

# NORTHWESTERN NEWS

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## NWOSU's stand against child abuse

Social Workers Association of Tomorrow (SWAT) takes part in "Wooden Children" project

By **DOCKER HAUB**  
Student Reporter

With April being Child Abuse Protection Month, the Northwestern campuses have taken part in some activities to help raise awareness over the matter and to help spread love and joy for some of the victims of this terrible crime.

The Northwestern Oklahoma State University Social Workers Association of Tomorrow (SWAT) have been leading the charge. They have taken part in the "Wooden Children" project which is put on by the Garfield County Child Advocacy Center, and they have also designed a "Blue Ribbon Tree" for Northwestern-Woodward campus.

Led by the Oklahoma State Department of Health, Blue Ribbon Trees are sponsored by the Child Abuse Prevention Action Committee.

The Blue Ribbon stands as an



Photo by University Relations

The 332 wooden characters displayed on the northeast corner of the Garfield County Courthouse are being used to increase community awareness of children abused or neglected in Garfield County.

international symbol against child abuse. This is the 11<sup>th</sup> year that communities in Oklahoma have displayed Blue Ribbon Trees for Child Abuse Prevention Month.

"The Blue Ribbon Tree is such a beautiful symbol of hope," Ali-

cia James, SWAT secretary, said. "And for us, being able to put one up on the Woodward campus is something we are happy to do and really everything we stand for."

As for the "Wooden Children"

project, it is designed to bring attention to the number of investigated child abuse cases that take place throughout each year. For Garfield County, 332 cases of child abuse were confirmed in 2018. The project features

wooden children that are about three feet tall and are fostered by donors for \$25. On April 1, the wooden children were taken to the courthouse to be displayed for the whole month.

"Being able to grow our activities for Child Abuse Prevention Month to other campuses shows that we are growing in the area of awareness of child abuse and neglect in the state of Oklahoma," Jennifer Pribble, SWAT sponsor and assistant professor of social work said.

"This is a subject not many enjoy discussing, but is a subject that all individuals need to be aware of as mandated reporters of child abuse in this state," Pribble said.

"Visual reminders of this act brings the awareness that there are children experiencing child abuse and neglect in this state and, it takes all of us to protect these vulnerable children."

## Textbooks - is the \$\$\$\$ really worth it?

By **LOGAN JONES**  
**MCKAYLA HOLSON**  
**BAILEY RANKIN**  
Student Reporters

Higher education students all over the nation are well aware of the fact that textbooks are pricy. This has been an ongoing problem for years now.

But what, exactly, is being done about it? Will students continue to struggle with the decision to skip meals or get textbooks? What are students doing to help combat this ever-growing problem?

Tiffany Willson, a junior early childhood education major, said that the textbook prices affect her family because three of them are attending Northwestern right now; the cost of books quickly adds up.

"I don't usually buy from the bookstore because they are super expensive compared to the other places such as Chegg and Amazon," Willson said. "So, what

we do is go through and make a spreadsheet of prices for Chegg, Amazon, Bookstore and E-Campus and we find the cheapest books. We buy from all four places every semester because we are buying the cheapest we can find."

The NWOSU bookstore at the Alva campus is no stranger to the students' complaints about book prices.

"Follett, just my bookstore only, donates \$10,000 a year. So, all of the \$500 scholarship gift cards that some students get for two semesters while they're here come straight from us. We do that every semester and they take \$5,000 per semester to give to the lucky students who are able to win those gift cards," Michelle Kingcade, store manager of the bookstore, said.

Willson said she is aware of the book scholarship, and she has one, but she uses it to buy other school supplies.

"I have a bookstore scholarship for \$500 each semester," Willson said, "but even with that

I feel they're overpriced, and I can't bring myself to buy them. When we can get books for \$20 on Amazon, it doesn't make sense to pay \$120 in the bookstore."

Chloe Nutley, a junior math major, said she goes without textbooks during the summer. "During the summer I don't have scholarships to pay for textbooks, so I have to buy them out of pocket," Nutley said. "Sometimes I just don't buy them, and my grades suffer."

International students are not able to get these scholarships and they have to buy their books out of pocket.

"When I first came, I didn't know that books were so expensive," Zineth, an international student from Bangladesh, said.

She was told that she needed to buy all the books before classes began, so she did and she ended up not using many of them.

"I bought almost \$500 worth of books and then some of my teachers said, 'you don't even need to use those books,'" she

said.

Zineth tried to return the unused books, but the slip was opened and the bookstore told her they couldn't take the books






back.

"I had \$200 wasted and it was frustrating," she said.

See **TEXTBOOKS** pg. 6

### THE BIG 5 TEXTBOOK PUBLISHERS

5 TEXTBOOK PUBLISHERS CONTROL 80% OF THE MARKET.

	<b>Pearson Education</b> (2014 Total Revenue)	\$7 BILLION
	<b>McGraw-Hill Education</b> (2014 Total Revenue)	\$2 BILLION
	<b>Scholastic</b> (2014 Total Revenue)	\$1.8 BILLION
	<b>Cengage Learning</b> (2014 Total Revenue)	\$1.7 BILLION
	<b>Houghton Mifflin Harcourt</b> (2014 Total Revenue)	\$1.4 BILLION



These publishers have been criticized as acting like a cartel.

#### Cartel noun

An association of manufacturers or suppliers with the purpose of maintaining prices at a high level and restricting competition.

### Inside

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• Fine Arts department prepares for final concerts and events

#### SPECIAL

• Spilling the beans on campus - Textbooks, to buy or not to buy

#### ENTERTAINMENT

• 'Pet Semetary' did not meet high expectations

#### SPORTS

• Track finishes seventh in GAC Outdoor Championship



# News

## Bahama Breakaway gives relief before finals

By KEVIN FORD  
Student Reporter

Finals week approaches, graduation is coming up and the stress levels are peaking, but do not worry for Bahama Breakaway is right around the corner.

Bahama Breakaway is an annual event at Northwestern sponsored by the Student Government Association. Taking place today at 4 to 7:30 p.m. in Alva's downtown square.

Hollie Pankake, senior health and sports science major, attended the event last year and is looking forward to it this year. "I enjoy all the fun games and activities everyone gets to participate in," Pankake said. It is free for students to attend the event. Free burgers, drinks and hot dogs are served as part of the free food. There is also a Frosty Joe's stand present for the convenience of students. "I advise students to get out and have fun before finals start," Pankake said.

The activities feature a sand volleyball tournament, Limbo, an obstacle course and more games and prizes. Unlike the year before, a Corn Hole tournament has been added to the event. Another difference is there will be no blow-up bouncy houses, instead, the National Guard is supplying a new obstacle course to the event. There is also going to be a boys-only Hoola concert. Boys participating will dress up and do a dance for judges to determine a winner.



Photo provided

**All Northwestern students are welcome to come down to the town square and enjoy an abundance of activities and games.**

The SGA gets help from the university to fund the event. Each year the university allots the SGA a certain amount to get the event going, SGA vice president Ethan Sackett said.

Jordan Harris, sophomore health and sports science education major and president of SGA, said Bahama Breakaway is a great opportunity for students to interact and be social without being fixated on school related activities. "Bahama Breakaway is a good stress reliever for students, especially around finals week when the workload is typically large," Harris said.

For students concerned about transportation, no worries, for the SGA has arranged shuttle buses to take students to Alva's downtown square. In the past, international

students have experienced difficulties finding transportation to the event. This year, SGA co-sponsor, Olivia Yandel, proposed the idea of shuttle buses. The buses are scheduled to depart from the tennis courts on the north side of the Wellness Center. The buses will bring students down to the square every 15 minutes from 3:30 to 4:30.

Finals might be on the horizon, but the SGA does a tremendous job with Bahama Breakaway. The event is social, people are enthusiastic and you may find yourself leaving the event with some prizes. All Northwestern students are welcome to come down to the town square and enjoy an abundance of activities and games.



Photo by Collin Stork

**Friday is the last day for students to be able to drop 16 week classes**

## Last day to drop Friday April 26

By BAILEY RANKIN  
Student Reporter

Friday, April 26, is an important day for Northwestern Oklahoma State University students.

Although students may be excited about "Avengers: Endgame" coming out in theaters, what they really should focus on is that Friday is the last day for them to drop 16 week classes, add arranged courses and the last day for complete withdrawal from all courses.

"The only time I advise students to drop classes is when they know for sure they will fail the class," said mass communication professor Allison Zimmerman. "The more classes you drop, the more carved up your transcript will be with all the W's that are scattered on there due to withdrawing".

Luckily, study.com has some tips on how to avoid contemplating dropping or withdrawing from a class. The first tip is to get help. Northwestern offers tutoring in the Academic Success Center. There are students who are available in certain subject to help whoever may come in that could be struggling.

