

## THE THUNDER ROLLS

The Southern Nazarene Crimson Storm swept the Lady Rangers on the road on Friday and Saturday. PAGE 11



## ON DISPLAY

Northwestern's annual art contest concluded Friday. Check out photos of the event here. PAGES 6 & 7



# NORTHWESTERN NEWS

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## 2022 STUDENT GOVERNMENT ASSOCIATION ELECTIONS

# Blankenship, Taylor win SGA seats

By **KAYLEA BROWN**  
Senior Reporter

Northwestern students elected a new Student Government Association secretary and a new treasurer during online voting Monday and Tuesday.

Cora Beth Taylor won the secretary's race, and Tyler Blankenship won the treasurer's race.



Blankenship

The results were finalized after online voting concluded Tuesday at 5 p.m. Students voted via email.

The top two offices in the organization, president and vice president, were unopposed. Erika Hernandez will



Taylor

be the organization's next president, and Austin Rankin will be the next vice president.

In the race for secretary, sophomore Taylor won 163 votes, and sophomore Draven Hidalgo won 123. Taylor said she



Hidalgo

could not have asked for a better person to run against.

"If I had a chance to tell him anything, I'd just want to tell him that I'm so proud of him," Taylor said. "I'm so happy to have been through this op-



Zink

portunity with him."

In Hidalgo's opinion, the election was hard-fought, and the defeat will not stop him from being involved on

See SGA, Page 2

# DRINK IT UP

## Nutritional teas popular across U.S. and in Alva

By **DYLAN WHITELEY** | Senior Reporter

It's a place where Aquaman, Ironman and gummy bears all come together.

No, it isn't some crazy fantasy dream you might be having.

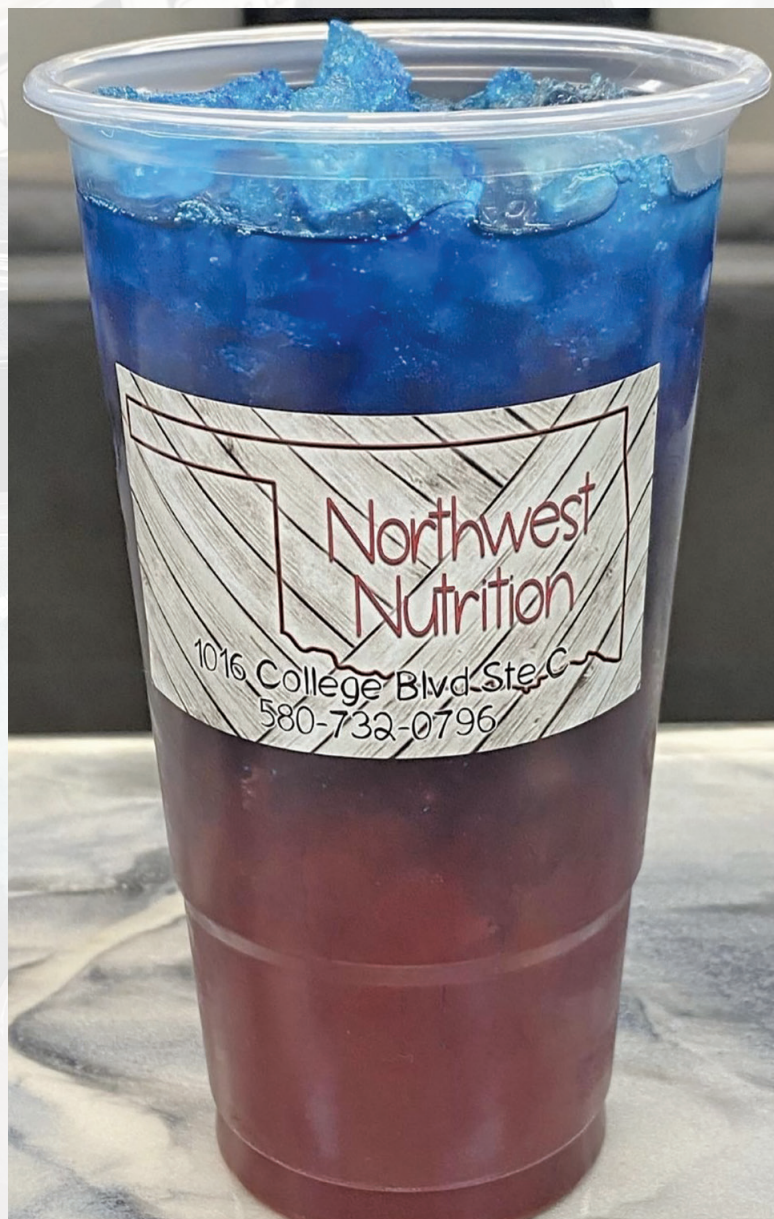
These are just three of the many flavors of nutritional teas that are available at Northwest Nutrition in Alva.

RIGHT: A nutritional tea is shown at Northwest Nutrition on April 1. Nutritional teas have become a sensation among people across the U.S., including Northwestern students in Alva.

Flavors used to make teas are shown in the background.

Photos by Devyn Lansden

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# NEWS

## TEAS: Students say nutrition shop has become social hub

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Since Jeramie Bradford opened the business in 2019, it has served nutritional teas and shakes not only to Northwestern students on campus across the street, but also to residents of Alva and the surrounding communities.

If you walk into Northwest Nutrition on any given day, you are likely to find the place filled with college students, high school students, children and parents all stopping in to have one of their favorite flavors of teas – or maybe even trying out a new flavor.

Bradford is a full time therapist and has always been big on health and nutrition, he said. Whether it's lifting weights or doing martial arts, Bradford said nutrition has played a major role in his life. He and his wife had been to other nutrition stores around the state, and those experiences led to the idea of opening one themselves.

"That was something we were interested in," Bradford said. "We liked how the clubs were run. We knew that we could put our own little spin on it, and that's how that came about."

### GROWING TREND

Over the past few years, countless nutrition businesses have opened up in Oklahoma and across the United States. Bradford said the U.S. has more Herbalife clubs than Starbucks locations.

Brightly colored nutritional teas come in all sorts of sweet, fruity flavors, Bradford said. The teas do not contain sugar, so consumers get a burst of energy from the teas but without the sugar crash. Bradford's drinks use a powder from the Herbalife brand called Liftoff, which helps users fight fatigue and stay alert.

Northwest Nutrition also sells shakes that serve as meal replacements. They're low in calories and filled with vitamins and antioxidants, Bradford said.

Northwestern junior Jordan Villalva uses the teas to get her through the day.

"Sometimes, I need the caffeine," Villalva said. "The teas are a great supplement to keep me awake throughout the day."

