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Northwestern Oklahoma State University, 709 Oklahoma Blvd, Alva, OK 73717

April 19, 2018

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Is campus ready for tornado?



what should students do it a toi nado comes through Alva?

The university has a plan set to keep students, faculty and Alva residents safe in case of a natural disaster. Getting the message out there is vital. Northwestern uses its social media outlets (Facebook and Twitter) as well as a text messaging alert system to relay information.

Specific procedures Special need to hap-Report pen in order to warn students faculty Is Alva in case of a tornado tornado. The university has proof? a text messag-See page 7 ing alert system that alerts students for

various things. "Hopefully, all of the students are signed up to the text alert system," said Steven Valencia, associate vice president for university relations. "Hopefully, we provide enough warning."

The alert system will first warn students about a possible storm; then it will have information about to the storm itself and alert students to report to the nearest shel-



Where is my shelter?

- 1. Basement of Vinson Hall. Access is available by elevator or exterior door on the west side of the building.
- 2. Basement of Fine Arts Building. Access is available on the first floor, north wall across from Office of Recruit-
- 3. First floor of the **Science Building** in the east-west hall-
- 4. Basement of the Education Center. Access is available by elevator.
 - 5. Bottom floor (first) bathrooms of **Jesse Dunn**.
- 6. South end of the main north-south hallway of the Health and Sports Science Education Building.
- 7. First floor and interior hallway of all **Residence Halls**.

If you are unable to seek shelter in any of these facilities, then move indoors as quickly as possible and move to an interior hallway or small room at the lowest level of the structure away from windows. Avoid upper floors, large glassed areas, gymnasiums and auditoriums.

At the **Enid Campus**, students and employees should move to bathrooms on the first floor or into the mail room adjacent to the north hallway.

At the Woodward Campus, employees should seek shelter in rooms 141 or 124.

Information from nwosu.edu Illustration by Greg Minor

Not only should students be taking advantage of the text messaging system, but they should also be aware of where the designated tornado shelters are located. Places are assigned where students could go in an emergency, which are on fliers around campus in every

Students shouldn't rely on staff or faculty to tell them where to go. "There aren't people assigned in buildings to tell students where to go because we don't know who will be in a building at any given time," Valencia said.

A survey of faculty and staff showed that 88 percent of Northwestern employees on campus know where the shelters are in the buildings where they work, but only 54 percent know the shelter locations in other buildings.

Although staff may know where to go, the problem is students don't know.

"I'm not sure where the shelter

locations are if there were a tornado," said Michael Sion freshman health and sports science major. "We didn't go over any procedures during Ranger Connection and besides no one ever talks about it

See TORNADO, Page 7

Students discuss cafe, Ranger Mart

By DEITRA WEDD, **BAILEY RANKIN,** SELENA ESTRADA

Food is one of the most important things for human survival.

It's also one type of service offered on the Northwestern Oklahoma State University campus. When it comes to food services on campus various opinions arise.

According to Steven Valencia, associate vice president for university relations, the university and their food service distributors, Chartwells, have been listening to western and Chartwells. Approxi- director of dining services, Mondo student center was soon overflowter the food services on campus. Valencia encouraged students to speak up and let Chartwells know what they'd like to see.

The university has made some changes on campus as an attempt to comply with what they were informed the students wished to see.

One such change, according to Dr. David Pecha, vice president for administration, was the student center remodel, and other updates that cost approximately \$670,000. This cost was split between North-

Chartwells, mostly for the Ranger Market and a few improvements in the cafeteria. Northwestern covered the commons area of the student center, which was \$170,000.

After listening to what students wanted to see, both Northwestern and Chartwells agreed on remodeling the student center and making the Ranger Market with a Starbucks coffee. Valencia said students were asking for healthier, quicker options..

According to Charles Craddock,

students and been trying to bet- mately \$500,000 was used by Subs and Cactus Jack's Burgers ing because of the popularity, and that used to be in the student center

were supposed to only be for paying students without meal plan or others who needed a quick bite to eat.

When students with meal plans could start eating there, the Special Report

What did survey find? See page 8 the lines grew too long.

Since the arrival of the famous coffee chain, Starbucks, the previously mentioned problems are no longer a concern.

The Ranger Market has been a big hit, even though, according to Ginger Harrison, Ranger Market supervisor, "They [the students] were a little skeptical at first."

See CAFE, Page 6

News

 Heartland gaming expo winners.

Editoria

• Tips for finals week.

Inside

Feature • *End of the semester.*

Entertainment

• "Rampage" movie results

Sports

• Rangers win home series

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News



Photo provided by University Relations

The 246 wooden characters displayed at the Garfield County Courthouse are being used to increase community awareness of children abused or neglected in Garfield County.

Wooden Children project brings abuse awareness

By UNIVERSITY RELATIONS

Northwestern Oklahoma State University Social Workers Association of Tomorrow (SWAT) has taken part in the "Wooden Children" project sponsored by the Garfield County Child Advocacy Center.

The "Wooden Children" project is designed to bring awareness to the number of child abuse cases that are investigated each year. In 2017, 246 confirmed cases of child abuse were reported in Garfield County.

Each wooden figurine is approximately two to three feet high and were cut out by volunteers from Vance Air Force Base. Once the forms were cut out, the Junior Welfare League and other individuals painted on the faces and hair.

Organizations, businesses, groups and individuals were asked to "foster" a wooden child for \$25. The group sponsoring the child dressed and displayed them where they chose from March 14-March 30. On March 30 the Wooden Children were taken to the courthouse lawn to be displayed for all of April, which is Child Abuse Prevention Month.

'Child abuse is such a silent action and is not majorly discussed that this event gives the opportunity to bring a visual representation of the severity of child abuse in this area," Jennifer Pribble, assistant professor of social work, said.

"April is National Child Abuse Prevention Month and the amount of awareness this event is bringing to this community will hopefully assist with future prevention of child

NWOSU plays host to Charity Live Stream

By COLLIN STORK Student Reporter

The end of semester Charity Live Stream will begin on April 27 and end on April 28.

The stream will last a full 24 hours, going from 4 pm-4pm and will feature the playing of superhero related games.

The charity for this semester's event has not been decided yet, but everybody is encouraged to attend!

Those interested may contact the head of the NWOSU Computer Science Club, Evan Vaverka, at 580-327-8587 or at epvaverka@nwosu.edu.

Students win Heartland Gaming Expo

By COLLIN STORK

Student Reporter

Northwestern students participated and won in several categories of the Heartland

This is an event in its sixth year that is held in Tulsa, where Northwestern Oklahoma State University's Game Programming teams participate. It is open to all ages and contestants compete in age categories in the field of computer simulation and gaming.