Next it is time to re-order priorities. Juggling a job, schoolwork, extra curricular activities, family and friends can be difficult, but while attaining a higher education schoolwork should be the first thing on any students mind. Speaking to professors can also be beneficial.

Some professors maybe incredibly tough but more likely than not, they will do their best to help a student. With that in mind, it is incredibly important to take any opportunity that they may offer that can improve a grade in the class. To be realistic about options and the position one may find themselves in is vital.

A student may very well want to improve their grade, but the time of year and average in the class is what it all comes down to.

Having a good support system will be helpful as well. Even if telling family members is a scary thing for one to do, it is very important. Family is not the only support system out there though. Friends and classmates can hold one accountable and encourage one another to finish assignments.

Even if certain classmates are not the closest friends, they are still reliable sources for notes missed in class, peer reviews and encouragement.

The final thing to keep in mind when contemplating dropping classes is to not give up. It may be disappointing, but it is not the end.

Learn from mistakes and keep working hard to build a grade point average back up, it will not be the same as before, but it is better than nothing.

## Preparing final concerts for spring semester

By DOCKER HAUB  
Student Reporter

The Northwestern Oklahoma State University band program will be having its final concert of the year next week.

They will be performing on Tuesday, April 30, at 7 p.m. in the Herod Hall auditorium. Admission will be free but donations are accepted.

With the school year drawing to a close, this concert will be the accumulation of all the band's hard work throughout this school year.

"The title of the concert is 'Masterworks,'" Michael Cudd, instructor of music and director of bands, said. "We titled it 'Masterworks' because we will be playing many pieces written by some very well known composers such as John Mackey, Leonard Bernstein and Frank Ticheli." The concert will feature performances by the Northwestern Jazz Ensemble, the Symphony Band and the Community Band. The band has been practicing these pieces throughout the entire semester and the band members have a clear excitement



Photo by University Relations

**Northwestern band students rehearse for their upcoming masterworks concert Tuesday, April 30, at 7 p.m. in Herod Hall Auditorium. Admission is free, but donations are appreciated.**

about being able to finally perform them live. "Out of all the concerts I've had here through the last four years, this one's going to be the most exciting because we're honestly going to sound amazing," said Jacob Marr, senior computer science major and band member.

"A lot of the pieces that we will be playing are pieces of very advanced music," Cudd said. "The Jazz Ensemble will even be playing a piece by Duke Ellington. And I'm

just very excited, everyone in the band has been practicing really hard and since this is the last concert of the year I'm very much looking forward to seeing it all come to fruition and seeing everyone's hard work pay off.

I know everyone in the band is going to enjoy performing and I hope that we have a great turnout for the last concert and I hope everyone enjoys listening to us play."

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VISION SOURCE



# News

## What's up? Brooklyn artist planning talk, workshop April 24

### TODAY

#### Bahama Breakaway

Students can sign up for the tournaments at the sand volleyball pit on the downtown square. Signup for both tournaments ends at 4:15 p.m. that day.

This year the SGA has more than \$350 to offer in prizes as well as gift card giveaways throughout the event.

4 p.m. - 7 p.m.



### TOMMOROW

APRIL 26

### LAST DAY TO DROP (16 WEEK CLASSES)

### TODAY

#### Soundscapes IV Choir Concert at Alva Bus Barn

NWOSU Department of Fine Arts presents the NWOSU Singers and Chorale in Soundscapes IV at the Alva Independent School District Bus Barn (formerly known as the Old Armory, 230 Choctaw, Alva. Admission is free, but donations are appreciated.

#### Band Concert

Northwestern Oklahoma State University's Fine Arts Department will present a masterworks band concert Tuesday, April 30, at 6:30 p.m. in Herod Hall auditorium, Alva campus.



By UNIVERSITY RELATIONS

The April Artist-in-Residence with the Visual Arts program at Northwestern Oklahoma State University is Daniel Herr. The Brooklyn, New York, native will have an artist talk and experimental drawing workshop on April 24 from 6-9 p.m. in Jesse Dunn 324. During the artist talk, Herr will be showing slides of the work he's done in the past few years.

A culminating exhibit of the work he has completed while at Northwestern will be displayed Friday, May 3, from 3-5 p.m. in Jesse Dunn Annex room 323. On that same day his small works will be displayed from 6-8 p.m. downtown in Graceful Arts Gallery during the First Friday Art walk.

Herr has participated in a few other Artist-in-Residence programs before Northwestern's. He completed a residency in Chile with Ben Zawalich, last month's Artist-in-Residence. In addition, he also has completed residencies in Beijing and Spain.

He has exhibited in various galleries around the United States, including Steven Harvey Fine Art Projects, New York; Safe, Brooklyn; Kate Alkarni Gallery, Seattle; M23, New York; Hamill Gallery, Boston University; Lincoln Arts Project, Waltham, Massachusetts; and 2014 SCOPE New York at Asterisk Projects, New York.

Herr combines elements of absurdity with robust color and ex-



Photo by Charles Boldes

#### Northwestern's April Artist-in-Residence participant Daniel Her

pressive brushwork. Influenced early on by abstract expressionist painters like Willem de Kooning, Herr also incorporates collage into his visually tumultuous compositions. His work navigates the interactions between pattern, color and intent, mapping each stretch of imagined space with a wry sense of purpose.

Herr also has taken inspiration from two New York painters, George Inness and Basquiat.

"Both are quintessentially American," he said. "One was part of an early American art movement and worked in a way that described the physical beauty of the

landscape, like an explorer. The other was part of a more recent movement and painted the cultural reality, the chaotic urban landscape of ugliness. I'm interested in a way to paint that would combine those two."

While creating his artwork at Northwestern, Herr said he's been working with oil paints.

"My work is based in landscape painting," Herr said. "I try to take it apart in order to create an abstract image. That's kind of the central idea."

To view some of Herr's work visit [www.dherr.com](http://www.dherr.com),

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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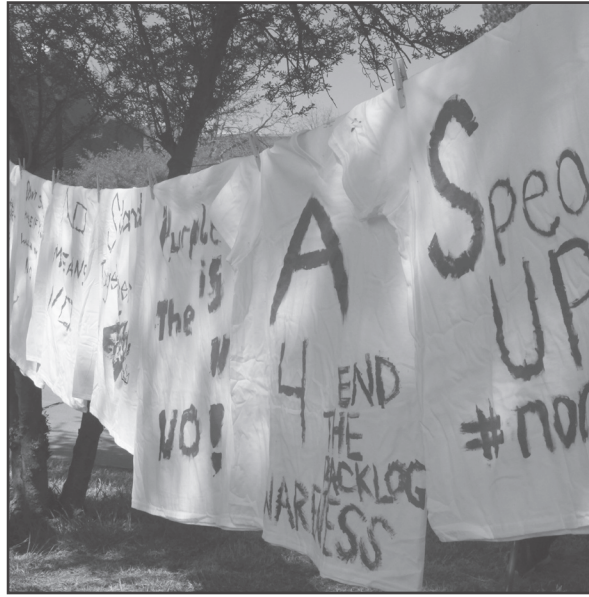
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# Campus

## Students join speak up against sexual assault event on campus



Photos by University Relations

Students painted a shirt to support Sexual Assault Awareness Month. The event was located at the southwest corner of the Student Center near the library, and was sponsored by Alpha Sigma Alpha and Delta Zeta.

## Second spring blood drive hosted by Spanish club



Photos by Collin Stork

Spanish club members representing their club at the Blood Drive April 23 and 24

## Campus Beautification event has high number student participation

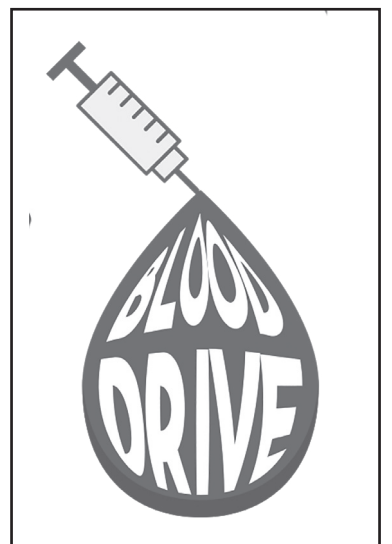
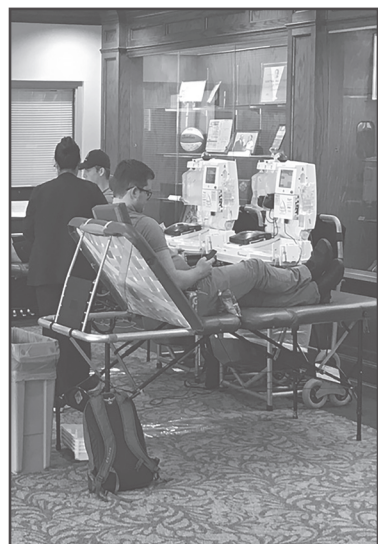


Photo by University Relations

Students and faculty took time out of their day to help clean up the campus and add some new décor on Campus Beautification Day.



