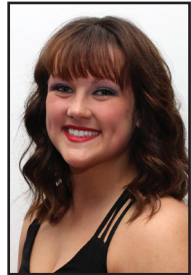


Ranger Royalty



Kelsi Smuth
Freshman Queen



Queen Finalists

Baylie Wilson



Jordan Cremer



Sadie Vore

King Finalists

Demetrius Wilson



Joel Gonzalez



Winners will be named at football game.

COME BACK, GIVE BACK ...

Homecoming 2017

Sure, people come for the parade and other Homecoming activities, but everyone knows football is the highlight of the day.

The Rangers (2-2) hope to give the undefeated Southeastern Savage Storm (4-0) its first loss, beginning at 4 p.m. Saturday at Ranger Field.

Schedule

Thursday

- Miss Cinderella Talent Show
7:30 p.m.
Herod Hall Auditorium
- Bonfire
9 p.m.
271 N. 14th St.

Friday

- Rally 'Round the Ranger
Noon
Alva Campus Ranger Statue
- Lady Rangers Volleyball vs. Southeastern
6:30 p.m., Percefull Fieldhouse
- Miss Cinderella Pageant
8 p.m., Herod Hall Auditorium



Northwestern News archives

Parade goers will see all kinds of interesting entries in the annual Homecoming parade, 10 a.m. Saturday, traveling around the Downtown Square.

Saturday

- Ranger Run (5K and 1-Mile Fun Run)
8 a.m., Alva's Downtown Square, north side



Photo by Conner Poage

Quarterback Isaih Weed prepares to take a snap in the Rangers home opener this year.

- Homecoming Parade
10 a.m., Downtown Square
- Alumni Lunch (\$6/person)
Immediately following the parade, Alumni Tent on the Courthouse Lawn
- Band and Parade Award Ceremonies
Immediately following the parade, in the downtown Square, near Alumni Tent
- Lady Rangers Soccer VS Harding
11 a.m., Alva Rec Complex
- Alumni Band Rehearsal
2 p.m., Alva Campus, Fine Arts Building, third floor
- Dunning Performance Center Dedication,
2 p.m., Dunning Performance Center
- Mass Bands Performance
Before the start of the football game, Ranger Field
- Football, 4 p.m., Ranger Field

See the winners of the three decorating contests. Page 9.



Photo by University Relations

Students join faculty and staff at the Rally 'Round the Ranger lunch during Homecoming 2016. The event this year will be at noon Friday on the lawn in front of Jesse Dunn and Carter Hall.

News

- The meaning of Homecoming—staff and students share

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Editorial

- Six steps to help you get over that bad breakup.

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Inside Feature

- Visit San Francisco for under \$300—The Top Ramen budget.

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Entertainment

- Jackie Chan makes new 'Lego' movie worthwhile.

Page 7

Sports

- How Gordon is helping the Rangers win football games.

Page 10

News

What homecoming means to employees



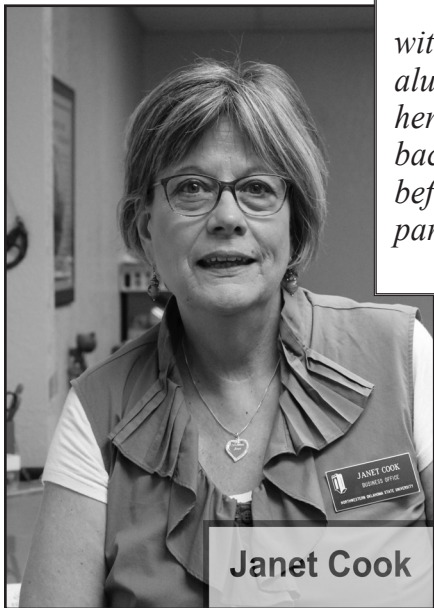
"It is a fun time when everyone can come back home and be Rangers again. We will be at the game, decorate our office, wear red and black and we support the Rangers."

Judy Dollar



"I think it unites the community and university and it is tradition. It's something for all ages, whether kids or older people. I am on the homecoming committee so right now we are pushing our button sales. Our button sales fund every aspect of homecoming, so it is very important that everyone buys a button and supports homecoming."

Tara Hannaford



"It brings the community together with people who have left, because the alumni come back, some may be from here some may not, but I think it brings back the relationships people have before. I will be attending the game, the parade and decorating our office."

Janet Cook



"It means reunion with all our alumni and also reaching out to potential new students as they come in for the parade and those types of events. The Aggie Club will be putting a float together and competing very highly, so I will be involved with them. I will also attend the football game that afternoon."

Dean Scarbrough



Roxie James



Lydia Campbell

"I think homecoming gives people a chance to come back and reconnect with old friends, classmates and former teachers."



Kathy Earnest

"Homecoming means a chance for Northwestern supporters and alumni to come back and see each other again and enjoy a relaxing weekend. I will be enjoying the parade and watching the game."

Photos and quotes were provided by Katy Lackey.

"At Northwestern, homecoming, for me, opens up the sense of family and togetherness. Northwestern is such a family-oriented campus and school that I think homecoming kind of culminates that. I am going to the parade and football game. I may hit up some stores for discounts."



Wei Zhou

"I know a lot of families come back to the town to meet their family. And it is also a good chance for all the faculty from school to get together and celebrate and have some fun."

10% discount with student ID!

El Maya
MEXICAN CUISINE
832 E. Oklahoma Blvd, Alva, OK 73117
580-327-2878

News

What homecoming means for students



Alexis Stuart

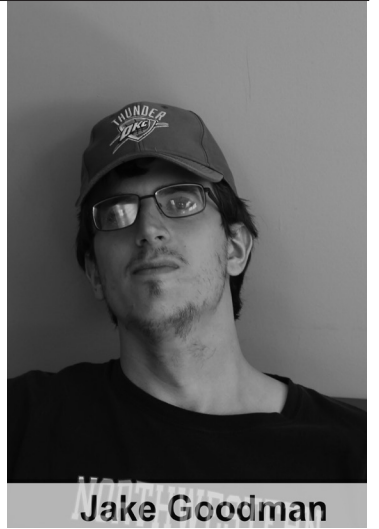
"This time of year is when the community really comes together to celebrate Northwestern and I enjoy seeing all ages embracing their Ranger Pride."

