

The buildings and the history



Photo by Montana Mccullough

The Runnymede is one of the oldest buildings in Alva that was not originally built in the town. See BUILDINGS, Pages 6 & 7

Christmas arriving Saturday in Alva

Officially, Christmas is still a few weeks away, but it will be arriving in Alva on Saturday with a day full of activities.

The city has hung decorations around the Square downtown, and individual stores and businesses have been getting in the holiday spirit as well with their own trimmings, all in preparation for the "Christmas Comes to Alva" event sponsored by the Alva Chamber of Commerce.

The annual craft show begins the day at 9 a.m. at the Merchants Building, located at the Merchants Building at the Woods County Fairgrounds. It continues until 3 p.m. Shoppers will find all kinds of locally made crafts, jewelry and other items for sale at the show.

Some items, like the ornaments for sale at the Northwest Family Services booth, will benefit community organizations. The Rotary Club is sponsoring a concession stand all day, with proceeds going toward the Toys for Tots program scheduled Dec. 1. The retail open house and shopping downtown begins at 10 a.m. Shoppers will discover great deals on all kinds of gift items at various businesses.

Shoppers also have the chance to win \$1,000 in Alva Chamber Bucks by making purchases from a local merchant. The Candy Cane Cash drawing takes place at 4:30 p.m. on the Courthouse Stage, located in the center of the Square. Additionally, 12 Facebook live drawings will follow throughout December.

Entrants must be at least 18 and present to win. The Christmas parade around the Square follows the drawing at 5 p.m. Local businesses and organizations will have floats. Santa and Mrs. Claus will bring up the rear of the parade. The couple will then visit with children in the Pocket Park, located near Rialto Theatre.

Following the parade, the mayor will switch on the lights, and caroling will begin. Cookies and hot cider or hot cocoa will be served at the Pocket Park.

Rosa Parks Day - racism on campus

By: **BALEY GARZA**
Student Reporter

"I think that racism is everywhere but I think it never was and never will be acceptable" Emma Sporleder said. Racism has always been an issue in the United States and sadly it still is.

There were and still are many brave people who have tried to fight against racism over the years. Most of them are recognized for their courageous efforts.

One of the most famous people to fight against racism and for civil rights is Rosa Parks. She is known as the African American woman who bravely took a stand against racism and sat at the front of the bus.

Rosa Parks Day is coming up on December 1st which is the day she was arrested for sitting at the front of the bus. Rosa Parks' Day is an American holiday in honor of the civil rights leader Rosa Parks. In the United States, California and Missouri celebrate the day on February 4th, which is Rosa Parks' birthday, while Oregon and Ohio celebrate it on the day of her arrest, December 1st.

The California state legislature created Rosa Parks Day in 2000. The day was first designated in Ohio by Joyce Beaty, advocate who helped Ohio's legislation pass to honor the late civil rights leader. The Columbus Ohio Bus System celebrates the day with a tribute to the late leader.

In 2014 the Governor of Missouri Jay Nixon proclaimed Rosa Parks day official in the state. Also in 2014 the Governor of Oregon Kitzhaber claimed that Oregon would celebrate its first Rosa Parks day.

Rosa Parks decided to take a step in the fight against racism on December 1, 1955 in Montgomery, Alabama. She is still remembered today for her courageous act. Unfortunately racism is still alive.

Some students believe that racism is still alive in Alva, and on campus. "It is bad at sometimes, I was called the N-Word my first week here" student-athlete David Wright said.

Student-athlete Hirachio Smith said that most of the fights he has witnessed at parties and at the Nite Lite were because of racial slurs.

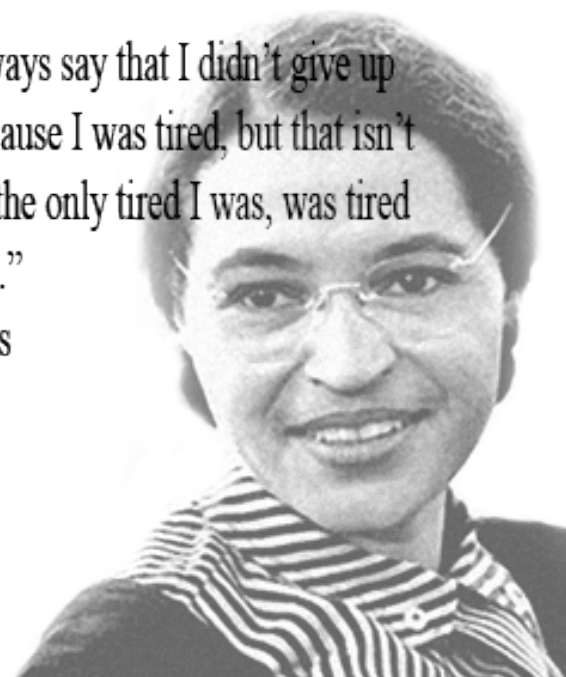
You would think that after all of these years of progress the United States has made, racism would not still be a problem. "Yes, racism is alive here, and I believe it comes most from the police force because of how they treat the black kids here" Jacob Lance said. Student Jimmie Pace said that his neighbor once called out racial slurs at him and his roommates and even threatened

their lives. "I don't really see it on campus, but I do see it from some of the older people in the community here in Alva," Student-Athlete Matt Briggs said.

Racism is an issue that we deal with every day. No matter what color you are; black, brown, or white. We all go through it, but hopefully one day there will be no more hate and no more racism in this country.

"People always say that I didn't give up my seat because I was tired, but that isn't true ... No, the only tired I was, was tired of giving in."

- Rosa Parks



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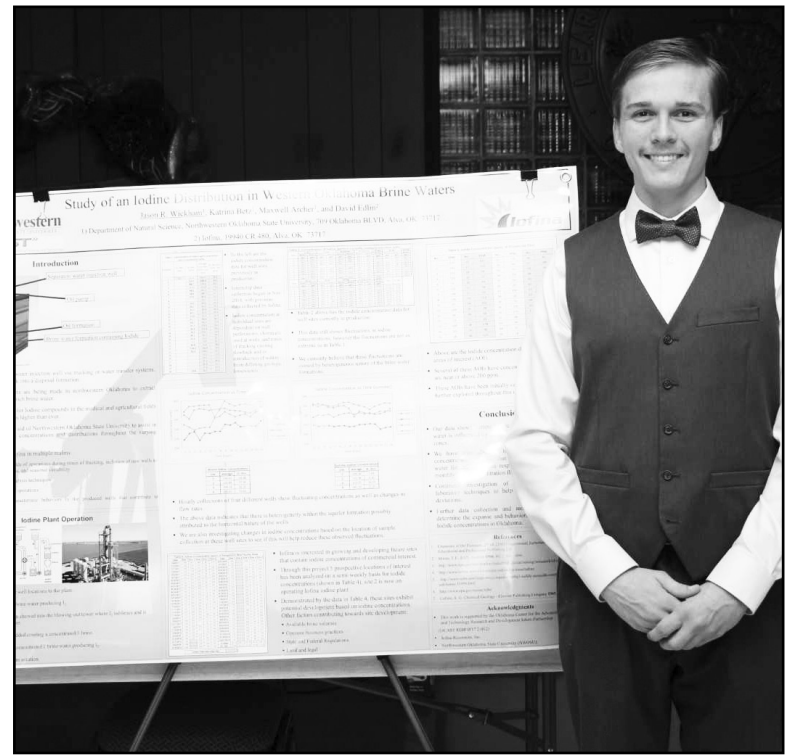
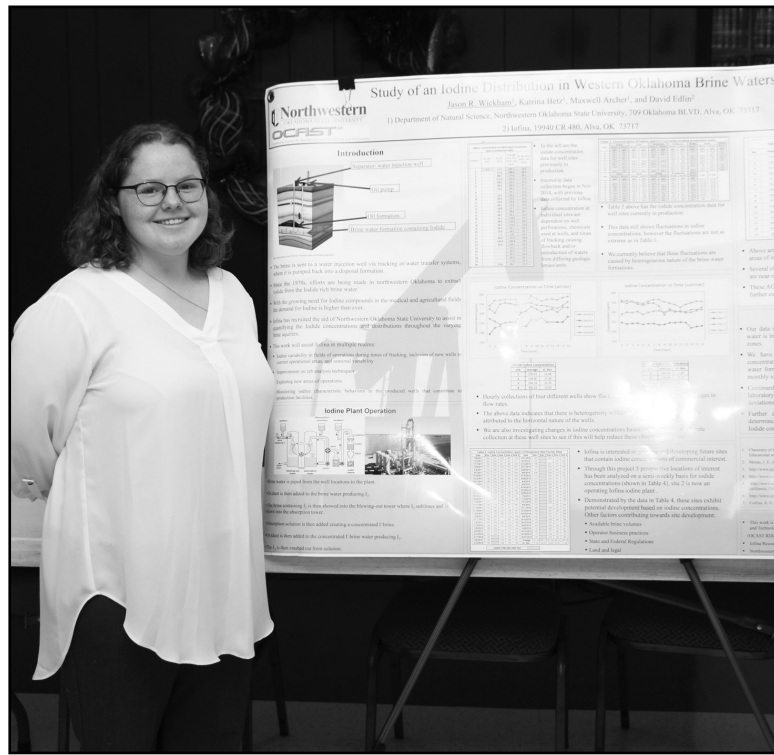
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News