Photos by Ashley Strehl



**Kelly Parler – Mayor**  
**Daniel Winters – Ward 1, Seat 1**  
**Connor Martin – Ward 1, Seat 2**  
**Christopher Eckhardt – Ward 2, Seat 1**  
**Brandon Sherman – Ward 2, Seat 2**

**Bo Hannaford – Ward 3, Seat 1**  
**Mary Hamilton – Ward 3, Seat 2**  
**Brian Wallis – Ward 4, Seat 1**  
**Randy Stelling – Ward 4, Seat 2**  
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News office: Jesse Dunn Annex 232  
 Telephone: 327-8479; Fax: 327-8127  
 E-mail: [nwnews@nwsu.edu](mailto:nwnews@nwsu.edu)  
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All letters represent the views of the author.

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# Editorial

## Benefits of planning ahead

By **CAITLYN PRAY**  
*Staff Reporter*

Up and forward—two directions we need to always look and strive toward, especially this time of year.

For many college students (and let's be honest: mature adults too!), advanced planning ahead isn't something that is put into practice or even thought of very often. Living from one day to the next seems to suffice and flying from the seat of their pants can actually be exciting and thrilling because they never know where they're going to land. Spontaneity is a virtue and is needed in any lifestyle, but just as the Good Book says, there is a time for everything, and that includes planning ahead.

Planning ahead has many perks that come with it—many that we often overlook—but they are evident and there, making life so much easier for those who use them.

Here are just a few of the highlights that may come with planning ahead:

### 1. Stress Reducer

Especially with finals right around the corner, many of us could use a heavy burden of stress taken off of our shoulders. Shona Schmall, a Vintage Cooperative associate and journalist, points this out well.

"The first benefit of planning ahead is that it helps with stress," Schmall said. "The quickest way to see this in action is to ask any college student while they are studying for final exams. Chances are, they put off studying until the last minute and ended up more stressed out than they needed to be. Imagine if they had taken the time to make a studying schedule a few days prior. Potentially, they could've ended up studying better, which leads to the second benefit of planning ahead: better results."

Eyes may be rolling now at the cliché advice of taking time to create a study schedule, when odds are that you very well may not stick to it and the time you spend creating a taxing schedule you could use instead to actually study. Both are fair points, but with those there also are the points of how not sticking to something isn't a planning issue, it's a lack of perseverance, and 'creating a schedule' may be as simple as noting what day your final is on the calendar, backtracking a few days, and determining to study one hour before you go to bed each night before the test.

### 2. Better Productivity

"You will virtually always get

a better final result when planning ahead," Schmall said in her article.

Planning ahead takes time, and in our modern, fast-paced society it can be very easy and tempting to overlook and cut corners for the sake of time and more instant gratification, but sometimes the best projects and endeavors in life take time.

"Taking the time to plan intentionally gives your brain more time to think and make well-informed decisions," Schmall said. "Take planning a wedding, for example. Imagine the different results that would arise from planning a wedding in a week versus planning a wedding over a whole year. There would be less impulse decisions, more contemplation and discussion, meaning the big day goes off without a hitch. And if any arise, there's a backup plan in place!"

The same principle can be applied to planning ahead for finals or summer now as well. Just like creating a steady study plan will likely give you more confidence and knowledge for those finals, taking even 10 minutes to map out an idea or have a general outline of what you want to accomplish over summer or what all you want to see and do on a trip can make all the difference between coming back to school in August with new memories and good times or nothing really.

### 3. Better Prosperity

Prosperity doesn't necessarily always mean money (although planning ahead financially is always a sound investment of your time), but even in life it's always good to be rich—with many experiences, opportunities, good times and just a full life.

The team behind the website journal, "Off To College" credits a prosperous life to living

proactively, not reactively, which involves that precious word: planning.

"If you have no plans, then you will become reactive, only making choices when something is forcing you to," the team said. "This is not a good way to be as it means that decisions are made quickly without thinking things through."

In their article they use the example of an emergency hospital visit with proactive versus reactive responses. If a person is proactive, they would have already set money aside for such emergencies so paying would be less of an issue, they might have made emergency-plan arrangements so their children, pets or home is taken care of by someone who is prepared to step in and while they're lying in their hospital bed (assuming they're conscious) they probably are figuring out where they are going to go from there.

In retrospect, a person who responds reactively and just lives for the moment probably didn't plan out any of the above, and though it may all turn out in the end, I'm sure the blood pressure and stress levels of that patient are a lot higher with more sleepless nights trying to think of what they're going to do now.

### 4. Vision

If you have a plan in mind or even an idea of what you want to do with your life or even in the next few years, you likely are going to be much closer to those goals than a person who is not.

"Opportunities will always come your way, and some of them will be worth taking (even important to consider as they will change your life for the better), whereas others should be avoided," the team of the "Off to College Journal" said. "If you don't know what you

want to happen in the future, it will be hard to determine which opportunities are good ones and which are not."

A lot of opportunities also come with strings attached, meaning that if you decide to undergo a project or take an opportunity, you should probably know what you're getting yourself into and be sure it's what you want.

"You will need to assess the risk of each decision that comes your way and work out whether it is going to get you closer to your goals," the team said. "If you have no goals and no plans, you will never know whether you are making the right choice or not. You might even end up ignoring every opportunity that comes to you simply because you have no idea what you really want."

That's kind of a sobering thought.

As I said in the beginning, spontaneity has its own very much needed, important place in life too, and I am so thankful that it does. Just as with many parts of life, though, there is a balance that needs to be found between it and planning to make sure we're living life to the fullest.

We all are busy people with a lot going on and a lot we hope to do. This time of year, there is a lot going on!

Some of us are starting to prepare for finals by teaching the last few chapters or starting to decide what grades we need to pass. Some of us are already halfway gone into summer with aspirations to go out to the lake, see the world or just slow down with friends. Some of us are getting married, some of us are graduating.

Some of us don't know what we're doing yet, but no matter what you're doing and wherever these next weeks will take you, just keep in mind planning ahead is important.





# Textbooks: To buy or not to buy

Continued from pg.1...

Kathy Kristof, a finance reporter, conducted her own research on the topic. In an article she wrote in 2018 for CBS news, she found that “65 percent of students skip buying required texts at some point in their college career because of a lack of affordability.”

On a national level, in an effort to help students, the Affordable College Textbook Act was introduced to the United States Senate on Sept. 26, 2017. The bill is meant to “expand the use of open textbooks in order to achieve savings for students.”

In the findings section of the bill, it says that through the use of open educational resources, which are “an educational resource that either resides in the public domain or has been released under an intellectual property license that permits its free use, reuse, or modification,” as the potential to save students more than \$1 billion every year.

The open educational resources include open textbooks, that are “a set of open educational resources that either is a textbook or can be used in place of a textbook for a postsecondary course at an institution of higher education,” according to the bill.

Open educational resources could also significantly lower textbook costs and reduce financial barriers to higher education. This could make efficient use of taxpayer funds.

Even if students do have the ability to buy all their textbooks, they sometimes don’t even use them for a class. Occasionally, the book will be “required,” but all the information needed is already in the PowerPoint presentations the professor uses.

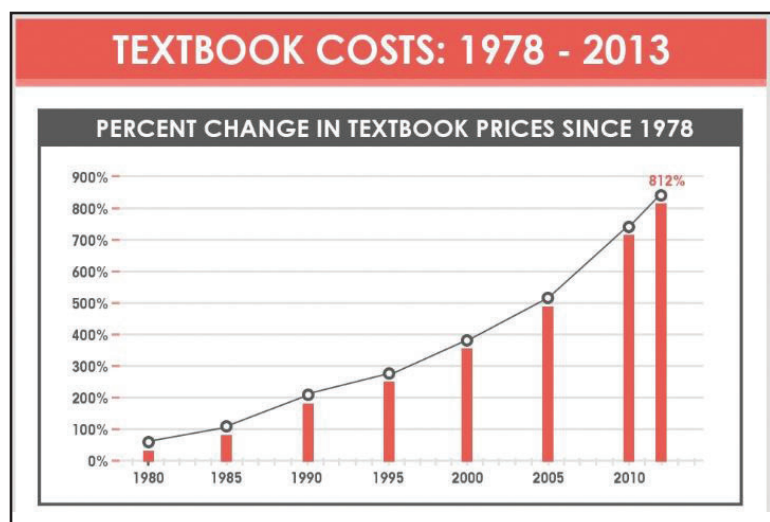
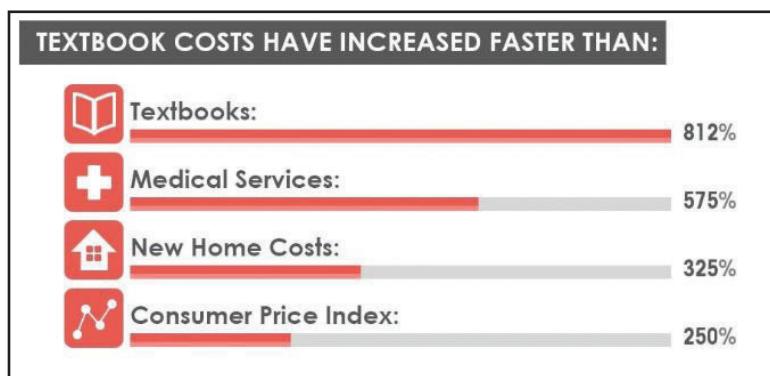
In a recent survey conducted at Northwestern Oklahoma State University, students were able to voice their opinions on the prices of textbooks. Of those who completed the survey, 90 percent of the students said they have either purchased or rented a book for a class but never used it.

