

# NORTHWESTERN NEWS

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Northwestern Oklahoma State University, 709 Oklahoma Blvd, Alva, OK 73717

August 27, 2015



## University president welcomes Rangers back for fall semester

*Dear Northwestern Students:*

There is nothing like the beginning of a fall semester on the Northwestern campus. A sense of optimism and anticipation fills the air. Walking around the campus last week, attending many of the orientations, athletic scrimmages and Howdy Week events, you could feel the excitement of our students.

I am so pleased to be able to welcome you to another year at Northwestern. I wish to extend a special welcome to those students who are attending classes at Northwestern for the first time. Whether you are a freshman or a transfer, you have made a great choice to make this University your

home.

As the semester continues, I invite you take advantage of all that Northwestern has to offer to enhance student life. There are a large number of clubs and organizations that would welcome your participation. You could choose to become involved in our Greek system or perhaps share your leadership skills as a member of the Student Government Association. There are also opportunities to share your talents as a member of our band, choir, or theatre groups. No matter your passion, Northwestern likely has an outlet for you to excel.

We enter the fall semester in anticipation of September 1, the day we officially become an active member of NCAA Division II. Many of our student-athletes have been practicing for weeks in preparation of the season. We also look forward to the activities of the newly-formed student fan group, The Herd.

While there are many ways to have fun at Northwestern, remember to stay focused on your reason for being here – a college degree. By going to class and seeking help when needed, you will be in a great position to succeed academically. If you need a little extra help, speak with your instructor and visit the Academic Success Center to see what services are available.

Finally, take time to get to know your fellow Rangers. Your college years will bless you with many lifelong friendships. And if you see someone who is struggling,

become a friend. When we talk about being a member of the Ranger family it's more than just a slogan, it's a way of life.

Have an outstanding year and Ride, Rangers, Ride!

*Janet Cunningham,  
Ed.D.  
President*



Check out Fryer Hall's new look

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## SGA president encourages students to "ride as one"

Dear Northwestern Students; My name is Kaitlyn O'Toole and I am the Student Government Association (SGA) President. I would just like to take a little bit of time to say welcome.

Northwestern is a great place to be with different traditions that I hope you will take part in. To the freshman, college is exactly what you make of it. My advice to you is that you get involved as soon as you can. Being involved with campus clubs, organizations, sports, and/or academics is the fastest way to

have a great college experience, and it's always healthy to be social.

Transfers, my advice to you would be very similar. Try to get involved with as many things as you can, but stay true to your academics. We ride as one here at Northwestern and you guys and girls have now become part of that "one."

Those who are returning, let's make these freshman and transfers feel welcome here. We were once in their shoes and know it's not quite the most comfortable position. It's okay

to go a little out of your way and make new friends, or display a few acts of kindness. Let's help them become part of the tradition so they may carry that tradition on years to come. Also, make sure that you guys and girls continue to stay involved. I have already been very pleased with the involvement with this past week of events. Freshman, transfers, and returners have all done a great job. Let's keep up the participation and make it a great experience for everyone.

I am so happy that some of you have made the first time

decision to be here and others made the decision to continue their education here. There is a lot to look forward to this year with all the new things happening around campus; from the "New Era" mantra, to new coaching hires; to officially becoming a NCAA Division II school.

This is going to be a year to remember so let's make it worthwhile. I hope you enjoy your time here at Northwestern. I am going to leave you with the not so traditional "Ride, Rangers, Ride" instead I'm going to leave you with "We Ride As One."



Photos provided (Left to right) Kaitlyn O'Toole, President; Nick Villalobos, Vice President; Jordan Evans, Treasurer; Natalie Sacket, Secretary are this year's SGA officers.



# NORTHWESTERN NEWS

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Northwestern Oklahoma State University provides quality educational and cultural opportunities to learners with diverse needs by cultivating ethical leadership, critical thinking, and fiscal responsibility.

# OPINION

## Editor's Note: This year will include major changes and improvements



I want to first of all extend a huge welcome to our new Faculty Advisor Kaylene Armstrong. She is full of new ideas to help us at Northwestern News provide the students with quality content. Secondly, please take note of our simplified layout and sections. Be sure to stay updated with Northwestern News on the go at [www.rangerpulse.com](http://www.rangerpulse.com), and like our Facebook page Northwestern News (NWOSU).



By **JORDAN EVANS**  
*Columnist*

With a new school year under way, I'm sure many of you have a lot on your mind: making new friends, getting involved, surviving classes, and keeping up with politics. Okay, so maybe politics isn't something at the forefront of your mind, but perhaps it should be.

Politics can be intriguing, frustrating and confusing all at the same time. Keeping up to date on the happenings in the political world is important in gaining a better understanding of how our country is being run. This is especially important to us as students, as we are going to be the

## Politics are our future as students; join the debate and stay informed

ones influencing the years to come.

Many see their vote as useless, but as millennials, our voting block can have a huge impact on the candidates and our current representatives in office. By becoming more informed about the realm of politics, we have a better opportunity to get involved and shape the environment around us.

Getting directly involved in our government by voting, supporting candidates, or maybe even running for office, puts our opinions and desires in the political spotlight.

You have probably heard the saying "the squeaky wheel gets the oil." This phrase represents our political atmosphere. We all hear about Donald Trump, and that is because he voices his opinions the loudest.

As future teachers, entrepreneurs, nurses, farmers, etc. we must passionately express our image for the future. Come March 1, many of us will be voting on which candidate best represents our interest. Now this may seem like a long way away,

but it will arrive before you know it.

Getting the unbiased facts on candidates is the most important, yet most difficult part of candidate research. I would personally recommend staying away from the far right Fox News (conservative) and far left MSNBC (liberal), due to their predisposition towards their particular party.

They can be helpful; however, if you use them to observe how certain issues resonate with different parties, you might not be presented all the facts without spin.

My suggestion would be to try reading a newspaper or watching a variety of news channels. Maybe even read BuzzFeed articles to make it a little more interesting. It is essential to remember that it is unlikely that a candidate will have all the qualities that you hope for, but find one that best represents your interest and values.

