

## Getting your act together in college

By GREG MINOR  
Student Reporter

Leaving the dorms headed to class without a sock, without enough sleep and with incomplete homework assignments, is a student who needs to get their act together.

There are three major actions that students need to be mindful of in order to get their act together: Prioritizing, Exercising and most of all getting sleep.

Prioritizing can be broken down into must have, nice to have and won't have. For college students "must haves" would be the essentials you need in order to be as productive as you can be on a daily basis. Something that is "nice to have" for would be ordering pizza hut on a daily basis instead of using your meal plan to go to the café on campus. If a student doesn't prioritize what needs to be done first then, "won't have" comes into play.

At times we may get caught up in helping others before helping themselves, which makes us human. But as students, helping others in particular can deter us from what we have to do, especially if we haven't accomplished what needs to be done.

Students can be there for their friends but in certain situations referring them to a person who specializes in helping others is the better option in most cases. Guidance counselor, Taylor Wilson said, "Counseling is confidential and neutral. Counseling can help people work through unresolved trauma, improve self-awareness, and learn coping mechanisms to manage depression, anxiety, anger, stress."

In addition to advising a friend to see a counselor, getting sleep is just as important. "Not getting an adequate amount of sleep can have negative effects on mental and physical health," Wilson said. "There are several options on ways to improve sleep patterns, one being Cognitive Behavioral Therapy for Insomnia."

As a student there is always help on campus from a counselor but in some cases just staying healthy can be difficult as a student. Managing your time and schedule can be tough at times. Not getting proper meals, nutrition and exercise can have negative effects on classroom performance as well. Richard Burdick, the Wellness Center Director said, "Un-plug. This generation of students see a lot of distractions. I tell my students you go to sleep with your phone and you wake up



Photo provided

Criminal justice major Logan Porter lifting weights.

with your phone. Being able to focus on things that are important and prioritize definitely can help because sleep is crucial.

"Being new to the adulting process and being able to choose the times, places and things students consume and how much or little activity they get is definitely something most kids should improve in," Burdick said, "Especially if it's not in their day to day routine."

Exercising is just as important physically as mentally when it comes to stress relief. Students at times push exercising to the side and the more enjoyable things get placed in front. "Sedentary lifestyle equals individuals with less self-confidence, worse self-talk, and hindered academic performance," Burdick said. "Being physically active definitely has endorphins that are firing, which

help you be more productive allowing you to have a better outlook at day to day life."

Prioritizing, exercising and getting enough sleep are important. Try not to leave for class without enough sleep. Instead with complete homework assignments, enough sleep and healthier than ever. Some students need to their act together.

## Miss Woodward wins 67th Miss Cinderella

By UNIVERSITY RELATIONS

Hannah Webb, Miss Woodward, won the title of Miss Cinderella for the 67th Miss Cinderella Pageant at Northwestern Oklahoma State University Friday, Oct. 5.

The pageant is held for high school senior girls in conjunction with the university's homecoming celebration.

The Miss Cinderella Talent Show was on Thursday with interviews taking place Friday morning, the pageant ending Friday evening.

First runner-up was Marissa Lee, Miss Seiling; second runner-up was Liberty Bird, Miss Alva; third runner-up, Interview Award winner and voted Miss Congeniality was Jadyn Budig, Miss Shattuck; and fourth runner-up was KaLynn LeForce, Miss Timberlake.

As Miss Cinderella, Webb will



Photo by University Relations

Left to right: fourth runner-up KaLynn LeForce, Miss Timberlake; second runner-up Liberty Bird, Miss Alva; Miss Cinderella 2018 and Talent Winner Hannah Webb, Miss Woodward; first runner-up Marissa Lee, Miss Seiling; and third runner-up, Interview Award winner and Miss Congeniality Jadyn Budig, Miss Shattuck.

receive eight semesters of tuition and a one-year room waiver scholarship at Northwestern-Alva. Webb also took home the talent award for her tap dance

Budig was voted Miss Congeniality by her fellow contestants.

As the winner of Miss Congeniality she will receive a one-year room waiver. She also took home the prize for the interview portion of the contest and will receive a book scholarship from Northwestern.

The first and second runners-up

will receive six and four semesters of tuition.

Third and fourth runners-up will receive a one-year room waiver in addition to the tuition scholarship each contestant already receives.



Photo by University Relations

Hannah Webb, Miss Cinderella

Each contestant who participates in the Miss Cinderella Pageant automatically receives a one-year tuition scholarship to Northwestern-Alva.

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News

Keeping your head in the game *Failing?*

By **LOGAN JONES**  
*Staff Reporter*

It's a lesson that every college student learns very quickly. Organization and time management are very important to being successful in college. But for those who have yet to learn this valuable lesson, here are some good ways to start getting organized and why you should in the first place.

Benefits:

According to the University of Nebraska at Omaha, there is a multitude of reasons why you should organize. For instance, when you do plan ahead, you don't miss deadlines. By writing the deadlines down on a calendar or in a planner, you will be less likely to forget when an assignment is due and in turn be reminded to actually do the assignment.

Other benefits are that you will feel less stressed and you will have more free time in the end. By actually staying on top of your assignments, you will more than likely get it done in a timely manner and will not have to worry and fret about getting it done the night before.

And its not only for school. It is just as important to balance work and play. According to theclassroom.com, "You must be



Photo Provided

**There are just as many ways to get organized as there are benefits for being organized. It all depends on what works best for you as the student.**

capable of organizing or setting your priorities while a college student so that you do not lose track of the primary reason you are in school -- to get an education."

Ways to get organized:

There are just as many ways to get organized as there are benefits for being organized. It all depends on what works best for you as the student. The University of Nebraska at Omaha says that one of the easiest ways to get on track is by keeping an actively updated calendar, whether it be on your phone, computer or even one that you hang on the wall. This allows you to keep

track of life events such as your work schedule, meetings and social plans and activities.

Also, keep track of the syllabi for all of your classes. According to theodysseyonline.com, "It's a great way to keep track of what assignments are due, when quizzes and exams are, or even something as simple as readings."

For those who are more tech savvy than others, don't be afraid to put reminders and alarms on your cell phones. It's something that will almost always be on your person, so what better tool to have to help remind you of upcoming assignments.

Another way is to color code

by each class and event type. This way, everything is not jumbled together, and specific items can be found easily. Finally, use a planner or notebook to write down each class as well as things you need to accomplish before the next class meeting and due dates. The list allows for prioritization among your classes and crossing off tasks on this list ensures you are prepared for each class.

It's not always the content that you learn in college that is the most important. Often, it's the little things like time management and organization that lead to being the most successful person you can be.

*Ag farm: NWOSU's little known asset*

By **MONTANA MCCULLOUGH**  
*Staff Reporter*

Standing out in a field, there is peace and serenity. The only noises that are heard are the cattle rustling in the field.

