

2023 STUDENT GOVERNMENT ASSOCIATION ELECTION

RANKIN TO LEAD SGA

Next president will work to ramp up involvement, get feedback on issues

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

Austin Rankin, the vice president of the Northwestern Student Government Association, will be the organization's next president.

Rankin ran unopposed for the top position in the Student Government Association, which plans campus activities and serves as a liaison between the student body and university administrators. He will take office in the fall semester.

"My passion is, and always has been, service," Rankin said. "I've loved serving other people."

One of Rankin's top priorities as president will be to help foster better communication between students and university leadership, he said. He hopes to create a student advisory board that would meet with administrators to discuss student concerns and university achievements.

The board would be comprised of student government officers, leaders from other campus groups, students who live in university housing and student-athletes.



Photo by Jordan Green

Austin Rankin, vice president of the Student Government Association, poses for a portrait Tuesday on campus near one of the university's signs. Rankin, who has been involved with SGA since his freshman year, ran unopposed to be the next president of the organization.

See **RANKIN**, Page 2

Jones tells audience about defending bomber

By **JAKE ERVIN**
Senior Reporter

The defense attorney for the notorious Oklahoma City bomber spoke to members of the Northwestern community Friday in the Student Center Ranger Room.

Enid lawyer Stephen Jones talked about the challenges he encountered while representing Timothy McVeigh, who orchestrated the bombing of the Alfred P. Murrah Federal Building in Oklahoma City on April 19, 1995.

The event was sponsored by Northwestern's Mass Communication program as part of Dr. Kaylene Armstrong's media law and ethics course.

Jones discussed how he became the attorney for the primary culprit in the bombing, and he explained the legal ethics that guided him to take on the case.

"Lawyers are required under their oath to accept assignments from the court," he said. "I did not



High-profile Oklahoma lawyer Stephen Jones, shown standing at right, spoke to a crowd of Northwestern students and faculty March 24 in the Student Center Ranger Room.

Photo by Joshua Hinton

think it was appropriate for me to deny the appointment. I knew it would be difficult, but no one forced me to go to law school."

When Jones took the case, it was not his first time representing

controversial clients.

Jones previously represented Keith Green, who was arrested for protesting the Vietnam War at the University of Oklahoma while waiving a Viet Cong flag.

Green was denied representation by 12 lawyers before coming to Jones, who agreed to represent him and resigned from his law firm in Enid when his bosses said he could not take the case.

Jones also represented clients such as Abbie Hoffman, who is known for being a member of the Chicago Seven and activist as member of the Youth International Party. He also defended Theodore G.X., who was the leader of the Oklahoma City Black Muslims.

These cases and more helped Jones build a reputation as one of the most high-profile lawyers in Oklahoma.

Jones told the audience about the process for building a defense for McVeigh and the steps to ensure that his defendant was given a fair trial.

In order to do this, Jones had to achieve several legal objectives. He pushed for the trial to be moved to Denver, Colorado, and he traveled to more than 10 foreign nations in order to investigate what happened.

McVeigh's defense cost more

See **JONES**, Page 12

NEWS

2023 STUDENT GOVERNMENT ASSOCIATION ELECTION

SGA ballot at a glance

Here are this year's student government candidates

VICE PRESIDENT



**Tyler
Blankenship**



**Chloe
Lehr**

SECRETARY



**Edna
Garcia**



**Madeline
Long**

TREASURER



**Cooper
Frymire**



**Draven
Hidalgo**



**Willem
Johnson**



**Aaron
Mason**

SGA candidate forum is Thursday

By **ALIYAH BIDWELL**
Senior Reporter

The Northwestern Student Government Association will host its annual Meet the Candidates night Thursday.

Students, faculty and staff are invited to get to know the candidates running for various student government offices. The event will be in the Student Center Ranger Room from 7 to 8 p.m.

"Meet the Candidate night is a great night for our student body to attend," said Olivia Yandel, the student government advisor. "Just like with any election, even the

presidential election of the United States, it is very important to know who the candidates are and what they stand for. This night gives the students that opportunity before they vote."

The Student Government Association began hosting the event in 2021. Prior to that, students had little ability to get to know candidates personally.

The event will be an open forum. Erika Hernandez, the current SGA president, will serve as the moderator of the event. Candidates will tell the audience about themselves, and the audience will be allowed to ask questions.

The Student Government As-

sociation serves as a liaison between the student body and the university's administration, and it coordinates campus events, Yandel said. The organization plays a vital role on campus, and the outcome of it is important.

Yandel encouraged students to attend and get informed.

"This event matters because it allows the students to educate themselves about the candidates," Yandel said. "If a student just votes for whoever, that could be detrimental to the university because, if a student doesn't have good values or ethics, that could reflect badly on the university and for the student body."

RANKIN: Key goal is increasing student involvement

Continued from Page 1

"You have a varying group of opinions and perspectives that are going to help us to report to administration," Rankin said.

Rankin also said he hopes to hear students' opinions more frequently.

"That's an additional goal that I had this year that I haven't quite been able to achieve," Rankin said. "I think that's one way that SGA can really improve is just being able to reach out to individuals if they have an issue and have SGA represent the students as a mouthpiece to the administration."

Rankin said he would like to create a student forum where stu-

"One way that SGA can really improve is just being able to reach out to individuals if they have an issue and have SGA represent the students."

— Austin Rankin

dents can raise concerns about campus issues and express gratitude about good things going on. He also said he wants to conduct surveys of students by using on-

line platforms that allow for personalized feedback.

He said he wants to make the Student Government Association more meaningful and relevant to the student body by promoting students' interests and organizing events.

Rankin has been a member of the Northwestern Scholar Ambassadors, Spanish Club and Native American Student Association. He created the campus 4-H Club. He has served in the Student Government Association since his freshman year.

The past two SGA presidents, Dawson Maxwell and Erika Hernandez, have also been unopposed in their candidacies.

What's up?

THURSDAY

The Baptist Collegiate Ministries at Northwestern will host its annual mission trip fundraiser Thursday in the Student Center Ballroom from 6 to 8:30 p.m.

The BCM has hosted the fundraiser for almost 10 years. At this year's fundraiser, students will be served a warm, home-cooked meal like the BCM normally provides on Wednesdays to students. There will also be a homemade pie auction, and students will be able to purchase quilts that were donated to the BCM. Music, games and a disc-golf cage will be available for entertainment.

For more information, contact Miles Harris by calling 918-253-7784 or emailing mharris@oklahomabaptists.org.

