Profile

Dr. Jenny Sattler shows kindness that makes lasting impressions on students Pages 6 & 7



Sports Cadence Long-Torres broke two school records at meet on Saturday.

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Volume No. 86, Issue 14

Northwestern Oklahoma State University, Alva, Oklahoma

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January 23, 2025

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Science building is locked down due to the vial of Picric Acid found on Wednesday afternoon.

Crystallized picric acid causes campus to temporarily close Thursday morning

By ALLI SCHIEBER Editor-in-Chief

NWOSU shut down campus last Thursday when a vial of Picric Acid was found crystallized during a routine inventory check.

The acid is often used in organic chemistry as a stain but when it crystallizes it can be hazardous. In its crystallized state it is an explosive compound that is highly sensitive to heat, shock and friction. The NWOSU faculty members that found the chemical had crystallized immediately contacted Dr. Jenny Sattler, who is the department chair of natural sciences.

"I went and looked at it," Sattler said. "Just so I knew where it was at and then we contacted Dr. Pecha, who is kind of the safety guy and then he contacted Aaron Vermilion, who's the safety officer and then he contacted the police and the Northwestern police chief also." Said Kelsey Martin, director of marketing and university relations, After the university was made aware of the hazard, they started calling experts to see what the next steps should be. That is when they decided to close school when they remove the acid from campus.

"They showed up way earlier than we had expected, which was great," Martin said. "We just wanted to make sure we were abundantly cautious in this scenario." <image><image>

Snow in front of Herod Hall on Wednesday after Mondays snowfall.

How to be prepared during cold weather: Tips for surviving the snow

By ALLI SCHIEBER Editor-in-Chief

While it was expected that Oklahoma have a warmer winter than normal, Alva has been seeing lots of snow lately.

The first snow happened just before students came back from break with 4-5 inches of snow.

While Monday Alva only had 1-2 inches of snow.

Northwestern chose to go ahead and cancel classes as Alva roads were slick.

Some tips for driving on the slick roads are to slow down, leave extra space for you and the car in front of you just in case, brake gently and avoid sudden stops and make sure to keep winter essentials like an ice scraper, snow brush, blankets and emergency supplies.

While walking to class if it is slick students should wear proper footwear and walk slowly.

Students should also make sure to dress in layers such as, thermal clothing, jackets, hoodies and coats while walking to classes.

Wearing gloves, beanies and scarfs are another way for students to stay warm.

Another way to stay warm in cold weather is by eating warm food and drinking hot beverages.

While students are not allowed space heaters in the dorms, they can stay warm other ways such as sealing drafts by putting towels in front of the doors, closing curtains or blinds or by laying down a thick rug.

Students can also layer their beds with flannel sheets, fleeced blankets or a comforter.

TikTok banned in the U.S. for only a few hours

By **LEO ROBLES** Student Reporter

On Friday the famous social media app, TikTok, was officially banned in the United States.

Last year on January, there was a senate in which the CEO of TikTok and the Senator Tom Cotton both were at a hearing and the senator proceeded to ask Shou Zi Chew, the former CEO of Tik-Tok, about his current citizenship status.

In the hearing, the senator repeatedly asks Shou about his citizenship information and if he had any possible connections of the Chinese communist party. The hearing was very popular among social media and the senator was criticized for his approach.

Shou kept on mentioning that he was Singaporean and that he does not have any connection with the Chinese communist party or its government.

According to CBS news, the app was shutting down in the United States due to the accusations of spying on citizens through the app and also its relationship with China.

U.S. officials offered the owner of TikTok to sell the app before January 19.

After the given date, if the

owner has not done made a decision, then the app would proceed to be banned in the U.S. territory. TikTok is currently banned in China, Afghanistan, Pakistan and India.

The United States found it useful to prevent the app from getting any sort of personal information from their American users.

The entire situation seemed almost impossible to believe since the app is well known among young citizens and teens, and they were not aware of the allegations that the owners of TikTok were facing.

Many of the users around the **See TIKTOK, Page 3**



Photo by Victor Kinzie

A student looks at the TikTok app as it is loading.



NEWS

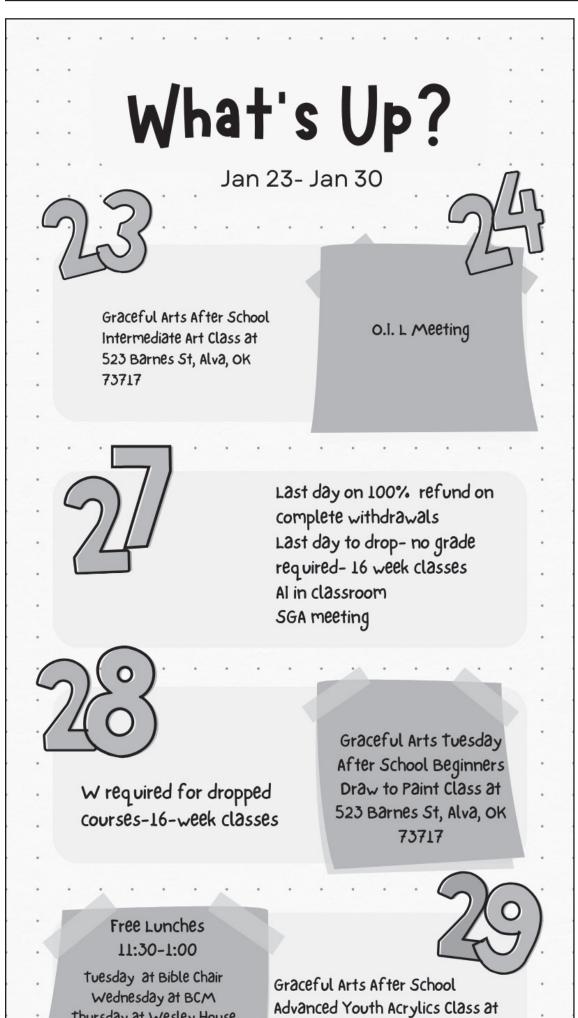




Photo by Victor Kinzie Workers have begun fixing the roof of the wellness center.

Roof repairs does not mix well with snow

By ALLI SCHIEBER Editor-in-Chief

Before Christmas break roof work started on several buildings around campus including the wellness center.

Work on the wellness center roof was taking place during the snow Alva recieved over break.

This lead to some exposed areas causing leaks in the ceiling in places where the roof was exposed.

Olivia Yandel, wellness center director said that the company came in and changed out all of the ceiling tiles. The damages were not severe but the roof did leak for three days.

Someways to ensure that roof damage does not happen to your home during the winter are checking for damages such as loose shingles, cleaning your gutters and making sure that your attic is well-insulated.

