

## Great American smokeout

By **BALEY GARZA**  
*Student Reporter*



Photo Provided

Cigarette smoking causes more than 480,000 deaths each year in the United States.

Today most people smoke cigarettes, vape, and chew tobacco. They are all unhealthy but people continue to use these daily, shortening their lives.

For those who are addicted to these things, there is an organization that will help them stop. That organization is the American Cancer Society.

The American Cancer Society is a nationwide, community-based, voluntary health organization that is dedicated to eliminating cancer as a major health problem. Their headquarters is located in Atlanta, Georgia.

They also have regional and local offices throughout the country to ensure that they have a presence in every community. The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

One way the American Cancer Society helps people who smoke, vape, and chew, is the Great American Smokeout. The Great American Smokeout, which is hosted by the American Cancer Society, is an opportunity for smokers to commit to healthy smoke-free lives. They commit

not for just a day but year round.

The American Cancer Society has hosted the Great American Smokeout for more than 40 years on the third Thursday of November. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or help plan in advance and initiate a smoking cessation plan on the day of the event.

The Great American Smokeout tries to challenge smokers to quit smoking and teaches them tools they can use to help them quit and never go back to smoking.

The Great American Smokeout began in the 1970's. During that time smoking and second-hand

smoke were common.

The idea of the Great American Smokeout began in Randolph, Massachusetts. When Arthur P. Mullaney started asking people to give up cigarettes for a day and donate the money they would have spent on cigarettes, to a high school fund. Lynn R. Smith, who was the editor of the Monticello Times in Minnesota spearheaded the first d-day as don't smoke day in 1974.

After the California division of the American Cancer Society got 1 million smokers to quit for a day, the Great American Smokeout was created and the American Cancer Society took it nationwide in 1977. This event is very helpful today. There are more than 480,000 deaths caused by smoking every year. Nearly

38 million Americans still smoke cigarettes today.

Student Easton Maxell, who was a tobacco user quit using tobacco last year. "I dipped tobacco for long time, but I was happy after I quit" said Maxwell. Maxwell said that after he quit he would get sick to his stomach and get dizzy but he never went back to dipping tobacco.

Smoking, vaping, and chewing are bad for the body. People who use those need to realize what they do to their body and what could happen if they don't stop.

The Great American Smokeout will be held on Nov. 15th for the smokers, vapers, and chewers out there looking for help.

## Native American month

By **GREG MINOR**  
*Student Reporter*

Oklahoma has the 3<sup>rd</sup> largest number of tribes in the country with 39 behind Alaska and California. All of these tribes call the sooner state home but only 5 of those tribes are considered indigenous: Osage, Caddo, Kiowa, Comanche, and the Wichita tribe.

Northwestern and its diverse student base shares some native culture around campus and as well as in ranger athletics. Freshman cross country runner, Journey LeBeau is a part of the Northern Arapaho tribe, where she lives back home on the reservation. Living on the reservation has its ups and downs. "People think that we live on handouts from the government," LeBeau said. "But that's not true at all."

Native receive per-capitas for the use of their land by the government. The land of the reser-

ervations may have Oil, coal and other natural gases. So the government pays natives in order to use these fossil fuels for our benefit as a nation.

Rayna Patton whom is a part of the Cheyenne Arapaho tribe said, "Our per capita is starting to go up, it went from like \$12 and last year it was at \$150. Allowing them to build a new court house on their reservation for the tribe's government.

Being native isn't always about the governments pitch in but the traditions. Traditions that go back centuries. Both LeBeau and Patton are from the same tribe as a whole. Both being raised by their families on the reserve have picked up some of their native languages. LeBeau said, "Nii'ooke" [N-yah-kay] meaning good morning.

Some traditions are meant to begin at a young age. LeBeau danced a lot when she was 4

years old. "My mom would make dance in the pow wows," LeBeau said. "I would do fancy."

The native culture at times could feel like you're living in two different worlds. Native humor is something that is significantly different according to LeBeau and Patton. "I catch myself saying native slang here at school," Patton said. "I look around and some people are just staring at me, so I don't say anything."

Being a part of two worlds can still have its perks. McKenzie Billy a Choctaw native and Presley Payahsape who is Kiawa and Creek native receive help financially. Scholarships are given to pay for some of their college each semester.

For those who were here on this land before the United States became the nation it is today, they are still recognized throughout our country. History of the many different native cultures

will continue to be in our textbooks and spoken of for many years to come.

Northwestern host's lectures on Nov. 13 at 12 p.m. and 7 p.m. for those interested in native culture. The event will be held in IE128. These lectures will be given by Park ranger Kevin Mohr and Minoma Littlehawk-Sills.



Photo Provided

Pow wows are traditional parties

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**ELECTION RESULTS**

**For Governor:**

**CHRIS POWELL (LIB)**  
3.44%

**KEVIN STITT (REP)**  
54.34%

**DREW EDMONDSON (DEM)**  
42.22%

**For Lieutenant Gov:**

**MATT PINNELL (REP)**  
61.90%

**ANASTASIA A. PITTMAN (DEM)**  
34.52%

**IVAN HOLMES (IND)**  
3.58%

**I Voted**

See STITT PAGE 4



# News

## Food pantry to open on campus

By **CAPRI GHAR**  
Student Reporter

A food pantry will be opening up on campus.

The Campus Cabinet will open for students that need assistance financially so that food will be available to them. The cabinet will be in Shockley Hall 108.

"We have a room, we have the shelves, we just do not have any food yet," said Angela Case, the person who is spearheading this project.

She went on to explain how the cabinet will be financed, "we have an account within the foundation that accepts donations," she said.

According to case, donations will be the first step to advancing the Campus Cabinet. With the donations, they plan to purchase food that is dorm friendly. They will not accept donations of food that are perishable, refrigerated or frozen.

To get monetary donations, Case plans on presenting the idea to people on campus and local busi-

nesses while also trying to drum up donations from larger, food-related businesses.

Online, if you visit the foundations webpage, you can submit a monetary donation and specify that you want it to go to the Campus Cabinet.

Case explained the idea behind the cabinet as a way for students who may be struggling with finances or lack the ability of coming up with healthy foods that they can make in their dorms.

Case explained her desire to have every organization and club on campus help with this project. To help, students can volunteer, raise money or organize food drives with their clubs.

If the project receives the funds they need, they will apply to work with the regional food bank. This depends on the need of the students and many other factors.

The cabinet will also accept donations of hygiene products and hopefully collect any other form of products that would be beneficial to students.



Currently, there are already a couple donation boxes, or blessing boxes, that are located in town that people can put donations in or take products donated for their own needs.

Case has also provided a sheet online that lists all the free meals offered to students every week by the surrounding churches, the lo-

cations of the blessing boxes and the information about the Campus Cabinet. If you visit [nwosu.edu/campus-cabinet](http://nwosu.edu/campus-cabinet) you can find all this information.

As of now, the project does not yet have an opening date, they haven't decided the days they will operate but they are working on setting those up.

The Campus Cabinet is not only open to students in the dorms, but to all students on campus, and even faculty who may need assistance.

Case explained, "there is a lot of work to be done," before this project is operational.



Photo provided

Northwestern's theatre program hosts its annual children's play in the Herod Hall Auditorium on the Nov. 15 and 17.

## Theater Production II - Children's Production

By **GREG MINOR**  
Student Reporter

Northwestern's theatre program hosts its annual children's play in the Herod Hall Auditorium on the Nov. 15 and 17.

Children from all over the state come to watch the play "Stone Soup" on Nov. 15 and 16. Schools from Moreland, Medford, Timberlake and more. College students and community members can see the show at 2 p.m. on Nov. 17.

The play Stone Soup is based on the book but has a comedic and character-driven twist on the classic story.

This story is about a giant carrot that grows in the center of four property lines. These four family's feud over who owns the carrot even though each of them provided some sort of aid to make the carrot grow so large. But luckily 3 mysterious strangers arrive to help the families see the error of their ways and help them ultimately come together.

For the play, Kimberly Weast said, "There are sixteen characters

in the play. Students from all over campus from all different majors have auditioned. Who've spent 16-20 hours blocking for the show, getting everything organized, getting stage directions and making sure everyone know entrance and exit locations."