EDITOR'S NOTE: Because of an error on the university's calendar, the Northwestern News reported in the March 23 edition that the BCM's fundraising event was scheduled for that day.

THURSDAY

Northwestern's Chemistry Club will meet from 5 to 9 p.m. in the Science Amphitheater. The club is meant to provide Northwestern students who are interested in science with the opportunity to network with peers, go on field trips, volunteer and more. For more information, contact Jadyn Budig at 580-938-1731 or jebudig90@rangers.nwosu.edu.

APRIL 6

The Northwestern Medical Sciences Club will meet Thursday from 5 to 9 p.m. in the Science Amphitheater. The club is meant to provide Northwestern students who are interested in the medical field an opportunity to become better informed, promote activities related to the medical field and secure intellectual stimulation in the field.

For more information, contact Jadyn Budig at 580-938-1731 or jebudig90@rangers.nwosu.edu.

HOLDER DRUG

hallmark

513 Barnes Alvn, Ok 73717



580.327.3332

1.800.458.5349

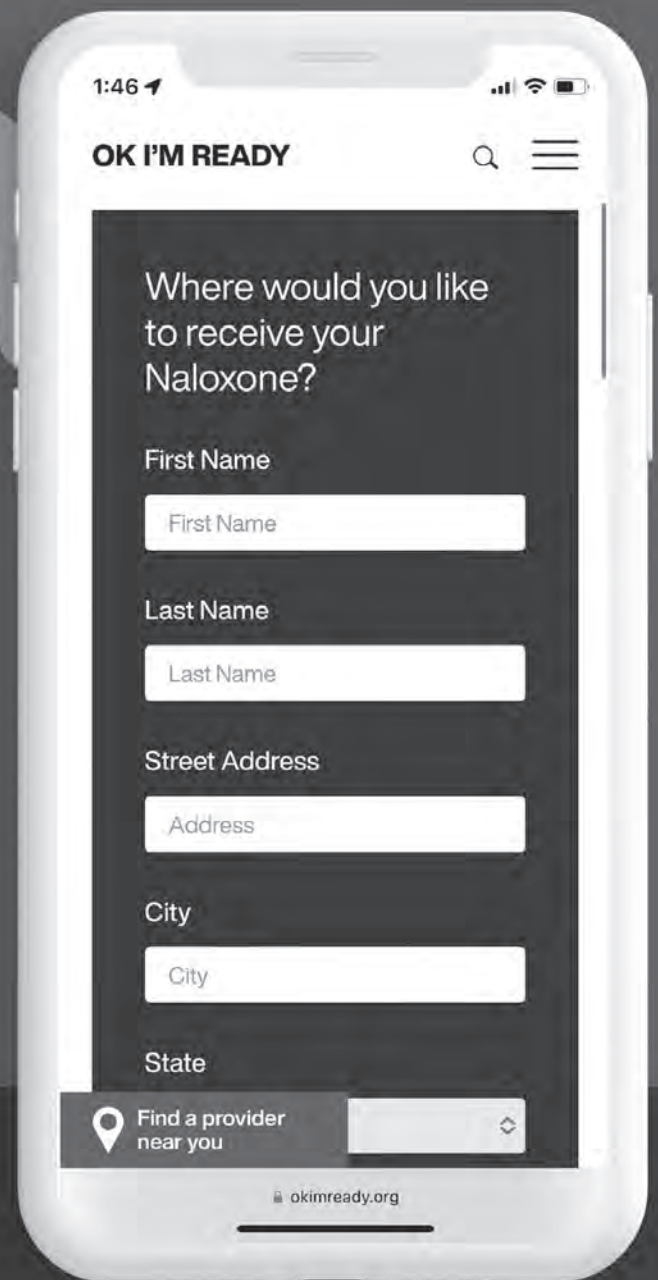
Fax: 327.1848

Mega mugs are back in stock!



Claim yours today!

SAVE SOME NALOXONE.



Accidental overdose from opiates and fentanyl is now the leading cause of death for adults ages 18 to 45. If you see someone in distress, you can help. **Call 911 and use naloxone right away.**

The nasal spray form of naloxone is easy to use and can quickly reverse an overdose by blocking the effects of opiates including fentanyl. But first, you have to have it.

Here's how you can get it for free.
Visit **OKIMREADY.ORG/OVERDOSE** today.



OKLAHOMA
Mental Health &
Substance Abuse



Scan to
get free
naloxone.

OKIMREADY.ORG

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.

Spring 2023 Staff

Editor-in-Chief
Jordan Green

Editorial Editor
J.D. Eddy

Sports Editor
Cade Kennedy

Features Editor
Caitlin Hofen

Assistant Editor

Photo Editor

Advertising Manager
Derrick Galindo

Circulation Manager
Colby Dalton

Online Manager
Connor Gray

Adviser

Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232
Telephone: 580-327-8481
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. Four hundred 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

SOMETHING TO THINK ON

There is something to be grateful for even on our worst days. Look for that.

WILLIE SPEARS SERIES: 'NOW HIRING'

Where has professionalism gone?

By WILLIE SPEARS
Guest Columnist

I was in the fast food restaurant Slim Chickens a few months ago, and there were two employees on break in a booth next to the table where my friend and I were sitting. My friend, Coach Bolware, looked at me as we could not help but overhear the inappropriate and vulgar conversation from the booth. One of the individuals appeared to be an adult supervisor, and the other a teenage worker. They were loud and unprofessional. Their conversation about how they were sick of working and ready to go home may have been appropriate in a break room, but not around the customers.

Am I old school, or was this inappropriate?

About a year ago, I ate with another coach friend at a seafood restaurant in Florida. We were the only customers in their outside seating area. We were there for lunch and noticed two employees rolling silverware two tables away over from us. They would put a knife, fork and spoon in a napkin and roll it together for future customers. As they sat there, we could not help but overhear their conversation about sex with their lovers. They went on to compare their sexual experiences from the night before. They laughed, giggled, bragged and tried to one-up each other. Both employees talked about how drunk and high they were and how the adventures

from the previous night could affect their work performance during their current shift.

I simply don't understand how people confuse private conversations with public conversations.

Recently, I was in the airport in Charlotte, North Carolina, the Queen City. As I sat there at the gate waiting to board the plane, I decided to finish eating my Panda Express dish of fried rice, super greens and honey walnut shrimp. Two young people were working at the airport desk in front of me, having a normal conversation. However, the young man used profanity in every sentence. He was not upset or trying to make a point, but he was simply in uniform, talking as if he was on his front porch.