This is the feeling a person gets when they go out to the Northwestern agriculture farm.

The university purchased the quarter section of land that the farm resides on in 1984. Since its purchase, the farm has had the education building, greenhouse and shop built on the grounds.

With all of these buildings, several classes are taught at the farm throughout the fall semester. One of those classes is welding taught by Dr. Mindi Clark.

Dr. Mindi Clark, assistant professor of agriculture, teaches several classes out at the farm throughout the school year. She is teaching her welding class at the farm this semester. During her welding class, Clark has her students build different projects with the MIG welder, TIG welder and the plasma cutter. Each of these welding machines allows the students to build a project to the specific requirements.

In addition, all of the Ranger emblems around the school that are metal came from the university farm. The farm uses the plasma cutter to cut the different sized and shaped emblems.

Another class that is taught at the farm is the Intro to Animal Science lab. The lab students learn about the basics of the animal anatomy while looking at the animals in person.

**"One of the greatest things about the university farm is faculty are able to provide students hands-on opportunities to learn about agriculture in a real setting."  
-Dr. Mindi Clark**

Dr. Dean Scarbrough, chair of the agriculture department, said, "The farm is for experiential learning opportunities." This means that students can work with equipment that they will use after they graduate.

"One of the greatest things about the university farm is faculty are able to provide students hands-on opportunities to learn about agriculture in a real setting," Clark said.

Talking about projects going on this semester, Scarbrough said that Dr. Tracy Beedy's Intro to Plant Science class will be planting some wheat variety demonstration plots at the farm this fall.



Photo Provided

**The Northwestern farm is located approximately eight miles south of Alva.**

Throughout the years, the plant science class has been planting wheat varieties at the farm. Beedy is continuing that tradition with raising wheat.

Another project the agriculture students help with is raising livestock that they sell to local FFA and 4-H members to show. This also gives Northwestern free advertisement because their name is on the registration papers. The farm also raises all of the flowers that are put around the campus during the spring. Clark's horticulture class grows those flowers in the greenhouse. Northwestern's farm has also been used by Alva High School FFA members when they plant flowers in the spring as

**"I like going out to the farm, it gives me a place to work on my skills."  
-Agriculture major Dakota Nusser**

well.

Dakota Nusser, a senior at Northwestern, has taken classes at the farm. "I like going to out to the farm," Nusser said. "It gives me a place to work on my skills."

The university farm has been used to help students gain valuable skills and provide services for the community.

By **BALEY GARZA**  
*Staff Reporter*

A students biggest fear is failing college. Once a student thinks they're failing most of them do not know what the next step is. There is hope for those students who are struggling.

Dean of Students Affairs and Enrollment Management, Calleb Mosburg, said the first step a student should take is visiting with their instructor to find out what they are missing or the reason they are failing.

"Ask if the instructor believes if they are able to complete the course without failing," Mosburg said. He said that if the student is failing or close to failing they should dedicate extra time to studying and completing assignments. Things that will help students if they don't know is things such as the use of the academic success center, free tutoring services and utilize the library to study. Mosburg said that the students should talk to peers in the class that they are failing. They should set up times to discuss course material.

That is if the peer is willing to do so. Sometimes the student that is almost failing or is failing pulls through and passes the class in the end. For those students who can't pass the class and have to drop, there are some things they should know.

Mosburg said that if the student is not able to pass the class, he would encourage the student to drop the course with a "W," which means it would count as a withdrawal. The student should do so before Oct. 15. The reason a student should drop their failing course instead of completing it is because if they drop it as an "F" it will be worse on their record than a withdrawal would be.

If you are close to failing a class or already failing a class, you haven been given the tips to get yourself out of failure or to drop a failing class. The last day to drop or withdraw from a class is Nov. 30.

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# News

## What's up? *New dictionary, new words*

By CAPRI GHAR  
Student Reporter

Merriam-Webster dictionaries are now up to date and have added new words for your dictionary reading pleasure. 840 new entries have been added to the Merriam-Webster dictionary.

According to the Merriam-Webster website, words are only added after they have become commonly used by many people. Words have to become popular in certain cultures and branch out to normal, generic usage to be considered to be added to the dictionary.

Words that have been added include: digital technology words, abbreviated forms of casual speech, borrowed words about food and eating from other cultures, blended words, serious words that are an indication of terms - and recent terms for identities.

Some of these words have recently been added to common vocabulary and people are already familiar with them. Some words are so new that they are not considered words in Microsoft Word.

Here are some of the words that have been added that are some of the dictionary's favorites, some of which you might have heard and others that you might have not.

1. Wordie, patterned after other words denoting enthusiasts such as foodie and groupie.
2. A demonym names a person who comes from a specific place, like Hoosier or Parisian.
3. Words that come from other

places are known as Wanderworts-from the German words meaning "wander" and "word." It refers to a word borrowed from another language, often as a result of trade or the adoption of newly introduced items or cultural practices

4. Glamping; the activity of enjoying the great outdoors—but with indoor plumbing. It's a combination of glamorous and camping.

5. Neoadjuvant refers to treatment for a disease or condition that is administered before the primary treatment in order to improve the likelihood of a successful outcome.



6. Bandwidth is now often used figuratively to mean "emotional or mental capacity."

7. Dumpster fire, used to mean "disaster."

8. Marg which is short for margarita

9. Generation Z for people born in the late 1990s and early 2000s.

10. Latinx, a gender-neutral alternative to Latina and Latino.

11. TL;DR means "too long; didn't read" —used to say that something would require too much time to read.

12. A zoodle is a long, thin strip of zucchini that resembles a string or narrow ribbon of pasta.

13. A portmanteau is a word or morpheme whose form and meaning are derived from a blending of two or more distinct forms.

14. A mocktail is a nonalcoholic cocktail.

15. Time suck means an activity to which one devotes a lot of time that might be better or more productively spent doing other things.

Some of these words might look familiar while others seem new and foreign.

The Oxford English Dictionary is regarded as the best dictionary for British English and Webster's New World dictionary is regarded as the best when it comes to American English.

While the Merriam-Webster dictionary received 840 new entries, the Oxford English Dictionary also received some new entries. Idiocracy is just one of these new entries among 1,400 new words in Oxford English Dictionary according to the Financial Express.

Since the Oxford English Dictionary is British, these words include some similar words as Merriam-Webster and many more that haven't made it to American usage just yet.

The Merriam-Webster company turns 175 this year.