Gaming Expo.

The Expo takes place at the beginning of April each year and there are various categories with the big 3 being the Game Showcase, Gallery Showcase and the Code Break. Students from across Oklahoma compete in these cat-

Expo. Chris Dickson placed first in the Game Showcase Virtual Reality category, Dickson and his gaming partner Jake Adair placed third in the 168-hour Code Jam.



Northwestern Oklahoma State University winners of the Heartland Gaming Expo.

University had contestants win in ner, Dakota Jantz and Justin their respective sections of the Dobbs also competed in the code

jam and placed second. Jacob Marr placed second in the Scoring and Sound Design Category.

The Expo seeks to bring together students, educators, professionals and enthusiasts and

> it hosts the largest game development competition in the central United States. It also features hands-on workshops, many guest speakers, exhibitor's hall and more.

For more information on next year's event, check out heartlandgamingexpo. com to register as

either an attendee or competitor.

Graduation ceremony is almost here

By **SAMI MCGUIRE**

Sports Reporter

It is the day a new chapter starts. The door closes to the past and the future waits.

That day is May 5. Northwestern students will achieve their goals of graduation and receive their diplomas for all their hard work. The day is bound to be a hectic one with families running about and students preparing to graduate.

Students should meet at 9:45 a.m. in the Health and Sports Science Education building for ceremony instructions. Commencement starts at 10 a.m., and will last about 1.5 to 2 hours. The students will walk and their will be a speaker to wish the graduates on their way. It will be held on the Ranger Field, unless the weather is bad, then it will be in the Percefull Fieldhouse.

Northwestern social affairs will hold a congratulatory reception following commencement. The reception will be open to students, friends, staff, faculty and family. Cookies and punch will be served at the event.

Mary Riegel, assistant professor of mathematics, is apart of social affairs, and is the main person in

Shurfine 3 Liter soda

\$1.09

Congratulations Graduates



charge of the reception.

"This reception is not something that is offered at all schools," Riegel said, "and is something that really shows how much we at Northwestern value our students and how proud we are of our graduates. We know many students will begin packing by the time graduation occurs, so the reception provides a chance to celebrate even if they are all set to leave."

Riegel said the goal of the reception is to give students a time to reminisce on their times at Northwestern, take photos and say goodbye to staff and faculty.

For some this won't be goodbye to Northwestern. Graduates have

Shop Alva's

Market

a chance to have an impact on Northwestern for the rest of their lives by joining the alumni association.

During commencement graduates will be handed a metal license plate with the words "Northwestern or "Ranger" on them. Attached to the license plate is a card to welcome graduates to the alumni association with a complimentary one-year membership.

John Allen, director of alumni relations, said recent graduates can benefit in many ways by being a part of the alumni association. One way is networking with other

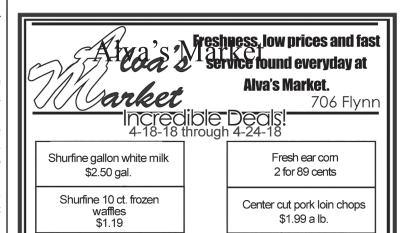
alumni to find employment and polish their resumes and cover

Along with that, the alumni board recently added a recent graduates committee to support and connect young alumni.

"Becoming and remaining a member of the alumni association signifies an individual's commitment to something bigger than perhaps oneself," Allen said. "Being a proud member of the alumni association tells our future students and graduates that we have a loyal base of alumni who believe in higher education, the University, and the difference a degree can make for an individual as well as our society."

For more information about the alumni association go to https:// my.nwfoundation.com.







Northwestern OKI A HOMA STATE UNIVERSITY



THE WINDS OF SPRING

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Band presents spring concert

By UNIVERSITY RELATIONS

The Northwestern Oklahoma State University Jazz Ensemble, Symphony Band and Community Band will present their spring band concert "The Winds of Spring" on Tuesday, April 24, at 7 p.m. in Herod Hall auditorium. The event is free and open to the

The Jazz Ensemble will perform music pieces such as "The Jazz Police" by Gordon Goodwin and "Hallelujah, I Love Her So" by Ray Charles, which will feature vocal music major Katelyn Cutsinger, Vici senior, as a vocalist.

The Community Band will perform music pieces such as "Fandango for Mallet Percussion and Band" by former Northwestern band director Oscar Stover, which will be directed by music education major Amanda Metcalf, Enid senior; and "Pandora" by Randall Standridge, which will be directed by music education major Autumn Detamore, El Reno junior. This group also will perform "Arabian Dances" by Roland Barrett and "Cumberland Cross"

by Carl Strommen.

The Community Band is comprised of Northwestern students and 15 community members. The band members have met for four Tuesday evening rehearsals throughout the semester to prepare for the concert.

This program promotes involvement with both the community and the band students and is open to anyone in the community who can play an instrument including college students not currently enrolled in band.

The Symphony Band will perform "In the Forest of the King" by Pierre La Plante and "A Galop to End All Galops" by Warren Baker.

"This is going to be an exciting concert for the many students, community members, and guest conductors in the ensembles," Dr. Marc Decker, assistant professor of music and director of instrumental music and music education, said. "The varied repertoire is easy to enjoy for all

For more information about the band program at Northwestern or the Community Band program, contact Decker at (580) 327-8521 or email mddecker@ nwosu.edu.

AAUW scholarship awarded to senior

By CINDY PFEIFER-HILL **Professor of Biology**

On Feb. 13, the Alva Branch of the American Association of University Women presented the annual AAUW scholarship to NWOSU senior, Priscilla Avalos.

This scholarship is \$500.00 and is voted upon by AAUW

It is given annually to an individual who is a full-time student at NWOSU and who also demonstrates leadership, academic achievement and financial need to pursue their educational goals.

Avalos will graduate in May with a dual degree in chemistry and biology. She will continue graduate study in the graduate program in biomedical sciences at the University of Oklahoma Health Sciences Center.

According to its web site, AAUW is an advocacy group that promotes equity in education, professional development, health, salary and career opportu-



Northwestern senior, Priscilla Avalos, is presented with a 2018 AAUW student scholarship from Alva Branch AAUW Co-presidents, Dr. Cindy Pfeifer-Hill and Carol Erikson. This award was presented at the NWOSU Literacy Center in the Joe Struckle **Education Center on the Alva campus of Northwestern.**

nities for women around the world. The Alva Branch of AAUW has

been active forMore than 75 years, and NWOSU has been a long-time College Partner. More about AAUW and the Alva branch can be found at http://alva-ok.