Madison Wilson will participate for her third year in the children's show, acting as the character "One". One and her friends Two and Three are the mysterious strangers who serve as the spiritual guides who help throughout the show.

"The children's show is very special," Wilson said. "It's one of the most fun productions that we do each year. Children respond so much more than normal audiences, and it really makes it fun for us as performers!"

This story in particular explains the importance of working together. Weast said, "Kind of where we need to be in our society today."

For more information about the upcoming children's play visit: <https://www.nwosu.edu/university-calendar>

## Online nursing program voted best

By **UNIVERSITY RELATIONS**

Northwestern Oklahoma State University's online nurse practitioner program has been named the 31st best in the country out of 763 online nurse practitioner programs in the United States evaluated by AffordableCollegesOnline.org. Criteria used for the ranking included affordability, quality, flexibility and program.

Northwestern is the only Oklahoma nursing school in this listing.



"In our seventh annual survey of online learning programs across the nation, we wanted to honor the colleges and universities that are providing innovative ways for students

to complete a degree," said Dan Schuessler, CEO and founder of AffordableCollegesOnline.org. "These schools are going above and beyond the industry standard to help make online education programs more accessible and affordable."

For affordability, the most impactful data points were tuition and grants; for quality, graduation and acceptance rates; for flexibility, part-time enrollment options; and for program, degrees granted in that specific program area.

Each score was then weighted, with affordability being the

most highly weighted factor for all ACO rankings.

"Anytime Northwestern nursing is recognized regionally or nationally, it acknowledges the hard work of our students and

our faculty to the profession of nursing,"

Dr. Shelly Wells, professor of nursing and chair of the Division of Nursing, said. "The Division of Nursing has worked tirelessly to address the health care needs of the citizens of North-

west Oklahoma and the surrounding areas. It is our hope that this recognition will attract more men and women to the nursing program at Northwestern."

Northwestern currently has 47 students in the BSN-to-DNP family nurse practitioner program.

The BSN-to-DNP program for Family Nurse Practitioners has received provisional approval from the Oklahoma Board of Nursing and is a new applicant for accreditation by the Commission on Collegiate Nursing Education. A CCNE accreditation site visit is scheduled for November 2019.

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# News

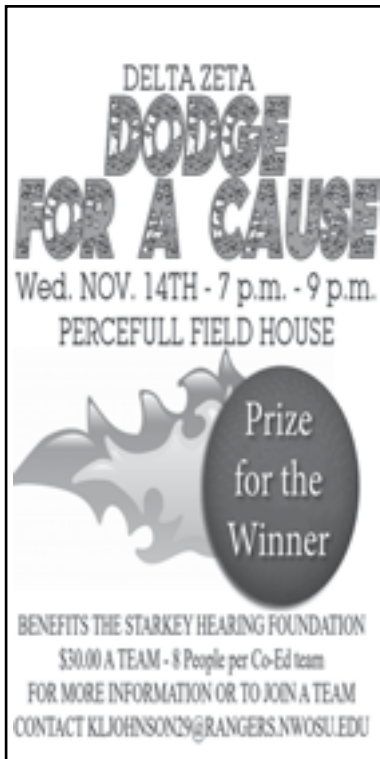
## What's up?

### Thank-a-thon

Thank-a-thon is almost here, this is a fun event for the students to come together and personally thank our donors for their generosity with thank you cards and phone calls.

There will be food, games, free T-shirts and door prizes.

Nov 12: 3:30 p.m. - 5:30 p.m.



**DELTA ZETA  
DODGE  
FOR A CAUSE**  
Wed. NOV. 14TH - 7 p.m. - 9 p.m.  
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FOR MORE INFORMATION OR TO JOIN A TEAM  
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### Theatre Production II - Children's Production

Name of play yet to be determined.

Northwestern's theatre program will present its children's production in Herod Hall Auditorium. The production will be presented on:

Thursday, November 15, 10 a.m. and 1 p.m. (for area school children)

Friday, November 16, 10 a.m. and 1 p.m. (for area school children)

Saturday, November 17, 2 p.m. (open to the public)

### Education career fair

Fall 2018 Education Career Fair, Ranger and Wyatt rooms, Student Center

Nov 14 @ 10 a.m. to 12 p.m.



Photo provided by University Relations

Kyle Larson works on a new piece for an art exhibition at the Tulsa Artists' Coalition Gallery.

## Larsen opens art exhibit

By UNIVERSITY RELATIONS

The art work of Kyle Larson, assistant professor of art at Northwestern Oklahoma State University, was accepted for an exhibition in the Tulsa Artists' Coalition (TAC) Gallery. The opening for his show "Gray Days" will be Nov. 2 from 6-9 p.m. and will continue to Dec. 1.

Larson said the opening of his show is part of the Tulsa Art Walk, and people are able to go to other openings in nearby galleries. The TAC Gallery is located at 9 East M.B. Brady in the Tulsa Arts District and is open from 6-9 p.m. Thursdays, Fridays and Saturdays or by appointment.

Larson said he will be showing work he's been creating for the

past year.

"Some of the work is autobiographical and some of it is more reactions to world events," he said. "Both kind of play off of each other. It's kind of my inward world versus things that are going on in the world and how they collide. Even though some stuff is about reactions to world events, they're also personal."

Larson talked a little about his work and said that his goal was for people to spend time looking at the art work and trying to figure out what is actually happening in it. He said that his paintings aren't the type that people can glance at and move on.

"Through painting and drawing I explore the temporal and transitory, and allow these factors to disrupt what presents itself as rigid and stagnant," Larson said.

"I find the more I apply and take away from the surface, the more the work becomes about the loss or absence of things. Withstanding the cycles of construction and deconstruction, the essential remains. Forms become incomplete, fall apart, or represent something that used to be present.

"A lot of the imagery in my work subverts itself -- clouds don't act the way clouds do, stones aren't stone-like, and objects and forms dissipate and lose their function. What ends up staying after everything is gone, or when things no longer can hold their own mass? Sometimes it's nothing but the wind. Sometimes it's a table on some old floorboards with remnants of whatever was last placed on it. And sometimes it's the monuments of, and to, our own undoing."

Want an ad? Email Christina Munster [cemunster@rangers.nwosu.edu](mailto:cemunster@rangers.nwosu.edu) OR call Christina! 719-314-8467

If you have an event that you would like featured on our "What's Up?" section, just contact us at [nwnews@nwosu.edu](mailto:nwnews@nwosu.edu).


Include date, time, and a short summary.

**Attention all Ranger Students!**

Community Rewards Cards are now available at any of three locations:

- Ampride
- Ranger Mart
- Lite N Nite





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\$2.99	\$1.69
Kraft 8 oz. shredded cheese	Russet Potatoes 5 lb. Bag
\$1.99	\$1.39



# Editorial

## Stitt secures governorship

By COREY SHIREY  
Student Reporter

Political outsider and Tulsa Businessman Kevin Stitt has won the Oklahoma Governorship, defeating former State Attorney General Drew Edmondson. Stitt, a republican, despite being a novice at state politics, ran a strong campaign based on increasing transparency, streamlining state government and increasing the governor's office hand in running state agency's, whereas Edmondson, a democrat, campaigned on his experience from serving as a former State Attorney General, increasing funding for education and Medicaid expansion.

Along with holding onto the Governor's mansion, republicans have won every statewide office, from Lieutenant Governor to Corporation Commissioner. This has been the trend since 2010, where republicans first swept into every statewide office. The only upset coming out of Tuesdays election in Oklahoma is in the 5<sup>th</sup> Congressional District. Two-term republican congressman Steve Russel was favored to win this race, but was defeated by Democrat Kendra Horn. Horn, former campaign manager for 2014 democratic governor nominee Joe Dorman, surprised all by winning this seat with only 4,300 votes separating the two out of over 238,000 votes being cast. Kendra Horn will be the first dem-



Kevin Stitt talks to reporters at a watch party in Tulsa on Aug. 28,

ocratic woman elected to congress from Oklahoma.