**Free Pizza  
TONIGHT  
at the Soccer  
Game!  
6 PM  
@ Ranger  
Soccer Field  
- Alva Rec  
Center**



**International  
Student Association  
meeting**

**A general meeting,  
with club members,  
will be held in the  
Ranger Perk.**

**Oct. 12, @ 3 PM**

**OSSAA marching band contest  
Oct. 17 @ 8 AM**

**Northwestern will host the 2018 OSSAA  
District Marching Contest at Ranger football  
stadium. The event will run all day and is  
free to the public.**

**Fall Break**

**Oct. 18 and 19**

**No Classes - Offices will  
be closed**

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.

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# Editorial

## Other voices

# When does ‘cringe culture’ go too far?

By **CHARR DAVENPORT**  
*The Renegade Rip*  
*Bakersfeild College*

Many people find high school to be a trying time. It can also be a place where students learn to be ashamed of themselves. Teenagers try new things, discover new music, wear different clothes, find things that make themselves feel good. Every teen goes through a period of discovery. So why do they shut each other down?

When I started high school, I had already discovered my taste in music. A daily dose of My Chemical Romance, followed by Linkin Park, and then maybe (just maybe) a little bit of The Used or Taking Back Sunday. My music tastes were known; however, my sense of style wasn't. I had experimented a bit in middle school and knew that I looked amazing in the color black. So, of course, that's where I started. By the end of the year, I had gained a reputation for being "that weird emo girl." I was made fun of by other girls and the guys would be nice to my face, but ultimately talk about me behind my back. Both my sense of style and the bullying grew through-

out the next few years, and by the time I graduated, I both hated the students and myself because I was "cringey." So, what did that mean? What was "Cringe Culture" and how was I involved?

Cringe Culture is "a culture started on the Internet of making fun of people or insulting them by calling them 'cringey' or 'cringe' for doing something which doesn't harm or somehow insult anyone nor anything" according to the Urban Dictionary. Cringe Culture has been around for years. Some may even argue decades. Myth has it that it started when the internet started. So, it'd make sense that the first real generation to grow up surrounded by the internet would carry Cringe Culture into the real world. And in some cases, the "cringe" may seem totally acceptable. Cases of fursuits in public and "edgy" teens wearing trench coats and carrying Samurai Swords do seem "cringey." However, when does Cringe Culture stop and bullying begin? In my case, it was an MCR shirt.

When I started college, I originally was a music major. The first thing I noticed was the lack of judgment. There were many different types of people in the class

and not a single one thought or said anything about the other students' appearances. As that first semester passed by, it became more apparent that no one really cared. Students could be who they wanted. People could go to school wearing pajamas and holding a stuffed animal or dressed in cosplay for no reason and as long as it wasn't something inherently sexual (and even then, a lot of people still could get away with it), no one cared. I was confused, so I wanted to figure out why there was so much less shame in college.

Unfortunately, my attempt to answer my own question lead nowhere. Answers were just a slew of "because college is accepting of everyone" type stuff that really wasn't true. So why does Cringe Culture seem to disappear on college campuses? Is it because we, as people, have matured? Or is it possible that those who pushed the culture onto others just never went to college? Or maybe it's just something that doesn't really exist outside the confines of the internet and is only used as an excuse for bullying? The answer isn't really important. What is important is that we recognize that it often goes too far.

## On facebook

# E. Coli scare in community

**City Hall - Alva Oklahoma**  
October 7 at 11:52 AM · 🌐


On October 3rd the City of Alva was notified 2 of the 23 water wells had a positive test for E. Coli. As soon as this notification came from the Department of Environmental Quality (DEQ) the process of determining the extent of the problem began. After the required test were run and reported to DEQ it was determined the City of Alva's chlorination station had treated the water supply significantly to kill the bacteria before it entered the distribution system. DEQ determination was no contaminated water ever entered the City's distribution system nor was E. coli contaminated water deliver to the citizens of Alva or the Rural Water Districts.

Once the determination was made contaminated water was never delivered through the City's distribution system, the City followed all DEQ and Health Department mandated procedures. A notice as prepared and mailed to every customer of the City of Alva to include the Rural Water Districts, this same notice was posted in conspicuous locations around the City of Alva and a notice was distributed by the Alva Review Courier in the newspaper.


As corrective action and required by DEQ, the City of Alva has disconnected these two wells from the City's distribution system. These wells will remain disconnected from the City's distribution system until the City of Alva and DEQ have determined how the wells were contaminated and what corrective action needs to happen to prevent any further contamination.

As stated in the Public Notice through the normal disinfection with chlorine any E. coli bacteria is being eliminated in the City of Alva drinking water. There is no need to boil the water at this time.


👍👍 19 11 Comments 84 Shares

- 


**Ellen Whitcomb Hutton** Thanks for the heads up! I sure would like to know where these conspicuous locations are around Alva, I don't get out much and I don't get the newspaper! I'm glad I'm on Facebook and someone posted a pic of the notice in the paper or I still wouldn't know.

Like · Reply · 3d 4
- 


**Erica Hamilton** I understand that the bare minimum was done to notify the citizens but would hurt to have sent this notice out sooner? It appears that this Facebook post is in response to the outrage that Alva citizens are expressing on social media. Could it have hurt to put this out there the day the information was available and let us decide what level of caution we wanted to take?

Like · Reply · 3d 27
- 


**Jennifer Chaffin** It seems it would have been easy enough to have used the alert system to say, "Hey guys, we found this, take whatever precaution you feel is necessary for your family." Especially in a community that came together for a child who nearly died from e. Coli. I don't think you'd have seen this anger or panic if you'd just been straight with us upon the discovery. Please learn from this and keep it in mind for the future.

Like · Reply · 3d 21
- 


**Shayne Seibert** No need to get overly excited. 2, count them, 2 wells out of 23 that the city uses tested positive. No word on ppm or just how bad it might or might not be. The wells have been isolated and treatment is ongoing. The amount of chlorine that is used will prevent any issues downstream. They followed protocols and all will be rectified.

Like · Reply · 2d 1
- 


**Alice Putnam** Not everyone has Facebook our reads the paper, it's hard to let everyone know unless its word of mouth, so let's be unusual and work together tell 3 people then have them tell friends and sisters in and si on

Like · Reply · 2d
- 

**Timothy Blake Earle** You would think with all the money the city makes after raising our water bills, this could be prevented. Ig not.

Like · Reply · 1d
- 

**Linda Brawner-Beeler** Glad it was caught and determined treatment was proper.

Like · Reply · 2d 2
- 

**HT Neighbors** Don't drink tap water...ever!

Like · Reply · 2d 1

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News office: Jesse Dunn Annex 232  
Telephone: 327-8479; Fax: 327-8127  
E-mail: [nwnews@nwosu.edu](mailto:nwnews@nwosu.edu)  
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# Editorial

## Curative cancer vaccine?

By **EMMA HOROWITZ**  
*Concordiensis Union College*

“Curative cancer vaccine.”

