



# NORTHWESTERN NEWS

PRSR.T. STD.  
Permit # 5  
Alva, OK 73717

Address Service Requested

Volume No. 83, Issue 13

Northwestern Oklahoma State University, Alva, Oklahoma

December 2, 2021

Visit us online at [northwesternnews.rangerpulse.com](http://northwesternnews.rangerpulse.com)

Follow us on:

## NWOSU has new top cop – again

### Servis appointed as interim chief after Fuller resigns

By **JORDAN GREEN**  
*Editor-in-Chief*

Northwestern has a new campus police chief for the second time this semester – and the fifth time since 2019.

Northwestern police officer Cole Servis was named the university's interim police chief on Wednesday, following the quiet October resignation of Kyle Fuller, who was hired as chief during the summer.

Servis is the only full-time em-

ployee in the Alva campus police department, which hasn't been fully staffed with a chief and two full-time officers since 2019, said Dean of Student Affairs Calleb Mosburg, who oversees the department.

Fuller's last day on the job was Oct. 30. Mosburg said Fuller resigned because he had an opportunity to return to his previous job as a deputy with the Woods County Sheriff's Office.

"He said he loved his time up here, loves campus and working with students, but he felt like it was a better fit for him to be working back with the sheriff's office," Mosburg said.

Attempts to reach Fuller for comment were unsuccessful.



Cole Servis

Fuller was the fourth person to be Northwestern's top cop in the last two years. Former chief

Joel Johnson left the university in the spring of 2019, and then-officer Ethan Kennedy was named police chief. He left the chief's job in 2020 and was replaced by Kyle Hair, who left before the current school year began. Fuller replaced Hair.

The turnover in the department comes amid increased pressure on law enforcement agencies across the nation, leaving government entities struggling to hire new officers, according to a 2019 report from the International Association of Chiefs of Police.

"[T]he difficulty in recruiting law enforcement officers and employees is not due to one particular cause," researchers wrote in the report. "Rather, multiple

social, political, and economic forces are all simultaneously at play in shaping the current state of recruitment and retention."

As of Tuesday, Northwestern listed job openings for the chief, a full-time police officer and a part-time police officer on its website.

### PAY LEVEL COULD BE A 'DETERRENT'

Mosburg said the university has had "a few" applicants for the chief's position since it was posted, although the job salary may not be enough for some.

The university's police chief had a salary of \$45,000, accord-

See **POLICE CHIEF**, Page 2

## MERRY and BRIGHT

Northwestern, Alva light up the night for Christmastime



Photos by Jordan Green

ABOVE: Larry and Michelle Tharp on Skyline Drive have set up a Nativity scene in their front yard for Christmas, as shown on Monday. Michelle Tharp is a Ranger alumnae.

FAR LEFT: The home of Northwestern President Dr. Janet Cunningham is covered in Christmas lights as shown Monday. CENTER: Lights on a bush on campus glow Tuesday night.



NEWS

Pages 2 & 3

EDITORIAL

Pages 4 & 5

PROFILE

Pages 6 & 7

FEATURE

Page 8

SPORTS

Pages 10 & 11

# NEWS

## Fall commencement ceremony set for Sunday

FROM STAFF REPORTS  
*Northwestern News*

Northwestern's fall commencement ceremony will be at 3:30 p.m. Sunday in Percefull Fieldhouse.

Seventy-six Rangers will receive bachelor's degrees; 15 of the students will graduate with honors. Seventeen students will receive master's degrees.

The Northwestern band, under the direction of Dr. Michael Black, will perform during the ceremony. The post-graduation reception will take place in the Student Center Ballroom.

The speaker for the ceremony is 1983 Northwestern alumnus Chris Rivera.

Rivera is the CEO and chairman of Emulate Therapeutics, Inc. He is a native of New Mexico and graduated from Northwestern with a business administration degree. He played on the Northwestern men's basketball team from 1979 to 1983.

"My experience at Northwestern was a pivotal time in my life,"



Chris Rivera

Rivera said in a news release.

"When I enrolled, my intent was to become a Certified Public Accountant. I was not unlike many college freshmen and was unsure of what to major in after my first semester. My adviser, Mr. John Barton [a professor of speech and dean at Northwestern at the time] was the person who encouraged me to take his audiology class. He knew that I liked math and science, and it was the anatomy and physiology that I fell in love with."



File photo

Northwestern graduates are seated in Percefull Fieldhouse during the university's fall 2020 commencement.

## POLICE CHIEF: Mosburg says job salary 'competitive'

Continued from Page 1

ing to the university's 2019-2020 budget. The university does not list the chief's salary in the job listing on its website.

"We've had a couple applications that have come from way outside of our area here," Mosburg said. "They've worked in larger cities with ... much higher paying salaries for police officers. So, I know that drop for some of them can be quite a bit. It's usually a deterrent when they find that salary isn't quite where their perception of it is."

The salary for the chief is nearly the same as the starting salary for a certified police officer in nearby Enid: \$44,473.23, according to city data.

Mosburg said the chief's salary is similar to that of law enforcement officers in the area.

"We made some adjustments a few years ago to increase the pay for that chief's position," Mosburg said. "I feel like it's very competitive."

While Northwestern doesn't



File photo

A university police car is shown near Herod Hall in this 2020 photo.

pay as much as other law enforcement agencies, it offers benefits they can't: free tuition for officers and their families, and a more laid-back work environment, Mosburg said.

"You don't have to go work traffic or sit on the side of the highway and drive around town

and pull people over," Mosburg said. "[It is] really a community policing-type approach, where it's just getting to know the people on campus and building that relationship and trust factor."

But sometimes, not even a lower-stress environment can make up for higher pay.