Don't forget, it is our ideas that shape the future. As Ronald Reagan put it, "We the people tell the government what to do, it doesn't tell us."

# Have an Opinion?



## Let Us Know

Send a letter to the editor via email to  
[nwnewsroom@hotmail.com](mailto:nwnewsroom@hotmail.com)

OR

drop it by the news room in Jesse Dunn 232

*All letters must be signed by the writer, and must include  
phone number, classification, and hometown.*

# WHAT'S UP?

## Ranger Calendar of Events



August 2015

<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Write This Down! How to Tell What Notes to Take in Class - IE113, 12:00 p.m. - 1:00 p.m.</p>	<p>28</p> <p>Last day for 100 percent refund on complete withdrawals</p> <p>Last day to DROP- No grade required- 16-week classes</p>	<p>29</p> <p>Write This Down! How to Tell What Notes to Take in Class - IE113, 12:00 p.m. - 1:00 p.m.</p>	<p>30</p>
<p>31</p> <p>Processing of student financial aid begins</p> <p>W required for dropped courses- 16-week classes</p> <p>Welcome Back Celebration!</p>	<p>1</p> <p>Alva Area Wide Fair</p> <p>Welcome Back Celebration!</p> <p>Secular Student Alliance Election/ Movie Night- Science Amphitheater, 6:30 p.m.- 10:00</p>	<p>2</p> <p>Welcome Back Celebration!</p>	<p>3</p> <p>Welcome Back Celebration!</p>	<p>4</p> <p>Welcome Back Celebration!</p>	<p>5</p>	<p>6</p> <p style="text-align: center;">September 2015</p>

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# News



Photo by Osam Sakamoto

The new remodel includes a new lobby, dorm furniture and bathrooms.

## Fryer Hall gets major renovations

By NATALIE SACKET  
Feature Editor

Early this August, extensive renovations on Fryer Hall concluded. This remodeling project, which began on May 11, completely modified the entirety of the dorm hall.

Fryer Hall, a women's dorm comprised of predominantly female athletes, is one of the four dormitories located on Northwestern's Alva campus. Ament Hall, one of the campus' male dorms, was renovated last summer. Due to its success, it was decided that the renovation project would continue to Fryer Hall. The planning process began in the fall semester.

The renovation of Fryer Hall was extensive, including every room, hallway, bathroom, laundry room and lobby. Floor tiling was replaced with removable carpet tiles; walls were repainted; bathrooms fitted with marble counters, new toilets, sinks and showers; ceilings were replaced and all living spaces were refurbished. The total cost of renovation fell slightly below \$1 million.

Tatum Radcliff, head resident of Fryer Hall, is highly pleased with the positive feedback from the residents.

"They are definitely excited about it. Last year when we told them about it, they almost thought it was too good to be true. They didn't know to what extent the dorm would be renovated," said

Radcliff.

Aside from her newly renovated apartment space inside of Fryer, Radcliff stated that her favorite part of the newly modified dorm is the flooring, now comprised of removable carpet tiles opposed to the formerly cracked, worn tiling.

As the residents of Fryer Hall are settling into their new living spaces, they are still finding new aspects of the renovations to enjoy.

Kaci Hansen, a junior Elementary Education major and resident assistance of Fryer Hall stated that her "favorite part of the renovation has been getting to see the excitement of the people returning. I also love that every room has the ability to look different with the moveable furniture. I believe this gives our

"...Last year when we told them about it, they almost thought it was too good to be true. They didn't know to what extent the dorm would be renovated," said Radcliff.

dorm a uniqueness and allows the residents to express themselves."

Audrey Estes, a sophomore and resident assistant of Fryer Hall stated that her "favorite part of the dorm renovations is the bathroom because of the clean, roomy showers, the granite top counters, and the storage room."

Comments in regards to the renovation of Fryer Hall have been abundantly positives. It is currently a possibility that the dormitory renovation project may continue to other dorms in the future. According to David Pecha, Vice President of Administration, "we are exploring the scope and cost of renovations to Coronado Hall."

## U.S. Congressman holds meeting on campus, discusses future appropriations

By JORDAN MCLEMORE  
News Editor

Rep. Frank Lucas visited the Northwestern Wednesday Aug. 19 to discuss recent and upcoming topics in Washington. He spoke to a small crowd in the Ranger Room.

Lucas said that when Congress continues after Labor Day, the most important things to be done are the appropriations process, transportation, agriculture department, along with transportation. The money for the various programs comes from 12 appropriation bills. The House of Representatives passed six of the 12 bills before they adjourned on July 31.

The reason this process has stopped is due to the layout of the Congress, with a liberal president and a conservative house. Lucas believes that they will have a brief continuing resolution from three to six weeks and then the appropriations process will be finished in a spending bill that will determine the budgets of several government departments.

A bill that was brought

up was the Federal Highway Bill, which has been temporarily reauthorized to the end of October. The bill allots how consumers spend the 18 1/2 cents a gallon of federal motor fuel tax money. This tax has stayed the same since it was created in 1932 by Herbert Hoover, yet due to inflation, the expenses of maintaining bridges and roads has gone up, calling for a higher tax. Another problem brought up by Lucas was that of increased fuel economy in cars.

Another subject was that of the Iranian government. President Obama has made a deal with the Iranian government referring to the development of nuclear weapons that states says that if they agree for the next 10 years to not ramp up productions- not stated- the US would immediately release billions of dollars of theirs that are currently frozen in banks worldwide.

"The deal is going to lead to a very lively debate in the House and Senate in September. Normally things like this would be treaties and be the

jurisdiction of the U.S. Senate requiring a two thirds confirmation, but because the President made it clear early on that he was not negotiating a treaty, he was negotiating a deal, he passed a piece of legislation to compel this to be considered by Congress and put it into a must-sign bill," said Lucas.

When Congress reconvenes in September, the House and Senate will go over the bill, debate, and vote. Lucas predicts that they will both reject the deal, which will then go to the President's desk. At that point, he will veto it and the House will be able to vote by two-thirds to override. Then it may or may not be overridden by the Senate. If it is not overridden, and the Iranian government stands by the terms set, they will be able to build atomic weapons within 10 years.