If that sentence doesn’t make your heart skip a beat, you likely are not as much of a medical nerd as I am, have never felt the direct or indirect effects of cancer in your life or potentially are just an unemotional skeptic.

Upon first glance, these three powerful words seem fantastic — I mean, a curative vaccine is an answer to so many people’s consistent prayers.

But for nearly any scientist or universal skeptic alike, this quote nearly immediately arouses the unsettling sense that it’s a gross exaggeration.

University of Texas Southwestern Medical Center has recently published their research on an experimental vaccine that complements the immune system’s cancer fighting processes.

They report that adding “the synthetic chemical adjuvant Diprovocim, which targets the innate immune receptor TLR1/TLR2 in mice and humans... inhibited growth of B16 melanoma and prolonged survival.”

In human-speak, they added stuff to a so-called ‘vaccine’ to help attack cancer cells.

Now, this research is still in its very early stages, and the results are quite promising. After all, the chemical is easily synthesized and could supplement standard treatment plans.

Additionally, following “immunization,” the mice in the study were unable to regrow tumors because they were “already vaccinated against it.”

The concept of an anticancer vaccine is undeniably exciting, but becomes quite problematic as we look at the language used and external factors at play.

Professor Dr. Dale Boger, one of the co-leaders of the study, claims that “this co-therapy produced a complete response—a curative response—in the treatment of

melanoma.”

As extraordinary as that sounds, the truth is that the curative response was an isolated event.

Some of the mice were unable to regrow tumors; however, the study was short-run and the mice had been previously treated with other immunotherapies as well.

Most importantly, using the word “curative” can be seen by some as overly optimistic or even reckless, as it’s widely misinterpreted.

The statement that the vaccine had curative effects is a blatant misnomer.

Vaccines are preventative, not curative. Their effect in preventing new regrowth is fantastic, but is in no way curative of cancer.

This concept also raises the ongoing debate of medical research. After all, this research is a prime example of our downstream approach to medicine.

We like to “put out the fires” and manage the symptoms.

While it is incredibly important and necessary to look for ways to cure diseases, it is just as, if not more important, to emphasize prevention. Therefore the buzzword of curative is not just simply overstating, but also decreasing the important focus on preventative healthcare.

Similarly, cancer is an extremely heavy subject, full of deep-rooted pain and emotion.

Hope is fragile and in short supply to those dealing with the extraordinary effects of cancer, and promoting new studies with exaggerated words only fuels the painful fire.

In relation to their study, the co-leaders of the project, Professor Boger and Dr. Beutler, have acknowledged that Tollbridge Therapeutics, LLC has indicated a financial interest and licensed a the patent for the chemical Diprovocim.

Medical sociologists have been charting the corporatization of medicine for the past 50 years.

Between businesses purchasing and running hospitals for-profit and the increased wealth and power

of pharmaceutical companies, the ethical concerns are widely discussed elsewhere and beyond the scope of this column.

The scientific research is now being meddled with by a for-profit corporation under what is clouded by a conflict of interest. This licensing deal now creates a sticky situation for moving forward with the research, as the studies are at risk of manipulation by external forces.

While the primary goal of the research was to make strides in medical treatment for melanoma, the fact that a pharmaceutical company has taken economic interest raises questions about credibility that likely would have never been asked otherwise.

As their research progresses, peer reviewers and the public will need to re-double their efforts to look at studies critically.

While this situation is merely one example of the ethical debate relating to the corporatization and shifting focuses of medicine, it’s easy to view the researchers as mistepping in their language and relationships with for-profit companies.

The truth is that this is just one isolated example, and it simply emphasizes the need for a conversation relating to medical research and publicity, along with a more critical look at the role of for-profit companies in medicine.

As any pre-med student knows, medical jargon is so unique, it should practically be studied as a second language. That being said, it’s important to be careful when publishing medical research, as we insiders have very different interpretations than people who are less well-versed in medicine.

Analyzing research can be challenging, particularly in deciphering the terminology used.

Nevertheless, this study is extremely exciting when it comes to our arsenal against melanoma and perhaps other cancers.

We must simply remember to use critical thinking and analytical skills when reading this, or any scientific research report, even

## EDITOR’S RANT OF THE WEEK

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

## NATIONAL PIZZA MONTH

I’m poor, lazy, busy, and hungry. So, what does this mean? I love pizza!

October is national Pizza month. Pizza is so good that they’ve dedicated a whole month to it. Pizza is the wonder food of young adults. It brings us together. Are you having an event and want more people to show up?

Just say that there will be free pizza and we will come running.

Pizza is good for every occasion. Party? Pizza. Meeting? Pizza. Wedding? Pizza. Baby shower? Pizza. Funeral? Pizza.

There is no discrimination when it comes to pizza; there are many different shapes and sizes. My favorite pizza is chicken and bacon with barbeque sauce. Let me tell you, this pizza will change your life. It’s so good, I can’t even describe its goodness.

Also, I don’t trust people who don’t eat the crust, it’s literally a breadstick.

If you don’t eat the crust but will eat breadsticks I just have to ask – are you okay? Did you know that there is technical term for “crust”? It’s called cornicione or the “end crust.” I didn’t know that before today and now when I go to a public event with pizza I will casually ask a crust hater if they want their “cornicione.” \*puts on sunglasses\*


Pizza is good but just like almost everything else that is good, it costs money. Luis XIII in Salerno, Italy has the world’s most expensive pizza with a price of \$12,000! No pizza is worth that much, I’m sorry.

First, the dough is aged before the chef arrives at your home. Yes, they actually create this masterpiece in your home kitchen. Ingredients include, three types of caviar, lobster from Norway, Cilento, bufala mozzarella cheese and grains of pink Australian sea-salt from the Murray River. It sounds gross to me but if it toots your horn then sure you can spend a semesters worth of tuition on some dang pizza.

All in all, Pizza is amazing. It’s good for you, not just physically, but emotionally.

Pizza is good for the soul, and the stomach!

# National Pastor Appreciation Month



# Appreciation Month

## October is National Pastor Appreciation Month

Founded in 1992, this holiday intends to uplift and encourage religious workers.

Take a moment this month to thank your pastor, reverend, priest, or minister for the services they provide and the counsel they offer.

Graphic by Darian Smith



# Rangers Get Rowdy



Photo by University relations  
Madison Hofen can't help but smile in surprise and excitement as she is crowned as the 2017 Homecoming Queen.



Photo by University relations  
Blake Humble throws his fist up in success, at halftime, as he accepts his crown and realizes that he is the new Homecoming King.



Photo by Ashley Strehl  
The NWOSU football team can't help but soak up the moment as they ride through the streets Saturday morning.



Photo by University relations  
Hannah Webb, winner of the Miss Cinderella pageant, waves to the crowd during the Homecoming parade on Saturday. She was crowned Miss Cinderella Friday night.



