



Rodeo comes to Alva

Brent Woodward, a freshman, steer wrestled at the Colby College Rodeo at the beginning of the season. Now Woodward will compete this weekend at the Alva Ranger College Rodeo. The rodeo will be at 7 p.m. on Thursday, Friday and Saturday at the Woods County Fairgrounds. Tickets are \$8 for adults and \$4 for children.

Photo By Sami McGuire

Miss Northwestern to be crowned Oct. 29

By **EmmaRae Cook**
Student Writer

The Miss Northwestern pageant has six women from Kansas and Oklahoma participating this year.

The pageant will take place at 4 p.m. Sunday, Oct. 29 in Herod Hall Auditorium.

The woman selected as the winner of this pageant will represent the university at the Miss Oklahoma Pageant next year.

Doors will open at 3:30 p.m. Tickets can be purchased in advance at the Northwestern Business Office or from contestants with a price of \$8 in advance or \$10 at the door and \$3 for students with ID.

Tickets can also be purchased by contacting Chesnei Thomas, pageant director, at cdthomas@nwosu.edu or Catherine Engelken, assistant director of the J. R. Holder Wellness Center, at (580) 327-8105 or cgkelly@nwosu.edu.

Competing for the Miss Northwestern title are: Katherine Blair, sophomore instrumental

music major from Waynoka; Shelby Bender, sophomore nursing major from Cherokee; Macie Malone, senior biology major from Bel Aire, Kansas; Mandra Maxwell, sophomore biology major from Okmulgee; Shelbi Morland, sophomore mathematics major from Laverne; and Meghan Webb, sophomore biology major from Alva.

Contestants in the pageant will be judged in lifestyle and fitness, interview, talent and onstage question categories. Each contestant will receive participation scholarship awards and ranking determines other prize winnings.

Jumps to page 3

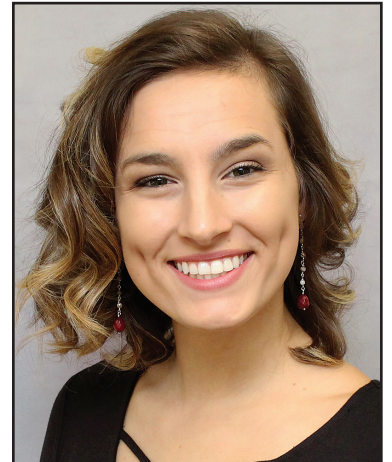
Never in a million years did I ever think I would be competing in a pageant but there is a lot more to pageantry than meets the eye.
-Macie Malone



Shelby Bender



Katherine Blair



Macie Malone



Mandra Maxwell



Shelbi Morland



Meghan Webb

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NORTHWESTERN NEWS

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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@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.

Editorial

Wales: High winds and mountains

By **PATRICIA PIXLER**
Columnist

Oklahoma is rather infamous for its wind. It's in our official theme song Oklahoma! from the play of the same name: "Oklahoma, where the wind comes sweepin' down the plain". When I first moved to Oklahoma four years ago, the wind was one of the first things I noticed because it was so different. The wind is like nothing else.

I have to say, Wales is giving Oklahoma a run for its money. It's been windy here. I did not know this before I came to the United Kingdom, but the island gets the tailwinds of hurricanes. Which means a lot of wind, some rain, and large waves in Swansea and other coastal areas. We have experienced these ex-hurricanes three times thus far, including this weekend.

*I have to say,
Wales is giving
Oklahoma a run for
its money.*

This weekend was fun and interesting time. Friends and I rented an Airbnb in the Snowdonia region of Wales for the weekend. Snowdonia is most famous for Snowdon, the tallest mountain in Wales, and our conquest to see in Snowdonia. At the same time, we came to Snowdonia, Storm Brian moved into Wales with winds at over 70mph.

I was on top of a hill, on a



Photo provided by Patricia Pixler

Patricia Pixler and her class at the top of Snowdon mountain.

castle, when the worst of the storm hit. There's nothing like standing on an 800-year old castle with 70mph winds and rain hitting you. It was a little majestic, a little terrifying, and a bit funny. My gloves were still dying out two days later. A friend's shoes are still damp. The walk back down the hill, over to the Slate Museum, through the museum, and then back to our house was horrible. It never stopped raining. All said, I have beautiful photos from that day, which made my cough completely worth it.

