

Will Alva ever grow? Maybe

By CAPRI GAHR
DOCKER HAUB
BALEYGARZA

Are Taco Bell, Braum's and IHOP ever coming to Alva? Probably not.

With Northwestern Oklahoma State University being in the center of Alva, education is a core industry for the city. With a college comes students, but are the students satisfied with the number of businesses and food options that are available in Alva?

Often, students will travel over 45 minutes just to eat something different or to go to a mall or another type of business that is otherwise not available to them in Alva. Many rumors of new restaurants coming to Alva have floated around throughout the years, but in recent years, none of these rumors have come true. Last summer, there was rumors of a Braum's coming to Alva. It disappointed many of the students when they returned to Alva and there was no Braum's to be found.

A retail study conducted on Alva suggests the small population might be holding these businesses

back. The economic development specialist for Alva is Alexandra Mantz. She networks with businesses and plans events. Her work includes going to nearby chamber meetings, networking trade shows and going to conference for The International Council of Shopping Centers. She said the general demographics that have to be met by Alva's population are much larger



Photo by Docker Haub

The lobby of the old Bell Hotel has been updated for the luxury apartments that have been created upstairs.

Special Report
◆
Some of downtown's mainstays
Page 2

than Alva's retail population. First, the population of Alva is about 5,000. The study conducted showed that Alva's businesses serve around 13,000, which includes the consumers that come from local towns and farms around Alva. Bigger franchises demand a higher population before they can consider staking claim in a town. This information takes Taco

Bell and IHOP out of the picture because they each require a higher population. Braum's, however, is still a possibility. Mantz said Braum's has been in contact with the city for around two years. They just haven't completed the process of communication to development. Bo Hannaford, vice president for academic affairs at NWOSU,

is also a member of the Economic Development Committee. Hannaford and Mantz both expressed concern about supplying any information about businesses that are looking at Alva currently. They didn't release any further information about potential retailers. Megan Caldwell, who sits on the planning commission, said she believes that the city has one big project that will contribute to the possibility of growth: building an arena, which is scheduled to be built in the near future. The arena will be a large venue that can host concerts, rodeos and many more large-scale events. Being able to hold these larger events will pull more consumers into Alva. Caldwell said she hopes that this step for Alva will help bring businesses and franchises. The arena will be called Alva Regional Multi-Purpose Facility. Its purpose is to enhance and recruit business tourism to the region. This project and projects like this have to go through certain steps. When someone wants to buy a building, space, or lot, the city inspector and fire marshal go in to check everything to make sure it's OK to use. That's called getting a certificate of ordinance. The city inspector's name is Joe Don Dunham. "The main goal is to make citizens comfortable when building new things," Dunham said. See GROWTH, Page 2

Abuse: More common than you think

By ASHLEY STREHL,
MEGAN MAHARRY,
MONTANA MCCULLOUGH

Love is blind, love is not always kind.

For one young woman, she felt she could help readers understand an abusive relationship. She shared her story of her abusive husband, which affected both her and her son.

Her name for this story is Jane Doe.

In her experience, abuse reached past the point of verbal and emotional.

"He made me feel crazy, like I couldn't do any better," Doe said. "He'd push me around, choke me, and smash my head into walls. He called me names, drug me by my hair, and pushed me out of his truck when I was 6 months pregnant."

Doe felt the need to push herself into uncomfortable situations in order to avoid fights. She found herself giving him money so he could buy drugs. He ignored his duties as a father and a husband. One night, Doe decided that it was time for her to run.

"He took off with me in the car and my son in the house asleep. He left our son home alone, and told me I should have thought about it before I got in the car. We were fighting because I wanted to go to spend his birthday with him but he wanted to drive to his hometown and get high with his friends," Doe said. "I left that evening."

Jane Doe found the strength to leave the relationship and since then, her and her son's life has gotten better.

"I don't cry every day because of something he has said or done. I don't have to drive around 2 am trying to find him." Doe said, "I don't have to worry about him hurting me or my son, my family is happier. I'm not afraid to leave the house without makeup on, and I'm happier and mentally stronger."