### UNLIKE ANY OTHER ALVA BUSINESS

With the closest nutrition stores being in Enid and Woodward, Bradford said Alva had a lot of untapped potential. When Northwest Nutrition first opened, it was



Northwest Nutrition employee Harlie Whisenant mixes a tea on March 28. The nutrition shop has become a social hub for Northwestern students.

Photo by Devyn Lansden

different from any other business that had ever been in town, Bradford said.

Jaylyn Graybill, a junior at Northwestern, had his curiosity piqued by Northwest Nutrition when it opened.

"I had never heard of nutrition teas before the store opened," Graybill said. "But they sounded interesting, and I wanted to give them a try."

Graybill said he believes Northwest Nutrition is a place the town has needed.

"I think Northwest Nutrition is a great asset to the Alva community," Graybill said. "We've always lacked healthier options, so this was a great step in the right direction."

### COMMUNITY FIXTURE

Cade Madsen, a Northwestern senior, said he also enjoys going to Northwest Nutrition. But he doesn't go just to buy drinks. The store has become a social hub.

"I enjoy the atmosphere because of the people who work there," Madsen said. "I always feel welcomed."

Northwest Nutrition has become an active part of the community. Workers deliver large orders of teas to local businesses and the nurses working at the local hospital. They also build relationships with customers by rewarding them with giveaways, loyalty cards and specials. They include a discount on customers' drinks when they post photos of their beverages on social media.

Villalva said Wednesdays were the busiest days of the week because patrons can get a large tea for the price of a small one. Monday mornings were also busy because people would get a tea to start their week.

The business has continued to grow, Bradford said, and it hasn't shown any signs of slowing down. Herbalife grew by almost \$3 billion in 2021 and has been continuously growing ever since, Bradford said.

### CUSTOMER LOYALTY

Some people look at the drinks as a treat to enjoy every now and then. But for other

consumers, the drinks have turned into a part of their everyday routine.

Villalva saw a lot of the same faces when she was an employee at Northwest Nutrition.

"I think a majority of the customers come consistently," Villalva said. "Some regulars come two to three times a day. There's others who will buy enough drinks to last them for the week when they come in. There are some that just come every once in a while to treat themselves."

One of the reasons the teas have grown popular is that they are a healthier alternative to sugary drinks, Madsen said. He drinks them to feel energized instead of using an unhealthy option.

"I get a tea when I'm tired and need something," Madsen said. "I enjoy that it's healthier than pop."

Graybill has a similar reason as to why he gets teas.

"I like the drinks for the nutritional value," Graybill said. "You feel better about drinking one of the teas rather than going somewhere and getting a Coke."

## SGA: Treasurer, secretary candidates look to future

### Continued from Page 1

campus, he said.

"I'm still planning on helping out with SGA ... and fine arts," he said. "I'm just planning on doing everything I can for the campus."

In the race for treasurer, freshman Blankenship won 240 votes, and junior Collin Zink had 51.

Blankenship said he was excited to hear that he won, and he is also excited that he can now look forward to doing things on campus as a student body leader.

"I'm looking forward to being involved in numerous committees," Blankenship said. "[I'm] also looking forward to making a study group more accessible."

Blankenship's opponent, Zink, said he plans to continue being involved on campus as the president of the Sanctus Catholic Club.

The Student Government Association meets at 6 p.m. every other Monday in the Senate Chambers on the second floor of the Student Center. Meetings are open to all students.

## Alumnus talks about writing experience

By LIBERTY GOODNOW  
Student Reporter

Northwestern welcomed an alumnus to campus for the spring Visiting Writer Series March 30.

Award-winning author Sheldon Russell spoke to fans about his books, including his latest work, "A Particular Madness."

Russell said this is the first book he has ever written in first-person.

"A lot that happened in this book, happened to me," he said.

Russell said a trip to Fort Supply played a role in writing his book, "The Insane Train." His



Russell

mother is who inspired him to begin writing in the first place.

"She would read stories at night," Russell said. "It was a warm, fuzzy time reading war stories and eating ice cream."

Russell has a lengthy background in storytelling, he said, because that was his main source of entertainment as a child.

One of the things that drew Russell to Northwestern was the endless amounts of land surrounding the area.

"The way I grew up, land was everything," he said. "I enjoyed my time here. The English Department had a lot to do with that."

He has been working on more books lately, but they have not been published yet.

Some of the people in attendance asked for pointers on writing and what Russell struggles with as a novelist. He said he faces obstacles with developing plots for stories. He tries to get four hours of serious, creative writing in in the morning.

"You can get a lot of writing done if you do it every day," he said.

# NEWS

## NOT A SMOKING GUN Student who fired airsoft gun posed no threat to university

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

A March 28 incident in which a student fired an airsoft gun in a classroom posed no threat to campus safety, university administrators said Tuesday.

Rumors have swirled on campus for days over allegations that a student shot another student with a toy airsoft gun, but the accused student and university officials have refuted the rumors, saying the student's attempt to clean his toy gun turned into a major misunderstanding.

Campus police responded to Shockley Hall shortly before 11 a.m. on March 28 after Northwestern professor Dr. Dena Walker reported that student Chase Cable fired an airsoft rifle in a classroom. Cable did fire the gun, but – contrary to rumors that he shot a student in the class – he actually shot the airsoft gun into a trash can to clean the gun's barrel out, he said.

"I didn't shoot anybody with a gun," Cable told the Northwestern News on Tuesday. "That's the thing being spread around, and I have a pretty big issue with it. ... All I know is, somebody's saying something wrong."

The incident remains under investigation, said Kelsey Martin, Northwestern's director of marketing and university relations.

### WHAT HAPPENED

Cable arrived at Shockley Hall about 10 minutes before his class began on March 28, and he had the airsoft gun in his backpack, he said. He and his friends have been playing with airsoft guns for several months, and he wanted to have his at his disposal.

Unlike most airsoft guns that shoot plastic pellets, Cable's gun shoots gel-like balls called "Orbeez," which pop on impact. Some of the balls had broken inside his backpack, and they made the airsoft gun's barrel dirty, he said. Before class began, he aimed the gun into a trashcan and fired it to clean out residue inside the barrel.

Walker heard the sound of the airsoft gun firing. She came into the classroom to investigate the noise. There, Cable and Walker got into an argument about the incident, Cable said.

Walker called campus police, and Police Chief Cole Servis arrived in about a minute and a half, officials and Cable say. Cable was escorted out of the classroom.

Servis and the university's Student Services office determined the incident was not an emergency, Martin said, so university administrators did not send out an emergency alert.

Walker declined to comment, deferring to Dean of Student Affairs Caleb Mosburg and Martin.

Cable said any controversy from the event stemmed from poor communication.

