF THE COURT

On the basketball court, Harman is always the biggest competitor, but it is not just on the floor where



Harman poses for a photo during the basketball team's media day.

he always wants to win.

"It doesn't matter if it's basketball or a board game, he is always trying to beat everybody there," Mickaela Harman said.

Harman succeeded in basketball for a long time and continues to do so, and he was one of the best athetes around, Bitzer said.

"He was probably the best allaround athlete I've ever had a chance to play with," Bitzer said. Basketball plays a huge role in

Harman's life, but family is also something he cherishes. Harman has a daughter named

"My biggest accomplishment in life is having my daughter and getting married to my wife, Mickaela." Harman said.

His biggest accomplishment with the game of basketball is getting to the point he is at now after everything he has been through.

In November 2003, Harman was 15 years old when he lost his father to cancer. Harman strives to make his dad proud as long as he can until they are able to meet again in heaven, Harman's wife said.

"I would say certainly he wants to make his parents and daughter proud every single day," Mickaela Harman said.

His friends and family say this is





the positive in everything, even in the most horrible situation," Bitzer His past teammates said he would always get them in the gym to help them through the tough stretch of basketball and help boost

> games and practices. The competitive nature of Harman is sometimes a good thing for him and the others around him, but sometimes he tends to get too anx

> > "He sometimes gets too worried or anxious about upcoming games," Mickaela Harman said.

their confidence for upcoming

another reason he works to be such

Harman does his best to help

"He is always trying to look at

others get through struggles, his

a great and successful person.

friends say.

### A PASSION FOR SUCCESS

Harman has few passions, but

the ones that he does have are deep. His passion for basketball has helped him be at the point he is at

in his life. With the passion for basketball comes a passion for success. Family and friends are also another passion, and he wants people to know he cares, Zeigler said.

Harman has not only affected the him," Blitzer said. players he coaches on and off the

court. He did the same thing with

"He knows what it takes to be successful on and off the court and how to bring his teammates with

his past teammates.

This is one thing Harman has

way from his success on the court to watching from the sidelines as a coach, motivating his players.

"Watching my brother work so finally see him make a career out of outside in.

been able to carry with him all the something he enjoys is awesome." said David Harman, his brother. Not only do his demanding work

and dedication affect the ones that are also involved in it, but it has hard his whole life at something and also affected ones looking from the playing to Northwestern and help

"I want to bring the success I have had in the past coaching and playing to Northwestern and help this program"

Harman has had much success in his basketball career, but there have been disappointments also, he said.

— Robbie Harman

"When you have the team, you just know you can make it, and then you have to deal with injuries all year, it hurts," Harman said. "The accomplishments that come after are much sweeter after going through the disappointments first."

The coach looks at those times and makes it a learning experience for himself and his team to help grow individually and as a team.

Harman said he is not holding onto his past. He said he is looking for more success in his career and wants to teach his players what it is like to be at the top of something they've worked hard at.

"I want to bring the success I have had in the past coaching and this program," Harman said.



ABOVE: Robbie Harman (center) handles the basketball during a game for Central Michigan University, his alma mater. Harman was a two-sport athlete, playing basketball and baseball for Central Michigan. He was a part of two NCAA Division I MAC West Division Championships. RIGHT: Mickaela and Robbie Harman take a selfie.



## **FEATURE**

## Ranger women share passion for science

By REBECCA WAGNER Senior Reporter

Editor's Note: The Northwestern News is highlighting female scientists at Northwestern in honor of the International Day of Women and Girls in Science, which is Feb. 11 each year.

Women take part in about 30% of the world's scientific research, according to the UNESCO Institute for Statistics.

Although they're in a field that is predominately male, some of Northwestern's female professors and students are excited for their careers in science. Dr. Jennifer Sattler, chair of the university's science department, always wanted to teach and take part in science fairs and robotics clubs.

By moving to a smaller school like Northwestern, she has the opportunity. Sattler, an associate professor of physics, said she had a unique journey into the field of science. She was the only girl in her class when she was in college.