"It just means it's going to be real fun at the Nite Lite"



Willie Ward

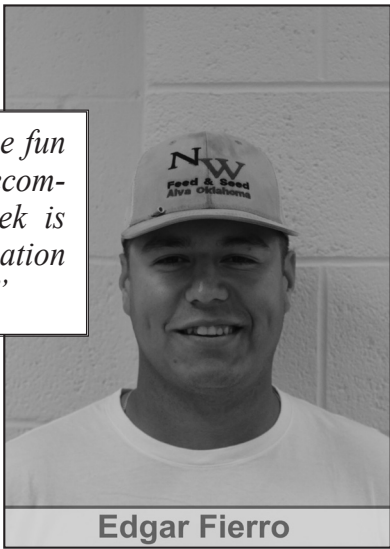
"It is a time where we can get the Alumni back here and see how much this school has changed and see what kind of culture Northwestern has built here since they left."



Jake Goodman

"Northwestern has an amazing culture and when Homecoming comes around it really shows. I think it is just a great opportunity to get everyone who was or is involved with Northwestern together for a special weekend."

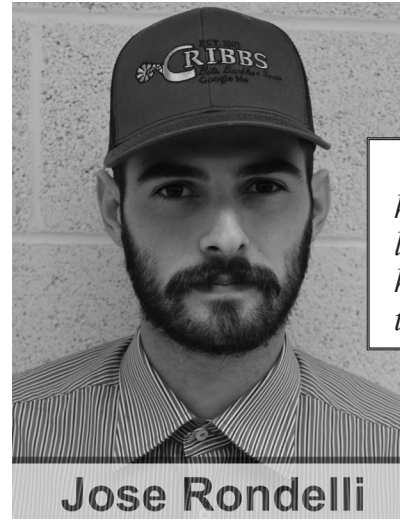
"This is where the fun starts during Homecoming week. The week is filled with anticipation for Saturday night."



Edgar Fierro



Jade Jones



Jose Rondelli

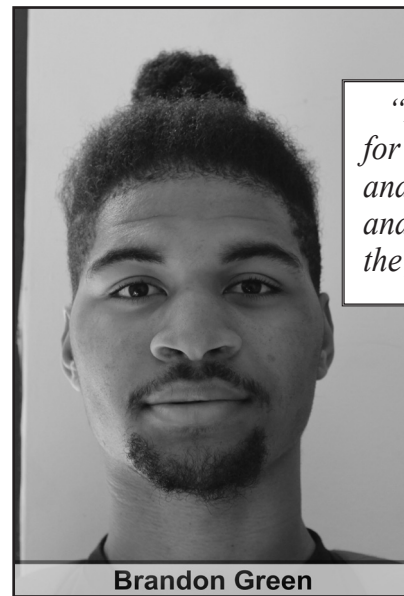
"Focus on school spirit, have the alumni come in. A lot of people go to school here so it is time to show their pride."



Keith Wear

"It is a time to bring people back to reminisce with alumni. Being able to witness the family atmosphere here at Northwestern. It is important to recognize the alumni and recognize what Northwestern is trying to achieve."

"I am new to this, so I heard that Homecoming is supposed to good. I heard that it was going to be a good time, so I am excited."



Brandon Green

"I think it is a good time for the students, faculty, and alumni to get together and have a good time at the football game."

Alva's Market Shop Alva's Market and downtown Alva

706 Flynn

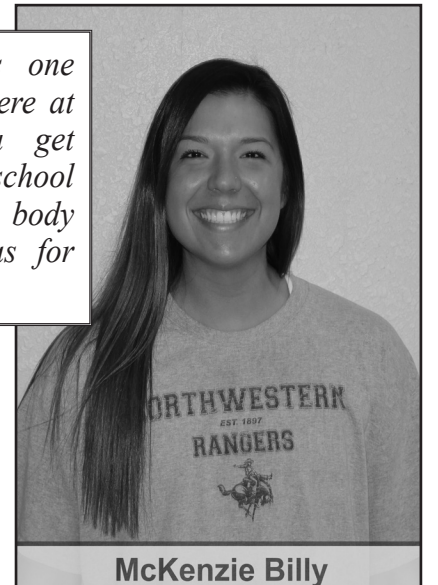
Incredible Deals!
9-27-17 through 10-03-17

Tendercrust white sandwich bread 99 cents	Shurfine soft tub margarine 15oz. 59 cents
Patio frozen single burrito 3 for \$1	Bagged 3 lb. Gala apples \$2.39 a bag
Nabisco Oreo cookies 2 for \$5	<i>Shop Alva's Market</i>



Andrew Jones

"Homecoming is one of the best times here at Northwestern. You get to witness all the school spirit the student body and community has for Northwestern."



McKenzie Billy

Editorial

6 steps to help get over a breakup

By **Ashley Strehl**
Entertainment Editor

So, you just got dumped. It sucks, it really does. I am here to tell you that there are ways of coping. And no, that does not include eating ice cream and sleeping in a bed of tissues, or turning to any other bad habit. It includes deep emotional change and strength.

Step 1: Get out. No really, GET OUT OF YOUR BEDROOM/HOUSE/LIVING SPACE. Do NOT sit around and feel sorry for yourself. This allows your mind to take control; you always want to be ahead of your own mind. Do that by hanging out with friends, and your true friends are the ones who understand what you're going through and do anything to make you feel better. So get out of the house and spend time with those people!

Step 2: Block them. That's right; block your ex on ALL social media, in case you haven't already. Trust me, I know you may want to be friends with them, but that makes the pain worse. If you block them on all social media, it prevents you from coming across their name/pictures/posts/etc. This will help you to think about them less and less and you can focus on thinking about your own well being more and more. Maybe when you have self-improved you can add them back. If they cared about you at one point they will understand your reasoning.