Congressman Lucas ended the meeting with an open question and answer session.

His visit to Alva was one of many on a tour of Oklahoma County town hall meetings. The police detail was provided by the Alva City Police.

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# SPORTS

NORTHWESTERN ATHLETICS

## WHAT'S NEW ON RIDERANGERSRIDE.COM?

www.riderangersride.com

### Coach Liddell shares thoughts on new soccer season

Northwestern Oklahoma State Women's Soccer returns to action this fall with a new staff and multiple fresh and familiar faces returning to the squad. First year head coach, Craig Liddell, steps up to make his NCAA Division II coaching debut this season after a solid finish to the 2014 year by the Rangers, who concluded the season on a two-game winning streak to post an 8-7-3 (2-6-2 GAC) record overall, the first winning record since 2005 for the program.

Northwestern is now a fully approved member of the NCAA at the Division II level and are geared up to make an immediate impact. "The level

of soccer is definitely strong at Division II and its almost perfect timing for us as a new coaching staff coming

"We have a solid core group of returning players who have bought into our system during the spring and we look to them to lead us forward this season."

into Northwestern during this time to be eligible for post-season play, is very exciting and we plan to compete and make our mark in a hurry,"

Head Coach Craig Liddell said.

Liddell brings with him an entire new staff on board

as well which includes assistant coaches Tim Lavoie and Lance Gordon.

Coach Liddell said about Lavoie, "I am delighted to

have Coach Lavoie on staff with me as we have worked together in the past previously at Enid High School and share a linked coaching philosophy. While Coach Lavoie has been away working with different colleges it's great to be working alongside him once again and look to crank things up even more."

"It is exciting to be able to have a third assistant coach join us, one who has worked at the junior college level, in a different part of the country than me, to give us a wide range when looking into to talent. Coach Gordon also brings a good analytical eye to our program as well," Coach Liddell said in regards to Coach Gordon.

The Rangers return a total of 14 players from a year ago, with six of those girls being starters during the 2014 campaign. Reigning Great American Conference Goalkeeper of the Year, Briana Legaspi, looks to continue her success in the upcoming season as Northwestern is poised and ready for the approaching year.



Courtesy of riderangersride.com

"We have a solid core group of returning players who have bought into our system during the spring and we look to them to lead us forward this season. We also have high standards of our returners to not only lead us as a team on the field but off as well," Coach Liddell discussed. "We have a good class coming in this year, with a solid mix of freshman and junior college transfers to help bolster the overall group and we look to these newcomers to help drive us forward in the future."

### Bozeman gone, open spot remains

By BRYANT VENOSDEL  
Student Reporter

Northwestern's women's basketball left without a coach as Bozeman heads to Mississippi.

"Continuing to move forward," is what the 2015-2016 Northwestern Oklahoma State women's basketball team is striving for, said Athletic Director Andy Carter upon the departure of Eric Bozeman. Bozeman was the three year head coach of the Rangers women's basketball team who is moving from his head coaching job at Northwestern to Itawamba

Community College in Fulton, Mississippi as their assistant men's basketball coach.

After improving each of the three seasons, the Rangers were 10-16 last year and 9-11 in their conference under Bozeman. "From moving up to a different level of competition to where we are now, Coach Bozeman improved a lot for the program," Carter said.

"Excited about the new process and knowing we're going to get better, we are not going to be held down," said Kaci Hansen, a returning junior and forward for the Lady Rangers.

"Coach Bozeman had the attitude and qualities of a winning coach, Bozeman was strict because he knew what he expected out of us, don't be late to practice and make sure everything's in the right place for success."

The search for a new head basketball coach for the Lady Rangers is still ongoing, but with the hard work and positive attitude of the players, it shouldn't be too hard to attract a new coach.

"We know what to work on as individual players, and we know what our weaknesses and strengths are that we bring to the team," said Hansen.

Join the **NORTHWESTERN NEWS** Facebook Group!

**laDEEda**  
WELCOME BACK RANGERS!

Stop by to check out all our new fall and winter apparel! Sweater, winter jackets & coats | NFL jerseys | Liverpool

# 2015-16 sports schedules

Cut them out and keep track of the Rangers this season!

FOOTBALL			
Date	Opponent	Location	Time
9/3/2015	@ University of Arkansas at Monticello	Monticello, Ark.	7 P.M.
9/12/2015	Southern Arkansas**	ALVA	7 P.M.
9/19/2015	Henderson State**	ALVA	7 P.M.
9/26/2015	@ Ouachita Baptist University	Arkadelphia, ARK.	7 P.M.
10/3/2015	@ East Central University	Ada, OKla.	6 P.M.
10/10/2015	Southeastern Oklahoma State**	ALVA	3 P.M.
10/17/2015	Oklahoma Baptist University**	ALVA	2 P.M.
10/24/2015	@ Southern Nazarene University	Bethany, OKla.	4 P.M.
10/31/2015	Arkansas Tech University**	ALVA	2 P.M.
11/7/2015	@ Harding University (Ark.)	Searcy, ARK.	2 P.M.
11/14/2015	Southwestern Oklahoma State**	ALVA	2 P.M.

