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Like to write, take pictures, tell stories and meet people? The Northwestern News is looking for editors, reporters and photographers for the fall semester. See our job advertisement on Page 4.

TIME TO PLAY

Find out more about what's in store with the upcoming theater production "The Monologue Show." PAGE 9



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April 13, 2023

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Photo by Dax Berway



Photo by Jordan Green

TOP: Northwestern students worked together April 6 to remove debris from a flowerbed in front of the J.W. Martin Library. Students, faculty and staff volunteered to clean up flowerbeds and pick up trash across Northwestern's campus as part of the annual Campus Cleanup event that day. The next workday will be April 21, when Rangers can lend a hand with the Campus Beautification Day. To sign up, either as an individual or for a group, contact Lisa Vermillion by emailing lmvermillion@nwosu.edu.

HEALTH

Anabolic steroids can cause problems

By **JAKE ERVIN**
Senior Reporter

Taking a pill a day without listening to what the doctors say: This is the approach some people are following when using performance-enhancing drugs to build muscle.

The use of anabolic steroids and other similar drugs has rapidly increased among competitive and recreational weightlifters who are hoping to gain muscle faster.

In the United States, more than three million people have taken anabolic steroids to achieve a more muscular physique, according to the National Library of Medicine.

Anabolic steroids are synthetic versions of natural hormones such as testosterone and are often illegally used by weightlifters to gain muscle mass more quickly than they could naturally.

Some of the most common steroids used by gym enthusiasts

See **STERIODS**, Page 2

National campaign urges drivers to put away distractions

By **ALIYAH BIDWELL**
Senior Reporter

April is National Distracted Driving Awareness Month, urging drivers to be more cautious and focused when hitting the road.

The national campaign began in 2017. Law enforcement presence along roadways is typically higher as part of the effort, which accompanies the media campaign "U Drive. U Text. U Pay" to educate drivers about the deadly consequences of texting and driving.

32,000

People who died in distracted-driving crashes in the U.S. from 2012 to 2021.

Source: NHTSA website

The National Highway Traffic Safety Administration encourages people to remind their loved ones not to text and drive. It also encourages people to take a pledge not to drive while distracted by anything.

To avoid distracted driving, the NHTSA urges drivers to pull their cars off the road to check important text messages or have a passenger respond to them.

The biggest cause of distracted driving is phone usage. However, distracted driving could include eating, drinking, fidgeting with the radio or even talking with passengers and children in the backseat.

From 2017 to 2021, about 250 drivers died on Oklahoma roadways, and nearly 8,000 people were injured because of distracted driving, according to the Oklahoma Department of Transportation.

Northwestern student Kylee Harzman

said she experienced firsthand the dangers of distracted driving. She was driving near McDonald's in February when someone pulled out in front of her and another car. Harzman stopped her car in time, barely avoiding a collision with the offending car.

She said the close call shouldn't have occurred, and it wouldn't have if the driver of the offending car hadn't been distracted. Harzman and the other car were in view of the offending car, which was at a stop sign.

"[Distracted driving is] a lot more common than what we want to think it is, and there definitely needs to be more education around it," Harzman said.

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NEWS

Anabolic steroids: Fast facts

4.9% 2.4%

Number of U.S. males who have used anabolic steroids at least once.

Number of U.S. females who have used anabolic steroids at least once.

Anabolics can cause:

- Higher heart attack risk
- Higher stroke potential
- Aggressive behavior
- Risk of testicular cancer
- Higher blood clot risk
- Tendon, bone injuries
- Higher tumor potential
- Greater infection potential

Sources: U.S. Food and Drug Administration, National Institute on Drug Abuse

STEROIDS: Long-term effects from drugs could outweigh short-term fitness gains

Continued from Page 1

include testosterone, trenbolone — which is often referred to as “tren” — and Dianabol, which is the brand name for methandienone. Other common performance-enhancing drugs that aren't steroids but are being used by lifters include human growth hormones and selective androgen receptor modulators.

SOCIAL MEDIA STARS ENCOURAGE USAGE

While the use of these substances may be popular, it does not make them legal. Possession of anabolic steroids without a medical prescription can lead to a \$1,000 fine and imprisonment for up to one year. However, enforcement of these laws for consumers is not common.

Despite potential legal repercussions, some people talk openly about their steroid use and advocate for them across various social media platforms.

Many people who consume gym-related media content, especially on platforms such as TikTok or Instagram Reels, have likely been exposed to content encouraging them to use performance-enhancing drugs.

Mark Sanchez, a social media personality who goes by the nickname “Daddy Tren,” advocates the use of performance-enhancing drugs to his 137,000 followers on TikTok and 103,000 Instagram followers. While Sanchez has acknowledged the risk of steroid usage in the past, he emphasizes personal choice and suggested the correct usage of the drugs is a way to mitigate the risk.

Through the complex social media algorithms these platforms use, videos such as Sanchez's are being pushed into the social media feeds of males in their early 20s who are interested in weightlifting. According to the National Institute of Drug Abuse, this demographic is most likely to begin abusing steroids and makes up the majority of steroid users.

Doctors and nonprofits such as the National Institute of Drug Abuse have made efforts to discourage the public from abusing steroids because of their negative side effects.

STEROID USE COULD HARM BONE, MUSCLE

Despite the positive athletic effects steroids can provide, the side effects can be severe, said Jerrad Hada, a physical therapist at Alva's Ignite Physical Therapy clinic.

“We're going to start to see a lot more problems with bone density,” Hada said. “We're going to start to see more problems with tendons — those sort of things that are really going to be breaking down due to injecting steroids into your body.”

While there are medical purposes where steroids are appropriate and prescribed, that is because they are being monitored by medical professionals who are ensuring they are taken safely. While some users may not see immediate side effects, that does not mean they are in the clear, Hada said.

“A lot of side effects may not rear their heads for years down the road,” he said. “To say that ‘I took steroids six months ago and I feel fine,’ that may be, but what are the long-term effects? ... I would just say I think that is kind of misguided because we don't know the side effects until down the road.”

Misusing performance-enhancing drugs can also lead to heart attacks, liver damage and psychological harm.

USERS: STEROIDS HELPED RAISE WEIGHT

Regardless of the documented risks associated with enhancements, some users report positive experiences with minimal side effects. A 20-year-old student at Southwestern Oklahoma State University, who chose to remain anonymous, said he had a positive experience while taking selective androgen receptor modulators.

“It made your body change — just more motivation to go work out,” he said. “It's almost like addicting to go to the gym, I guess, whenever you're taking that.”

The student said he quit using the drugs after a five-week cycle but would be willing to use them again. He said he would recommend them to people who are try-

ing to gain muscle.

He said he did have hair loss and mental instability while taking the drugs, which he said might be a concern for some people.

“If you're not in a very good time in your life or if you are, like, having depression issues or anything like that, I would not recommend it,” he said.

Dalton Broyles, a 22-year-old oilfield worker, has been taking performance-enhancing drugs since April 1, 2022. He said he is pleased with his results. He had already begun weight training without any supplementation for six months before trying steroids.