The winds that night made our house creak. A friend cooked dinner for the fifteen of us (I chopped and stirred the extent of my talents) and we played games the rest of the night. It was the largest slumber party I've been to.

The next day, the wind and rain were milder. Most of my brave friends left to climb the mountain

since the storm had lessened. Snowdon itself is famous for its changing weather. It can rain at a moment's notice at the summit and the winds are usually three times stronger at the summit than the base. You can imagine what climbing the mountain would have been like—and climbing the mountain in ex-hurricane winds.

I climbed the mountain riding on a historic train.

It was more than an hour ride up a very steep grade built for Victorian tourists. The Mountain Railway uses diesel trains and steam trains. The "posh" way to climb a mountain. It was worth it. I was warm and dry and those of us who took the train got a succession of watery looks and waves from hikers as the train climbed its way up. The train had to beep and honk at sheep to get off the tracks, which was as idyllic and funny as it sounds.

We climbed higher over the Llanberis town, seeing some of the lakes and valleys that make up the Snowdonia Region. On clear days, you can see to the Irish Sea. The changing leaves dotted the green hillsides. Fall in Wales has been beautiful and I'm glad I'm spending my favorite season here. We passed our hiking friends as we neared the summit of Snowdon. They were soaked, but victorious.

The winds were gale-force at the summit and we all shakily climbed the peak. I was soaked within minutes and have great appreciation for the hikers for lasting a six-hour hike soaking wet. It was so foggy at the summit it was a white-out. Despite their might, the winds didn't budge the fog or clouds the entire time.

I will say, I regret not climbing

*I will say, I regret not
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(the ultimate claim to
fame!), but I have no
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hurricane.*

a mountain (the ultimate claim to fame!), but I have no regrets not climbing a mountain in an ex-hurricane. Most of my hiking friends wanted to take the train back down the mountain.

Every seat had been sold hours ago.

Most of us have coughs or sniffles now.

Tips for Ghost Hunting

By **BROOKE MCCLELLAND**
Columnist

Everyone has their own way of celebrating Halloween. Whether it's with decorations, dressing up in costumes and trick or treating, sneaking around corners to spook their friends, or pulling practical jokes on friends, family, and strangers alike. We all have our own way of showing our Halloween spirit, including activities like ghost hunting.

Most people think of ghost hunting as an excuse to scare their friends, and it is, but for others it's a serious exercise as they try to find proof of what lies beyond the veil of the living. For the ones who want to try to find proof, or simply to see if there's a ghost living your basement, here are a quick few tips that will help.

First off, be prepared. If you plan on staying overnight, or even for a few hours, in a place that you believe is haunted, wear

something comfy. Favorite tennis shoes, a warm jacket, and maybe a hat so bugs don't get in your hair will go a long way.

Also, bring something to eat and drink. Most importantly, bring the right equipment. A simple 33mm camera, and a voice recorder will do great for beginners. Don't go too pricy if

Tips:

1. Be Prepared
2. Do your research
3. Go with a group
4. Ask permission
5. Be Cautious

this is a onetime thing.

Secondly, do your research. Even if you are investigating your own house, look up facts about the place before you plan to investigate there. Don't go in

blindly when you can do a quick search on Google or ask questions from the owners of the place.

Third, go with a group. The number one rule of any ghost hunt is to never investigate by yourself. For one, it's more fun to investigate with other people than it is by yourself, but it's also far safer to be in a group. That way if there is malicious energy, there's less of a chance it will single you out.

Fourth, ask permission before you investigate a haunted place. The last thing you want to deal with is getting arrested because you're trespassing. And finally, be cautious and stay safe. It's Halloween, not a horror movie but a fun holiday that is full of laughs, treats, and tricks.

If it doesn't feel right then don't do it. There are plenty of other things happening to occupy your time. If it does, than be cautious, and remember to have a good time.

Your
Voice

**Interested in
writing?
Share your
opinions!
Contact Michelle**

**mdwillson99@
rangers.nwosu.edu**

News

Miss Northwestern pageant contestants give answers

Continued from page 1

Q: Why are you doing Miss Northwestern?