Celebrate Cinco De Mayo with salsa tasting contest

By VALARIE CASE

A salsa-making contest is planned for the upcoming Cinco de Mayo celebration sponsored by the Spanish Club and Sigma Delta Pi. It will take place in Northwestern Oklahoma State University's Ranger Room in Alva from 5 to 6:30 p.m. Thursday, April 26.

The contest is open to Northwestern employees and students; however, tasting is open to Northwestern employees, students and the general public.

Tickets to taste salsa and have chips, queso and enchiladas for Northwestern employees and community members are \$5 and for students and children, \$3.

Registration to compete in the contest will be accepted through April 23. There are two categories: mild and hot, and 10 entries will be accepted per category. Cash prizes will be given for first, second and third places.

Salsa-making contestants must prepare their version of salsa at home before the competition, name their salsa and promote it on a colorful poster along with a list of their ingredients next to their salsa bowl.

minimum of one half-gallon of salsa. Salsa will be judged based on consistency, appropriate heat level and taste. To register for the contest and

Contestants must have a

receive the official rules, contact Dr. Francisco Martinez, professor of Spanish, at fjmartinez@ nwosu.edu or Dr. Richmond Adams, assistant professor of English, at rbadams@nwosu.edu.

Cinco de Mayo is a holiday that celebrates the defeat of the French by Mexico at the Battle of Puebla. Mexican troops won the fight on May 5, 1862.





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Editorial

My finals week study tips

By LESLIE WILLSON

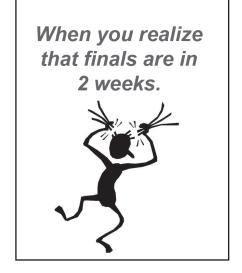
Columnist

As the semester is coming to an end, everything seems to get a little more intense. You have project due dates, papers that need written, late assignments you missed, and finals that need studying for.

For me, this is the worst/best time of the semester. You're excited it's almost over, but dreading all the work that looms ahead. I've found some techniques that have helped me through the years, so I thought I'd share them in case they help you too.

First thing I like to do, figure out all your deadlines for all your assignments, and write them down somewhere, in order. Always give priority to the closest ones. By writing them down, you'll see how many you have, when they're due, and what needs done first. This gives you a game plan, and helps you schedule your time accordingly. It's easy to get frustrated thinking about it as a whole. Break it down, and accomplish it piece by piece.

There are some ways to help you distress during this time. Obviously, if you have a huge work load, you're going to have schedule more time for yourself. Which means less time with friends, and family. That part sucks. But time for



yourself doesn't include Netflix, napping, or scrolling through social media.

This means down time to get started on the mountain of assignments you know you have. Unless your planning on almost failing, or failing, and just dropping the class. Then this doesn't apply to you.

Find yourself a quiet place you can work, be yourself, and get stuff done. Library study rooms are great for this, but they fill up quick. You can also do this in your dorm, or you can venture out and go to the park, or somewhere on campus.

When I get ready to start this, I like to listen to music. It keeps me focused, but

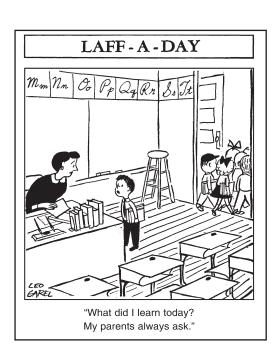
also entertained. The silence is eerie. I also like to keep snacks near by, so I don't feel the need to keep getting up. I helps to stay focused for as long as possible but do not be afraid to take breaks.

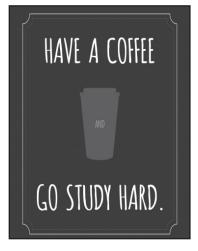
If you did not procrastinate till the last minute you do not have to rush through your assignments. By taking breaks it keeps your mind aware. When you come back and reread your writing you will be able to catch errors you did not notice before.

Caffeine may not be for everyone, but it's definitely one of my necessities. Whether it's long nights (like in my case), early mornings, or between busy schedules, it keeps you going, and keeps you more focused. Stay well rested. Get plenty of sleep at night, so you're not already dragging through your day by the time you get to this.

Eating healthy can help you stay awake, feel good, and keep the sickness's away. It's easy to overstress, and get sick. Especially living on campus, and in the dorms.

All in all, put your mind to it. Build your empire. Success is your friend. Failure is your enemy. Good grades can get you far. Keep your goals in mind, and let them remind you to keep pushing forward. It is a little late to stop now. The reward at the end is always greater than the struggle at hand. You can celebrate later. Get the work done now.





Legalizing medical marijuana

By MICHELLE WILLSON

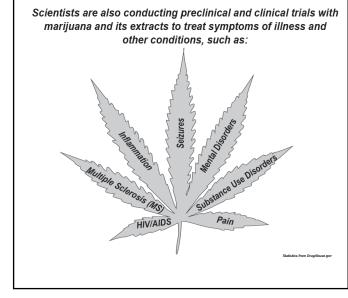
Editorial Editor

Should Medical Marijuana be legalized? Many have very strong opinions on it. 28 States and Washington DC have all legalized it but there has not been many medical test or trials done. So specialist do not know how much it helps or even what it helps exactly. Multiple Clinical Trials are being performed and will hopefully shed some light on this "smoky" situation.

The Washington times stated "Eighty-three percent of Americans surveyed recently said that doctors should be able to prescribe marijuana to patients" That is an overwhelming amount of people who agree.

There are a lack of clinical trials being performed because there is a lot of funding needed to put one on and a lot of criteria that has to be followed to get approved to do one. It takes a lot of extra test to be in a trial and they have to make sure they have a good range of candidates that agree to do the trial.

Like every scientific test to see the right results you need a con-



trol group and a test group and a greater number of candidates means more thorough the results.

Now with every medicine there will be side effects most of which are still being tested in clinical trials however "a small study from Harvard's Marijuana Investigations for Neuroscientific Discovery (MIND) program looked at a group of people who used the drug to treat and manage anxiety, chronic pain, post-traumatic stress disorder, and sleep problems, and found that after three months of use, they did not

show signs of declining cognitive function. In fact, their executive function skills — like paying attention and managing time — actually improved." Stated Harvard Health Publishing.

In a study published in Journal of the American Medical Association their studies showed that marijuana does not impair lung function, they believe that it may even increase lung capacity. (businessInsider.com)

These studies alone show great results and prove that their could be a lot of positive side effects to legalizing Medical Marijuana everywhere.