“There's a warning label on everything.”
— Dalton Broyles, steroid user

“It started with testosterone,” he said. “I wanted to progress faster than everyone else. I thought I had hit a plateau, so I started running entry-level gear, which would be testosterone.”

Broyles said testosterone helped him achieve and exceed his initial weight-lifting goals. After starting testosterone, he also used an estrogen inhibitor and Dianabol to further increase his muscle growth.

“It was a game-changer,” he said. “I threw on mass so fast. I went from 140 pounds to 180 pounds in two months. My bench press went up 100 pounds, and my squat went up 150 pounds. It's pretty insane how fast you progress.”

While he did experience some negative side effects — such as extensive acne and mild irritability — he said the process was not terribly harmful. In spite of the advice of the medical community, Broyles said people should weigh the risk for themselves.

“There's a warning label on everything,” he said. “It's your own body, really. There's risk to everything, and steroids are no different, but I do think steroid risk is significantly less than just about anything else.”

What's up?

THURSDAY

• The Northwestern theater program will present “The Monologue Show” in the Herod Hall Auditorium at 7 p.m. The performance is open to the public, but a maximum of 90 seats are available for each of the three performances. Tickets are available at the door and are sold on a first-come, first-served basis.

• 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 Jady Budig at 580-938-1731 or jebudig90@rangers.nwosu.edu.

• Alva residents are invited to the university's Community Tuition Assistance Information night event. It takes place from 5 to 7 p.m. in the Student Center Ranger Room.

FRIDAY

The Northwestern theater program will present “The Monologue Show” in the Herod Hall Auditorium at 7 p.m. The performance is open to the public, but a maximum of 90 seats are available for each of the three performances. Tickets are available at the door and are sold on a first-come, first-served basis.

SATURDAY

The Northwestern theater program will present “The Monologue Show” in the Herod Hall Auditorium at 2 p.m. The performance is open to the public, but a maximum of 90 seats are available for each of the three performances. Tickets are available at the door and are sold on a first-come, first-served basis.

TUESDAY AND WEDNESDAY

A blood drive will take place in the Student Center from 10 a.m. to 4 p.m. both days. It is open to the public. The Oklahoma Blood Institute is hosting it.

HOLDER DRUG

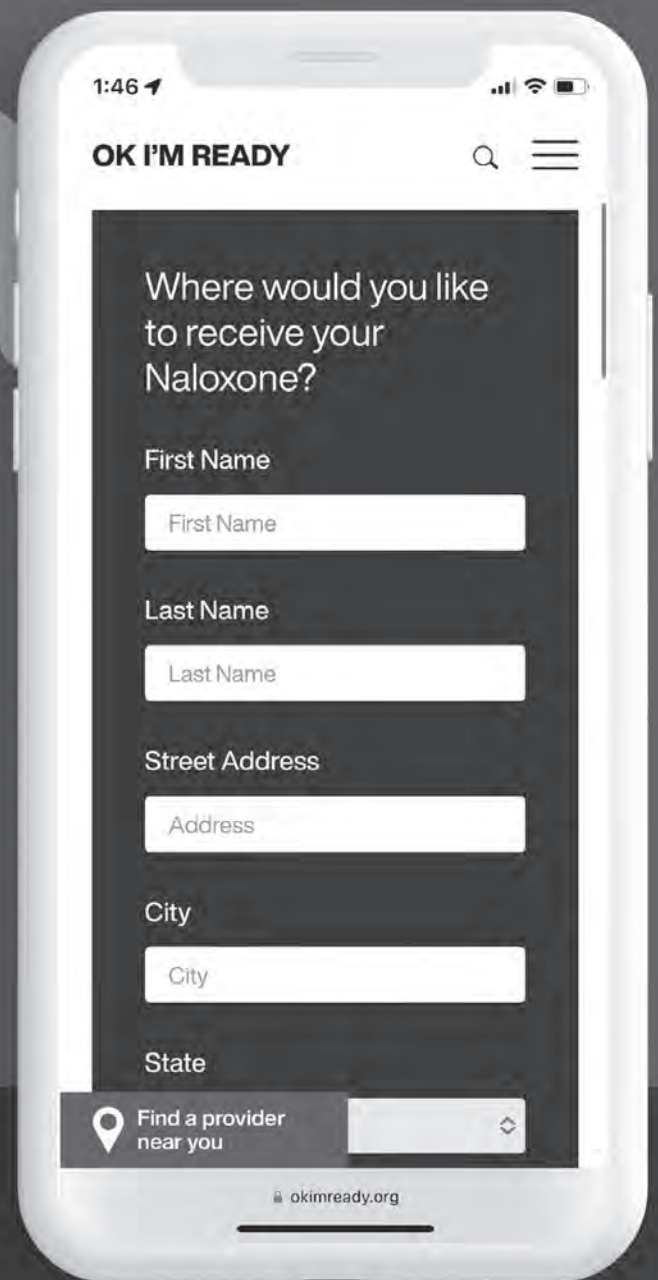
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Inquiries concerning the application of these programs should be made to Caleb Mosburg, Director of Student Affairs, Northwestern Oklahoma State University, 709 Oklahoma Boulevard, Alva, OK 73717, (580) 327-8415.

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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

If a thought does not build you up in virtue, it needs to be torn down.

WILLIE SPEARS SERIES: 'NOW HIRING'

Like giraffes, we're made differently

By **WILLIE SPEARS**
Guest Columnist

Have you ever thought something was wrong with you? Do you find yourself loving your family but thinking you are not like them? Have you felt out of place at work and at times been made to feel like something is wrong with you? Is there ever a moment when you ask yourself, "Am I crazy?"

No, you're not crazy. I used to think I was crazy. I spent 20 years in education as an administrator, teacher and coach. My way of thinking was different from those around me. I would often ask myself, "Am I crazy?" I came to realize I am not crazy. I am different. Just like you, I'm built different.

I would cower down to fit in with those around me. I would walk on eggshells, talk softly and pretend I had no confidence to fit in. I would act as if I did not know something when I knew it five weeks before. I could see five miles ahead of those around me. I could do more in one day than they could do in one week. I was five steps ahead, but I would purposely slow down to make them feel comfortable and not stand out.

Like the worker in the Bible who received five talents, I worked hard to double what God

had given me. I had to learn not to feel bad for those who have been given one talent. It took me years to understand my personality was not too big; the minds around me were too small. I needed to change my circle. I was different. You are different.

We are giraffes walking around with turtles. We move at a faster pace. Turtles can walk three miles per hour. A giraffe can walk 37 miles per hour. Should we slow down so they can catch up? No way. It seems as if we are alone, and at times we feel lonely. Our posture, our stance, our way of life and our stature is literally elevated. We're taller. We're bigger. We're not alone. We're at a different altitude, so we see things differently.

Turtles can only see 50 feet away, while giraffes can see miles away. Giraffes have excellent vision. Their eyes are among the largest of terrestrial mammals' eyes, they can see in color and over great distances frontally, and their peripheral vision is so wide-angled that they can essentially see behind themselves as well.