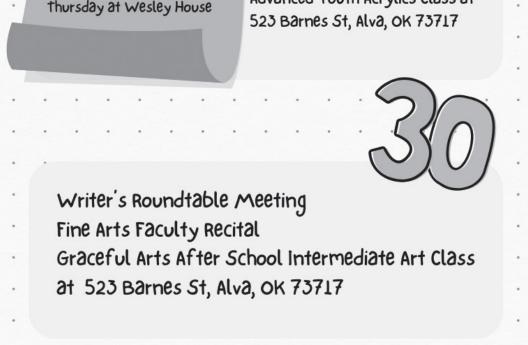
Anotherr thing you can do is make sure to keep up witht regular maintenance such as trimming branches of nearby trees and inspecting for leaks.

Someways to spot leaks are loooking for water stains or checking to see if there is dripping in the attic after rain or heavy snow. Safely removing snow from the roof is also a way to keep the roof from getting damage. You can safely remove snow with a roof rake.

You can also plan for repairs by taking care of issues when they are minor to ensure they do not get worse.

Preparing for the worse possible out come in these situations may be helpful as you never know what may or may not happen.





NEWS What students think about TikTok ban

Continued from Page 1 entire country were content creators and some of them have clarified that TikTok was one of their main sources of income.

The app was also the reason why many of the users became content creators and made those people popular among the app.

The banning of TikTok made a huge impact in these content creators since they would no longer have access to make their work in it. Some of them migrated to other apps or they decided to just focus on their other social accounts, but the disapproval of TikTok had made its own path through social media users.

TikTok just like any other app, they had a unique structure of the app that connected with the users and made it one of the most popular apps nationally.

The ban not only affected Tik-Tok, but other apps like CapCut, Marvel Snap and Lemon8. Those apps while not all social media apps they are owned by the same company that owns TikTok.

Tiktok was officially banned for 12 hours on Sunday. Meanwhile the new elected president, Donald Trump, was going into office on Monday.

President Trump's recent arrival has placed an order on the justice department to not enforce the TikTok ban, but to be postponed. Many users were surprised of the sudden return of the app since they were ready to focus on other social media apps.

Ivan Elias from Woodward, a Sophomore at NWOSU with a major in Criminal Justice, thought that it was sort of extreme by the United States government to decide to ban the app.

He thought there could be a different outcome that would not affect content creators directly.

He said that their decision was not fair, and that the entire situation seemed rushed.

He went on to say that since the app was returning even for an estimated time, it would be a little different since now everybody will talk about it and it would leave a mark in the app, making it unforgivable.

He is happy that the app is staying a little longer since he has made some content himself making a few memes and expects to Students opinions



Lainey Morse, sophomore psychology major from Enid.

"I already don't have Tik-Tok now. I deleted it back in my freshman year when COVID-19 was a really big thing, just because I spent so much time scrolling through it and I was like there are better things to do with my time. So, for me personally, TikTok being banned isn't a large ordeal. I already use Instagram as a social media platform. It's sad, especially for small influencers and small businesses that are using TikTok, but they could also move to Instagram. There are Instagram Reels that are really similar. I think it could be a good thing for people who have an addiction to their cell phones to take a break from TikTok for awhile."



Jadyn Chancey, sophomore psychology major from Mooreland.

"My thoughts on the potential TikTok ban, I think it's kind of stupid. I feel like there's more problems that need to be looked over. Like, I understand not having TikTok on like work phones and like cancelling it out, but just the removal of it is dumb because there's so much informational facts that you can gain from it. I've been typically on Instagram lately, so I think I'm just gonna keep staying on that platform or YouTube."

Barrett Brown, freshman business administration major from Bixby.

"My thoughts is, it's not a huge deal because all the content on TikTok is all over the place anyways and I mainly watch Instagram Reels anyways. So, if it gets banned I'll just stay on Instagram most of the time."



"My thoughts on it are just let it be. Just let people keep TikTok. I feel like it's a good thing to the public, just like everyone to use. I really don't be on TikTok as much. I would say YouTube, really, honestly. YouTube, Instagram, or something like that. Other things like that are good as well."



"Honestly, I don't think it's going to get banned. I think it's really just like a publicity stunt. But, if it do get banned, I'm just gonna go to Instagram. That's my big thing, I like Instagram."



Alli Schieber, senior mass communications major from Okeene.



"I think it's incredibly dangerous

really, because we share a lot of

way for people to stay informed.

I am fifty-fifty on if it's going to

get banned, I'm leaning more to-

wards it will. People seem very

serious about it. And, if it does

get banned then I'm switching to

RedNote as a lot of people are."

news on there and it's a great



Jaden Matthews, junior speech theatre major from Hennessey.

increase his popularity among the app as well as other content creators that he follows.

TikTok is still active but it is not accessible for those who have already deleted the app since it is no longer in the app store.

Many American social media users have spotted a new Chinese app with similar functions like TikTok.

According to a CNN article the former TikTok users are downloading RedNote since they no longer have TikTok, and thanks to RedNote's similarities to TikTok, the have been increasing their popularity at a major level.

RedNote has gained a great number of American users and the possibility of getting banned as well could happen.

Some of the new users have made posts about not letting politics interfere in their social media navigating and they only want to enjoy the app.



James Fincher, senior health and sports science major from Fresno, California

Jakai Coker, senior business major from Newark, NJ.



Kinlyn Yadon, freshman biology of health and human sciences major from Otterbein, IN.

"I am thoroughly disappointed because we've had threats of it getting banned in the past and they've always went away, but this time I think it's pretty serious. I've had TikTok since it was musical. ly and I spend about two hours a day on it. I have a time limit and I reach it every day. So, I need to do something else with my time. I'd probably, maybe watch some Instagram Reels. I used to watch YouTube before TikTok was really a thing, but now my attention span is super short, so probably Instagram Reels."



Cynthia Samaniego, sophomore accounting major from Alva.

back and I actually deleted it because it just made me scroll and scroll and there's just so much mindless scrolling and I had like no time for anything. I actually switched to Instagram Reels which, in my opinion, is more funny and people can just communicate better. TikTok getting banned doesn't really affect me, but I know it will affect a lot of people, but hopefully it will get them off their phones at least."

"So, I used to have TikTok a while

Northwestern News

<u>Official Newspaper</u> Northwestern Oklahoma State University

> 709 Oklahoma Blvd. Alva, OK 73717

Published weekly throughout the school year except during examination periods and holidays and distributed to students and staff.