I have seen and read stories about Medical Marijuana helping several different patients. From helping decrease the amount of seizures a little girl was having, Decreasing the pain of an elderly person with arthritis and a Youtube video posted by Ride With Larry shows unedited video of the effects of Marijuana on Parkinson's disease and the results were astronomical.

Right now I am just talking about Medical Marijuana though with clinical trials being tested right now. I believe if they continue to show promising results recreational Marijuana could end up being legalized everywhere as well. I sure we will learn more about side effects as the trials begin to release their results.

I am on the side of the 83%. If it can help someone with a illness than why not. Even if it is not a part of getting rid of their medical issue if it can help ease their pain or stop there seizures even if it is just for a couple hours It is a win in my book. Why not allow them to have a less painful existence and give them a little peace of mind.

"I have found in my study of these patients that Cannabis is really a safe, effective and non-toxic alternative to many standard medications." -Philip Denney, MD



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Letters must be turned in by noon on Tuesday 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.

Other Voices

Comey's book contradicts goal

BY THE PIT NEWS EDITORIAL **BOARD** The Pit News **University of Pittsburgh**

If James Comey's recent return to the public eye looks to you like a publicity campaign, you probably aren't wrong — the former FBI chief's book comes

Comey's foray into nonfiction writing has all the signs of a dramatic release. Even the book's title, "A Higher Loyalty," makes a teasing reference to President Donald Trump's now-infamous demand for Comey's "personal loyalty" last January.

He's also been making the rounds on news networks. ABC aired a heavily edited, hour-long version of a five-hour interview between Comey and George Stephanopoulos Sunday night.

By Monday morning, Trump's Twitter feed and former FBI colleagues' accounts were ablaze with outrage at Comey's assertions, including that the president "will stain everyone around him," and "had averagesized hands.'

While Comey has a role to play in aiding the Russia investigation, the dramatic parading in front of the media he's done in the past several days has totally contradicted that goal. And if he continues to act the same way in the aftermath of his book's release, he'll be doing real damage to the movement to hold Trump accountable.

Beyond the allusions to the president's anatomy, Comey's conversation with Stephanopoulos touched on a number of other topics that might make things difficult for investigators looking into Russian interference

and obstruction of justice going forward. Take, for example, Comey's comment to Stephanopoulos that he took politics into consideration when sending a letter to Congress days before the 2016 election about the FBI's investigation into Hillary Clinton's email server.

"I was operating in a world where Hillary Clinton was going to beat Donald Trump," he said. "I'm sure it was a factor."

It's hard to believe one of the nation's top bureaucrats would use public polls to make a decision about whether or not to enforce the law.

It's even harder to believe he thought it would be acceptable to admit as much on national television when Trump's supporters are already suspicious of the FBI's motives. Comey's choice to play up the decision to create dramatic tension is remarkably self-centered.

Overdramatic gestures have been the bane of the probe into Trump, Russia and the potential obstruction of justice. Critics dismiss the investigation without a second thought on the grounds its significance is overexaggerated.

Comey's book sales might benefit from him taking his feud with Trump to prime time television, but it ultimately hurts his own reputation and that of people actually working to find justice.

At the very outset of their talk, Stephanopoulos asked Comey why he had written a book at all. Comey replied he wanted "to be useful." If he really wanted to be of use, he should have abstained from treating his book release like a media circus.

But now that's done, he might prove useful in the future by staying silent.



Interested in writing? Share your opinions! **Contact Michelle**

mdwillson99 **Orangers.nwosu.edu**

King Crossword **ACROSS**

Bandleader Kyser

- 4 Equitable
- 8 Frizzy hairdo 12 Hockey sur-
- face 13 Andy's pal
- 14 Circulate
- 15 Historic time
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CAFE: Taking suggestions

Continued from Page 1

Now however, some students are content with the food service, such as Larry Raven, a criminal justice major who said, "The Ranger Mart is good; everything there is perfect." Employee Rottana Prak said she enjoys working at Ranger Market. She says happy hours are when they are the busiest.

Despite Tuesdays and Thursdays being the least busy, the total average is about 300 or more students a day through Ranger Market. Harrison said they are always open for suggestions on what students want to see at the market. She also said she can more than likely get what students want depending on what the vendors offer. "Anything but fried food," Harrison said.

One such suggestion comes from Mass Communication Major Nicholas Perkins who said that in his opinion the Ranger Mart should make more food like they used to before the remodel, "So people can get it to go if they don't have time to sit and eat. For example, chicken strips as a meal would allow students to get a meal as a to-go order."

Perkins said to-go orders would be good because, "personally, I don't really have the time to sit down and eat in the student center." He also said it would be nice to use meal plans on lunch items instead of having to use flex dollars. "I don't even use one-fourth of the meals I have because I don't have time to eat in the cafeteria," Perkins said. "Most of the money I pay toward my meal plan is just wasted."

Raven agreed, saying that he'd rather have eight meals and \$150 in flex to spend at the Ranger Mart, so he plans on changing his 17-meal plan for the cafeteria to eight. When it comes to the cafeteria, Perkins said he usually only eats breakfast and that it is pretty good usually. "Sometimes the eggs are a little dry, but that's

about it," Perkins said.

With a slightly different view on the matter, Raven said breakfast consists of mostly the same foods, but "I'm a breakfast person, so I can tolerate that being the same." Raven also said he thinks breakfast is the best then lunch and at dinner they get lazy. A student who did the survey but did not want to give their name, seemed to agree with Raven about dinner saying that, "The lunch overall is ok, but the dinner is just awful."

Craddock said that with the grill at night he has to try to slack off with less expensive things. "On the other side, there are some things we put out there more often than not because we discovered that the students will chow down," he said. "But a lot of it is making decisions as we go along, just figuring out, well this is not going to make it."

So, they then swap it out with something else. "Not everything works," Craddock said.

The way that they go about making it work, however, is with Chartwells 80-20 mandate system. Chartwells is fairly new, as it is only their second year in operation. The mandate calls for 80 percent of the menu being dictated by the corporation. The recipes are stored on a program called Webtriton. Craddock is allowed to adjust the other 20 percent to suit local desires of students and faculty at North-

"At lunch you've got chicken strips three times a week and the subway station, both of which were asked for by the university," Craddock said. "What is served as the hot entre, that is where I've kind of used up all of my 20 percent, so a lot of times what's over there [in the cafeteria] is what is dictated to me."

Craddock also said students with suggestion or complaints can attend food committee meetings that are held once a month.