We're built different. You and I are extraordinary. Doing extra is our normal way of life. Those around us are ordinary. Doing just enough is their way of life. Turtles think it is crazy to come in early and stay late. Turtles think



Photo provided

Willie Spears is a motivational speaker and a Northwestern alumnus.

it is nonsense to do work we're not being paid for. Turtles find loop holes not to work and ways to skim or cut corners. No judgment. We're not built alike.

We're built different. We're giraffes.

"Now Hiring" is a weekly ar-

ticle 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.

Effective communication is key to solving problems

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

Effective communication is one of the most important aspects of everyday life. When there are communication breakdowns, things tend to go from bad to worse. But there are ways to prevent these breakdowns, whether they're in higher education, sports, work or everyday life.

Positive communication means that your team is on the same page. Everyone understands what's going on. Better communication leads to better trust, relationship building, engagement in the topic, increased job satisfaction, creativity and increased efficiency for you and your colleagues. These are all good things that come out of effective communication.

There are negative effects from not communicating in a good way. We will talk about them in a minute, but for now, the main thing is the positive side. I am a student athlete, so communication is one of the most important things. We must have clarity about our strategies.

In an academic setting, we need to be able to write at a

high level for ourselves and our professors. Up until the 1960s, things like specialization in writing fields were not considered to be a major subject or worth the time. Instead of stimulating creativity and allowing new ideas to flourish, most written papers were graded based on mechanical means: grammar, punctuation and sentence structure.

Over time, people began to grade papers based on content. Once this happened, new ideas became the forefront of writing in higher education, but rough drafts become a newer concept.

Submitting the paper beforehand to have a guiding hand in fixing basic mistakes in your work became known as good practice. Instead of stifling new ideas and creativity in writing, students were able to put forth new ideas.

If you go back and look at older works, there seems to be a change in the atmosphere in writing. Basically, people found a sense of excitement about being able to put forth these new concepts on paper.

When I talk about writing, putting my work on paper in the literal sense for the newspaper is important. This is something

open to all students. If you want to read your opinion in the paper to communicate your ideas and opinions, you are more than wel-

come to write a letter to Northwestern News. The team and I would really like to hear it.

Ride, Rangers, Ride!

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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.

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OPINION

A GOOD WORD

"I am an optimist. It does not seem too much use being anything else."
— Winston Churchill

Freedom of speech is No. 1 for a reason

JORDAN GREEN SAYS



JORDAN GREEN

We live in a society where people of faith and discussions of faith are certainly under attack. But did you ever think it might be illegal to talk about your religious beliefs?

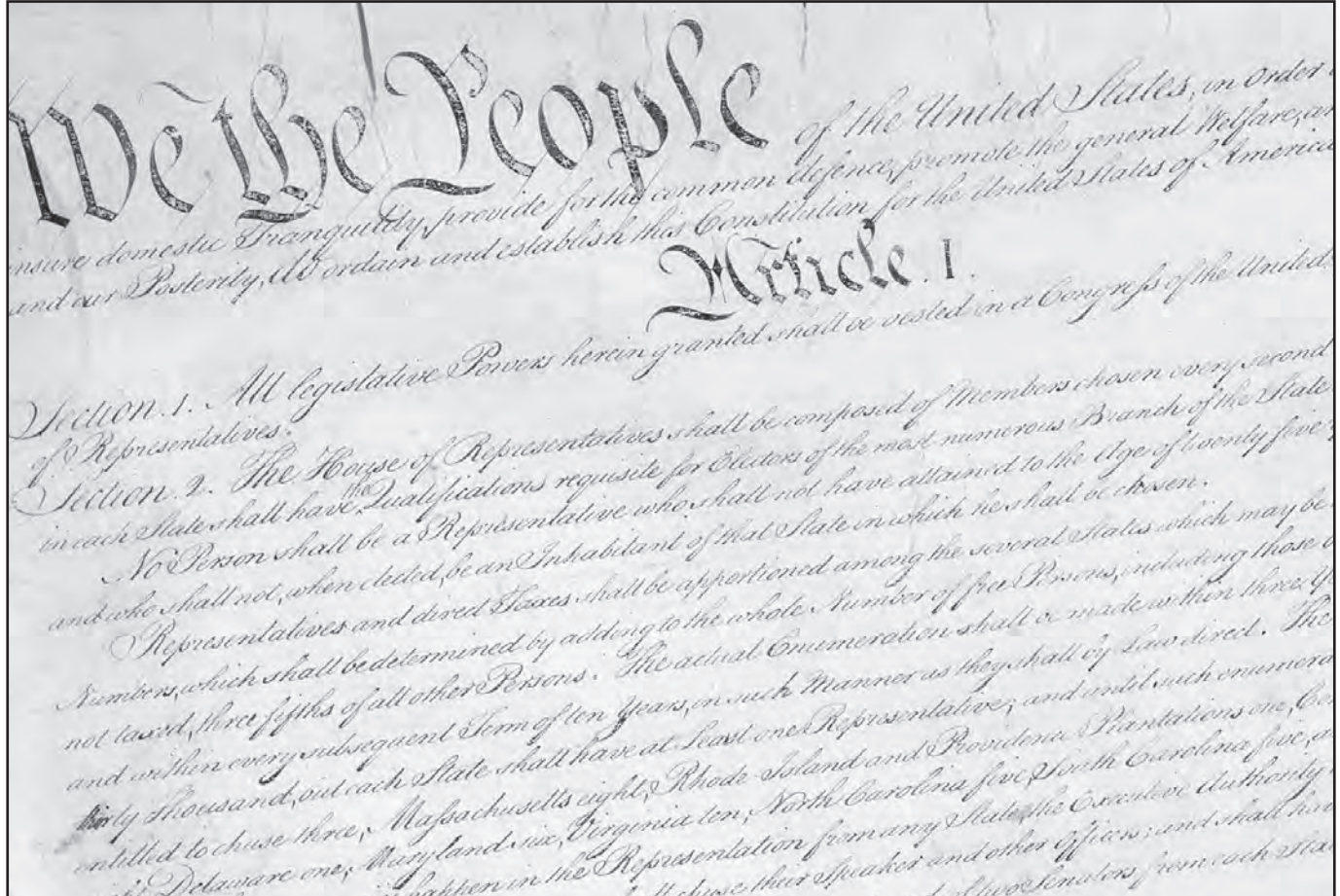
A few nights ago, someone who was recently elected to an office asked me if it is legal for public figures to talk about their faith publicly.

I was shocked. People really don't know whether it is legal to talk about their faith if they are in office? I could not believe it. But apparently, not everyone fully understands just how amazing the First Amendment really is.

As a newsman, I'm all about the right to free speech and freedom of the press. I'm also a Christian, and so I'm a huge proponent of the right to freedom of religion and assembly. The First Amendment covers all of these vital, God-given rights.