Students win at ranger research day

13th annual Ranger Research Day winners announced

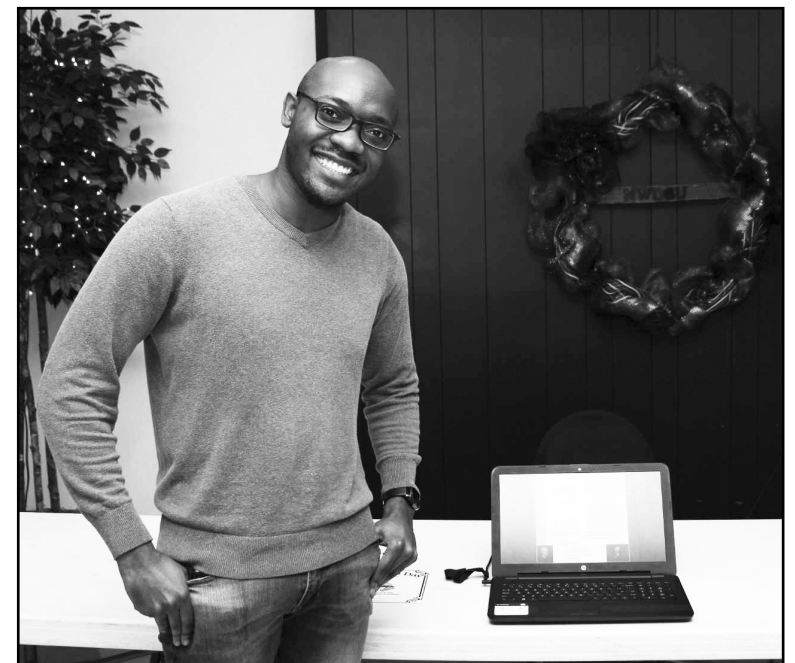


Photos by University Relations

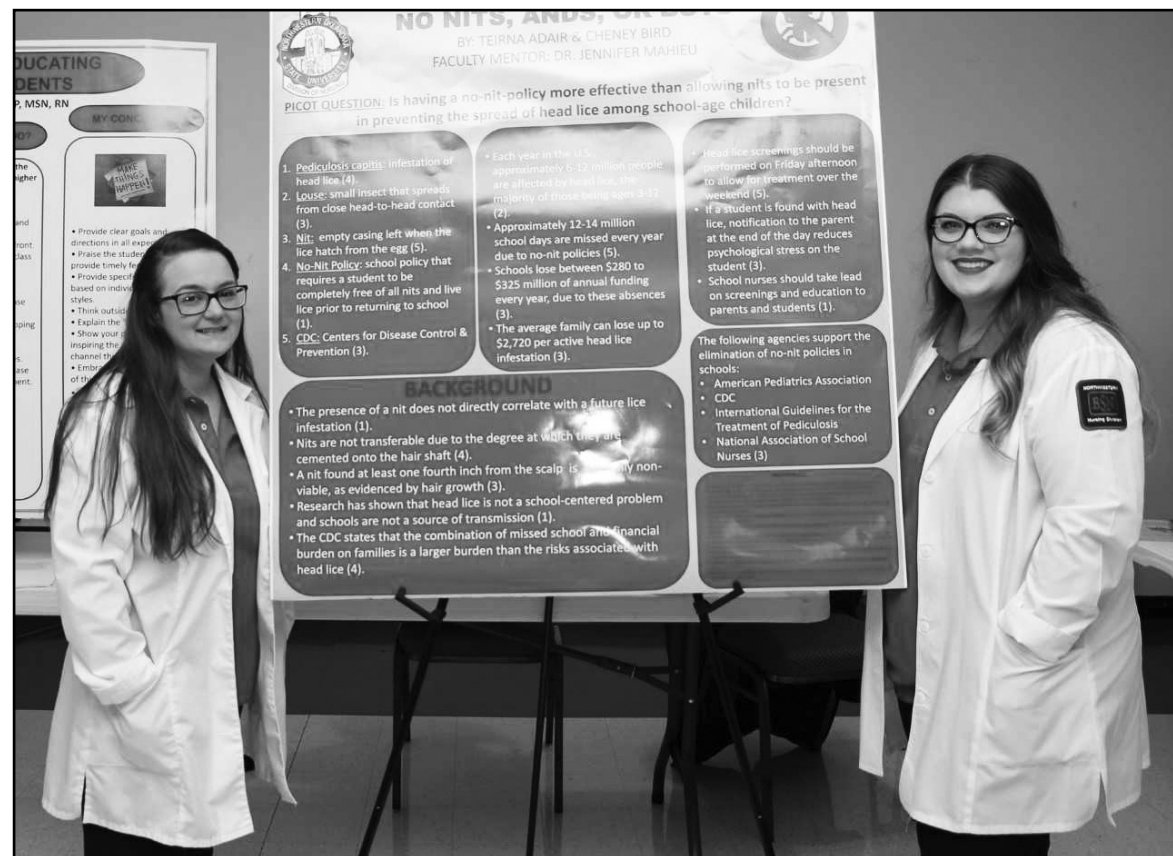
Maxwell Archer and Katrina Betz won first place in the Chemistry category of the poster presentations for their project titled, "Study of an Iodine Distribution in Western Oklahoma Brine Waters."



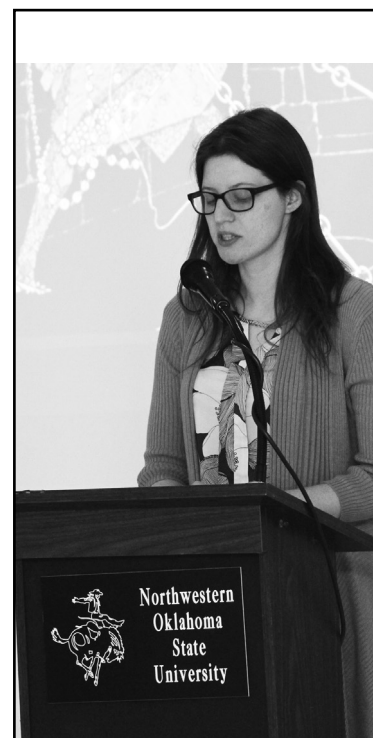
Cynthia A. Conrad won first place in the Psychology category of poster presentations on her research topic, "Bereavement Support Group Involvement: Its Impact on the Healing Process."



Timothy Atakora tied for first place in the History category of poster presentations on his research project titled, "Realism vs. Idealism." Jacque Ruhl also won first place with her research project titled, "The Legacy of Emperor Constantine (c. 272-337)."



Cynthia A. Conrad won first place in the Psychology category of poster presentations on her research topic, "Bereavement Support Group Involvement: Its Impact on the Healing Process."



Patricia Pixler won first place in the English category of academic paper presentation for her project titled, "Human Darkness: Montresor in the 'Cask of Amontillado.'"

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News

What's up? *Bialke to present artist talk*

Northwestern Oklahoma State University's Computer Science program will sponsor a 24-hour livestream to raise funds for Child's Play Charity from 8 p.m. Friday, Nov. 30, until 8 p.m. Saturday, Dec. 1.

To watch the livestream tune in to https://www.twitch.tv/nwsu_esports where a link to donate can be found, too.

GIVE BLOOD. MAKE IT A TRADITION.

Northwestern Oklahoma State University Blood Drive
Sponsored by Women's Softball and Volleyball Teams
Tuesday, December 4
10 a.m. - 4 p.m.
Ranger Room

To schedule your appointment, contact Janet Valencia at 580-327-8134.

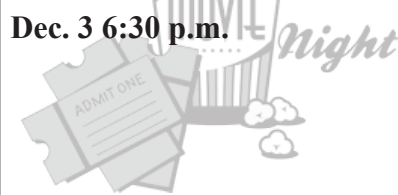
FREE PIZZA!

GIVE BLOOD & be MERRY this holiday season in this limited edition long-sleeved t-shirt!

The blood donor goal for the Northwestern softball and volleyball teams-sponsored event is 94 donors. This event is open to the public.

Movie Night - Spanish Club

The Spanish Club will be showing the film "Like Water for Chocolate" for any interested students, Vinson Hall 302



Dec. 3 6:30 p.m.

Last day to DROP 2nd eight-week and 16-week classes: Nov. 30



By UNIVERSITY RELATIONS

Brooklyn, New York, native Madeleine Bialke is this month's Artist-in-Residence with the Visual Arts Program at Northwestern Oklahoma State University. Bialke will have a free artist talk and workshop to create monotype prints Wednesday, Nov. 28, from 6-9 p.m. in Jesse Dunn Annex 324.

In conjunction with the First Friday Art Walk on Friday, Dec. 7, she will be exhibiting artwork created while at Northwestern from 3-5 p.m. in the Jesse Dunn Annex, and from 6-8 p.m. her small works will be exhibited downtown at the Graceful Arts Center.

Bialke said her upcoming workshop will involve making monotype prints where paintings will be created on plexiglass that will be transferred or pressed onto paper using the Visual Art program's printing press.

During her talk, Bialke said she will explain how her work has progressed through her education and over time. She said she also would be talking a little about American landscape paintings that have inspired her, especially those of artists George Catlin and Albert Bierstadt.

"As a cultural convention, landscape is used in America as an exploration of national identity," Bialke said. "The painted landscape more often reveals the artist's learning than it does the experiences of the natural world. My work sets an imaginary stage on which to explore the role of nature in the evolving identity of America.