And the survey says...

How would you rate...

the overall quality of the cafeteria food?

30% Average and Above 70% Below Average 0% Excellent

the overall food preparation?

29.6% Average

65.4% Below Average

0% Excellent

friendliness of the staff?

67.9% Average and Above 32.1% Below Average





How would you rate...

the Ranger Mart daily specials?

76.5% Average and Above 23.4% Below Average

the Ranger Mart snack options?

89% Average and Above

11% Below Average

the Ranger Mart meal options?

67.1% Average and Above

32.9% Below Average

Favorite thing students like about the Mart?

Drink Options

Raven had a suggestion about the hours the cafeteria is open, saying that he thinks it would be good to leave it open longer.

"A lot of athletes have practice and other things to do so when it closes at six on Friday it makes it harder for us to eat," he said. "I would also suggest a better variety of foods. We often end up eating the same things. If they mix it up or add more to our selection, it'll help a lot." The anonymous student agreed, saying "There needs to be more variety."

Is there an alternative to chicken strips three times a week? T've been told I need to serve them five times a week," Cradlock said. "Will I need a price increase to do that? Yes. I'm at the nercy of what I can find." This **47.5%** makes it a tough business.

"I hear people say there is nothing to eat in here but if you look around to the other stations, you'll see that that's not a true statement," he said.

The source not wanting to be named said, "I haven't seen a sin-- 37.5% 3le change all semester besides the new equipment that really loesn't serve much of a purpose in my opinion." This source also nentioned that they, along with a lot of other students, feel the new

Craddock point out the hardware improvements and said, 'The investment was about \$23,000, and I've still got another three lamps coming to make sure the food stays hot." According to Craddock, the problem that is resolved with these new lamps

is that what was being used to keep the food warm was the older steam table that's about 20 to 30 years old.

"If you go to some of the places that have had recent remodeling, you'll notice they've got convection ovens," he said.

The main difference between Northwestern and other universities is that thanks to 12,000-15,000 students on campus other universities can afford to offer multiple chain food establishments on campus and students are able to use a meal plan there. "But of course, those students are paying about \$1,000 more than you are here at Northwestern, and a lot of students don't understand that," Craddock said. Another source fires back with, "It's not hard to see no one is on the same page."

Craddock responded by saying, "The food industry is a high turnover business. You lose good ones [workers] you lose bad ones. A lot of our cooks are homegrown, they came in and they just started looking at recipes and are getting better as time goes by."

Finally, Craddock said all he can say is that "if you pay attention, we are trying new things all the time, and when we're not trying new things it's because the students want the same thing." In the future, the Chartwells company has mandated that they will have special event nights and continue to do so.

"I take every food committee suggestion into account," Craddock said. "Not every complaint is unjustified, there are quite a few that are justified."

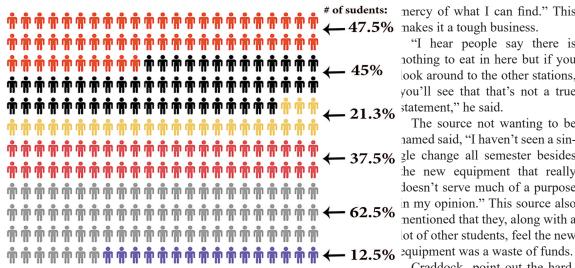
Craddock admitted that mistakes are made from time to time. "They are mistakes, but they aren't intentional," he said. "So, all we can do is take a deep breathe, get up, dust ourselves off and get back into it."



Photo by Selena Estrada

The Starbucks in the Ranger Mart has been a hit with students

What students think should happen with food services:



Cafe Hours are Fine Cafe should stay open later Cafe should open earlier Ranger Mart Hours Are Fine Ranger Mart should stay open later

Ranger Mart should open earlier

Alva is not tornado proof

By CEDRIC COLLINGE, GREG MINOR JR., BRYANT VENOSDEL

Does Alva's geography make it tornado proof?

Absolutely not, according to a tornado expert, who said just plain luck is the reason no tornados have been recorded in at least the last 100 years.

David Payne, chief meteorologist at News 9, has been storm chasing for years and knows what it takes for a tornado to form and then touchdown. "Tornadoes cross valleys, tornadoes cross mountains, tornadoes cross rivers, tornadoes cross lakes," Payne said. "Tornadoes come from thunderstorms. It's what happens with the moisture and what's happening several thousand to many thousands feet up, a tornadoes formation is not determined by whether it's over a valley or it's over a lake."

Alva won't always be safe, Payne warned. "Alva will eventually have a tornado, whether it be this year, five years, 20 years, or in a 100 years," Payne said. "Alva will see a tornado eventually."

Tornadoes are one of the most common natural disasters that occur in Oklahoma because Oklahoma sits in Tornado Alley.

This term is generally used by the media to describe the area that has a frequent number of tornadoes. The moniker Tornado Alley was first used in 1952 to describe parts of Oklahoma and Texas. Tornado Alley refers to the southern plains area in the central U.S.

Payne said the reason Oklahoma is considered Tornado Alley is because the state is east of the Rocky Mountains and close to the Gulf of Mexico, making it a prime breeding ground for tornadoes. "Our moisture source is from the Gulf and is really intense," Payne said. "If the Gulf were not here, you and I would be living in a desert, my friend."

Despite expert opinion to the contrary, many people think Alva's geography keeps tornados out of town.

"You can see it yourself," said



David Payne

Chuck Lightfoot, a retired pastor from Alva. "You drive in from any direction into town and you'll notice that you're driving downwards into a bowl. You'll see high winds and storms coming through all day long, but nothing's formed in Alva, and if some tornado did form around here, it'd likely divert to a leveler ground."

Even though Alva has been tornado free for many decades, it is still important to be prepared if one does happen to come through.

Phil Murry is a farmer who has land he lives on south of town. Besides his livestock, being able to protect him and his wife is the most important thing on his mind.

"I grew up out here, and on the side of the old farmhouse we had, there was a basement we would get in if any bad weather came our way," Murry said. "When I eventually inherited the land and had a new house built, a storm shelter was something that was a must."

Murry isn't a doomsday prepper by any means, but he does have a sturdy underground storm shelter that he keeps stocked with canned food, water jugs, flashlights and an emergency kit among other things someone would need if trapped and help wasn't near.

"If a tornado does come through, you need to be able to have supplies that can last you at least a week," Murry said, "Disaster situations like tornadoes are something no one expects will happen to them, but thinking like that is foolish."