If it's been a while since you read this powerful piece of text, here it is: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

Do you see how broad and wide that law is? When it says "no law," it means what it says. Of course, that has been diminished through the years, but a pure look at this shows just what the Founding Fathers meant to say: There should be no restrictions on speech, religion, assembly or the press.



A photo of the U.S. Constitution. The rights to freedom of speech and religion have been attacked by their opponents, meaning now more than ever, people need to use those rights, the author believes.

Photo provided by National Archives

Think for a moment about how important all of these rights are to our nation. The fact that we can criticize the government, worship however we choose, freely gather with others and publish the truth is just one of the many things that absolutely makes America the greatest nation in the world. No one else has the freedoms we have to the degree we have them.

I'm no historian, but any high school history class can teach us why the Founders wanted a nation built with these core values. They escaped religious persecution, government-run media, bans on public gatherings and more in Europe, and they knew how the powers-that-be in government could weaponize the law against them. Rather than making laws to protect the government, the

Founders of our nation made laws to protect we the people from the government. They were well aware of corruption's tyrannical grasp.

It's no coincidence that the very first thing the Founders wanted to enshrine in law was the right to speak, worship, gather and publish freely. That is the basis of a constitutional republic, which is sometimes confused with a democracy. In fact, any form of government that does not robustly protect these rights – even if it allowed people to own guns or have due process – would be dictatorial by its very nature.

Thank God we don't have that. Yes, the rights to free speech have been eroded somewhat through years of lawmaking, legal rulings and social pressures, but the core

tenets of free speech still exist. Yet we have to put them to practice and fight for them.

That couldn't be truer for people of faith, who have been "canceled" for views that run contrary to what some view as "progressive" politics. The views of Christians and people of other faiths have been maligned and labeled heavily in recent years, both in government and on social media platforms. This is all the more reason why people should become bolder in stating their beliefs, whether others agree or not. As American citizens, we not only have the right, but the duty to defend our rights – especially freedom of speech. And we defend them by using them. This situation is ironic, simple and beautiful.

The question from the newly elected officer heightened just how much social pressure is being put on people of faith. It's also a call for all of us, whether people of faith or not, to stand up to defend a person's right to speak, even if we don't agree with what he or she is saying.

If one person loses the right to speak, everyone does.

My challenge to all of us is to be bolder in speaking out about faith – or at least defending others' right to do so. If there ever were a time when people needed to hear about faith, it's right now – not only for the sake of our faith and right to have it, but also for the sake of our nation as a whole.

It's never illegal to talk about faith. Let's use our rights to the fullest extent. God bless America.

Banning classic books is not good for society

By **REBECCA WAGNER**
Senior Reporter

Imagine all the books you grew up reading in school or the books you might have seen while you walked the aisles of the library.

Many books are being put on a banned or challenged book list. People have either challenged their content based on moral, religious or political grounds. Some people believe the books are too obscene or controversial to be read by society.

Books like "Fahrenheit 451" by Ray Bradbury, "Of Mice and Men" by John Steinbeck, "The Hunger Games" by Suzanne Collins, "To Kill a Mockingbird" by Harper Lee and many more are some that have been challenged.

Most of the books that have been banned show parts of history that were made into fiction so that people find it easier to read. Other books that are being banned are books about dystopian societies.

These books should not be banned because

they have no real underlying reason to be banned.

I do not think that any book should be banned. There is not a reason that someone should make the decision to ban any book.

Books are created for people's entertainment or to teach them a lesson.

Take "Fahrenheit 451" for example. That 1953 book is about a dystopian society. The book stresses the dangers of willful ignorance and the censorship of knowledge.

That book reminds me of how today's society is heading, too. We start with the banning, and then we get to the burning of the books.

As it can be read in "Fahrenheit 451," character Professor Faber said: "The magic is only in what books say, how they stitched the patches of the universe together into one garment for us."

What I take from that quote is that the contents of a book are there to show the world in different stories.

Many of the people who are getting books banned are more worried about things that are

being said in the book instead of the story behind it.

When people ban books, they are removing people's ability to have their own ideas. By removing the books, it creates an idea that it is OK for people to stop other people's ideas or viewpoints just because they do not agree with them.

Banning books is not smart because it takes away people's individuality. It also takes away a reader's ability to understand how the world works, and many of these books explain that.

As a young adult, I believe people need to have access to these books because they learn about many different topics that have a stigma around them. These books are there to help people face different challenges and be able to get through the differences without feeling that they are at a loss.

Many people are trying to get away from these because they are uncomfortable, but sometimes, it's OK to face that comfortability and grow.

"The books are to remind us what a**** and fools we are," Ray Bradbury once said.

Friends say Fischer is loyal, inspiring

By REBECCA WAGNER
Senior Reporter

During her time in the recruitment office at Northwestern Oklahoma State University, Paige Fischer once drove more than three hours to Prague, Oklahoma, to help a student enroll just because the student could not get to campus.

Fischer met with the student in a diner and finished the registration processes. Fischer's friends say that is just one example of her willingness to go out of her way to help.

Going the extra mile is a trait Fischer kept after she left the recruitment office and joined the business office.

Fischer now takes care of the students at Northwestern by processing student refunds and making sure that the billing and fees are set in place and accurate. She said she tries to help students pay their bills without stressing out by getting a plan in place, allowing them to stay on track for graduation.

LEADING BY EXAMPLE

Fischer has made an impact on more than just students during her time at Northwestern.

Olivia Yandel, her friend and former co-worker, describes Fischer as her complete opposite.

"We spent so much time together," Yandel said. "We are complete opposites, personality wise. She [is] kind of reserved and just, like, very on top of everything, and I'm like loud and not on top of anything, ever."

Yandel worked with Fischer in the recruitment office.

Yandel said her favorite moments while working with Fischer were when they worked in the mailing room. She, Fischer and Dustin Goodno, another former co-worker, had to fit into the small room, and if one person left, the system would break.

Yandel said Fischer was an excellent boss because she would make sure her workers know they are appreciated. Fischer made the most out of the little things, she said.

Yandel said she took many of the ways Fischer managed the recruitment office into her own leadership style at the J.R. Holder Wellness Center.

"She just inspires everybody to just be really just on top of their game and do their absolute best work," Yandel said. "When you have somebody like that, it makes everybody in the whole group be better as a whole. I think that's why the recruitment office was so successful when she was in there because everyone knew that was the standard."

The energy and passion Fischer emits for her job and Northwestern is what draws Goodno and others closer to her.

When he left the recruitment office in 2015, Goodno found himself drawn back to help with events because of Fischer's passion. Fischer never had to ask him to come and help, he said. He just wanted to join



ABOVE: Dustin Goodno and Paige Fischer pose for a portrait while working for the university recruitment office. BELOW LEFT: Paige Fischer poses for a portrait with her father, Bryan Fischer. BELOW RIGHT: Olivia Yandel, Rowdy Ranger and Paige Fischer pose for a photo.



her. Fischer goes beyond for her co-workers as well.