As climate change and ecolog-

ical devastation wreak havoc on a local and national scale, and an expanding population continues to build an urban sprawl while looking inward into screens -- nature simplifies.

"I use flat, shallow spaces to discuss natural limits. The colors are derived from clothing catalogues and house paint swatches and do not reference the directly perceptual world.

Color is used to create uneasy, unsettling associations with its subjects to suggest a world changed by chemicals, pollution and integral man-made alterations to the fabric of the natural world.

The loopy, slightly humorous treatment of each scene evokes the American comic. Iconic landscape imagery, such as conifers and cumulous clouds, in this sense function as an expression of national iconology and ethos.

My representation of nature is codified in a set of mythic narratives, spatial conventions and communal symbols, removing itself from the original experienced place into cultural arenas.

During her time in Oklahoma, Bialke said she had a chance to visit a couple of the state parks in the area -- the Great Salt Plains and the Little Sahara.

"What's striking about the Oklahoma landscape is it's very flat, and the sky seems really big," Bialke said.

"You can see forever, so that's been interesting so far."

Bialke said her time as Northwestern's Artist-in-Residence has been great because she has had time to just work on paintings and pare down her life a little.

Kyle Larson, assistant professor of art and the Artist-in-Residence program director, has had



Photo by University Relations

Madeleine Bialke, November's Artist-in-Residence at Northwestern, stands by two of her paintings that will be exhibited in Jesse Dunn Annex Dec. 7 from 3-5 p.m.

a big part in Bialke attending this residency.

"Kyle has been so supportive; it's great to have him around as both a resource and a friend," she said "He puts a lot work into this residency and making it happen. It's great to have this kind of thing, both for the artists in a small town, but also to bridge cultural caps."

Bialke earned her Bachelor of Fine Arts degree in Studio Art in 2013 from Plattsburgh State University of New York and her Master of Fine Arts degree in painting from Boston University in 2016.

Before participating in Northwestern's Artist-in-Residence program, Bialke said she has done three others.

She also has broadly exhibited her work in New York and Boston, as well as participated in art exhibitions in London and Portland, Maine.

To see more of her work, visit mbialke.com.

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If you have an event that you would like featured on our "What's Up?" section, just contact us at nwnews@nwsu.edu.

Include date, time, and a short summary.

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

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Editorial

'The Wicker Man' and western anxieties

By **EMMA NEWBERY**
The Bowdoin Orient
Bowdoin College

In retrospect, I should have known that "The Wicker Man," billed as a relaxing, post-midterm movie screening for my Human Sacrifice course, would be anything but.

When shots of pagans openly copulating in a graveyard and a cake in the shape of a young sacrificial victim popped up in the first 15 minutes I was certainly not relaxed. "The Wicker Man," a 1973 cult horror film that was subject to an unspeakably terrible remake in 2006 (sorry, Nicholas Cage), has an unsurprisingly minimal fan base, as is the nature of many "cult" films. My entire class seemed disturbed, and I began to wonder what exactly it was that troubled me.

I quickly eliminated the seemingly-Vaseline'd lens and hokey dialogue as hallmarks of 1970s cinema that didn't affect this 21st-century audience in the same way. However, when I looked into the critical reception of the movie, I began to understand that director Robin Hardy was perhaps tapping into something that not only transcends generations of viewers, but aims to poke a bear of particularly Western origin and construction; the movie fundamentally complicates the binary of "good" and "bad" religion. While this certainly disturbed past audiences, the reactions of modern viewers have highlighted the renewed meaning of this binary in a post-9/11 world.

Examining the film in light of the discourse surrounding the "War on Terror" that has dominated much of our lives, including the distinct accusations of barbarism on both sides, reveals that while the locus of horror remains the same, for

some, the movie takes on a more modern, chilling significance.

Horror director and actor Eli Roth explains this shift in connotation by discussing the modern understanding of this same binary of "good" religion and "bad." In an interview with IGN entertainment in 2013, Roth speaks to the continued resonance of the movie. "I think what makes it so incredibly relevant," says Roth, screwing up his face, curling his fingers and raising his hands to the camera, "is the theme of devout,

Roth provides a real-world example for this previously theoretical distinction. "I remember watching 'The Wicker Man' and thinking that it was so similar to those al Qaeda videos," he continued.

I paused the video and thought for several seconds, scanning my brain and then the internet for the comparison he could be drawing. It is an important distinction to draw that their "ideology," which Roth references several times in the interview, specifically "denounces" the vicious beheadings publi-

and al Qaeda as "their ideology."

As he explains, "Ideology can be a terrifying thing when it's applied to someone who fully will do anything for it." Roth's attitude mimics the trajectory of the movie. "The Wicker Man" constructs a perfect dichotomy between the savage pagans and the perfect protagonist—order-loving, Christian and virgin Sgt. Neil Howie lives in stark contrast to the inhabitants of Summerisle, the pagan island he visits to investigate the disappearance of a young girl.

the former category. Translating this contrast onto Roth's example, Americans are the arbiters of reason, and al Qaeda are the barbaric cult followers to whom reason has no appeal. Implicit in this distinction is also a contrast between thought as a sign of progress, modernity and civility and action as visceral, unthinking and barbaric.

Upon considering the state of our nation and the most recent attacks carried out in the name of religion or against religious believers, we must take stock of America's position on the high horse of reason and centrism and fundamentally re-evaluate. In identifying these overlapping binaries, I am taking no firm stance. It is interesting, however, to understand the anxieties that a movie as niche and as haphazardly shot as "The Wicker Man"—actors were apparently forced to film the climax of the movie while on the run from studio executives and to read their lines off of sheets hung from nearby cliffs—can evoke in its viewers regardless of their age and the cultural context in which they view the film. The pervading fear that Roth illuminates, that "you can't fight it, there's nothing you can do against it," is perhaps not universal, but is not a relic of the past, either. Hardy's panning shots of lush countryside and almost comical dialogue even in the most violent parts of the movie draw their own contrast and highlight the unsettling quality the film creates.

For viewers past and present, the kitschy paganism in "The Wicker Man" perhaps throws into relief the religious extremes of today, both national and international, which leave people disquieted long after the credits role on the burning wicker effigy against a blazing sunset.