Not everyone has a storm shelter right outside their front door, so people may have to go to a designated public storm shelters in Alva that are at the Alva Nazarene Church, 728 College Ave., and Alva Methodist Church, 626 College Ave.

If you do end up in one of these shelters during a storm or tornado, you will want to hope that Chris Eckhardt just so happens to be there too.

Eckhardt is a teacher from Alva High, who has been in the Army and knows how to handle stressful situations, just like what a tornado would bring.

"The key to prevailing from any type of situation like that would be to remain calm and collected," Eckhardt said. "Panicking is going to show weakness in a time when you need to be

Special

Report

Living in

Tornado

Alley

strong, and that is really going to bring down the morale of the people you are with. In a situation like a tornado, your first priority is to find shelter first and stay

away from windows, "keep low and also keep a head count of the people you are with so everyone is accounted for."

Anatomy of a tornado

Tornadoes don't care what town they are going through or how much damage they cause because they are on a path of destruction every time they touchdown.

It has just recently been the anniversary for the deadliest tornado to come through Oklahoma that touched down just an hour southwest of Alva. On April 9, 1947, the F5 tornado came through Woodward, killing 116 people.

A tornado is a violent, rotating column of air that extends from

the base of a thunderstorm to the earth's surface. People may have called them twisters or cyclones, but they are all the same thing.

A tornado is categorized by its wind speed, how wide it is spread in its area and the distance it will travel before dissipating. An average tornado will have wind speeds less than 110 mph, stretching about 250 feet wide and traveling up to 3 miles before the tornado begins to wind down and dissipate.

Tornados are determined or rated by using a tornado scale known as the Fujita Scale or F-scale, created in 1971 by Tetsuya Fujita and Allen Pearson. The scale's purpose is to rate tornado wind speed and damage intensity.

The scale has six different levels— F0 up to F5— with F5 being the most violent types of tornadoes. In 2007, the scale was modified and renamed the "Enhanced Fujita Scale." The wind speeds and damage indicators were revised, but the six levels remained the same.

The United States averages 1,200 tornadoes per year with 80 percent of them being F0/EF to F1/EF1. Only less than 1 percent of the tornadoes that occur reach the disastrous stage of F4/EF4 or stronger. The most disastrous tornado recorded in United States history was a tri-state tornado that traveled through Illinois, Missouri and Indiana. The deadliest tornado in recorded world history killed more than 1,300 people in Bangladesh in 1989.

Though it is nothing to boast about to people around the country, Oklahoma holds an abundance of records statewide related to tornadoes. Oklahoma has the record for most tornadoes in a single day at 5, which happened May 31, 2013.

Tornadoes by the numbers

2.6

Miles wide in the widest tornado

22

Average number of tornadoes for Oklahoma during May

166

People killed in Woodward tornado on April 9 1947

209

The highest number of tornados reported in one day

318

The highest MPH tornado speed clocked

1,200 US average per year

1,300

Number of people killed in the deadliest tornado ever recorded

6 things students should have in case of an emergency

- **1. First Aid kit** (Band-Aids, Neosporin, etc.) Just in case you or a classmate get cut and need to be patched up when you get to safety during or after a storm
- **2. Bottled Water** 1-5 bottles just in case you have to wait because you could be trapped by debris while you wait on the fire department, EMS and the Police to arrive for help.
- **3. Flash Light** 1 flash light because it may be dark and the power may be out.
- **4. Blanket(s)** to keep warm in since the power will be knocked out and you could be stuck for a while.
- **5. Portable Charger(s)** Cell towers may be down but if not you could keep your phone charged to contact outside sources if you're in another location other than the shelters and can get help.
- **6. Food/Snacks** you may be trapped in the shelter for a while, so bring snacks that you can eat while you wait on help.

TORNADO: Locate shelters

Continued from Page 1

Not only are the incoming freshmen unaware, but transfer students don't know the procedures or what to do as well. "I didn't know we had shelters," said Joseph Moore, computer science major. "They never spoke of tornados or anything like that at the transfer orientation."

Knowing where to go is a major factor, but knowing what to do post storm is important as well.

Emergency responders such as EMS, police department and

the fire department all work with Northwestern in case of a tornado. "They have maps of buildings in case buildings were to collapse and they know where students are supposed to be sheltering," Valencia said. So they know to search those places first. Those inside the shelters should remain there until campus receives notification from the weather service or police that the imminent threat is over, he said.

If students are in the dorms, they are to report to the first floor hallway. "Resident housing stall is trained on where to take students in student housing to evacuation sites," Valencia said.

During the summer of 2017,

Alva was facing a tornado threat. "We didn't have very many students on campus," said Calleb Mosburg, dean of student affairs. "It was pretty easy to help navigate with our head residents to move students where they needed to go to be safe. Making sure the safety of our students on campus is a priority, specifically those living in the resident halls or if they are in the classrooms."

Feature

Counting down the days

By **SABREENA BURKS**Student Writer

As another semester comes to a close, there are some students that have a different way of being ready for the end of the spring semester. Here are some students that talk about what they do in order to be ready for the end of the spring semester.



Desiree Abernathy (left), a Senior computer science major from Winfield, explains what she does when it comes to getting ready for the end of the spring semester, "I procrastinate by cleaning. A tidy room is a tidy mind! By doing some cleaning it does come in handy for moving out."

Patricia Pixler (right), a Junior English major from Waynoka, Oklahoma describes on what she does in order to be prepared for the end of the spring semester, "I organize a lot! The more I stay on top of my work, the less stressed I am!" It is important to not stay stressed out when it comes to being ready for finals at the end of the semester.



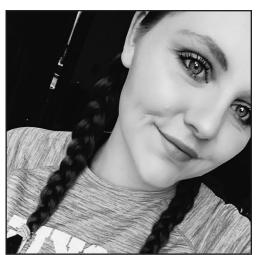
Keenan Lott, an English graduate student from Pampa, Texas explains of what he does during the time of the final countdown towards the end of the semester, "I usually go and try to get all my work lay out. Then start a checklist of what assignments I need to get done." *Making a list and making sure that all the work is laid out is important along with the way to get everything done.*



NWOSU Junior Tumiso Tidimane, from Norcross, Georgia explains what he does during the time before the end of the spring semester, "I mainly try to accomplish assignments two weeks before they are due." There is nothing wrong with getting assignments done ahead of time, so when they are due, it's easier to have them on hand and finished.



Karrie McLain, a Sophmore English from Ponca City, Oklahoma described on what she does before the end of the spring semester, "I hit the gym three times a week and take long walks with friends." Being around friends and working out can be a great way to help stress about finals or moving out of the dorms.