Concerning local elections, republicans increased their lead in the State House of Representatives bringing the count to 76 republican representatives to the 25 democrats. In the State Senate, democrats only picked up one seat, bringing the count to 39 republican senators to the democrats 9. This lead gives republicans over 75% control in both chambers of the State Legislature.

Other election news from Oklahoma comes out of the proposed state questions. All but one question failed to receive a majority of voters support. The one question to pass, question 794, also known as "Marsy's Law", passed overwhelmingly with 78% of the vote. Controversial state questions 793 and 801 failed narrowly by only receiving 49% approval each.

On judicial retentions, all twelve judges and justices on the ballot, including four from the State Supreme Court, three from the Criminal Court of Appeals, and five from the Civil Court of Appeals, were retained.

On the national scene, the Democrats did take control of the US House of Representatives, as expected, but did not pick up enough seats in the Senate to take control. In close Senate races, republican incumbent senator Ted Cruz narrowly held on against democratic challenger Congressman Beto O'Rourke. In Florida, democratic incumbent senator Bill Nelson was ousted by outgoing republican governor Rick Scott. Tough gubernatorial races in Georgia and Florida were also taken by the republicans, despite close polling and campaign visits by Former President Barack Obama.

## Trump plan violates transgender rights

By ZACH BALL, et al  
The Emory Wheel,  
Emory University

President Donald J. Trump promised to support the LGBT community during his 2016 presidential campaign.

Since his election, however, his administration has worked to consistently undermine transgender rights. A memo obtained by The New York Times details the latest move: Trump's administration is considering redefining gender as a "biological, immutable condition determined by genitalia at birth" that is either male or female. This constitutes an imminent threat to the security of transgender people and would violate the civil rights of at least 1.4 million transgender Americans.

The U.S.'s withdrawal from the United Nations (UN) Human Rights Council in January was not symbolic; Trump's proposed legal redefinition of gender is just one of many actions in the administration's dismissal of human rights and minority groups. This year alone, the Trump administration banned transgender people from participating in military service, decided that transgender people must be placed

with people of their assigned sex at birth in federal prisons and allowed businesses to discriminate against the LGBT community based on religious exemption, allowing for further discrimination against transgender individuals. U.S. officials are even attempting to rewrite gendered language in UN human rights documents — mainly by exchanging phrases like "gender-based violence" with "violence against women" — in ways that would allow for legal discrimination against transgender individuals.

Trump's reversal on his promise to support the LGBT community is unsurprising given that his second-in-command, Mike Pence, has a significant anti-LGBT track record; Pence signed religious liberty legislation as Indiana governor that permits discrimination against LGBT individuals and helped draft the administration's ban on transgender individuals from open military service.

Trump's anti-transgender agenda is not a vague possibility blown out of proportion by liberal fearmongers. It is a real and tangible shift toward the dehumanization of transgender individuals in the U.S. and across the world.

The U.S. Departments of Ed-

ucation; Labor; and Health and Human Services under President Barack Obama offered protections to transgender people in education and employment practices and ensured access to health care for transgender individuals — signs that the administration recognized that individuals who don't conform to the gender-binary were vulnerable to discrimination. The proposed narrower definition of gender described in the memo would mean health insurers that currently cover procedures related to gender-affirmation would be less likely to cover the cost of transition services; hiring discrimination against transgender individuals could become legal and the decision would likely be deeply felt in school and college locker rooms and bathrooms. If the Trump administration successfully redefines gender to exclude transgender individuals from Title IX protections, the ramifications for college students could be even more extensive.

The Trump administration's failure to recognize the legitimacy of transgender existence is ignorant and its pursuit of an exclusionary redefinition of gender is a legal codification of discrimination



### New leash law sparks anger

Michelle Anderson Kramp 10 hrs

ATTENTION EVERYONE: was just asked to post this notification..THE CITY OF ALVA IS GOING TO START ENFORCING THE LEASH LAW AT ALL PARKS.. Any dogs not leashed at the parks will be picked up from now on....11/8/18..9am

7 11 Shares

### Sidewalk construction

City Hall - Alva Oklahoma 11 hrs

MAP-21 Grant Project: Sidewalk Construction

The City of Alva is pursuing a grant that will be a continuation of two (2) previous grants, FAP NO. STP-176(010)EH (POW Walking Trail) which constructed a walking trail from 7th and Center Street, through the NWOSU Campus, to the Alva Recreation Center and terminating at Fairgrounds Road and US Hwy 281 and FAP NO. STP-176E(135)EH which constructed new sidewalks on the exterior edge, on three (3) sides of the downtown square.

The MAP-21 Grant the City of Alva is applying for will be to construct a sidewalk from Harper Road to Monroe Street. This will be Phase III of a multi-phase sidewalk plan for Alva will able the City to construct a sidewalk or walking trail along the following route:

From Harper (Fairgrounds) Road north to Murray Drive to Sunset Drive. It will then turn west to Young Street. From Young Street it will go north to Thunderbird Road, turning east to Davis Street, going past Lincoln Elementary School north to Monroe Street and NWOSU Campus. The sidewalk/trail will then turn west on Monroe terminating at 8th Street, where it will tie back into the sidewalk/trail constructed with grant FAP NO. STP-176(010)EH (POW Walking Trail).

Future Phases will connect the Downtown Square with Alva Middle School, Alva High School, Hatfield Park, then to the Alva Recreational Center and connect the Downtown Square with Longfellow Elementary School and Bud Rose Park.

This project is being considered to provide for safe walking routes for Alva children to and from schools and parks. If you have any thoughts, questions, or concerns please email the City of Alva at [manager@alvaok.org](mailto:manager@alvaok.org) re: MAP-21 Sidewalk Project.

### Leak detection

City Hall - Alva Oklahoma October 29 at 9:17 AM

Public Notice: Leak Detection

The City of Alva is working with Oklahoma DEQ to proactively address water leaks. The Oklahoma Rural Water Association (ORWA), under contract with DEQ, will be in Alva testing all water distribution lines for leaks. For the next 3-4 weeks ORWA will be working with Alva Water Department Personnel early in the mornings and late in the evenings on line testing. They will be working in the public right of ways and will not be on private property. All employees will be in uniform and in marked vehicles.

9 18 Shares





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#### LETTERS TO THE EDITOR

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

Letters must be turned in by noon on Monday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to [nwnews@nwosu.edu](mailto:nwnews@nwosu.edu). Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

#### SUBSCRIPTIONS

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# Editorial

## Other voices

# People pleasing holds you back

By ALEXA WILLIAMS  
*The Collegiate Times,*  
*Virginia Tech*

As a perpetual people pleaser, I have lived the majority of my life adhering to the perceived opinions of others. This subconscious desire to please others has surfaced in numerous areas of my life, from creating barriers in relation to political discussions in class to refraining from addressing controversial subjects in my written works. While the guise of security enveloping those of us who people please is typically perceived as a catalyst to getting ahead in the workforce, I contend that such compulsions ultimately inhibit the emergence of leadership opportunities and the potential for career advancement.

At its core, people pleasing derives from a fear of rejection and criticism, driving the affected individual to resist exposure to controversial conversations on account of their aversion to confrontation. When it comes to navigating the divisive issues facing an organization, people pleasers are typically not the first called upon to resolve the situation. Rather, those who are able to articulate the mission or goals of an organization without fear of rejection or criticism are typically those charged with making difficult decisions and broadcasting those decisions on account of their authenticity.

Ways to curb your people-pleasing tendencies in pursuit of more authentic connections include practicing iterating “no,” finding a trusted colleague or friend to help keep you accountable, and practicing self-love. The dread that often accompanies saying no for a people pleaser often stems from an inherent belief that the needs of others ought to be met before our own. However, as the old saying goes, you can’t help others before you help yourself.

The unrelenting urge to be agreeable often suffocates our sense of self-respect, illuminating the influence of rejection in our daily interactions. However, if saying yes in a situation ultimately conjures up feelings of self-resentment and regret, your subconscious likely recognizes the feelings of fear driving your capitulation and is signaling you to stop accommodating others at your own expense.