Domestic violence is defined as violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner. It affects many individuals despite their age, race or gender. It is not considered physical abuse only, but emotional, sexual and psychological abuse as well.

Twenty percent of women between the

ages of 18-24 who are college students do not report domestic abuse because they fear reprisal. Women are not the only people who are involved in domestic abuse. According to rainn.org, men between the ages of 18-24 who are in college are five times more likely to be sexually assaulted than non-college men in that age range. One out of 10 victims of sexual abuse are males.

Brandy Johnson is the job coordinator and victims advocate for the Northwest Crisis Center. She helps advocate for victims in abusive or sexual assault relationships.

Johnson said she helps victims with a number of different things. She provides resources, safety and counseling. She provides moral support if needed, and she can also stand with them in court.

See ABUSE, Page 7

Special Report
◆
Survey results
Page 7

Inside

Feature

• Tips for surviving those upcoming finals.

Page 8

News

• 1989 graduate to speak at 119th commencement

Page 3

Editorial

• Challenge of becoming a multi-sport athlete.

Page 4

Entertainment

• "I Feel Pretty" movie worth applause it got from audience.

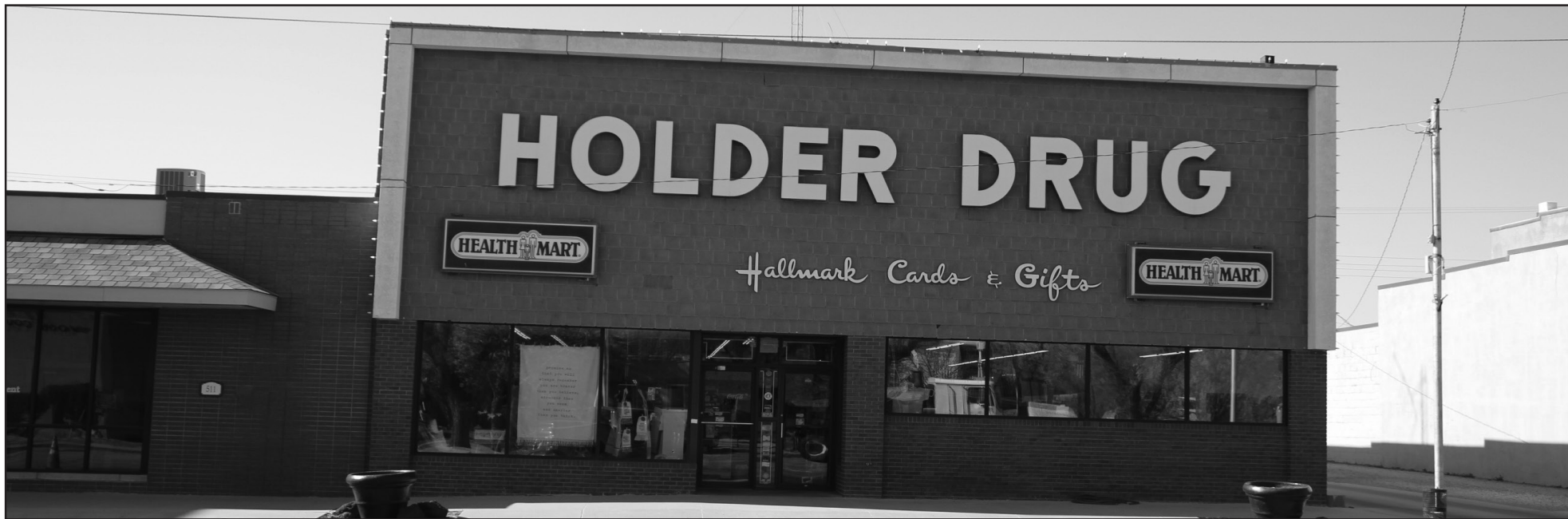
Page 9

Sports

• Sara Bynum likely to make college rodeo finals in barrels.