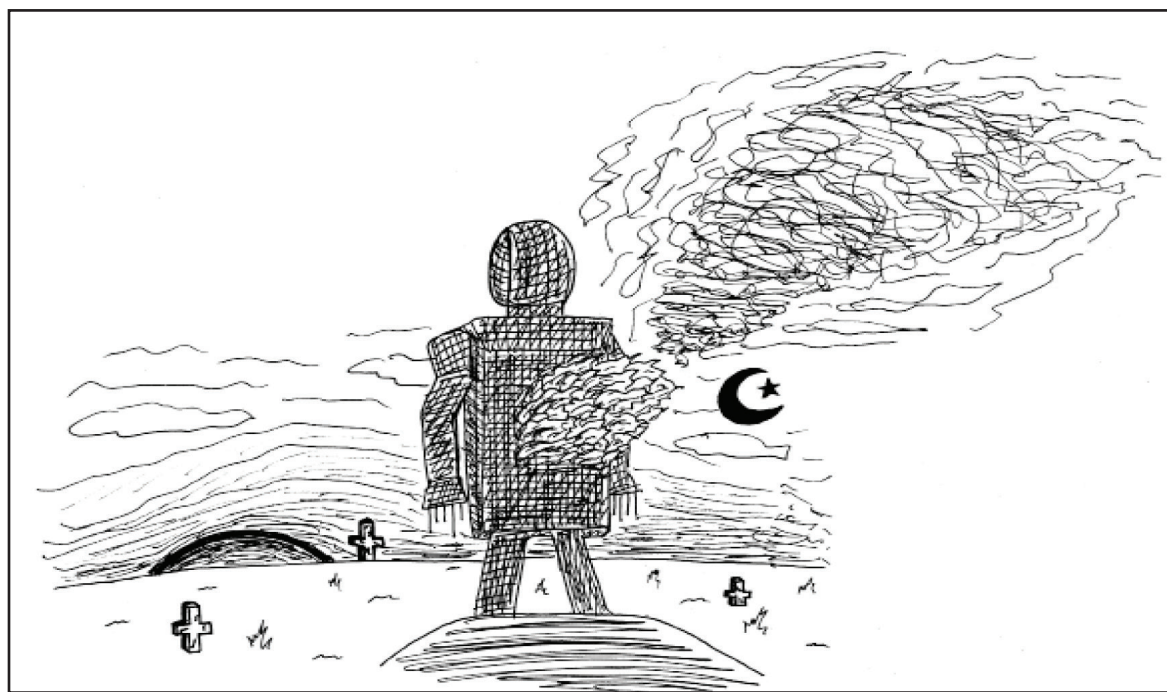


Illustration by Shona Oritz

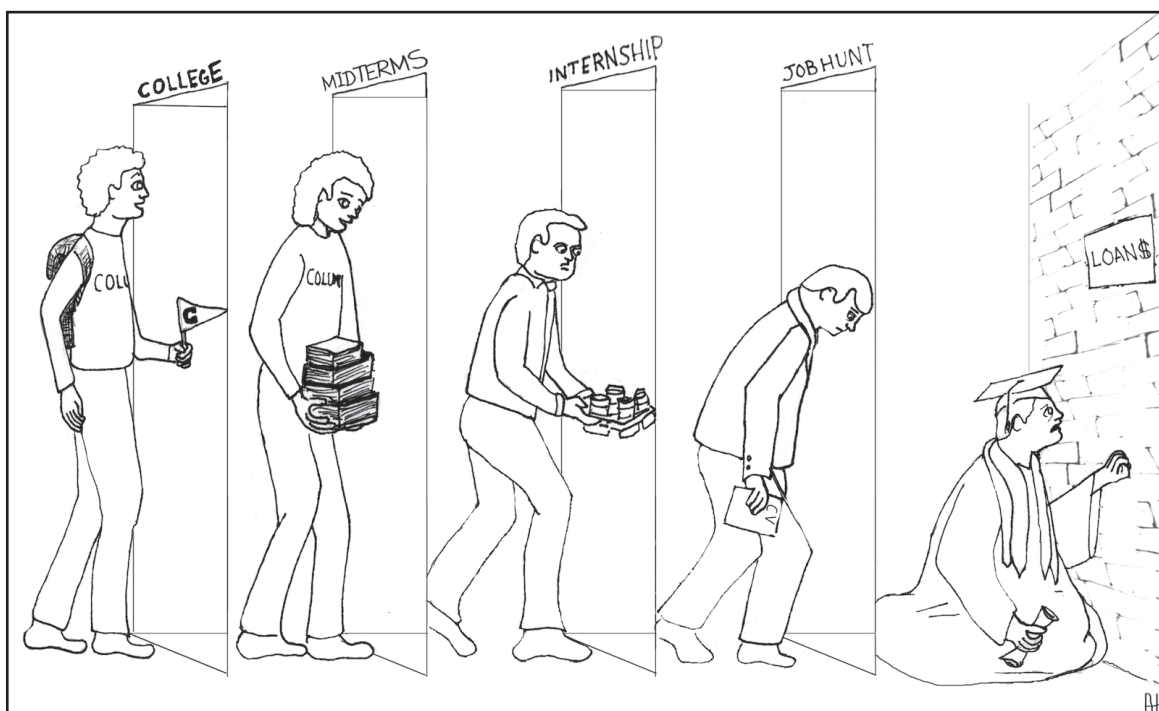
religious belief. That any kind of religious zealot that would kill in the name of their own religion."

He goes on to distinguish those who possess "religious ideals" from those who treat religion as an all-consuming lifestyle.

This distinction is entirely warranted, and Roth's description of just how difficult it is to sway someone who is firmly entrenched in their beliefs has increasing religious and political relevance five years after his interview.

cized by Abu Musab al-Zarqawi, a Jordanian jihadist. While he was loosely associated with al Qaeda, fissures between his followers and the group heightened when he adopted the practice of beheading in 2004. While I am not in the business of defending al Qaeda, Roth's omission points to a larger problem in the rhetoric surrounding good vs. bad that leaves no room for the nuance on either "side." Roth identifies the heart of what disturbs him about both "The Wicker Man"

At the climactic ending, Howie's Christian prayers shouted over the roaring flames, bleating goats (just watch it) and the singing of the island inhabitants presents the starkest visual and aural contrast in the film. Howie implores the islanders as they prepare him for (spoiler!) ritual sacrifice, screaming, "Think about what you're doing!" The contrast here shifts from one between two religions to one between reason and barbarity, with Christianity firmly situated in



Comic by Alexandra Horn

Interested in writing?

Share your opinions!

Contact Cameron

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Editorial

How anti-vaxxers harm society

By **ADISON EYRING**
The Daily Cougar
University of Houston

Parents opting out of vaccinating their children endangers both their children and the population at large. Anti-vaxxers often claim that not vaccinating their children will not have any effect due to the majority of the U.S. population being fully vaccinated, which is a concept referred to as herd immunity.

However, that immunity is dwindling with the recent rise in numbers of those unvaccinated by choice.

Typically, the people who face the most consequences for these parents' actions are not their children, who don't deserve for their health to be put at risk either, but medically vulnerable groups. These groups consist of newborns, the elderly and people with unrelated medical concerns that weaken the immune system.

We cannot allow a shallow desire for individual liberty based on pseudoscience to overpower an easily solvable public health crisis.

According to the U.S. Centers for Disease Control and Prevention, the percentage of unvaccinated children under the age of 2 increased from 0.9 percent of children born in 2011 to 1.3 percent of children born in 2015, amounting to a jump of 0.4 percent.

Such a small percentage may seem inconsequential, but with

approximately 4 million babies being born in the United States each year, that equates to about 52,000 of those babies not receiving their vaccinations throughout childhood.

That number is significant enough to pose a threat to public health, particularly in communities where that number may be highly concentrated.

Parents who choose not to vaccinate their children often cite a 1998 article that claimed there was a link between the measles-mumps-rubella vaccine and autism in children.

Even within the report they could not find evidence for a causal relationship, however, and later studies in the two decades have since debunked the theory. Unfortunately, the discourse surrounding it has refused to die out, and there are still proponents of the theory to this day.

The result is an increasing number of individuals who, despite there being no scientific or medical basis for neglecting to vaccinate their children, choose not to.

The World Health Organization, states that herd immunity requires a minimum of 95 percent of the population having all necessary vaccines in order for the unvaccinated to have little risk of catching such diseases.

In theory, that 5 percent or less of unvaccinated citizens should be reserved for the medically vulnerable groups who have legitimate basis for not receiving all necessary vaccinations.

Though rare, there are children who cannot get certain vaccinations

due to severe allergic reactions or particularly weak immune systems.

When being exposed to the diseases vaccines could prevent, this population would be at an even greater risk of long-term health complications or death than those unvaccinated by choice.

Furthermore, parents who can both afford and have immediate access to vaccinations are ignoring the health and safety of children who lack these resources.

According to a CDC study, the segment of the population most likely to not be fully vaccinated is children who live in rural communities or are uninsured.

These children, despite federal programs such as the Vaccines for Children Program that seeks to vaccinate the uninsured, do not have equal access to vaccinations, unlike the typically wealthier anti-vaxxers who largely started the trend.

Parents who do not vaccinate their children because of personal or religious convictions put not only their children but the medically and financially vulnerable at risk of health crises that we cannot afford or condone.

Parents who do not vaccinate their children because of personal or religious convictions do not only put their children at risk of health crises.

There is the medically and financially vulnerable, as well. This allows for the unnecessary spread of disease that cannot be condoned.

EDITOR'S RANT OF THE WEEK

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

At last, the semester is almost over. Can I get a HALLELUJAH? Or an AMEN?

Seriously this semester has killed me. Between paying for my house, working for this newspaper, and every other problem I have in between, I have almost died. I've been so busy that I haven't had time to plan my own funeral.

A lot of medical issues have come to the surface for me since the semester has started. There's one thing I want my readers to know - APPRECIATE YOUR LEGS. Walking without pain and struggle is a blessing, and I took it for granted. SO NOW instead of spending my Christmas break frolicking and getting fat on holiday foods I will be NAPPING, (which isn't that bad of an alternative), and going to the hospital.

I'm not gonna use this column this week to whine about my miserable life, I'm gonna use it to urge you to take care of your own.

That's right. I cannot express how important self-care is. Worry about YOURSELF more than anyone else! Work out, do your hair, or at least brush it, eat GREEN food.

Especially since finals are coming around make sure you are staying healthy my friends, because your health can get in the way of your everyday life and it can become a big frustrating mess.

This is my second to last column and I have heard that a select few read it, I want to take the time to tell you thank you. Basically everything is annoying and I have had the great opportunity to put my feelings of annoyance into writing and share it with the NWOSU public

Writing is seriously great for your mental health. Once you get all your feelings down on paper or word document you see things from a different perspective.

This roots back to my self-care speech. Don't hold feelings inside, if you have no one to tell them to, write it, seriously. You're a student, you're stressed enough, instead of getting frown lines, write lines. Hehe, see what I did there?

Your writing doesn't have to be perfect, it doesn't even have to make sense, just do it. The best part is saving your writing and then looking back months/ years later and noticing how much self-improvement you've had sense then.

I hope you all take this advice. A year ago around this time I was going through a hard time, I was depressed, insecure, and surrounding myself with the wrong people. One thing stayed constant, writing.

I wrote when I was sad, angry, and even in the rare moments that I was happy. I learned a lot of important lessons during this time.

One: don't let the words of others affect how you feel about yourself.

Two: for the love of Pete, don't let a guy tell you how to dress, look, or feel.

Men are irrelevant as heck. However that is a rant for another time.

See you next week.

Tweeting about it



Alva's historical buildings

By MONTANAMCCULLOUGH
Student Reporter

**Alva: 125 years
Part 2 of 4**

The dirt streets are empty, the city candles are dimming and there is not a single soul in sight.

Every house has a simple look and structure to it; nothing fancy, but functional. All the candles had been blown out in the houses. There was silence throughout the town.

This is what Alva would have looked like at night 125 years ago. The buildings were few and simple. People lived a simple life and worked hard for the things they had. There was nothing fancy about the buildings that were being built.

Then big buildings started popping up all across town. More modern styles of buildings were being built to match with the time they were built in.

Two of the most historic buildings and one not as famous building in town include the Stine Building, The Runnymede and the I.O.O.F. Hall.

The Stine Building became one of Alva's most historic buildings after J.A. Stine built the building in 1906 to house his first bank in Alva, the Exchange Bank.

The building is located at 601 Barnes St. Interesting to note that the person that owns the building also has a business on the same block.