"It was just an incident that was misunderstood, miscommunicated, got blown out of proportion, and I guess nobody ever cleared the air, so it's just getting stirred around," he said.

"I was stupid enough to have it [the airsoft gun] in my backpack. But I'm not stupid enough to pull it out and just start lighting people up in class."

### INACCURATE INFORMATION

On Monday, a Northwestern student sent an email to Northwestern administrators and several news outlets, saying she was emotionally unsettled by the incident. She also said she was upset that ad-

ministrators didn't notify students about it.

Camille Soderstrom told the Northwestern News in a Tuesday interview that she learned about the event from one of her friends, who heard about it from another friend, who learned about the incident from a group chat.

***"It was just an incident that was misunderstood, miscommunicated, got blown out of proportion, and I guess nobody ever cleared the air, so it's just getting stirred around."***

— **Chase Cable**

Soderstrom was not in the room when the gun was fired, and the Northwestern News has independently verified that some of the allegations in the email she sent were inaccurate. She claimed that Cable is a current student athlete. However, he is not, though he was formerly on the university football team. She also claimed that "nothing was done" to discipline Cable.

University officials confirmed that Cable faced disciplinary action, though they did not explain what it was. Disciplinary action is protected student information under federal law, Martin said.

Soderstrom said she wanted administrators to notify students even though the event was not an emergency.

"If they had sent out an email regarding the incident, then none of these inaccuracies would exist," Soderstrom said. "We wouldn't have any rumors."

She also said she still feels unsafe, even though she has met with Mosburg to discuss the airsoft incident.

"Most of the students I've talked to have agreed that they still feel unsafe," Soderstrom said.

### SAFETY IS A 'TOP PRIORITY'

Northwestern President Dr. Janet Cunningham sent an email to students Tuesday, saying the university will improve its communication about events in the future.

"After visiting with our campus community, I realize a message should have been sent to everyone to make them aware of the situation, and that there was no threat to student or employee safety," Cunningham said. "Policies have already been revised to ensure more transparency with the campus community in the future. Your safety is my top priority and will remain so."

### ORBEEZ CHALLENGE GROWS

The March 28 incident at Northwestern comes amid growing concerns over a trend on social media platform TikTok that challenges people to shoot Orbeez pellets at each other and film it. Some police departments are warning people that the "Orbeez Challenge," also called the "Splatterball Challenge," could result in criminal charges. The Northwestern incident was unrelated, however.

Cunningham also said in her email that guns and objects resembling guns are prohibited on university property.

Martin said students who have safety concerns should talk with university administrators.

"Campus safety is our top priority, and we want students to feel that they are always safe with us," Martin said.

## What's up?

THURSDAY, FRIDAY AND SATURDAY

The Northwestern theater program is preparing for its performance of Meredith Willson's "The Music Man."

Based in small-town Iowa in the early 1900s, the play is about a con artist who pretends to be a salesman.

Professor Kimberly Weast, chair of the Fine Arts Department and director of the play, said the cast is made up of Northwestern students, local community members, middle and high school students and children. Dozens of people are in the cast and crew.

The show will be in Herod Hall. It will begin at 7 p.m. April 7 and 8 and at 2 p.m. on April 9.

Tickets are on sale now and can be bought online by visiting [www.nwosuinfinearts.ludus.com/index.php](http://www.nwosuinfinearts.ludus.com/index.php).

Tickets will also be available at the door. General admission costs \$12.

Admission for faculty and senior citizens costs \$10, and student admission costs \$5.

MONDAY

Students can attend the spring 2022 career and internship fair at Northwestern Monday in the Student Center Ballroom from 10 a.m. to noon.

Northwestern students, as well as any job seekers, are welcome to attend the fair and should be prepared to provide copies of resumes and cover letters.

Taylor Wilson, director of counseling and career services, also encourages job seekers to dress well and to stop by her office in Ryerson Hall 209 if they need any help prior to the fair. She also may be reached at [tawilson@nwosu.edu](mailto:tawilson@nwosu.edu).

Any student needing a professional photo can make an appointment with University Relations.

Each photo selected is \$5 and will receive light editing.

To set up a student headshot appointment, contact university relations specialists Valarie Case at 580-327-8486 or [vcase@nwosu.edu](mailto:vcase@nwosu.edu) or Erin Davis at 580-327-8480 or [eedavis@nwosu.edu](mailto:eedavis@nwosu.edu).

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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.

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# OPINION



File photo

ABOVE: A student is shown using his phone to scroll through the popular app TikTok in this 2020 photo. BELOW: Students are shown using their phones in a classroom in this 2020 photo. The author believes that phones in classrooms are not a serious issue, and that they can improve learning.

## Are phones a detriment to learning?

By **J.D. EDDY**  
Editorial Editor

Having your phone in a college classroom, compared to high school, is not as much of a problem than you think.

Now, before you get mad at me for this controversial topic, hear me out. I bring my phone to class just like everyone else, but not so I can distract myself. I listen to music in one ear while listening to the lecture and writing notes.

It is something that helps me focus on what the professor is relaying to us. Sitting there and listening to a lecture is not super entertaining all the time, but I do it anyway. If I don't, then I will not know what is going on in the class.

Some students they find class, well ... boring. It is not because of the professor; it is sitting through an hour lecture, which tends to make people zone out. Then, the bright colors of the phone screen are tempting.

For longer classes, like some that last more than an hour, students need some sort of five-minute break to give students and even the professor time to focus. Maybe students can check their phones at this time. But I also think pulling out your phone during class is not something serious.

At least, it's not something that should be punished. Profes-



sors should just ask the student to put his phone away for the time being. That will work just fine.

We use our phones as a way to keep communication with people we cannot see physically. It is something that allows us to deal with other things.

For example, I get anxious in big crowds. Music helps me overcome that, especially in the gym or in class. I think other students feel the same way about this topic.

With that said, there are some negative consequences with phones that make them a detriment. I mentioned how bright colors influence how much we

look at our phones.

This may sound like a conspiracy theory about how our phone screens take over our life. However, there is a patent I would like for you to research if you get the chance.

The number is US6506148B2. It is the patent for an object that influences humans through the intermittent pulsing of subliminal lighting to create an exciting response.

According to the website for Google patents: "For certain monitors, pulsed electromagnetic fields capable of exciting sensory resonances in nearby subjects may be generated even as the

displayed images are pulsed with subliminal intensity."

This means that, when you look at a screen, it stimulates your mind to make you happy to look at your TV screen. But today, we rely more on our phones. The same technology is used. The patent was approved Jan. 1, 2001.

Its lifetime expectancy was set to end on June 1, 2021. Sure, the patent has run out. But you have to think that the first iPhone was released June 29, 2007, only six years later.