Step 3: Delete their number. For the LOVE OF GOD, DELETE IT. I really can't stress this enough. Do NOT TEXT THEM. You will only feel WORSE. I know this step is really hard so it doesn't necessarily have to be Step 3, but it deserves to be Step



1. It's so extremely important to remember that they broke up with you so they really don't want to hear from you, and they probably don't want to talk to you. So don't. just don't. BUT IF YOU DO.. Just remember that NOTHING IS WRONG WITH YOU!! You're human; also you probably talked to them every day so it's HARD not to talk to them at all! So remember it's okay if you want to text them, but please don't text them more than once. Please, please, delete their number honey.

Step 4: Pick up a hobby. Whether it is writing, exercising, art, photography, music, or literally anything else, just spend as much time as you can with these activities, stay busy busy busy. They will be rewarding for you if the hobby is that important to you. Remember, you are learning to love yourself, so do something you would personally enjoy. Love yourself, treat yourself to something that is going to fill that void that your

breakup so strongly created.

Step 5: Forgive them. Write an "Imaginary letter" to your ex; get out all those bad feelings, avoid sending it, (as I mentioned in step 3, just don't talk to them at all dude) This is a good step to forgiving yourself, and even forgiving them. This may take more than one keyboard session, it depends on the breakup circumstances, but venting can help you let go of all those cloudy thoughts. You know that you are forgiving them when you finally wish and hope the best for them, no matter where life takes them. You know you forgive them when you see they are happy with someone new, and you're glad that they finally found someone compatible. You know you forgive them when you eventually stop acting like your dying, and start living, because if they deserve happiness then so do you!

Step 6: Live in the now. If and when you start to feel sad I want you to do something, I want you to stop, close your eyes a few

times and then feel every little single thing that is going on right at this moment. The way the air feels the way you're breathing, what you're holding, and where you're sitting. Live. In. The. Now. Take yourself out of the past, it's far behind you honey, and don't dwell on the future, it isn't here yet. Look around. Look at the sunrise and the sunset, enjoy your day, eat good food, feel good feelings. Look at your best friend; tell them that they matter to you. Don't bottle up anything, look around and find the beauty through the pain. During the relationship you may have been so distracted by your ex to realize how many people truly care about you. Someone believes in you, and you don't need a partner to tell you that. Your mom, your family, your friends, and your professors all want to see you succeed. Do not let all these people down by letting this destroy you.

One important thing to remember when going through a breakup is that sometimes in life, people let you down, maybe for their own personal issues, maybe for yours. Not all relationships are meant to be, and once you fully grasp and accept this, you'll be living your best life dude. It's just life, but it goes on, each day is the same as the last, the sun rises and sets, no amount of pain inside of you is going to change that. The healing starts with you, and I hope you take these tools and apply them to that healing. It isn't easy, but I'm here to tell you, it will be worth it.

"Healing is found through time, time is found through patience, and patience is found through experience."- Ashley Strehl 2k17

6 Steps

Step 1:

Get out

Step 2:

Block them

Step 3:

Delete their number

Step 4:

Pick up a hobby

Step 5:

Forgive them

Step 6

Live in the now

Why observe fake national holidays

By **Michelle Willson**
Editorial Editor

I have seen calendars and have had updates about National Days a lot the past few months. Like National Chocolate Milk Day, National Double Cheeseburger day, and National Talk Like a Pirate Day and they had me thinking. Why is this a trend and who gets to come up with such arbitrary days. No these days are not federally declared a holiday. Americaninno.com stated, "Today mayors, cities, towns and states can declare their own." Yes you can declare a holiday but that doesn't mean others will observe it.

A pair of friends created "National Talk like a pirate day" in 2002. Over the years, it has gained in popularity. You can give your suggestions to sites like nationaldaycalendar.com and they will consider your ideas when making and advertising

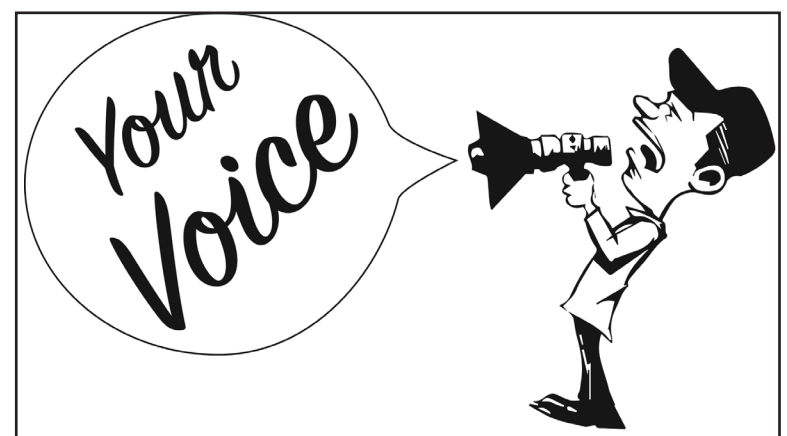
new holidays.

Though I feel it is weird to have random holidays with no significant. I do think some of them are fun to observe and sometimes places such as restaurants and businesses will join in and give you a discount for observing the different holidays.

National Public Lands Day is on September 24 this year and admission is free for all national parks, as well as national forests and many state parks. There is also National Coffee day on the 29th at Krispy Kreme they will be

giving away free small coffee and a free original glazed doughnut (At participating locations) and at Dunkin' Donuts you will be able to purchase a 66-cent medium hot coffee.

Some of the National days coming up are: National Coffee day on the 29th and National Public Lands Day on the 30th, In October there is: National Homemade Cookie day on the 1st, National Custodial Workers day on the 2nd National Boyfriend day on the 3rd and National Walk to school day on the 4th.



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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 Tuesday 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@nwsu.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.

Triggers and Outlets for Mental Health

By **Michelle Willson**
Editorial Editor

Mental Health is a subject I feel is never talked about enough even though many people struggle with it.

Everything from depression and anxiety to bulimia, anorexia and PTSD. Everyone should feel able to talk about his or her problems and know the correct outlets to go get help. Even if you are not struggling yourself, you should know the best way to help someone who is.

What can affect your mental health? In high school, you have multiple situations that can trigger your mental health. The stressor of making good grades to get in college. Maintaining relationships and keeping friendships, extracurricular, and sports. The transition from High school to College can be a stressor for many and it can cause students to fall into

anxiety and depression. Not only is it the first time that you are on your own but the struggle to make new friends but they also have to manage time between clubs, sports and homework, and trying to achieve the high expectations set by other students or teachers. All of this can pile on top of each other and feel like weights holding you down and it can be a trigger for anxiety, depression, eating disorders and thoughts of suicide.