Later on, Stine purchased the Alva State Bank and combined the two banks. Stine also served as the mayor of Alva in 1901. He had several different titles.

Sweet Harper & Co. is one of the most recent companies to occupy the Stine Building. The building also houses H&R Block and Hair on the Square.

Dr. Larry G. Smith, a local dentist, owns the building and lives on the second floor. The second floor is now a storage area for the store below it.

The owner of Sweet Harper & Co., Kelli Isenbart, said that there is an original vault on the first floor. "I think the vault was used when this place use to be a jewelry store," Isenbart said. The building was added to the Nation Register of Historic Places in 1982.

But the Stine Building is not the only historic building in town, there is also the Runnymede.

The Runnymede is a building with an interesting past. According to therunnymede.com, the building did not originally undergo construction in Alva.

It made its way here from a failed colony in Kansas. Before the building made it to Alva, it was moved to Medicine Lodge, Kansas, then down to Alva.

There are a couple of theories as to how the building got to Alva. One of the theories is that horses and wagons brought it down across bad roads and river.

Another theory is that the build-

ing was cut into sections so it could be brought down easier. It now sits at the corner of Flynn and Fourth streets.

The Runnymede has passed through several hands since it came to Alva. It was originally owned by three businessmen from Medicine Lodge, Kansas, and is now managed by Ken Brown, husband of the late Dale Brown.

It is completely renovated so people can use it to have meetings and parties in. However, it took over 100 years until they started planning renovations on the building.

Dale Brown, grandmother of Northwestern student Megan Brown, was the first person to start the plans of renovating the old hotel. She put together a committee in the 1990s.

In the early stages of the renovation, men from the Bill Johnson Correctional Center were used to do some of the interior work. During the renovations, the Nescatunga Art Council added on a separate area they use for storage and that has a kitchen in it.

It took eight years to finish the renovations so the building could be used. The entire renovation ended up costing \$650,000, which is \$645,200 more than what it cost to build the original building.

An interesting fact about the statue outside the building is that it is of Mrs. Brown. Another building that nobody knows about is the I.O.O.F. Hall.

The I.O.O.F. Hall, built in 1905, had the same architectural structure and design as many of the other buildings in downtown Alva. According to the National Register of Historic Places website, the structure was a built with red bricks, but the top half of building was painted white.

An interesting structural aspect about the building is that its lower level were all glass windows.

The building's use included a general mercantile store and a clubhouse for the Independent Order of Odd Fellows.

The Independent Order of Odd Fellows is a fraternal order like the Freemasons. They had members and held meeting like any organization. Unlike the Freemasons, the I.O.O.F. have not been criticized by religious officials. The reason they were not criticized as much was that the Freemasons were thought to be an occult and the I.O.O.F was not.

The I.O.O.F. Hall was used as an important building for social gatherings and a commercial center. There was two levels to the buildings so it could be used as a store



Photo by Montana McCullough

The Runnymede is a restored hotel that is used to host parties and meetings. It has a long, interesting history that started back in 1889.

and a meeting place.

Most buildings that had anything to do with fraternal organizations had the symbol of the Freemasons on the building. The I.O.O.F. Hall would have had a symbol similar to it on the front of the building.

The building burned down in a fire in 2004. Investigators ruled that the fire was an accident. After the fire, the city decided not to rebuild the building.

They instead extended out one of the existing buildings. This gave more room for the Graceful Art Center to expand their business when they moved in.

If the building were still standing, it would stand between the Graceful Art Center and an empty office building. The building was added to the national registry in 1984.

Alva has many historic buildings within its borders. The Hotel Bell is another well-known building that serves as an apartment complex now. The McClure Mansion is another building that has an interesting history to it.

The most notable building in town though is the Central National Bank building across the street from the new BancCentral National building.

Newer buildings are being built to house the new companies that are coming into town. Some companies want a more modern feel to their offices. That is why they build those buildings and they need more space to fit all of their employees.

New businesses may occupy these buildings, but the history behind them will stay.

Preserving the history of these buildings can help future generations understand where they come from.

History shows us what happened in the past and what we can look forward to in the future. Our history is how we learn about what we can change to have a better future for

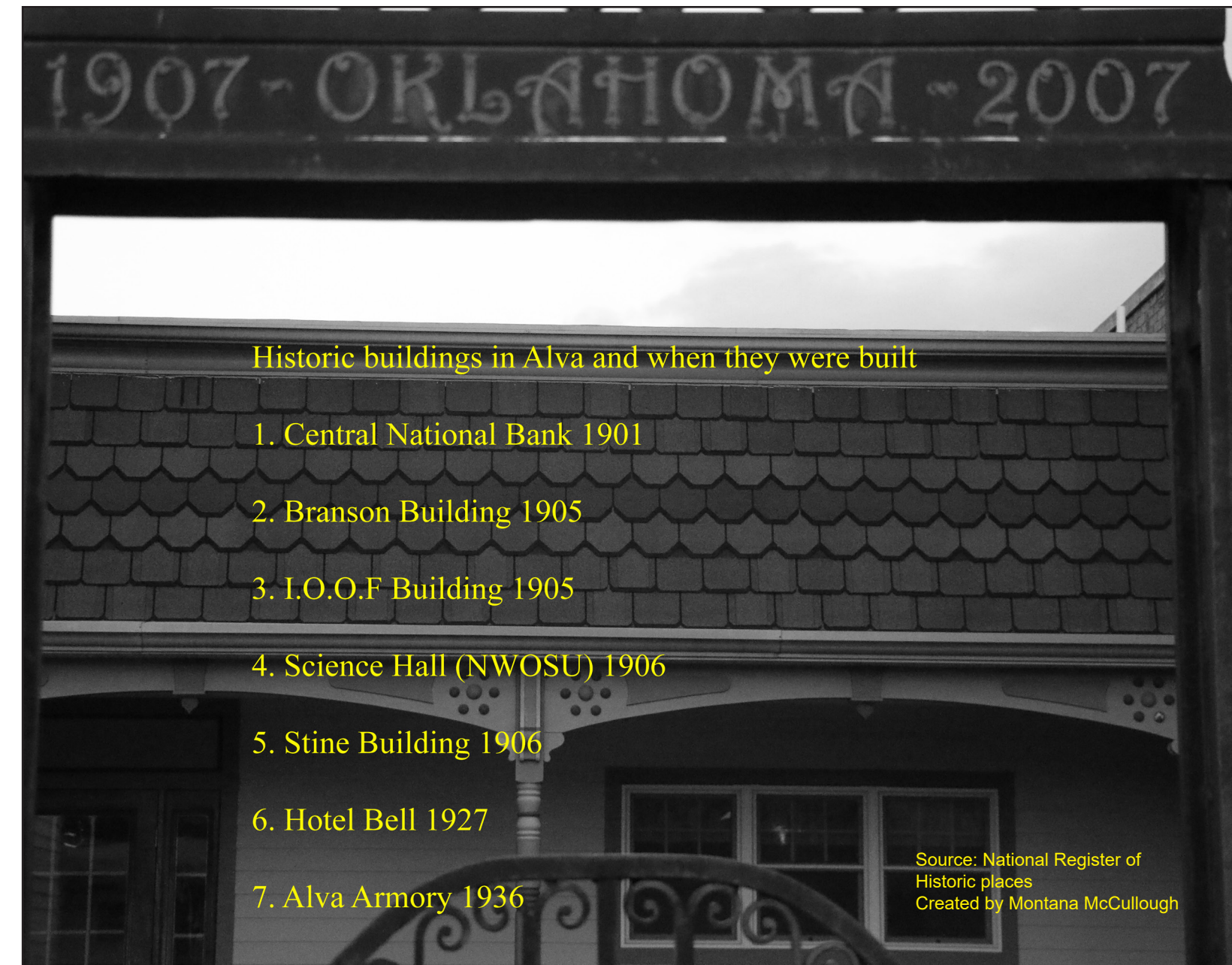
the future generations.

David McCullough said, "History is who we are and why we are the way we are."