Photo by University relations  
The NWOSU band and mass band, consisting of surrounding high schools, play a song to the home crowd on Saturday before the football game began.



Photo by Ashley Strehl  
Ranger royalty candidates rode together on the NWOSU ranger royalty float at the parade.



Photo by University relations  
The NWOSU band marches swiftly through the streets at the NWOSU homecoming parade.



Photo by University relations  
The parade marshal, Dr. David Bohlen waves to the crowd and enjoys her ride during the parade Saturday morning.



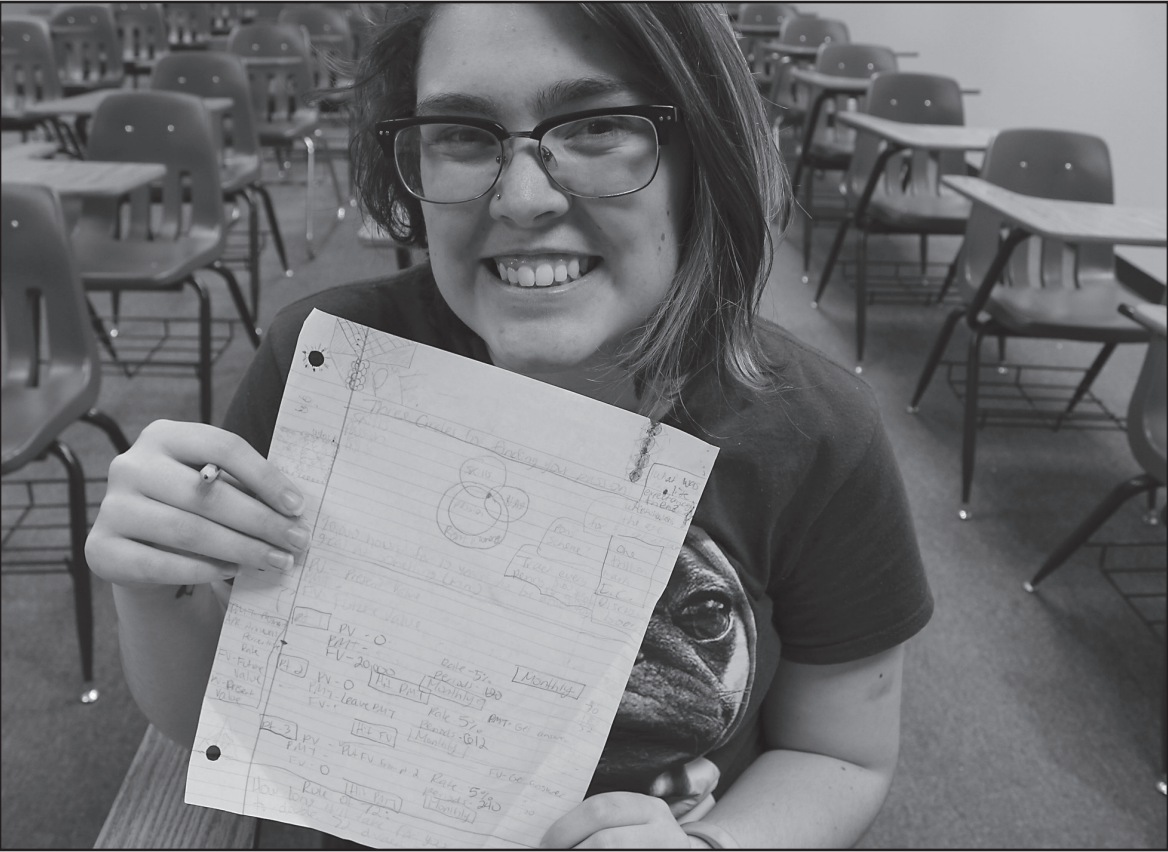
Photo by Ashley Strehl  
Inclement weather did not stop NWOSU football fans from braving the rain and enjoying the homecoming game.



Photo by Ashley Strehl  
The Cherokee Strip Museum puts their own twist on the theme "Get Rowdy."



# Feature



Junior Isabella Hardester shows off the notes that she took in class.

Photo provided

## Seriously, take notes in class

By KEVIN FORD  
Student Reporter

Reading and writing are key fundamentals every institution preaches to enhance cognitive learning. The more you read, the better your vocabulary. The more you write, the better your communication skills. Communication is the number one tool students must utilize to get the most out of their education and personal development. When it comes to the subject of taking notes, Dr. Kaylene Armstrong with the Northwestern News believes that most students at Northwestern fail to take notes.

There are dozens of graduate programs offered at Northwestern, some require more time in school than others, however, the process of learning and understanding what you need to know has not changed.

Taking notes is the most common way of giving yourself reminders and a clear perspective of what you are studying. Research show that people who take notes have an easier time remembering and processing new information. Dr. Armstrong believes the students who fail to take notes fall behind in classes and go through a significant amount of stress. Why is that?

Technology is improving every day. Information and studying methods have drastically changed

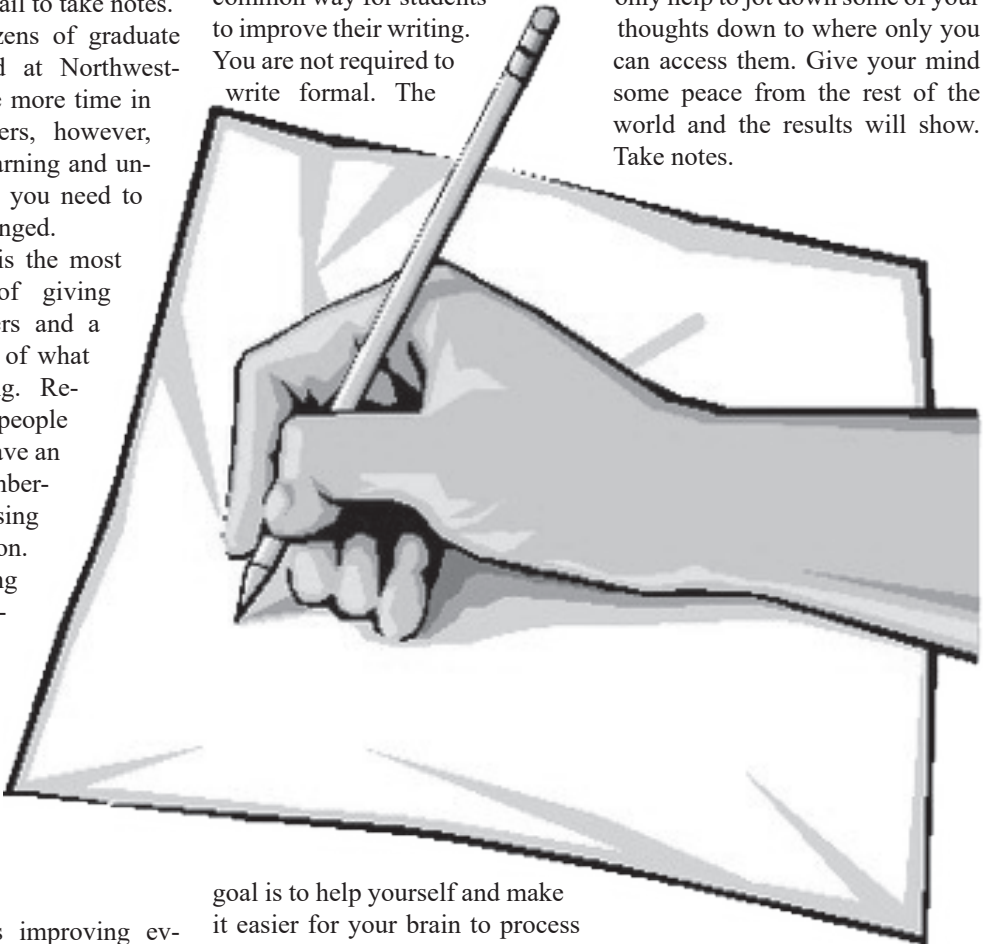
since the emergence of instant internet and online access. However, does this mean that the traditional ways of learning should be ditched for saving a bit of time?