"I've had applicants that are working as officers in the Dallas metro area that are making \$125,000 per year," Mosburg said. "If you're a young professional, and they're in need of hiring people ... why would you not go do that?"

Mosburg attributes the turnover in the chief's job to factors beyond the university's control. Some left to pursue other career opportunities, and others left because of family-related reasons, he said.

"It's not that the job is a bad gig," Mosburg said. "It just has happened that way, and it's been unfortunate, but nothing that they could ever say that the university was a bad place to work or they didn't get along with me."

### CAMPUS POLICE DEPARTMENT AMONG STATE'S SMALLEST

Northwestern's campus police department is among the smallest campus police agencies in

the state even when fully staffed. Aside from Servis, the Alva campus department is staffed by about five campus security officers, who are student workers, as well as three part-time police officers, Mosburg said.

Southwestern Oklahoma State in Weatherford has seven full-time officers, two student-cadet officers and 11 reserve officers, according to the university's website.

Northeastern State University in Tahlequah has a police chief, two sergeants and three officers for its police department, according to its website.

Mosburg said he believes the university will find the right applicant.

"With the change in the environment, so to speak, and just policing in general, I think we'll eventually land somebody who will be here for a very long period of time," Mosburg said.

"In the meantime, we're kind of dealing with the environment we're in."

## CORONAVIRUS UPDATE: CASE NUMBERS ON CAMPUS AND AROUND THE AREA

STUDENT CASES:

2

active as of Nov. 26. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

EMPLOYEE CASES:

0

active as of Nov. 26. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

IN ALVA:

13

active as of Nov. 30. Alva has had a total of 1,403 cases.

IN OKLAHOMA:

8,465

active as of Nov. 30. Oklahoma has had a total of 666,927 cases.

EDITOR'S NOTE: NWOSU reports new active student and employee cases weekly on Fridays at <https://www.nwosu.edu/coronavirus/active-covid-19-cases-nwosu>.

# NEWS

**ADVICE**

## Final thoughts

### Graduating senior Nick Dill offers his take on how to get ready for exams



Nick Dill

The week we all dread is coming up soon: finals week. Whether you're a freshman or senior, we all despise finals week.

My name is Nick Dill, and I'm a senior mass communication major at Northwestern. My time at Northwestern will be coming to an end, as I will be graduating with a bachelor of science degree in mass communication on Sunday.

Because I have been through three finals weeks, I would like to share some effective and helpful tips that have helped me succeed during some of the most stressful weeks in my college journey.

To start off, the finals schedule will look really overwhelming. You will see so many dates and times, but all you need to do is create a finals schedule based off of your classes on another document, such as a Word document or Google document. This document you create will be much easier to understand, rather than trying to reference the finals schedule the school gives you that has every single final date and time.

When creating this schedule, organize your finals for each class in the order of the day your exams will take place, and then put it in order by what time each final exam is. It is important to do this because you will most likely have more than one final exam in one day. Sometimes, finals will occur on a day and time that is not your regularly scheduled time for that class, which is why it's critical to have an easy-to-read, organized

schedule.

Next, communicate with your professors regarding the best resources to study for the final exam. Many professors will have review days and will tell you what you need to do and study to succeed on the final. The professors don't want to see you fail or see you take their classes again; they want to see you succeed.

If there is no review day, simply go up to the professor before or after class and ask them what you need to look over and study to be prepared for anything that will pop up on the final exam. This will also help because the professor will notice that you're putting in the effort to excel in the class. You will be surprised what professors will do if you put in the effort and take the time to reach out to them.

Now that you have your schedule planned, and you have the content to study, start studying as soon as possible. The best way to study is to focus on each final one by one.

When you study, try to study for about 30 minutes and then

take a break. If you try to study too much at once, you will get burned out quickly. Studying in increments can help you feel refreshed, which will cause you to study longer and grasp more information.

Expect to be up late during finals week. Finals week is all about staying up late with your classmates and constantly studying to review for the test. Coffee or any drink with caffeine that will keep you up will be your best friend.

Quality sleep is important to succeed. The best option is to study to a certain point and then head to bed and try to get seven to eight hours of sleep so you're well-rested for the final. It is so crucial for you to feel awake and at your best when you take your final.

**Need to see the finals schedule? Find it online at <https://www.nwosu.edu/finals-schedule>**

This concludes all of my tips to have a successful finals week.

The best advice I could give you for finals in the future is to study your hardest all the time because you will be better prepared for the final exam through all of the information you have retained. Good luck with your finals.

I will end my last ever story for the Northwestern News with this: Ride, Rangers, Ride, and beat Southwestern.

*Nick Dill is a former reporter for the Northwestern News.*

## What's up?

### FRIDAY

Northwestern artist-in-residence Chelsea T. Hicks (Xhuedoi^ ) will host a workshop in Jesse Dunn Room 327 from 10 a.m. to 5 p.m. The workshop is called "Creating with Our Ancestors" and uses drawing, painting and creative writing.

Participants are encouraged to bring an heirloom, document or object that represents one or more of the cultures of the participant's mother, grandmothers or great-grandmothers. The object will be included in a drawing during a timed sketching session. Seating is limited.

### SATURDAY

The Holiday Gala will feature the Northwestern band and choir and take place in the Herod Hall Auditorium.

The Christmas tree lighting ceremony will immediately follow the gala. Events are free and open to the public and will be from 7 to 8:30 p.m.

### DECEMBER 6

The Holiday Tuba Concert is from 6 to 7 p.m. in the Herod Hall Auditorium. The concert is open to the public.

Tuba players are welcome to participate in the rehearsals and performance.