When Goodno left the recruitment office because he received a new job opportunity, Fischer made the transition easier for him.

"We all went out to dinner," Goodno said. "We went to [Café] Bahnhof in Waynoka during my last week. The coolest thing that she did, and I've got this in my office, is [give me] a framed, matted Ranger picture. I had no idea she was going to do it."

Fischer took the Ranger picture around to many people in Goodno's campus life to sign the picture before she gave it to him.

"It's probably my favorite possession," Goodno said.

When they have free time, Goodno, Yandel and Fischer get together for a meal and catch up.

"I can't get rid of them, and they can't get rid of me," Goodno said.

FAMILY LIFE

Fischer's character is rooted in her family values, which played a role in her college selection.

"I knew that I wanted to come to school at Northwestern," Fischer said. "I wanted to come to a place

where it had that family feel and the professors knew you by name."

Part of the reason Fischer decided to attend Northwestern is because it is closer to her hometown, Jet, which allows her to be closer to her family, especially her younger brother, Drew.

"I did know all the way through high school that I wanted to be close to my family," she said. "That was really important to me."

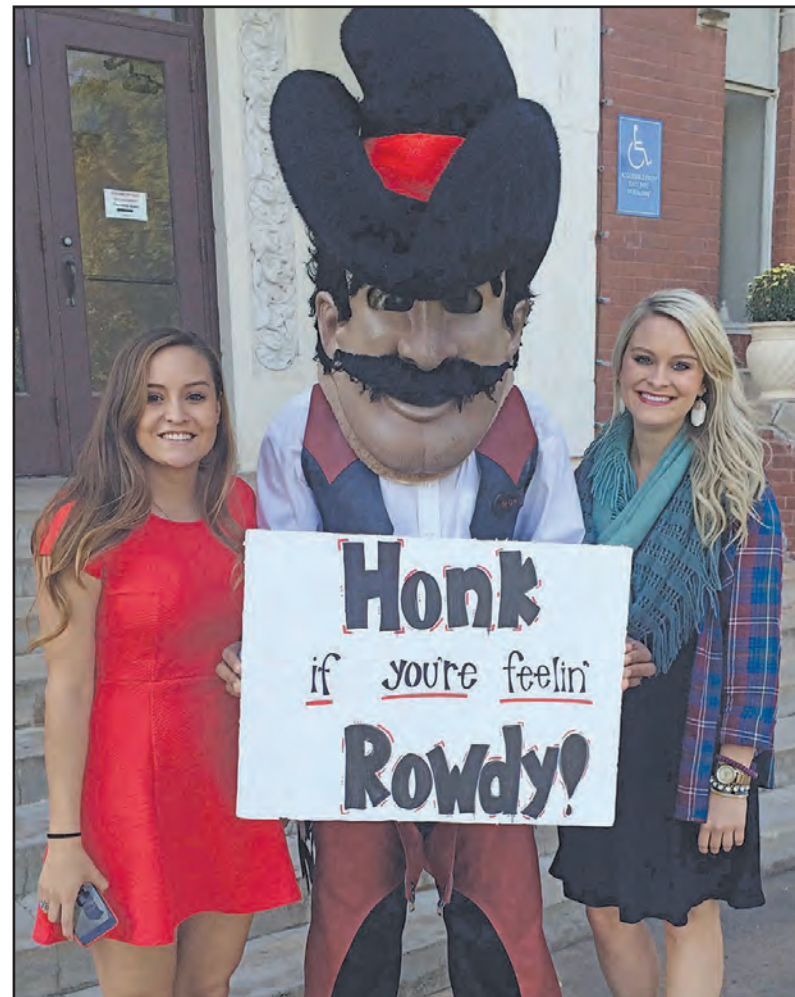
Fischer said she is inspired by her father, Bryan. He goes out of his way for anyone, and it doesn't matter if he has a million things to do, she said.

"My dad is a farmer, and I always saw him waking up early and working so hard every single day," Paige Fischer said. "That's kind of inspired me to always want to aim for success and have that top-notch work ethic. That's really important to me."

When she wakes up, Fischer looks for ways to help make an impact for others, a trait she obtained from her father, she said.

WOMAN OF MANY TALENTS

Fischer has a passion for music. She plays the piano, and she start-



ed taking lessons when she was 5 years old. Her love for music shows when she goes to concerts with her younger brother.

Going to Lubbock, Texas, to watch William Clark Green, American Aquarium, Flat Land Calvary and Red Shay Hand was a concert that Drew Fischer said was fun to experience with his sister.

Being Paige Fischer's brother and growing up together is something Drew Fischer said he would do again.

Paige Fischer was a member of the 2008 President's Leadership Class at Northwestern. That's where she met Madison Williams, who became another friend.

During her time in school, Fischer had the best personality and

always had a smile on her face, Williams said.

"Any characteristic you want in a friend, she has it," Williams said.

Williams said Fischer is successful and does everything with grace. Williams said she thinks Fischer is above the bar. Yet in Fischer's eyes, there is not anyone below her.

During her freshman year at Northwestern, Fischer and her friends went to the Nightlight. While there one night, Williams and another friend lost their purses, phones and keys. Fischer gave each of her friends \$20 and directions to where they could call someone. She said if they needed anything, they can call her, Williams said.

"She was going to take care of us to the end," Williams said.

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FEATURE

Native athlete found solace in running

By **LIBERTY GOODNOW**
Senior Reporter

“You are on native land.”

Growing up on a reservation is something that Leiyah Light is proud of.

That is why she wears a beanie with that phrase across the front of it.

Shiprock, New Mexico, is where Light was raised.

But her great grandmother, Louise Bluehorse, resides in Mitten Rock, Arizona, and is only fluent in Navajo.

However, that didn't stop Light from spending her most memorable summers there.

From herding sheep to connecting with mother earth in the mountains and learning how to cook fry bread and tortillas, Light said her great grandma always had so much to teach her about the native culture.

Every Christmas, Light and her family would buy beanies,

gloves and scarves and pass them out to those in need on the street.

Light said her parents taught her valuable lessons: always be kind because you never know what someone is going through and always love each other more than anything materialistic, because you never know when your last day with someone will be.

On Oct. 1, 2014, Light's father passed away.

At such a young age, she turned to running as a coping mechanism.

Something she once hated and avoided in physical education was now her great escape.

Before high school, Light and her sister, LaLeah, moved in with their aunt and uncle.

Being in a new place can be tough, so she joined cross country to make some new friends.

She became a successful athlete, running varsity and making it to state all four years.

At Northwestern, Light is a

pre-nursing major and runs for the women's cross country team. She previously attended Dodge City Community College and ran for the Conquistadors.

“We as natives say we pray with our feet. We get up early in the morning, pray and give our offerings of corn pollen to the earth.”
— **Leiyah Light**

“Running is a part of my culture and who I am,” Light said.

“We as natives say we pray with our feet. We get up early in the morning, pray and give our offerings of corn pollen to the earth.”