"The biggest obstacle was kind of getting used to the fact that there was nobody who looked like me," Sattler said.

During her days as a student, Sattler faced some challenges from her peers, she said.

She heard teasing comments about girls being unable to work with tools and lacking the "math"

"I always took it as more of a challenge, not something I necessarily have to overcome," Sattler

Another professor, Dr. Piper Robida, said she faced similar challenges. Robida, an assistant professor of biology, said prejudice was historically present in

However, she points to some of the world's most remarkable scientific feats to show where women have made a difference.

For example, many scientists helped determine the structure of DNA, but the woman who was involved - Rosalind Franklin did a lot of work, Robida said.

Franklin did X-rays of the structure of DNA. She was awarded the Nobel Prize for her work. However, because of her exposure to radiation, she died before she could receive the prize.

Franklin ultimately was overshadowed by James Watson and Francis Crick.

Because of how upfront Robida is, her mentors always knew what she wanted and expected, she said.

"Science is always a challenge," Robida said. "I like some-



Dr. Jennifer Sattler tutors a student in a science class. Sattler is the chair of the science department.

thing new every day, and I like solving problems."

Rose Negelein, a sophomore biology major from Blackburn, said it is uncommon to hear about female scientists.

She said it is ingrained in people's minds that science is for

"I feel like more than half of my classmates when I first started were all going into health careers, and that's not a bad thing," Negelein said. "I am happy for them. I feel like it should not be necessarily expected of people."

Jillian Bouse, a senior biology major, said she hopes to become a veterinarian.

"I don't feel any setbacks or dangers of prejudice against me going into the field," Bouse said.

Bouse said she knows that some people will doubt her, but she said she won't let that stop

"I think anybody can do anything that they want to do," Bouse said. "Technology has advanced so much that physical strength is not really a setback for people anymore."

Kathryn Brashears, who is studying pre-medicine with the goal of becoming a gynecologist, said she does not let the statistics hold her back.

Brashears said that, to make the medical field more appealing, it needs to be promoted equally and should not be as challenging for females.

Brashears said that, in the applicant pools, determinations also depend on race, comparing a white female to a white male or a person of a different ethnicity.

"I think just to remove the stereotypes, you are making a better applicant pool, and by doing that, you're ensuring you're getting the best positions - doctors and nurses and everything - that you could possibly get," she said.

## Ramey juggles school work, motherhood

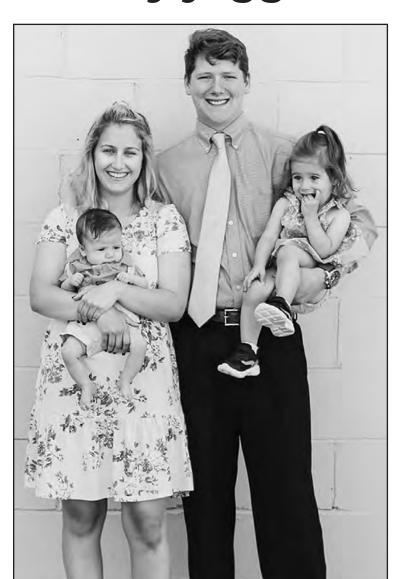


Photo provided

Leah Ramey poses for a photo with her son, Kaleb, daughter, Olivia, and her fiancé, Brady King.

By ALLISON SCHIEBER Senior Reporter

Sophomore Leah Ramey has finally closed her eyes around 1:30 a.m. just to wake up to her 11-month-old child, Kaleb, screaming yet again.

Ramey starts getting ready for her day at 8:30 a.m. and waits for her mom to come watch her two children so that she can come to school. Ramey is a non-traditional college student.

Ramey said she adores her children, and the best part about having children is that they become one's miniature best friends.

Ramey graduated from Aline-Cleo High School when her first child, Olivia, was eight months old. Kaleb was born in March of last year.

Monday through Thursday, Ramey attends business classes at Northwestern Oklahoma State University and drives about 45 minutes from Aline.