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This publication, printed by North-

OPINION

High risks of investing in 2025

By Leo Robles **Opinion** Editor

Many of us have heard about the terms investing in real state and the stock market, but the majority of those with lack of knowledge prefer not to involve. While some people are fully aware of what is currently happening in the economy and the stock market, others worry about politics and other related concerns.

It is important to understand that depending on the current political decisions being made, it will guide the economic business into higher or lower results.

Those who have a good amount of knowledge of the market, have an idea on where to invest their money in and where not.

Politics and stocks have always been significant, but in 2025 this relationship has made a thin line between trusting the market or not. Political developments, both domestic and international, have the responsibility to show stability in the market, the strategies, and safe decision making. Politics can influence economic policies, regulatory environments, and international relations, all of which directly affect market performance. Political stability is a key tool for market confidence.

Nations with stable governments usually have higher numbers of investors when they provide enough evidence to gain trust and make investors to cooperate. 2025 has many things to talk about.

Technology, politics, business, and social environment have im-

new technology is probably going to affect education due to the many artificial intelligence tools that are being created. These impacts will probably lead where the investments are going. In a country where we are politically guided, investors might only focus on what the leaders are influencing to them.

Policy announcements and election campaigns seem to be connected to increase investors and also persuade to look at other options as threats. It is difficult to understand the market and its functions, but many sources advise those who want to join the market business to be aware of the news and any announcements from corporations.

The last important updates that may have an impact in the stock market are the idea of expanding the use of cryptocurrency, the elimination of wind-powered

electric generation, and the increase production of fossil fuels. Many of these policies might never be carried on but there will be some that can happen.

2025 is going to be unpredictable and it is unsure if there will be more good results than bad. It is possible that investors get confused and indecisive in whether they should wait to invest or risk it.

The stock market business is approachable for many people who desire good economics, but investing is a thing that you need to know how to make smart decisions.

Many investors have made mistakes but once they learned how to read the market and the expectations, they knew where they could get their money from.



By Jessica Schieber Guest Columnist

I was fortunate enough to have the opportunity to go to Minne-

portant roles in how it would im-

pact the investment business. It

may seem unfair that politic deci-

sions have the control of the mar-

ket. Depending on the political

outcomes throughout the world,

there can be many impactful re-

sults that affect the investors. Po-

litical differences between two

countries like the United States

and China affect the economies

between the nations, but it would

throughout this year will focus

on the government policies and

the introduction of new technol-

ogy advances. Most of the in-

vestments might go to the digital

resources. The innovation of the

The dynamic of the market

possibly become global.

we all got to our rooms, we realized we all got single rooms. We all texted each other, asking if the other two had got the same treatment. Then upon knowing we all did, suddenly we all felt alone.

not about who you say you are; it's what you do with it."

I also got the privilege of listening to the co-founder of Starkey Hearing Foundation, Tani Austin, speak about her mission

Brashears said, "and to see the impact they are making on other people, people who have learned to live their lives without something we take advantage of, changes your perspective on

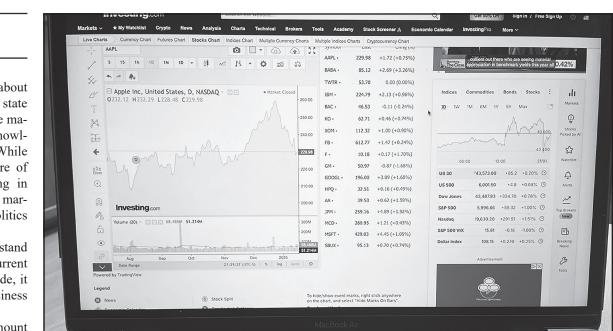


Photo by Leo Robles The current stock value of Apple Inc. in the U.S. can be found from the Investing.com website.

western Oklahoma State University, is issued by the University as authorized by the Regional University System of Oklahoma Four hundred copies have been prepared and distributed at a cost to the taxpayers of the State of Oklahoma of \$368.00

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All letters represent the views of the author.

apolis. Minnesota, with the vice president of membership, Sarah Brashears, and the president of Delta Zeta, Jamie Torres Franco.

I went as vice president of philanthropy.

Before we even had the chance to get to Minnesota, we had to deal with plane delays and cancelations.

We had to call someone to talk to us about how to get a new flight and get there because none of us had flown before this. We had to change our flight to Chicago to Dallas, and we left way later than what was the expected time.

The three of us grew closer to one another after spending the weekend together.

Once we got to Minnesota it was around 1 a.m., and we had to call an Uber to take us to the hotel the event was being held at. Once

Throughout this trip we learned about our executive board positions and how to effectively lead through them. As the VP of philanthropy, I was able to tour the Starkey Hearing Foundation. In the Starkey Hearing Foundation. I was able to see different ear molds and products and was able to see the difference in Starkey's hearing aids versus an opposing company's hearing aid.

In Starkey, I listened to the CEO of Starkey, Brandon Swalich, speak about how being a leader starts with leading yourself before others.

One of the things that he had said that really stood out was "it's and why she does what she does.

While at the Starkey Hearing Foundation, I also got to listen to personal accounts of how the foundation has impacted individuals or given them the opportunity to see lives changed.

During my time at the foundation, the other two members went through different sessions to help them learn more about their position and what is expected of them.

I feel fortunate to be able to be a part of more than just a sorority with Delta Zeta.

Delta Zeta has become family. "[During] this weekend I was able to learn about my purpose, not only within my chapter but also my life," Torres Franco said.

"The way complete strangers will hug you like sisters and it makes a complete difference," things.

The last session we had was after dinner, and in this session, we got to listen to Barbra Bush, daughter of former President George W. Bush, and Austin give all of us advice on life.

"Don't think that people don't want to know you." Austin advised all of us.

After listening to Barbra, we all got to meet the Delta Zeta national president, Cathy Painter. She was nice enough to take a picture with the three of us.

On the way home, we didn't have any plane issues, and we had a calm flight from Minnesota to Denver and from Denver to Oklahoma City.

The entire trip has really opened my eyes and has made me so excited to take up my position as vice president of philanthropy.

OPINION Stay cautious in bad winter weather

By Leo Robles **Opinion** Editor

We are starting our Spring 2025 semester, and we are definitely ready for the snowy days in our campus.

Students, as well as citizens of Alva, know the struggle of doing your day-to-day activities even with outrageous weather.

It is nice to stay at home and not going out as much due to the weather, but students still need to show up to class whether walking from their dorms or driving from their homes. Students may have got used to it, but there are always issues due to it. Some students have complications taking their cars out of the snow and some may struggle to walk to class with slippery sidewalks due to the ice.

The campus is always a safe place to be at, but like any other place, it is going to have slippery paths due to weather.