\*\*= Home games

SOCCER			
Date	Opponent	Location	Time/Result
8/19/2015	@ Bethany College (Kan.)	Lindsborg, Kan.	7:30 P.M.
8/24/2015	Pratt Community College**	ALVA	Canceled
8/29/2015	Fort Hays State **	ALVA	6 P.M.
9/4/2015	@ Northeastern State	Tahlequah, Okla.	5:30 P.M.
9/6/2015	@ Wayne State College	Wayne, NE	1 P.M.
9/8/2015	@ Sioux Falls	Sioux Falls, S.D.	1 P.M.
9/19/2015	Oklahoma Christian University**	ALVA	1 P.M.
9/22/2015	@ Southwestern Oklahoma State	Weatherford, OKla.	3 P.M.
9/24/2015	Newman University**	ALVA	7 P.M.
9/26/2015	@ East Central University	Ada, OKla.	1 P.M.
10/1/2015	Ouachita Baptist (Ark.)**	ALVA	6 P.M.
10/3/2015	Harding University (Ark.)**	ALVA	1 P.M.
10/8/2015	@ Oklahoma Baptist University	Shawnee, OKla.	6 P.M.
10/10/2015	@ Southern Nazarene University	Bethany, OKla.	2 P.M.
10/13/2015	Southwestern Oklahoma State**	ALVA	6 P.M.
10/15/2015	East Central University**	ALVA	6 P.M.
10/17/2015	@ Lubbock Christian University (TX)	Lubbock, Texas	1 P.M.
10/22/2015	@ Harding University (Ark.)	Searcy, ARK.	7 P.M.
10/24/2015	@ Ouachita Baptist (Ark.)	Arkadelphia, ARK.	9 A.M.
10/29/2015	Oklahoma Baptist University**	ALVA	6 P.M.
10/31/2015	Southern Nazarene University**	ALVA	11 A.M.

\*\*= Home Events

VOLLEYBALL			
Date	Opponent	Location	Time
8/25/2015	Newman University	ALVA	6:00 P.M.
9/1/2015	@ Langston University	Langston, OKla.	7:00 P.M.
OPSU Tournament***			
9/4/2015	Sterling College (Kan.)***	Goodwell, Okla.	12:00 P.M.
9/4/2015	@ Oklahoma Panhandle State***	Goodwell, OKla.	2:00 P.M.
9/5/2015	Fort Lewis College***	Goodwell, Okla.	9:00 A.M.
9/5/2015	OPSU Tournament Championship Match****	Goodwell, Okla.	TBA
9/11/2015	University of Sioux Falls (S.D.)	Kearney, NE	10:00 A.M.
9/11/2015	University of Mary	Kearney, NE	4:00 P.M.
9/12/2015	@ University of Nebraska at Kearney	Kearney, NE	12:00 P.M.
9/12/2015	University of Illinois Springfield	Kearney, NE	4:00 P.M.
9/15/2015	Oklahoma Baptist University	ALVA	6:30 P.M.
9/18/2015	@ University of Central Oklahoma	Edmond, OKla.	5:00 P.M.
9/24/2015	@ Southwestern Oklahoma State	Weatherford, OKla.	7:00 P.M.
9/26/2015	@ Newman University	Wichita, Kan.	4:00 P.M.

9/29/2015	@ Southern Nazarene	Bethany, OKla.	7:00 P.M.
10/2/2015	Southeastern Oklahoma State	ALVA	7:00 P.M.
10/3/2015	East Central University	ALVA	3:00 P.M.
10/9/2015	University of Arkansas at Monticello	ALVA	7:00 P.M.
10/10/2015	Southern Arkansas	ALVA	11:00 A.M.
10/16/2015	@ Harding University (Ark.)	Searcy, ARK.	6:00 P.M.
10/17/2015	@ Arkansas Tech University	Russellville, ARK.	2:00 P.M.
10/23/2015	Henderson State (Ark.)	ALVA	7:00 P.M.
10/24/2015	Ouachita Baptist (Ark.)	ALVA	2:00 P.M.
10/27/2015	Oklahoma Panhandle State	ALVA	7:00 P.M.
10/29/2015	Southern Nazarene	ALVA	7:00 P.M.
10/31/2015	@ Oklahoma Baptist University	Shawnee, Okla.	2:00 P.M.
11/6/2015	@ Southeastern Oklahoma State	Durant, OKla.	6:00 P.M.
11/7/2015	@ East Central University	Ada, OKla.	2:00 P.M.
11/12/2015	Southwestern Oklahoma State	ALVA	7:00 P.M.

# Features

## Howdy Week

## Welcome to Northwestern



Photo by Osam Sakamoto  
Students sitting on the grass eating their food at Aloha night.



Photo by Osam Sakamoto  
Upperclassmen serving food on Aloha Night.



Photo by Osam Sakamoto  
People bringing all types of moves to the block party.



(Above) Photo by Osam Sakamoto  
The block party was successful in people getting up and moving.

(Left) Photo provided  
This year's freshman class poses for the annual "Ranger guns" photo.

# Ranger football to debut new helmets this season

By ADRIANA BECERRA  
Student Reporter

Northwestern Oklahoma State University's football team has been getting a ton of hype from national websites everyone. This isn't for just becoming an official member of the NCAA DII, instead it is for their newest helmet design for the season.

With new coaches and new players, there is more excitement in the air than ever before for the Ranger football team. FootballScoop.com recently wrote an article calling our helmets "perhaps the boldest helmet concept of the year."

The new design came from coach Walter but took the whole staff to collaborate and see the design come to life. The concept of the helmets takes from the University of Connecticut's helmet stripes as well as the pistols that schools such as New Mexico State University have. According to the article,

there is not a school that has combined the two concepts as well as Northwestern Oklahoma State University

posted on FootballScoop.com just saw them and knew that they were a concept and may or may not be used in

tweeted back from their account saying, "Article on Walter said, "It's truly exciting to get national

Now days it's all the rage to have multiple uniform combinations. So we started a back to black initiative to pay homage to the winning tradition in football here at Northwestern, then we wanted to come up with a new radical design that would bring a new excitement for the new era of football here. The goal was to create a design that would show the culture change and new brand of football here, as well as bridge the gap between old and new."

NCAA.com also wrote up an article displaying the new helmets that Northwestern will be using this year. The article took a look at 10 of the best gridiron fashion updates. The Rangers have some new gear and are ready to start the year. The Rangers first home game is September 12 at 7 p.m.



New helmet design for Ranger Football program

Courtesy of riderangerside.com

has.

When the article was first

the upcoming season. Within hours, Ranger Football

publicity about our helmet concepts.

# Fantasy Football tips for getting started this season

By MELISSA NOLAND  
Student Reporter

Attention Northwestern, football season is here and ready for you to get involved!