Ramey also works part-time at Doc's Apple Market in Fairview, which is 20 minutes from Aline and an hour from Alva.

Although Ramey said she struggles with juggling school and work, she always tries to make time for her children, even if it is difficult at times, she said.

Ramey said she enjoys playing with her children and teaching Olivia to talk and Kaleb to walk.

She likes to dance and sing with her children, and they enjoy playing with their toys at home. One of their favorite pastimes is to go on walks together outside.

Ramey also enjoys creating paintings for her house, and she has gotten into diamond painting.

Diamond painting is like paint-by-numbers, but with little gems instead of paint. She said she finds this activity to be calm-



## **ENTERTAINMENT**

### **MOVIE REVIEW**

## 'A Man Called Otto' tells 'heartwarming story'

By **DAX BENWAY** Senior Reporter

"A Man Called Otto" is heartwarming story about Otto Anderson and his life after the passing of his wife, Sonya.

It is a film set after the novel "A Man Called Ove," written by Fredrick Backman.

Tom Hanks stars as Otto Anderson as he is trying to figure out a way to get back to his late wife, Sonya.

He spends a majority of the movie trying to end his life to be able to see her, but all he sees are flashbacks of Sonya and Otto growing up.

Then the attempt is not successful. Sonya believed there was something still worth living for.

Otto was an independent person and liked to do everything his way.

He would make his rounds every morning in the neighborhood, and when something was out of place, Otto had a problem with it.

All this would change when a new family moved in across the street. Otto was not fond of his neighbors at first, but little did he know this family would change his life forever.

Otto, still trying to shut out the world and do things his own way, is found in many situations where this new family is in need of help.

Otto is not one that comes off as being friendly, but Marisol, the mother of the family, always wants him to be nice and help others around him.

At first, Otto would only help them with little things, like letting them borrow a wrench or a ladder.

But as time went on, Otto's role in their life became much more

During his second attempted suicide, Otto is interrupted by Marisol asking him to drive her to the hospital after her husband fell off a ladder and broke his leg.

Otto sat with the kids, Luna and Abbie, as they waited for their father to get out of the emergency room.

This would be the moment where Otto took on a much bigger role not just with their family, but the whole neighborhood.

Even though Otto is still not a loving, caring person, you can tell when watching the movie that Marisol and her family are affecting his life in a positive way.

An example of his changed ways is when Malcolm, a boy who is also transgender, is thrown

out of his home by his dad.

He comes to Otto for a place to stay, but Otto gives him so much more than that. Otto starts to become a father figure for Malcolm, teaching him basic everyday life skills for a man.

Otto became a bright light for the whole neighborhood, as he wasn't just helping Marisol's family out.

He was helping everyone in the neighborhood, including his old friends Reuben and Anita, from getting their home evicted by the real estate company trying to come for the elderly in the neighborhood.

Otto finds out the company was getting private health documents illegally to use as leverage to get the elderly out of their homes and into a retirement home.

He also took in the homeless cat of the neighborhood that he does not like either.

Otto has now become a vessel of light for everyone around him and starts to become a grandfather figure for Luna, Abbie and their new brother, Marco.

Otto would eventually pass away leaving almost everything he had to Marisol and her family. A great story and a great movie.

I would highly recommend it.

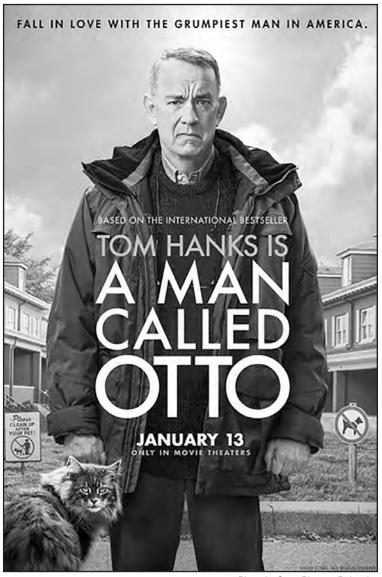


Photo by Sony Pictures Releasing

# 'Power of Positive Thinking' still has valuable lessons

By **JORDAN GREEN** Editor-in-Chief

We tend to take a lot of things for granted when we're going through our days. Whether we overlook simple acts of kindness from a stranger or don't notice the value of a short phone call from a friend, we miss out on a lot of the good things around us, focusing instead on the parts of life that drag us down.