Acknowledging that your worth isn’t contingent on the ways in which others perceive you is a recurring conscious decision you must make when compulsions to be agreeable are a constant. When feelings of vulnerability surface, this awareness provides a foundation of faith within ourselves. As we continually hold ourselves accountable to any goal in life, we develop habits that eventually turn into routines. The more we adhere to these routines, the more our brains hold us accountable to

standards we have set for ourselves.

Setting standards for ourselves not only stands as an expression of self-love, but it also steers us away from unfounded conclusions drawn from childhood about who we were expected to become. We often rely on external validation from others to fill an internal vastness when it comes to our perceptions of our worth. Tuning into which experiences make us feel uncomfortable in our own skin is essential to remedying the situations in which we feel invaluable. For instance, comparison often brings about intense feelings of inadequacy. However, comparing the highlights of others’ lives to the lowest points of our own only serves to starve ourselves of love by nominating external validation as our sole measure of internal value.

The next time you feel the fear of rejection rising, resent what you have just agreed to do, or hear yourself saying yes, when everything internally is screaming no, stop. Pause and remember that being a leader does not mean pleasing everyone else around you. Rather, leadership qualities manifest on their own as you learn to love yourself and trust in your intuition. Respect yourself so others may respect you. Follow your own instincts with such resolution that your colleagues cannot help but channel their own confidence into following yours, too.

# Second chance society

By NATALIE DENBY  
*The Chicago Maroon*  
*University of Chicago*

I once heard a classmate claim that we all want to live in a “second chance society.” The phrase made an impression because I initially thought it might be a joke (it wasn’t). But what struck me more was how wholeheartedly everyone seemed to endorse this forgiveness ethos. And indeed, there’s a whole slew of hot button issues that would push most of us to endorse expanded second chances. We put a premium on the idea that the worst of a person’s history shouldn’t necessarily be a ceiling on the best of their future—at least, not in the policy arena, when it comes to incarcerating people, accessing their criminal records, handling drug usage, and reaching out to those with mental health issues.

But what gave me pause when I heard this second chance claim is how inconsistent it is with ordinary people’s behaviors, particularly online. We may endorse the idea of second chances for criminal offenses, but in practice, we won’t forgive comparably minor online offenses.

In many of these cases, the of-

fenses are blown out of proportion, or are part of baseless smear campaigns—but the repercussions are still extreme. The alt-right’s efforts to take down various liberal figures, including James Gunn, used their distasteful jokes about pedophilia to accuse them of actually being pedophiles in coordinated Twitter campaigns. Conservatives denigrated Sarah Jeong, now a member of the New York Times editorial board, as an anti-white racist over old tweets; Jeong’s posts may have been questionable, but hardly merited the response they received. Then there are people like Wanna Thompson, a writer who was fired and subjected to a deluge of cruel messages (including pictures of her young daughter and messages telling her to kill herself) simply for her critique of Nicki Minaj’s music. That’s really no infraction at all.

The lesson from Wanna Thompson and Sarah Jeong is that relatively minor transgressions by ordinary people can be used as weapons against them, in some cases after many years. And whether a person recovers from the damage may have more to do with the persistence of their attackers and the patience of their employers than with the nature of their offense. Unmitigated

rage is obviously the easy way to deal with finding blemishes in a stranger’s past. Who wants to deal with nuance and restraint? But if that’s the position we’re going to take, we’re arguably ill-equipped to handle leaving digital tracks at all.

The funny thing is that a generation more attached to forgiveness than its predecessors appears less able to dispense it. We have unprecedented access to information about our peers’ pasts, including those we’ve never met and will never have to face. And then there’s the nature of being a troll online; you can weaponize a person’s history without having to risk your own skin in the process. The critics’ anonymity and the criticized’s visibility create a potent mix. Combine it with our apparently medieval view of online transgressions, and you’ll find we’ve made a much less forgiving environment. This can, and should, be changed. We just need to remember that digital misdemeanors are often taken out of context.

And while uninformed judgment is easily passed, it can rarely be fully withdrawn. Sometimes it’s worth waiting for an explanation or apology before unleashing a torrent of online rage.

## EDITOR'S RANT OF THE WEEK

By ASHLEY STREHL  
*Editor-in-Chief*

The fall is, colder weather, Thanksgiving and pure happiness. The summer is over. It was fun. Maybe you traveled, maybe you got a new hairstyle, maybe you lost weight and even if you spent every day working, you have changed.

Everything about you is new and you just can’t wait for classes to start so you can tell all your college friends about what you’ve been up to. Or, if you’re an incoming freshman, you can’t wait for new friends and new adventures. The fall semester is a big beautiful mural of new possibilities and your mind should be open to all you’re going to learn in the next couple months. It’s your future being poured out in front of you, everywhere you look! You’re taking a class that you didn’t think you would enjoy but you do and that opens doors to so many possible careers post-graduation. The leaves are changing in the trees and you know that you’re changing too, mentally and emotionally, soon the leaves die, but they always grow back, they’ll be okay and so will you.

You meet people that can make such an impact on you, even if you’ve only known them a couple of weeks. The temperature is at that perfect spot, not too cold, not too hot. Oh, and don’t forget... PUMPKIN SPICE EVERYTHING! That’s it. That’s really the only reason I’m writing this article, is because pumpkin spice is that great. Just kidding, but really, the fall is so fun! Maybe right now, the mid semester is tough, I know, trust me, but you’ll

be okay, you know how I know? Because in the fall everyone is in a better mood, for the reasons I just stated above, I hope you decide to join the “I just want everyday to be fall” club.

Spring is stupid; you only have barely a month to relax prior.

You come back and you’re ready for the semester to be over by the end of syllabus day, if someone else wants to give me a reason why spring is better than you can write a story on it, but I doubt it will be this good.





# Feature



Shane Hansen and his family enjoying their day at Alva's local pumpkin patch

Photos provided by Kaylyn Hansen

## Hansen's love for the game

By **BRADY KOKOJAN**  
Student Reporter

A Calumet, Oklahoma, boy who never has been to a Cubs game before, Shane Hansen wanted to go to a game of his favorite team.

Last summer, Kaylyn, his wife who has been married to him for ten years and some friends took a trip to Chicago to watch the Cubs. It was raining all day and just as they got off the train, the game got canceled. They all looked at Hansen. Everyone waited for him to be upset because he really wanted to go to his first Cubs game. "Instead, he replied no, it's fine. It was God's plan."

To drive all the way to Chicago and not get to see your favorite baseball team play and to look at it in such a positive way. "That's just the great person he is," his wife said. He stayed calm and mellow."

Hansen's time begin in 2004 when joining the basketball team and played all four years. He was one of the top scores for the team all four years averaging just over seven points his freshman year. He started 21 games as a freshman. He averaged over ten points a game from sophomore year to senior year. He was mainly a three point shooter. His senior year, he had 90 made field goals, and of the 90, 52 of them were three pointers; he shot 37% from there.



Shane Hansen

His wife, who is the director of student housing, said, "After ballgames he never wanted any of the credit whether he was high scorer or whatever it was. He'd rather someone else get the credit. He say it was the team. If you asked him to this day if he was good at basketball, he would not tell you."

Someone Hansen looked up to and admired as a person and coach was, Coach Brad Franz who saw Hansen as a coach and as a player. "Shane's a Hall of Famer," Franz said. You go back and look over his four years here, a Hall of Famer is your whole body of work is what you do as an athlete but also what you do in your career. Hansen continued at

NWOSU in many capacities. He is just a Northwestern guy," Franz said.

Hansen is also a youth pastor at the Methodist Church in town and faith is an important thing in his life. "Instead of putting God first, Hansen said, for me it's God and my family, it's God and my job. He's not something I just check off. He's part of every priority. And I try to live my life through that lens of Christianity and him."

Family is such a big thing in his life. "He has a great Christian family and relies heavily on his faith. Which is great and which makes him a well grounded young man," Franz said.

While Hansen is a big Cubs fan, his wife is a Cardinal fan. On their wedding day, Hansen requested a Cubs theme for his groom's cake.

His wife played a trick by hiding the Cubs cake and showing him a Cardinal cake instead. He was disappointed. "He wasn't mad, but he was, like, you're serious?" his wife recalled. Then the Cubs cake came out and all was forgiven.