I strayed a little bit away from the point, but I still think that phones are good for the most part. They have their downfalls. They can be distracting, and they separate us from the outside world; they keep us communicating properly in person. Just some things to think about.

Phones can be seen as disrespectful to the professor. If that is the case, then professors should state before the class begins that the students are to keep their phones put away.

Most of us are between the ages of 18 and 22 years old, so taking our phones is out of line. The reason is that we pay to go to school here; we also paid for the phones we have.

We have technology in almost every aspect of our lives, so it makes sense that this would make it easier on all of us. Having phones in class can help make things go much smoother than normal.

# OPINION

## Our actions affect others

By **WILLIE SPEARS**  
Guest Columnist

On December 4, 2009, T. Harris lost her son Gene. He was murdered. To avenge his murder, her sons Chris and Joshua went after the killer. This landed Chris in prison.

Ms. Harris lost two sons: one to the grave and one to the system. On March 21, 2022, Chris was released from prison. The family celebrated his release.

The smile on his face was infectious. Ms. Harris celebrated her son's release by having all his children there to greet him. This was the first time all four children saw him at the same time.

No parent wants to lose two sons, one to the grave and one to the prison system. No one wants to experience their son having his freedom taken away and not having the opportunity to see his children.

I stopped asking kids what they want to be when they grow

up, and I started asking them what they don't want to be when they grow up.

Chris did not want to be in prison, away from his family. Chris did not want to miss birthdays, holidays, cookouts, family reunions and milestones. Gun violence has taken so many of our young people, and when another young person kills them, there are two lives affected, cut short and forever impacted.

There are two families, two sets of children, parents, siblings and friends impacted as well. Last week, Reginald Summage was shot and killed in Tuskegee, Alabama. He was a 20-year-old honor roll college student. A 21-year-old shot him.

In January, 21-year-old Jeffery Reed was murdered in Montgomery, Alabama, by a 23-year-old. Seven hundred ninety-seven people were murdered in Chicago in 2021, and so far, 121 have been murdered this year.

This is not an article on gun violence, but about consequences. I

wish there were a way to pause life right before we are about to make a bad decision. During the pause, we would get a glimpse of the consequences of our actions.

Our actions affect us, and our actions also affect our friends and family. Imagine the pain Ms. Harris feels every December or every time a sound, smell, thought, show, car or moment reminds her of family tragedy. The decisions we make today will determine our tomorrow. Those decisions will also determine the tomorrow of our loved ones.

Do you want to miss your child's birthday? Do you want to miss Mother's Day? Do you want to miss the funeral of your loved ones? Do you want to miss out on life?

Do you want others to feel pain because you're incarcerated? Do you want to be a bad example for those who look up to you?

*Willie Spears is a Northwestern alumnus, motivational speaker and author. For more information, visit [www.williespears.com](http://www.williespears.com).*



Photo provided

Willie Spears is a motivational speaker and an NWSU alumnus.

## Victory can be yours if you want it

**JORDAN GREEN SAYS**



JORDAN GREEN

Imagine living in a place so far from America that you can only watch football games a month after they've happened.

By the time you're able to see video of the game, you've known the score

for weeks. But you still want to see the action. So, you wait. And wait. And wait.

This isn't fiction. This was reality for a friend of mine who lived in Turkey for a time.

He and his family listened to the radio and could hear the game live, but hearing isn't the same as seeing. Of course, they knew the team won as soon as the game was over. But they were willing to wait weeks to see the video.

When they finally got the video, they were on the edge of their seats. Their team lost the first quarter miserably. But my friend knew the team had already won. Then the team lost the second quarter. Again, he already knew the results.

Then came the third quarter. Terrible again. But that fourth quarter – the final installment – was unlike any of the preceding ones.

The team came back with vigor, winning the game in the final stretch.

My friend and his family were sure of their victory because they knew their team had it before they saw the game played out. So, even though they were practically biting

their nails watching the tape, they could rest in the confidence that they were victorious.

Now, we know that football can be fun (for some). But in our lives, we know that there are more concerning, pressing, even frightening issues than the outcome of a sporting event.

Maybe you're facing one of those situations right now.

Is your hope running low because of some bad news you've gotten?

Are you unsure that someone you've been wanting to change ever will?

Are you trapped in a pit of sorrow you just can't seem to get out of?

Do you have a loved one whose health seems like it's just getting worse? Have you been separated from someone who makes you complete?

Let me assure that you can, and will, have the victory over your problems – even if it's in the fourth quarter.

In these times, people naturally say things like: "These situations will never get better," "The world is going down the toilet," "My loved one will never make it," "I'll never recover from this" and, worst of all, "Nobody cares about me or my problems."

These statements are simply untrue. If we'll hold out hope even when it seems gone, we'll find it there. At the end of the rope. When we least expect it.

None of this is what the world will tell you. Worldly wisdom and advice will tell you to sit and dwell

on your problems, complaining about them all day long. I've done that before. Most of us have, too. We need to ask ourselves: How's that working out?

Chances are, the answer to that question is: not well. Our worries and fears never make our problems better, but they certainly make them worse. Especially if we let them overtake us.

***"And then we've got Jesus. If anyone went through hell on Earth it was Him."***  
— Jordan Green

But we don't have to. Friends, even in this hour, as our nation recovers from one of the most horrific plagues in history and our world wrestles with evil in Europe, we have victory.

That victory comes through our Lord and Savior, Jesus Christ. And we find it all throughout the Gospel.

Think about people like Daniel, who conquered a giant because the Lord was on Daniel's side.

Then there's Paul, who was put in prison for his faith. While in prison, the Lord protected Him, and he continued to spread the Gospel even while in prison. (Spoiler alert: He was freed, too.)

What about Job, who was attacked by the enemy and yet continued to trust that God would restore everything the enemy took from

him – and give him even more in return?

And then we've got Jesus. If anyone went through hell on earth, it was Him. He was persecuted severely, beaten and ultimately killed. But His father and his Holy Spirit raised Jesus from the dead, and He's still alive today. Now that's what I call victory.

The world has ample evidence even outside the Bible to prove not only that He was alive, but also that He was resurrected. And if you'll look around, in time, you'll see that He's still among us. He's still working miracles.

I've seen people divinely healed, and I've seen impossible situations made possible through Christ who strengthens us.

The victory that Jesus had is for you and me. Jesus promises us that we'll have it if we believe in Him.

In 1 John 5:4, we read: "Everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith."

If you're in need of that victory today, press in. Read the Bible, and learn who He is.

When you get to know Him, and you invite Him into your life, you'll have more than what you could have ever needed and ever dreamed.

I'm writing this as much for myself as I am for you, Friends.

Victory in your life can be yours today. Say it's yours, pray it's yours and believe it's yours.