No one should feel that their only choice is to fight this battle alone. Right Now, the media is playing a huge part in showing those struggling that they are not alone. Celebrities like Lady Gaga and Demi Lovato have announced how they have struggled with their own mental illness Dear Evan Hansen, a Broadway musical touches on the subjects of suicide, drug addiction and social Anxiety and states that "We

are not alone, none of us."

Bailey Trammell

Director of Student Success and Counseling
Fine Arts 125
Northwestern - Alva
(580) 327-8547
brtrammell@nwsu.edu

At Nwsu, students can seek help in the student success center with Bailey Trammell.

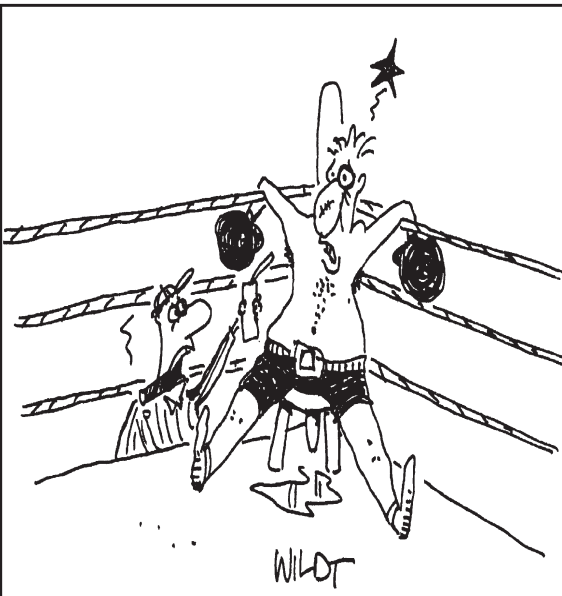
She can help any student or faculty member who needs help with Personal issues and concerns, Time management, Stress, Relationship problems, Loneliness, Homesickness, Adjustment issues, Crisis response and has connections if you need referred for depression, anxiety, substance abuse,

grief, trauma, dating and sexual violence, other personal and mental health concerns. I do feel that Nwsu does a good job with informing the students who to go to for help but there is never too many reminders.

I also think that we should be taught about how is the best way to help a friend struggling with these issues. I have personally seen a close friend struggle with anxiety and depression. Most of the time the best thing I could give her was a shoulder to cry on and listen and talk her through her problem. Sometimes we just sat in silence and watched Disney movies.

If you know anyone who is or might be struggling with a mental illness give them the information they need and show them they are not alone. It is really important that they have an outlet to get help and they feel they have a safe environment to do so.

LAFF - A - DAY



"And another thing! Stop yelling 'Ouch' every time you get hit!"

Interested in writing?

Share your opinions!

Contact Michelle

mdwillson99@rangers.nwsu.edu

King Crossword

1	2	3		4	5	6		7	8	9	10	
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ACROSS

1 Word with special or photo

4 Gorilla

7 Riches

11 Chick's sound

13 — Perignon

14 Frost

15 Western state

16 One of the Seven Dwarfs

17 Race place, for short

18 Line on a letter

20 Authentic

22 Varnish ingredient

24 Pass by

28 Very ornate

32 Figure of speech

33 Elderly

34 Tolkien creature

36 Jacob's brother

37 Burdened

39 Bucks

41 Pressed

43 Puppy's call

44 Conked out

46 "Jaws" villain

50 Have on

53 Two fives

55 Screen symbol

56 Therefore

57 Old French

8 A billion years

9 Young fellow

10 Saute

12 Popular houseplant

19 Online help page

21 Boxing leg-end

23 Billiards stick

25 Leaning Tower city

26 Rise high

27 Flightless flock

28 Island near Java

29 Culture medium

30 Start over

31 Finish

35 Plaything

38 Born

40 — Vegas

42 Old-fashioned

45 Erte's art style

47 Teen's facial woe

48 Fishing gear

49 Make a scarf, maybe

50 Charlotte's creation

51 Before

52 Khan title

54 Sister

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Feature

Traveling on a college student budget

By **MELISSA NOLAND**
Student Writer

From the Golden Gate Bridge, sandy beach, crazy hustle and bustle of the city lifestyle, San Francisco was far from a disappointment.

Theoretically, the 4 or 5 years most people spend earning their undergrad degree are supposed to be the “best years of your life.” Your time to be free and without any major responsibilities. This could be the perfect time to do all of the traveling on your bucket list.

I know. I know it sounds bizarre and contradicting, considering how much everyone complains about not having money or having to live on a “Top Roman” kind of diet. However, I promise you; it really is achievable when you break it down and just play the game smart.

This past weekend, I was lucky enough to have a small getaway trip to San Francisco with one of my good friends. It was amazing and a total thrill to be able to get away for the weekend and experience a fantastic city other than Alva.

I took this opportunity to test my theory of traveling and how it can be done on a “college budget.” San Francisco for under \$300.

The first tip that I followed was travelling with a friend. We split the prices for everything making the idea of staying on a budget more realistic. Not to mention the safety aspect and just having

EXTRA TIP!

Use Google Flights when shopping for plane tickets. It shows the absolute cheapest options for every month and airport.

someone that you can enjoy your vacation with.

Tip number two is to look into “basic economy” flights. This is the path we took for our plane tickets out of Dallas, which allowed for our tickets to only be \$89, round trip. With the addition of gas money to get to Dallas, total travel cost was around \$110 after taxes and fees.

With a ticket like basic economy, we were unable to have a full sized carry on. Meaning we needed to fit everything in an average-sized backpack able to fit under the seat on the plane. Some benefits to this choice included not having to pay the extra charge for checking a bag, and not having to wait at baggage claim. Giving us more time to get out and explore our destination.

We faced this challenge head on and with a positive attitude. We strategically planned our outfits and made sure they all consisted of interchangeable pieces that could easily transition from day to night. We were considerate of things like toiletries, shoes and any extra things for the flight. We knew we would be doing a lot of walking, so a good pair of sneakers was a must and then a cuter shoe for going out.

