Langford was named KCAC Offensive Player of the Week three times. Langford was also a leader with a great work ethic, both on and off the field, which is something that can’t be taught and is more valuable than the ability to throw a football.

Langford will be taking his talents to Hamburg, Germany, where he will be a member of the Hamburg Huskies. The Huskies are a member of the German Football League, and will be competing in an 11-2-1 season and a North Division title, the club’s greatest season in the history of Hamburg Football. Langford is excited for the experience to continue his career who isn’t afraid of making mistakes and moving forward to just enjoy my opportunity to play with a group of guys that is as diverse. Some having never played football when they were younger, and some who have been to NFL Training Camps, or on NFL rosters. It’s also a great opportunity to get to know so many different cultures. We are going to have a little bit,” said Langford. Langford was keeping his focus on what is really important and who I can be. I don’t want to worry too much about expectations, and I’ll try to represent my family, friends, and Sterling College as well. I also couldn’t be more excited to be one of the players here in Sterling, Kansas.

Sterling College Theatre Presents

by William Shakespeare

Direction by Matt Marschke

Sterling College Theatre Presents

Sweet C-Mart salvation

by Cody Campbell

To a passers-by, the small gas station on the corner of the street might seem like just another place to fuel up. But to the people at Sterling College, C-Mart is a lot more than that. This little shop is a place to fill your car, your stomach, and even a place to fill in the emptiness that the stress of school can cause.

Sterling, Kansas is a small town. Some students like the slow small town vibe, but there are many students from large cities who aren’t used to the slow pace of Sterling and the transition can be difficult. In other parts of the country, students can get food at any time of night, but the only place serving food at all hours is C-Mart. At 4 in the morning on a Saturday night, there are few things better than a nice, hot pizza. In the after-hours, only C-Mart comes to the rescue.

Sometimes the life of a student can be ridiculously stressful. We have classes all day, then at night we sit and do our homework. This is tough enough as it is without outside things making life harder like family and friend issues. Maybe things just aren’t going great with your current love interest. Even just being in your dorm for too long can make you feel like you’re going to go crazy sometimes. More often than we would like, the stresses of life can pile up and just need to get out of your door to blow off some steam. Where do we always seem to go to get a drink and some comfort food? Our favorite corner store: C-Mart.

So remember to appreciate C-Mart—because when you are crying into your pillows, or cramming for a test, or just discovered you forgot to turn in that essay that was due yesterday—it is always there. And whether you are sitting in the corner store surrounded by pizza, Twinkies, and iced tea.

Sterling College joins Hamburg Huskies

by Collin Smith

It’s not every day that a Sterling College Athlete signs a professional contract. Dual-threat quarterback Reg- gia Langford (Sr.), one of the most successful athletes on the school’s first ever conference championship team all-KCAC for both seasons at quarterback for the Warriors to the school’s first ever conference champion.

Langford was also a leader with a great work ethic, both on and off the field, which is something that can’t be taught and is more valuable than the ability to throw a football.

Langford will be taking his talents to Hamburg, Germany, where he will be a member of the Hamburg Huskies. The Huskies are a member of the German Football League and are coming off of an 11-2-1 season and a North Division title, the club’s greatest season in the history of Hamburg Football. Langford is excited for the opportunity to continue his career who isn’t afraid of making mistakes and moving forward to just enjoy my opportunity to play with a group of guys that is as diverse. Some having never played football when they were younger, and some who have been to NFL Training Camps, or on NFL rosters. It’s also a great opportunity to get to know so many different cultures. We are going to have a little bit,” said Langford. Langford was keeping his focus on what is really important and who I can be. I don’t want to worry too much about expectations, and I’ll try to represent my family, friends, and Sterling College as well. I also couldn’t be more excited to be one of the players here in Sterling, Kansas.

Sterling Stirs

Established in 1999

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Email submissions are accepted and must be sent to
staff@sterling.edu

For more information or previous results of sporting events, contact: www.sterlingcavaliers.com

Sterling College Men’s and Women’s Indoor and Outdoor Track and Field

KCAC Track and Field National Champion

Feb. 28, 7 p.m. vs. Nebraska Wesleyan University – KCAC Tournament

Sterling College: 60.50 points

Includes: Track and Field National Championship on Feb. 28, 7 p.m. vs. Nebraska Wesleyan University – KCAC Tournament

Sterling College: 60.50 points

KCAC Track & Field

Feb. 27, 7 p.m. vs. Bethany College – KCAC Tournament

Tracks: 100m Hurdles - 13.74, 200m Hurdles - 23.71, 400m Hurdles - 57.67, 800m - 2:03.76

Field: 110m Hurdles - 15.84, 100m - 11.04, 200m - 21.64, 400m - 49.73, 800m - 1:55.16, 1500m - 4:11.92, 1600m - 4:15.53, 3000m - 7:41.76

Indoor Track and Field

March 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31 – 7 p.m.

Includes: Track and Field National Championship on Feb. 28, 7 p.m. vs. Nebraska Wesleyan University – KCAC Tournament

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