Photo by Montana McCullough

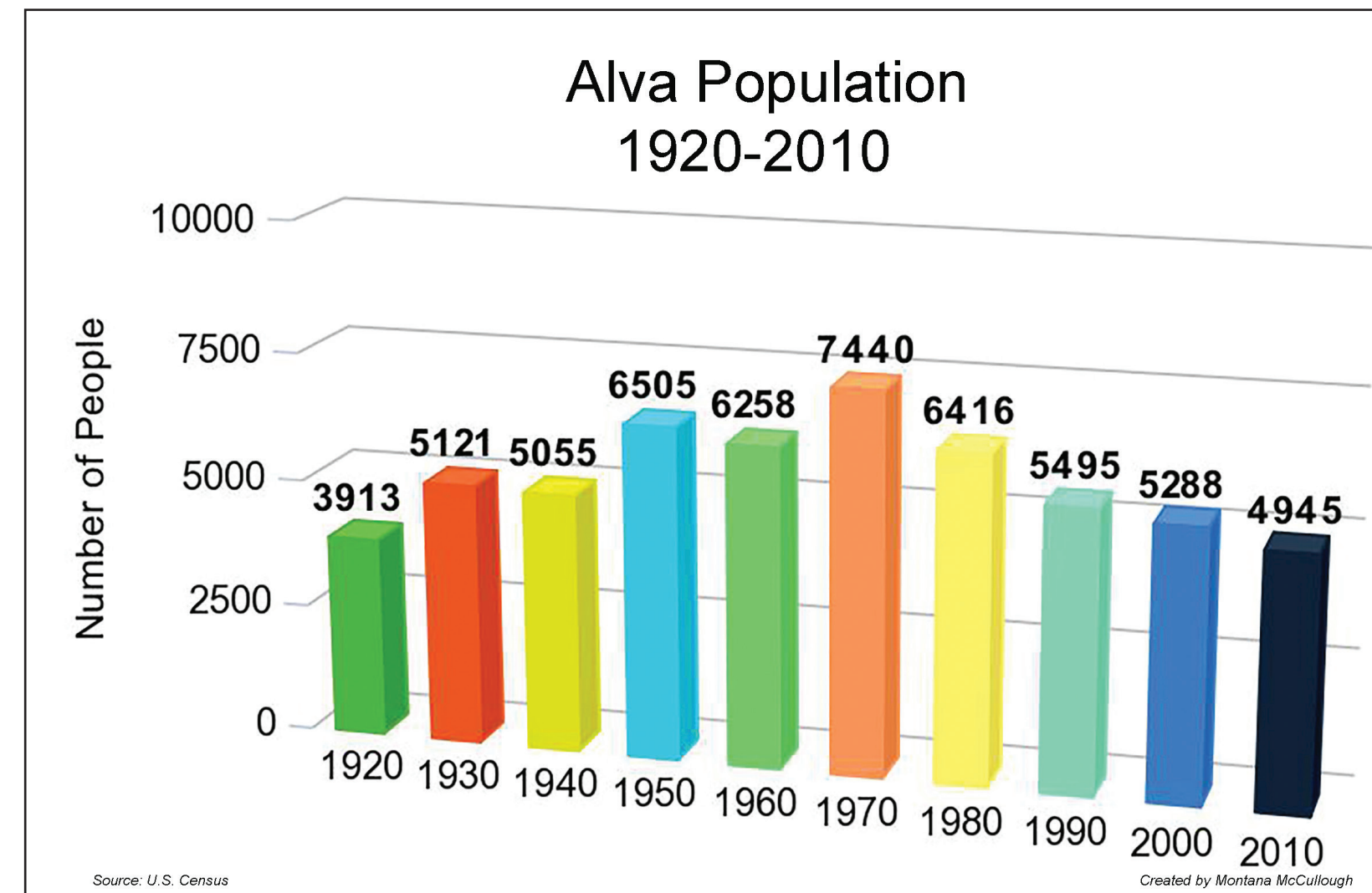
The I.O.O. F. Building may have burned down but its legacy remains.



Historic buildings in Alva and when they were built

1. Central National Bank 1901
2. Branson Building 1905
3. I.O.O.F Building 1905
4. Science Hall (NWOSU) 1906
5. Stine Building 1906
6. Hotel Bell 1927
7. Alva Armory 1936

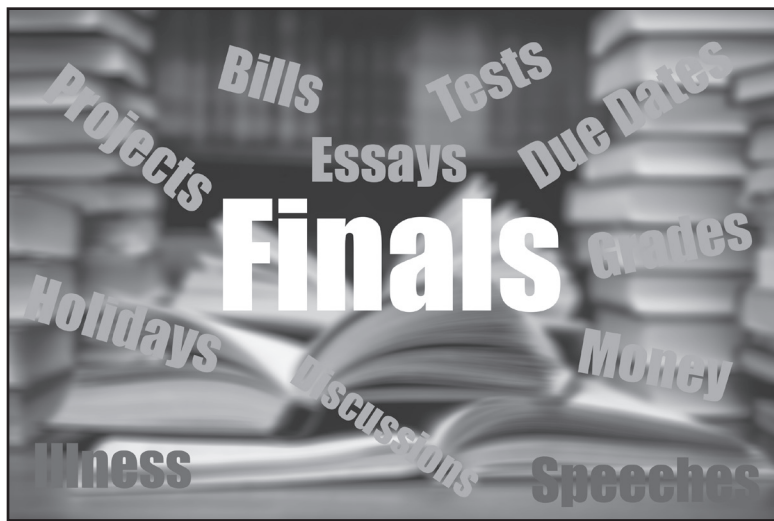
Source: National Register of Historic places
Created by Montana McCullough



Source: U.S. Census

Created by Montana McCullough

Feature



Stress tips

By **Kevin Ford**
Student reporter

College is not a breeze. Students across the country go through the most stress during the years they spend in college. Research shows college undergraduates go through as much stress as musical artists.

The price of fame comes with a lot of attention. Privacy is scarce. The biggest difference between celebrities and college students is that college students are still young adults with lesser experience in society. Young adults are still growing, trying to develop themselves and find out what they want to do to make a living.

Stress can lead to anxiety. In fact, 70 percent of adults in the U.S. say they feel stressed out on a daily. What causes stress varies depending on age and location.

In college most of the people experiencing stress say it comes from the insane amount of work they get assigned as well as peer pressure. College is supposed to offer people a lot of freedom, but all freedom comes with countless distractions.

Drugs and alcohol are not factors that

contribute to relieving stress. These substances have proven to hurt most college students, in fact, a lot of college students put themselves in so much debt. A failure to manage time and handling critical priorities is what usually lead people to struggle financially during their time in college. Exercise is one of the best things you can do to combat stress. It may seem odd, but exerting physical stress on your body helps your brain clear all the mental stress it goes through. Exercise is proven to improve sleep quality and level out food intake. A good exercise routine contributes to better lifestyle choices according to the Oklahoma Department of Mental Health. Motivation and encouragement are two of the biggest driving factors people must possess to get the results they want from working out and exercising.

Another technique that is proven to relieve stress is lighting a candle. Save power. Shut off your digital devices and give your mind something different to cope with for a change. You might get surprised over how well this works if you do it on some occasions.

Social media can be really demanding of your attention. The concept of being available all the time can be stressful. Don't let yourself give into that illusion half the time. Put your phone aside and let your mind rest. The most important thing is that people make mindful decisions and understand what makes them calm. What works best for you is what you should resort to if you are feeling an excessive amount of stress.



“How to” Golf

What you need to get started

By **ASHLEY WATTS**
Student reporter

One hobby that I have had my entire life is golf. Golf is a sport that not many people know how to play and in this article I will explain the most important aspects when it comes to playing golf.

Firstly, to be able to play golf someone will need their own set of clubs because golf clubs cannot be rented when you get to the course. Golf clubs can be as expensive or as cheap as you want them to be. In competitive golf a person is only allowed to carry 14 clubs in their bag. These clubs usually include a driver, 3-wood, hybrids, irons, wedges and a putter, and each club is used for a specific shot.

Usually the first shot someone will hit on a hole is the drive. This club goes the farthest, but it is also hard to control on where it goes. The second shot you hit depends on what type of hole you are on. On par 5's a person will hit a 3-wood, but on par 4's they will hit anywhere from an iron to a hybrid depending on how far out they are.

The hardest and most crucial part of the game is next. Short game for a golfer is the most important part of a round. Short game is when a player is around the green and they are trying to get the ball into the hole.

Many professional golfers have said that putting is the hardest part of any golf round. A good golfer has to read the greens and determine where and how much the break is. They also have to determine the speed of the putt. Any golfer tries to two-putt every hole, but it is very easy to three or



one putt. Golf is a sport that takes a lot of time and energy to be good at. It is also not as easy as everyone expects it to be. But if someone decides to play they will learn that no matter what you can have as much fun playing this sport as you want.

Nutella Cake in a Mug

Ingredients

- 1/4 cup + 1 tablespoon (3 1/4 oz/90g) Nutella
- 1 large egg*, gently whisked
- 2 tablespoons all purpose flour

Instructions

In a large microwavable mug add the Nutella and egg* and whisk together.

Add flour and mix until you have a smooth batter.

Microwave for roughly 45 seconds - 1 minute. *Always keep a close eye on your mug while in the microwave so it doesn't overflow or overcook.*

When the brownie is set and firm on top it is done. Let the brownie cool and minutes before serving

Serve with some vanilla ice cream while it's still warm.



Alva State Bank & Trust Company

Older than Oklahoma

Alva Main Office
518 College Ave.
Alva, Ok 73717
580-327-3300

Burlington Branch
PO Box 80
Burlington, Ok 73722
580-431-3300

Enid-Chisholm Branch
801 W. Broadway
Enid, Ok 73701
580-234-4201

Bank of Freedom Branch
1085 Main St.
Freedom, Ok 73842
580-621-3276

First State Bank of Kiowa Branch
546 Main St.
Kiowa, Ks 67070
620-825-4147

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Entertainment



Grinch movie is entertaining

By MCKAYLA HOLSON
Student reporter



Directed by Yarrow Cheney and Scott Mosier, *The Grinch* is a modern-day retelling of the classic hit.

The movie begins with the Grinch, played by Benedict Cumberbatch, being unable to escape from the Christmas season. He wakes up to his alarm playing Christmas music and even throwing it off a cliff won't stop it.

The story continues as the original does. The Grinch is unhappy with Christmas and would like it to come to an end while the citizens of Whoville are ecstatic and begin decorating.

The film focuses a little more on Cindy-Lou Who, played by Cameron Seely, who only wants one thing for Christmas: for her mom to get a break. Cindy-Lou attempted to send a letter to Santa but ran into Grinch along the way. After speaking with the grouchy Grinch, she realized that a letter would not cut it. Cindy-Lou then set out on an adventure to talk to Santa.