Every child and adolescent should know how to read and write. With these qualities, a person may be fully capable of speaking for him/herself and using interpreted information to gain a better understanding of people, nature and society. Using technology does not necessarily promote critical thinking and cognitive development. Taking notes is regarded as the easiest and most common way for students to improve their writing. You are not required to write formal. The

People learn differently. Some may take just a few notes and some may not take notes at all, but the practice of writing can be significant for someone's personal development.

A good tip is to always have a pencil and paper accessible. You may not find a lot of things interesting in your classes, but I guarantee you will come across some useful information over the course of the day. By noting it down you won't forget it.

There are too many distractions for your mind in today's digital world. Privacy is scarce, so it will only help to jot down some of your thoughts down to where only you can access them. Give your mind some peace from the rest of the world and the results will show. Take notes.



goal is to help yourself and make it easier for your brain to process new information.

Taking notes is beneficial.

## Recipe of the week: Fall Edition

### Ingredients:

3-4 bags of popcorn,  
1/4 cup butter or 1/4  
cup margarine  
1(20 ounce) bag  
marshmallows

### Directions:

- Put the popped popcorn in a large bowl or pan; set aside.
- In large microwave-safe bowl, microwave butter on high until butter is melted, about 30-45 seconds.
  - Add marshmallows.
- Microwave on high until marshmallows look puffy, about 1 to 1-1/2 minutes.
- Stir to completely melt marshmallows. Add food coloring if using.
- Now pour melted marshmallows over the popcorn and mix carefully until the popcorn is coated.
- Butter your hands to protect them from the heat and shape into balls.
- Wrap each ball in plastic wrap until ready to eat!

Ready in 15 Min./Serves 12

## Alva State Bank & Trust Company

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# Entertainment



## ‘Manifest’ flying high in the hearts of fans

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

Manifest is the newest show to NBC and it is full of mystery. Only 3 episodes have aired so far, and they both have been a rollercoaster that leaves a viewer with so many questions and it has a serious lack of answers. Our plot starts out with a group of people who board a flight by the name of Montego Air Flight 828 from Jamaica to New York City. In the beginning we see a family trying to return from their vacation in Jamaica. The show focuses on a young woman, NYPD officer and potential fiancé, Michaela Stone, played by Melissa Roxburgh. She sits there in the terminal with the rest of her family; her Mom and Dad, her brother, his wife and their two twin siblings. Her nephew is

dying from cancer and is very sick, doctors estimate that he doesn’t have that long to live.

As this trouble but wholesome family awaits their flight they discover that their flight has been delayed but they are offered the opportunity to take another flight with minimal seating left. The family decides to separate and Michaela, her brother, and her nephew all aboard flight 828 in hopes to make it home.

The flight experiences serious turbulence, and leaves all passengers pretty shaken, literally. After the scary but routine flight, they land safely and are welcomed but not so welcomed by several police cars, firefighters, and other first responders. In confusion they exit the plane and are gathered in a huge group where they hear the chilling news.

“You all have been missing and presumed dead for 5 years.”

This is where the mystery begins. They are all in disbelief but when they see their family for the first time in what seemed like two hours. They notice that they have all aged.

It’s strange, I know, but it only gets stranger. This show is full of surprises. Personally I have so many questions.

First of all, what happened? How has it been five years? Where did they go? Is there a reason for all this? Are all these people chosen? Chosen by whom? The government? Aliens???

Who knows, but I am excited to see what more this show has in store. It’s definitely one of those shows that leaves you on the edge of your seat and has you begging for more after every episode.

## ‘Mayans MC’ full of shocks and thrills

By **BROOKE MCCLELLAND**  
*TV Reviewer*

Mayans MC is halfway through its first season and it’s offered nothing but thrills, shocks, amazing cameos, and an authentic feel for today’s society. It’s framed in a different way than Sons of Anarchy, where it followed Jax Teller and built him up to be the crown prince waiting to King. In Mayans we follow Ezekiel, who goes by EZ, a once promising Stanford student whose life is struck by tragedy that leads him to prison and ultimately prospecting for the Mayans MC. It’s the not MC we know from the original show, but a different beast entirely. Based on the California-Mexico border, we are introduced to gritty, authentic characters played by gritty, authentic actors. Richard Cabral, who plays Coco, positively shines whenever he’s on screen. Whether he’s making jokes or dealing with a crisis, he’s always fun to watch. JD Pardo, who plays EZ, does an amazing job playing the wounded character as he prospects for the club and tries to hold on to the dream of his life returning to the way it used to be.

That’s the main overarching story for Mayans MC, the death of the American dream. These characters represent what today’s working man has to go through, especially in neighborhoods where violence is a constant

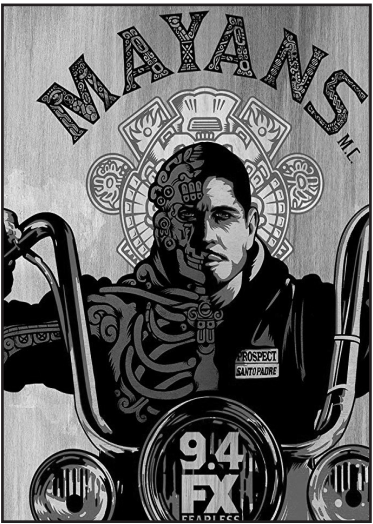


Photo provided

and gangs are just an everyday part of life. In today’s America it’s hard for someone in those neighborhoods to live a successful life without a hint of crime or violence, especially if that’s all they’ve been exposed to or if they are a person of color. This show has represented those problems immaculately, and it helps that most of the cast has spent time in prison prior to their casting for the show.