Leiyah Light

Photo provided

Student combining passion with a dream

By **ELY NOBLE**
Senior Reporter

As a college student, Diego Mendoza, a 23-year-old sophomore from Hooker, Oklahoma, had his eyes set on his goals early.

Mendoza is a college student majoring in general psychology with a dream of one day owning his own psychology practice.

He said he wants to help others using the knowledge he has gained from his classes at Northwestern.

With his passion for psychology, Mendoza also loves gaming and has a desire to create

“I really want people to know that it is never too late to push for a dream they have always dreamed of.”

— **Diego Mendoza**

content to entertain and inspire others.

“I was always fascinated by the workings of the human mind,” Mendoza said.

Mendoza's interest in psychology began at an early age and did not regress as he went through high school.

He explored different areas

of psychology, from cognitive psychology to behavioral psychology and more.

At Northwestern, he has taken classes in a variety of psychological theories and ideas, so he has a broad knowledge of many areas of psychology, he said.

He realized that he wanted to make a difference in people's lives through his work in psychology.

INSPIRING OTHERS

However, Mendoza also has a creative side, with a love for gaming and content creation.

For Mendoza, gaming is a way to relax and unwind, but also an opportunity to connect with others and share his experiences.

He is working toward having a consistent streaming platform and other social media platforms to inspire others to also pursue their passions and do what they enjoy.

With Mendoza's interest in psychology and passion for gaming and content creating, he is well on his way to making his dream a reality, he said.

As he continues to pursue his dreams, he is giving his all to make a lasting impact on the world around him, he said. He plans to use his dreams and goals to push others to be better themselves.

“I really want people to know that it is never too late to push for a dream they have always dreamed of,” Mendoza said.

Player finds calling in coaching

By **GAVIN MENDOZA**
Senior Reporter

Bang!

That was the sound spectators heard as Dylan Norsen was up to bat for the Ranger baseball team in an away game last year against the East Central Tigers.

The banging noise was the sound of Norsen's first collegiate home run going over the left field fence on a day that also happened to be his birthday.



Norsen

I played the most growing up and I knew that it was the one I wanted to play for as long as possible,” Norsen said.

Norsen said he was not always sure of what he wanted to do after his playing career was over, and he needed to move on with the next phase of his life and career.

However, as the days went by, he realized he would love to stay around baseball as a coach and help others find their love for the game.

NEW OPPORTUNITIES

Now as Norsen coaches for his alma mater, while also working on receiving his master's degree, he has found a job this summer to coach the Enid Majors.

The Majors team is a baseball team in Enid that is full of Division I prospects.

This is a great opportunity for anyone who is wanting to coach at a high level, especially Norsen, who is in his first year in his coaching career.

After coaching in the spring and summer, it is still unclear what he wants to do, but Norsen said he will try to stay around baseball as long as he can.

“As long as I'm near a ball-field, I feel at home,” Norsen said.

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ENTERTAINMENT

‘Monologue Show’ gets up close, personal

By **REBECCA WAGNER**
Senior Reporter

Northwestern Oklahoma State University’s Department of Fine Arts will be presenting “The Monologue Show” on Thursday, Friday and Saturday.

The production, written by Don Zolidis, is about Mr. Banks’ drama class and how they took three months to prepare for their monologue show, but in barely a minute, all their plans were thrown out the window.

This production tells a collection of hilarious tales.

Students in the Acting One class are putting the production on for their final. Kimberly Weast, professor of theater arts, said the audience will have a unique role in the production.

“Mr. [Mickey] Jordan and I were talking about what we could do,” Weast said. “He asked, ‘What about a feeling of an open mic night?’ I already told him that I wanted to find a play that we could put the audience on stage.”

With the audience on the stage, it creates a challenge that the performers will have to overcome. They will have to spend the entire

show in character.

They do not get to leave the stage and break character; they sit on the stage and must react in character the whole show.

“[The play] is going to be a very good opportunity and good challenge,” Weast said. “The play does allow the audience to be more involved because they’re sitting so close.”

The main goal for this production is for the audience to be entertained, yet it also has a message to convey.

Weast said there is a line through the monologues that shows that everyone is a little quirky, and with everyone’s quirkiness, people should accept each other and not judge others.

Emily Wright, a freshman theater and mass communication major, said this production is funny when it all comes together.

People might not think all the monologues go together, but in a way, they flow to tell a story.

“The story is amazing. It’s so funny,” Wright said. “Coming together and hearing everyone and all these different sides to these different stories and everyone having a different point of



Photo by Ely Noble

Jameson Hale, standing in the background, rehearses with his fellow castmates for “The Monologue Show.”

view and getting to hear all those points of views is amazing.”

This production is different from the plays students in the program have taken part in yet because Northwestern has not done a production where the audience is on the stage with the performers.

Lisa Turner, a junior speech and theater major, said one thing

in the production that she is looking forward to the most is getting the audience on the stage during the show.

“Never done that before,” Turner said. “We did go see a play production that had thrust stage before and that was really interesting. I want to see how it is reversed.”

The production will take place

Thursday and Friday at 7 p.m. and Saturday at 2 p.m. in Herod Hall. There are only 90 seats available for each performance.

For general admission, tickets cost \$10. Northwestern employee tickets cost \$5 each, and tickets for students and seniors cost \$3 each.

“The earlier you get here, the better,” Weast said.

MOVIE REVIEW

‘Jesus Revolution’ provides inside look at historical event

By **REBECCA WAGNER**
Senior Reporter

Based on a true story, the movie “Jesus Revolution” explains the events that occurred during the “Jesus Movement,” a historical movement that took place in the late 1960s and early 1970s.

During the Jesus Movement, thousands of so-called “hippies” began following Jesus and getting baptized.

The main characters of the film are Greg Laurie, played by Joel Courtney; Cathe Martin, played by Anna Grace Barlow; Chuck Smith, played by Kelsey Grammer; and Lonnie Frisbee, played by Jonathan Roumie.

Each of the four main characters plays a vital role during the movement by inviting people to church, preaching, leading praise

and worship and simply showing the love of Christ by helping those in need.

In my opinion, the film was entertaining, interesting and never had a dull moment from start to finish.

One of the things I appreciated about the film was the music choices.

Music was played several times throughout the film, and each time, I felt that it added either a dramatic, emotional or upbeat effect. In my opinion, each song played was perfect for the scene it was included in. Another thing I liked about the film was the amount of range it managed to include.

Going in to watch the movie, I expected it to be emotional and heartfelt. Although it was both of those things, which I liked, it was also funny, romantic, inspiring,

dramatic and light-hearted.

Because the movie was based on a true story, it wasn’t predictable or cheesy, which made it feel more relatable and realistic to me.

I laughed, cried, smiled and felt truly moved in a positive way while watching the film.

At the end of the movie, pictures and videos from the actual movement and the people the characters played were shown on the screen.

With the pictures and videos, words were shown that told the audience more about each character’s life after the movement and what they accomplished.

If I were to rate this film, I would give it five stars without a doubt.

“Jesus Revolution” is moving, inspiring and an all-around well-produced film that is worth the watch.