This sort of unprofessionalism seems prevalent these days; however, you would be hard-pressed to find this type of unprofessionalism at Hobby Lobby or Chick-Fil-A. I believe we all do what we are allowed to do. I think our world is changing, and we don't know the difference between professional and personal language.

Some call it code-switching.

According to Betterup.com, code-switching is how a member of an underrepresented group (consciously or unconsciously) adjusts their language, syntax, grammatical structure, behavior and appearance to fit into the dominant culture.

I don't want my doctor talking to me like I'm her homegirl. I don't want my banker talking to



Photo provided

Willie Spears is a motivational speaker and a Northwestern alumnus.

me like I am his childhood friend. I don't want my pastor talking to me like I'm his golfing or fishing buddy. I want professional language in professional environments.

Dr. Ruby Payne talks extensively about the formal register in her books on understanding the framework of understanding poverty.

One of the most significant

deterrents to economic or social growth is ignorance of appropriate communication.

"Now Hiring" is a weekly article written by author and public speaker Willie Spears, a Northwestern alumnus. He has written 13 books and travels around the country, adding value to the lives of others through his books and dynamic presentations. Learn more at www.williespears.com.

We can overcome senior-itis and thrive

By ALIYAH BIDWELL
Senior Reporter

Is senioritis real?

Many of my high school teachers said it is all in our heads. I believe it is a real thing because I am a student who loves school and all aspects of it, and even I went through senioritis during my senior year in high school.

When I was younger, if I got sick, I wouldn't tell my grandma so that I was able to go to school. Once I reached my senior year, there was little to no motivation to get my work done. This was a problem even on the subjects I

enjoyed going to.

So, senioritis is real, and here is why I think so. According to Dictionary.com, senioritis is a "supposed" affliction of students in their final year of high school or college, characterized by lower levels of motivation or performance. Some scientists say it is out of our control; it all has to do with dopamine levels lagging. Of course, with anything, there are ways to help avoid this issue. However, no science is perfect. I will discuss the ways in which you may be able to help avoid these issues.

The lack of motivation is one of the biggest causes and symp-

toms of senioritis. When you don't have the drive to get work done, your grades will start to slip. If you are like me and you want to finish strong, try these tips to try to avoid senioritis.

First, set some goals that you plan to do during this time so that you have something to accomplish. Doing this will help rewire your brain to look forward to what is ahead.

Are you a part of any groups on your campus? Stay connected. If you aren't, do something you love to do, and make time for that. This will help you stand out among the other students and will keep you busy so you aren't

thinking about your senioritis.

Self-care is important, and with senioritis, you can lose yourself in the stack. Make a daily routine to help yourself. Take some time to remember that you did it: You made it to your senior year. So, take some time to reflect and congratulate yourself.

Senioritis is a real issue, and I don't believe it is all in our heads. I had senioritis at the beginning of my senior year in college in 2022. I followed these steps and got back on track.

Although I still have my days where I don't want to do it, I think about how far I have come and where I am going.

What's on your mind?

Faculty, staff and students can write letters to the editor about topics they're concerned or pleased about whether on or off campus. Email your letters to nwnews@nwosu.edu. Letters cannot be anonymous. See our letters policy on Page 4.

OPINION

A GOOD WORD

“Success usually comes to those who are too busy looking for it.”

— Henry David Thoreau

Taking a vacation is good for your health

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

Take some time for yourself. Take a break. Get away from this routine you have yourself in.

As a collegiate athlete and someone who works, my day is full of workouts, practices, photography, being at the vet’s office and doing homework for my master’s course.

Doing all of these things means that I get home late, and I do not have much time for myself or self-reflection. Even a week-long break can help to alleviate some of this stress, allowing me to mentally recharge.

With all of these activities, it is difficult to maintain my schedule, but somehow I get it done. No matter how hard I try, even the best scheduling cannot account for mental fatigue. The thing is figuring out how to manage it.

That can include going out on the weekends, taking naps if you have time or finding a hobby to help take your mind off things.

There are several benefits to taking vacations from your regular life. One is better sleep, and if you’re a college student, that is something we all love. Better



Photo provided

The author works on a boat while on a trip to the lake with friends. The author believes taking a vacation is good for people’s health, and he encourages people to get away from their daily routines to catch up on rest.

heart health is another benefit, and that leads to more energy that accumulates throughout the day.

Taking a break can increase your productivity and lead to bet-

ter performance in sports, work, school and anything in everyday life. Something else that is beneficial for most college students is reducing stress. College students

today are exposed to more stress than any other time in history.

According to the American Psychological Association, eight in 10 college students experience

stress bouts on a regular basis. For clarification, this is 80% of students who attend universities, but most of these cases are not what you would consider major.

Reducing stress ties in to better heart health, better sleep schedules and greater productivity.

I have talked about taking short breaks before, but today, I am talking about the need to take a real vacation. It is good to get away from the environment that you are constantly around.

For me, that is Alva. I love this place; the people are amazing and create such a healthy environment for us to flourish. But there is not a lot to do. We are in the same cycle almost every single day. It becomes mentally draining on an individual, leading to them not wanting to be here anymore.

You need a break, some time away, and that is why I think spring break is one of the best holidays away from school. Students get a week off to have a great time with friends. It is easily one of the best breaks besides summer.

As always, if you agree or disagree with some of the things that we write about here at Northwestern News, write a letter to the editor. We’d love to hear your feedback or opinions.

Civic involvement is key to preventing public corruption

JORDAN GREEN SAYS



JORDAN GREEN

Public trust in government is about as low as ever, and it’s not hard to see why. Allegations and reports of crooked dealings and underhanded political tactics seem to flood the national

news. These days, about the only people who admit to liking politicians are probably politicians themselves.

If you’ve ever heard people talk about small-town politics, you know that bad things happen even in seemingly quiet, friendly communities. Public corruption is a problem across the United States. So, what can average, everyday citizens do about it?

Perhaps more than you think. On Thursday, I had the honor of giving a presentation in Chicago about how people can get involved in their local governments to prevent graft and corruption. (The irony of giving a discussion about public corruption in Chicago was not lost on me, either.)

The presentation highlighted a few practical ways that we the people can make sure our government leaders are working for us, not themselves.

One of the best ways ordinary, unelected people can help make government run more efficient-

ly and transparently is to attend public meetings. Attendance at City Council and school board meetings in small towns across the United States is often low, meaning that few people are fully aware of what is going on in their town and school system. It’s much easier for elected officials to raise utility rates, award contracts to friends or slip personal agenda items into public policy without the public’s awareness.