Photo by Jordan Green

### NWOSU officials receive Patriot Award

Drs. James Bell, Eric Schmalz and Bo Hannaford pose for a portrait with Patriot Awards from the Department of Defense on Nov. 17 in the Student Center. The awards are given to workplace leaders who

support employees who are military reservists. Kirk Rogers, a criminal justice program professor at Northwestern, recommended the university for the award. Rogers is a member of the Kansas Air National Guard.

**HOLDER DRUG**

Hallmark 513 Barnes Alva, Ok 73717

580.327.3332 1.800.458.5349 Fax: 327.1848

**Holder Drug**

PHONE 332 - 30 - SIDE OF SQUARE - ALVA, OKLAHOMA

**12 Days of Christmas Specials**

Starts Thursday, December 2nd!

**Watch the Holder Drug Facebook for the special of the day!**

## NORTHWESTERN NEWS

Official Newspaper  
Northwestern Oklahoma State  
University

709 Oklahoma Blvd.  
Alva, OK 73717

Published weekly throughout the school year except during examination periods and holidays and distributed to students and staff.

### Fall 2021 Staff

**Editor-in-Chief**  
Jordan Green

**Editorial Editor**  
Devyn Lansden

**Sports Editor**  
Cade Kennedy

**Features Editor**  
Caitlin Hofen

**Assistant Editor**  
Connor Gray

**Advertising Manager**  
Jayden Dillon

**Circulation Manager**  
Dayra Verduzco Serrano

**Online Manager**  
Bailey Judd

**Adviser**  
Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232  
Telephone: 327-8479; Fax: 327-8127  
E-mail: nwnews@nwosu.edu  
The News is printed by the Alva Review-Courier

The opinions and comments contained in the Northwestern News are those of the writers and do not necessarily reflect the policies or beliefs of the university administration, Board of Regents of Oklahoma Colleges or the editorial staff. The News gladly accepts submissions but does not promise they will be used.

### AFFIRMATIVE ACTION COMPLIANCE STATEMENT

This institution, in compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act Amendments Act of 2008, and other applicable federal laws and regulations, and to the extent required by law, does not discriminate on the basis of race, color, national origin, sex, age, religion, genetic information, physical or mental disability, or status as a veteran in any of its policies, practices, or procedures. This includes, but is not limited to, admissions, employment, financial aid, and educational services.

Inquiries concerning the application of these programs should be made to Caleb Mosburg, Director of Student Affairs, Northwestern Oklahoma State University, 709 Oklahoma Boulevard, Alva, OK 73717, (580) 327-8415.

This publication, printed by Northwestern Oklahoma State University, is issued by the University as authorized by the Regional University System of Oklahoma. 1,600 copies have been prepared and distributed at a cost to the taxpayers of the State of Oklahoma of \$368.00.

### LETTERS TO THE EDITOR

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

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

All letters represent the views of the author.

### SUBSCRIPTIONS

Yearly subscriptions to the News are \$20.

# OPINION

## Make friends by sharing memories

**JORDAN GREEN SAYS**



JORDAN GREEN

Where do you meet good folks? The answer is probably different for everyone. Some of us meet them at tractor shows. A couple weeks ago, a friend of mine in the vintage tractor world was talking about his latest addition to his collection: an Oliver 1850 Row Crop tractor.

Roger Schmidt, who lives just across the Kansas state line, bought the aforementioned Oliver from a gentleman named Fred, who called this his favorite tractor. Fred had owned it for a while. Before selling the tractor to Roger, Fred gave it a thorough restoration and a good cleaning.

The sale of the tractor was hard on Fred. Roger assured Fred the tractor was going to a good home. And in response, "Fred's eyes gleamed, and his world was good," Roger said.

"We collect more than tractors," Roger said. "We collect friends."

His story is a testament to that truth. Old tractors, like many things, were built to be tough and practically last forever. But what lasts even longer than any physical objects are the friendships we form through caring for the stuff we're passionate about.

I got my first old tractor back in 2016. My late friend Dennis Muret had a 1949 Farmall Cub he'd kept in his barn east of Blackwell. It didn't run, but it didn't cost me anything, either. Dennis knew I'd wanted to have something to work on, and he gave me a spectacular project. Best of all, I got to spend time with him talking about the tractor and keeping him apprised of my adventures with it. That did my heart good. And I think it did his good, too.

With that tractor, I've since met countless people who have become my closest friends – and members of my "adopted" family.

Do you have an "old tractor"

in your life?

That's a metaphor, of course. Maybe you're a baseball card or comic book fanatic. A musical instrument enthusiast. A book collector.

Do you have a common bond that you share with someone else? A hobby you're passionate about, a revered collection, even just a habit of visiting a memorable place?

You see, collecting tractors is a way of filling one's heart and mind with stories, just like collecting stamps, fine China or anything else. It's the same principle as joining a fishing league, hunting with friends or getting together with your neighbors to watch the big game. It's all about finding a way to bond with others.

Collectors want to preserve the history of their stuff, and they want to make sure their collection is properly cared for well into the future. Many have a strong emotional attachment to their collections. A collection could have started with a family heirloom; maybe it started in a person's

youth and has carried on ever since. But no matter the "how" or "why," we all want to make new memories by sharing our collections with friends and family – and by meeting new friends and family.

By coming together and having something in common, we can find the unity, peace and happiness we all want – and need – more of in our lives. Anyone can, no matter what you choose to put your heart and soul into. When you bring together folks with these values, you've got some incredible friendships.

Today, consider what you're passionate about and think of how you can channel that passion into a new friendship.

As I reflect on my closest friendships, I'm reminded of a quote I heard the other day: "It's amazing the number of great people in my life that I wouldn't have ever met if it weren't for old tractors."

I don't know who said that, but I'd like to meet him. Might become a great friend.