His wife refers to him also as "loyal and hard working." "He will never leave a job unfinished, and it's done to his best abilities," his wife said. He's very loyal. Even if he doesn't like you, he'd bend over backward to help you in anyway."

A friend that he did like and saw a few examples of this was Chris Lauderdale the NWOSU comptroller, who was also in their wedding. One summer Lauderdale didn't have a place to stay and with open arms the Hansens let him stay the whole summer at their place. "Shane's just one of those guys that will help with a drop of the hat no matter what he is doing," Lauderdale said.

As a teenager Hansen was the



Hansen and his family in front of the infamous 'bean' sculpture in Chicago

only guy that had a truck "If you ever need anything moved and my brother Tim will vouch for this, call Shane and he'd always be

happy to help," Lauderdale said. Still to this day Hansen still brings his truck if Chris Lauderdale and his brother Tim who is the associate director of athletics for NWOSU, need to borrow his truck or just need some help. Another person who will vouch for this is Calleb Mosburg, the dean of student Affairs at NWOSU and a friend of Hansen. "This is a guy that takes time out of his day in a heartbeat if someone needs help, he said, There are so many examples of this.

He gives a lot of time to his community whether it's as a school board member for Alva District or a Youth group leader. He gives up his time constantly and I'm just Lucky to call him a friend and a college for sure."

Every friend of Hansen has nothing but nice things to say about him, he's friendly, super helpful and caring for everyone whether its family or just friends. I don't want to overstate it cause you say, well they are just saying the nice thing. Lauderdale said. "But you really can't find a better person than Shane."

He's also a big family guy with two kids, his son Ryan who is named after a famous baseball player of the Cubs Ryan Sandberg, and a daughter Sutton.

"Our kids always ask for him, and always wants to know where he is and he's just a fantastic dad," his wife said. Though he agreed to the interview, Hansen was uncomfortable talking about himself and his successes.

He said he wanted to give the credit for all he has done to his creator, Jesus Christ.





# Feature

# Keto- is it another fad diet?

By MEGAN BROWN & MCKAYLA HOLSON  
Student Reporters

Is the ketogenic, or keto, diet a good, well-balanced diet or just another yo-yo diet?

Keto is a low carb, high fat diet that many say has health benefits. The body is put into ketosis during this diet. According to Medical News Today, ketosis is a normal metabolic state. The body does not get enough glucose for energy, this causes it to burn fat for energy.

The diet aids in weight loss, can reduce acne, improves heart

health, may help reduce the risk of cancer, may reduce seizures and includes many other health benefits.

Weight loss occurs when on the keto diet because the dieter is not consuming as many calories and the body break-ing down fat for energy.

There is evidence showing that the diet reduces seizures in children, sometimes even as effectively as medicine, says Marcelo Campos, MD, primary care doctor at Harvard Vanguard, lecturer at Harvard Medical School and Clinical Assistant Professor at TUFTS School of Medicine.

Kaytlin Brown, a junior and

psychology major from Alva, has spent the last year sticking to the strict rules of the keto diet. Brown said her favorite part about the diet is eating less while still having energy.

While there may be many health benefits, there are risks.

"It is very restrictive which can trigger bad dieting habits and disordered eating," Brown said.

The break down of fats leads to the release of ketones, an acid, in the body. If the level of ketones gets too high, ketoacidosis can occur. Ketoacidosis can be fatal.

The diet is high in red meat and salty foods. If the dieter is not careful, the diet can have a nega-

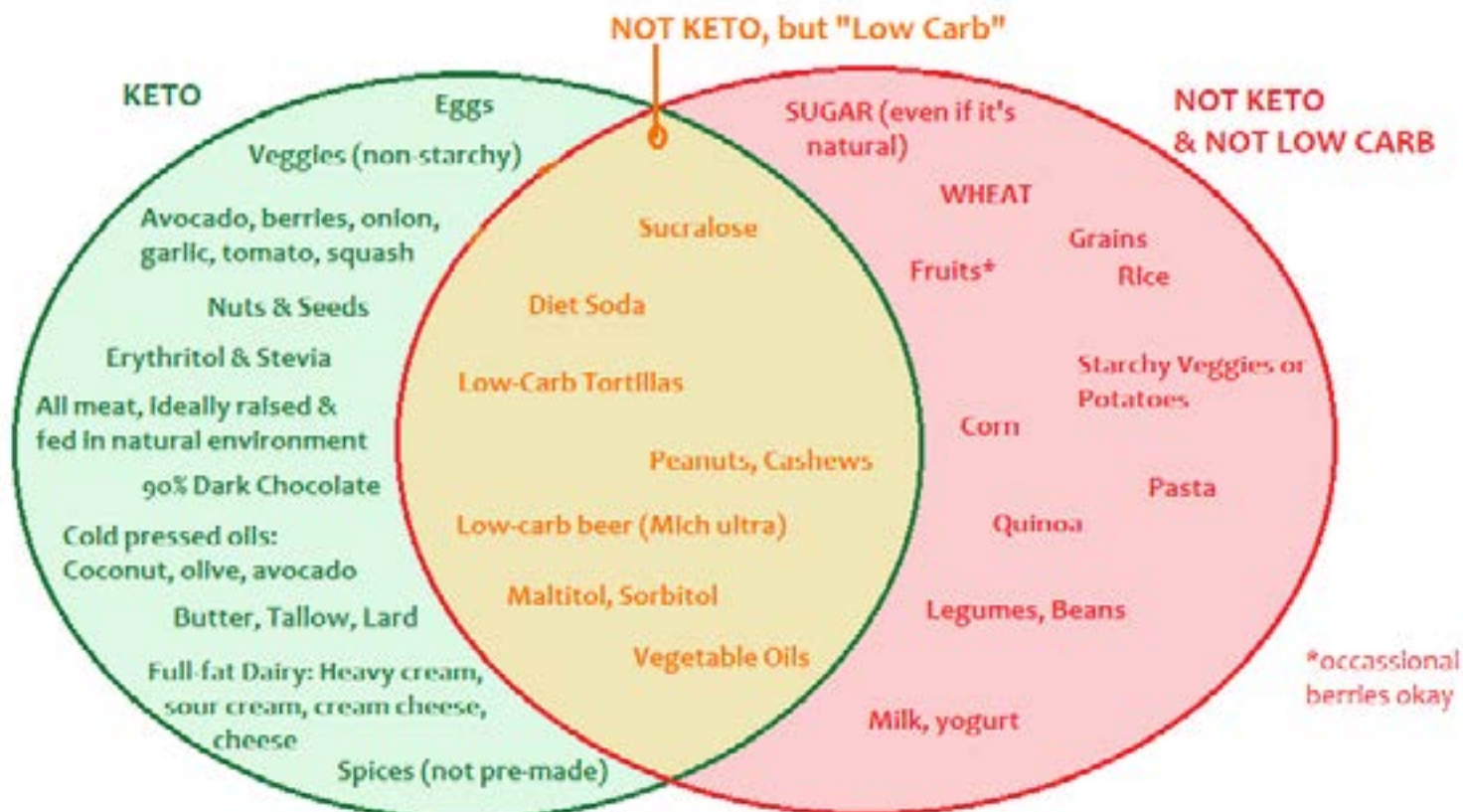
tive impact on their health.

The diet is hard to stick to because of the low carbs. According to Campos, the American diet is about 50% carbs versus the 5% for the keto diet.

"This diet is a fad right now so there are lots of unnecessary products for sale that make false claims about how they can help you lose weight. Don't buy into it. Do your own research. This diet has been around since the 1970s, and no extra products marketed as "keto" are required to be successful — just a lot of discipline. If it's not right for you and you don't like the diet, stop. There are other, more conventional, ways to achieve the

same re-sults," said Brown.

It is unclear what the long-term effects are. These conditions make it a yo-yo diet which can lead to in-creased mortality according to Campos. "Instead of engaging in the next popular diet that would last only a few weeks to months (for most people that includes a ketogenic diet), try to embrace change that is sustainable over the long term. A balanced, unprocessed diet, rich in very colorful fruits and vegetables, lean meats, fish, whole grains, nuts, seeds, olive oil, and lots of water seems to have the best evidence for a long, healthier, vibrant life," says Campos.