Going to a public meeting may not be everyone’s idea of a fun time, but as citizens of the United States, we are fortunate to live in a country where we can be so freely involved in our government. We have the chance to speak for or against issues that matter to us – such as who our city hires to oversee emergency services, which roads get repaved, how our water plant operates and how much we pay in utilities. People can create change by attending these meetings and asking questions of their leaders. Generally, when people are closely watching what their elected officials are up to, officials tend to behave better. Going to public meetings is one way we can help keep government clean.

Another tactic we the people have at our disposal is the ability to file open records requests. Whether you’d like to know more about the city manager’s salary, how much money the school paid in legal fees, how much a given

construction project costs or almost anything of that nature, you can find the answer by filing a request with the governing body in question. Oklahoma, like all 50 states, has laws that protect a citizen’s right to learn more about the innerworkings of government.

Most citizens aren’t aware of how much information they can access under these types of laws, and I’d encourage you to do some research to see just what kinds of information you can rightfully request and obtain. These documents are often treasure troves of fascinating data, and by simply requesting these records, people can show public officials that they’re keeping an eye on them. Open records requests are a major source of news, and often, the information revealed through a request can shed light on some surprising situations. If a governing body refuses to grant a request, it’s important to see whether the governing body truly had the right to reject it. Some documents, such as personnel files, are generally off-limits.

But some agencies have been known to reject requests because they don’t want people to know the truth. If that’s the case, it’s important to alert a higher power, such as the state attorney general. Who knows what they might find going on.

Finally, one of the best ways to prevent graft and corruption is to support local media outlets that

do watchdog and investigative journalism. Across the nation, small-town newspapers and news websites need more funding to keep their reporters digging into the issues that plague their communities.

Reporters often have more time, experience and resources to closely examine what’s really going on in government, and

that kind of work is vital. There’s a reason Thomas Jefferson said he’d rather have newspapers without a government than a government without newspapers.

Anyone can sit around and talk about how bad politics are in America. But few will take a stand and get involved in government to make it better. What will you do?

WE’RE HIRING!

Are you ready to join an exciting team that produces meaningful work? The Northwestern News has immediate openings in several areas, and we are looking to build our team for the fall semester.

CURRENT OPENINGS:

- Circulation manager: Delivers newspapers across campus and mails them to readers
- Photo Editor: Take photos of campus news, events and people
- Assistant Editor: Designs newspaper pages, edits and writes stories

FALL SEMESTER OPENINGS:

- Editor-in-Chief: Responsible for leading team of editors and reporters to produce award-winning weekly newspaper
- Editorial Editor: Writes opinion columns and solicits opinion pieces from university community
- Feature and Entertainment Editor: Writes reviews of movies, books and games and oversees student writers; also writes feature stories about campus people and events
- Sports Editor: Writes stories about university sporting events and supervises student reporters and photographers covering athletic games
- Online Manager: Posts newspaper stories and photos to website each week for online readers

WHY YOU SHOULD WORK WITH US?

- Open to students of any major
- Paid positions with flexible hours
- Opportunity to make friends and develop communication skills
- Great resume building opportunities

For more information, contact Dr. Kaylene Armstrong by calling 580-327-8481 or emailing kdarmstrong@nwosu.edu.

University preserves Roosevelt history

By REBECCA WAGNER
Senior Reporter

March 1, 1935, is known as Northwestern Oklahoma State University's most tragic day in history. The legendary Castle on the Hill, the university's famed main building, burned. But this event led to the second most historic event in Northwestern history.

In 1937, First Lady Eleanor Roosevelt was a part of the dedication of the Jesse Dunn Building, which replaced the castle.

After the castle fire settled and before the ashes cooled, efforts to rebuild were put in place. The damages of the fire cost around \$500,000.

State Sen. Charles Albright of Capron drew up a bill to appropriate funds for a new building. It passed in the state House just a few days after it was announced, and thanks to President Franklin Delano Roosevelt's Works Progress Administration, construction got underway.

In October 1936, the Horace Mann building and Jesse Dunn were almost completed, and visitors looked through them during homecoming. The Horace Mann building is now known as the Education Center, which has been home to many different types of schooling.

"The fire opened a way for new building to be built," said Dr. Eric Schmaltz, chair of the department of social science. "The Works Publics Administrations, or WPA, was one of the programs set up by FDR to get us through the Great Depression."

Northwestern President Ernest E. Brown announced that Eleanor Roosevelt would be in Alva for the dedication of the new buildings.

Jesse Dunn was named after a state legislator. The dedication of the new buildings took place on March 12, 1937, and attracted thousands of people to Alva.

Roosevelt stayed at the Bell Hotel while in Alva. She was one of the more modern first ladies that America had seen up to that time because she was willing to go out and have lectures with the people. She also had a newspaper column called "My Day."

The first lady wrote about her experience in Alva and how it was the most crowded of any of her experiences during her lecture tour, according to Wayne Lane's book "Northwestern Oklahoma State University: A Centennial History."

When the dedication took place on the morning of March 12, Roosevelt spoke to a crowd of 2,000 that was jammed into the Wyatt Gym, which is now the Student Center. When Roosevelt dedicated Jesse Dunn, she stood in front of the building at a lectern that Northwestern still has today.

The lectern, along with the chair Roosevelt sat in while she was at Northwestern, is kept in a room on the third floor of the Jesse Dunn Building under lock and key.

During Roosevelt's lectures, she spoke about problems young people were facing. There was a \$1 admission charge to hear her lectures. Roosevelt was an honored guest at a luncheon in the new library in Jesse Dunn.

Not only did Roosevelt take part in the dedication, but she also spent time talking with 86 different high schools in the auditorium of Herod Hall. She told them about a "typical day at the White House," according to Lane's book.

After one more address from Roosevelt about peace in a lecture program that took place that day in Herod Hall, Roosevelt left town the next day to travel to El Reno.