Some students do not bother with buying the book until after the first week or two of classes, if they get it at all, because they do not want to waste money.

“I never get the textbook until after the class starts to make sure I need it,” Sharon Boeckman, freshman math major, said. “I bought the textbook for a Biology class, but I realized soon that I didn’t really need it.”

Boeckman said that she usually buys her math textbooks, but she doesn’t usually buy her general class books.

“My decision to purchase or rent books at all depends on how expensive they are and how bad I need them,” Marisa Wilkinson, junior early childhood education major, said. “I do find it annoying that once the rentals are all gone



you have to buy the new book instead of just renting the newer book.”

“Most of my classes use Cengage/WebAssign or Learnsmart, so I only bought two actual books,” a survey participant responded. “I needed to buy a third one, but it was too expensive. The books I do have I plan on giving away to any incoming freshmen who want them.”

“Cengage [Unlimited] came out last fall of 2018,” Kingcade said. “So last fall was our first run through and we had an OK amount and once me and the team [bookstore staff] finally figured out what was going on and how it could really benefit students and not to charge them for Cengage unlimited and then sell a Cengage book.”

We finally figured it out so this semester has been awesome for it. We have had a wonderful turnaround on that. I train my students to understand that if they have general education classes that have access codes, they don’t have to buy the cardboard coat. All they have to do is buy one access and then you’re good to go.”

Getting back to the root of the problem, and the main issue here, why are textbook prices so high? Claims by multiple sources conflict with each other.

“Cost wise, yes they are going down,” Kingcade said. “So, since we are technically a retail company, especially Follet, we buy them at cost, and we have to mark them up to make a profit off of them.”

According to the Association of American Publishers, student spending on course materials has actually “declined significantly over the past 10 years,” going from \$700 to \$500 annually.

Studies done by National Association of College Stores and Student Monitor show that students spent an average of \$500 on

textbooks and other course materials during the 2017-18 academic school year. They also concluded that this marked the third consecutive year that student spending on such materials has decreased.

The AAP’s reasons for the declining spending are due in part to competitive retail markets, increased usage of inclusive Access programs, which are programs that include the cost of course materials in tuition, as well as students having more options, whether it be buying or renting, and physical copies versus digital copies.

While the AAP says that book prices have declined, other articles say otherwise.

According to an NBC article by Herb Weisbaum, the cost of a college textbook has increased by 73 percent since 2006. The College Board suggests students put aside \$1,200 a year for textbooks and supplies.

Why are textbooks so expensive?

Kristof suggests access codes as being the main culprit in the high prices of textbooks. Access codes are only good for the one class and then the textbook essentially becomes useless to other students. This means the retail price is low, if they can even sell the book in the first place.

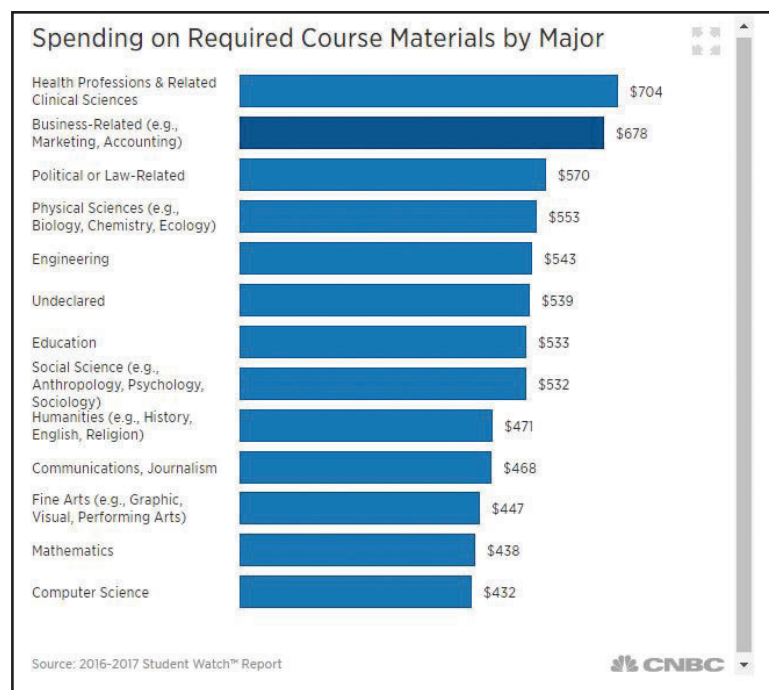
The low retail price is something that affects many students. If they are not going to use the book anymore, what is the point in keeping it? Unfortunately, not all textbooks can be sold after the academic year.

So, what do students do with their textbooks after they are finished with the class? In the Northwestern student survey, many students said that they keep them, give them away or try to sell them. They oftentimes do not get their money back or even close to it.

“I try to sell them back, but

## TEACHER & SCHOOL ALTERNATIVES TO TEXTBOOKS

- Digital curriculum:** Online or cloud-based lessons with automated features that streamline education. Example: HealthCenter21
- Open-source / non-copyright textbooks:** Textbooks available for low cost or free based on open-source information that circumvents copyright claims (usually pre-1920). Example: Wikibooks
- Touchboards:** Digital input-based whiteboards that allow teacher illustration and emphasis as they lecture. Example: SMART Board
- Manipulatives:** Physical instruments that require student input to change outcomes and / or solve a problem. Example: Abacus
- No textbooks:** Teacher instruction and guidance combined with other educational elements at the discretion of a school



there have been instances where the bookstore is not taking them,” a survey participant said. “Otherwise, they usually have a box you can donate your books to, so I do that if I really don’t need that book again.”

Another participant said “I only got about \$14 when I tried to sell back a \$200 book. If I can’t sell them back, they just take up space on a shelf at home.”

“It’s not worth selling them back, the bookstore does not offer you much to buy them,” said a third participant. “I try to sell them to others who need them. You may only get half of the original price if you are lucky.”

Why is the resale price so low? How is it possible to purchase a \$200 textbook, that is barely used, for \$14?

“As long as the books are in sellable condition, no water damage whatsoever, we’ll buy them back,” Kingcade said. In what she described as the “bucket method,” the bookstore needs to buy back the books that the professors decide that they will need the following semester.

“Say I need 20 used textbooks for personal finance,” Kingcade said. “I’m gonna start buying them back and the first five or 10 are going to be pretty expensive for me to buy back, say \$50, but the closer I get to my number the price

goes down. That’s how they [Follet] figure out how to do buyback. So, when a student comes to me and says, ‘I bought this for \$250 and you’re only going to give me \$60,’ I have to say, ‘I’m so sorry but I just don’t have a need for it right now.’ It’s not only my store that does it, it’s for the whole Follet company.”

Kingcade also makes sure that students know about the NWOSU book Buy, Sell & Trade page on Facebook. “Sometimes I’ll suggest to a student ‘hey, if you want to sell it for more, go to that website,’” Kingcade said. “I think that includes all three campuses.”

Furthermore, in a New York Post article, Alex Neal, CEO of CampusBooks.com, said, “since the publishers don’t make any money off used-book sales, their business model is to make the old editions obsolete and force you to buy a new book.”

All the conflicting studies and stories aside, the Northwestern bookstore sees good things on the horizon for students trying to sell back their textbooks.

“I think this year it’ll be a better buy back season,” Kingcade said. “Most students are afraid ‘oh, they’re not going to buy them back’ or ‘oh, they’re only going to give me five bucks.’ Well if you come in and check, that’s five extra dollars in your pocket.”



# Spilling the beans on campus: Tracking campus caffeine

By SEAN DOHERTY  
ASHLEY WATTS  
MICHELLE WILLSON  
*Student Reporters*

Sleep-deprived students tend to reach for something to keep them up on the way to their morning classes. Whether it is from their personal coffee makers, Starbucks on campus, free coffee in Coronado Cafe, McDonald's or the Vanilla Bean across the street, caffeinated beverages are never far out of reach.