# Feature

## National Gratitude Month

*“What are you grateful for?”*



**Dr. Richmond Adams**  
*English and Lit. Professor*

“I am grateful for my wife. I also love that I have the chance to do what I love for work. I am very thankful for the possibility to make a difference in students lives.”

**Laura Reed**  
*Elementary Education*

“I am grateful for my friends. I am never lonely because I have such great friends that are always with me.”

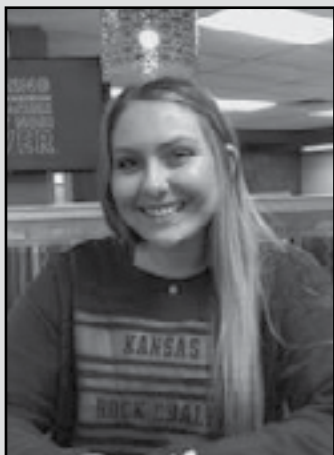


**Hannah Lance**  
*Health and Fitness Management*

“I am grateful for my friends and family and everything they do for me.”

**Kaitlyn Killian**  
*Nursing*

“I am thankful for my friends and family and the fact that I have had this opportunity to come to college. I have received a lot of scholarships that are making this possible and I am very grateful for that.”



**Hunter Meachern**  
*Music Education*

“I am grateful to be able to participate in band. I’m also thankful for theatre.”

# How to stay warm

By Kevin Ford  
*Student reporter*

In case you did not know, Alva gets cold. Fall is ending and the winter season is right around the corner. Students who are not use to the cold may find it hard to cope with the low temperatures and unprecedented Alva wind. Alva is in a valley and the wind only adds the chilling temperatures.

If you live in the dorms there are some ways you can stay warm and avoid getting sick. Many college freshmen on campus live with one or two roommates. Sometimes your roommate may crank the air conditioning on before they go to sleep because it is how they fall asleep.

It may be hard to believe, but most people who catch a cold, do so overnight. Air conditioning and cool air can cause you to wake up with a sore throat or a runny nose. As you may know, these are some symptoms of getting a cold and eventually a bad cough.

If you have a roommate that cranks up the air conditioning, it is your responsibility to make sure your body is covered up at night. Sleeping with socks on is not a bad idea considering it is your toes that are the most exposed part of your body while you sleep. Candles are



forbidden in the dorm. Whenever you are gone from your room you should make sure you left the heater on so you can come back to a warmer room. By doing this you can leave the air off before you go to bed since the temperature in your room has already been set. You would be waking up to a neutral temperature, unlike waking up freezing or sweating.

When you walk to class in the mornings, get dressed. It is better to be carrying too many clothes than too little. You have room in

your book bag to put clothes if it heats up as the day progresses. The mornings from here on out in Alva will be cold. Carry an extra sweater on you, especially if you leave your dorm to go study or eat later in the day. Winter season means shorter spurts of daylight during the day so the temperature usually drops tremendously after the sun goes down. Do yourself a favor and prepare for the cold. Stay warm wherever you go and especially in the very room you sleep in.

## Microwave Peanut Brittle

- 1 cup white sugar
- 1/2 cup light corn syrup
- 1 cup saled peanuts
- 1 teaspoons vanilla extract
- 1 teaspoon baking soda

1. Butter a cookie sheet. Combine sugar and corn syrup in a 2 quart glass bowl and microwave on high 4 minutes. Stir in peanuts and microwave on high 3 1/2 minutes more, then stir in butter and vanilla and microwave for 1 1/2 minutes.
2. Stir in baking soda until light and foamy. Pour onto cookie sheet and spread thin. Cool completely and break into pieces and serve.



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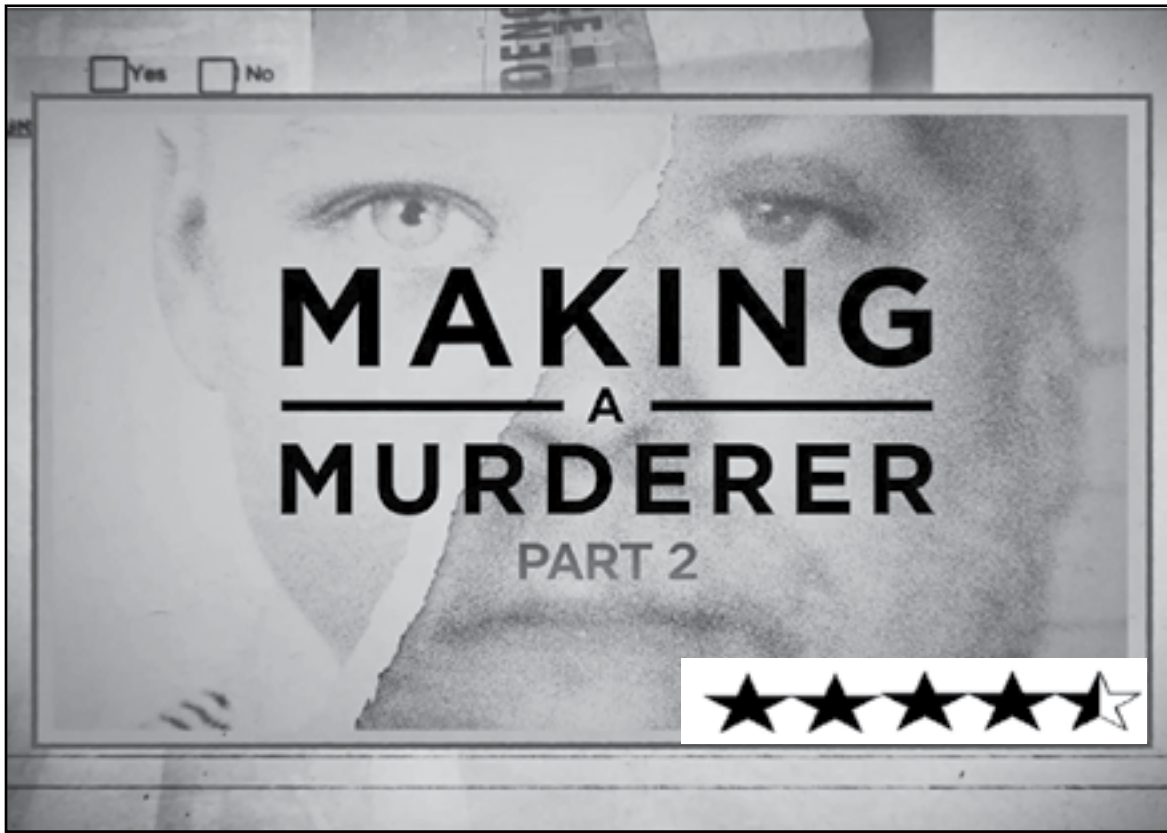
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# Entertainment



## 'Making a Murderer'

*The drama and whodunit mystery is not disappointing*

By **Patricia Pixler**  
Student reporter

The documentary "Making a Murderer" became a global phenomenon when it was released on Netflix in December 2015. The series follows Steven Avery and his nephew Brenden Dassey, both convicted of a horrific rape and murder in Wisconsin.

The story becomes complex because Avery served a prison sentence for sexual assault and attempted murder — a crime he was exonerated from by DNA after 18 years. The series follows the theory that Avery was framed by law enforcement of the county he lived in. During Avery's \$36 million civil lawsuit against the county, a woman goes missing. She's last known to be on Avery's property and her car is later found hidden there.

Dassey, a low-IQ individual aged 16 at the time, admits to raping and murdering the woman and says his uncle coerced him. He later tells his mother he had gotten confused and everything was made-up. Avery accepts \$400,000 from the civil lawsuit to pay for defense attorneys. Both Avery and Dassey are charged and ultimately convicted. The first season ends

*"The drama and suspense in the 'Making a Murderer: Part 2' is never a disappointment."*

with their families struggling to accept the verdicts.