Katherine Blair: Northwestern has done so much for me as a student and as a person. I feel that this is a great way to give back to the school that has done so much for me.

Shelby Bender: I did Miss Cherokee and won, then I was able to go on to do Miss Cinderella. I loved experiencing a girlier side I didn't know I had!

Macie Malone: Never in a million years did I ever think I would be competing in a pageant, but there is a lot more to pageantry than meets the eye. I would love to make a difference in our community.

Mandra Maxwell: Competing in Miss Northwestern is a great opportunity for me to step out of my comfort zone and to represent my favorite university.

Shelbi Morland: I've done other Miss Oklahoma prelims all over the state. I feel like of all the places I compete, this is home so this would mean the most to me to get to represent us at state.

Meghan Webb: I want to bring awareness of my platform in the community to help foster kids.

Q: What are you hoping to gain from this experience?

Katherine Blair: I am hoping to gain the ability to have the confidence in myself to get out on that stage and be myself.

Shelby Bender: I'm hoping to bond with the girls going through this with me and learn more about the community service side of the pageant world.

Macie Malone: I am hoping to have a great time and make wonderful memories. It will also be really awesome to experience being in the pageant world for the first time.

Mandra Maxwell: I hope to gain self-confidence and friendships with the girls I'll be competing with.

Shelbi Morland: Every time I compete, I feel myself getting a little more comfortable in what I'm doing. So every pageant is a great growing experience.

Meghan Webb: I am hoping to gain

new friends, better confidence with my body and take away great interview skills for future jobs.

Q: What is your platform, why did you choose it?

Katherine Blair: My platform is Arts in Schools. The Arts have sculpted me into the person I am today, but there are children who do not get access to the Fine Arts like we do. I believe that these programs are vital to not only a child's emotional growth but their mental growth as well.

Shelby Bender: Stamp Out Starvation, they package meals consisting of ingredients that make a simple stir fry. Each bag holds 6 servings of food. A group of girls from my sorority and I made almost 4,000 meals after only 2 hours. They then send the food to those in need. I want to help them get more volunteers and raise donations.

Macie Malone: Mine focuses around the importance of women's preventative health, such as yearly well woman exams and proper prenatal care. I spent a year working in an OB-

GYN office and experienced firsthand how important women's health is. If it is not made a priority, it can escalate into a life threatening issue.

Mandra Maxwell: I chose End the Stigma, it is about spreading mental health awareness, to be my platform because I feel it's important for our society to know about mental health awareness in order to improve our overall health.

Shelbi Morland: I chose Self-Respect and Self-Defense because I like to help spread knowledge of how to defend yourself and what to watch for in everyday life, relationships and scenarios. When working with kids, we talk about seeing others as people too. I help them to see why we should show love and respect towards everyone, no matter what differences we have.

Meghan Webb: My platform is Foster Care awareness because I was a foster kid. Some of the benefits I was fortunate to receive are no longer provided because of budgets cuts. I want to help provide clothing and bags

for children in foster care and raise awareness of the shortage of homes for these children.

Q: What is your Talent?

Katherine Blair: A vocal solo from Andrew Lloyd Webbers Broadway musical Phantom of the Opera entitled Wishing You Were Somehow Here Again.

Shelby Bender: I will be performing a vocal solo to the song Lost Boy by Ruth B!

Macie Malone: I will be singing and playing the piano to the song "Only Hope" from the movie A Walk to Remember.

Mandra Maxwell: My talent is a lyrical dance to "Demons" by the Imagine Dragons.

Shelbi Morland: A nun chuck/martial arts routine. I perform with double nun chucks and a set that have LED lights in them.

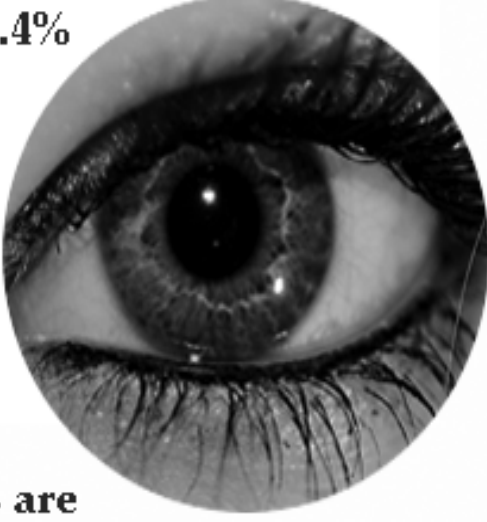
Meghan Webb: My talent is a character jazz dance to "Dig a Little Deeper" from Disney's Princess and the Frog.