"I have coffee every time I go to the café," senior biology major Nick Wygle said. "I also use my coffee maker and make cold brew iced coffee in my room."

The safe level for healthy adults is 400 milligrams (mg) of caffeine a day, MayoClinic.org said, which is about the amount of caffeine in four cups of brewed coffee or two "energy shot" drinks. Some energy drinks have more caffeine than others. Bang energy drinks have 300 mg per can. So consumers must be aware of their intake throughout the day.

"Most food governing agencies like the FDA do not require that foods containing natural ingredients like coffee or tea label that the product contains caffeine, but any added caffeine does have to be identified on the product's label," according to caffeineinformer.com

In a survey conducted on Northwestern students, 31 percent of those who answered the survey said that they have some form of caffeine 3-4 times a day which falls in the safe levels of caffeine for adults.

"I drink caffeine mostly for the taste" Wygle said. "I use to drink it for the energy but it does not really help with that anymore."

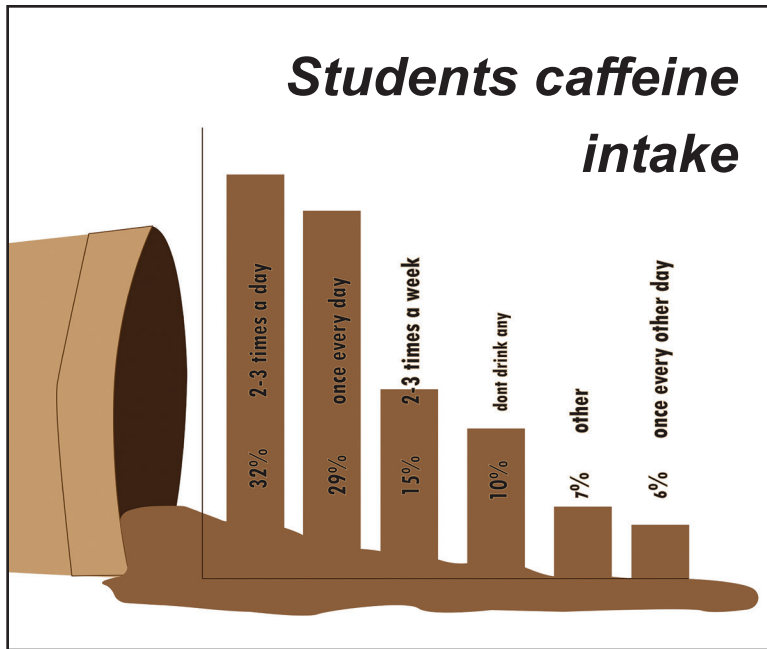
People tend to consume caffeine a lot in their everyday life because it is in everything from soft drinks, coffee, energy drinks, teas and even medicine.

"I get my caffeine fix from coffee, soda and energy drinks," Wygle said.

Caffeine is a central nervous system stimulant, said A'loria Salazar, a licensed vocational nurse at Hendrick Medical Center in Abilene, Texas. Caffeine makes you feel more awake and gives you a boost of energy.

"The effects of caffeine on the body may begin as early as 15 minutes after ingesting and last up to six hours," according to uhs.umich.edu.

Students do not have to look far for a place to buy coffee, from the Starbucks on campus to McDonald's, the donut shop and the Vanilla Bean right across the



street.

Teresa Young moved to Alva five years ago and opened the Vanilla Bean in 2016 at the encouragement of some friends. "Alva needed something like that," Young said.

She actually opened the business in a different location in town until some of Northwestern's Foundation office offered her a spot across from the university, where the shop is now located. Young admits she was surprised at the success of the coffee shop, and credits the location as a main factor in its success, but that is not the only reason.

"People like caffeine," she said simply. "You really cannot get specialty coffees anywhere else in Alva."

The Vanilla Bean offers a wide variety of specialty coffees, as well as breakfast items like pancakes, breakfast sandwiches, and then sandwiches, salads and soup for lunch. The coffee shop takes pride in their customer service and the food items made fresh daily.

The most popular food items include the things not readily available around Alva, such as the quiche, a baked tart with a savory filling and scones, but she cannot pin down her most popular drink. "During the summer, we sell just as much iced coffee as we do regular coffee," Young said.

Siera Earnest, who has worked at the shop for a year, says a cappuccino is the most popular item. Earnest, who plans to attend Northwestern Oklahoma State University this fall, does not actually drink coffee, preferring the taste of soda and tea.

The coffee shops busiest hours are from 6 a.m. to 9 a.m., then again from 11 a.m. to 1 p.m., but people come in to buy coffee all day long. Though her clientele might surprise some.

"College students probably make up the least percentage of customers. They are mostly just

regular working people," Young said. The coffee shop does get a lot of business from teachers and administrators at NWOSU, but the students rarely venture across Oklahoma Boulevard. Young acknowledged that the convenience of having a Starbucks in the NWOSU student center might have something to do with it.

During the summer of 2017, NWOSU remodeled the student center and put in a Starbucks. That has allowed students to access coffee on a regular basis. Irys Pollock, a barista at Starbucks, says the top three drinks sold are caramel macchiatos, white chocolate mochas and frappuccinos.

Not only is the Starbucks conveniently located in the Student Center Ranger Mart on campus but the students are given Ranger Bucks with their meal plans that can only be used either at the Starbucks or Ranger Mart. The amount ranges anywhere from \$50 to \$150 depending on the meal plan they chose. The Ranger Mart houses all sorts of snacks and drinks including pops and energy drinks.

However, when asked whether non-caffeinated drinks ever outsell caffeinated drinks, "it depends on the day," Pollock said. "Sometimes they do sometimes they do not."

Starbucks busiest hours are their happy hours from 9:30 a.m. to 10:30 a.m. and sometimes they are at their busiest the hour and a half after happy hour, says Pollock. "At Starbucks my favorite drink is an iced cafe mocha," Wygle said. "But sometimes I prefer the daily coffee."

Most people focus on the negatives of caffeine but it also has many positives.

Caffeine can be prescribed for medical reasons. Salazar said caffeine is good for asthma because it helps open up your

### Health Matters

## Over the limit on caffeine

Moderate daily intake of caffeine (200 to 300 mg) normally is not harmful, but too much can cause negative health side effects.

**Caffeine content, in milligrams, per serving or container:**

Beverage	Volume	Caffeine (mg)
Brewed coffee*	8 oz. (240 ml)	135
Starbucks Espresso*	1 oz. (30 ml)	70
Monster Energy	16 oz. (480 ml)	160
Red Bull	8.3 oz. (250 ml)	80
Mountain Dew	20 oz. (592 ml)	90
Coke	20 oz. (592 ml)	60

\*Average caffeine content; varies depending on strength of beverage

### What's your caffeine intake?

**Amount of caffeine if you drink:**

- 0 - 200 mg: Stimulates nervous, cardiovascular systems; elevates mood
- 200 - 400 mg: Irritability, anxiety, insomnia; health risk
- 400 - 800 mg: Health risk

NOTE: Only shows caffeinated beverages; you may also be getting caffeine from some foods and drugs

Source: Mayo Clinic, University of California Davis Graphic: Lee Hulteng © 2010 MCT

lungs. Caffeine can also help get rid of migraines. In some cases medical professionals will actually prescribe caffeine to people who have headaches all the time, drinking caffeine will get rid of the headaches by expanding the blood vessels.

"Caffeine is one of the most widely consumed psychoactive substances and it has profound effects on sleep and wake function," according to "Caffeine: Sleep and daytime sleepiness" by Timothy Roehrs.

Caffeine also helps people who have hypoglycemia. Hypoglycemia is a condition when your glucose in your bloodstream drops to a low level. People who have this condition are told by a medical professional to drink a caffeinated or carbonated drink to help bring their glucose levels up to the normal amount.

"Heavy caffeine use can cause unpleasant side effects. And caffeine may not be a good choice for people who are highly sensitive to its effects or who take certain medications" according to MayoClinic.org

Caffeine has many reasons why medical professionals might advise against it like restlessness and shakiness, headaches, dizziness and rapid or abnormal heart rhythm. Salazar said, caffeine can also elevate heart rate and raise blood pressure. Caffeine also has many other side effects including sleep deprivation.