Wallen showcases variety of themes in latest album

By **JARA REEDER**
Senior Reporter

“One Thing at a Time” is the new album that Morgan Wallen released on March 3.

The album consists of 36 songs and hit No. 1 on the US Billboard 200 during the week of March 18.

This was the overall biggest week for a country album since “Red” by Taylor Swift in November 2021.

The 36 tracks garnered almost half a billion on-demand streams.

All 36 tracks entered the Billboard Hot 100, breaking the record that was set by Drake for most songs by an artist at one time. Morgan Wallen is known

for country music, but this album is different.

“This record represents the last few years of my life, the highs and the lows,” Wallen said in an interview. “It also brings together the musical influences that have shaped me as an artist. There are 36 songs on this album because we just kept exploring with fresh lyrics, music and production ideas.”

I like all genres of music and most of the time pick according to my mood.

This album lets me enjoy all of those genres and moods, having me cry, laugh, smile and really think about what he’s trying to say in the lyrics.

This album lets you relate to him and his journey in life that can be similar to many of ours.

Dad Joke of the Week:

What’s the best kind of music to listen to when fishing?

Oh, something catchy.

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SPORTS

SPRING GAME ALMOST HERE

The football spring game will be April 22 at Ranger Field at 2 p.m.

SOFTBALL



Photo by J.D. Eddy

Lindsey McElroy swings her bat during Northwestern's game against Southwestern Tuesday at the Alva Recreational Complex. The Lady Rangers lost to the Bulldogs, 9-5. The Lady Rangers currently have a record of 10-31, including a conference record of 7-17. The Lady Rangers are currently in 10th place in the Great American Conference standings.

Lady Rangers win at home

By **CAITLIN HOFEN**
Features Editor

Northwestern softball clinched its first conference series win 2-1 against East Central on Friday.

The Lady Rangers opened up the series with their first win at home by hitting four home runs. Hannah Howell pitched a complete game, earning the win with a record of 4-9. Each team made a single error.

ECU got on the board early with a single home run, but Northwestern answered with Macy Spearman getting on base with a single into the left center gap. One out in, Howell earned the second hit of the game, putting two on base for the Lady Rangers. Clean-up batter Laney Anderson batted the first RBI of the game, tying it up 1-1.

In the bottom of the third, Spearman hit 2-2 down the left field line. Howell continued the streak as she hit a home run down the left line, putting the Rangers in the lead 3-1.

Mackenzie Adams opened the bottom of the fourth with a homer into left field. Two outs in, Jaci Oakley also hit a home run in the same spot as Adams, putting them up four against the Lady Tigers 5-1.

The second run for East Cen-

tral was scored in the fifth inning, and Northwestern answered with a double play from right field to first base. Two advancements on base were made by Anderson off a walk and wild pitch.

The second half of the sixth inning was marked with Spearman batting a double RBI and advancing to third, sending Oakley home. Avery Clark hit the final home run of the game, putting the Rangers up seven against ECU.

East Central attempted to fight back and put two more runs on the scoreboard. But the Lady Rangers overcame and won the first game of the series 9-5.

The first game on Friday was marked with an 8-2 loss for Northwestern.

Ireland Caro started in the circle for the Lady Rangers. Northwestern secured two quick outs at shortstop and in the outfield before the Lady Tigers began getting hits. A single up the middle led to a two-RBI home run immediately, making the score 2-0 in favor of ECU.

Three hits in the top of the second by ECU resulted in an unearned run. Another unearned run was scored by ECU in the third inning off a double.

The only two runs of the game scored by Northwestern were made in the third inning, beginning with Tatum Winters hitting

a double into the left center gap. Spearman reached base off a single to right field and Clark sent Winters home with a hit. Howell had an RBI on a sacrifice fly to right field to trail 4-2 against the Lady Tigers.

ECU evened the series at one game each after closing out the 8-2 win over the Lady Rangers.

GAME TWO

Game two opened with Howell on the mound. She got her first strikeout of the game at the second batter of the game, and the other two outs were made on a flyout and a groundout. Clark got on base with a one-out single before Howell hit a home run straight past left center, adding two to the board for the Lady Rangers. A single hit was made by ECU, but it fell short of advancing past first base. The Lady Rangers led 2-0.

In the bottom of the second, Winters struck out but reached first off wild pitch, and Oakley sent them both home for a two-run home run for two RBIs on a homer to left field. This provoked a pitching change for the Lady Tigers, but they had no effect on Northwestern's offense. Clark hit a two-run home run for two RBIs as well.

Adams reached home on the second error of the game made

by ECU, and Howell was able to score an unearned run after being walked. These five hits sent them up seven on the Lady Tigers.

The second pitching change for East Central was made in the bottom half of the third, and Northwestern put two more runs up off of three hits. Oakley reached on a single and advanced to second on a passed ball. Restarting the batting lineup, Spearman brought Oakley home off a single. She stole second base before an RBI double by Clark.

ECU scored its first run unearned off of two errors in the top of the fourth. However, Howell still managed to strike out two of the four batters. Two line-drive outs made by the Lady Rangers was no match for the bottom half of the batting lineup, as pinch hitters Ariana Potter and Lindsey McElroy both got two single base-hits. Bases were loaded after Winters hit through the left side, and Oakley was quick to hit in two more runs for an 11-1 lead for the Lady Rangers.

At 11-1, ECU tried to fight back, scoring three runs off four hits. The game ended in the bottom of the fifth as a result of a run-rule after Howell batted in pinch-runner Brooklyn LaChappa, securing the series win for the Lady Rangers. The final score was 12-4.

BATTLING THE BULLDOGS

Tuesday, the Lady Rangers faced the Southwestern Oklahoma State University Lady Bulldogs at home as they hoped to continue their win streak against the school down south.

However, SWOSU scored four runs in the last inning to take the game 9-5. This concluded the season series, with Northwestern winning two of three games.

In the first inning, the Lady Rangers started out strong with five runs off seven hits. This put Northwestern on top early.

The Lady Bulldogs scored their first run of the game in the third inning off a single hit to left center. The game continued without much action.

Things started heating up in the fifth inning as SWOSU scored four runs off Northwestern errors. This tied the game 5-5.

In the seventh inning, Northwestern made a pitching change from Ireland Caro to Allie Hufford. The Lady Bulldogs scored four more runs in the last inning to take the game 9-5.

The Lady Rangers will be hosting Arkansas Monticello for a three-game series starting Friday at 3 p.m.

They will play a doubleheader that evening and conclude the series Saturday at 11 a.m.

SPORTS

UPCOMING HOME GAME

The baseball team will play Northeastern State at Myers Stadium Tuesday at 2 p.m.

BASEBALL

Rangers rebound in wins over Tigers

By CADE KENNEDY
Sports Editor

The Northwestern baseball team won its series against the Tigers of East Central.

Unlike most series in the Great American Conference, the Rangers played the Tigers four times, as the Rangers traveled to Ada for games on Friday and Saturday before playing again in a non-conference game in Enid Tuesday night.