Besides supporting your local Rangers on their journey to a great season with a fresh new era, you can get started with a fantasy football league.

With just a few simple steps you can be on your way to rocking this hot new hobby. The first thing you'll need to do is get a bunch of friends together and interested in

having just as much fun as you will. It is best to keep the teams at an even number though.

Secondly, pick a pretty epic team name that will send chills of intimidation into the hearts of your opponents.

The next step would be to pick a date for the annual player draft. This will be the official start to your season where everyone gets together and chooses the players for their team. The weekend before the start of the regular NFL season is usually the best for hosting your personal

draft.

The fourth step is where things start to get a little tricky. You are going to need to agree on an entry fee. This can be as low or as high as you want. You will need to pool together the entry fees for every team you have, creating the "pot" that'll be paid out to the winners. This step is not necessary for every league. If you want, you are more than free to play just for fun or just for bragging rights as the winner for the season.

After you get the basics situated, you will need to appoint a "commissioner" who will be in charge of dealing with any and all disputes that may happen.

Once a commissioner is established, the next step will be to write the rules of the game. Keep in mind that the point of these is to keep everything as clear as can be so there is not any room for issues or conflicts due to confusion. Some go to rules are establishing the points value for scoring. Determining how many points will be given for yard gained, touchdowns, reception, etc. Figure out the details with playoffs, how many teams will be allowed and what week these games will be played. You can also establish information dealing with trades. A tip would be to implement a voting policy for this. When it comes to keeping track of the weekly standings, it might be best to use a free hosting site such as ESPN, Yahoo or NFL.

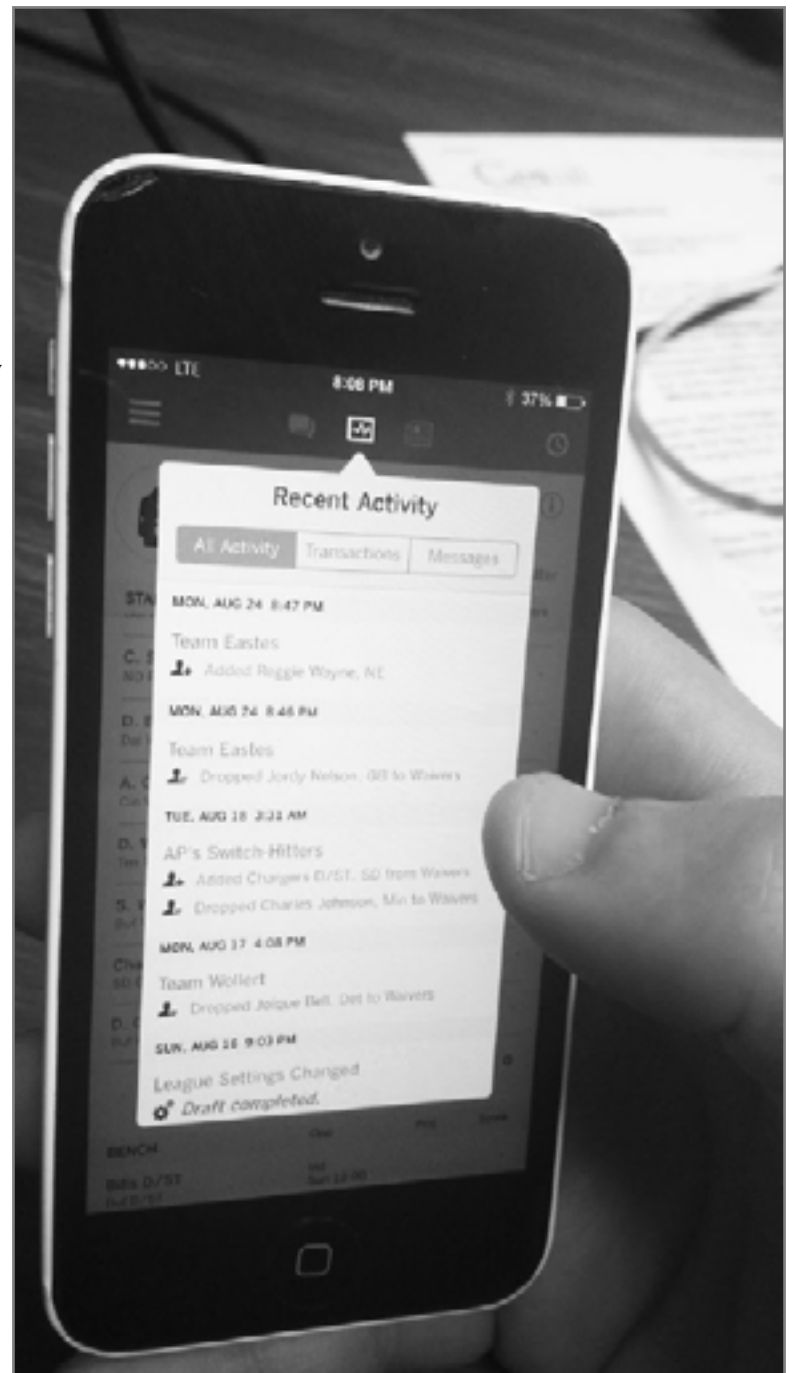


Photo by Nick Villalobos

The last and final step is to sit back and enjoy the fun

that is about to come your way!

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*of Waynoka*

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# Features

## How can you survive as a Ranger?

Upperclassmen provide useful tips

By NATALIE SACKET  
Student Writer

The chaos of college has finally begun. Confused and dazed freshmen have flooded the campus. Dorm rooms have been decorated; classes have begun; souls have been sold in payment for textbooks. You have learned that chemistry is more of che-mystery... because what on earth is going on?! Physics... rather, phy-sick, because you're about to get real sick of that class. And you may want to

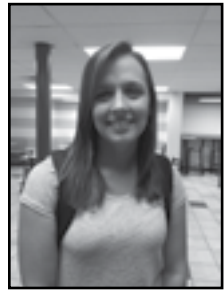
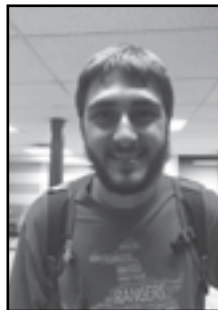
comp-position yourself next to the door, because you want to be the first one out of class. So what is next to be learned? Below is a compiled list of tips about being a good college student, provided to you by the masters, Northwestern Oklahoma State University upperclassmen. Take their advice and learn from their experience. Ultimately, always remember to take pride in yourself and your university, be good to yourself and to others, stay active and involved, and always better yourself and this world.