Cindy-Lou teams up with her friends to set up a trap to speak to Santa. When Santa grabs a cookie, he will set off the trap and that will allow Cindy-Lou to speak to him.

Back to Mr. Grinch. He works with his ever-loyal dog Max to create the elaborate plan he uses to steal Christmas. He works out, steals a sleigh, finds a reindeer and creates his suit. After all that work, the reindeer is unable to help pull the sleigh. This leaves Max to do the job.

Little Max, determined to please Grinch, pulls the heavy sleigh into the night. The next few scenes are Grinch stealing items from homes with his DIY gadgets and the sleigh becoming increasingly full.

Then they reach the final house.

The Grinch had a rule of not getting distracted. This means no admiring the decorations and no treats.

He breaks his own rule though and takes the cookie, setting off Cindy-Lou's trap. The Grinch speaks to the girl

and plays it off like he's taking her decorations to repair them, and Cindy-Lou tells him her Christmas wish. Then, the naïve Cindy-Lou goes back to bed, unprepared for the devastation that the morning will bring.

In this moment, doubt is beginning to set into Grinch's mind. He hated Christmas because he felt that people were selfish, yet here was a little girl who wanted nothing more than for her mom to be able to relax.

The citizens of Whoville wake up to their Christmas decorations missing and Cindy-Lou breaks down and says that it is her fault.

Cindy-Lou's mother then explains that Christmas is more than just the decorations and that it is not Cindy-Lou's fault. She then begins to sing and is quickly joined by the rest of the citizens.

Up on the mountain, Grinch hears the singing and wants to know why. He has an eye-opening moment after spying Cindy-Lou and begins back down the mountain to return Christmas to the citizens of Whoville.

Expecting to be ill-received and hated, Grinch apologizes to the citizens and sets off for his cave. Instead of hating Grinch, he is invited to Christmas dinner: his very first. It is a heart-warming ending to a good story.

The 'green man' excites

By RICHMOND ADAMS

For a brief moment as I watched Yarrow Cheney and Scott Moser's 2018 version of *The Grinch* attempting to steal Christmas, I had visions of *Star Trek II: The Wrath of Khan* (1982) and even its nautical-novel predecessor *Moby Dick* (1851) dancing in my head. Upon noting that Benedict Cumberbatch provided the voice for this generation's exile from Whoville, however, it did indeed seem that a rather tongue-in-cheek symmetry was taking place. As all *Star Trek* fans will note, Cumberbatch just happened to have played Captain Khan in the updated 2013 story of his revenge through the film with subtitle *Into Darkness*.

While, of course, realizing that for people of my age, Ricardo Montalban of original series episode "The Space Seed" and its 1982 film expansion is the one and only Khan, to hear the voice of the newer, but still maniacal Captain--err Grinch--scheming to overthrow an American cultural icon by seeking revenge against its presumably indifferent and unthinking adherents was almost as delicious as the Grinch pancakes I had last week at IHOP.

The Grinch's tale of a redeemed and expanded heart is well known. More interesting than a plot review, for Americans in 2018 at least, is how the residents of Whoville, especially Miss Cindy Lou (Cameron Seely) via her

single parent family, have taken on new complexity and, one might even suggest, various forms of cultural diversity.

No information is given as to how Cindy Lou's mother Donna Who (Rashida Jones) has come to work three jobs while somehow still managing to rear (not "raised" as my late mother would



insist) her children towards a balanced adulthood.

Such a lack, however, is rather the point in that such relationships with broken backstories are both normal, and with the help of friends and fellows, somehow still providing elements of emotional and cultural stability. We hear such stability through Cindy's repeated indications that all she wants at Christmas is not a present for herself, but that her mother (at last) finds happiness.

The Grinch goes even further

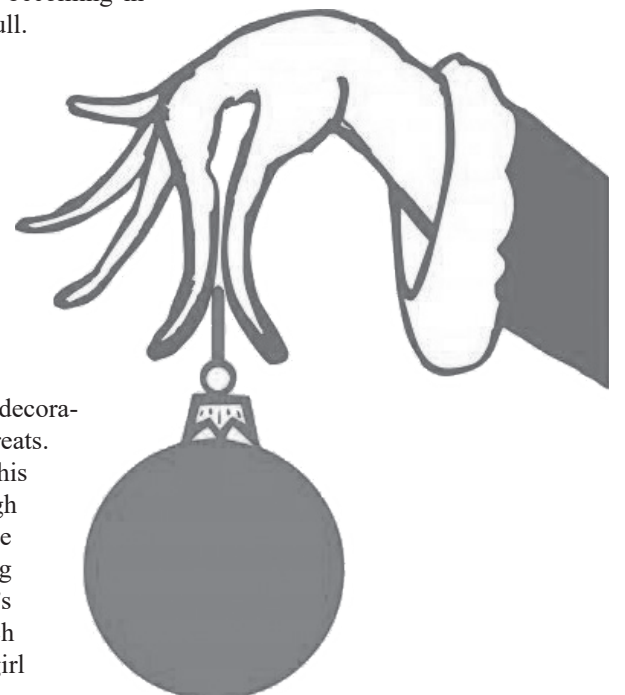
by establishing relationships that proclaim not simply the stability of friendship, but how it expresses a cultural transcendence that Americans in 2018 will readily note. Mr. Bricklebaum (Kenan Thompson), who is African American, simply and without qualification proclaims himself to be "Grinch's best friend." Such friendship, Mr. Bricklebaum believes, is enlarged still more as he transports the town's Hallmark-sized Christmas tree into the town square where community, reconciliation, and forgiveness become more probable than

The Grinch's plots of anger rooted in isolation that are set upon revenge.

These relationships, Mr. Bricklebaum suggests, will have times of difficulty, but nonetheless continue to exemplify how we as Americans remain capable of transcending our mad and vengeful separations before they (literally in *The Grinch's* case) send us over a cliff. The Grinch of 2018, in short, is timely in its reminder concerning the return of one from exile.

More to the point, however, the film concerns how redemption (or perhaps, as it were, "being made whole") has to do with Who we are a global community of friends and fellows.

I could grumble about one or two matters, but in its fullness, the present adaptation is both joyful and tearful for everyone, even those of us who wear Grinch ties to class.



Sports

Men's basketball goes 1-1 in Denver

By DENISE CHRONISTER
Student Reporter

On Nov. 17, the Northwestern Rangers Basketball team played in exhibition action as the Rangers took the hardwood at home for the first time this season.

The Langston Lions won 70-63 in a game that saw 17 lead changes, but Ranger head coach Shawn Dirden used the opportunity to get 13 different players into live-game action.

Northwestern's offense was led by a trio of Bryshon Bryant, A.J. Jones and John Godwin who all had 12 points each.

6'8" center Treyvon Andres recorded a double-double with 11 points and 14 rebounds.

Northwestern didn't have its best night at the charity stripe as they shot 42 percent from the line (8-for-19).

The Rangers defense held strong for most of the night, holding Langston to 34 percent from the field and 21 percent shooting from beyond the arc.

The Rangers also had eight steals including three from Jones and two from Andres.

The two teams were tied with under four minutes to play, but Northwestern went 0-for-6 from the field over a three-minute span allowing the Lions to build a four-point edge.

Langston shooters hit their free throws in final minute, handing Northwestern a 70-63 loss in the



Photo Provided.

The Ranger men begin conference play at home against Southern Nazarene University on Nov. 29.

exhibition game.

Northwestern Oklahoma State University men's basketball held off Metropolitan State Denver in a 69-65 victory for the Rangers' first win of the 2018-19 season.

JJ Moorer paced the Rangers with a game-high 28 points and Treyvon Andres chipped in 18 points and nine rebounds.

The Denver, Colorado native went a perfect 5-for-5 from three-point territory and had two blocked shots in front of friends and family.

Andres gave the Rangers a late 62-61 lead with a deep three from

the top of the arc and Northwestern never looked back.

On the next four possessions, the Rangers defense held the Roadrunners scoreless before David Thornton hit four free throws to put Metro State away.

The NWOSU Rangers held MSU to just 26 percent from beyond the arc (7-of-26).

The Rangers were 41 percent from the fields, including an impressive 61 percent (11-of-18) from beyond the arc.

Andres and Moorer combined nine of Northwestern's 11 long balls.

A.J. Jones played a team-high 39 minutes with eight assists while adding seven points.

After the Rangers raced out to an early 6-0 lead thanks to back-to-back threes from Andres, Metro State tightened up on defense leading to the Roadrunners leading by as many as seven points in the first half.

But a 16-7 Northwestern run to close the frame gave the Rangers a two-point lead at the intermission and ultimately the final victory.

Just a little under 24 hours after the Northwestern Rangers caught their first win of the season, na-

tionally ranked Regis University beat the Rangers 77-60.

Despite trailing by as many as eight points in the first half, Northwestern rallied for a 10-1 run to take a 29-28 lead into halftime.

"I thought we played a good 20 minutes and hung around against a top-25 team" said head coach Shawn Dirden "With it being the second game in two days, I think we ran out of gas a little bit in the final few minutes."

Northwestern had four players reach double digits as Bryshon Bryant led the Rangers with 11 points of the bench, complimented by 10 each from Jack Peck, David Thornton and Treyvon Andres.

Peck was 4-for-6 from the field and showed promising hustle in his 25 minutes on the floor.

"We're still figuring out how we want to play," Dirden said. "We've got guys that are electric, and it was great to see Jack get some quality opportunities. We got better this weekend and that was the goal."