A few cars venture out on Oklahoma Boulevard during the recent snowstorm. Drivers need to slow down and drive cautious on days like this.



Cars in the parking lots around campus were covered by snow. Drivers need to plan extra time to clear the snow from their car before driving.

class know that if the snowy days struggle for many others. are coming, they need to always watch their step and that might be a struggle if there are students running late for class. It is a high risk if they fall and injure themselves while they are walking around campus. Students who drive have their own struggles as well. They are constantly watching the road, making sure their car engines are warm enough to drive them and that also takes time if they are running late Snow days are very difficult to enjoy once you are an adult. People from Alva and around the area know the precautions that need to be taken care of, but accidents can always happen if we are not cautious enough. It is definitely fun when there are snow fights among students or just perform any fun activities while the snow is easy to handle.

Not everybody enjoys the Those who have to walk to snow like others, and it can be a

During this kind of weather, it is easier to catch allergies due to the cold temperatures and that

can be an issue for our instructors who are strict on punctuality. It is a risk to go to your classes while Photos by Victor Kinzie

students can be contagious and make others get a cold.

Everyone in campus has to accommodate to the dangerous circumstances of having a campus full of snow and slippery sidewalks.

Many coaches and athletes have to cancel practice or have to perform an indoor practice. Other people have to work from home due to the risks of driving in the current circumstances.

It is important to acknowledge that in our campus we have many students who not only live off-campus, but outside Alva. People from Enid, Woodward, Freedom and other towns around Alva, have students that need to drive to campus with roads full of snow and ice.

Snow days can be fun and joyful, but they can also be the biggest headaches for students, staff members and citizens.

Just always stay precautious when coming to class or when going out, but do not let the snow ruin the rest of your day.



Sidewalks along Oklahoma Boulevard were covered in snow. Pedestrians need to be cautious as snow could be hiding a slick layer of ice beneath.

Adventures, family, friendship and kindness: The story of Dr. Jenny Sattler

The unexpected comfort of a snow tunnel

By JAXYN CLOUD Student Reporter

The most surprising warmth comes from the most unexpected places, like the snow.

If ever caught in a snowstorm, one option would be to build a snow tunnel and burrow into it to keep comfortable.

Dr. Jenny Sattler, the current chair of physical science at NWO-SU, can attest to that fact.

"My dad dared me and my brother to sleep in a snow tunnel," Sattler said. "It actually gets quite warm."

Sattler's father helped her and her brother, Daniel, build a safe and secure snow tunnel to use as a bed one night, not because they were in danger, but because he took the time to instill a sense of adventure and love of the Earth in his children.

Sattler doesn't get much experience with snow tunnels anymore since she moved to Alva, Oklahoma to teach at Northwestern.

Growing up in Minot, North Dakota, Sattler had a lot of experience with snow and cold temperatures.

To Oklahomans, who don't usually get to experience these winter ence experiments. adventures, Minot might seem like a magical place. This is truly fitting given that

Sattler's high school's mascot was the magicians. Sattler's whole family exposed

her to the magic and wonder of the stairs. natural world from a young age.

Her first memory is standing in the middle of a field with her grandmother looking to the sky and observing the Northern Lights.

They were purple, and her childhood self thought they looked like people doing jazz hands in the sky. Sattler said her father, Roger

Sattler, had a huge part in her love for science.

Jenny Sattler grew up doing science experiments with her father and brother.

Even Sattler's brother, Daniel Sattler, ended up being involved in cer while Sattler was training to

Cassiopeia Dr. Sattler's favorite constellations Little Dipper Orion 🗡

science in his career as a chemist. Throughout her childhood, a

dare was not taken lightly Each dare was met with the same curiosity and dedication as their sci-

They valued discovery through both science and life.

This is how Sattler found herself at the top of a lighthouse with her dad, hugging the sides of the building while balancing on rickety

Sattler's biggest fear is heights, so it was a remarkable task to climb that high while her mother sat on prises arise daily.

enrollment at East Carolina Univer-

While many would assume that this would be a very emotional thing to go through, Sattler said that cancer research was very interesting to her.

Sattler said she was drawn to teaching rather than research because she craved variety and didn't want to do the same thing every day

She explained that she enjoys the unpredictable nature of teaching, where new challenges and sur-

She had the habit of writing certain letters backwards. It wasn't until later that she

found out she had dyslexia, a condition that explained the challenges she had faced for years. She was discouraged by both

teachers and peers. One teacher even said that Sat-

tler would never be able to graduate high school. Despite these harsh words, she

proved all her doubters wrong. She had to work harder than oth-

er students to learn. Struggling with traditional methods, she was forced to find ways of writing that made sense to her, which included lots of practice and time.

She said she doesn't view the world like everyone else does, and her unique perspective drives her as a teacher.

Having experienced the frustration of learning new subjects, she understands that it can be hard to learn new concepts. This struggle has made her a more patient, compassionate and effective educator.

Although Sattler has a Bacheor of Science in Physics, a Master of science in Physics, a Master of Science in Medical Physics and a Ph.D. in Biomedical Physics, she said she doesn't consider herself

She is humble and that shines hrough her teaching style.

"I like how enthusiastic she is about teaching us." Janie Rempel said. "I love her classes, and I purposely choose the classes I know she is teaching."

Rempel is a sophomore at NWOSU who is not a science maor. In fact, she hasn't even needed some of the classes she has taken with Sattler to graduate.

Rempel takes them because she finds a sense of comfort and enjoyment in Sattler's classes.

Rempel said that Sattler is a kind spirit who truly cares about her students' well-being.

She also said that Sattler helps ner understand concepts even though she isn't particularly passionate about science.

This is a common theme among many of Sattler's students.

"She was easy to listen to and she always made me laugh," said Kaylyn Aldrich, a sophomore, majoring in early childhood education. Aldrich is another of Sattler's

students who didn't always grasp scientific concepts. Sattler was able to explain things

to Aldrich in a way that she understood, without making her feel bad about herself. Sattler is the teacher Aldrich

said she wished she could have had growing up. Sattler has a way of speaking to people who do not speak her language.

People who have never had interest in science enjoy her classes because of the person Sattler is.

Sattler shows compassion to her students and makes them feel comfortable and at ease.

Although Dr. Sattler is extremely talented in science, her true talent lies in her ability to connect with people.

Willow Gahr, the first physics minor at NWOSU, still speaks with Sattler regularly, years after her graduation in 2018.

Gahr said her relationship with Sattler is like a mix of mentorship and friendship, and she feels like family.

Gahr had lots of classes where she was learning from Sattler oneon-one

Gahr said Sattler had a profound impact on her life and she is extremely grateful to her.