1



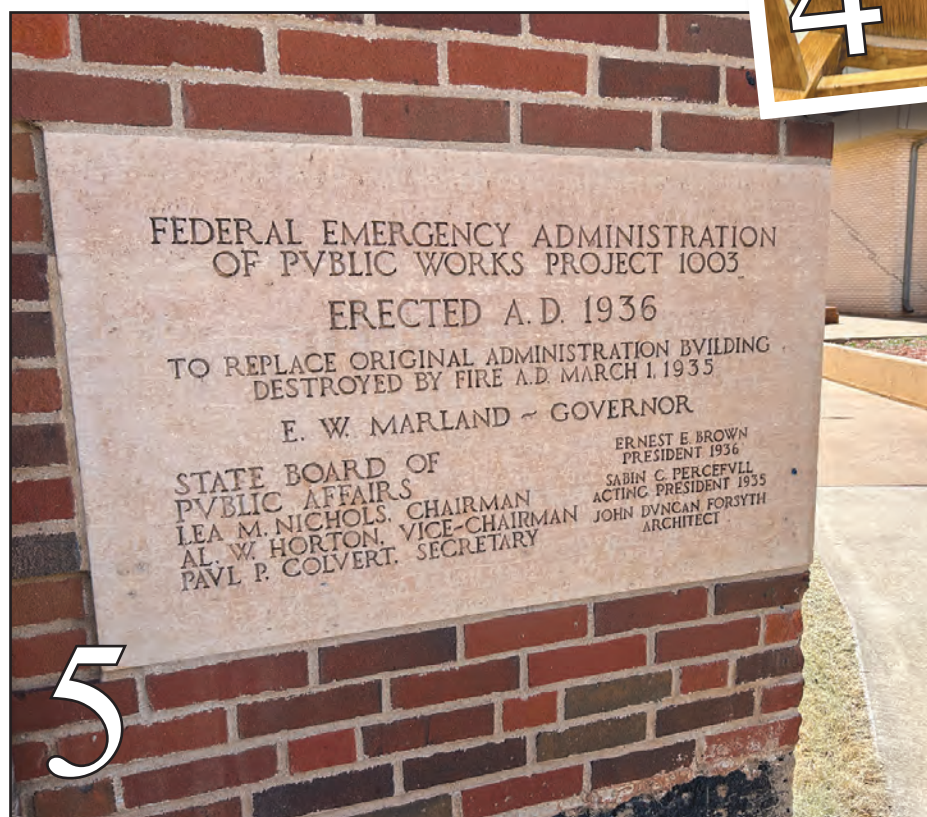
3



2



4



5

1. The lectern used by First Lady Eleanor Roosevelt is kept in a third-floor room in the Jesse Dunn Building, which Roosevelt helped dedicate in 1937.
2. The front page of a Wichita, Kansas, newspaper told the story of Roosevelt's visit to Alva in 1937.
3. The chair Roosevelt sat in while at Northwestern is kept in a third-floor room in the Jesse Dunn Building, which Roosevelt helped dedicate in 1937.
4. The underside of the chair Roosevelt sat in is marked with her name and the date she was at Northwestern.
5. The cornerstone of the Jesse Dunn Building is shown in this March photo.

Photos by Rebecca Wagner



Back to the drawing board



ABOVE: Northwestern artist-in-residence Emilia Olsen, shown at right, gave a talk and hosted a drawing workshop in the university art classroom on March 23.

LEFT: A drawing of a woman's face is shown during the workshop.

TOP AND BOTTOM RIGHT: Workshop attendees draw during the artist workshop.

Photos by Ely Noble



SOCIAL MEDIA

For Rangers, TikTok is place to be 'cool'

By MALLORY PARUSZEWSKI
Senior Reporter

Northwestern student-athlete Sofia McElroy is an influencer in training. She downloaded TikTok when the pandemic began in 2020, and she has already had multiple videos go viral.

McElroy now uses her account to promote brands of products she uses in her everyday life, and as a member of the women's golf team, she hopes to make more educational videos about the sport. She is one of the countless young people who are hoping to persuade others on TikTok — and get name recognition in the process.

"I want to be famous, like really bad," McElroy said.

Getting established as an influencer on TikTok isn't easy, McElroy said. The platform's algorithms don't always promote a person's content in the same way.

"First starting TikTok is embarrassing because of the minimal views and thought of being judged," McElroy said.

Northwestern student and TikTok user Bradey Bejarano, who has 14,000 followers, focused on weight-lifting or working on trucks in his videos. Bejarano said he used TikTok more when he was in high school because he had more time to be on his phone. Now that he is playing collegiate baseball and attending college classes, he doesn't post anymore.

Bejarano got started on the app

because his friend encouraged him to get an account.

"My goal was to gain as many followers so I can be cool," Bejarano said.

When he is traveling for baseball, he will get on Instagram Reels instead of TikTok now because he finds it more interesting, he said.

"I have to watch the videos my girlfriend sends me because she will ask questions," Bejarano said. "I'll be in trouble if I don't."

Maddie Masch and Justin Dunlap said they, too, hope to be influencers.

"I have to watch the videos my girlfriend sends me. ... I'll be in trouble if I don't."
— Bradley Bejarano, baseball player

constantly requires a lot of screen time, so she is on her phone a lot, she said.

"It's become a part of my daily routine," Masch said.

Dunlap, a self-described "Star Wars" fan, has gained 357,000 followers stemming from his "Star Wars" or anime videos. Dunlap, a member of the Northwestern baseball team, said he struggles with finding inspiration and the time to post consistently.

"Sometimes, I feel like the stuff isn't up to par with the content I expect from myself, and it makes me hesitant to make anything at all," Dunlap said.

In Dunlap's mind, being an influencer means teaching people about "Star Wars" and giving the franchise's lovers something to watch and enjoy. However, not all people are fans of what he does.

"I always remind myself that, for everyone that judges me, a lot more people love what I make," Dunlap said.

In recent years, TikTok has become a platform for many people to share their personal lives through a variety of singing, dancing and talking videos.

However, the app comes with its share of problems. The app is known as a place where human trafficking has occurred. Many children on TikTok communicate with other TikTok users, not knowing whether the person really is who he or she claims to be.

Self-esteem problems can also result from use of the app, some

health authorities say.

"Girls on TikTok think that they need to post their bodies to get noticed," McElroy said. "[It is] very dangerous."

Reporting from CNN and other national media outlets has revealed that TikTok may be exposing children to harmful content, including videos relating to suicide.

Of late, the app has come under fire because it is owned by Chinese company ByteDance, and U.S. lawmakers say the app may be harvesting information about users that could jeopardize national security.

"If you don't know the dangers of an app like that, you shouldn't be on it," Bejarano said.

Cookie's Bowl and Cafe

GLOW BOWL
Starts @ 7 pm

\$10 OFF 1 hour w/ Student ID

Bowling:

- Friday: 5:30 pm - 11:00 pm
- Saturday 1:00 pm - 11:00 pm
- Sunday: 1:00 pm - 9:00 pm
- Monday: 5:30 pm - 9:00 pm
- Tuesday: League

Cafe: Friday - Tuesday
5:30 pm - 9:00 pm

Follow Us on Facebook: [Cookie's Bowl Inc.](#) Schedule a Session: (580) 327-0461

FEATURE

Morning routine encourages healthier habits

By **TARA OWEN**
Senior Reporter

TikTok videos with the hashtag “morningroutine” have been watched a collective 14.6 billion times, according to The Washington Post.