## Life is what you make of it

By **LEAH DARNELL**  
Guest columnist

Life is what you make it. You can pour everything into the time you have on Earth or not care about what you pour into life and just go through the motions. I apologize in advance to go deep so quickly into this editorial, but it is what needs to be said.

In my life, I was always taught that what you put into each day matters. I have been thinking about this a lot recently.

For those who do not know me, I am Leah Darnell. I graduated with a mass communication degree in May from Northwestern after transferring from Cowley County Community College in 2019. I just wanted to say that finding a job after graduating in the area of mass communication was immensely difficult for me. I started looking, applying and interviewing all while I was working for Upward Bound during the summer. Many of the jobs I applied for and the companies I had interviews with told me "No."

I had a few callbacks for interviews, but at the end, I would get the phone call saying: "Your interview was great, but you aren't qualified for this position."

I felt truly defeated, but I knew that God would put me where He knew I would excel and where I could be a light. As I went on and worked with high schoolers this past summer, it definitely had its challenges, but also held rewarding moments at the same time.

A majority of the girls start-

ed calling me "Mom" because I cared so much about them and asked how they were doing every day I saw them. Then, one day, the roles reversed; I needed love and support. I did not come back on a Monday evening (it was the Fourth of July, so we came back a night later than usual). I had numerous girls text me to see if I was doing OK the Friday before my Grandpa Darnell passed away, and I had to get home to be with family. I came back that Tuesday night after being around family all day and laying Papa Darnell to rest. The numerous hugs and words of encouragement from the high schoolers that night were remarkable.

As days went past, I continued my search for a job as I continued writing cover letters, resumes and reference sheets while hoping for job interviews. The summer job ended, and I lived back at home with Mom and Dad before moving to Arkansas City, Kansas.

To my surprise, God was working behind the scenes as I was looking for jobs after the summer was over. I met a boy on the Christian dating app known as Upward. We matched on July 18. We started talking and getting to know each other. Our talks were short at first because he was visiting family back east while I was figuring out my next steps. Then our talks started getting longer, and we eventually started FaceTiming each other for 30 minutes, which eventually turned into an hour to two hours.

God's timing is always perfect. He knows exactly when we need

something or our special someone that can change our whole life. Michael Rue, you came into my life at the time where I needed you the most, and I am so thankful for the wonderful relationship we now have with one another. Life quickly sped up from there, and I was hanging on for dear life.

Time was running out before I was set to move. I still remember my dad asking me, "Are you sure you want to still move to Ark City?" I answered, "Yes." I knew deep down that there was a job out there for me in Ark City, the very place where I started my college career and where I still had a strong community of Christians I can lean on for encouragement and love. I still remember these days like it was only yesterday.

My Mom told me to look at the Arkansas City Public Schools district page for job listings. I found the job description for an SAT position. I still did not quite understand what it meant, so I called the district office to get more information. Consequently, I found out it was a student assistance team member position, which essentially involves helping in an elementary classroom. I was strongly encouraged to apply because job interviews were happening soon. So, I started applying the day before I moved to Ark City.

That night on the way to see my sister and brother-in-law, I got asked if I could do an interview the next day at 10 a.m. I immediately replied, "Yes." I interviewed with all of the elementary school principals the day

I moved, and by noon that same day, I got a call back from one of the principals offering me a full-time job as an SAT. Without hesitation, I answered, "Yes."

So within three to four days, I applied, completed an interview and was subsequently offered a job that I was eager to accept. I was finally able to move back to the place I called home for two years while I was at college.

Like I said at the beginning, life is what you make of it. I never thought I would be working full-time at a school. At times, this position is admittedly difficult, yet I know that, at the end of the day, I am serving as a firm supporter to fifth graders whether they know it or not. I work with such an amazing staff that constantly asks how I am doing and how my day is going, which I am forever grateful for.

I know that I have my degree in mass communication, but I know that God put me at the right elementary school for the right purpose in mind. I had the opportunity to use my talents to make a Veterans Day video for the music teacher and put together a video for the two principals. This video was then presented in front of the Arkansas City Board of Education, addressing the reading curriculum. Keep in mind, this is all happening while I am changing the lives of the students I come in contact with every single day.

Life is what you make it. Live each day as if it is your last one.

*Northwestern alumnae Leah Darnell is a former Northwestern News photo editor.*

# OPINION: MENTAL HEALTH MATTERS

## Athletic impacts

By **DEVYN LANSDEN**  
*Editorial Editor*

This semester, my classmates and I wrote a series of stories about mental health for our multimedia class.

My portion of the series was about the struggles of stress and anxiety traditional students and student athletes face.

As a class, we all chose this topic because we think mental health is becoming more normal in society, but it still needs to be recognized and understood more.

I learned some things about how students feel in their classes and how hard it is to be a student athlete. I learned a lot from interviewing the chair of the psychology department, Dr. Jason Ferrell.

I thought doing a series on mental health in the paper was a good way for readers to know that struggling with mental health is something so many people deal with every day.

It is a real sickness, and the way people look at mental health needs to change.

Ferrell said no one thinks twice when people break their legs and go to the hospital. But when someone needs mental help, people think it is embarrassing. I know not everyone thinks that, but the stigma is still there when it comes to getting mental health help.

I never thought about how much student athletes have to juggle because they are playing a sport. It is their choice to play, but they still have to miss class for games, and a couple hours of their day are dedicated to practice. During that time,

they could be doing homework.

I am glad we did our series over this because it really opened my eyes, and I realized a lot more people struggle mentally and don't even know it.

I chose to talk about students and student athletes because that is something everyone who reads the paper can relate to.

Being a student is not easy. Being a student athlete adds more to a person's plate and can cause more stress. I learned a lot about sports psychology from the video we had to do for another portion. I interviewed Brooke Fuller, Northwestern's

sports psychologist, about how she helps athletes perform better in their sports. She said she teaches them how to calm their anxiety whenever they are competing during games.