To people who haven't done this, it sounds ridiculous. But when you see God move in, you won't think so.

# SHOWING OFF

## Annual art contest filled campus library

Northwestern students, faculty, staff and alumni entered their photos, drawings, paintings and other artistic creations in the annual Northwestern Art Society Art Show, which was on display in the J.W. Martin Library in March.

The winning pieces, marked by blue ribbons, were displayed Friday night at the Runnymede Hotel in downtown Alva.

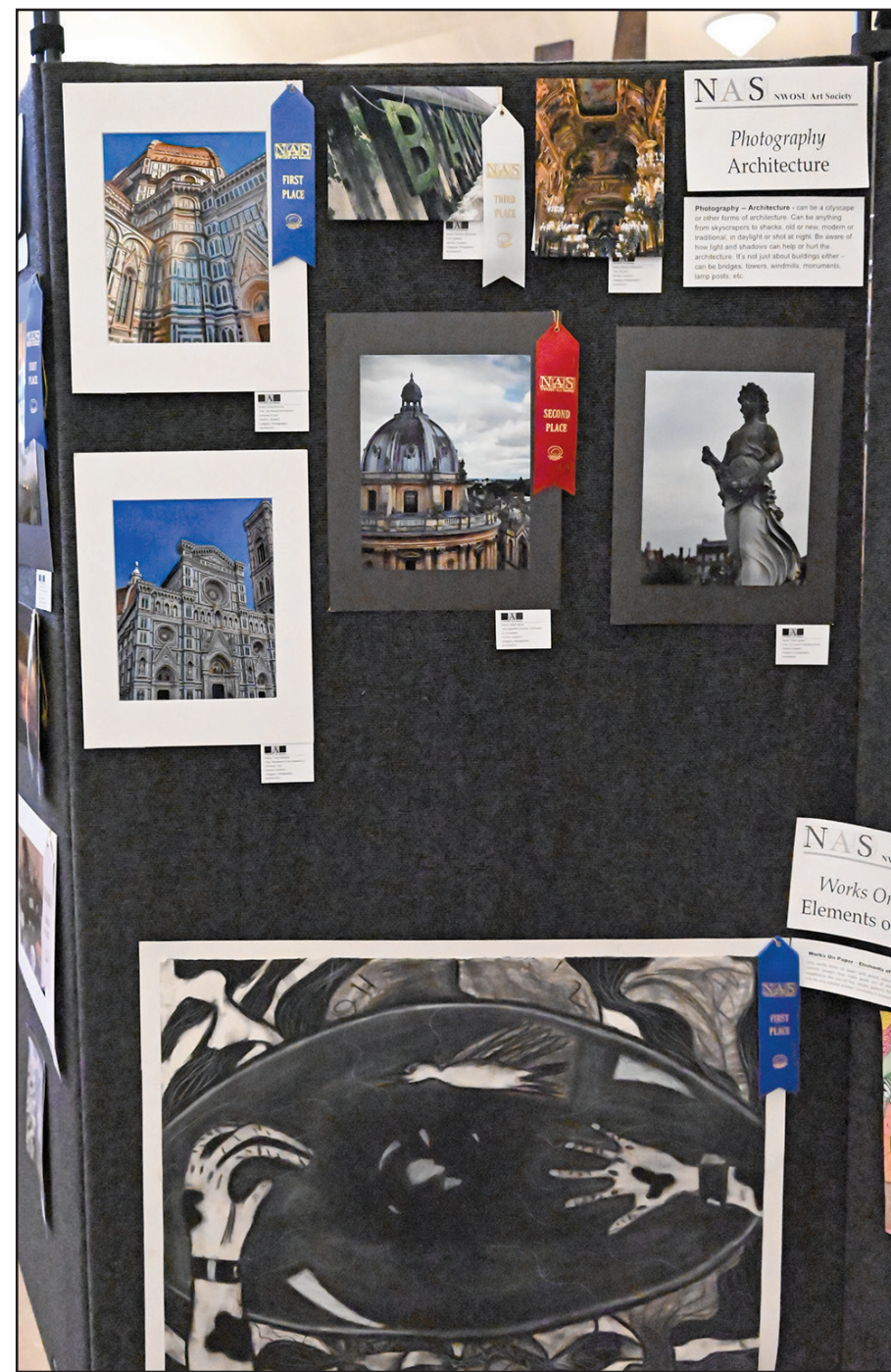
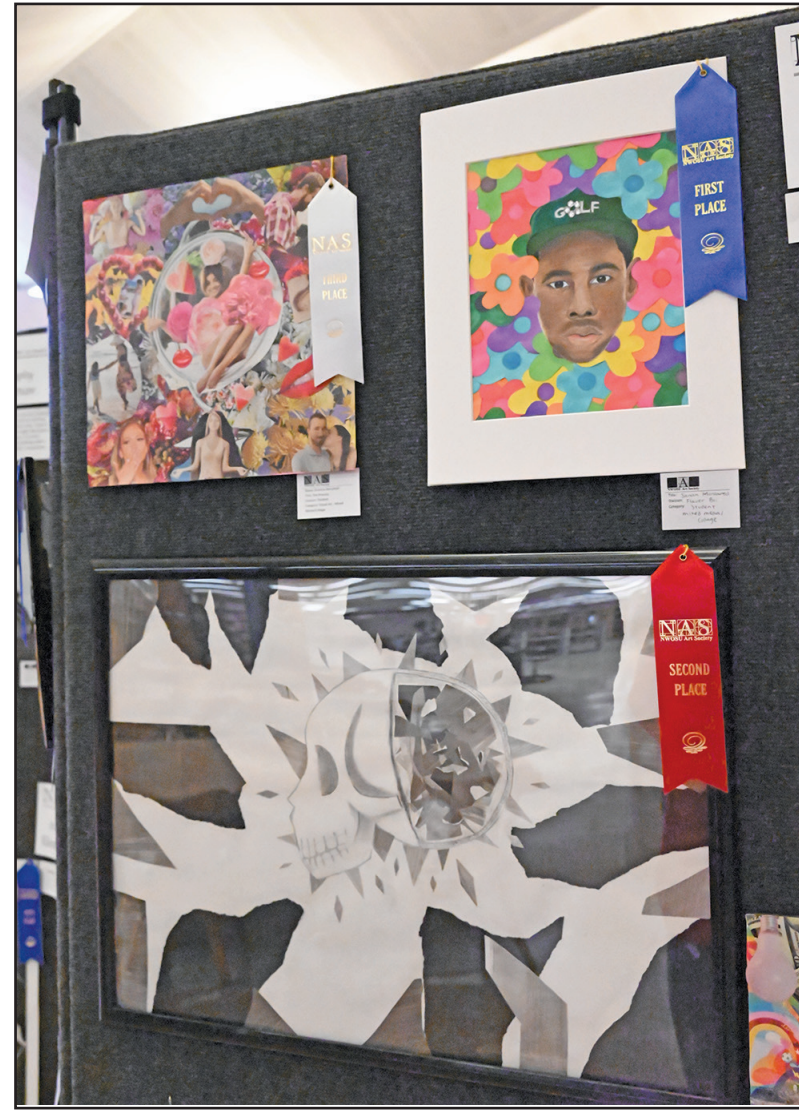
The show had more than 300 entries this year, event organizers said.