### How much caffeine is in your favorite drinks

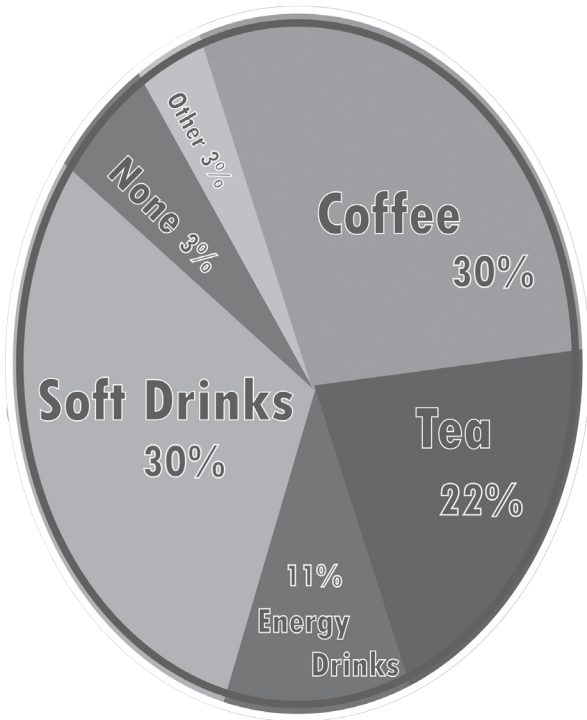
Most healthy adults can safely consume up to 400 mg. of caffeine a day.

Category	Beverage	Volume	Caffeine (mg)
Coffee	McDonald's drip coffee	12 oz.	109 mg.
	Dunkin' Donuts drip coffee	10 oz.	215 mg.
	Starbucks drip coffee	12 oz.	260 mg.
Lattes	McDonald's latte	12 oz.	71 mg.
	Dunkin' Donuts latte	10 oz.	75 mg.
	Starbucks latte	12 oz.	75 mg.
Energy Drinks	Regular Red Bull	8.4 oz.	80 mg.
	Monster	16 oz.	160 mg.
	5 hour Energy	2 oz.	200 mg.
Soda	Regular Coke	12 oz.	35 mg.
	Diet Coke	12 oz.	47 mg.
	Mountain Dew	12 oz.	54 mg.
Tea	Lipton Lemon Iced Tea	20 oz.	35 mg.
	Arizona Lemon Iced Tea	20 oz.	38 mg.
	Lipton Pure Leaf Iced Tea	18.5 oz.	60 mg.



# Feature

## How NWOSU students get their caffeine fix



## Tracking caffeine habits of Northwestern students

CONT: P. 7

“I stopped drinking Dr. Pepper for five years because I had stomach acidosis and it caused my physical pain,” said junior and elementary education major Laura Reed. “When I was a freshman at Oklahoma State University it became easy to get a Dr. Pepper at lunch because they had serve yourself fountains and I got bored of drinking water and lemonade. It doesn’t hurt to drink Dr. Pepper anymore because I got medicine for it.”

“I stopped drinking coffee because of track,” said freshman and math major Chris Chauncey. “I had gotten to the point where it started to slow down my heart rate.”

Caffeine is popular on campus, 93 percent of students who answered our survey stated that they consume some form of caffeine, whether it be from soft drinks, coffee, teas, ect.

“Studies have shown that caffeine dependence develops at relatively low daily doses and after short periods of regular daily use,” Roehrs said.

Salazar said people get addicted because caffeine is everywhere. It is not regulated by anything.

“Really simple to say if I am tired, I get a cup of coffee instead of getting enough sleep,” Salazar said.

46 percent of students on NWOSU’s campus said they have experienced symptoms of caffeine withdrawal, such as bad headaches, fatigue, irritability or difficulty concentrating.

“I get severe headaches when I do not have caffeine,” Wygle said. “In those cases I either get headache medicine or just caffeine.”



feinate.”

You experience symptoms of withdrawal because your body is dependent on it; it affects your brain chemicals, Salazar said.

“Your brain is reliant on it and if it is not there it hurts,” she said.

“Those that use caffeine and have tried to quit can attest that caffeine causes some degree of both psychological and physiological addiction,” according to Caffeineinformer.com

It is normal to walk across campus and see several students with coffee, pop or energy drinks in their hands.

“Caffeine has become a staple on campus because it helps students keep up with their busy schedules,” Wygle said. “It is a way for students to keep up with today’s society.”

The survey showed that most students at Northwestern are in the healthy amount of caffeine



zone. Caffeine can have both positive and negative effects. Consumed in moderation it should not have negative effects on your life. Though you can become dependent on it if you are not careful.

“Caffeine is considered the most commonly used psychoactive drug in the world, but if it is used in a normal way it is completely harmless,” according to medicinenet.com



## The benefits of having friends

By DAFNE DORCELUS  
Student Reporter

Friendships can have a major impact on your health and well-being, but it’s not always easy to build or maintain friendships. Understand the importance of friendships in your life and what you can do to develop and nurture friendships.

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too.

Friends can also increase your sense of belonging and purpose, boost your happiness and reduce your stress and improve your self-confidence and self-worth

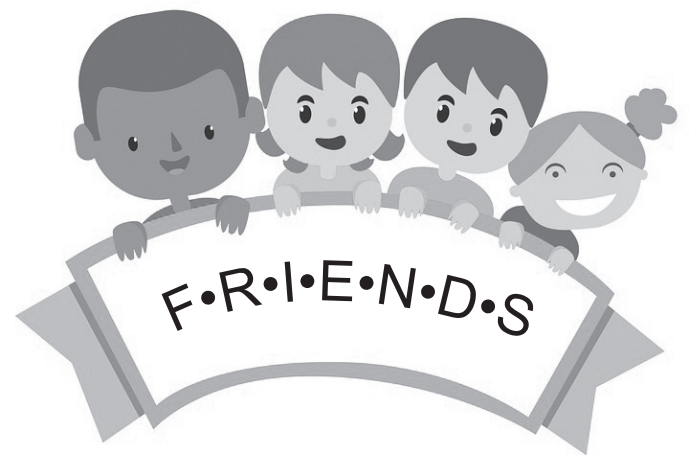
Friends also play a significant role in promoting your overall health. Adults with strong social support have a reduced risk of many significant

health problems, including depression, high blood pressure and an unhealthy body mass index. Studies have even found that older adults with a rich social life are likely to live longer than their peers with fewer connections.

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents.

You and your friends may have grown apart due to changes in your lives or interests. Or maybe you’ve moved to a new community and haven’t yet found a way to meet people.

Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.



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# Entertainment

## What's New on Netflix

**Available April 25**

The Hateful Eight: Extended Version  
The Ugly Truth

**Available April 26**

ReMastered: Devil at the Crossroads  
She-Ra and the Princesses of Power: Season 2  
Street Food  
The Sapphires  
Yankee

**Available April 27**

American Honey

**April 29**

Burning  
The Imitation Game

**April 30**

Anthony Jeselnik: Fire in the Maternity Ward  
Baki: Part 2  
Ingress: The Animation

**May 1st**

Austin Powers: International Man of Mystery (1997)  
Code Geass: Lelouch of the Rebellion (Season 1)  
Chasing Liberty (2004)  
The Final Destination (2009)  
Inspector Gadget (Season 3)  
Inside the Mind of a Serial Killer (Season 2)  
Kia and Cosmos (2018)  
Knock Down The House (2019)  
Manifik 2 (2019)

**May 2nd**

John Carter (2012)  
Norman: The Moderate Rise and Tragic Fall of a New York Fixer (2016)



## 2019 'Pet Semetary' doesn't compare to the 1989 version

By **ASHLEY STREHL**  
*Editor-In-Chief*

I have always been one of the many fans of Stephen King and his morbid, no-holding-back horror novels.

They not only give one the spooks, but they address many common real-life and psychological issues that people can relate to and understand. Recently, I have emersed myself into one of King's novels, "Pet Semetary," yes, it's spelled right, I thought that at first too. But the title has more context behind it than one can believe.

I have not had the chance to read the book yet, but when I found out it was coming to theaters I knew I had to do some sort of research on the story before watching, that's just what I do.

So my friend brought over the 1980s version of "Pet Semetary," and although I watched it while the sun was still shining, I was very unsettled and disturbed by the movie.

My goodness was it morbid. So much death. And the first death is with (spoiler alert) a cat named Church. I love cats and I absolutely refuse to watch any movie that involves a death or anything related to that of an animal.

So initially, this was my first turn off. Poor cat. BUT THEN, the cat comes back to life! However, it starts acting strange, hissing unnecessarily, bringing half dead things into the house, basically me on my time of the month. As the movie went on, it got crazier

and crazier.