I got to interview people, and I learned a lot. I am glad we got to work on it in-depth all semester long.

I think the only thing I want people to get from our mental health stories is that it is OK to ask for help. People need to realize it isn't embarrassing to have mental health issues.

### EDITOR'S NOTE:

The columns on this page are written by Northwestern News reporters who wrote the November enterprise series **Mental Health Matters**. In these columns, reporters reflect on their project and what they learned about mental health challenges faced by college students.

To read the original series of reporting, follow the QR code on this page.



## Stigma changes

By **KAYLEA BROWN**  
*Student Reporter*

Writing a mental health story could easily be summed up in one word: onerous. A big word that many people don't know the meaning of but still choose to use.

That's kind of how I felt before writing my story. It's a big topic that a lot of people talk about, but a topic that people often talk about in the wrong way.

Opinions are opinions, but saying people are insane or psychotic just because they have a mental health disorder isn't right. This is largely the reason I wanted to write about the stigma on mental health and how it is changing.

This story was incredibly difficult to write for a lot of reasons.

One, because I have family and friends who are diagnosed with a mental illness.

Two, there's a lot to it. And three, the stories that people have shared with me about their mental health struggles were difficult to hear.

I felt a lot of different emotions as I wrote this story.

I felt angry toward so-

ciety that some people have to go to an extreme to get help. I felt sad for those who don't have a support system because those around them don't believe mental illnesses are real. Most of all, I felt proud that the people I talked to trusted me enough to tell me about their journeys with mental health.

While writing this story, I cried a lot more than I care to admit. Not only because my sources trusted me enough with their stories, but also because the stigma is finally changing, and that is something to celebrate.

I learned about the past. I learned about the present. And I learned what some people hope will be the future when dealing with mental health.

As Dr. Jason Ferrell said in my interview with him, "Mental health is physical health, and physical health is mental health."

We need to put an emphasis on our mental health the same way we do physical health. As the stigma is changing, I believe someday we will be able to do this.

My goal with my story was to make sure that I got everything I could right when it related to the details of the people featured in the story, and to make sure that this topic received the attention it needs to.

I hope that this story can help people see how the stigma is changing and how every person's journey with mental health is completely different. Because while it's being talked about more, mental health isn't easy to deal with, and no one should have to face it alone.

## Staying organized

By **LANEY COOK**  
*Student Reporter*

Juggling college homework and trying to keep up at work takes a lot out of a student, especially when there are other issues under the surface.

Mental illness has recently been a trending topic after so many celebrities have opened up about their traumas and past hardships.

With this light being shed on the issue, more and more people have started opening up about their mental health.

I talked to two different students from NWOSU – a graduate student and a junior – and they discussed their struggles with trying to maintain both work and school at an equal balance.

They both said they were able to have a flexible work schedule to make sure that school was the first priority, but even with their bosses' help, it's still a lot on just one person's plate.

The grad student works for the State of Oklahoma, clocking in more than 40 hours a week on top of being a full-time student with a 12-hour credit load.

She stays busy but uses a planner and budgeting tools to keep herself organized and know what all she needs to do.

Budgeting can help you not only save money, but you'll also see where all your money is going.

The junior is a business administration major on top of working as a certi-

fied nursing assistant at one of the nursing homes here in Alva.

She said that, even though her bosses are flexible with her hours for school, her job still stressed her out when she wasn't there, knowing all the things she'll need to do when she gets back.

We then discussed her diagnoses of epilepsy, attention deficit hyperactivity disorder and depression when she was in high school.

She struggled with having to face these disorders while transitioning from high school to college.

I also talked with Taylor Randolph, a psychology instructor who teaches classes over childhood trauma and addiction.

He went into more depth about the "why" behind these disorders. He said that any trauma people go through can somehow tie back to how their childhood was.

Even if you had a nice, normal childhood, it can still leave you with some type of trauma.

He introduced the term "etiology" to me, explaining that it is the cause or set of causes for a disease.

This series on mental health is not meant to just showcase some students with mental illnesses; it is to help you understand that you aren't alone with your mental illnesses.

This is an opportunity for students all across campus to see how their voices can impact others. Telling your story can be helpful not only to you, but to people around you as well.

By **AUSTIN MORTON**  
*Student Reporter*

Starting this semester, I did not realize just how big of an undertaking this whole project would be. There were so many moving parts and people to interview. It felt like, if I did not accomplish something for one day, I was already leagues behind.

Not to mention all the rescheduling of interviews that had to be done.

People would agree on one date, and then five minutes before the scheduled meeting time, they would have to reschedule. And this would happen multiple times with each of my interviewers.

Even when you think you've planned ahead and gotten everything perfectly set up, a wrench comes flying out of left field and throws everything off. It made me realize just how important planning multiple weeks (maybe even months) ahead is.

Honestly, the biggest struggle was just trying to figure out how to balance all of the work needed for this project on top of every other class, work and my general home life.

Getting sick with vertigo halfway through definitely made things tough, but it was also eye-opening.

With only one semester left, knowing that graduation is right around the corner, I realized that this was just going to be how life worked going forward.

It really put me to the test, and I enjoyed trying to overcome it.

I went in thinking this class and project would be difficult, but it was only as hard

## Accepting the past

as I made it.

When we chose the topic of mental health, I was expecting to hear the stories of some students, and that was it.

However, I left with a much larger appreciation for what some of these students go through on a day-to-day basis.

The way that they hold themselves, even with so much going through their minds, is inspirational to say the least.

One student in particular had gone through tremendous struggles, but until I knew about their story, I would have thought that nothing bad had ever happened to them.

That's just it, though. None of these students wants to go around and ask for pity over what has happened to them. It shapes who they are as a person, and in these instances, makes them better people.