LASIK in America

LASIK patients are satisfied 95.4% of the time

0.2 to 2 percent experience side effects

700,000 procedures are performed annually



The LASIK eye surgery experience

By **Katie Lackey**
Student writer

Lasik eye surgery was not something I had always wanted to do. My eye doctor mentioned that I would be a great candidate for it and I had experienced numerous sleepless nights at college which lead to dry, uncomfortable contacts. That's why I chose to have the surgery. It was then decided that the nearly \$4,000 procedure would be my college graduation gift.

The process was relatively simple. I had to meet with my regular eye doctor and schedule the surgery, along with a pre-operation visit followed by many post operation visits.

Fall break was the opportune time for me to have the surgery. On Wednesday, I was in Oklahoma City at nJoy Vision where they did all the regular tests, nothing new except dilating my eyes. I had never had this done before, and was shocked that my vision was blurry and out of focus for the next five hours. The optometrist made a joke about making my vision worse before they fix it. Outside the jokes, the doctor just assured me everything was going to go smoothly.

Thursday morning I showed up at the nJoy vision center without any nerves. I had only heard positive things about Lasiks and had no doubt my experience was going to be just as positive.

They took me back and sat me in a recliner where they gave me a pill to help me relax. I thought it was a bit extreme since I was already so relaxed, but I soon understood why I needed it.

The operation room was small. I laid down on their so called bed where they got straight to work. The first machine they put over my eye was supposed to cut the

flap so they could begin correcting my vision. It was uncomfortable to say the least, possibly the worst part. I was fully awake, and although my eyes were completely numb, I could still feel the pressure on my eye as it was being cut.

From there they switched to a different machine. This is where they did the actual vision correction. They put something in my eye so I couldn't close it. Then I had to stare at the red light, while a lady counted down from 40.

By this time, I was very appreciative of the little pill they had given me earlier, but I wondered why it wasn't stronger. I could smell burning. The equipment was loud. I was uncomfortable. It was the longest 40 seconds of my life.

After that it was time for the second eye. It was basically the same experience on the second eye. The entire process was rather discombobulating because it was hard to tell what was going on and the doctors moved quickly. After the machines had done their jobs, the doctor placed the clear flap back in place over my eye. He also did other things to my eye, but I can't explain what they were.

Then it was over. The procedure took only 10 minutes. Immediately following, the doctor checked my eyes again, gave me a pill to help me sleep and sent me home.

My vision was hazy for the rest of the day and my eyes were extremely raw and sensitive. Thankfully, the sleeping pill did its job better than the first pill. I slept the rest of the day.

The next day, I woke up to basically perfect vision. My eyes felt a little scratchy but better than the day before. I had another check up at nJoy Vision where the doctors were pleased with how my eyes were healing.

Overall, my vision is as good as they said it would be. They were able to transform my 20/400 to 20/20.

Students:
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NORTHWESTERN NEWS MEDIA

GET CONNECTED

STAY CONNECTED



Feature

Quotes of the week

“Werewolves howl. Phantoms prowl. Halloween’s upon us now.”
- Richelle E. Goodrich



“Clothes make a statement. Costumes tell a story.”
- Mason Cooley



“Be afraid.... Be very afraid.”
The Fly, 1986



DIY costumes for a student on a budget

By CEDRIC COLLINGE
Student Writer

Edward Scissorhands



Feeling dark? Want to get real spooky? Edward Scissorhands has some originality to that most people are not willing to put on the leather for.

What you need: Find as much leather as you can for your attire! Leather jackets and pants can be found at thrift shops and biker clothing stores for cheap! As for the scissors just use long strands of aluminum foil and tape them to your fingers!

Waldo and Wenda Couple

Looking for a cliché cheap costume for Halloween that you can wear solo or with a couple? This is it!