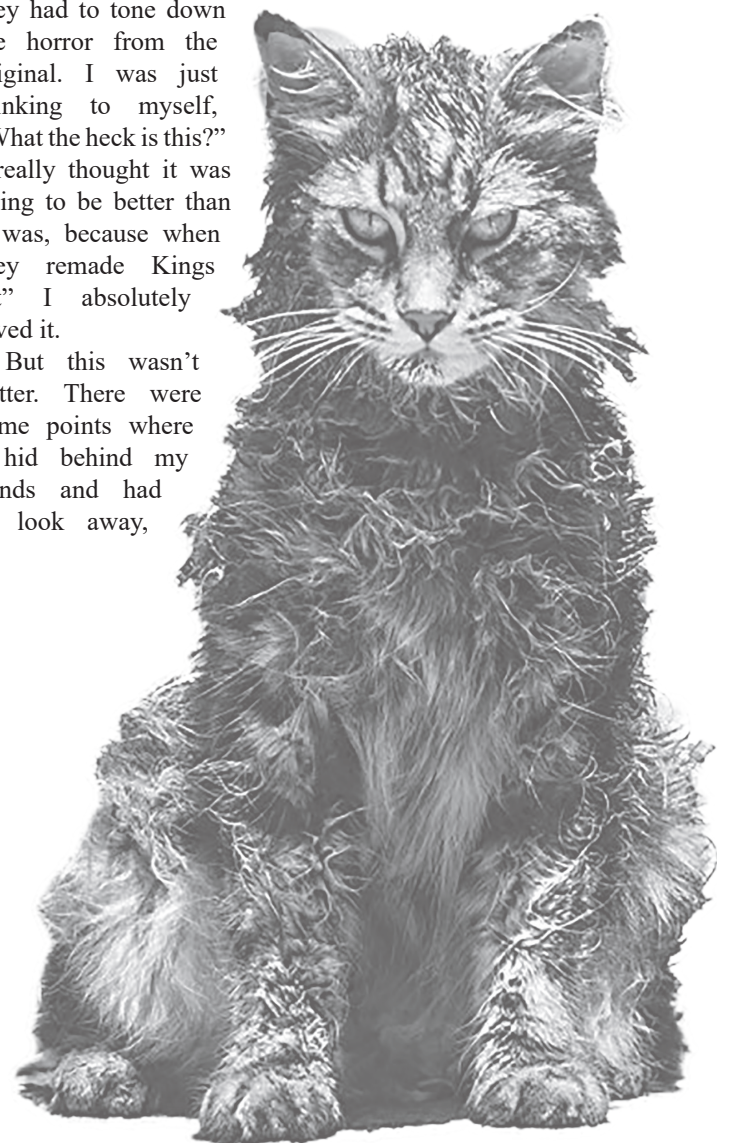
I'll spare you the details. I had high expectations for the 2019 version. As I sat in the theater with my friends and popcorn, I was ready to get my socks scared off. Unfortunately, all I had to sit through was a corny and underwhelming, dumb knockoff of the original.

They changed the story, and surprisingly enough they had to tone down the horror from the original. I was just thinking to myself, "What the heck is this?" I really thought it was going to be better than it was, because when they remade Kings "It" I absolutely loved it.

But this wasn't better. There were some points where I hid behind my hands and had to look away,

but the ending just made me say "Really?" Of course, there was some foreshadowing of a "Pet Semetary 2" which I will probably won't go see, well I probably won't have anything better to do... I'll let you guys know. I give "Pet Semetary" 3 stars out of 5.

Because it DID scare me but it's really nothing I would write home about.



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# Sports

## Track finishes seventh in GAC Outdoor Championship

By RANGER ATHLETIC DEPARTMENT

Having a good showing at the first ever conference outdoor meet is always a goal for a new or re-launched program.

The Northwestern Oklahoma State University track and field did more than that during the first two days of the Great American Conference Outdoor Championships, currently going on at Oklahoma Baptist in Shawnee.

Northwestern's performances were highlighted by a championship mark in the javelin by junior transfer Zarin Goodrich. The Iowa native threw a distance of 40.02 meters to shatter the previous GAC Outdoor Championship meet record by nearly two meters, best the 2018 championship mark by more than eight feet and earn the accolade of All-GAC First Team.

Her distance is the third best mark in GAC history, but longer than the conference record entering the 2019 season. Southern Arkansas freshman Teresa Reed and Harding's Jenni Nadeau, both of whom finished behind Goodrich on Friday, have the top two performances set at the SAU Dan Veach Invitational three weekends ago.

Senior Kayla Gourley has made a statement in the Northwestern record books in both cross country and now track and field in her two seasons with the Red-and-Black. Gourley finished fourth in the 10,000 meter race with a new personal best time of 41:13.03, only 13-seconds from the third place finisher.

Top three finishers in an event



Photo Provided.

The Lady Ranger track and field team end their first season.

receive the distinction of All-GAC First Team performer, while fourth through sixth place finishers are named All-GAC Second Team.

Gourley will run again on Saturday in the 5000 meter race.

In the 3000-meter steeplechase, Jessalyn Rivet-Tissot had an outstanding showing by setting a new PR in the event by 27 seconds with a time of 12:20.66.

In an event that began Thursday evening, Gina Wilson and Claire Theis competed in the women's heptathlon. The duo totaled eight new personal records Thursday evening between the two, adding more PR's on Friday.

When all was said and done, Wilson and Theis finished back-to-back in the final standings as they finished seventh and eighth,

respectively. This finished in third in the javelin portion of the heptathlon, as well as fourth in the shot put, while Wilson had a fourth place finish in the high jump and fifth place mark in the 200-meter dash of the multi-event.

Kelsey Swindle (33.85 meters) and Rosaria Milton (31.23 meters) each added new personal best marks in the hammer throw on Friday.

The Northwestern Oklahoma State University track and field team continued to show growth into the final day of the Great American Conference Outdoor Championships Saturday afternoon, held at Oklahoma Baptist.

Keiazayah Young and Cayla Smither continued to earn All-GAC finishes as they tacked on

Second Team honors in the triple jump at the meet. Young finished the event in fifth place with a new personal record (PR) at 11.45 meters, while Smither was just behind her in sixth at 11.12 meters.

Young and Smither joined Kayla Gourley (10,000-meter race) with Second Team All-GAC marks, and Zarin Goodrich was a First Team All-GAC honoree after winning the javelin championship Friday evening with a meet record.

The 4x400 meter team of Kylee Isbell, Megan Mayfield, Ladashera Bell and Lashayla Green finished in fifth place in the event with a season best and Second Team All-GAC time of 4:06.22 to set the school record.

Top six finishers received points for their respective teams, with first through third place earning First Team All-GAC and fourth through sixth receiving Second Team honors.

Northwestern finished the GAC Outdoor Championships with 19 points and in seventh place ahead of Southwestern and Southern Nazarene in the program's first season since the 80's. Northwestern point earners included: Goodrich (10; javelin); Gourley (4, 10,000-meter run); 4x400 meter relay (2); Young (2, triple jump); Smither (1, triple jump).

To go along with the All-Conference winners, 12 new personal best marks were set by Northwestern athletes on Saturday, including Young's triple jump performance.

"We couldn't be more proud of how the team came together and performed at the GAC Championships," said head coach Jill Lancaster. "Nearly every athlete set a personal best at the Champion-

ships. At the end of the day, that's all we can ask for."

Lancaster added, "The ladies represented the University exceptionally well."

Alexa Leyva joined Young with a new PR in the triple jump with a mark of 10.64 meters. Leyva also set a new best in the long jump at 5.06 meters, as did Young with 5.09 meters in the event.

Smither added a PR in the long jump with a top ten finish at 5.23 meters and in the high jump (1.42 meters).

In running events, Camille Lear had one of the biggest PR jumps on Saturday in the 5000-meter run as she finished at the 21:13.51 mark to best her previous mark by 43 seconds.

Jessalyn Rivet-Tissot, who PR'd in the 3000-meter steeplechase on Friday, added another in the 5000-meter run at 20:06.21.

Melissa Perez set a new personal best by nearly 10 seconds in the 1500-meter run at 6:07.13, Journey LeBeau (800-meter run; 2:29.89) and Megan Mayfield (400-meter dash; 1:01.34) each cut their times by four seconds and Gina Wilson set a new best in the 100-meter hurdles at 16.49.

"Each of the distance runners set a new PR at the conference championships," said associate head coach Brock Hime, who specializes in distance running. "They were able to realize that their hard work paid off. When senior Kayla Gourley earned all-conference in the 10K, it truly summarized this weekend for the group."

Gourley shaved seven minutes of her personal best in the 10K when she finished fourth in the event Friday evening.

## Baseball drops home series to Southeastern

By LOGAN JONES  
Assist. Sports Editor

In their second to last series of the 2019 season, Northwestern took on the Savage Storm of Southeastern Oklahoma State last weekend. Despite putting up a good fight, the Rangers lost all three games of the series.

Game one was a classic pitchers duel. Northwestern starter Kaleb Honea, despite getting the loss, had a great outing, striking out five through 6.2 innings. The Savage Storm struck first by plating two runs in the top of the second inning. The red and black answered back two innings later thanks to a leadoff triple from Johnnuelle Ponce who came across to score on an RBI single by Luis Mendoza.

The Rangers would continue to

threaten throughout the game, but they just could not get that big hit to drive in any runs.

In the top of the seventh inning, Southeastern scored again, giving the Savage Storm a 3-1 lead late in the contest. Northwestern would, again, have runners in scoring position in the seventh and eighth innings, but they were ultimately stranded as the Ranger bats just could not get the job done. After the ninth, the Rangers lost by score of 3-1.