They appear happier or less easily angered. Even when we would be interviewing about their traumatic pasts, some would laugh about it.

Looking back, there are a lot of things I would do differently: Plan sooner, get things done way ahead of time and put more effort into the work I did.

But this project also shows what happens when you look back on the past too much. These students did not use their past as an excuse for how they could act today, and I can't look back and wish I'd done things differently.

We have to embrace what we did for better or for worse and use it to help build our future. With the knowledge of what happened, we can grow as individuals and do better.

# Bell has passion for helping, teaching others

By CONNOR GRAY  
Assistant Editor

When Dr. James Bell saw two Northwestern faculty members struggling to move shelves up a staircase, he did what he loves to do: stop and help.

That's just one of the instances when Bell, Northwestern's dean of faculty and associate vice president for academics at Northwestern, has tried to help others, his family, friends and coworkers say.

Bell has had a long career as an educator and administrator. And those who know him best say his career is best defined by his passion for serving others.

"All my adult life, I have been an educator," Bell said. "I think what we do is important. Where we do it is important."

Bell was born in Pecos, Texas, and spent much of his early life in the Texas Panhandle. As a child, he was inspired by his parents, both of whom were educators.

In school, Bell was active as a student athlete, playing basketball and running in track and field. He was also a member of the Future Business Leaders of America organization, and he served as a class officer.

"I liked being involved in the decision-making process even back then," he said.

Bell's parents weren't the only educators who inspired him. He credits Joan Curtis, a math teacher, and John Goss, an English teacher, with helping him settle on a career path.

By the time he was a freshman, he knew he wanted to be an educator.

After high school, Bell attended Lamar University in Beaumont, Texas, where he obtained a bachelor's degree in English and psychology. He obtained a master's degree in English at Texas Woman's University, and he earned his doctoral degree in English at Texas Tech.

Bell worked for 11 years as a high school teacher. He taught English and psychology, and he coached basketball. He taught at the College of the Ozarks in Missouri for 11 years as an English professor, and he came to Northwestern in 2010.

## BECOMING A RANGER

Bell became the chair of English department at Northwestern. He left the field for two years and returned to Northwestern in 2015 to become the dean of arts and sciences. He then became the dean of faculty.

As the dean of faculty, Bell works with the leaders of the school's various departments to outline their objectives. He also advises students.

Angelia Case, the school's academic projects assistant and media specialist, has worked directly with Bell since 2015.



Dr. James Bell, Northwestern's dean of faculty and associate vice president for academics, is shown with his family during a visit to Naples, Florida, for Thanksgiving. (Photo provided)



Photos provided



TOP: Dr. James Bell, Northwestern's dean of faculty and associate vice president for academics, is shown with his wife, Kerri, left, and his son, Ty, right.

LEFT: The Bells are shown with their grandchildren.

"We work together more like a team," Case said. "We make sure department heads have all the information they need at meetings, hiring people, and all the crazy stuff that comes up daily."

She said working with Bell is a wonderful experience.

"Most people enjoy when their boss is gone," Case said. "I like it better when we're both here."

Dr. Eric Schmaltz, the chair of the university's social science department, said Bell is a positive influence at the university.

"He's very positive, very professional, very easy to work with," Schmaltz said. "As we academics are kind of a different lot, it's like having to herd cats sometimes."

Dr. Bo Hannaford, the university's executive vice president, said he holds Bell in high regard because of his work ethic.

"He's an outstanding person," Hannaford said. "He's got the right combination in terms of dealing with students and faculty. He wants what's best for the faculty, and he's got a great demeanor. He is a decisive leader, and he is somebody I can be open and honest with."

## FAMILY LIFE

Bell and his wife, Kerri, have been married for more than 30 years. They started dating after they graduated high school, tying the knot after Bell got his master's degree.

"I admire his helping spirit," Kerri said. "It's part of his personality that he really likes to help people."

"He truly wants to help people, whether it be helping advisees with getting a degree plan or faculty."

Kerri said Bell is an excellent communicator and a great listener. His only weakness, she jokes, is his massive sock collection.

"He has so many pairs of them that no single person should have as many as he does," she said with a laugh.

The Bells have two sons, Chris and Ty. Chris is a youth pastor in Florida and is a professional harp player. Ty is an Oklahoma City paramedic.

When Bell isn't teaching, he can be found kayaking at the Great Salt Plains State Park, fishing and spending time with his family.



Photo by Devyn Lansden

Dr. James Bell, Northwestern's dean of faculty and associate vice president for academics, is shown working at his desk in his office in this photo. Bell was a high school teacher before he started working in higher education.

# FEATURE

# The Nutcracker story

By **CAITLIN HOFEN**  
Features Editor

The Nutcracker Ballet is a classical Christmastime performance attended by millions of people. Derived from the story “The Nutcracker and the King of Mice,” by E.T.A. Hoffman, the Nutcracker Ballet has been performed for decades across the world by thousands of ballet companies. While each company has their own variation of the story, all follow the same outline.

## THE CHRISTMAS PARTY

The story begins on Christmas Eve in the Stahlbaum’s house, set in 19th-century Germany. The large house is adorned with beautiful decorations and the biggest tree one could imagine.

In preparation for their annual Christmas party, Mr. and Mrs. Stahlbaum are checking on last-minute details. Their children, Clara and Fritz, are playing as guests begin to arrive.

With the party in full swing, a mysterious figure lets himself in the parlor.

It is Clara’s godfather, Uncle Drosselmeyer. A toy maker, he produces three dolls: a ballerina doll, a toy soldier and a rag doll. Uncle Drosselmeyer winds up each doll and places them on the floor.