"Always be courteous. Never think you are better than anyone else. Never think you are not good enough for someone else." – Don Holly, junior and member of the Ranger football team.



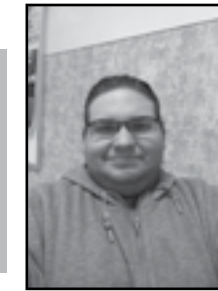
"Go to class. Never miss a day." – Chris Jenkins, senior and Northwestern Oklahoma State University Psychology major

"Prioritize wisely." – Nick Villalobos, junior and Student Government Association Vice President



"Find out where the free dinners are and take advantage." – Rachelle Keene, senior and South Hall Resident Assistant

"Going to class is the best way to take advantage of your education." – James Person, sophomore and member of Northwestern Oklahoma State University choral activities



"Sleep." – Rylee Rankin, junior Special Education and Early Childhood major

## Beat the freshman 15: Top 15 tips for staying healthy in college

By JACLYN BURKE  
Student Writer

It will seem like you have heard these tips over and over, but it is easy to forget them in the rush of college life. Being healthy doesn't just mean no having a cold or being in shape. Mental health is important too. Staying as healthy as possible throughout college is a must.

There are too many deadlines and other things going on that you don't want to miss. An article on the Healthy Eating website suggests some of these tips in order to maintain a healthy lifestyle in college.

### 1. Exercise.

Work out in the mornings if possible. It gives your body a boost of energy to start the day. Try to avoid working out right before bed. It will boost your adrenaline and make it difficult to fall asleep.

### 2. Plan it out.

Ashley Eddinger, a 22 year old senior majoring in Health and Sports Science says, "You have to manage your time and you have to plan it out." You have to plan to be healthy, so plan what you should and shouldn't eat and when you should work out.

### 3. Stick to your plan.

### 4. Don't work out the same part of your body every day.

Give your muscles time to heal-mix it up a little. For example, if you do legs one day, do arms and abs the next.

### 5. Eat as healthy as

### possible.

Although it's a real challenge, try to stay away from "college food" such as canned food and Ramen. This is especially difficult for those that live in the dorms, so try to pick some healthier foods from the meal plan every once in a while.

### 6. Watch how much alcohol you consume.

We all know this is college and there will be parties, but alcohol is a sure way to hinder your health. Gaining weight and weakening your immune system are just a couple ways alcohol can cause you some problems.

### 7. On your days off, try to still eat pretty healthy.

If you work out 6 days a week, splurge a little with what you eat.

### 8. Never skip a meal

Rebecca Jones, a 20 year old junior majoring in Biology with an emphasis in Health Science expresses how important it is to avoid skipping meals. She recommends that everyone should "eat breakfast, lunch, and dinner. Eat some snacks throughout the day too and always drink plenty of water." Even though it may seem like you don't have time to eat, make time or bring to go snacks. You need to keep refueling your body throughout the day so you will be able to focus in class.

### 9. Vitamins are your best friend.

In college you are constantly surrounded by sick people all the time, so you want to do everything you can to avoid getting an illness. Nobody really has time to be sick and a few

vitamins certainly won't hurt.

### 10. Wash your hands.

This may seem elementary, but if only you knew how many germs you come in contact with on a regular basis.

### 11. Get enough sleep.

Staying up at all hours of the night studying or partying happens sometimes, that's just part of college, just don't make a habit of it. Sleeping enough will keep you from having to drink too many caffeinated drinks to make it through the day.

### 12. Naps aren't just for little kids.

Don't be afraid to set an alarm for a 20 minute nap in the middle of the day. You'll be glad you did.

### 13. Try not to stress so

**much.** College is a ridiculously stressful time for students. Moving away from home, meeting new people, and taking challenging classes is anything but a breeze for most people. Take more time to enjoy college and less time stressing about school work.

### 14. Visit the Wellness Center.

It provides quite a few opportunities for exercise. You can swim, run, lift, do yoga, and so much more.

### 15. Yoga (seriously).

Yoga has become one of the top trending exercises in 2015. It's a great way to improve balance, fitness, and mentality.

# Last week's Statehood in Hawaii Day gets a personal perspective

By **ALEXANDER REYES**  
*Student Writer*

Friday, Aug. 21 was Statehood in Hawaii Day, an officially recognized holiday celebrating the official right of statehood for the island.

The Rangers' soccer team picked up two freshmen Tiana Young-Mauchly and Jordan Gomes from Hawaii to play this year and hopefully for more to come. Young-Mauchly is 17 from Pearl City on the island of Oahu, she is undecided on her major but is leaning toward physical therapy she plays center back for the Rangers. Gomes is 17 from Waipahu also on the island of Oahu, undecided major but leaning toward psychology she plays full back for the Rangers.

As some may know Hawaii originally did not want to be a part of the United States but rather really good friends to trade with. Queen Liliuokalani the monarch of Hawaii at

1898 sent a letter to Congress protesting their absurd claim to her land. Her protests fell on deaf ears and the US began a process to make Hawaii a state, which happened August 1959.

When asked on her thoughts about it Gomes said, "I have mixed feelings about it, I mean I'm glad we did join I just think it could've been handled a better way." The holiday itself doesn't seem to have a large impact on the locals, "I don't even remember if we got out of school for it," Young-Mauchly said. "We might have a parade for it," Gomes said.

Young-Mauchly and Gomes both played for the Abunai Soccer Academy. Young-Mauchly started soccer at 5 and also danced hula. At age 12 she had to choose which one she wanted to focus on. She chose soccer and played all through high school also trying her hand at water polo, track, and cross-country. Her freshman year of high school

didn't go well for soccer. She had torn her ACL, which coincidentally sparked her interest in physical therapy.