Gahr said she admired Sattler's hard work and how she pushes people to be their best out of a loving, genuine place.

She also said Sattler has a great sense of humor and never fails to make her laugh.

Sattler is even protective of Gahr. Gahr's fiancé experienced this protectiveness firsthand the first time he met Sattler, when she tried to scare him off.

She wasn't that intimidating though, because halfway through the conversation Sattler started choking on a pretzel while Mary Riegel tried to "beat it out of her." Willow Gahr, Sattler and Riegel

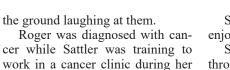


share many fond memories together. Sattler isn't just a great profes-

highly of her. Riegel, a professor of



Dr. Jenny Sattler department chair of natural sciences



"I love her classes and I purposley choose the ones

I know she is teaching."

— JANIE REMPEL

School wasn't always a place of enjoyment for Sattler. She struggled with writing throughout her childhood.

Dr. Jenny Sattler helps plan some events on campus including the BEST Robotics that is seen above. Other events Sattler helps with are the science fair and the study abroad program.

Jennifer Sattler helps Ava Carr put a luggage tag on a bag as she prepares for a study abroad trip to Swansea, Wales, United Kingdom as part of the Brad Henry international scholars program.

Her colleagues also think very mathematics at NWOSU, and Sat-



tler have a rare friendship. Riegal and Sattler were sent on a

road trip to Lubbock, Texas for the NWOSU robotics program.

This is where their friendship started. They were both new to Northwestern at the time and they have remained close friends since. Riegal and Sattler found support

in each other and 12 years later they still do. Whether they eat dinner, watch movies or crochet, they always find ways to enjoy each other's company.

Sattler has even befriended Riegel's parents and she talks to Riegel's mother multiple times each week, deepening their close-knit friendship

"It's closer to being sisters at this point in time than being friends," Riegal said. "She's family and we support each other however we can.

Riegal and Sattler are also co-directors of the robotics program and science fair.

They have lots of overlapping activities that allow them to support the university and students while enjoying each other's company.

Most students don't go into their science class expecting to befriend their professor.

Riegel didn't expect a random robotics roadtrip to end in a twelveyear friendship.

Much like the snow tunnel, Jenny Sattler provides comfort that is not expected.

Try to make each day better than the last. ~Unknown

Questions Dr. Sattler is surprised students ask 1. What is the difference between astronomy and astrology? 2. How do birds not get electrocuted on powerlines?

3. Is the Earth round or flat?

FEATURE

Professor featured in **Emmy-nominated film**

Northwestern Oklahoma State University Department of Social Sciences has the honor of a faculty member being featured in an Emmy-nominated program.

In a six-part documentary series "Frontier," Dr. Roger Hardaway mader several appearances. The film was nominated for outstanding educational and informational program competing with four other films.

London-based Dash Pictures approached Hardaway in 2022 for an interview. The interview and filming took place in Wichita, Kansas, where Hardaway shared his expertise as one of the foremost scholars on African American cowboys in the late 19th century.

"I mentioned that the Lewis and Clark Expedi-

tion was my favorite lecture in my American West class at Northwestern," Hardaway said. "They asked if I knew enough about Lewis and Clark for them to interview me about the subject, too.'

The camera crew filmed Hardaway for an hour about the Lewis and Clark Expedition, which appeared throughout the film.

The full series is available on Paramount Plus, and the first episode, where Hardaway discusses Lewis and Clark, is available on the National Geographic YouTube Channel, titled "America's Wild West: Discovery of a Land | What Really Happened."

Although the film did not win the award, Hardaway said "It's truly an honor to be in the film." He also said "It's one of the highlights of my career as a historian." — From University Relations

Dad joke of the week I went to the aquarium this weekend, but I didn't stay long.

There's something fishy about that place.

Fun Facts you did not know about January

- 1. The name for January comes from the Roman God Janus, who is always depicted with two heads. He uses one head to look back on the year before and the other head to look forward to the New Year.
- 2. Oddly enough, couples tend to separate or divorce more so in January than in any other month of the year.
- 3. In Pasadena, California, a Rose Parade has been held every year since 1890. It has since been broadcasted worldwide and is typically viewed in over 100 countries around the globe.
- If you were born in January, your birthstone is a garnet.

uary and February.

- 9. King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
- 10. Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January that we practice now.
- 11. January was a monumental year for Alaska. As of Jan. 3, 1959, Alaska officially became the 49th state of the United States.

Movies releasing in 2025

- 1. "Back in Action"
- 2. "Wolf Man"
- 3. "Companion"
- 4. "Ad Vitam"
- 5. "Den of Thieves: Pantera"
- 6. "Captain America Brave New World"
- 7. "Flight Risk"
- 8. "Peter Pan Neverland Nightmare"
- 9. "Fateh"
- 10. "The Alto Knights"
- "Superman" 11.
- "Bank of Dave 2: The Loan 12. Ranger"
- 13. "Jurassic World Rebirth"
- "Game Changer" 14.
- "One of Them Days" 15.

New food and drinks in 2025

- 1. Sabrina's Brown Sugar Shakin' Espresso at **Dunkin** Donuts
- 2. Key Lime Frosted Lemonade at Chick-fil-A
- 3. Monterey Melt at Whataburger
- 4. Mexican Hot Chocolate Shake at Whataburger
- 5. Brown Sugar Oatmilk Cortado at Starbucks
- 6. Pistachio Cream Cold Brew at Starucks
- 7. Cinnamon Roll Ice Cream at Baskin Robbins
- 8. Spicy Chicken Slinger



Valentines Day Craft

By KATELYN FINDLEY Features Editor

Many people decarate for all holidays and Valentines day is no exception. Pipe Cleaner Flowers is one way you can bring color to your house or dorm room this holiday. Any color of pipe cleaner will work for this project. Return every week till Valentines Day for a fun craft.

- 5. In leap years, January always starts on the same day of the week as April and July.
- 6. London is famous for its extensive subway system, nicknamed "The Tube." This makes sense because they're also responsible for opening the first operational underground railway on Jan. 10, 1863.
- 7. Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth," meaning "winter/cold month."
- 8. Originally, the Roman calendar had only 10 months, and it excluded Jan-

- 12. Generally, January is the coldest month of the year in the Northern Hemisphere.
- 13. The equivalent month of January in terms of temperature in the Southern Hemisphere is July.
- 14. Referring back to the Julian and Gregorian calendars, January is the first month of the year and the first of seven months to be 31 days long.
- 15. In the United Kingdom, some people practice "Dry January." This is a movement to encourage people to quit drinking alcohol for the month in order to encourage public health.