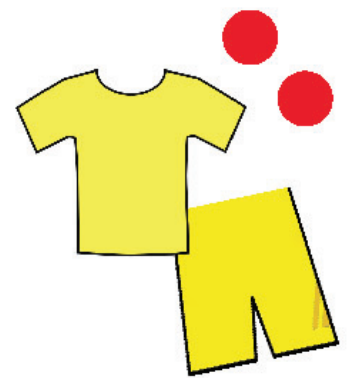
What you need: Red-and-White-striped sweaters or shirts, with a red and white beanie or cap, jeans and a pair of black round glasses you can find at any local shopping center



Pikachu

Pikachu I choose you! Nothing about this costume is hard. Although Pikachu is not much of a Pokemon without Ash, so you may want to find a partner to work with on this, but if not there will be a lot of people trying to catch you so be safe.

What do you need: find attire that is the color yellow from head to toe and you are three quarters of the way there! Card-board can be used to make the lightning bolt tail and ears if necessary, but do not forget about the rosy red cheeks!



Forrest Gump

Run Forrest Run! A classic movie by Tom Hanks, one of the most memorable things he did playing Gump’s character was running across the country! He never stopped running and grew a beard while doing it!



What you need: Some real short shorts is a start to this costume! Nike T-shirt preferably, but any worn down T-shirt will suffice, a hat, and maybe a long hair wig! I would suggest growing out your beard for the men and ladies if you choose this costume find a wig and wrap it around your chin or use your hair if long enough.

The Mummy

I would not consider this costume cliché, but consider it the perfect go-to costume for a last minute idea.

What you need: All you will need for this is a full set of white clothes and some rolls of toilet paper, but if you are not willing to waste TP then look for any white cloth in Hobby Lobby or Wal-Mart. If you want to get real fancy, throwing some ketchup or red liquid on the attire will give the costume a little more pizzazz.



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JIF peanut butter 16 oz. \$2.49	Jimmy Dean frozen breakfast bowls \$2.50

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Entertainment

Marvels 'Inhumans' is worth the watch

By **BROOKE MCCLELLAND**
Student Writer

Marvel's new show "Inhumans" has just arrived, and while it doesn't live up to the hype preceding it's arrival, it's not necessarily a bad show either.

On TV

Yes, there are some flaws that need to be addressed, but there are many positives that will help the show in the long run. Starting with the flaws, it starts off with a storyline that would have been better suited for a season finale with a slow burn leading towards it. It didn't give us a chance to start caring about the characters before the twist happened, and now the characters are all over the place. With that, it did give us multiple brief moments of comedy that worked incredibly well with the characters. The fight sequences are definitely hit or miss, with one miss in particular being Medusa's fight scene. Being true to her name, her inhuman ability is to have control over her hair and use it in snake-like motions, such as the Greek figure that her ability is based off of. That being said, so much more could have been done with the fight sequence. The CGI is better than the first trailer, but still needs brushing up in certain places.



Photo Courtesy: ABC Televi-

"Inhumans" is about a genetically altered race of superhumans struggling to protect themselves, their history, and their culture from outside influences. It is based on a popular Comic book series.

A positive for the show is that the core cast is fantastic, and the chemistry is apparent. Anson Mount is amazing and hilarious as Black Bolt, and Iwan Rheon is stellar as always with sympathetic villain Maximus. The comedy works very well, and the action sequences are good when done right. The biggest change the show has made from the comics to the TV show is in Maximus himself, and it totally works. The character has been made out to not just be your atypical villain, but a revolutionary that has been

"It's not a bad show by any means, and it's definitely worth the watch."

Stay tuned for incoming episodes.













cast out and ridiculed for the majority of his life. Despite his vulnerabilities, he has somehow managed to have the ear of the people, and bring other inhumans to his side of thinking. Also Lockjaw, the teleporting dog, has so far totally stolen the show from the core cast, and that's nothing against them, Lockjaw is amazing, cute, and a giant. Nothing tops that.

It's not a bad show by any means, and it's definitely worth the watch. Stay tuned for incoming episodes.