When packing our actual bags, we bagged each outfit in individual gallon Ziploc bags. This allowed us to keep it organized as well as being able to physically sit on them to get the extra air out before completely sealing them. Giving a vacuumed effect which made them as compact as possible.

Tip number three, do not over pay for a place to sleep. You will not be spending much time there anyways, so think realistic. When booking a room reservation, we looked into three different options. First was hotels. Many of which were far too expensive for our budget. Second option was hostels

EXTRA TIP!

Bring your student I.D. when travelling. Many places offer a student discount.

or Pod Share. These group living facilities are usually filled with other out-of-town visitors. Unfortunately, there were no vacancies.

Finally, we researched AirBnB’s within the area. Local residents of the area rent out their extra rooms or living spaces for a fraction of what most hotels charge. We were able to find a little beach bungalow within walking distance of Ocean Beach. With such a great location, we were having to pay a little more but still managed to keep pricing realistic.

When planning our days we ran into the situation of transportation and exactly how we were going to be getting around the city. This brings me to the fourth tip, use public transportation. Obviously, walking is a great way to get around free, but sometimes it is not always realistic.

For those times when walking was not an option, we used Lyft and LyftLine, a personal car pool system, which will match you with other people who are going to the same location. For our second day of sight seeing, we booked a hop-on-hop-off trolley ride. This was one of the smartest choices we made. It was \$45 for the entire day of sight seeing, transportation and a guided tour all in one.

For food, we split dishes and ate at cheaper places. We budgeted for \$20 a day in food and drinks. We refilled water bottles, had coffee at our AirBnB in the morning and ate off the appetizer menus. We utilized phone apps like Yelp to figure out what establishments



Photos by Melissa Noland

A clam chowder bread bowl from the Roundhouse Cafe next to the Golden Gate Bridge.

in the areas were affordable and still held a good rating.

For my fifth and final tip, do your research. Look up all of the places there are to see at your destination. Prioritize and budget accordingly. Do not waste your money on a spur of the moment idea. In every city, there are money traps designed to get unsuspecting

tourists who most likely did not plan well enough.

My budget for my weekend getaway was \$300. My total cost for everything included was airfare (\$110), sleeping accommodations (\$85), transportation (\$55) and food (\$40). This resulted in a total cost of \$290 and some change for the entire weekend.



The “Painted Ladies” in Alamo Square, are most popularly recognized from the intro to “Full House” TV series.



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Entertainment



Photo Courtesy: Warner Bros Studios

The Lego Ninjago Movie features the voices of Jackie Chan, Dave Franco, and Michael Pena. Now in theaters in Real D and 3D

'Lego Ninjago' lacks surprise

By **ETHAN SACKETT**
Student Writer

A movie packed with Spinjitzu arrived in Alva this past weekend.



"I'll give The Lego Ninjago movie three green ninjas out of five."

Moviegoers young and old were treated to ninety minutes of Lego packed action in "The Lego Ninjago Movie."

The defense of Ninjago City was led by the young Master Builder Lloyd, also known as the Green Ninja, along with his unlikely friends.

While this movie did not garnish as much acclaim, the thrills that this movie offers are in the voices of Fred Armisen, Dave Franco, Abbi Jacobson, Olivia Munn, and many more. Hearing the voice of Jackie Chan as Master Wu made this experience truly worth while. It conjured up memories of my own Ninjago Lego days. When compared to

the first two Lego movies, "The Lego Ninjago Movie" lacks surprise.

"The Lego Ninjago Movie" had a disappointingly small amount of humor and few unbelievable emotional scenes. "The Lego Ninjago Movie" definitely appears to be geared more for the younger audience.

Within the movie, a group of kid ninjas fight a bad guy who is actually Green Ninja's father and if you have ever seen any family movie, you know how the movie ends.

While "The Lego Ninjago Movie" struggles to compete with the other two Lego movies in most categories, there is defi-

nately one area where Ninjago rose above. The animation of Ninjago is by far the best of the three films.

The fight scenes almost made up for the scenes that contained little excitement.

Mixing Lego and real elements was extremely visually appealing and also has not been seen in the first two Lego movies. The action is truly unbelievable.

I'll give "The Lego Ninjago Movie" three green ninjas out of five. While I was not as impressed by this film compared to the first two Lego movies, it still was entertaining and provided great enjoyment for the younger audiences.

AHS season 7 heating up

By **BROOKE MCCLELLAND**
Student Writer

"American Horror Story: Cult" is starting to get deeper into the season, and we have reached the episode where Kai, played by Evan Peters, uses his gifts to make people believe in him in the darkest possible way.

The episode in question is called "11/9" which is the day after the election where Kai starts making his moves on various occurring characters within the season. All the show regulars make an appearance in the episode, but it shifts focus to the preceding months where the last episode ended.

It's all about making the crew, finding people that Kai can manipulate into his way of thinking, or at least enough that they'll be under his control to some extent. Naturally, everything Kai does ends with blood in way, shape, or form.

Whether it's letting himself get beat up by a bunch of men for a video, or helping someone kill a man, Kai Anderson always ends up with blood on his hands.

Billy Eichner's character Harrison plays a prominent role in this episode as he is one of the few that is slowly being recruited by Kai. So too is Meadow, his wife in the show who is played by Leslie Grossman.

The most surprising recruitment would be Adina Porter's character Beverly Hope, a news reporter who chases hard hitting news ranging from murder to robberies, and the most dangerous places you can possibly be.

Beverly is a woman full of rage, yet initially she doesn't falter to Kai's manipulation, until an act so gruesome, and so personal she knew that no one else could have done it other than him.

To comment on something a tad more shocking, viewers find out that Kai wasn't the only person playing mind games this episode, but his sister Winter was playing her own games with season regular Ivy, played by Alison Pill.

Many have already said that this is Cult's best episode yet, which is easy to claim since it's only the fourth episode of the season. It does beg the question of where everyone goes from here. Are these the people beneath the clown masks? How many more has Kai recruited in his plot to rule the world?

Most importantly, how long will Kai be able to keep his charade going until he meets his match, someone he can't manipulate or control? Based on the preview for the next episode, it'll be worth the wait.