These fun facts can be found on The Fact Site. https://www.thefactsite.com/january-facts/

at Sonic

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ENTERTAINMENT Kaumans' tips for success in writing books

As many of you already know, I am a published writer. I have self-published two books on Amazon, both of which are over four-hundred pages long. Now, that being said, I'm by no stretch

WORDS WITH MR. KAUMANS



KEVIN **KAUMANS** of the imagination an expert on becoming a good writer. However, I do believe I have enough knowledge to give some advice for those who want to get into writing.

The first and most important step in my opinion is learning exactly what it is you wanna write about. Do you like reading action novels? Mystery? Whatever it is, it would be best to make sure it is something you're both familiar with and passionate about. Sure, with some luck you could possibly make a successful series in a genre you hate. But eventually, whether it takes two books or ten, readers will realize the lack of heart in your writing.

See, it's like becoming a chef when you have no passion for the type of food you cook: You can sprinkle as many seasonings and colorful flavors as you like, but the thing is, critiques have this funny power that allows them to tell when there's no heart in something, when there's no passion in the craft, and there's not enough spices and flavoring in the world to hide that fact when it becomes apparent.

Another important thing one needs to do when getting into writing is to write down every book idea that comes to your mind. For me personally I prefer using my journal or laptop, but as long as it is something you can write clear and coherent words on, pretty much anything will do.

Write down your thoughts everyday, even if you feel you have nothing worthwhile to talk about. Only when you finally get your ideas sorted into one place will you be ready to start writing.

When you do start writing your manuscript, it is important to reread, edit, and reread what it is you write. Now, this doesn't mean you need to look over the last paragraph you wrote every five seconds. In fact, it is recommended you write without stopping to proofread while you're on a roll so you don't disrupt your pace.

Overall, it is important you take a break every so often. Burnout is one of the biggest reasons aspiring writers never finish their

first work. Fatigue can occur within anyone even if their job requires no physical effort whatsoever. One should never feel ashamed to take a break from something if it interferes with their mental health.

But also remember this: Everyone has their own way of getting on the path to writing. If you have time, research famous authors and what they like to do to make sure they don't fall behind on their projects.

You may find multiple authors with ideas for staying on schedule that you'll find helpful, and you may find a hundred more authors with advice you might find to be useless. It all depends on what type of person you are. Never get discouraged, always take valid criticism where it's due, and make a routine that works for you. But most importantly, don't give up.

Students share their memories from break

By Sophia JUNGMAN Student Reporter

Cynthia Samaniego, sophomore accounting major from Alva: Cynuna Samanego, sopnomore accounting major nom Arva. "I celebrated Christmas, had some fun time with my family. I n cerconated Christmas, nad some run time with my ranny. I mostly stayed home a lot, baby sat my sisters, and enjoyed the time off."

Renee O'Connor, sophomore visual arts major from Alva: "I went to visit my family in Yukon, and my boyfriend's family in Cordell and Ponca City."

Ryleigh Long, freshman health and sports science major from Coyle: "I did weightlifting to keep in shape track, because I throw the javelin for NWOSU."

major from Medford. c_{ats.} ,,

Wacky holidays this week

January 23 National Pie Day National Handwriting Day Measure Your Feet Day

January 24 Beer Can Appreciation Day Compliment Day Global Belly Laugh Day

January 24 Beer Can Appreciation Day Compliment Day Global Belly Laugh Day

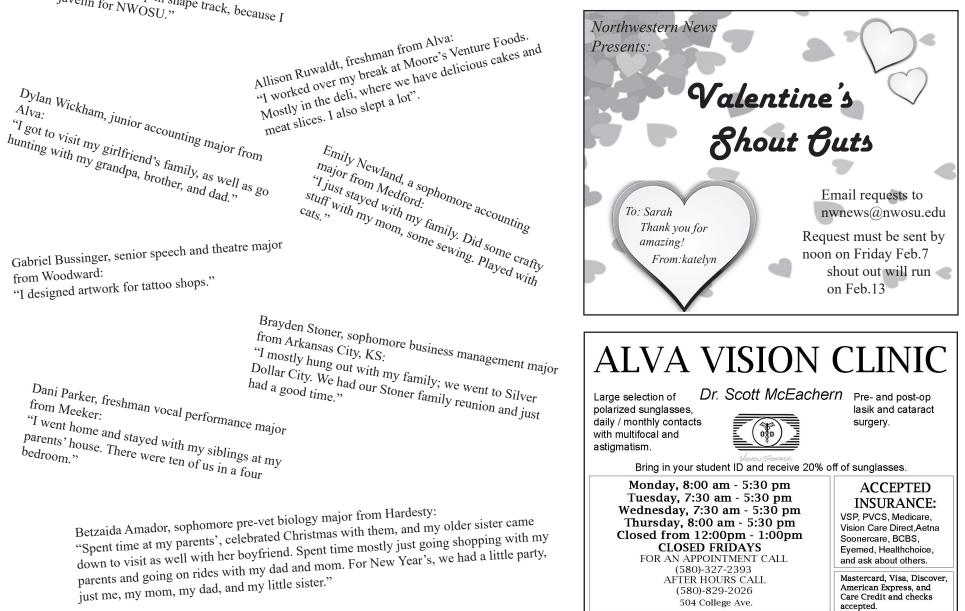
January 25 National Seed Swap Day -The last Saturday in January. Opposite Day

January 28 Data Privacy Day Fun at Work Day National Kazoo Day

January 29 Chinese New Year – The date of this holiday varies. National Puzzle Day National Corn Chip Day Red Carnation Day

January 26 Australia Day Spouse's Day

January 27 Chocolate Cake Day Punch the Clock Day



CAMPUS LIFE

Students share why they are involved in activities on campus



Q: What clubs or activities are you involved in?

A: "I'm a member of the men's golf team because I've always been interest in golf, played it throughout my life and wanted to continue in college."

Q: Why are you involved in this club or activity?

A: "It's helped me to continue my athletic career and meet a lot of great people."

Max Courange, Sophomore Accounting major from Norman



Katy Jones, Sophomore Elementary Education major from Cushing Q: What clubs or activities are you involved in?

A: "I am a pitcher in the Northwestern Softball team."

Q: Why are you involved in this club or activity?

A: "Softball has been a part of my life for most of it and I chose to come to Northwestern to play softball because of the atmosphere here and all around how it just felt like a second home to me. Being a part of the Northwestern softball team has shown me a better understanding of what it means to be a leader and to trust the person next to you"



Q: What clubs or activities are you involved in?

A: "I am involved in the Student Nursing Association, and the women's soccer team."