Hannah Horn, a sophomore nursing major from Pawhuska, Oklahoma talks about what most people do when it comes to clearing the mind on a stressed out or just a regular day, "I drive around with my friends blaring Koe Wetzel on the radio." Being with friends while driving around can be relaxing and to enjoy having fun before the end of the semester.

The best preparation for tomorrow is doing your best today.

-H. Jackson Brown, Jr.

No act of kindness, no matter how small, is ever wasted.

- Aesop

It is during our darkest moments that we must focus to see the light.

-Aristotle

Happiness is not something you postpone for the future; it is something you design for the present.

-Jim Rohn



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Entertainment



Photo Courtesy IMBD

Actor Dwayne Johnson attempts to work with a giant albino gorilla in his latest film, "Rampage."

'Rampage' is mediocre

By Logan Jones Student Writer

As the self-titled, "hardest working man in showbiz," Dwayne Johnson doesn't impress much with his newest film, "Rampage."

Sure, there are a few moments that got exciting, but it was nothing that we have never seen from a Dwayne Johnson action film before.



"Rampage," from director Brad Peyton, follows Johnson, playing Davis Okoye, as he tries to figure out a way to save his albino gorilla companion who has grown to a colossal size and become even more aggressive.

While Johnson always provides a level of entertainment that almost no other actor can, there are still plenty of things to gripe about in the film.

The main characters are developed (not a lot but enough), but the audience is still left feeling a little detached from the characters. Some characters seem like they are rushed into the film while others, like Johnson's character, just seem like the actors playing themselves. Even the antagonists lack the motive and reasons for their actions; what money is there in creating large, destructive animals? What kind of market is that?

There also seems to be a fair share of plot holes in :Rampage" as well. On multiple occasions, I felt like there were some instances where the film failed to fill in the blanks that were not shown on screen such as how some of the monstrous animals have abilities that the others don't and why some of the animals are so much larger than the rest.

Johnson is known for having witty and humorous lines and moments in most of his movie roles, and "Rampage" is no different.

However, because of their setting, some of the lines come off as a little campy and receive nothing more thanf a chuckle or a brief exhale through the nostrils.

While Rampage may be a movie worth its 100-minute run time, it's not worth much else. Johnson seemingly never fails to entertain his audience, but don't expect his latest film to win him any prestigious awards.

'Black Heels' book can teach guys how to treat a lady

By Brady Kokojan Student Writer

How many of you have ever watched "The Pioneer Woman" cooking show? Many have at least heard of her.

Ree Drummond is known as

the Pioneer Woman. She hosts a daily cookshow ing and is the author of many cookbooks. Her flashy red hair southern style of cooking has made her famous Oklahoma and across the nation. Drummond

is the author of the book "Black Heels to Tractor Wheels."

The book is about the love story of Drummond and her husband, Ladd. The story begins with how they met and continues on with their wedding.

The final third of the book is about their honeymoon and the first year of marriage.

The book ends with a collections of recipes. These are the recipes Drummond cooks for Ladd during their courtship and early marriage.

A friend of mine told me to read this book, and at first I was hesitant because it was a love story. She insisted I read the first section of the book and so I did

I was instantly impressed with Ladd's personality and

how he treated women. Young adult men should read this book because it is a great example of how a gentleman should treat a lady.

Ree Drummond lives on the Drummond Ranch with her husband and four children near Pawhus-

ka, Oklahoma. She films her cooking show on the ranch and also runs the Merchantile in the town of Pawhuska. The Merchantile has a gift shop, bakery and restaurant, which serves her favorite recipes. It is not uncommon to see a line stretched down the block, waiting to eat at the restaurant.

Drummond recently opened a Bed and Breakfast nearby. According to a local news channel it is booked all the way through November.

Big ending missing in 'Blockers' movie

By BRADY KOKOJAN
Student Writer

The movie "Blockers" is a comedy about three parents who want to stop their three daughters from breaking their celibate pack. It has celebrity stars such as John Cena, Leslie Mann and Ike Barinholtz, who play the three parents.

At first I was really excited to see this movie. I thought it would be funny and a great comedy. There were some funny parts, but I

was expecting a five-star movie and that's not what I got.

Yes, I would recommend it to other friends for a good laugh but there was just something missing in it. I don't know what was missing but just felt like that big ending maybe.

There are some life lessons in this for parents and kids growing up in high school. Love is always a tough subject when growing up. Most kids reach a point when they think they are falling in love. Most students end up with a high school sweetheart or just start liking the opposite sex.

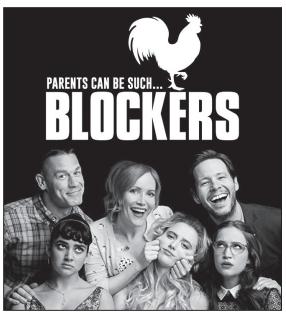


Photo Courtesy IMBD

When I started thinking about the area I grew up in, I realized only a few ended up marrying their high school sweethearts. So were those other kids actually in love when they didn't end up marrying their sweethearts? Only they can answer.

But that's the first thing I thought of about this movie. Are those kids that made the pack actually in love with that person or do they just think they are in love?

Many scenes are inappropriate for children.





By SAMI MCGUIRE Sports Editor

Experience and preparation are on Maverick Harper's side every time he steps into the arena.

Harper, a senior at Northwestern Oklahoma State University, doesn't get nervous. He goes to the rodeos well practiced, and it showed last weekend at Southwestern Oklahoma State University.

Harper won the all-around and the team roping-heading. On top of that, he placed second in tie-down roping and sixth in steer wrestling. But this wasn't new for him; Harper has made the short round every year at the SWOSU rodeo.

"It felt really good to get back in the saddle and not in just one event," Harper said. "To come out stronger in these outdoor (rodeo) and really get going and moving forward."

Harper is from Iowa, La., but grew up in Stephenville, Texas. He said southern rodeos are mainly in big outdoor arenas, and that is what he prefers.

"There's just a lot more room to set things up," he said. "Toward the end of the season, it kind of shows you the real winners, who can step up to the plate and win."

Harper not only has his



Photos by Dale Hirchman

Top: Harper wrestling a steer during a college rodeo. Bottom: Harper ropes the calf and steps off to go tie it down.

experience to rely on, but also his family's experience also. Many of his family members have qualified for the National Finals Rodeo at least once. His grandfather had one of the largest rodeo companies in ProRodeo.