This new trend consists of TikTok users posting their morning routines for other users to watch. Some morning routine videos consist of them videoing themselves making breakfast, working out or even getting up before sunrise.

This trend has become a popular form of entertainment throughout the TikTok platform.

As this new form of entertainment has quickly gone viral, it is also a new type of inspiration.

This trend is encouraging others to create a positive morning routine for themselves just by watching other users’ videos.

“Having a set morning routine from a psychology aspect is extremely beneficial, especially for college students.”

— **Allissa Miller,**
psychology instructor

“Having a set morning routine from a psychology aspect is extremely beneficial, especially for college students,” said Allissa Miller, a psychology instructor at Northwestern Oklahoma State University.

BENEFITS FOR STUDENTS

For some college students, this is their first time to have the freedom to create their own morning routine without the influence of their parents, Miller said. It is important for students to find a set morning routine that can benefit their lifestyle while in college.

Behavioral health experts are even recommending a morning routine to help create and build healthy lifestyle habits, according to The Post.

As this new trend is allowing users to share with others a more vulnerable side of their life, it is important not to compare lifestyles, Miller said.

Miller recommends as a psychology instructor to track your schedule to find what fits best for you and your life.

“The thing I would encourage the most with creating a morning routine is that it is going to be hard getting up at the same time every day at first,” Miller said. “Give yourself a few weeks and try out new things to figure out what works best for you and your



Chloe Lehr studies in the library. Lehr said her favorite part of her morning routine is breakfast and her Bible.

schedule.”

Chloe Lehr, a freshman education major, said her morning routine changes quite often. She said she enjoys having her schedule where she is able to start her day early with classes.

“I do not get up at a set time each day, but something that I

keep consistent each morning after waking up is reading my Bible and eating breakfast,” Lehr said. “I enjoy doing these two things before I start my day.”

As a college student, Lehr said having a new school and work schedule each semester makes it more difficult for her to create a

set morning routine.

However, she has enjoyed seeing this new trend throughout social media.

“I am a fan of this TikTok trend, and I think it is very interesting to watch how different people start their mornings,” Lehr said. “I even think it might help some people stay on track by recording themselves, but I think there are some unrealistic videos of some people’s routines.”

For some people, missing a step in their set routine can be harmful to the rest of their day.

Jerika Coon, an education major at Northwestern, said she often has that problem herself.

“My personal morning routine helps start my day, but if I don’t

do my morning routine, I feel like it can ruin my day,” Coon said.

M’Cheila Rader, an English major, decided to take part in this trend as she has a set morning routine.

“I love this trend so much that I decided to post my own morning routine,” Rader said. “I thought it was fun to be able to show people what products that I use in my everyday morning routine.”

Rader, who has a set morning routine that she has been doing for a long time, said she has more things she would like to accomplish in her mornings.

“Having a set routine is such a rewarding feeling,” she said. “I have a sense of accomplishment and productivity throughout completing small tasks before my day even gets started. I would like to become more consistent about working out in the mornings.”

REWARDING ROUTINES

Some may wonder what it is about this trend that is making users want to share their routines as well as watch the routines of other people.

According to The Post, Sophia Brasley, a clinical psychologist, said the brain sees completing a routine as an accomplishment.

“We are drawn to any sort of social media content that feels inspirational, but still attainable,” Bradly said.

Young people aren’t the only ones getting involved with the trend. The reported that parents are taking part in the trend as well.

Parents are creating TikTok videos not only of their morning routines, but how they are getting their children ready for their day.

“I get up between 5 a.m. and 5:30 a.m. to shower and get myself ready before dealing with a two- and a three-year-old,” Miller said.

This TikTok trend inspires viewers to create a new positive morning routine.

“There is truly no better feeling than starting your morning off with a set routine,” Coon said.



M’Cheila Rader does her morning skincare routine before class.

Thinking of moving?

Think Hi-Lo Apartments, LLC
636 Linden St.

- 1- and 2-bedroom apartments available
- Within walking distance of campus
- School semester leases
- Laundromat on site
- No smoking and no pets allowed

Call 580-748-0157

ENTERTAINMENT

TV SHOW REVIEW

'Outer Banks' season three disappoints fans



Netflix Media Center

By **DAX BENWAY**
Senior Reporter

Editor's Note: This review contains spoilers for those who have not watched "Outer Banks" seasons one through three.

"Outer Banks" is one of the most popular television shows on Netflix. Airing in 2020 during the pandemic, Netflix did not realize how popular this show was actually going to be. Reaching the top of the charts in views for season one, the crew got back together and put out a second season pretty quickly, releasing it on July 30, 2021.

Season two saw similar success to season one, becoming the top Netflix series again.

Netflix had to respond after seeing how popular the first two seasons were, so after a year and half, it released season three, but did not see the same results.

"Outer Banks" is a show about a boy named John B. Routledge and his friends known as "the Pogues" that try to find different

pieces of lost treasure around their home island called Kildare Island, located right off the coast of North Carolina.

They decided to go a completely different direction for season three, with Ward Cameron not being able to live in the Outer Banks anymore after faking his death. He moves away to Barbados.

So, the whole story line is based in Barbados and Kildare Island.

Another way season three is different from the first two, and a big reason it did not have the same success as the first two seasons, is the villain.

It has always been a clash between the Pogues and the Cameron family. Season three was not like that at all.

They introduced a new villain named Carlos Singh, which was a big disappointment.

They also had Ward Cameron try to be a good guy, which didn't sit right with viewers as he was the most hated character for the first two seasons.

Singh was all talk and never really did anything to the main characters, just innocent people.

He was the person to introduce the treasure of the season, and his biggest rival ended up being John B.'s father.

This was a big shock because John B.'s dad was announced dead at the beginning of season one, having been killed by Ward Cameron.

John B. and Sarah deal with relationship issues the whole season, leading to Sarah cheating on John B. with Topper which made a lot of viewers upset.

Big John and John B. team up to look for the treasure alone, leaving the Pogues out of the picture. John B. would eventually find the treasure, but it would cost him dearly.

Season three was a big let-down in the eyes of Outer Banks fans.

For how long everybody waited for the season to be as bad as it was, it was tough and will probably leave a lot of people questioning if they will watch season four.

'The Ballad of Songbirds and Snakes' captivates readers

By **CAITLIN HOFEN**
Features Editor

"Ladies and gentlemen, welcome to the 10th annual Hunger Games."