Part of our problem is that we're thinking on the wrong stuff. Of late, I've been reading "The Power of Positive Thinking" by the late, great Norman Vincent Peale. Decades after Peale first wrote the book, its wisdom remains powerful.

Peale is probably known as one of the greatest motivational preachers of the 20th century. He wrote the book based on his own life's experience as well as that of people he met in his trips across the nation.

I began reading the book at the recommendation of a friend who found great value in it years ago. Though I'm only a few chapters in, I'm already inspired by what Peale has to say.

In the first chapter, Peale relates the story of a man who came

to him with little hope for his life. He told Peale that "everything" in his life had gone wrong, that he had screwed it all up and that he was despondent.

Peale responded by asking the man a series of questions. First, he asked about the man's family, and the man said he loves them and is grateful for them. Peale asked several more questions and came up with a list of people and values the man holds deeply. Among them: Family, friends, health, a free life in the United States and faith in God.

Peale's genius was on full display here. The man walked away from the conversation with a restored sense of hope and a much better outlook on his life.

Peale's advice to the rest of us: "If you feel that you are defeated and have lost confidence in your ability to win, sit down, take a piece of paper and make a list, not of the factors that are against you, but of those that are for you. If you or I or anybody thinks constantly of the forces that seem to be against us, we will build them up into a power far beyond that which is justified.

"They will assume a formidable strength which they do not actually possess. But if, on the contrary, you mentally visualize and affirm and reaffirm your assets and keep your thoughts on them, emphasizing them to the fullest extent, you will rise out of any difficulty regardless of what it may be"

Once you've quit ruminating on negative thoughts, Peale says, "immediately start filling your mind with creative and healthy thoughts. When the old fears, hates and worries that have haunted you for so long try to edge back in, they will in effect find a sign on the door of your mind reading 'occupied.' They may struggle for admission, for having lived in your mind for a long time, they may feel at home there. But the new and healthy thoughts which you have taken in will not be stronger and better fortified, and therefore able to repulse them."

To some, Peale's advice sounds too simple, too positive or maybe too gimmicky. I'm one who has often resisted such advice, much to my own loss. But the more we train our minds to think along these lines, I believe we will see results.

When will you start to unleash the power Peale talks about – the power of positive thinking? If you want to, then I recommend reading this legendary book.

# Dad Joke of the Week:

Just got back from a job interview where I was asked if I could perform under pressure.

I said I wasn't too sure about that, but I could do a wicked "Bohemian Rhapsody."

### **ALVA VISION CLINIC**

have now become Dr. Troy L. Smith's legacy, the Alva Vision Clinic has teamed up with the Oklahoma Association of Optometric Physicians (OAOP). Fellow optometrists from across the state of Oklahoma, my husband's friends and colleagues, have come forward to volunteer their time and services in order to serve Alva and the greater community that is Northwest Oklahoma.

In ensuring that patients continue to receive the care, service, resources, and priority that

As we all mourn the loss of such an important member of our little corner of the world, it especially appreciate the continued love, support, and grace that has been shown to myself, the practice, and the staff. Our updated schedule, including office and physician hours as follows:

### OFFICE HOURS:

Monday & Thursday: 8am-5:30pm Tuesday & Wednesday: 7:30am-5:30pm Closed From 12pm-1pm

#### For an Appointment, Call: (580)-327-2393

### OPTOMETRIST HOURS:

Monday, Wednesday, Friday 9:00am-4:30pm Closed From 12pm-1pm

After Hours, Call: (580)-829-2026

Additionally, physician hours may shift week to week as we work to find our new normal, but the Alva Vision Clinic, will continue to be open and available for all of your Vision Source needs. So whether your needs involve new contact lenses or frame adjustment/repair, a post-op checkup or an annual exam, or just want to check out the latest Ray-Ban or Oakley sunglasses, we are here for you!