An oil painting titled "Candle" by Northwestern student Joshua Hinton, a sophomore mass communication major from Alva, earned the People's Choice Award. It received the most votes from the viewing public. Hinton earned a special ribbon and a \$25 cash prize.

This was the show's 19th year, and event organizers say they're looking forward to the show's 20th anniversary next April.

To see a complete list of winners from this year's campus show, visit [www.nwsu.edu/uploads//art-society/art-show-winners-lists/2022-winners-list.pdf](http://www.nwsu.edu/uploads//art-society/art-show-winners-lists/2022-winners-list.pdf).

Photos by Devyn Lansden



# FEATURE

## As a mother, Kingcade puts family first

By ALIYAH BIDWELL  
Senior Reporter

Walking into the university bookstore, you might see many things, like one person who's working and always has a smile for each student who walks in.

Michelle Kingcade is a mother of two and the manager at the university bookstore at Northwestern Oklahoma State University.

"Family is really important to me," Kingcade said. "I worked at many places, but Northwestern is the most flexible with my kids and my schedule."

She said she worked at Walmart for five years and barely saw her kids.

"I love the family feeling at Northwestern because, if I need something, there is always someone," she said.

Textbook ordering is not an exact science, Kingcade said. The bookstore orders are based on the year before, and 10% is added. The chance of not having enough

is still a possibility, she said.

"I think the best job you can have in life is being a mother, and my mother is the one I look up to," Kingcade said. "At one time, it was just my mom as a single mother raising me, and then she got married and had my brother. My mom has amazing courage, and I look up to her because of it."

Kingcade said she just wants to be a good role model for her kids. She didn't finish college, but she said she hopes one day they will.

"I am not a very surprising person, but people may think it is surprising because I am young that I love to crochet," Kingcade said. "Actually, even my kids are interested in learning how to crochet. My whole family has passed it down from generation to generation, and I hope to do the same."

Between family and work, she juggles a lot in life, but always strives to put her family first. Her family comes first, then others, Kingcade said.



Photo provided  
Michelle Kingcade, manager of the Northwestern bookstore, poses for a photo with her two children. Kingcade enjoys the flexible schedule she has at Northwestern to be able to care for her children. Kingcade manages the buying and distributing of textbooks for the Northwestern bookstore.

## Holguin looks ahead to gymnasium dreams

By JARA REEDER  
Senior Reporter

Taking a step away from the lights and noise of the city, Giselle Holguin, a junior at Northwestern, moved to a small rural town 1,296.7 miles away.

Alva's population, climate and culture differ significantly from those of San Diego, California.

However, Holguin adapted well to the new environment.

Holguin came from a small performing arts school of about 1,400 students and a graduating class of 200.

Getting in the school required an audition.

For her audition, she created a still life drawing from the items placed in front of her.

"Art is a way to escape reality for a little while, and going to an art school really helped me grow up and cope with stress," Holguin said.

"Even now, I find myself drawing to relax when I am stressed."

Afterwards, she enrolled in Minot State University in North Dakota. But after two years, she was losing her passion for sports. Taking one more chance, she came to Northwestern.

"I decided to continue my soccer career at Alva because the environment was different,"



Giselle Holguin

Holguin said. "The girls were kind and welcoming. After my visit, I knew Alva was the place for me."

Holguin has been playing soccer since she was five years old.

She said she remembers the day when she scored her first goal and fell in love with the crowd's cheers.

From then on, she decided that she would play soccer as long as possible.

"I am sad that my college career is nearly over, but I will continue to play on my own," Holguin said. "Though I have no idea how my life will turn out, my dream is to open and design my own gym so I can combine the two things I'm good at."

## Graceful Arts Center in Alva hosts workshops, displays

By JOSHUA HINTON  
Senior Reporter

In the mundane red and tan buildings of downtown Alva, one long green awning breaks the cycle. Underneath sits the Graceful Arts Center.

Inside the Graceful Art Center is Emma Cline, the organization's social media manager, who is in her fourth year working for the center.

The center is trying to bring art and culture along with art education to the Alva community, Cline said.

"We offer a chance for people to experience art for free by coming into the gallery at no cost," she said.

Cline oversees the Arts in School program, which brings local elementary school students to the center to get art education.

"That program has really grown, and I think that the schools really appreciate that," Cline said. "It is a big part of what we are doing, and it's totally free for them."

Over the summer, the center conducts two art camps: one for kindergarten through sixth grade students, and another for middle schoolers.

The center is also looking to add a camp for high schoolers this summer.

"The camp is usually three

*"That program has really grown, and I think that the school really appreciate that. It is a big part of what we are doing."*

— Emma Cline

days long for the younger kids," Cline said. "We haven't nailed down the dates for this year yet. In the past, we have had up to 40 kids per camp."

The center brings in artists to

teach adult lessons and tries to get exhibiting artists to teach workshops based on the artist's style.

David Holland, the current exhibiting artist, is one of several artists who has hosted the workshops, which are attended by local residents.

"David Holland just did a workshop a couple of weeks ago, and that went over really well," Cline said.

The center brings in new exhibits every month, with photo-realism and western style art seeming to go over well in Alva, Cline said.

"I think my favorite exhibit is the Native American exhibit we do every September," she said.

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# ENTERTAINMENT

## Get your kicks on Route 66

By **COLLIN ZINK**  
Senior Reporter

Spring break was an adventure for me as I went with my mom, dad, niece and nephew on Route 66 toward Amarillo, Texas.

It all started on the Monday of spring break, when my parents and I made our way to Stillwater to get my niece and nephew. Then, we hit the road.

With two kids in the car — and my niece so obsessed with Halloween that she asked my mom for a spooky story every five minutes and Blue’s Clues playing on repeat — I was happy to have a phone charger, mobile data and earbuds so I could have some peace of my own.

### EL RENO

Our first stop was El Reno, where we went and took some pictures by a giant Route 66 sign and a railroad caboose.

After taking some pictures, we went to find somewhere to eat.

My niece once again asked for a spooky story. My mom didn’t have a story to tell at that moment, so I decided to tell her the story about the headless horseman of Sleepy Hollow — with my own little twist to it.