Q: Why are you involved in this club or activity?

A: "Belonging for me is an indefinite feeling of support. Whether in the classroom or on the field, I know I have support from my peers, teammates and professors who want me to succeed."

Adrianna Gutierrez, Senior nursing major from Fort Worth, Texas



Q: What clubs or activities are you involved in?

A: "I'm a player for the NWOSU baseball team."

Q: Why are you involved in this club or activity?

A: "I love baseball, it's fun and I've always wanted to play college baseball "I've gained some really good friends, Hagen, Harley and Chivo"

Bo Stewart, Freshman Physical Education major from Alva



Q: What clubs or activities are you involved in?

A: "I am a part of the men's basketball team."

Q: Why are you involved in this club or activity?

A: "I chose to pursue college basketball because i grew up around the game based on my dad, brother, and older cousins who played before me, so I wanted to follow in their footsteps and, Just being a part of something bigger than myself and surrounding myself with like mind individuals and being able to compete at the highest level."

Max Alexander, Senior business marketing major from



Q: What clubs or activities are you involved in?

A: "I am a part of the medical sciences club on the Northwestern Alva campus."

Q: Why are you involved in this club or activity?

A: "The medical sciences club has allowed me to connect with others with the same goal. With unity comes community, which has its haven with such a tough major."

Cassidy Fitzgerald, Sophomore biology major from Enid



Kelsey Hoy-Pollard, sophomore special education major from Azle Texas

Q: What clubs or activities are you involved in?

A: "I am on the women's golf team at nwosu."

Q: Why are you involved in this club or activity?

A: "I decided I wanted to pursue my passion for golf and be able to make friends with common interests like mine while being able to get a good education. To me it's important to feel as if you belong because it makes you want to be somewhere, and it also gives you somewhere to be."

McF

McPherson, Kansas



Q: What clubs or activities are you involved in?

A: "I am involved in Catholic group here."

Q: Why are you involved in this club or activity?

A: "I am involved in the club because once I got here when I started going to church, I met a few people, and they wanted me to join and go to meeting and support the club. Belong to it makes me want to be closer to God and have a good heart, and I wanted to be in the club because when I was in high school, I went to a church in Edmond that met every Sunday after church and these kinds reminds me of it."

Max Garza, Senior health's and sports major from Webster, Texas

Ways to be active on campus

- 1. Join a club!
- 2. Attend an SGA
 - Meeting
- 3. Go to a clubs event
- 4. Be in a collegiate or intramural sport
- 5. Join a bible study
- 6. Join a study group



SPORTS Women's BB has trouble away

By **OAKLEE FIELDER** Sports Editor

The NWOSU women's basketball team went 3-4 over the Christmas break. They lost every game they played away, but won every one of their home games. They started the break playing against the Southeastern Oklahoma State University Savage Storm in Durant.

The Rangers and Savage Storm competed closely, with the two teams never being separated by more than 10 points the entire game. The first half ended in a dead heat 35-35. In the third quarter, at the 3:11 minute mark, the Savage Storm had the largest lead in the game which was 39-49. The Rangers fought back and wrung them back in. At the end of regulation, the score was tied again 62-62. The game went into overtime, and the Savage Storm never let go of the lead. The game ended 68-77, NEOSU took the win on Dec. 16.

The next game, Dec. 19, the NWOSU Rangers faced off at home against the ECU Tigers. The Rangers took the lead quickly, ending the first quarter up by 10. The Rangers kept the scoring rolling, making 30 points in the second half. The Tigers were not the greatest in scoring by any means. The Tigers only scored 20 points in the first half and 18 in the second. In the fourth quarter, the Tigers only scored 3 points. NWOSU destroyed ECU at the end of the day, ending the score at 59-38.

The Rangers went on the road

Jan. 4, 9 and 11, facing three opponents away. Their first game was against Oklahoma Baptist University. They started the first quarter on the right foot, but the Bison came back in the second quarter to end the half at a tie, 36-36. The Bison then took the second half by storm and ran away with the lead. They outscored the Rangers in the second half by 13 points. The OBU Bison defeated the NWOSU Rangers, 83-70.

The next game on the Ranger's road trip was against Ouachita Baptist University. The Tigers played the game well and scored 34 points against the Rangers' 24 in the first half. The Rangers started a comeback in the second half, scoring one more point than the Tigers in the third quarter, and then six more than the Tigers. Unfortunately, they were not able to finish the comeback. The Tigers beat the Rangers, 65-62.

For the third away game in a row, the team was in Arkadelphia, Arkansas, to play the Henderson State University Reddies. The Rangers started the game well, scoring 23 points in the first quarter against the Reddies' 18. They ended the half up 41-39. Henderson State started the second half ready to play, and scored 33 points against the Rangers' 30. The difference was enough and the Reddies came back to beat the Rangers, 72-69.

After losing three games in a row, the Rangers came home to play two games. Their first game Jan. 16 was against University of Arkansas-Monticello. The Boll Weevils started the first quarter with the lead over the Rangers,



NWOSU Ranger Camille Thomas, No. 10, looks to pass while being defended by a University of Arkansas-Monticello player on Jan. 16. NWOSU won 74-57.

but the Rangers took the lead away from them in the second quarter, 29-23. The Rangers kept scoring and heavily outscored the Boll Weevils 46-34 in the second half. The Rangers got the win at home over the Boll Weevils, 74-57.

The second game for the Rangers after winter break was Jan. 18 against the Southern Arkansas Muleriders. The Rangers started scoring and did not stop. They scored 22 in the first quarter and 25 in the second. They had the lead at halftime 47-21. The second half was not as nice to the Rangers, as the Muleriders scored 10 more points than the Rangers. Luckily the difference was nowhere near what the Muleriders needed to come back and NWO-SU beat Southern Arkansas, 75-59.

On Dec. 23, the GAC announced that Payton Jones was chosen as the Defensive Player of the Week for women's basketball.

Over the break NWOSU had five players nominated for GAC

Players of the Week.

Kira Bass was nominated three times, Kennedy Hight, Camille Thomas, Jaida Shipp and Carly Craig were all nominated, but none of them won.

The women's basketball team now has an 8-8 record and sits in the sixth position in the GAC standings.

The Rangers will face off at home against SWOSU on Thursday, Jan. 23, at 5:30 p.m.. They will then travel to Ada to face ECU on Saturday.

Track & field: school records, PRs

By **OAKLEE FIELDER** Sports Editor

Last week, on Jan. 17, the NWOSU track and field team went to the University of Okla-



Jonathan Conwell (7.40), and Jayden Geathers (7.45) all set season bests in the same event.