## **SPORTS**

#### **GAME TONIGHT**

The men's basketball team will play in Percefull Fieldhouse against Ouachita Baptist at 7 p.m.

### MEN'S BASKETBALL



Photos by J.D. Eddy

Larry White shoots the ball during Northwestern's game against Arkansas Tech Jan. 28 inside Percefull Fieldhouse. The Rangers defeated the Wonder Boys, 85-70. The Rangers lost on Friday to Arkansas-Monticello, 80-76, and on Saturday to Southern Arkansas, 74-63. The Rangers currently have a record of 9-10 with a 5-10 record in conference play.

## Rangers falter in Arkansas



Malik Parsons dunks the ball during Northwestern's game against Arkansas Tech Jan. 28. The Rangers defeated the Wonder Boys, 85-70.

By **JORDAN GREEN** *Editor-in-Chief* 

The Northwestern men's basketball team had a rough weekend in the hills of Arkansas, losing two road games.

The Rangers first dropped the ball on the road Friday to the Arkansas-Monticello Boll Weevils,

Malik Parsons scored 41 points in the game, continuing his streak of being the Rangers' top scorer. Parsons' performance in the game tied a Northwestern record for scoring the most points in a single game.

To begin the game, both teams traded baskets, with the Rangers two points behind the Weevils by the time of the first media timeout.

Deatrick Pashell made two foul shots, and the Boll Weevils made a quick run. The Weevils had a 13-9 lead before those two free throws, and then Ranger Eric Hancik made a three to bring Northwestern within a possession.

By the second timeout, the score was 17-14 in favor of the Weevils, but the Rangers soon got an 18-17 lead thanks to Parsons.

The Weevils answered with two straight three pointers, retaking the lead at 25-23. The two teams went back and forth as Parsons was able to bring the Rangers within three after a jump shot in the paint brought the score to 36-33 at halftime.

To kick off the second half, the Muleriders had a lead of five, and Parsons' seven scores put Northwestern one away, officials said. The Weevils went on a scoring streak, gaining an edge of 54-44. The lead grew to 58-47, and the Rangers tried to narrow the gap.

White finished a layup as the Rangers continued to slowly chip into the deficit, having it now down to four at 68-64.

Josh Denton continued to answer Ranger runs, this time finishing a three pointer to take a 71-64 lead. The teams continued to trade baskets, as the lead was now down to 75-71 for Monticello. Milton cut it to three with 1:01 left to play with a three pointer.

In the last 27 seconds of the game, Milton did a layup, and the Rangers came close to forcing a steal – but not close enough, as the Weevils gained the four-point victory when the buzzer sounded.

The Rangers' first game was followed up with a loss to the Southern Arkansas Muleriders, 74-63, on Saturday.

Parsons once again led in scoring, this time with 24 points. Kicking off the first half, each team scored three-pointers. The

Muleriders quickly took an 11-5 lead after a run, though White closed it to a four-point gap thanks to a jump shot. Milton and Parsons made foul shots that further closed the gap, athletics officials said.

Southern Arkansas got a seven-point lead after a jump shot, but Parsons made two foul shots to end the Muleriders' run. The Muleriders made another three, bringing the score to 32-24.

The score was 44-30 in favor of Southern Arkansas at halftime. In the second half, the Rangers made a 6-0 run, bolstering the Rangers' defense efforts. The Muleriders made a 7-0 run, gaining a 15-point lead, though the Rangers eventually narrowed it to eight.

The next run for Northwestern came thanks to Milton, and the deficit narrowed to six.

The Rangers tried one final surge, but the Muleriders kept responding to bring the score to 70-61. Southern Arkansas closed the game out with a 74-63 victory over the Rangers.

The Rangers' next games will be Thursday against Ouachita Baptist, Saturday against Henderson State and Monday against Southwestern.