"The Ballad of Songbirds and Snakes" is a prequel to the Hunger Games trilogy, set 64 years before Katniss and Peeta.

It follows an 18-year-old Coriolanus Snow before he is president of Panem. Snow is a mentor in the 10th Hunger Games as they try to monetize the event to get more citizens to watch.

Readers see inside the polished life of Snow after he lost both parents and endured starvation during the war.

He lives with his grandmother and cousin, Tigris, the family apartment that signifies the last of the family's wealth and status.

His last chance to bring honor back to the Snow name and be set up for success is if his tribute does well in the Games.

Snow's tribute from District 12, Lucy Gray Baird, sparks attention during her reaping by shoving a snake down the dress of the mayor's daughter. Her singing captivates the Capital even more as underdog to win the games.

When Lucy Gray and the other tributes get to the Capital, Snow gives readers an inside look at the beginning of the Hunger Games and the steps the government took to create the bloodbath shown in

the original trilogy.

Even after the Games, readers follow Snow and the choices he makes that eventually lead him to be president of Panem.

The relationship between Lucy Gray and Snow surprises both characters and readers, and leads him on a path I didn't expect from the villainous tyrant Snow seems in the trilogy. If anything, it makes me dislike the older character more as I witnessed his origin story.

"I loved all the subtle references to pieces of the trilogy like certain songs, last names and events."

— **Caitlin Hofen**

Snow endures the loss of status, love and life as he knew it throughout the novel.

I never thought I'd come to tolerate, let alone love the villain who continued the violent Hunger Games.

Told from his point of view, Snow gives readers a first-hand look at the infancy of the Games and his struggle to understand why the Games are important to continue after the war with the districts.

I loved all the subtle references to pieces of the trilogy like certain songs, last names and events.

Readers learn the origin of many key elements of the original storyline and lead readers to question if certain characters are the relatives of trilogy characters.

While I was familiar with the world of the Hunger Games, it took a little bit for me to become comfortable with the world of Coriolanus Snow.

The Capital was described more in detail than in the first books and offered a different view to the games.

With the movie set to come out in November, I wanted to read the book beforehand, and I'm so glad I did.

It takes readers further into Snow's life than one might expect.

However, I'm eager to see how the ending of the movie goes.

I can't say I was happy with the book ending, but it led nicely into the original trilogy.

This book isn't for everyone. There is some graphic material and descriptions that may turn others away.

I recommend re-familiarizing yourself with the trilogy first before reading as I forgot about some details.

In my opinion, this is exactly how a prequel should be written. It should give more background to the story but leave readers wanting more.

Dad Joke of the Week:

My wife warned me not to steal the kitchen utensils.

But it's a whisk I'm willing to take.

ALVA VISION CLINIC

Since 1972, there has been something special about Alva. Here I am, 40-plus years later, with a plethora of memories flooding my mind that include Troy and his love for you, the Alva and Northwest Oklahoma Community. The past three weeks have been devastating to say the least, but I cannot express my gratitude of the incredible outpouring of love, kindness, and support. A simple "thank you" seems to not give my gratitude justice. My family is deeply grateful and completely humbled. From our family to you; our friends, patients, our staff Jennifer and Kristi, the OAOP, volunteer doctors, and the entire community of Alva,

THANK YOU!

We continue to host volunteer doctors to provide care to Dr. Smith's patients at this time. At the same time, we are currently seeking an Optometrist who would be an amazing fit for this community and above all you, the patients, to provide the ultimate care that you deserve.

OFFICE HOURS:

Monday & Thursday: 8am-5:30pm
Tuesday & Wednesday: 7:30am-5:30pm
Closed From 12pm-1pm

For an Appointment, Call:
(580)-327-2393

After Hours, Call:
(580)-829-2026

SPORTS

UPCOMING HOME GAME

The baseball team will play Southeastern at Myers Stadium Friday at 6 p.m.

BASEBALL



Photos by J.D. Eddy

Brayden Koenig slides into home plate during Northwestern's game against Harding on Friday at Glass Family Field at Myers Stadium. The Rangers lost to the Bisons, 3-2, and lost all three games of the series. With a win over Panhandle State on Tuesday, the Rangers have a record of 14-18 with a record of 6-12 in conference play.

Rangers swept by Bisons



Cade Phelps pitches the ball during Northwestern's game against Harding on Friday at Glass Family Field at Myers Stadium. The Rangers lost to the Bisons, 3-2, and lost all three games of the series.

By **JARA REEDER**
Senior Reporter

The Northwestern baseball team had a rough week with a loss to Emporia State followed by a weekend series of losses.

On March 22, the Rangers traveled to Emporia State for a non-conference game.

The Hornets jumped out to an early start in the first inning with a home run, giving them a 1-0 lead.

The Rangers answered with their own solo home run. Trevor Saire hit one to left center field to tie the game at 1-1.

The Hornets responded with three runs in the bottom of the second inning to take a 4-1 lead.

The Rangers did not respond in their half of the third inning, while the Hornets hit a home run to take a 5-1 lead through three innings.

The Rangers answered by loading the bases. Saire and Paul Sachen hit sacrifice flies to cut the deficit to two at 5-3.

After a scoreless sixth inning, the Hornets extended the lead with a seven run seventh inning. The first run of the inning crossed on a bases-loaded walk before a fielder's choice gave the Hornets an 8-4 lead. After a single pushed the lead to 10-4, several Ranger errors and wild pitches had the

Rangers down 13-4.

Over the weekend, the Rangers had a three-game series against Harding.

On Friday's game, it took until the third inning before Harley Shaffer hit a solo home run to give the Rangers a 1-0 lead.

The Rangers regained the lead in the seventh with Brayden Koenig hitting a double before a Paul Sachen single scored Koenig for a 2-1 Ranger lead through seven innings.

Harding answered in the ninth inning after a leadoff walk and an error put runners on first and second. A sacrifice bunt moved them to second and third before a 2-RBI double to left center field scored two runs for a 3-2 Harding lead and win.

On Saturday, the Rangers and Bisons battled for four innings. In the fifth inning, the Harding defense stepped up while the offense stayed hot, and the Bisons won the game, 15-8.

In the last game of the series, Harding led 6-2 through three innings. The Harding offense racked up five runs in the fourth and fifth innings, giving the Bisons an 11-2 lead. Neither team scored again, giving Harding an 11-2 win.

On Tuesday, the Rangers traveled to Goodwell to play Panhandle State. The Rangers won, 16-4.

SPORTS

UPCOMING HOME GAME

The softball team will play East Central at the Alva Recreational Complex April 6 at 5 p.m.