"I really got good exposure at a showcase in Vegas," she said. "I was originally going to go to Highline JC in Seattle, but after the showcase I got recruited by coach Lavoie [at Northwestern] and decided to come here." She hadn't even visited the campus yet chose it because of the recently acquired Division II status.

Her hobbies back home are going to the beach and



Photos courtesy of riderangersride.com

Jordan Gomes is pictured left and Tiana Young-Mauchly right.

surfing. The thing she misses most about home is her three Chihuahuas.

Gomes started off Hula dancing. All of her friends were also playing soccer and she decided to get into it as well. She almost didn't come to NWOSU or even college at all because she was going to

take a year off. Coaches were able to persuade her to bring her talents to NWOSU and play for the Rangers.

Her hobbies back home are going to the beach and body boarding. The thing she said she misses most about home is the amazing food.

## Ask Northwestern: What did you do this summer?

By **TRACY MEZA**  
*Student Writer*

"I purchased my new house here in Alva. Therefore anytime I was not lifeguarding at the pool I was remodeling my new house." -Micah Roberts, age 23, senior from Newkirk majoring in English.



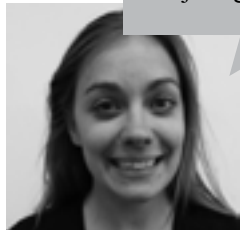
"I spent my summer in thirteen hours of classes. I moved to a new house in Alva and moved my parents from Texas to Arkansas. At the same time as all that I started my new full time job in the print shop." -Alex Skinner, age 21, senior from Burkburnett, Texas, majoring in vocal performance.



"The highlight of my summer was traveling to Bryce Utah. I went to the Bryce Canyon National Park, and saw and hiked through the gorgeous rock formations." - Professor Weast, Professor of Theatre, Chair of the Fine Arts Department, from Weatherford.



"I interned at the University Of Delaware College Of Marine Studies. I worked for the grad students assisting them with their thesis of research. I also saved a beached manatee and her name is Barbra." -Katrina Henning, age 28, senior from Milton, Delaware, majoring in English.



"Moved to Alva and that was a culture shock. Then I started work for the Northwestern print shop and I love it!" -Mickey Jordan, age 25, junior transfer student from Iowa Park, Texas, majoring in speech theatre.



## Getting involved: Students, faculty provide insight on importance of campus activities

By **MEGAN GARNETT**  
*Student Writer*

Getting involved on campus early may not seem like a priority for many students. Before you let the nerves and stress get to you too badly, just remember that it is actually putting yourself out there that can help you make the best connections, friends, and memories.

"Do it. Get involved. It's the best thing you'll ever do. Find a group that you think you can feel comfortable in. We try to make our group feel like a family where everyone is welcome," said Academic Projects/Media Specialist, Angelia Case.

"Go at least more than once. You may go once and think it's dumb, but each meeting can be completely different," said Northwestern alumnus 2011-2014 Kevin Herren.

Besides gathering the courage or interest to join, finding out about what's going on can be half the battle. Several

students advised going to campus club fairs, paying attention to the posters that can be found hanging up around campus and even listening to your teacher's announcements for ideas on when and where to go.

When asked about the impact of being part of a campus club or organization, it's obvious that being involved has been an important part of life as a Ranger.

Beyond feeling more comfortable in yourself, campus clubs can help you form that you can use for the rest of your life.

"I'm a music major so it helped me see different ideas that I could use in my career," said Amanda Metcalf, sophomore instrumental music education major.

"It helps you in classes because you'll know more people. You make more connections. You learn from people from out of state, and I had better networking for my job," said Herren.

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By **CHRIS PUNTO & NATALIE SACKET**  
*Columnists*

Hey everyone! We missed you. And in the spirit of missing you, we wanted to fill you in on what you missed, or should have missed, from this summer's cinema.

**Chris-** Just a warning, I'm kinda negative about these but I'm not always this bad.

*Fantastic 4 (2015)*

**1.5 out of 5**

So there isn't much to like about the movie other than the story here. As an origin story, it's really not too terrible. If you disliked this story, but liked Ant-man, you aren't really giving this film a chance. Granted, the actors never really stepped into their roles, and the CGI was hideous, and the directing was bad...but you should still give it a shot!

Bottom line: Too many people give too much emphasis on what reviews say about films instead of giving it a chance for themselves. This movie wasn't good by any means. But I don't think it deserves a 0. Always take what I say as a suggestion, not as your own opinion.

*Minions (2015)*

**2.5 out of 5**

Who got excited to see the minions embark on a hilarious adventure? Me! Who was extremely let down? Me! I should have known better than to put a whole lot of faith in this movie, seeing as how Despicable Me 2 wander anything to call home about. Sandra Bullock was average as a voice actor. I don't see a long promising career in it for her but who knows. The only upside was the occasional chuckle but no gut wrenching, knee slippers in this one

Bottom line: if you have kids that like the minions, let them watch this movie once and then burn it out of their memories. The movie wasn't terrible but minion over saturation is among us, and it's annoying.

*Vacation (2015)*

**0.5 out of 5**

Now I know I just said something about making your own opinion, and I stand by that. But I'm going to tell you what your opinion on this movie SHOULD be. No. You shouldn't like this movie. It's a cheap

attempt at humor by using crudeness and gross out tactics. If you like this movie, you probably also like Adam Sandler's new movies. I will say that the original Vacation movies were funny and that the only reason that this film has half a star is because of the star-studded cast. Not knowing which comedian/actor would pop up next was the most enjoyment I got out of this film.

Bottom line: wait until the redbox. Then wait until you're friend gets it on redbox. Then wait until you are drunk (if you are underage, wait until you are 21), then watch this movie. You might get a few laughs

**Natalie-** Summer is a great time for stuffing your face with popsicles and ice cream, nights by firelight, Netflix binges and the film industry. This summer was no exception, as there were some significant hits in the box office. Since we are unable to utilize a full five pages of the paper to review all of our favorites, Chris and I will highlight our top three picks of the summer. Even if you may have missed these films in theatres, I still encourage you to keep a lookout for them when they come out on DVD.