We ate at Johnny’s Grill, and it was filled with more chaos.

My nephew was crying because after throwing his crayons on the floor multiple times, my dad (he was sitting next to my nephew) was not going to pick them up because he was doing it on purpose.

After we ate, we checked into a hotel, and my parents took the kids to a park to play at.

I stayed at the hotel to work on some homework.

We got up the next day, had breakfast and made our way towards Elk City.

### WEATHERFORD

On our way there, we stopped in Weatherford and went to the museum right next to I-40.

The museum had exhibits about Native American tribes in Oklahoma, along with Oklahoma ghost towns and much more.

One exhibit I found cool was the military exhibit.

What was cool about it was that the museum had some sand

from Normandy Beach that we were allowed to touch. I also found out that my great-great grandfather participated in the Invasion of Normandy in World War II.

There were outdoor exhibits as well. One of the exhibits was a little café where Elvis Presley ate multiple times.

A schoolhouse was also there. My niece was at the teacher’s desk acting like a teacher, and my nephew was playing with a toy school bus.

### ELK CITY

When we made it to Elk City, we found a hotel, checked in and rested for the next day.

The next morning, we went to the National Route 66 Museum Complex, which had multiple buildings to tour.

One of the exhibits I spent a lot of time in was the World War I and World War II exhibit, which had a small Operation Desert Storm exhibit merged with it.

As I looked at the exhibit, I was upset to not find anything about the U.S.S Indianapolis because that was the ship that ended World War II.

Next, we went to the Route 66 Bazaar.

We had trouble finding a place to park because there were a whole lot of random street signs mounted outside the building, and we were confused about whether they were for decoration or not.

It was at the Bazaar I learned about a man named Harley Russell, who has his own Route 66 attraction in nearby Erick.

He insults people for comedy, and they give him tips for insults.

That same day, we arrived in Amarillo, Texas.

### AMARILLO

Our hotel was a block away from The Big Texan Steak Ranch, which is where we ate dinner.

We woke up the next day and went to Palo Duro Canyon, which is where I found out Coronado Hall is named after the Spanish explorer Francisco Vasquez de Coronado.

We did a little bit of hiking on some easy trails, had a little snack at a restaurant, and drove around to look at the rest of the canyon.

We then went back to the hotel to rest up a little bit and ate at



Photo provided

Collin Zink and his family pose for a photo on their Route 66 road trip during spring break in March.

The Big Texan, a famous roadside restaurant, later that day.

While at the restaurant, my niece and nephew got a cowboy hat with their meals.

When we were leaving the restaurant, we saw that there was someone who was doing the 72-oz. Steak Challenge. People who eat the whole steak and all the trimmings get it for free.

We didn’t stay long enough to see if the person won. The event is also timed.

The next day, we went to Cadillac Ranch, where people could spray paint old Cadillac cars.

My niece and nephew had a

blast, and I also spray-painted some cars.

Someone spray painted “Boomer Sooner” on the ground. My dad yelled, “Boomer,” and I of course yelled, “Sooner.”

After the Cadillac Ranch, we made our way to a mall.

On the way there, my dad and I went into a Catholic store, while my mom stayed in the car with

the kids.

We walked around in the mall for a while, and I looked at some sports memorabilia that was too expensive.

After the mall, we ate at The Lost Cajun restaurant, where they gave us free samples because that was our first time eating there.

The next day, we packed up and headed back home.

### Dad Joke of the Week:

What do you call malware on a Kindle?  
A bookworm

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# SPORTS

## BASEBALL



Photos provided

Blake Hoffman swings at a pitch during Northwestern's game against Southern Nazarene on Friday at Glass Family Field at Myers Stadium. The Rangers lost to the Crimson Storm, 10-1.

## Rangers fall to Crimson Storm



Ranger Cade Phelps winds up to pitch the ball during Northwestern's game against Southern Nazarene on Friday at Glass Family Field at Myers Stadium. The Rangers lost to the Crimson Storm, 10-1.

By **CONNOR GRAY**  
Assistant Editor

The Northwestern baseball team played against Southern Nazarene and did not have the result the team wanted.

The Southern Nazarene team, which has won four of its last five games, swept the Rangers.

"It was a good step for us to move ahead in the conference, but they played their best baseball and we didn't," head coach Ryan Bowen said.

The Rangers lost the game, 10-1, with the only run being a home run by Thomas Beiswanger.

The next game, the first of the doubleheader, was closer as the Rangers went up 2-1 after the first inning. Dylan Norsen got an RBI single, and Yugo Hamakawa scored on an error from the right fielder. Then, Norsen made it to third.

Southern Nazarene eventually pulled together three more runs over the course of the game to win, 5-2.

"The first two games, we didn't swing it enough, and pitching did OK," Bowen said. "First game, we didn't do as well pitching, but the second game we threw OK."

The last game of the series also hurt the Rangers, as the bats came through early and pitching shut Southern Nazarene down. But the

Rangers blew a sizable lead as the hitting and pitching was no longer effective.

In the first inning, Blake Hoffman and Norsen got RBIs to go up 2-0.

The next inning the Rangers got three as Hamakawa, Beiswanger and Hoffman knocked them in.

Southern Nazarene got three runs, but the Rangers responded with three more of their own, making it 8-3.

The Rangers went up 12-3 after getting four more runs as the team looked to put the game away.

Starting in the fifth inning and going into the seventh, Southern Nazarene chipped away the lead and jumped ahead, 16-12, to complete the sweep against the Rangers.

"We left too many guys on base throughout the series, and we'll be looking to bounce back from this," Bowen said.

On Monday, the Rangers took on Emporia State as the Rangers tried to rebound from the series.

The Rangers defeated the Hornets, 4-3, with Shaughn Kelly hitting a walk-off single to give the Rangers the victory.

The next series for Northwestern will be in Shawnee against Oklahoma Baptist. The first game is Friday at 6 p.m., and a double header is Saturday at 1 and 4 p.m.

# SPORTS

## SOFTBALL

# Lady Rangers struck by Crimson Storm



Photo by Devyn Lansden

Northwestern pitcher Hannah Howell pitches the ball during the game against Fort Hays State on March 29 at the Alva Rec Center. The Lady Rangers lost one game to the Tigers and tied in the second game.

By **CONNOR GRAY**  
Assistant Editor

The Northwestern Lady Rangers softball team didn't finish its weekend series with Southern Nazarene how they wanted to.

The Crimson Storm swept the Lady Rangers, as the Lady Rangers struggled offensively through most of the series.

In the first game of the series on Friday, the team got behind early 9-0 and got three runs in the fifth to make it 9-3.

Lindsey McElroy got an RBI single, and Mackenzie Adams got two RBI singles before being thrown out at second.