Top 10 best Halloween songs of all time

- 1 - "Ghostbusters"
Ray Parker Jr. (1984)
- 2 - "Monster Mash"
Bobby Pickett (1962)
- 3 - "This is Halloween"
Marilyn Manson (1962)
- 4 - "I Put A Spell On You"
Nina Simone (1965)
- 5 - "Thriller"
Michael Jackson (1982)
- 6 - "Somebodies Watching Me"
Rockwell (1984)
- 7 - "Hell's Bells"
AC/DC (1980)
- 8 - "Scart Monsters and Nice Spirits"
Skrillex (2010)
- 9 - "I Feel Like A Monster"
Skillet (2009)
- 10 - "Season of The Witch"
Donovan (1984)

Top 12 best Halloween movies

- | | | |
|---|---|---|
| 1  "The Shining" (1980) | 5  "The Conjuring" (2013) | 9  "Poltergeist" (1982) |
| 2  "The Exorcist" (1973) | 6  "The Conjuring 2" (2017) | 10  "Carrie" (1976) |
| 3  "Psycho" (1960) | 7  "The Silence of The Lambs" (1991) | 11  "The Texas Chain-saw Massacre" (1974) |
| 4  "The Ring" (2002) | 8  "Saw" (2004) | 12  "Alien" (1979) |



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<p>"Happy Death Day"</p> <p>Starts Friday! Friday: 6:45-9:00 Saturday: 1:30-6:45-9:00 Sunday: 1:30-6:45 Oct. 30-Nov. 2: 6:45 nightly</p> <p>Screen 1/ PG13/ 90 Mins.</p>	<p>"My Little Pony"</p> <p>Friday: 6:45-8:45 Saturday: 1:30-6:45-8:45 Sunday: 1:30-6:45 Oct. 30-Nov. 1: 6:45 nightly</p> <p>Screen 2/ PG/ 100 min.</p>	<p>"The Mountain Between Us"</p> <p>Friday: 6:45-9:15 Saturday: 1:30-6:45-9:15 Sunday: 1:30-6:45 Oct. 30-Nov. 2: 6:45 nightly</p> <p>Screen 3/ PG13/ 120 min.</p>
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Thursday Last Night: "American Made 6:45 Nightly

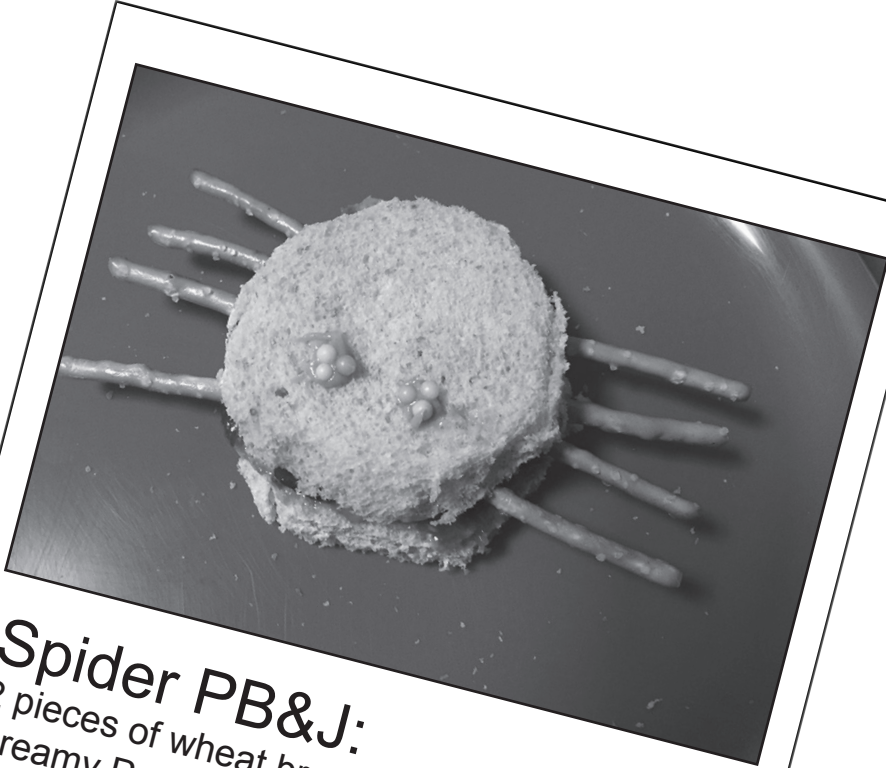
Coming Soon: "Thor: Ragnarok" Nov. 2 7:00 PM First showing