Kurt Sutter and Elgin James have truly hit out of the park for the continuation of the Sons of Anarchy world with the Mayans MC. Action packed, twists and turns, and so many stories to sink our teeth into as they give us laughs and tears throughout this wild ride with the Mayans MC. The first half has amazed us viewers, and we can’t wait to see what they do with the second half

## These songs do not “fall” short

- ❖ Autumn in New York - Ella Firzgerald and Louis Armstrong

❖ Wake Me Up When September Ends - Green Day

❖ Pale September - Fiona Apple

❖ Autumn Sweater - Yo La Tengo

❖ Gone Till November - Wyclef Jean
- ❖ Autumn Almanac - The Kinks

❖ Havest Moon - Neil Young

❖ Leaves that are Green - Simon and Garfunkel

❖ Dead Leaves and Dirty Ground - The White Stripes

❖ November Rain - Guns N’ Roses

## Next week on Netflix

- 10/11

Salt Fat Acid Heat

Schitt’s Creek: Season 4

10/12

Apostle

Errementari: The Blacksmith and the Devil

Feminists: What Were They Thinking?

FightWorld

ReMastered: Who Shot the Sheriff

Tarzan and Jane: Season 2

The Boss Baby: Back in Business: Season 2

The Curious Creations of Christine McConnell

The Haunting of Hill House

The Kindergarten Teacher

10/15

Octonauts: Season 4

The Seven Deadly Sins: Revival of The Commandments
- 10/16

Ron White: If You Quit Listening, I’ll Shut Up

10/19

Accidentally in Love

Ask the Doctor

Best.Worst.Weekend.Ever.: Limited Series

Derren Brown: Sacrifice

Distrito salvaje

Gnome Alone

Haunted

Hip-Hop Evolution: Season 2

Illang: The Wolf Brigade

Larva Island

Making a Murderer: Part 2

Marvel’s Daredevil: Season 3

The Night Comes For Us

Wanderlust

10/21

Robozuna

10/23

ADAM SANDLER 100% FRESH



# Sports

## Volleyball drops both matches on Homecoming week

By **MEGAN MAHARRY**  
*Sports Editor*

The Lady Ranger volleyball team faced a tough two-game stretch at home on Oct. 5 and 6.

The Lady Rangers faced opponents Arkansas Tech and Harding University.

The Lady Rangers dropped both matches.

In Friday's match-up against the Golden Suns of Arkansas Tech, the red and black dropped 3-0.

The Lady Rangers struggled to get control of the game in set one. Arkansas Tech's outside hitters proved tough to stop as they drilled in kill after kill. The Golden Suns took the first set convincingly, 13-25.

The second set looked up for the Lady Rangers as they came out firing with back-to-back kills from Hannah Williams and Jennifer Eubanks to go on a 4-1 run.

Arkansas Tech didn't let the Lady Rangers stay within range of the lead for long as they took off on their own 0-5 run and eventually secured the match 19-25.

In the final match, the Lady Rangers dropped 15-25.

Once again, the red and black had trouble gaining a solid lead.

Eubanks led her team with five kills in the set, but it was not enough to overcome the stellar offense of the Golden Suns.

Eubanks ended the game with a team-high nine kills, hitting at a .600 while Kaitlyn Robinson recorded 22 assists.

On Saturday, the Lady Rangers faced the No. 1 team in the Great American Conference: the Lady Bison of Harding University.

Harding, who are 8-1 in conference play, took the match 3-1.

The Lady Rangers dropped the first set 15-25. They only recorded a .073 hitting percentage as opposed to a .206 by the Lady Bison, who currently lead the conference in hitting percentage.

The Lady Rangers weren't looking to be shut out as they bounced back in the second set with new energy.

Controlling the lead for nearly the entire set, the red and black were briefly tied at 16 all before going on a 7-1 run. This would eventually win them the set, 25-



The Lady Ranger volleyball team next travels the long route to Arkansas to play on Oct. 12 and 13.

22.

The Lady Bison controlled the third set with a quick 13-7 lead. Unable to make up ground, the Lady Rangers fell 16-25.

The fourth and final set got away from the Lady Rangers despite five kills from redshirt-junior Kiauna Clark.

The Lady Rangers dropped 20-25.

Clark finished the match with 15 kills and freshman Taylor Brann had 45 assists. Williams totaled 11 kills and Eubanks recorded five blocks.

The Lady Rangers next gear up for the long trip to Arkansas where they will face Ouachita Baptist University on Oct. 12 followed by Henderson State University on Oct. 13.



The Lady Rangers are currently 15-9 overall and 4-5 in conference play.

## Soccer falls in heartbreaking fashion

By **LOGAN JONES**  
*Asst. Sports Editor*

The Lady Rangers soccer team faced a tough first week of October as they entered the week without their head coach.

James Ross served a two-game suspension after violating university policy.

Tim Lavoie, who assisted with the team last season, assumed head coaching duties during Ross's suspension.

Northwestern took on Bison of Oklahoma Baptist on Thursday, falling 4-0.

The girls fell into an early hole after a goal from a penalty kick gave the Bison a 1-0 lead only two minutes into the match.

Freshman, Kiara Fontanilla had a tough day between the posts despite making 10 saves on 26 shots, 14 of which were on goal.

The Rangers fought hard to stay in the game, firing 10 shots, 4 on goal.

However, the Bison overmatched them as they went on to score two more goals in the first half.

The Rangers' best scoring chance came in the 38th minute when Calvinis Prentice started a scramble in front of the net with a shot on goal that was rebounded right to Kaley Whitworth, who sent her attempt wide to the right to end the threat.



The Lady Ranger soccer team next travels to face rival Southwestern Oklahoma State University on Oct. 9.

Oklahoma Baptist scored another goal in the second half putting the match out of reach for Northwestern.

Final score, 4-0.

The red and black returned to the pitch on a wet and cold Saturday

in a match against Southern Nazarene.

The Lady Rangers came out hot with a goal from freshman Shelby Gibbs in the seventh minute.

SNU answered back with a goal in the 21<sup>st</sup> minute, but just

48 seconds later, freshman Alissa Carlson gave Northwestern the lead again with a quick strike on the Crimson Storm goal.

After receiving two yellow cards, Ranger defender Makayla Barrientos was ejected in the 77<sup>th</sup>

minute.

As the Lady Rangers had to play a man down, SNU quickly capitalized, tying the game less than three minutes later.