In the 60M Hurdles, Jayden Geathers set a season best with a time of 8.52.

Ray Chavira set a personal

Women's BB upcoming		
Jan. 23	vs Southwestern Oklahoma State University	
Jan. 25	@ East Central University	
Jan. 30	@ Harding University	

homa in Norman, Oklahoma to compete in the Owen Hewett Invitational.

There, Cadence Long-Torres set two new school records in the Women's Mile Open and the Women's 3,000 Meters Open.

In the Women's Mile, she set a 5:38.93 time and finished seventh in the event. Later, in the Women's 3,000, she set a time of 11:24.66.

In the Women's Mile, Elizabeth Dorado-Barrera set a personal record of 6:22.58. She also set a personal record in the Women's 3,000 Meters with a time of 12:44.18.

Cadenco Long-Torres set a season and personal record in the Women's 3,000 Meters with a time of 11:24.66.

In the 60 Meters, Darianne Thompson set a season best with

Cadence Long-Torres at the Owen Hewett Invitational

a time of 8.08 and Brianisha Rolling set a personal record of 8.11.

In the 400 Meters, Harmonie Huges set a personal record of 1:02.52

The men also set school, personal, and season records in the Owen Hewett Invitational.

Kareem Small set a school record in the 60 Meters with a time of 6.77. Terrence Marfo (7.34), record in the 800 Meters with a time of 2:25.85.

James Fincher (4:29.54) and Alan Lares (4:51.56) also set personal records in the Men's Mile.

Edgar Reyes set a personal record in the Men's 3,000 Meters with a time of 9:42.25.

This Friday, Jan. 24, the Northwestern Oklahoma State University track and field team will travel to Pittsburg State, home of the Gorillas, in Pittsburg, Kansas, to compete in the Rumble in the Jungle Invitational.

Other meets this season:

- Feb. 1 @ Wichita State
- Feb. 14 @ Pittsburg State
- Feb. 21 @ U. of Nebraska
- March 15: NCAA @ Indianpolis, Indiana.

Feb. 1	@ Arkansas Tech University
Feb. 6	vs Henderson State University
Feb. 8	vs Ouachita Baptist University
Feb.13	@ Southwestern Oklahoma State University
Feb. 15	vs Oklahoma Baptist University
Feb. 20	@ Southern Arkansas University
Feb. 22	@ University of Arkansas Monticello
Feb. 27	@ Southern Nazarene University

March 1 vs Southeastern Oklahoma State University

SPORTS Men's BB wins 4 of 7 games

By OAKLEE FIELDER Sports Editor

The NWOSU men's basketball had seven games since fall semester ended, and they won four of the seven. T

hey started the break, away against the Southeastern Oklahoma State University Savage Storm.

NWOSU 84-SEOSU 81

The Savage Storm started the game Dec. 16 with the upper hand with a small two-point lead at the half. The Rangers were only down 33-35, so a comeback was definitely in the cards.

NWOSU fought hard and spent most of the second half trying to climb up and ended up tying the game 72-72 to force overtime. In overtime, the Ranges clutched up and lead most of the way up until the end and beat Southeastern, 84-81.

NWOSU 77- ECU 67

The Rangers went home to face the ECU Tigers Dec. 19. NWOSU dominated the first half but only led by nine points at halftime with it ending 35-24.

The second half was a back and forth and a tight fight to protect the lead for NWOSU. ECU did much better in the second half compared to their first half, scoring 43 points, but their efforts were just not enough. NWOSU scored 42 points in the second and kept the difference between



GAC Defensive Player of the Week Kabeya Tshibangu shoots a free throw against University of Arkansas Monticello on Jan. 16.

the two scored in the double digits. The Rangers won at home 67-77 over the Tigers.

The NWOSU men's basketball team went on the road for three straight games.

NWOSU 52-OBU 74

The first was against the Oklahoma Baptist University Bison on Jan. 4. The Bison held the lead after the first half, but only by one point. OBU had 30, NWOSU 29. The Bison flew away in the second half and scored 44 points to take a decisive lead against the Rangers' 23 second-half points. The Rangers left Shawnee defeated, 52-74.

NWOSU 70-OCBU 81

The Rangers moved on to face the Ouachita Baptist Tigers in Arkadelphia on Jan. 9. The Rangers did not get going at all in the first half when they were down 13 points. The Tigers scored 40 points in the first half.

The Rangers were able to figure out what they were doing and scored 43 points in the second half. Unfortunately, the comeback was not enough. The Ouachita Tigers beat the Rangers, 81-70.

The Rangers did not have to travel far, as they faced off against the Henderson State Reddies on Jan. 11. Henderson State and Ouachita Baptist are only .6 miles away and in the same city.

NWOSU 70-HSU 96

The Reddies started the game with their foot down on the pedal and outscored the Rangers 49-39. The second half was the same narrative for the Rangers as they were outscored heavily again by the Reddies. Henderson State won the game 70-96.

After a week of away games, the Rangers finally came home to play two more games. Their first game was against the University of Arkansas of Monticello.

NWOSU 73-ARM 68

The Rangers and Boll Weevils had a close first half, only separated by three points at the end of the half. The Rangers had the lead 33-30 at halftime.

The second half was equally as close, with the score difference only two points. The Rangers kept the lead and scored 40 to the Boll Weevils' 38. NWOSU won the game, 73-68.

NWOSU 70-SAU 51

NWOSU faced off against Southern Arkansas on Jan. 18.

The Rangers started the game in the right mindset and scored 31 points against the Muleriders' 22. The Rangers only improved throughout the game, scoring 39 points in the second half. The Muleriders also improved but they did not come close to defeating the Rangers. NWOSU took down Southern Arkansas, 70-51.

GAC Players of the Week

Over the break, NWOSU had two GAC Players of the Week:

Cameron McDowell in week 7, and Kabeya Tshibangu in week 7 and week 10.

Cameron McDowell was nominated three times in weeks 6, 9 and 10, and Max Alexander was nominated once in week 10.

The men's basketball team is now 8-8 and sits in the seventh position in the GAC standings.

The Rangers will face off against SWOSU Thursday, Jan. 23. The game against ECU will be away in Ada on Saturday.

GAC Players of the Week











Kabeya Tshibangu Defensive POTW Week 7 & 10



Cameron McDowell Offensive POTW Week 7



Peyton Jones Defensive POTW Week 7



Max Alexander POTW Nominee Week 10



Jaida Shipp POTW Nominee Week 9



Kira Bass POTW Nominee Weeks 6, 8, 9



Kennedy Hight POTW Nominee Week 8



Camile Thomas POTW Nominee Week 6



Carly Craig POTW Nominee Week 10