Free Theatre Movie Pass when you rent 3 videos at Rialto Video
DVD or BlueRay \$1.99 to \$2.99/Keep 3 days/FREE popcorn

New Releases: 10-24-17 "War for the Planet of the Apes" "Anabelle: Creation" & "Emoji Movie"

Halloween

Spooky treats easy to make



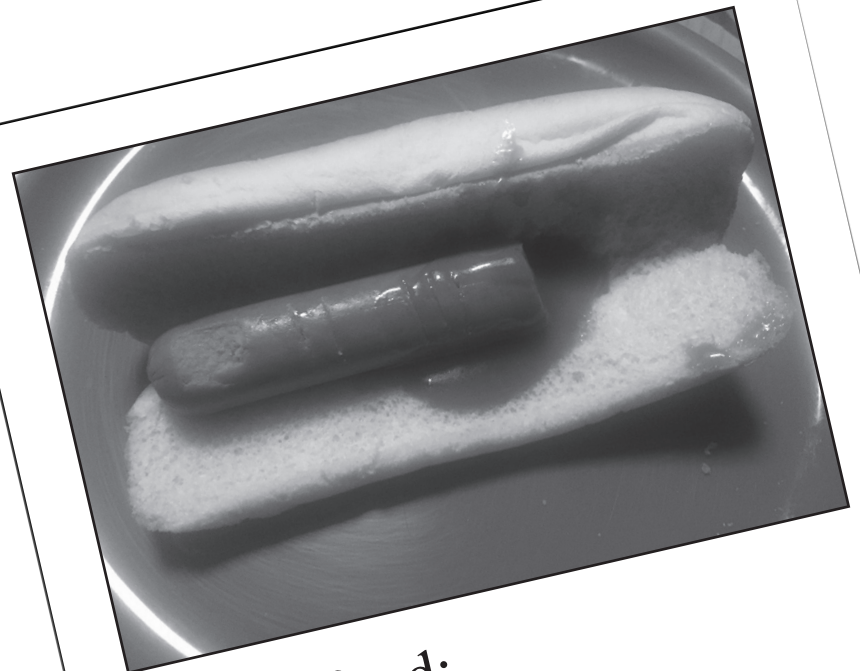
Spider PB&J:
2 pieces of wheat bread
Creamy Peanut butter
Red Raspberry Jelly
1 bag of pretzel sticks
Round sprinkle



Jack-o'-lantern

Sandwich:

Mayonnaise
2 slices of Ham
1 slice of cheese
2 pieces of bread



Finger food:
1 pack of hot dogs
1 pack of hot dog buns
Ketchup

An opportunity to choose a career

By **MELISSA NOLAND**
Student writer

Northwestern's Career and Internship fall fair will be on Monday, 11 a.m.-2 p.m., in the Student Center RangerRoom.

Andrea Lauderdale is the Career Services coordinator/transfer recruiter for Northwestern's Alva campus and in charge of putting together this event.

"It's never too soon to start looking [for jobs]," Lauderdale said. "You never know who you could meet that could be willing to work with you until graduation. A lot of these employers come back to this fair every semester. You could make a connection this semester that lands you a job when it's time."

Some of the businesses attending the fair will be Grand Lake Mental Health Center, OG&E, Apple Gold and Enterprise Holdings. Northwestern Graduate Studies, TPI Staffing and a US Army recruiter will also be attending to present those further options.

"It's open to all majors and all classifications, from freshmen to adults who have already graduated and are just looking for something different," Lauderdale said.

Students attending the fair should remember to dress professionally—not just your everyday, going to class attire, but something business casual. If possible, bring a resume printed on official paper, which is available at Lauderdale's office in Fine Arts.

"Don't be afraid to go up to them and just visit," Lauderdale said. "They are here because they WANT to hire NWOSU grads. And it's a great opportunity for you to get to know them- to see if that company is one that you would want to be a part of. And see who is hiring in your field."

Even if you aren't nearing graduation yet, ask about available internship opportunities.

If anyone has any questions, contact Andrea Lauderdale at (580) 327-8606 or at amlauderdale@nwosu.edu.

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Sports



Photo Provided

Kendra Wallace advances the ball towards the goal during the Ouachita Baptist game. The Rangers won 1-0, keeping them in the standings.