Harper's brother is also a calf roper who has qualified for the Southeastern Circuit Finals of the Professional Rodeo Cowboys Association. He moved to Alva

to help Harper tune up his calf roping for his senior year. Harper's support system ranges from friends to the school to his family.

"School has been really helpful," he said. "If it wasn't for my scholarship, I probably wouldn't have gone to college, and now I'm on the verge of graduating, which is a great opportunity for me. My brother moving up here and my parents

have been the biggest help of my life. They've supplied me with what I need. I always have a horse to rope on. So, I think it's really important to have people behind you to help you to win."

The people behind Harper have also taught him some important things about preparation. He may not get nerves, but he feels the pressure to do well for himself and for the team.

Harper's team roping partner is Tanner Nall, and that teamwork is what helped leda the men's team to a second-place finish. Sage Lamunyon also made the short round in the team roping but didn't place.

Placing ahead of Harper in the steer wrestling was Talon Roseland, who finished second in the average. Bridger Anderson placed third, and Cody Devers was fourth. Wacey Dorenkamp and Joby Allen also made the short round but didn't place.

In tie-down roping, Harper placed second. Colton Brown placed fourth, and Cole Patterson finished fifth. Grayson Allred made the short round but didn't

The women's team did not have as much success, but several individuals placed.

Sara Bynum placed fourth in the barrel racing. Jenny Massing made the short round in the breakaway but didn't place.

In goat tying, Aundrea Dufrane placed fourth in the average, and Melissa Couture finished sixth.

Although Harper won the team roping, he doesn't consider that his main event. His main focus is on tie-down roping and steer wrestling. He has one more year of college before graduating, and afterward, he hopes to win rookie of the year in the PRCA in those events.

"Team roping just requires a lot more sacrifice, to carry on another partner around all the time and keeping somebody with you," Harper said. "The other two you basically don't have to rely on anyone. I don't feel like my team roping is at a level it needs to be yet to compete at a pro level."

Team roping may not be where he sees himself in the future, but his goal is to finish the Central Plains Region season as one of the top three cowboys in each event.

"I think if I have another rodeo like SWOSU, I should be just fine," Harper said. "I just try to stay positive. I just need to keep my horses sound and keeping scoring good and just keep doing what I'm doing. I don't need to try and go out there and just blast everything. I just need to keep making good, solid runs and win."



Seniors: Nathan Kane, David Sanchez, Jorin Van Amstel, Collin Fouts, Walker Wharton, Cody Jones, Nathan Weatherly, Tyler Bernhardt, Matthew Bickford, Blake Jones and Britten Shuck.

Rangers win home series

By MEGAN MAHARRY Sports Reporter

The Ranger baseball team played a three-game series at home against Ouachita Baptist. The Rangers swept Ouachita in the series 3-0.

In game one, the Rangers dominated with a 9-0 victory.

Pitcher Walker Wharton earned his sixth win.

He pitched strong for seven innings, striking out six and gave up no earned runs.

Jorin Van Amstel had his fifth home run of the season in the first inning to give the Rangers the early lead. He went 2-for-3 on the day with three RBI's.

Judah Zickafoose went 2-for-4, and launched his ninth homer of the season in the bottom of the fifth, which extended the lead 8-0.

The Rangers were back in action on Saturday for the doubled-header, and also honored 11 seniors for Senior



Photos Providea

Bredan Kates swings and hits the ball to help defeat OBU in the weekend series.

Day: Nathan Kane, David Sanchez, Jorin Van Amstel, Collin Fouts, Walker Wharton, Cody Jones, Nathan Weatherly, Tyler Bernhardt, Matthew Bickford, Blake Jones and Britten

The Rangers took care of business in game two, taking the 8-5 victory.

Baron Phillips took to the mound for four innings. His

first four innings were solid as he gave up just one earned run while striking out eight.

Ouachita took the lead first in inning one on an error from the Ranger infield. The Rangers answered in the second when Van Amstel was driven in by a Luis Cintron hit.

Van Amstel gave the Rangers the lead in the third with a single into left-center that scored Cintron and Johnnuelle

Two more runs in the fourth came across the plate off a Brendan Kates triple.

In the final game of the series, the Rangers won 3-2.

Van Amstel started things off for the Rangers with a hit into left field that scored Daschal Johnson.

The Tigers came back to tie things up in the fourth, scoring on a fielder's choice.

However, the Rangers took ahold of the lead again after a RBI single by Ponce scored Johnson.

The Rangers and their seniors ended the day with two victories and the series win.

The Rangers play their next conference series against the Henderson State Reddies in Arkansas.

Softball defeated in away series

By MEGAN MAHARRY Sports Reporter

The Lady Ranger softball team was on the road in Arkansas to face Ouachita Baptist University in a four-game

In game one, the Lady Rangers fell 2-0.

The Lady Rangers struggled to get their offense going, as the lone hit came from Madi Parrott.

Pitcher Madison Garza worked in the circle, doing her best to keep the Tigers off the

She had three strikeouts, but Ouachita was able to hit off her and score runs in the third and sixth innings.

In game two, the Lady Rangers lost 7-0.

The Lady Rangers increased

their offense as they recorded six hits, but were unable to cross the plate. Jada Overby led her ries, a close 1-0 loss was handed team going 2-for-3.

The Tigers had a big inning in the second, scoring four runs on two singles and a double. A two-run homer in the fourth gave Ouachita an even further advantage, and the Lady Rangers were unable to catch up.

In game three, it was another tough loss as the Lady Rangers fell 5-0.

Ouachita's pitcher proved to be difficult to hit as she allowed no hits from the Lady Rangers, getting the shut out.

Garza did all she could in the circle for the Lady Rangers. She gave up five hits and struck out six.

The five hits, unfortunately, gave way to five runs, which was all Ouachita needed for

In the final game of the seto the Lady Rangers.

Pitcher Karly Murray had a solid game, giving up only one run. The run came from an Ouachita single into right field in the first inning.

The Lady Ranger's offense saw some more action as Brittany Corrales, Morgan Kirk and Madison McGraw all recorded

The lone run in the first was all the scoring action of the day as Ouachita swept the Lady Rangers in the series.

The Lady Rangers play their next conference series match against Henderson State at home on April 20 and 21.

To keep up to date on Ranger sports go to riderangersride.



Morgan Kirk, a junior, slides in to home base during the OBU series.

The Buzz

NWOSU choir planning Soundscape concert



Photo provided by University Relations

Northwestern choir members entertain in the Alva Independent School armory during their spring 2017 Soundscapes concert. Soundscapes III will take place April 27, at 7 p.m. in the same location.