A season-high 25 turnovers proved costly for Northwestern as Regis capitalized for 24 points off 11 takeaways.

The Rangers ran into foul trouble with both Bryce Cashman and David Thornton exceeding the limit.

Regis closed the game on a 20-8 run, handing Northwestern the 17-point loss.

The Ranger men next kickoff conference play on their home court as they go up against SNU.

Cross Country at NCAA Championship

By LOGAN JONES
Assist. Sports Editor

The NWOSU Cross Country team ran in the NCAA Division II Cross Country Championships in Joplin, Missouri on Nov. 17.

In a year filled with broken records, Saturday proved to be the perfect send-off for both squads.

The Ranger runners had six times in each the men's 10K and the women's 6K added to the top performances in school history.

Garrison Blanton, a sophomore from Ponca City, Oklahoma, now owns the school record in both the men's 8K and 10K races after he finished with a time of 32:39.20, shattering the previous mark by over one minute held by current NWOSU graduate assistant coach, Sterlin Broomfield.

Other standouts on the men's team include junior Bryce Koenig (34:57.20) and freshman Noble Buckhaults (35:10.50) who finished seconds apart from each

other in the regional meet for the fourth and fifth 10K marks in program history, respectively.

Sophomore runner Chris Kincaid crossed the finish line at the 36:32.30 mark for the eighth individual NWOSU performance and freshman Cody Schmidt sets ninth in program history at 36.44.

Sophomore Colton Reed rounded out the Ranger men's finishers Saturday morning with a time of 37:30.4, finishing only four-tenths behind his 10K personal record set during the 2017 season.

In the women's race, five of the six runners participating for the Rangers clocked times in the top eight in program history.

Senior Kayla Gourley answered the call in her final meet as she finished at 25:15.90 for third in program history. Gourley also holds the second top performance set last year at 25-flat.

Freshman runners Journey LeBeau (25:46.1) and Ladasheray Bell (26:08.9) logged back-to-back performances in the all-time

6K list, followed closely behind junior Jessalyn Rivet (26:12) for the fourth through sixth top marks.

Junior Crystal Castillo had an outstanding day as she finished the race with a time of 27:07.70 for the eighth individual performance in program history, and freshman Jean Dodds capped the season with a 30:40 for 15th.

Head coach Jill Lancaster was more than pleased with her runners.

"Since taking over we've had the ability to continue to improve," Lancaster said. "Obviously they re-wrote the record books for both the men and women. Both the men and the women are very youthful which bodes well for the future."

Assistant coach Brock Hime said he was excited for the future.

"We took another step in the right direction under Coach Lancaster," Hime said. "If you look at our team averages from last year to this year, it's very apparent that we are getting better and better."



Photo Provided.

The Ranger runners wrap up their 2018 campaign in the record books.

Sports

Football players earn All Conference Honors

By ERIC SCOTT
Athletic Communications

Eight Northwestern Oklahoma State University football players were honored Wednesday when the Great American Conference released its All-Conference awards for the 2018 season.

Earning recognition by the conference coaches for their play this season are First Team selections Maurice Wright Jr. (OLB) and Horatio Smith (RS). Smith was also listed as an Honorable Mention selection at wide receiver. Center Brandon Niccum was named to All-GAC Second Team, while Jacob Peyton (RB), Sunday Deng (OL), Jimmie Pace (DE), Dakota Driskill (ILB) and Aahron Barnes (CB) joined Smith as Honorable Mention selections. "Even though we are a little surprised by some of the results, I'm excited about the recognition our guys received from the league," said head football coach Matt Walter. "This group of guys battled hard and never quit this season and they deserve to be recognized for their work."

Wright, a junior from Luther, Oklahoma, finished second on the Northwestern team with a career high 114 total tackles, 10.5 tack-

les for loss and two sacks. The standout linebacker also forced a fumble, recovered two fumbles and batted down three passes from opposing quarterbacks.

It was the second time in as many seasons Wright was listed as a First Team selection.

Smith proved why he is one of the more prolific return men in program history in 2018, and the conference coaches recognized as a return specialist.

In his final game as a Ranger, Smith returned a punt 75 yards for the first Ranger punt return for a touchdown since 2011. He also took a kick return to the house in week five at Southeastern. Smith closed the season with 522 yards kickoff return yards and 151 punt return yards.

A staple on the offensive line this season, Niccum had an outstanding season in his first full season of playing time in the black-and-red. Niccum played a key role in the success of the Northwestern running backs this season, including Peyton's honorable mention selection and led the way for freshman running backs Tyson Gatewood and Calion Baker, as well as the play of veteran Jalen Williams.

One of the more surprising selections was that of Driskill. De-

spite finishing the season with 120 tackles, second most in the league and ninth nationally, the junior linebacker was voted by the coaches for just honorable mention.

Driskill was a leader on a Ranger defense that allowed the fewest points by a Northwestern team since joining Division II.

To go along with his tackle total, Driskill picked off a pass in the season finale at Southwestern for a pick-six.

A native of Goddard, Kansas, he was credited with 12.5 tackles for loss, fourth most in the conference, three sacks and two passes broken up.

2018 is the second time in as many seasons Driskill was an honorable mention selection.

Peyton was also recognized by the conference coaches after shredding defenses at the first of the season prior to an elbow injury.

The junior running back rushed for an average of 82.8 yards per game, including performances of 162 yards and 171 yards against Arkansas-Monticello and Henderson State, respectively.

To go along with his First Team returner status, Smith picked up and honorable mention for his offensive play as well.

The speedy wide out collected 506 yards receiving and had



three touchdowns during his senior campaign. During week 10 at Oklahoma Baptist, Cesar De Leon found Smith in the middle of the field for a 77-yard touchdown play, the longest offensive play by the Rangers this season.

Smith was a Second Team wide receiver honoree in the previous two seasons.

A native of Des Moines, Iowa, Deng was another key offensive lineman for the Rangers.

The young freshman proved why the coaches are high on his abilities and believe he will only continue to earn all-conference awards in his career.

Pace, a senior from Miami, Florida, finished the year with 50 tackles, including 11.5 tackles for

loss and five sacks.

During the Rangers week seven contest against Arkansas Tech, Pace finished with eight tackles, three for a loss, a sack, a forced fumble and an interception.

He was selected as the conference Defensive Player of the Week for his performance.

Rounding out the conference honors for the Rangers is honorable mention, Barnes.

A junior cornerback from Duncanville, Texas, Barnes picked up 34 tackles and picked off two passes this season.

His total 11 passes defended this season was seventh best in the league.

Barnes was a First Team selection in 2017.

Women's basketball victory in Hawaii

By TREYVON ANDRES
Student Reporter



Photo Provided.

The Lady Rangers face opponent Southern Nazarene on Nov. 29 at home.

On a Tuesday night, there was a battle in Percefull Fieldhouse. Northwestern Oklahoma State University women's basketball looking to steal a win away from Oklahoma Christian.

The Lady Rangers were giving the Lady Eagles all that they could handle in the first quarter with senior Jade Jones scoring six of the eleven points, but the Lady Eagles were still ahead with twelve points.

When the second quarter started, the Lady Eagles started to pull away, holding the Lady Rangers to six points.

Going into the second half, the Lady Rangers were down by eight, that quickly went up to 16 points with the Lady Eagles starting out red hot in the start of the third quarter.

Coach Diesselhort called a timeout to rally the Rangers and to slow down the Eagles' hot start.

The Lady Rangers started closing the gap in the third quarter

going on run of their own lead by guard Kalea King, who scored 10 of the 24 third quarter points, putting the Lady Rangers in striking distance down only eight points going into the fourth quarter.

It was back and forth battle with Lady Eagles and Lady Rangers exchanging the lead, but the Lady Rangers and could not battle back in the end losing 61 to 65.

Over the break, the Lady Rangers basketball team took a trip to Honolulu, Hawaii to play in the Oahu Thanksgiving classic.

The Lady Rangers split their games ending in a 1-1 record for the trip.

In the first game against Minot State, the Lady Rangers fell 91-47.

The first half of the game the Lady Rangers looked strong taking on a 21 to 18 lead in the first quarter but only scoring a total of 9 points in the second would give the edge to Minot as they outscored the Lady Rangers by 14 points in the second.

Bailey Brown played terrific as she recorded a total of 25 points and was able to go 4-5 from behind the arc. She also led the Rangers

with a total of 6 rebounds.

Kalea King Put up 22 points for her season high this year.

The Rangers forced the Beavers to turn the ball over 17 times.

As the second half approached, the Minot Beavers would take the lead. In the second quarter, there was six lead changes and four ties. The Beavers would on a 10-0 run to stretch out their lead for good.

The second game the Lady Rangers were up against Cuh-Wbb (Chaminade). They grabbed the win 82-77.

The Lady Rangers started off the game quick and hot. The two teams traded baskets early on in the game as Chaminade took a four point lead but the Lady Rangers were quick to jump ahead to take a 9-8 lead with a pair of free throws from Bailey Brown.

She would finished with 19 points and 13 rebounds which earned a double-double for her team. This would be her first of the season.

The Lady Rangers return to action on the home court Nov. 29 as they open conference play against Southern Nazarene.

Vox Audio preforms classic hits at Herod



Photos by Tori Witchey

Students, and members of the community cam to Herod Hall Tuesday night to enjoy the preformances of the famous Vox Audio acapella group.