The ballerina dances with beauty and grace. The toy soldier dances stiffly, with strong movements. Lastly, the rag doll dances like she has no joints. The children at the party applaud the show.

Uncle Drosselmeyer gifts each child with a present: stick horses for the boy and little dolls for the girl. All except for Clara.

Despite her disappointment,

Clara continues to enjoy the party until Uncle Drosselmeyer approaches her again. From under his cloak, he hands Clara the most beautiful nutcracker doll she’d ever seen. She dances with delight at her gift.

Suddenly, Fritz appears from behind her and tries to snatch the nutcracker away. Clara pulls back.

A loud crack is heard over the music, and the nutcracker lies in pieces on the floor.

Uncle Drosselmeyer comforts Clara and takes the nutcracker under his cloak. When he gives it back to Clara, there is a scarf around its neck. He advises Clara to leave the nutcracker under the tree until Christmas morning.

After the party, Clara lies in bed and thinks of her beautiful nutcracker. When she can’t stand it any longer, Clara creeps down the stairs to check on her doll.

## THE GREAT BATTLE

It’s sitting under the tree, right where she had left it. But it seemed to almost smile at her as she lies down on the sofa in the parlor.

As sleep clouded her thoughts, Clara hears scurrying from the corner of the room.

Dozens of mice dart toward the tree and her nutcracker. As the mice get closer to the tree, they grow in size. Each is as big as Clara, with sharp teeth and leathery tails.

A shadow falls across the floor as the Mouse King steps in front of the fire. As tall as a grown man, the Mouse King drags his long claws along the floor as he runs at Clara.

Her scream echoes through the empty house. A figure leaps in front of Clara, protecting her from the attack.



Photos by Jordan Green

An avid collector of nutcrackers, Features Editor Caitlin Hofen receives at least one new figurine a year. Pictured is her newest addition, a two-foot-tall light up statue, given to Hofen by her grandmother.

It’s her nutcracker!

He’d come to life, as had Fritz’s toy soldiers he’d left under the tree. The nutcracker and his men fought the Mouse King and his minions. Swords flashed in the firelight, and mice and men fought to the death.

Clara curled up on the sofa, frightened for her beautiful nutcracker. Finally, she took her slipper and threw it at the Mouse King, surprising him.

With a final thrust, the nutcracker stabs his sword through the Mouse King’s chest, causing the battle to cease. Shocked by their leader’s death, the mice hurry to pull the body away into the dark.

Gladdened by his victory, the nutcracker properly introduces himself to Clara as the Nutcracker Prince. He asks her to accompany him to the Land of Sweets, which she agrees to do.

## THE LAND OF SWEETS

The Land of Sweets is beyond Clara’s imagination.

The forest is covered with sparkling snow and the entire place is made from candy — even the floors.

The prince introduces Clara to the queen of the Land of Sweets, the Sugar Plum Fairy.

The Sugar Plum Fairy calls out to all her friends to meet Clara and hear the prince’s tale. Each friend is a different sweet, excited to meet their visitor.

The prince recounts his tale of defeating the Mouse King, holding back no detail.

The Sugar Plum Fairy is impressed with Clara’s bravery and declares a day of celebration for the hard-fought victory.

Hundreds of sweets flock to the palace to perform for Clara and the prince.

Each spice and sweet dances for the pair. Some have bright colors, while others have slow, entrancing movements.

Clara is captivated by the performances. The last to go on are the Sugar Plum Fairy and the Nutcracker Prince. Their dance is slow and romantic as he lifts her across the stage.

Clara can’t believe the Sugar Plum Fairy dances on top of her toes.

As they take their final bow, Clara applauds the performers. She wishes she could stay in the Land of Sweets forever.

As she is saying goodbye to her new friends, Clara notices the palace growing darker.

She opens her eyes to see sunlight streaming through the parlor windows.

Clara dashes toward the tree to find her beautiful nutcracker completely new, like Uncle Drosselmeyer said it would be.



A part of Hofen’s collection is displayed together at her house. Hofen first started collecting nutcrackers after attending the ballet performance when she was young. It is now her tradition to attend a performance for her birthday each December.

**Thinking of Moving??**  
**Think Hi-Lo Apartments, LLC**

**1-bedroom apartments available!**  
**Within walking distance of campus**  
**School semester leases**  
**Laundromat on site**

**Sorry, no pets and no smoking in apartments.**

# ENTERTAINMENT

## FINE ARTS



Photo by Jordan Green

Northwestern Singers perform in Herod Hall Tuesday night. They collaborated with Northwestern Chorale, Enid High School Choir, Enid High School Orchestra and Alva High School Mixed Chorus to present "Dreamweaver: A Holiday Choral Festival." Northwestern Singers' next performance will be in the Holiday Gala on Saturday at 7 p.m. in Herod Hall.

# Herod Hall filled with fine arts



Photos by Devyn Landsen

BELOW: The cast of "Gretchen and the Grudge" runs through the final dress rehearsal before performing the annual children's play Nov. 18, 19 and 20. Approximately 1,620 children from various schools in the north-west Oklahoma area attended the play. LEFT: Angie Aguilera (left), Jack Mahoney (center) and Kevin Jaquez (right) act out a scene during dress rehearsal of "Gretchen and the Grudge." See Page 12 for another photo.



**ALVA VISION CLINIC**

Large selection of Oakley, Ray Ban, Wylie X Silhouette ... Contacts w/multifocal and astigmatism

Pre- and post-OP Lasix

MON. & THURS. 8A.M. - 5:30P.M.  
TUES. & WED: 7:30A.M. - 5:30P.M.  
CLOSED FROM 12P.M. - 1P.M.  
CLOSED FRIDAYS  
5:15PM APPT TIMES DAILY!