"Making a Murderer: Part 2" premiered October 19. It picks up with both Avery and Dassey trying to get exonerated. Dassey is now represented by a team of lawyers from The Center for Wrongful Convictions of Youth out of Chicago who argue Dassey's confession was clearly coerced. Avery is now represented by lawyer Kathleen Zellner, who has overturned 17 wrongly convicted verdicts nationwide.

Zellner proves from the beginning that she is a force to be reckoned. Frequent scenes are shot in her law office where the walls are full of media about her and her wins. If not in the office, she is hands-on testing evidence with her team.

"I told Steven Avery the same thing I tell everyone," Zellner says in the documentary. "If you hire me and you're guilty, trust me, I'll do a way better job than the prosecutors. I will find out if you are guilty."

Through the ten episodes, Zellner does find evidence that was left out of Avery's trial, including violent porn on a computer and multiple locations of bones. She also brings in numerous experts to

test the evidence presented in the trial by the prosecution.

"They were duped. Completely duped," Zellner says in reference to Avery's trial attorneys.

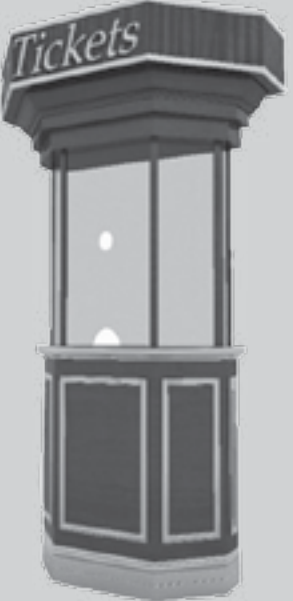
In addition, Zellner finds evidence of three other suspects who may have been involved in the crime. Evidence also continues to build that Manitowoc County tampered with the scene to frame Avery.


The season brings up and downs for both Avery and Dassey. Avery's romantic life is complicated with a dedicated ex-girlfriend protecting him and a new girlfriend appearing. Dassey, at one point, is ordered for release before the state stops the ruling. His lawyers fight the new decision. His mother struggles to change state law while being tugged back and forth by the court's decisions on whether her now 29-year-old son will be released.

Avery's worry about his aging parents playing out on screen as his mother's health declines, and his father frets about the family's failing business and whether he and his wife will die before Avery is released.

While at times the personal scenes come across as awkward or prying, the drama and suspense in the "Making a Murderer: Part 2" is never a disappointment. Equal parts heartbreaking drama and whodunit mystery, we see inside the lives of a family torn upside-down not only because of two convictions, but an original wrongful conviction that took 18 years to solve. Four-and-a-half stars out of five.

### Top shows at the Box Office

- 1) Bohemian Rhapsody 
- 2) The Nutcracker and the Four Realms
- 3) Nobody's Fool 
- 4) A Star is Born
- 5) Halloween
- 6) Venom
- 7) Smallfoot
- 8) Goosebumps 2: Haunted Halloween

- 9) Hunter Killer
- 10) The Hate U Give 

### Top 5 Emerging Artist

- 1) Rm
- 2) Billie Eilish
- 3) Lovelytheband
- 4) Lauv
- 5) NCT 127
- 6) Louis Tomlinson
- 7) Jinnie Allen
- 8) Mitchell Tenpenny
- 9) Bryce Vine
- 10) Flipp Dinero 



# Sports

## Cross Country sets records at GAC Championship

By LOGAN JONES  
Assist. Sports Editor

The Northwestern Oklahoma State University cross country teams had an historical Great America Conference Championship meet Saturday morning in Edmond, Oklahoma.

The Northwestern women finished the women's 5K race in eighth-place, the highest GAC finish by a Ranger women's team.

In the men's race, the Rangers runners were only a few points away from their highest GAC finish.

Sophomore Garrison Blanton continues to make program history as he finished the men's 8K at a time of 26:36.8, eight seconds ahead of his previous mark set during the Chile Pepper Cross Country Festival earlier this season.

Blanton finished in 13<sup>th</sup> place, becoming the first ever runner from Northwestern to be named a GAC All-Conference honoree earning a Second Team spot.

Other notables from the men's team include Bryce Koenig, who finished with a time of 27:50 for the 10th best mark for the Rangers.

Noble Buckhaults came in with the 14th best time at 28:15.

Lastly, Colton Reed rounded out scoring with 19th best time at 28:33.8.

On the women's team, fresh-



Photo Provided.

Cross Country competes in the Central Region Championship on Nov. 17.

man Ladasheray Bell and Kayla Gourley both had solid races as Bell finished with the ninth best program mark at 20:42.4.

Gourley finished eight seconds later for the 10th top time in NWOSU history.

Bell's time was a new PR for the young runner. Jessalyn Rivet closed the race with a personal best of 21:11.2 for the 16th mark to date for the Northwestern women.

"It was a great day to show

concrete improvement in the program," said head coach Jill Lancaster following the meet. "Our women's team moved up one spot in the conference. The effort was noticed by several competitor coaches who acknowledged the growth of our program."

Both men and women's teams have a stretch before getting back on the course.

They are set to compete in the Central Region Championships on Nov. 17 in Joplin, Missouri.

## Men's basketball high hopes for 2018 season

By LOGAN JONES  
Assist. Sports Editor

With the 2018 Ranger basketball season just days away, there are high hopes for this year's squad.

Northwestern was ranked sixth in the conference in a preseason poll of all basketball coaches in the Great American Conference.

The Rangers were also the only other team, aside from Southern Nazarene, to receive a first-place vote.

The Rangers earned 78 points in the poll, separated only by 14 points from second-ranked Southwestern Oklahoma State (92).

After being picked 11th in the GAC coaches poll a year ago, head coach Shawn Dirden knows that it is not about where you start the year, but where you finish it that

counts.

"To some people, pre-season rankings mean a lot. We could have been picked first or picked 12th and it's not going to change our mindset," Dirden said.

Following a 2017 campaign that saw NWOSU go 22-7 with a second-place finish to Southern Nazarene, the Rangers are looking to keep up their winning pace as Dirden enters his third year as head coach.

Northwestern has two key starters returning in 2018 in junior point guard, A.J. Jones as well as GAC Newcomer of the Year, Treyvon Andres.

Other than that, the roster looks completely different with 11 new players added to the Ranger squad.

"I expect big things from those guys. Their focus has been there, and they're motivated to help lead this team to where it needs to go," Dirden said. "We've done

a great job recruiting and I think we've put some important pieces around those two returning players to have an opportunity to compete at a high level again in the GAC."

The Rangers will open the season in Tahlequah, Oklahoma at the MIAA/GAC Challenge.

They are set to take on the University of Central Oklahoma on Nov. 9, followed by a meeting with the Northeastern State Riverhawks on Nov. 10.

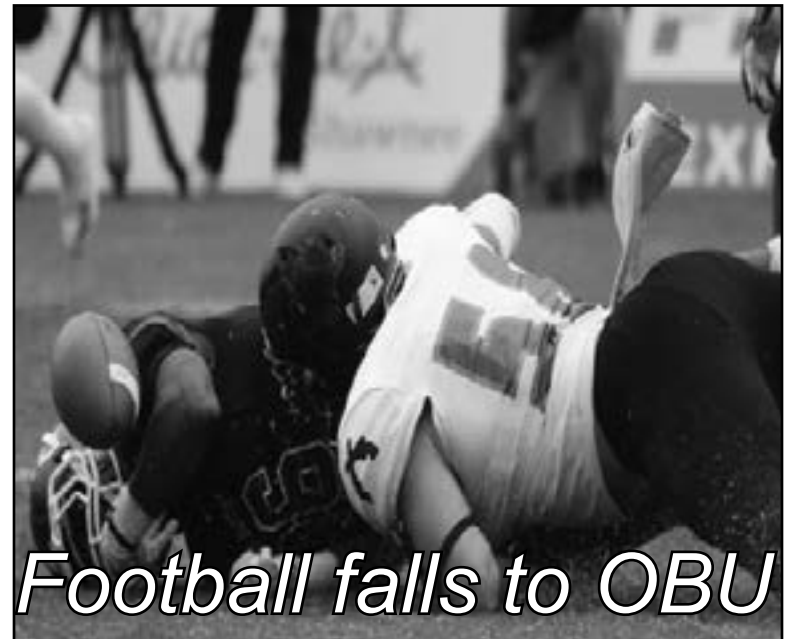


Photo Provided.