Soccer wins crucial game

By MEGAN MAHARRAY
Sports Reporter

The Northwestern Oklahoma State University Lady Ranger soccer team completed their final road trip of the regular season in Arkansas when they faced Great American Conference opponents Harding University and Ouachita Baptist University.

The Lady Rangers fell a tough 4-0 to Harding on Thursday, but were able to bounce back and get the crucial 1-0

win over Ouachita Baptist on Saturday.

It took two overtime periods before junior Calvinis Prentice scored on a header in the third minute of the second overtime period. Redshirt sophomore Tiana Young-Mauchly had the assist. Goal keeper Kylee Wallace had her first start this season for the Lady Rangers, and had eight saves on the game.

The win over Ouachita Baptist was key to keep the Lady Rangers in the standings for post season playoffs. The win put the Lady Rangers fourth in

the conference standings. The top four teams continue on to conference playoffs. The next two games are crucial for the Lady Rangers.

Junior Karla Lopez said the win on Saturday was extremely important. She said it was a win or die game.

"If we hadn't won that game we wouldn't be in top four right now," Lopez said.

Lopez said the games this week are crucial in order to keep playoff hopes alive. She said the team must focus on defending and shutting down their oppo-

nents' options to score.

"Once we shut them down, we'll get in their heads and they won't be able to score," Lopez said.

Sophomore Yazmin Gomez said the team also needs to focus on staying positive.

"We need to focus on working as a unit because once we start connecting and passing we really spark," Gomez said.

The Lady Rangers have one GAC match left in the regular season. The Lady Rangers will look to take Southern Nazarene University on Saturday at home.

Rangers finish out season

By MEGAN MAHARRAY
Sports Reporter

The Northwestern Oklahoma State University men and women's cross-country teams competed in their final run of the season at the Great American Conference Championship in Magnolia, Arkansas.

Both teams did well with the men finishing sixth place overall and the women finishing ninth.

The Lady Rangers were led by junior Kayla Gourley who ran for a time of 21:15 and

placed 39th overall. Freshman Kendy Salinas was not far behind Gourley, and clocked in a time of 21:23 which put her at a 42nd overall finish.

The Ranger men also had a successful weekend. The Rangers ran an average time of 29:50, which is three minutes faster than the team average last year.

Junior transfer Clayton Fletcher led the Rangers on Saturday. Fletcher had been out for two weeks with an injury, but was able to compete and finished the run with a time of 28:36 and placed 28th overall.

Fletcher said his team had

prepared for the run by logging their miles and doing speed-work. He said he and his team have improved throughout the season, and the times have progressed and gotten faster.

The Ranger men had many new faces this year. There was only one returner for the men, and the rest of the team is made up of freshmen and transfers.

"I think we are further along than anyone expected us to be," Fletcher said.

Fletcher said he accomplished a few goals he set for the season. He broke a school record for the fastest time in the

run at Fort Hays State University. He said one of his biggest goals was team growth. He said this growth was accomplished throughout the season.

Fletcher said in order to keep the momentum going into their next run and further, his team needs to stay confident.

"We understand we aren't the top dog," Fletcher said. "We just have to go out and run the best every week and it puts us where it puts us."

The Ranger men and women teams are both preparing to compete at Regionals on Nov. 4 in Kearney, Nebraska.

Athletic Schedule

October 27

Rodeo

Rangers at Northwestern Oklahoma State University

October 28

Rodeo

Rangers at Northwestern Oklahoma State University

W. Soccer

1 p.m. Rangers vs Southern Nazarene University

Football

4 p.m. Rangers at Southern Nazarene University

October 30

Golf

9 a.m. Rangers at Northwestern Oklahoma State Invitational

M. Basketball

7 p.m. Rangers at University of Tulsa

October 31

Golf

9 a.m. Rangers at Northwestern Oklahoma State Invitational

W. Volleyball

7 p.m. Rangers at Southeastern Oklahoma State University

November 2

W. Volleyball

7 p.m. Rangers at Oklahoma Baptist University



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Sports

Football results

October 14

L 0-34



VS



October 21

L 10-66



VS



Photos Provided

Volleyball results

October 13

L 0-3



VS



October 14

L 0-3



VS



October 20

L 2-3



VS



October 21

W 3-0



VS