FOR AN APPOINTMENT CALL  
(580)-327-2393

AFTER HOURS CALL  
(580)-829-2026

Mastercard, Visa, Discover, American Express and Care Credit accepted

ACCEPTED INSURANCE:  
VSP, PVCs, MEDICARE, VISION CARE DIRECT, SOONERCARE, BCBS, EYE MED AND HEALTHCHOICE

"Complex contacts RX are our specialty"

Dr. Troy L. Smith  
504 College Ave

**Dad Joke of the Week:**

*I went to a theatrical performance about the dictionary.*

*I thought I would have more fun, but it was just a play on words.*



# SPORTS

## MEN'S BASKETBALL



Photos by Devyn Lansden

Larry White attempts a layup during Northwestern's game against Randall University on Nov. 23 at Percefull Fieldhouse. The Rangers defeated the Saints, 113-43.

# Rangers roll to victory



Jalen Smith dribbles around a Randall defender during Northwestern's game against the Saints on Nov. 23.

By CADE KENNEDY  
Sports Editor

The Northwestern men's basketball team continued its winning streak with games against Manhattan Christian and Randall.

The Rangers are off to a hot start, as they have won four of their first five games. During this stretch, the Rangers have been learning to play as a team.

"We've got 14 out of 17 players that are new, so our biggest thing has been building team chemistry and learning how to play together," said Vinay Patel, the head coach of the Rangers.

The Rangers played the Thunder of Manhattan Christian on Nov. 20, and the Rangers got a 96-76 victory.

The game was closer than the score would indicate, as the Rangers clung to a 47-42 lead at halftime. The Thunder were able to claw back and take the lead early in the second half, but the Rangers went on a 15-2 run over a period of six minutes in the second half to put the Thunder away.

Larry White led the Rangers in scoring with 18 points, while Malik Parsons had 15 points and Bubba Furlong had 14 points.

Matej Drgon led the Rangers with eight rebounds.

The next game that the Rangers played was against Randall, and the Rangers blew out the Saints, 113-43.

The Rangers had a 60-17 lead at the half and continued to score in the second half. The Ranger defense suffocated the Saints, as the Saints only shot 18.5% from the 3-point line.

Furlong led the Rangers in scoring with 16 points, while Ravel Moody and White had 15 points. Drgon led the Rangers in rebounds with 12. Furlong had nine rebounds, and Eric Hancik had eight rebounds. Brian Free and Anthony Jones both led the Rangers in assists, with five.

The Rangers will play Thursday against the Oklahoma Baptist Bison at 7:30 p.m. at Percefull Fieldhouse. This will also mark the beginning of conference play for the Rangers.

The Rangers have maintained a 5-7 record against the Bison since 2016, with the previous meeting ending in a 76-70 Bison victory over the Rangers. The Bison have won the previous five meetings with the Rangers, with the last Northwestern win coming on Dec. 1, 2018.

# SPORTS



Photo by Devyn Lansden

A player on the Northwestern women's basketball team prepares to shoot during a game versus Oklahoma Christian on Nov. 23 at Percefull Fieldhouse. The Lady Rangers won, 76-62.

## WOMEN'S BASKETBALL

# Lady Rangers keep up with winning streak

By **CONNOR GRAY**  
Assistant Editor

The Northwestern Lady Rangers finished their non-conference slate with wins over Manhattan Christian and Oklahoma Christian.

The Lady Rangers routed Manhattan Christian, 134-27, and averaged 33.5 points per quarter.

Andi Pierce and Jill Ingram led the Lady Rangers with 15 points, followed by Bailey Brown and Carly Craig, each with 12 points on the win. Carlie Badley led the team with eight rebounds and Craig with nine assists for the team lead followed by Zoe Cornett with four assists and four players with three assists.

The Lady Rangers' next opponent was a tougher challenge as they played Oklahoma Christian.

The Lady Rangers took a 22-12 lead at the end of the first quarter and kept the lead for the rest of the game, but the Eagles kept the game competitive.

The Lady Rangers won, 76-62, to close out non-conference play. Pierce had 24 points, seven rebounds and one assist on the evening to lead the Lady Rangers.

Check out the Christmas break game schedule: <https://riderangerside.com/sports/womens-basketball/schedule>

Brown had 21 points, six rebounds and one assist. Craig finished the evening with 14 points, four rebounds and five assists, and Kinsey Neiderer with 12 points, six rebounds and one assist.

The Lady Rangers will play against Oklahoma Baptist University on Thursday at 5:30 p.m. at Percefull Fieldhouse.

The Lady Rangers have maintained an 8-6 record over the Bison since 2016. Both teams have a 3-2 record going into the game.



Photo by Emma Sporleder

Jill Ingram attempts a layup during Northwestern's game against Manhattan Christian on Nov. 20 at Percefull Fieldhouse. The Lady Rangers defeated the Thunder, 134-27. The Lady Rangers will play against Oklahoma Baptist University on Thursday at 5:30 p.m. at Percefull Fieldhouse.

## Alva State Bank & Trust Company

Older than Oklahoma

<p><b>Alva Main Office</b> 518 College Ave. Alva, OK 73717 580-327-3300</p>	<p><b>Burlington Branch</b> PO Box 80 Burlington, OK 73722 580-431-3300</p>
<p><b>Enid-Chisholm Branch</b> 801 W. Broadway Enid, OK 73701 580-234-4201</p>	<p><b>Bank of Freedom Branch</b> 1085 Main St. Freedom, OK 73842 580-621-3276</p>

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

Member Federal Deposit Insurance Corporation 1-800-259-2582

# CURTAIN CALL



Photo by Devyn Landsen

The cast of "Gretchen and the Grudge" takes a bow during the final dress rehearsal before performing the annual children's play Nov. 18, 19 and 20 in Herod Hall.