In game one of the double-header on Sunday, the bats from both teams came alive. The Savage Storm scored three in the top of the first, but Northwestern answered quickly, scoring one of their own in the bottom of the inning.

Both teams continued to hit and put up runs. Southeastern scored two more runs in the fourth, extending their lead to 5-1. Howev-

er, the determined Rangers never backed down. In the bottom of the fourth, the red and black tacked on another run when Justin Bundy was able to score on a Mendoza single. Later in the fifth, catcher Bryce Donovan doubled with the bases loaded. Dash Johnson was able to score but that is all the Rangers would get as Luis Cintron was tagged out at the plate.

After Southeastern would again extend their lead to 9-3 in the sixth, Ponce was able to score after Donovan crushed his second RBI double of the day, making it 9-4. In the top of the ninth, the Savage Storm added one more run, giving them a rather comfortable six-run lead. But the Rangers still had some fight left in them.

The rallied to bring across three runs in the bottom of the ninth, but came up three runs short, losing 10-7.

Even in the final game of the

series, the SOSU bats still had some pop. The Savage Storm scored three in the top of the first, and one in the fourth. Northwestern cut the lead in half after solo blasts from Colton Whitehouse in the third and Ponce in the bottom of the fourth.

The Southeastern put up back-to-back two run innings in the fifth and sixth before the Rangers added their final run of the ballgame in the bottom of the seventh.

Marques Paige reached on a double to left field and moved to third two batters later.



Photo by Kolton Fishback.

The Rangers next take on rival SWOSU at home.



# Sports

## Golf rounds out spring season

By **RANGER ATHLETIC DEPARTMENT**

The season came to a close Tuesday afternoon on the golf course for the Northwestern Oklahoma State University men's and women's golf teams with the conclusion of the 2019 Great American Conference Championships, held at Hot Springs Country Club.

The Northwestern women improved a spot from a season ago as they shot a three-round total of 1010, one shot better than Arkansas-Monticello.

Brittani Casement followed up a quality showing Monday in the opening two rounds with a 78 on the final 18 holes to finish the event with a three-round total of 236 (77-81-78), 18 strokes better than her scoring in the 2018 GAC Championship.

Casement finished the tournament tied for 15th.

Playing consistent golf as the tournament went along, Nikkole Donk logged a final round of 83 to finish the event with a 249 (82-84-83) and a 34th place finish.

Rylie Eller (84-93-86) bounced back from a setback in round two to shoot an 86 in round three to finish No. 38.

With back-to-back rounds of 91 in the second and third rounds, Cassidy Pettigrew finished in the

No. 40 spot in the tournament with a total tally of 268, and Ashley Watts rounded out the event with a 272 (92-87-93).

The men's season came to an end Tuesday with better scores being posted than in the first two rounds of the tournament.

Four of the five Ranger golfer competing at the GAC Championships improved their scorers from day one to day two.

Preston Ewing was the top finisher for the Ranger men with a 233 total when followed up an 81-77 opening day with a 75 in the third round.

Tyler Berryhill finished two spots behind Ewing on the leaderboard with a 36th place finish with a total score of 234 (78-79-77), and Parker Rehorn wasn't far behind with a 236 (75-79-82).

Colten Person improved his score nine strokes between the final two rounds as he posted a 76 on Tuesday to finish with a 244 (83-85-76) total, and Collin Stork added a total of 257 (93-83-81).

Arkansas Tech swept the championships in 2019 as both the Wonder Boys and Golden Suns won the team titles, while Andre Jacobs was the men's individual champion and Allie Weiner won the women's championship.

The ATU women have now won five consecutive GAC Championships.



Photo Provided.

The men and women golf team wrapped up their 2019 spring season.



## Price shines for rodeo

Photo Provided.

By **TED HARBIN**  
*TwisTedRodeo.com*

Ethan Price had a point to make this semester on the Northwestern Oklahoma State University rodeo team.

He made it this past weekend at the Southwestern Oklahoma State University rodeo in Weatherford, Oklahoma. He won steer wrestling, finished second in team roping with his heeling partner, Bo Yaussi, and earned points in tie-down roping.

In all, Price accumulated 320 points at the wet and windy rodeo to also claim the men's all-around championship.

"This is probably one of the best college rodeos I've ever had," said Price, a senior from Leedey, Oklahoma. "I've never made it back to the short round in all three events. Finishing in the top two in two events is the best I've ever done."

It paved the way not only for Price to walk away with two individual titles, but he was the key factor in the Rangers men earning the team championship. With those valuable points, Northwestern moved to within of the lead in the Central Plains Region.

"This weekend really helped us, because we came into this semester leading the region, and now we've messed around and hadn't had that good of a semester team-wise," he said. "It felt good to come out and really have a big push this weekend and hopefully get into the top 10 before the season's over with."

"We had a bunch of people do really well. It was definitely a team effort. It always feels better whenever everybody's doing something to help."

The biggest push for Price came in steer wrestling, where he completed a 4.1-second run to win the first round, a 4.9-second run to win the championship round and win the outright title. He was one of three Rangers who made the short round, and all placed; Brent Woodward of DuPree, South Dakota, placed second, and Riley Wakefield of O'Neill, Nebraska, finished fourth.

Price and Yaussi put together a 7.6-second run to finish fifth in the

first round, then stayed consistent with a 7.7 to win the short round. Their two-run cumulative time of 15.3 seconds earned them a runner-up finish.

"That was actually really important, because we've had a rough go at it this year," Price said. "It was good to actually get two roped and put down clean. We were both on the points team, so we got double points for that. That helps us in all area of that."

Heeler Tanner Nall of Colcord, Oklahoma, finished third with his heading partner, Ethan Griffin of Northeast Oklahoma A&M, while the Northwestern tandem of header Kelton Hill of Canadian, Texas, and heeler Jayden Labhaun of Follert, Texas, finished second in the first round; a long run in the final round kept them out of placing in the average.

Price made his way into the short round in tie-down roping after posting a 10.1-second run, good enough for fifth place in the first round. He failed to secure a time in the final round.

It's still a grand showing, especially for a cowboy just 10 months removed from surgery to repair a torn anterior cruciate ligament. In the months since, he has undergone serious rehabilitation. He returned to team roping last semester and was cleared to rope calves earlier this semester. His runs in Weatherford were the third and fourth he's made in steer wrestling.

"I couldn't really expect to win at first, because everybody's had a big jump on me in the standings," said Price, who is eighth in steer wrestling and 10th in heading in the Central Plains Region standings. "My main goal is to end up in the top three for myself and to help get the team into the top two so we can make it to the college finals."

Only the top three individuals in each event and the top two teams in the standings at the end of the region season advance to the College National Finals Rodeo, which takes place in June at Casper, Wyoming.

"If I can get back in the top three before Guymon (the Oklahoma Panhandle State University rodeo, which closes out the season the last weekend in April), then I will look to finish in that top spot if I can get up there," he said. "The

main thing is to get the team back to the college finals and see if we can do better than we did last year."

The women's team was led by breakaway roper McKayla Alliston of Buckhead, Georgia, who finished second in the short round and the average. Taylor Munsell of Arnett, Oklahoma, won the first round with a 2.2-second run but was unsuccessful in the short round.

Goat-tiers Megan Turek of St. Paul, Nebraska, and Meghan Corr of Rapid City, South Dakota, each earned their way into the short round. Turek finished in a tie for fourth place in the opening round, while Corr placed in a tie for sixth. Neither were fast enough to place in the short round or average. Barrel Racer Alyssa Gabrielson of Perham, Minnesota, scored her points in the short round, placing sixth in the final round and the average.

"I think this team is equally as good as the one we had last year," Price said. "We have me, who made it to the college finals once, and I'm a three-event cowboy. We have Riley, who has made it, and he's a three-event cowboy. We have Bo, who made it last year, and he's a three-event cowboy."

"Bridger Anderson is a stud in bulldogging, and he's hard to beat. We've got a lot of talent. If we ever hit on the same page the same weekend, it's going to be hard to beat us. If we could take all of us to Casper, I feel like we could do very well."

They have their chances the final two weeks of the season, first at Fort Hays (Kansas) State this weekend, then in Guymon the following. For Price, he not only has to overcome the mental aspect of his injury and persevere, but he needs to do so in a winning fashion.

"I was talking to (coach) Stockton (Graves) about dealing mentally with my knee, and he said, 'You've just got to do it; it's either going to hold or it's not,'" he said. "That's how I go about it now. My knee feels strong and healthy. There's a big mental part you have to get over, and I'm doing everything I can to make it happen."

That seems to be working for Price and the Rangers.



# Riders in the sky visits Herod auditorium



*Photos by Caitlyn Pray*

The Western artist group Riders in the Sky performed on Tuesday, April 23, at 7 p.m. in Northwestern Oklahoma State University's Herod Hall Auditorium.