All are at home and begin at 7:30 p.m. inside Percefull Field-

## **SPORTS**

#### **GAMES TODAY**

- Women's basketball at home, 5:30 p.m.
- Baseball at home, 2 p.m.

### WOMEN'S BASKETBALL

## Northwestern struggles on road trip



Photo by J.D. Eddy

Charmayne Marshall defends during Northwestern's game against Harding at Percefull Fieldhouse on Jan. 26. The Lady Rangers defeated the Lady Bisons, 69-66. The Lady Rangers currently have a record of 8-11.

By **JARA REEDER**Senior Reporter

The Northwestern women's basketball team lost two games on the road last week, making the team 8-11 overall.

The Lady Rangers headed to Magnolia, Arkansas, to take on Arkansas-Monticello on Friday, as bad weather both changed the location and moved the game a day back.

The first quarter was dry for the Lady Rangers, with Faith Simpson being the first to put two points on the board.

Carly Craig scored on a three-pointer, giving the Lady Rangers a 20-5 deficit at the end of the first quarter.

In the second quarter, Nikya Orange started the Lady Rangers off by driving and finishing a layup.

The Lady Rangers tried to bring the Blossom lead down to single digits, but at the half, Monticello had a 29-16 lead.

In the second half, the Lady Rangers worked to get more points on the board, but the Blossoms came back each time, matching points with the Lady Rangers.

In the fourth quarter, the Lady Rangers tried to rally, as Talayah Thomas broke free for a layup with nearly seven minutes to go.

Despite several comeback attempts, the Lady Rangers lost by a score of 61-44.

The Lady Rangers then moved on to face the Southern Arkansas Lady Muleriders on Saturday.

In the first half of the game, the Lady Rangers maintained a lead for most of the period, but the Lady Muleriders followed close behind.

Orange started the off the Lady Rangers with a layup with Craig scoring right after by shooting her first three-pointer of the night.

Both the Lady Rangers and Lady Muleriders played neck and neck, leaving the first quarter with just a one-point difference in favor of the Lady Muleriders.

Late in the first half, Talayah Thomas passed the ball to Camille Thomas as she scored a jump shot to give the Lady Rangers a 30-28 lead at halftime.

In the second half, the Lady Rangers lost their lead and did not keep up with the Lady Muleriders

Northwestern lost, 68-56, making it the third loss in a row for the Lady Rangers.

## Softball season begins with rough, 1-4 start

By **CADE KENNEDY**Sports Editor

Softball season is underway, and the Lady Rangers are off to a rocky start.

The Lady Rangers started the season by traveling to Hot Springs, Arkansas, to compete in the Henderson State Festival. On Friday, the Lady Rangers played two games, with the first opponent being Missouri Southern.

In the first inning, the Lions immediately pounced on the Lady Rangers by scoring four runs. The Lady Rangers responded, as Hannah Howell hit a single that scored Northwestern's only run of the game.

The Lions continued to pour it on by scoring in the second, third and fourth innings. The Lady Rangers could not overcome the onslaught of runs, giving the Lady Rangers a 7-1 loss.

The second game of the day was a different story, as the Lady Rangers took on Northeastern State.

After a scoreless first inning for both teams, the Lady Ranger bats came to life in the top of the second to take a 5-0 lead. After two more Northwestern runs, the Lady Rangers claimed their first victory of the season, 7-0.

On Saturday, the Lady Rangers finished up their road trip with a game against Arkansas-Monticello. The Lady Rangers found themselves in a familiar situation, as the Blossoms jumped out to an early 3-0 lead

The Blossoms continued to score, but the Lady Rangers clawed their way back from a seven-run deficit to make the game 10-6 heading into the seventh inning. Despite having some momentum, the Blossoms shut the Lady Rangers down to win, 10-6.

On Tuesday, the Lady Rangers made their home debut against the Jets of Newman.