Photo Courtesy: Warner Bros

"The Lego Ninjago Movie" was directed by Paul Fisher and Charlie Bean, and written by Bob Logan.

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Friday: 6:45-8:45 Saturday: 1:30-6:45-8:45 Sunday: 1:30-6:45	Friday: 6:45-9:30 Saturday: 1:30-6:45-9:30 Sunday: 1:30-6:45	Friday: 6:45-9:00 Saturday: 1:30-6:45-9:00 Sunday: 1:30-6:45
Oct. 2-5: 6:45 nightly Screen 1/ PG/ 0 min.	Oct. 2-5: 6:45 nightly Screen 2/ R/ 135min.	Oct. 2-5: 6:45 nightly Screen 3/ PG/ 110 min.

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"Wonder Woman"

Campus

NWOSU has super custodial staff

By **KATIE LACKEY**
Student Writer

Marvina Molby can be found sweeping the floors of Vinson Hall most early weekday mornings. She has been a custodian at Northwestern for six years.

National Custodian Worker's Recognition day on Monday, is a time to recognize the men and women who keep schools and businesses running smoothly.

Northwestern's custodians work all over campus and normally start their days early in the morning.

Molby has been cleaning Vinson Hall for a little over a year.

"The first time I had this building I did not realize they had the haunted house down stairs," Molby said. "It scared the bajeebees out of me when I went down there right after Halloween."

Molby might not have too many days off, but when she does, she



Photo by: Katie Lackey

Custodial worker Jon Mcalpin cleaning a classroom in the science building

Jon Mcalpin started working for Northwestern last May. He cleans the science building and also helps clean Ament Hall.

"My job is pretty relaxed," Mcalpin said. "I like the family atmosphere at Northwestern; everyone is really friendly. It is just a

really good place to work."

Mcalpin says he isn't a morning person, so he doesn't enjoy coming to work so early, but he is getting acclimated. He always starts cleaning the science building by six a.m.

With all the cleaning Mcalpin does, he has found some things to be surprising.

"The amount of clothing I find left behind when I clean out the dorms really surprises me," Mcalpin said.

In his free time, Mcalpin is a

"The amount of clothing I find left behind when I clean out the dorms really surprises me," Mcalpin said.



Photo by: Katie Lackey

Custodial worker Leslee Bradt cleaning an office in Fine Arts

Leslee Bradt has worked for Northwestern for six years.

He has worked in many buildings on campus including: Industrial Education, Library and the Wellness Center.

Bradt said the Fine Arts building, which is the one he cleans now, is his favorite while the Wellness Center was his least favorite, but only because it was a lot of work.

Bradt said the best part of his job is getting to meet new people, but cleaning up people's messes is his least favorite part.

While he spends his early mornings and most days on campus, he works for other people whenever he gets days off.

Custodians may not be seen by many people, but they are always there making sure everything is clean and fresh for a new day.

National Custodial Workers Day is Oct. 2. Thank you NWOSU custodial staff for your hard work to keep this campus looking and feeling great!!

Make easy sopapillas

By **EMMARAE COOK**
Student Writer

Sopapilla Cheesecake is a great recipe with only 6 ingredients. You can make it for yourself, potlucks or a get together and it is very popular for Cinco de Mayo. It is very simple recipe and easy to make, without breaking the bank.

Ingredients:

- 2 cans (8 oz each) Pillsbury™ refrigerated crescent dinner rolls
- 2 packages (8 oz each) cream cheese, softened
- 1 ½ cups sugar
- 1 teaspoon vanilla
- ½ cup butter, melted
- 1 tablespoon ground cin-

namon

1. Heat oven to 350°F.
2. Unroll 1 can of dough. Place in bottom of ungreased 13x9-inch (3-quart) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal.
3. In medium bowl, beat cream cheese and 1 cup of the sugar with electric mixer on medium speed until smooth. Beat in vanilla. Spread over dough in baking dish.
4. Unroll second can of dough. Carefully place on top of cream cheese layer. Pinch seams together.
5. Pour melted butter evenly over top. Mix remain-



Photo by: Emma Rae Cook

cinnamon, and sprinkle evenly over butter. Or mix butter with cinnamon and sugar and pour evenly on top.

6. Bake about 30 minutes or until center is set. Cool slightly, about 20 minutes. Refrigerate for easy cutting. Cover and refrigerate any remaining bars.



It's Homecoming! Come try and pick up a homecoming button and enjoy some ice cream at our fountain!

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Blood drive



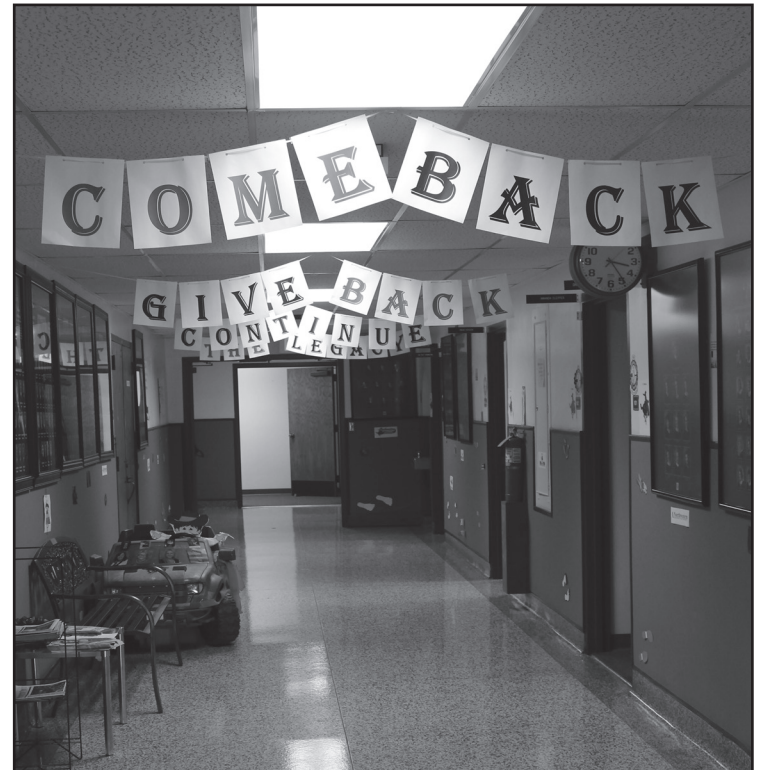
Top: Phlebotomist Tina Wedel with Oklahoma Blood Institute and Jacob Vad pose for a picture after Jacob donated blood. The Institute was on campus Monday and Tuesday to collect donations.