Page 10

News



Holder Drug is located on 513 Barnes St in Alva. It is a locally and family owned pharmacy that has been a member of the Alva Chamber of Commerce since 1952.

Photos by Docker Haub

Growth: Does Alva need to add businesses?

Continued from Page 1

Alva does not require a building license, but it does require a building permit for the area. Commercial projects have to be within zoning areas and comply with the zoning laws. Before something new is brought into town, the planning commission discusses it. Then if the members approve, they adopt the previous zoning laws to what is being built. The arena had to pass all of these steps to become a working project. Further work had to be done to procure logistics of this project.

The Alva Arena Authority engaged a consultant, the Center of Economic Development Law in Oklahoma City, who reviewed the information provided by the authority, county, and city and reported that the proposed project appeared eligible, feasible, and desirable.

The consultant recommended that the city and county needed to proceed to undertake the formulation, procedural consideration, and adoption of a project plan with necessary financing mechanisms. This includes changing local taxation to be proposed so a special committee for further review.

They will also consider and determine whether the proposed plan and project are sustainable for the town. Then they reported its findings and make its recommendations to the governing bodies. This large project is not the only project that Alva is undertaking.

Smaller actions that Alva takes also contribute to the possible growth. Caldwell said the town puts on events almost every weekend to attract more community involvement from the college students. They host farmer's markets, craft fairs, art walks and history

events.

Building a website and shooting a video are two of the smaller things Alva is producing. The website is alvaok.net. It has a directory, list of events and more information to appeal to potential visitors. The video will showcase parts of Alva and will be distributed to the hotels for visitors to see and learn about Alva.

Alva uses its diverse history and small local attractions to attract consumers and adventure seekers. "Alva, where charm and adventure meet" is

while the college seems to be less Alva friendly because of the low community involvement from college students. This forces Alva to take care of itself.

Why is there such low involvement from students? Well for starters, weekend events aren't catching on with students because a large majority go home on weekends. Other students feel forced to drive to Enid or Woodward just to find a bigger variety of retailers and franchises.

In Alva, the economics have

good crowd of people in Holder Drug, which many people consider the heartbeat of downtown Alva.

After school, many kids will come to enjoy the snack parlor and have ice cream with their friends. Older people often meet to have coffee and enjoy conversations with each other. Holder said he takes pride in how comfortable his customers feel when they come to enjoy his business and how happy everyone is when they are inside Holder Drug.

Starr Lumber Company helps

Alva. Built in 1926, this building on the corner of Barnes and Fifth streets is recognized as a national historical building. When it was built it was known as the Bell Hotel and was an important piece of the community. The building continues to be so important to the city of Alva that 600 people showed up to Ryerson's recent grand opening of the apartment complex.

Two other large employers that have played a big role in the economy of Alva are Walmart and the Bill Johnson Correctional Center which is a prison. Both of these businesses were controversial before they opened. According to community members, townspeople were worried that Walmart would shut down a lot of the businesses around the town and were worried that the prison would bring bad people as well as a bad reputation to Alva.

On the contrary, both of these businesses have made huge impacts on the community in a positive light. The correctional facility has provided many jobs for the community and the inmates have even done a lot to provide up-keep as well as construction for the community.

The correctional facility helped to fund and to build the Alva Recreational Complex, which is now used for NWOSU softball as well as intramurals and little leagues of Alva.

No one can see into the future to predict Alva's fate or whether an oil boom will return to the area, but Mantz said she sees positive things happening. Once the arena is built, Alva is predicted to see more economic growth, which will mean more services coming to town that should make NWOSU college students happy.



W.W. Starr Lumber Company is located on 629 Flynn St in Alva. Starr Lumber has been lumbering since 1909.

Alva's tag line. The smaller attractions nearby include the Salt Plains, the Alabaster Caverns, the Menagerie and the Cherokee Strip Museum.

The low involvement from the college begs to ask this question: Is the college depending on the town to keep it running or is the town depending on the college?

Caldwell said she believes that Alva is certainly college friendly

flourished and dwindled redundantly throughout the years. A couple of businesses downtown have been in Alva for a long time and are near to the townspeople's hearts.