In the first game of the day, the Lady Rangers found themselves in an early hole. The Jets scored six runs in the first two innings of the game, while the Lady Rangers only scored one. The Lady Rangers rallied, and the game went into extra innings tied at seven. Northwestern did not complete the comeback, as the Jets won, 10-9. The second game was a defensive battle, as the Jets soared to a 3-0 win.

The team's next game is Friday in Wichita Falls, Texas.

## Rangers fall to Roadrunners

By **CONNOR GRAY** Senior Reporter

The Northwestern baseball season has started, but not with the opening the Rangers wanted.

Northwestern took a trip to Denver to play Metropolitan State for the first three-game series of the season.

The first game started off on Friday with little offense for three innings, with the only run coming in the first for the Roadrunners.

In the fourth, Hagen Barcello got an RBI single to even the game up at 1-1. That was the only run the Rangers scored in the game.

Dylan Collins gave up a tworun home run for the Roadrunners to go up 3-1. Collins finished the inning before being replaced by Cade Phelps.

The Roadrunners collected three more runs and won the first game, 6-1.

The second game between the Rangers and the Roadrunners on Saturday was an offensive heavy performance.

In the bottom of the first, the Roadrunners scored three runs off a two-run homer and an RBI double.

In the next inning, the Rangers responded with three runs of their own, with an RBI single from

Brandon Hold and a two-run double from Thomas Beiswanger.

Northwestern the next inning got four more runs. Barcello hit a solo home run. Hayden Priest got an RBI single, with a throwing error and a wild pitch making the score 7-3.

In the fourth, the Roadrunners scored four runs of their own to even up the score. The Rangers responded. The Rangers got an RBI single from Beiswanger. Priest scored on a fielder's choice, and Joseph Frisby knocked in a run with a single to right center.

Down 10-7, the Roadrunners responded with a huge seventh inning by scoring six runs.

The final of the game was 13-10, with the Rangers losing.

In the final game Sunday, both

teams scored one run going into the third. Roadrunners got one in the first, but the Rangers fired back in the second with a Brayden Koenig home run.

In the fourth, the Roadrunners scored four runs to put themselves up 5-1. The Rangers got three runs back, one off a sacrifice fly and a two-run double from Colby Grace to make it 5-4.

The Roadrunners got five runs during the next three innings, three of which came from a threerun homer in the fifth.

The Rangers only managed two more runs for the rest of the game, and the Roadrunners added one more to finish the game, 11-6, completing the sweep.

The Rangers' next game is Thursday at home at 2 p.m.

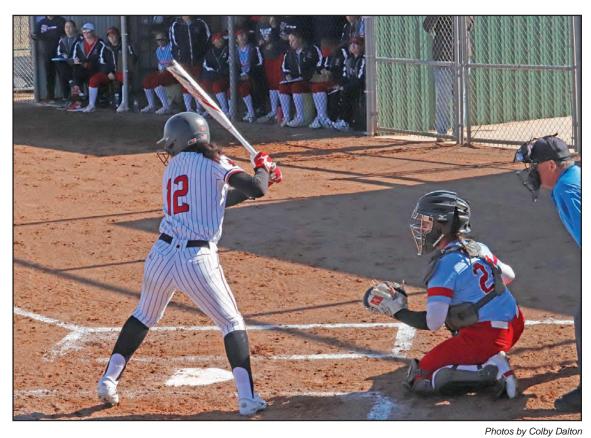


## Rangers get back in the swing of things





TOP: Ranger right-handed pitcher and outfielder Will Kates prepares to pitch during the Rangers' home opener Tuesday. ABOVE: Lady Rangers Tatum Winters, left, and Jaci Oakley smile as they walk off the field during the Lady Rangers' home opener Tuesday.



**ABOVE: Junior Lady Ranger** 

Macy Spearman prepares to swing during the Lady Rangers' home opener Tuesday against Newman **University. The Lady Rangers** played two games against the Jets and lost both. The first score was 10-9, and the second was 3-0.

LEFT: Ranger outfielder Joseph Frisby prepares to swing during the Rangers' home opener Tuesday against Newman University. The Rangers beat the Jets by a score of 4-1, ending a three-game losing streak.