The score stayed at 2-2 all the way into double overtime and it looked as if the match would end in a draw.

However, the Crimson Storm managed to find the back of the Ranger net, giving them the lead and ultimately the game.

The Lady Rangers have now dropped four straight and fall to 1-5 in the GAC and 1-8-1 overall.

They hope to change their fortunes around when they take on rival Southwestern Oklahoma State on Oct. 9 in Weatherford and then East Central in Ada on Oct. 13.





# Sports



Looking for another win, football is home again on Oct. 13 as they face the Wonder Boys of Arkansas Tech.

## Football slay Tigers on Homecoming

By **DEIONDRAY MARTIN**  
*Student Reporter*

Homecoming weekend had the Ranger football squad hosting the East Central Tigers.

The Rangers won, 17-7.

As the game began, the Rangers defense comes out on fire as they shut down the Tigers offense.

Late in the first quarter the Rangers put together a drive resulting in a 13-yard rush touchdown from Tyson Gatewood.

This put the Rangers up 7-0 with three minutes left in the first quarter.

The second quarter began and the Rangers defense, led by linebacker Maurice Wright, continue to stop the Tigers.

The Rangers scored another touchdown when quarterback DeLeon connected with Gavin Garner for a 25-yard receiving touchdown.

The Rangers game plan of controlling the clock and limiting East Central's offensive possessions put them at a 14-0 lead going into halftime.

As the third quarter began, East Central's offensive unit comes out a little flustered and called a timeout.

After the timeout the Tigers made a 68-yard run resulting in a touchdown with 5:45 left in the third quarter.

Northwestern remains on top, 14-7.



The Rangers' currently sit at a 2-4 record in conference play.

A couple of flag penalties against the Tigers put the Rangers back in field goal range.

Ranger kicker Zave Goodrich completes the field goal for Northwestern increasing the lead to 17-7 to close out the third quarter.

The Tigers could not do anything against the Rangers as they cruise to a Homecoming victory against the East Central Tigers, 17-7.

Next up, the Rangers play at home again against Arkansas Tech on Oct. 13.

Kickoff is set for 2 p.m.

## Men's golf finishes Battle of the Belt on upswing

By **LOGAN JONES**  
*Asst. Sports Editor*

The Northwestern Men's golf team ended their weekend in Hot Springs, Arkansas on a bit of a high note.

The team of Parker Rehorn, Tyler Berryhill, Colten Person, Preston Ewing and Ben Baker shot team scores of 308 and 306 in the first two rounds of the tournament, but finished the event with a combined 294, 11 strokes better than fellow Great American Conference member Oklahoma Baptist on the final day.

The Ranger duo of Rehorn (77-72-74) and Berryhill (76-74-73) finished the event with an identical score of 223.

Berryhill drained an eagle during second round play Monday afternoon.

Person, the junior from Laverne, Oklahoma, rebounded after shooting an 82 in the second round to finish at an even par 72 in the final round for a total of 232.



Photo Provided  
Golf next competes on Oct. 15 & 16.

Ewing (79-78-78) and Baker (77-83-75) finished the tournament tied at 235.

The next stop for the Northwestern golf team is Jefferson City, Missouri at the Blue Tiger Invite, on Oct. 15 and 16.

## Prentice faces final season

By **MEGAN MAHARRY**  
*Sports Editor*

Calvonis Prentice is a senior health and sports science major with a minor in sports psychology. She is also taking the field this fall in her final season as a Lady Ranger.

Called "Voni" by most of her teammates, she was born in Riverside, California and grew up in Hemet, California.

Like most athletes, she began playing the sport she loved—soccer—at age four.

She played club until the age of 15 and played all throughout high school. Though she mainly plays offense for the Lady Rangers, she used to play all over the field.

Prentice began her collegiate career in California at San Bernardino Valley College. She played there for two years before she was recruited to NWOSU.

She traded that Wolverine jersey for a red and black Lady Ranger jersey as she continued her college soccer career in Oklahoma.

Though the change in location was different, Prentice said she was happy to be here. She said she thought the girls were super welcoming.

"I was super excited because it was something new," Prentice said.

As she enters her final year, Prentice has some goals both on and off the field.

Soccer wise, she said she wants to make playoffs and become Great



Photo Provided  
Calvonis Prentice graduates in May

American Conference champions.

In the classroom, she said she wants to graduate with a 3.7 GPA.

She said as a team, they must trust one another and stick to the motto "team before me" and be selfless.

"I think we're having a slow start, but we have a lot of talent and depth on the team," Prentice said.

She said her favorite memory here was playing twister in the rain.

"Alva is great because of my team," Prentice said.

Upon graduation, Prentice said she wants to return to California and receive her Master's, possibly at Chapman University.

In the future, she said she wants to be a basketball wife, or any other sports wife.



# Fun things to do over

# FALL

# Break

By MICHELLE WILSON  
*Feature/Entertainment editor*

1

Being stuck in the dorms over fall break can be boring. Don't forget to take advantage of the free and cheap things around Alva during fall break and anytime this month.

2

The dorms hold a lot of activities available for students. There are game rooms, Movie rooms and Lobbies where you are free to hang out with friends. The RAs also have things you can check out like board Games, Ping Pong Paddles and even Exercise and sports equipment. Do not be afraid to ask what they have, its there for your enjoyment.

3

The Wellness Center is open free to students with an Id. There is a lot of equipment in there to use. It also holds an indoor track, Racquetball courts, a pool and Saunas. If you have any questions, there is always someone at the desk that can answer them.

4

The Rialto Theatre is also a good cheap place to have fun. All through October, they are showing Halloween movies for free at 3:45. They are also showing other movies at \$5 per student (When you have your ID) Also the Popcorn and soft drinks are cheap every day.

5

The Menagerie is a petting zoo in Alva. During the month of October, they host a hay maze. Actually, they host the largest hay maze in Oklahoma. "We are open Thursdays from 8 to 11pm for our flashlight maze (\$5 admission), Friday from 4 to 11pm for the Day Maze/Flashlight Maze (\$5 admission), Saturday from 10am to 5pm for the Petting Farm and Day Maze (\$6 admission/\$4 maze add-on) and 8 to 11pm for the flashlight maze (\$5 admission), and Sunday from 2 to 5pm for the Petting Farm and Day Maze (\$6 admission/\$4 maze add-on)"

6

The Alabaster Caverns are 35 miles away from the Alva Campus. They are in Freedom Oklahoma. You can get a guided tour for \$10. It is the largest natural gypsum cave in the world that is open to the public and the only gypsum show cave in the United States.

Nightmare in the country is a "Scream park that consist of 4 different attractions in Woodward Oklahoma. You can buy a General Ticket to get you into all of the attractions for \$30 or a single ticket for \$10 there are also fast passes available if you want to skip the lines.