Right: Sierra Whitehead donates blood while eating pretzels. The institute provided donors with a snack and juice while donating blood to replenish their calories and energy.



Photos by Cheyenne Hankins

Carter, Fryer, Math Club win contests



Photos by Cheyenne Hankins

Carter Hall, which houses the nursing program, won the building decorating contest with a pizza party as the grand prize.



Students in Fryer Hall won the dorm decorating contest for this year's Homecoming competition.

Students:
Let's go bowling!



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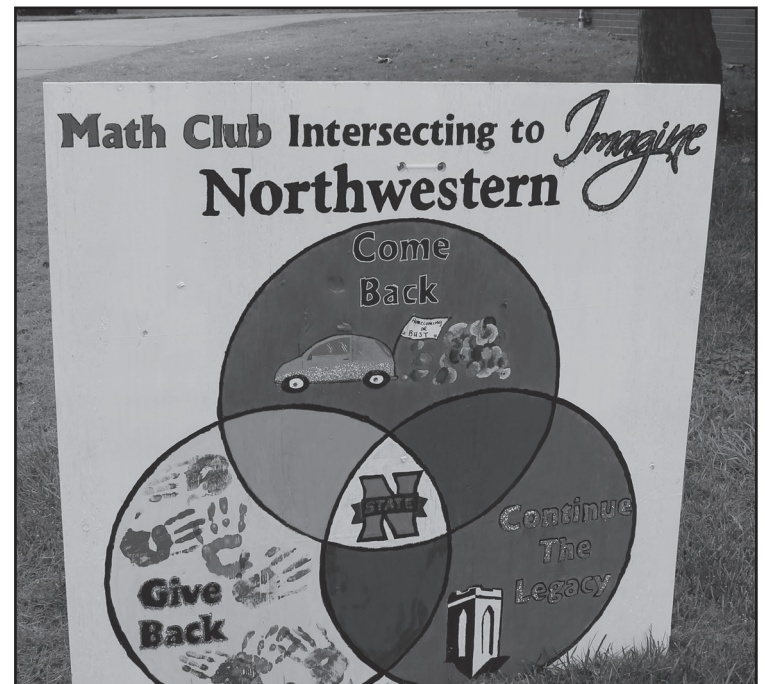
Every Wednesday & Saturday
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\$12 per person - includes FREE DRINK!



Math Club students decorated a plywood board to win the Paint Palooza contest. International Student Association took second.

Sports



Photo Provided

Ranger football dominated during the Saturday game. This was the team's second win this season after two close games.

Discipline, defense helps win

By SAMI MCGUIRE
Sports Editor

It was their second victory in a row. The fans cheered loudly and the team's confidence swelled. The voice of the Rangers boomed over the radio. Northwestern's faith was renewed in their team.

On Saturday the Northwestern football team played Southern Arkansas University in a home game. The Rangers won the game 38-16.

This was a turning point for the Rangers because they have not beaten the Muleriders in the last five years. Something changed for the Rangers this year.

One new aspect of the team was the new defensive coordinator, Kent Gordon.

Matt Walter, head football coach, convinced Gordon to come to Alva this year. The two had coached together at Emporia State University.

"Football is very high on the priority list here at Northwestern," Gordon said, "and that is why I decided this is where I wanted to be."

Gordon has made Northwestern's football team his priority, and it shows on the football field. He has



Photo Provided

Rangers face off against Muleriders during Northwestern Family Day, and come away with the win, 38-16.

tried to keep the Rangers improving in all aspects.

"Coming to Alva the number one thing I focused on was discipline," Gordon said. "I told the team they are going to have to do things right. I'm not just talking about on the field; I'm talking about off the field."

Gordon believes discipline should be in all aspects of the players

lives for them to be successful.

"Learning discipline on and off the field, learning how to play hard on the field and learning how to be a good teammate," Gordon said. "That all stems from learning how to go to class everyday, acting right in public everyday and just the little things. It was just the little details when I got here that I wanted to

teach the team about. Some people call it knit-picky, but I don't let them slide with anything."

Part of discipline is playing out the whole game despite the struggles, and that is exactly what the Rangers did this weekend. Gordon's goal for the weekend was to have the team play all four quarters, rather than starting weak

like the Rangers did in their first two games.

Team work is what helped the Rangers play all four quarters in the last game.

"The effort the [players] gave... how hard, and how physical they played, I can't name one guy because they all did [good]," Gordon said. "The team understands that there is not just one guy who is going to win a football game. [All parts] have to play together. I think the guys on defense are learning right now that if everybody does their job they will be fine. You don't have to go try to be the superhero, just go do your job."

Gordon said most of the team is young, and they are just learning to trust one another. Going into the weeks ahead he thinks the team will continue to get better and better.

"We just have to keep getting better," Gordon said. "That game is over; we can't go back to it. So going into the next weeks we have to continue to get better. We can't relax because we had a big win this weekend. I tell the team you have to continue to play hard and you have to continue to perfect your craft. You're not going to stay the same—you're either going to get better or get worse. So what do you want to do?"



Photo Provided

Kent Gordon, defense coordinator

You're not going to stay the same— you're either going to get better or get worse. So what do you want to do?"

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Now Same

Sports



Photo Provided

Lady Rangers preparing to play the Southwestern Oklahoma State Dawgs. Rangers scored two goals in the second half, but still lost 5-2.

Rangers lose to rivals

By MEGAN MAHARRAY
Sports Reporter

The Northwestern Oklahoma State University Lady Ranger soccer team traveled Tuesday and Saturday to play Great American Conference opponents Southwestern Oklahoma State University and East Central University.

The Lady Rangers fell to SWOSU 5-2 and also lost to ECU in a close game of 1-0.