Football finishes their season on the road against SWOSU on Nov. 10.

By MEGAN MAHARRY  
Assist. Sports Editor

The Ranger football dropped their road game in Shawnee to the Bison of Oklahoma Baptist University, 38-31.

The Rangers were behind 38-17 heading into the fourth quarter, and it seemed as if the Ranger offense wouldn't come up with anymore points.

However, quarterback Cesar De Leon accounted for two touchdowns in the 4<sup>th</sup>.

His completions to Callion Baker and Justin Cain put the Rangers on the board to make the score 38-31.

The Rangers were unable to get anywhere on their final possession of the game. A fourth and one opportunity was squashed when an offsides penalty gave the Bison a first down and the victory.

In the first quarter, De Leon threw to receiver Horatio Smith for a 77-yard touchdown play. This completion was the biggest offensive play for the Rangers this season.

Junior quarterback De Leon finished the game 21-of-31 for 263 yards. He totaled three

touchdowns but also threw three interceptions.

His three touchdowns accounted for his third game this season with three touchdowns in a game.

Smith led the Rangers with 106 yards on six catches and one touchdown.

Kentrez Bell hauled in five passes for 69 yards.

Jacob Peyton returned to the field for the Rangers and led his team with 72 rushing yards.

Baker earned a career high 71 yards on the ground.

The Rangers totaled 216 rushing yards, which is the fourth time this season they have rushed for 200-plus yards in a game.

Linebackers Maurice Wright Jr. and Dakota Driskill each ended the game with 10 tackles. Driskill had eight solo tackles.

The Rangers ended with a total of 479 yards to Oklahoma Baptist's 362 total yardage.

However, penalties plagued the black and red, as the totaled 153 yards due to penalties.

The Rangers move to 3-7 on the season and wrap up their 2018 campaign on Nov. 10 against rivals Southwestern Oklahoma State University in Weatherford. Kickoff is set for 5:30 p.m.

## Women's basketball kicks off season



Photo Provided.

Women's basketball starts GAC play on Nov. 29 vs. Southern Nazarene.



# Sports

## Volleyball honors four seniors in home finale



Photo Provided.

The Lady Ranger volleyball team wrapped up their regular season at home against Southwestern Oklahoma State and honored four seniors, who took the home court one last time.

By **DENISE CRONISTER**  
Student Reporter

The Northwestern Lady Rangers volleyball team ended their regular season Saturday with an 18-13 overall record.

Last Thursday the Lady Rangers played their last home game against the rival Southwestern Bulldogs and were defeated 1-3.

Southwestern got off to a quick start as they went up 0-5 on the Lady Rangers, yet Northwestern followed up with a run of their own, pulling within one.

The set went back and forth but the bulldogs came out with the win 23-25.

The Bulldogs took control and kept the lead throughout the second set and would finish with a 0-2 lead over the Lady Rangers.

Seniors Hannah Williams and Brooklynn Hesson guided the team to their first win of the match with seven and four kills respectively.

The Lady Rangers walked away with the third set victory, 25-19.



Photo by Olivia Brock

**Senior Brooklynn Hesson.**

In the fourth set, in what would be the last, tied at 9-9, the Lady Bulldogs got the momentum they needed to take down the Lady Rangers 18-25.

Williams posted a match high of 22 kills, and Kiauna Clark would follow up with 12 kills of her own.

In the final match in Percifull Fieldhouse, Lady Ranger's Tobi-Rae Barker finished with 19 digs, Cassidy Hackett had 46 helpers and Hesson would finish with

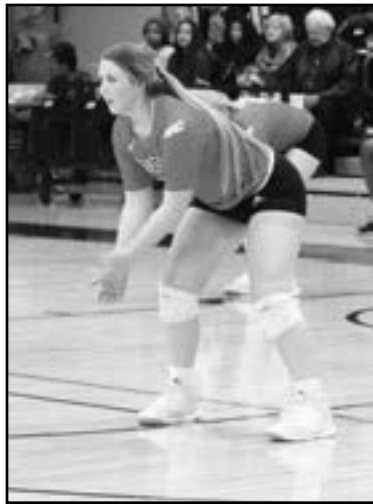


Photo by Olivia Brock

**Senior Tobi-Rae Barker.**

10 kills.

Four Lady Ranger seniors took the floor in their last home match: Hannah Williams, Cassidy Hackett, Tobi-Rae Barker and Brooklynn Hesson.

To close out the regular season, the Lady Rangers defeated the East Central Tigers in four sets.

The first set, the Lady Rangers had the momentum and would take the first win of the match 25-18.

The second set was a neck and neck the whole way between the



Photo by Olivia Brock

**Senior Hannah Williams.**

two teams.

The red and black would then take the second win of the match now leading 2-0.

The Tigers held the lead the whole third set and halted the Lady Rangers sweep bid winning the third set 23-25.

The Lady Rangers came out determined and finished the fourth set 25-19 winning the match 3-1.

Barker put up a match high with her 22 digs.

Jennifer Eubanks lead the team

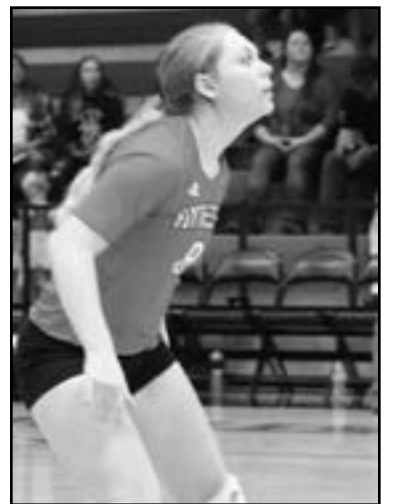


Photo by Olivia Brock

**Senior Cassidy Hackett.**

with 14 kills along with Clark right behind her with 12 kills.

As the 2018 regular season come to a close the Lady Rangers volleyball is all but over as they look to make a run in the Great American Conference Championships in Hot Spring, Arkansas.

Northwestern will go up against the GAC's No. 1 Harding University Nov. 8.

Game times are to be announced.

## Soccer head coach James Ross resigns, players comment on his departure

By **MEGAN MAHARRY**  
Sports Editor

Women's head soccer coach James Ross has resigned, the athletic department announced on Friday.

He finished the 2018 Lady Ranger soccer season 3-12-1 overall and had four players make the All-Great American Conference teams.

The athletic department, the

soccer team and Ross met on Friday when Ross informed his team of his resignation.

Senior Karla Lopez said she was really excited for the upcoming season and to see what Ross had on the table for us.

"Unfortunately, we didn't get the results we wanted, but he made us better people both mentally and physically," Lopez said. "And his resignation was like a kick in the throat."

Freshman Mikayla Edris said

Ross was a great coach and not only cared about the team as players, but also as individuals.

"I think it was hard on the whole team when he left," Edris said.

Freshman Kialani Kealoha said Ross made soccer a lot of fun.

"He made me want to be a better player and teammate overall," Kealoha said.

Both Edris and Kealoha said when Ross first resigned, they really questioned if they would

return next season to play. As of now, though, the freshmen plan to return for another year.

Senior Calvinis Prentice had positive things to say about Ross. She said he was a great coach and cared about the team's well-being.

"I feel like administration didn't support him as much as they should have throughout the season," Prentice said. "God Bless."

Sophomore Hudsyn Childs said no comment.

Director of Athletics Brad

Franz made a statement on the athletic website about Ross's resignation.

"We would like to thank Coach Ross for his time leading the program and respect his decision. We wish him the best of luck in the future," Franz said. "There is a great group of returners to help begin the next chapter of Lady Ranger soccer."

The search for a new head coach will begin immediately, according to the athletic department.



# Students relieve stress and beat SWOSU in car smash



SGA held a Car bash and pumpkin smash Tuesday night to help students relieve mid-semester stress and get amped for our rivalry game against SWOSU on Saturday.