In game one of the series on Friday, the Rangers immediately jumped out to a 2-0 lead, as Trevor Saire singled to left while Hagen Barcello hit a sacrifice fly. The Tigers responded in the bottom of the first with three runs to give East Central a 3-2 lead after one inning.

Both offenses continued to trade blows until the fifth inning when the offenses stopped clicking. The Rangers trailed 8-5 going into the top of the seventh, but Barcello hit a home run to cut the deficit down to two. The Rangers failed to score again, and the Tigers tacked on another run to get a 9-6 win.

Game two of the series was the first of two games on Satur-

day, and the Rangers once again scored in the first inning. Saire hit a sacrifice fly to left field to give the Rangers a 1-0 lead. The similarities between games one and two continued, as East Central scored in the bottom of the first to tie the game at 1-1. The game turned into a pitching duel, as both defenses stepped up throughout the rest of the game. Barcello broke the tie in the fifth inning with a three-run blast that gave the Rangers a 4-1 lead. The Rangers held on to win the game with the same score, 4-1.

In the final game of the conference series, both offenses came back to life. The Rangers and Tigers traded blows in the first half of the game, as each team scored five runs through four innings. In the top of the fifth, Bradey Bejarno ripped a single to left field, which allowed Colby Grace to cross home plate and give the Rangers a 6-5 lead.

In the last game of the series on Tuesday in Enid, the Rangers bombarded East Central, as Northwestern used an eight-run third inning to blow out the Tigers, 12-1.

The next home game for the Rangers is Tuesday against Northeastern State at 2 p.m.



Photo by J.D. Eddy
A member of the Northwestern baseball team hits the ball during the game against Southeastern on April 1 at Glass Family Field at Myers Stadium. The Rangers currently have a record of 17-22.

Navigating through the chaotic NBA playoff landscape

By JACOB ERVIN
Senior Reporter

The National Basketball Association will start the 2023 NBA playoffs Saturday at noon with the Brooklyn Nets versus the Philadelphia 76ers.

In the eastern conference, the three clear favorites to win the conference championship are the 76ers, the Boston Celtics and the Milwaukee Bucks. While odds-makers would have you believe the Bucks are the best bet to win the east, I would not be so sure.

The early warning signs are already there, as the Bucks' three best players — Khris Middleton, Jrue Holiday and Antetokounmpo — have all played fewer than 68 games of the 82-game regular season because of injury and injury management.

When the Bucks are healthy they are indeed great. They won the championship the last time they managed to stay relatively healthy, but betting on them to be healthy is a longshot at best.

The reigning conference champions, the Celtics, are definitely a safe option. Despite rumors of internal differences and the controversial firing of head coach Ime Udoka, the team has looked just as good as last year with the addition of Malcom Brogdon.

That being said, the best choice to win the east would have to be the 76ers. The Sixers combine the best of the Celtics and Bucks; they possess both a deep bench and dominant big man in Embiid. Furthermore, Harden, Embiid and head coach Glenn "Doc" Rivers have been criticized for their inability to win in the postseason and are primed to prove their doubters wrong.

While the east is definitely a three-team race, the western conference is much less clear. The conference has been plagued by mediocrity this season. Even the top teams by record, the Denver Nuggets and the Memphis Grizzlies, look short on the pieces needed to win a ring.

With the trade of Kevin Du-

rant to the Phoenix Suns, analysts and fans alike are suspecting the fourth seed team to inevitably win the conference; however, this faith is misplaced. The one thing this star trio of Devin Booker, Durant and Chris Paul have shown fans throughout their careers is the inability to win in the postseason.

Between the three players, they have allowed lower-seeded teams to embarrass them (look no further than last year's Mavericks series), blown 3-1 playoff leads and lost countless series because of their inability to stay healthy. While the conference could be open for whichever team wants it, the best options reside in Los Angeles.

The Clippers, with the addi-

tion of players such as Mason Plumlee, Bones Hyland and Russell Westbrook, have created the only team in the league to have a true big three as well as one of the best benches in the NBA.

While the Lakers do not have the depth of the Clippers, the team has both LeBron James and An-

thony Davis, making it the only team in the league with two Top Ten players on the roster. In stark contrast to the Suns' star players, James has proven his ability to defy odds in the playoffs, and if his teammates can stay healthy, it would not be surprising to see him do so again.

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NEWS

Panel discusses prevention of human trafficking

By **KRISTEN KIRTLEY**
Senior Reporter

The Oklahoma Commission on the Status of Women hosted a community discussion in the Northwestern Student Center Ballroom on Tuesday about how to stop human trafficking.

The conversation began at 9:30 a.m. and lasted until 11 a.m. The event was free and open to the public, area high schools and the Northwestern campus. Northwestern was the host and co-sponsor of the event. During the presentation, the commission's panel discussed the "Stop Human Trafficking" campaign initiative it created, which is called "Not Me."

The purpose of the initiative is to educate communities by giving them factual information that will help them know how to interpret the early signs of sex and labor trafficking.

Throughout the event, members of the panel were asked a series of questions by Jill Shero, who served as the panel moderator. Shero is the governor's appointee to the Oklahoma Commission on the Status of Women and serves as its financial officer. People in the audience were also allowed to ask questions.

At the beginning of the presentation, a video was shown about a



Photo by Alli Schieber

The Oklahoma Commission on the Status of Women hosted a community discussion in the Northwestern Student Center Ballroom on Tuesday about how to stop human trafficking. Panelists are shown during the event.

young girl named Eva who was a victim of sex trafficking. The video showed how Eva was manipulated into the situation, what was done to her, how she escaped and how she was helped afterwards. After Eva escaped, she received services from the Dragonfly Home, which is a non-profit in

Oklahoma City that helps victims of sex trafficking get back on their feet after being trafficked.

The commission also presented a slideshow with several facts and tips people can use to protect themselves and others from being trafficked. Members of the panel mentioned that traffickers often

target people who are struggling with their self-worth, children and young adults who are active on social media and people who have run away from home.

"Traffickers tend to target people who find themselves in vulnerable situations, and Oklahoma has a lot of people who are

in vulnerable situations," said panelist Melissa Eick, who is the co-founder and director of communications and development for the Dragonfly Home.

Eick explained that traffickers have the ability to know when a person is struggling and vulnerable and will take advantage of the person to benefit themselves.

Mike Hoskins, a former drug intelligence officer, said human trafficking is the most unreported crime in the world because people do not recognize the signs of it, and victims are afraid to come forward.

"Look for people who have become removed from their day-to-day routine," Hoskins said. "Look for people who have a disconnect with their family and friends."

Michael Snowden, director of the human trafficking unit with the Oklahoma Bureau of Narcotics, said it is hard to tell how prevalent human trafficking is because of the number of cases that go unreported.

"How do you quantify something that's covert?" Snowden said.

"With the help of the state Legislature, the commission wants to get ahead of human traffickers by educating Oklahomans on how to recognize signs of human trafficking and measures to protect themselves," Shero said.