*Jurassic World (2015)*

**3.5 out of 5**

Dinos, and raptors, and T-Rexs... Oh my! "Jurassic World" stomped into theatres, bringing with it roaring success. This film was exactly as I had expected it to be: formulaic, yet wholly thrilling. It isn't one of those films that you watch for the storyline, but if you've watched the previous films in the Jurassic Park series, you wouldn't be expecting that anyway. That being said, "Jurassic World" will undoubtedly thrill your inner 9-year-old. It's the same story as the rest, but with bigger dinosaurs and better effects. Also, the inclusion of funny guy Chris Pratt was a great choice. Then again, the lovable star can do no wrong in my view.

*Mad Max: Fury Road (2015)*

**5 out of 5**

I must admit that when I saw the trailer for "Mad Max," I was a bit skeptical. It looked like it would be a lame car chase in a desert for the entirety of its two hours. Here, I was only partially wrong. Granted, a majority of

the film is a car chase, but in NO way could it possibly be considered lame. The action mixed with a general sense of freakiness never failed to awe me. There was something so kooky and berserk about its style, mixed with its clean animation, making it like no film I'd seen before. It was "Fast and Furious" mixed with "Apocalypse Now," and it was glorious. I had a sense of excitement within me for the entirety of the movie, pushing me to the edge of my seat, BOTH times I saw it in theatres. The scenery was stunning despite the general depravity of the setting, and the soundtrack blew me away. Also, despite Tom Hardy's role as Mad Max, it is clear that Charlize Theron as Furiosa was the true star of the film; hands down, she was incredible, and I want to be her. If you want a fast-paced, enticing action film, this is the one to watch.

*Inside Out (2015)*

**4.5 out of 5**

If you've read our reviews before, you may know that I've never been a huge fan of children's movies. I know. I am cruel and heartless. That being said, I absolutely adored "Inside Out." It took my emotions and flipped them.. well.. inside out. The plot is ingenious and creative, examining the "feelings of our emotions," starring Joy, Fear, Anger, Disgust and Sadness. The animation was gorgeous, to be expected of Pixar films. An unbelievable amount of creativity was utilized to portray how the inner-workings of the human mind operate. The plot was heartfelt and possessed a unique depth for a children's film. In fact, I found myself dwelling on the subject material for weeks after having watched it in theatres. Its plotline of a young girl losing the ability to feel either joy or sadness allowed a discussion to be opened about mental health in children, particularly those enduring adolescence. The examination of a preteen girl experiencing symptoms of depression was an entirely unexpected plotline. Yet, this is a discussion that needs to have a more prominent role in our culture. "Inside Out" was a beautiful interpretation of such issues, and a great film for both children and parents.

# Netflix & Chill: Students list best shows available now

By **KEATON KROOS**  
*Student Writer*

We all know about the Netflix and Chill movement. So let's cut right to the chase: here are the most popular shows series on Netflix for you and your chill partner, as voted on by students at Northwestern.

For Girls:

1. Among Girls
2. Gossip Girl
3. Friday Night Lights
4. One Tree Hill
5. Once Upon a Time
6. Vampire Diaries

For Guys:

1. The Office
2. Blue Mountain State
3. That 70's Show
4. NCIS
5. Supernatural

\*shows are not ordered by ranking

When looking through these episodes ratings, it was very common to find that the shows were high in popularity. This is probably due to the fact of a good story line.

TV Show rundowns:

Gossip Girl is pretty much a show about privi-

leged young teens who live in Manhattan.

Friday Night Lights is about the lives football players and others who live in a small town in Texas.

One Tree Hill is about a rivalry between two half-brothers that live in North Carolina.

Once Upon a Time is about the storybook characters we all know except they are put into real life.

Vampire Diaries is based around a girl who is torn between two vampire brothers.

The Office a funny show about the lives of normal office workers.

Blue Mountain State is about a party college and what goes down in a party college.

That 70's Show is about the lives of a few teens, based on time of the 70's

NCIS the cases of a select few, who carry out multiple cases that relate to DC cases.

Supernatural is about two young adults who live in a world with demons and angels.

## When a Meal Plan Doesn't Cut it: Tips for Eating on a College Budget

By **COOPER STANLEY**  
*Student Writer*

Meal plans can be great. You don't have to cook; you just swipe your card and eat. As many students can tell you, however; a meal plan isn't always enough.

Here are some great tips from students who have all had personal experience balancing their meal plan, their budget, and their constant hunger that most students deal with:

Senior Brad Drury of Mississauga, Ontario, Canada has studied all four years as a business administration major and lived in the dorms for three years. His personal favorites were sandwiches made of cold cuts and healthy ingredients.

"Mayo, lettuce, peppers, turkey, and ham deli meats, sandwiched between two slices of bread," said Drury.

Drury also stated that when buying all the ingredients to make the sandwich it cost him under fifteen dollars; while being able to get at least five or six sandwiches out of the purchase of all ingredients.

Korina Lillard of Brighton, Colorado, a senior Biology major stated that a cheap

and healthy meal she enjoys Quest bars and her own recipe for a sandwich.

"Take a banana, split it in half horizontally, spread some maple almond butter on the banana, and sandwich the banana back together."

Senior Jason Freeman of Mississauga, Ontario, Canada and business administration major has spent one year in the dorms with a meal plan had a great cheap recipe that leaves him with many meals for leftovers afterwards.

Freeman stated that a quinoa and black bean chicken casserole was a way to buy in bulk and have many meals at a cheap cost. When asked how he cooked all the ingredients Freeman said "Cook the chicken separately in the oven, all five or six breasts that come in a pack, while cooking the black beans and quinoa on the stove top; when all are finished scoop quinoa onto plate, place black beans onto plate and then place chicken breast on top; save the leftovers."

Freeman also stated that all three ingredients when bought only cost approximately twenty dollars at a minimum of five to six meals worth of food.

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