Southern Nazarene got a run in the bottom of the inning, making it 10-3, but the Lady Rangers responded with more runs.

Abby Detar got on base with throwing, which led to Morgan la Ne scoring.

The bases later got loaded up, and the next run came in after McElroy got hit by the pitch.

The last run came after Hannah Howel hit a single to second base, making it 10-6.

"It was one of those weekends

where we got behind early and battled back to get ourselves in the ball game," head coach Ryan Wondrasek said.

In the end, the Lady Rangers lost 11-6 as the effort to come back fell short.

The next game was the first of a doubleheader and the Lady Rangers were ahead until everything fell apart.

The Lady Rangers got the first run to start the game, as Allison Zanca got an RBI single, making it 1-0.

Southern Nazarene tied it up, and it remained until the sixth inning, as Adams got a two-run home run to make it 3-1.

In the next inning, everything fell apart for the Lady Rangers. The Crimson Storm scored seven runs in the bottom of the inning and went on to win 9-3. The Lady Rangers didn't stop the Storm.

That momentum for Southern Nazarene continued as the team completed the sweep with an 8-1 victory.

The Rangers' next opponent will be Oklahoma Baptist in a home series with the first game on Friday, and a doubleheader Saturday.

## Opinion: How do athletes' superstitions help them?

By **GAVIN MENDOZA**  
Senior Reporter

Sports superstitions are what make athletes so unique, and they can be seen throughout the sports world.

Often called the most superstitious athletes, baseball and softball players have a routine that works for them, and it must be done to perfection.

For some, it is what they eat before a game, how they step into the box or what songs they listen to before a game.

Joseph Frisby, a junior business major from Denton, Texas, is on the Northwestern baseball team. Like many of his teammates, he has specific things he needs to feel good on game days.

"I always wear white batting gloves on game days if we are playing another opponent," Frisby said.

He said the gloves need to be mostly white but can have some other colors like red and black.

Frisby also has a routine when he gets into the box.

"I always walk in and kick to the back of the box and then kick towards the front of the box, look at my bat, take a deep breather, and then I am ready to go," Frisby said.

Softball players can be just

as superstitious as well.

Mackenzie Adams, a junior occupational therapy major from Kingwood, Texas, plays on the softball team and has her own routine.

"When I go up to hit, I have to tap my leg twice when I'm waiting for my sign," Adams said. "After I get the sign, I spin the bat to where the logo is facing me and hit the end of my bat on the white chalk line before I get in the box."

Following these routines helps calm the body and mind.

"I started doing it when I got to college to help me calm down and focus on my at bats," Adams said.

Superstitions can be seen throughout sports. Some can stick, and some can change day by day.

Personally, my routine at the plate has stayed the same since I was in middle school.

I walk to the plate and kick right to left, get my sign, then kick right to left in inside the box and do the sign of the cross on the plate.

This will never change and is something I do to calm myself.

What I eat and drink, and what I do in the morning, changes according to how I play that day. This can be the case for many players, even in professional sports.

## In college basketball, March stays undefeated

### CADE'S CALLS



CADE KENNEDY

March has come and gone, but the memories made on the hardwood will last players a lifetime.

On Monday night, Kansas defeated North Carolina, 72-69, to win the national championship in college basketball. The game involved several twists and turns, including a 16-point comeback by the Jayhawks to capture the crown.

The game had everything you would want in a national title game. It had great players, a fascinating story and most importantly, a fun game.

This does not just apply to the national title game; it applies to every game in the tournament. From the moment the first game begins, every single game has its own unique cast of characters that make that game special. Some of the joy of March Madness involves watching these teams move on to the next round.

Take this year's North Carolina team for instance. The Tar Heels came into the tournament as an eight seed and were able to blow out Marquette, survive a furious Baylor rally, escape over blue-blood UCLA and dominate underdog St. Peter's. The Tar Heels were not done yet, as they had a matchup with their biggest

rival, Duke.

Duke and North Carolina have the best rivalry in college basketball, as the two schools have combined for 11 national titles.

The matchup also featured a battle of old versus new, as first-year head coach Hubert Davis led the Tar Heels into the game against Mike Krzyzewski's Blue Devils. Krzyzewski is in his 42nd and final year of coaching at Duke, with every game running the risk of being his last.

The Tar Heels already ruined one ceremony for Krzyzewski, as North Carolina defeated Duke, 94-81, on March 5 in Krzyzewski's final home game. The history between the two schools is all that was needed to make this game a must-watch for even casual basketball fans.

North Carolina's road to the title game is not the only enter-

taining path, as Kansas went on its own perilous journey.

The Jayhawks' road did not have the same star power as North Carolina's, but the games were just as memorable. A path consisting of Texas Southern, Creighton, Providence, Miami and Villanova does not feel like a road to a national title game, but in March, any given day can become chaotic.

Most teams in the tournament will be forgotten by the public, but some will remember the names of the champion, as well as a team that made an upset or two.

All 68 teams have a story, and the more stories that we can pass on to others, the better. All will help with the legacy of March Madness. Most people will remember a team like St. Peter's, but few will remember a team like St. Mary's.

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## MENTAL HEALTH

# Bandana project raises mental health awareness

By DEVYN LANSDEN  
Senior Reporter

Northwestern's Student-Athlete Advisory Committee brought a mental health awareness project to the campus in March to promote the well-being of students.

The Bandana Project aims to spread self-awareness of mental health resources, convey the importance of mental health and show support for those who may be struggling.

The project was founded in 2016 at the University of Wisconsin-Madison.

Northwestern students wearing green bandanas have taken a pledge to listen to people who approach them and are struggling with mental health issues, participants say. The students will also direct people toward counseling resources and support them by letting them know they're not alone.

Megan Patel, associate director of athletics for compliance and Student Services, is the adviser for the Student-Athlete Advisory Committee. She and the committee's president, senior health and sports science major Emilie Brown, are overseeing the project.

Patel and two Northwestern student athletes attended the Student-Athlete Advisory Com-



Photo by Devyn Lansden

Members of the Northwestern Student-Athlete Advisory Committee pose for a portrait with their bandana-wrapped backpacks in front of the Science Building on March 28. Student athletes are donning green bandanas to raise awareness around mental health issues facing college students.

mittee convention in Chicago in November. That's where they learned about the project.

Patel said that, the more they talked about the idea, the more

she and the other Northwestern students thought they should bring it to Alva.

Patel said stigmas surrounding mental illness may keep some

students from seeking help. The point of the project is to help break down that stigma.

"It [the green bandana] is a signal to show how OK it [men-

tal health] is to talk about," Patel said.

"And people wouldn't think less of you if you need to go get help, because it's that important."