Against SWOSU on Tuesday, the Lady Rangers struggled to get

their offense going in the first half. SWOSU took a 4-0 lead at halftime. The Lady Rangers played a better second half, scoring two goals. Junior Karla Lopez scored first, followed by freshman Brittany Cimigliaro. However, the end result was a 5-2 loss.

The Lady Rangers were back in action on Saturday in a close game against ECU. The Lady Ranges controlled the game from the start, out shooting ECU 13-11. The lone goal from ECU came late in the second half.

Sophomore Yazmin Gomez gave some insight on the ECU game on

Saturday. Gomez said they were the better team in the first half. Gomez said the team was all connected the first half and everyone was on the same page and up for the cause from the start.

“Our practices intensified and we were more focused,” Gomez said. “We played the way we practiced.”

As well as the Lady Rangers played against ECU, they did not earn a result. Gomez said the loss hurt.

“It sucks when you know you’re the better team and you play your heart out, and the odds weren’t in

your favor,” Gomez said.

Moving forward, Gomez said the team learned they could compete and match their opponents. She said the team holds a lot of talent and learned how to play well together. She said the team must take the positive side of the game and work on competing just as well against upcoming opponents.

“The only direction to go from the bottom is up,” Gomez said.

The Lady Rangers will face two more GAC opponents on Thursday and Saturday against Ouachita Baptist University and Harding University.

Passion reignites in runner

By SAMI MCGUIRE
Sports Editor

Northwestern cross country reignited a passion in a runner, and it paid off during the meet on Saturday in Emporia, Kansas.

Northwestern women’s cross country team placed 10th, and the men’s team placed 14th.

Leading the women was Kendy Salinas, a freshman from Guymon.

Salinas placed 40th overall and ran a time of 22:55. This was her personal record since becoming a Ranger.

“It felt good to get the personal record under my belt,” Salinas said.

“I am happy that I’m improving every single race.”

Improvement is one of Salinas’ goals for the season, as is beating her high school personal record.

“I wasn’t planning to run after high school,” she said, “but I saw [Northwestern] as a great opportunity. I thought I had lost my passion for running, but now that I am running here I see why I loved running so much. It is like I found my passion again.”

One thing that has helped Salinas regain her passion for running is her stronger mentality.

“I feel like my mentality has

gotten stronger,” Salinas said. “I believe in myself more every race. I try to prove the negativity wrong. Practices have helped me improve. My mentality in practice is stronger so I go a little bit harder in everything else.”

During the race on Saturday the wind was blowing and it was upwards of 90 degrees. This tested Salinas mental and physical strength throughout the race, but she was able to push through.

“I usually tell myself that everyone running with me is going through the same thing,” she said, “and I just have push through it better than them. If

I want something it is not going to be easy.

Salinas was proud of herself, but one person that may have been the most proud was Jill Lancaster, cross country head coach.

Lancaster said: “It is incredible, they dug deep and gave the effort. Salinas was able to lead the team for the first time this season, and she continues to move up the all-time ranking list.”

Other women on the team also impressed Lancaster.

“Times don’t always tell the story,” Lancaster said. “This will pay off in the months to come.”

Athletic Events

September 29

Volleyball

6:30 p.m. vs Ouachita Baptist University

Rodeo

Rangers at Southeastern State University

September 30

Soccer

11 a.m. vs Harding University

Cross Country

Rangers at Chile Pepper Run

Football

4 p.m. vs Southeastern Oklahoma State University

Rodeo

Rangers at Southeastern Oklahoma State University

October 2

Mens Golf

9 a.m. at Henderson State University

October 3

Mens Golf

9 a.m. at Henderson State University

Soccer

6 p.m. vs Oklahoma Christian University

Volleyball

6:30 p.m. vs Oklahoma Panhandle State University

October 5

Rodeo

Rangers at Oklahoma State University

Soccer

6 p.m. at Southern Nazarene University

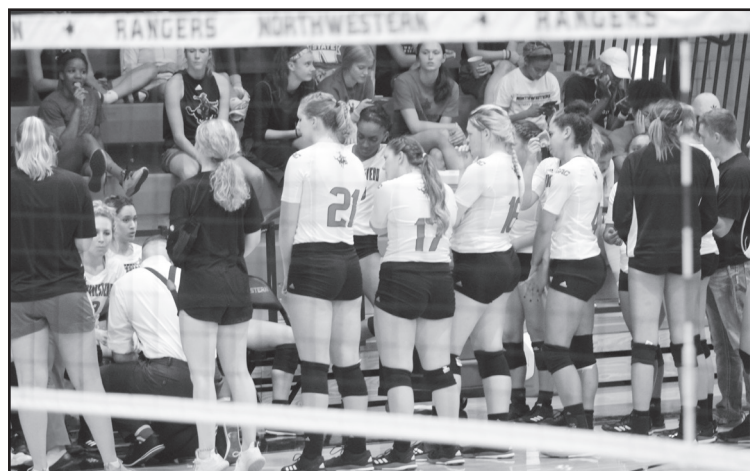


Photo by Ashley Strehl

The Northwestern Oklahoma State University volleyball team took on rival Southwestern Oklahoma State University on Thursday. After battling through five sets, the Rangers came out with the 3-2 win.



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Rangers: A Driving Force



Teamwork in everyday life

What are some life skills you hope athletes learn through NWOSU sports?

The number one thing we talk about as a team is being accountable and accepting the negatives that happen. Golf is a tough game, and the ability to be able to respond to adversity and overcome obstacles is crucial not just on the course but in all things that can happen in life.

What motivates you?

One moment that comes to mind that I was really motivated was when our guys this season held the first round lead in the opening tournament. It was nice to see that the hard work they had been putting in was finally paying off and I was very excited for them.



Aaron Ford, men/women golf coach

*My favorite quote is
"Practice like you play in
a game."*

What does it mean to be a team?

To be a part of a team for me is much more than just competing together especially at the college level. Most of our athletes live together and all of them have a very close relationship, so on our men's and women's team we talk a lot about helping each other throughout the day in everyday life, not just on the course. The best part about playing college athletics is having a support system and a family atmosphere in all aspects.

Photo Provided