SOFTBALL

Lady Rangers lose series at Harding



Photo by J.D. Eddy

Avery Tittle swings her bat during Northwestern's game against Southern Nazarene March 10 at the Alva Recreational Complex. The Lady Rangers have a 7-27 record on the season with a conference record of 4-13.

By **CONNOR GRAY**
Senior Reporter

The Northwestern softball team went to Searcy, Arkansas for a weekend series with Harding, but only took one of the three games.

The Lady Rangers are still struggling but remained competitive for most of the series against a Harding team that only had seven losses on the year.

In game one on Friday, pitching and defense kept both teams at bay in the first, but Harding struck first with two runs in the second inning. The Lady Bisons followed up with two more in the third to give Harding a 4-0 lead.

The Lady Rangers knocked in a run during the top of the fifth off a double from Abby DeTar.

However, Harding answered with a run of its own in the bottom of the inning.

The Lady Rangers did not get more runs on the board, with the final being 5-1 Harding.

In game two on Saturday, the offense struggled to get much done, while Harding's batting

lineup was able to put six runs on the board.

The final was 6-0. Northwestern did not do much against the Bison, as the Lady Rangers only had five hits compared to Harding's 12.

In game three, fortunes changed for the Lady Rangers.

The start of the game did not look promising for Northwestern, as Harding scored three runs in the bottom of the first.

The Lady Rangers responded with four runs of their own, with Tatum Winters and Macy Spearman each getting a two RBI single to make it 4-3.

After the first, Hannah Howell proceeded to hold Harding at bay, keeping Harding at three runs for the rest of the game.

Abby Johnson gave the Lady Rangers one more run in the sixth off an RBI single for the final run of the game, with the final being 5-3.

The Lady Rangers will be back in action with an away series in Durant against Southeastern. Friday will have a doubleheader at noon and 2 p.m., and Saturday's game will be at 2 p.m.

A beyond mad March

CADE'S CALLS



CADE KENNEDY

As March comes to an end, college basketball enters its final stage.

Only four teams remain in the NCAA tournament, but this year has a story different than most.

Usually there is one underdog team that most of the nation roots for, but that team ends up falling short just before reaching the Final Four. This season, however, went in the opposite direction.

Three teams made the Final Four for the first time this season, as San Diego State, Florida Atlantic and Miami (FL) all survived through the madness of the first two weekends.

This year's version of the tournament might be the craziest one yet, as it is the first time since 1970 that three new teams have made the Final Four. It features some of the most fascinating underdog storylines in quite some time.

Starting with Florida Atlantic, the Owls started playing basketball in 1988 and did not play in Division I until 1993.

The Owls came out of nowhere, as they dominated teams in Conference USA. The Owls have a record of 35-3, making it the most wins out of any team

in Division I this season. Florida Atlantic made history just by winning one tournament game, which the team had never done before. Now the team has a chance to make even more history.

San Diego State has a different story than the Owls, as the Aztecs have made several runs in the tournament, but never did get past the barrier of the Sweet 16.

In 2020, San Diego State finally had a team that could break through and possibly make a deep run and contend for a national title.

Instead, the 30-2 Aztecs saw their dreams crushed as the pandemic stopped the world.

The final underdog is Miami, as the Hurricanes have put together several successful seasons in football and baseball, but never in basketball.

Miami has the most experience of the three squads, as the Hurricanes made the Elite Eight last season.

Miami also has a coach that knows how to win in these types of games, as Jim Larrañaga took George Mason to the Final Four in 2006.

We may not see this insane of a tournament ever again, so enjoy the madness while you can.

Even if you are not the biggest sports fan, I encourage you sit back and let the madness of March unfold.

Ranger golf teams improved throughout spring 2023 season

By **KRISTEN KIRTLEY**
Senior Reporter

Daniel Campbell, the head coach of the Ranger golf teams, is wrapping up his first full season as the head coach at Northwestern.

Both the men's and women's teams have played three of the four events that they will participate in before the conference championships for both teams will take place.

All three of the events took place within the last three weekends.

Campbell said that, although it's been a busy past few weeks for Northwestern golf, he thinks that the last three events for both the men's and women's teams have gone well.

"We had some positives and negatives and some ups and downs," Campbell said. "That is the nature of golf. If everyone played well every time, it would be easy."

Although both teams have played through challenging weather conditions in a few of the events they have participated in, there have been both expected and unexpected contributions from players on both teams, Campbell said.

"It's been really awesome to see some people stepping up and

playing some good golf," Campbell said. "My kids are working hard and having a lot of fun. I think we're moving this thing in the right direction as a program."

The following weekend, the women's team will travel to the Newton's golf tournament at Sand Creek Station in Newton, Arkansas.

After that, the teams will have another week off before the men's team plays at the Harding golf tournament, located at the Cypress Creek Golf Club in Cabot, Arkansas.

Those will be the last two events before the conference championship takes place from April 23 - 25 at Hot Springs, Arkansas.

"We've improved our finish at

almost every tournament that we played in last year that we came back to this year," Campbell said.

He said the women's team has improved by an average of eight shots this year, and the men's team has improved by an average of five shots.

Campbell said he is happy with how his first year has gone as the head golf coach at Northwestern.

He said he thinks one's first year anywhere as a head coach will have a learning curve, with new things that come up that one might not expect or be ready for.

"I think I've learned a ton this year," Campbell said. "I think I'm very happy with the way that we've tried to change the culture of this program here."

Alva State Bank & Trust Company

Older than Oklahoma

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

NEWS

JONES: Representing ‘hated man’ posed risks

Continued from Page 1

than \$15 million, which was paid by the U.S. government, according to The Chicago Tribune.

Jones has written a book titled “Others Unknown: Timothy McVeigh and the Oklahoma City Bombing Conspiracy,” which details what he uncovered while building McVeigh’s case. The book shows why he believes other people who were never found were involved in the bombing, Jones said.

Jones also spoke about the personal struggles of taking on the case and the steps he had to take to keep his family protected. He slept with a revolver under his pillow.

“[McVeigh] was already being called the most hated man in America,” Jones said. “So, the first thing I had to do was arrange security for my office, my family and my home.”

After presenting a short documentary and speaking for more than 30 minutes, Jones fielded questions from the audience and ended by thanking the audience for their time and attention. Some audience members had Jones sign books for them.



Photo by Joshua Hinton

High-profile Oklahoma lawyer Stephen Jones, shown standing at right, spoke to a crowd of Northwestern students and faculty March 24 in the Student Center Ranger Room. Jones talked about the challenges he encountered while representing Oklahoma City bomber Timothy McVeigh.