Starr Lumber Company, which is managed by John Ryerson, and Holder Drug, which is managed by Todd Holder, are two important businesses within the community. Every day, you can almost always find a

townspeople with any kind of needs for building, fixing or redecorating. "It always puts a smile on my face after a customer makes a purchase from us," Ryerson said. "Knowing that my product will help someone in a positive way brings me a lot of joy."

Ryerson is also responsible for the second tallest building in northwest Oklahoma, being turned into the newest apartment complex building in

Learn how to bench press with perfect form

Step 1:



Place your thumbs on the line about shoulder width with a firm and firmly grip the bar.

Step 2:



Roll shoulders back and put arch in your back.

Step 3:



Pull the bar down to your chest elbows bent at around 90 degree hitting the nipple like on the chest.

Step 4:



Breathe out explode the bar off your chest and fully lock out.

Photos by Raphael Edward

— King Crossword — Answers

Solution time: 25 mins.

L	A	V	S	A	S	E	R	R	S
E	L	I	K	I	T	H	G	A	I
V	I	S	C	E	R	A	L	O	N
C	A	T	R	E	P	T	I	L	E
B	R	O	N	C	O	P	E	R	
Y	O	H	U	B	G	I	V	E	N
T	A	N	G	T	E	A	P	I	P
E	N	T	E	R	E	L	F	S	E
O	I	L	L	A	D	I	E	S	
T	A	B	L	O	I	D	J	O	T
B	R	I	O	V	I	S	I	G	O
A	G	O	G	E	M	I	T	R	O
R	O	S	Y	S	E	R	A	S	P

News

Students living life off campus

By **KIMBERLY BELL**
Student Photographer

Carleigh Scott anxiously waits for her tacos to arrive at a restaurant in Dallas, Texas.



Photos provided by Kimberly Bell



Two friends, **Jordan Gomes** and **Kylee Wallace**, making jokes and laughing while taking a walk through downtown Alva.



Cevanna Morris looking for cars as she crossed the street while walking around a mall in McKinney, Texas.

Try workout in WC pool

By **SABREENA BURKS**
Student Reporter

Don't just burn calories. Drown them.

Anybody that goes to the Wellness Center to workout can go into the pool and swim or workout. They can go to the hot tub and relax after a great workout. Or they can even just go swim in the pool to relax.

But what some students don't know is the fact that there are workout classes to take while at the wellness center, especially in the pool.

Water aerobics is one of the classes offered. They meet every Tuesday and Thursday at 5:30 p.m.

The thing with water aerobics is that even though it is a workout, it doesn't necessarily feel like it at times. This isn't to say that water aerobics is easy. It may seem easy to someone that has never done it but once in the water it may be hard at first.

It isn't so difficult though that it's impossible to learn. Anyone can learn how to workout with water.

The class is for anybody at any age and can be at any fitness level, from newcomers to someone that is an athlete.

What water aerobics does is it relaxes the joints in the body

and helps out with any pain that is bothering the student.

Working out in the pool is a mixture of cardio resistance and helps with any training that is needed.

With the use of pool tools such as water weights, water boards and pool noodles, water aerobics is a great way to help forget problems and to unwind.

Water Aerobics
Tuesday/Thursday
5:30 p.m.
Wellness Center

CPA to speak at commencement

By **UNIVERSITY RELATIONS**

Certified public accountant **Doug Van Meter**, a graduate with class of 1989, will deliver the address to graduates at Northwestern Oklahoma State University's 119th commencement exercise at 10 a.m., May 5, at Ranger Field. In case of inclement weather, commencement will take place in Percell Fieldhouse.

Van Meter, originally from Enid, earned his Bachelor of Science degree in accounting while at Northwestern and recently was honored by the university as the 2017 Outstanding Graduate in the Business/Professional area. He was a member of the University's football team from 1984-89. He earned his CPA certificate in 1991.

He is a member of BKD National Financial Services Group and is the financial services industry leader for BKD's South Region, which includes Arkansas, Mississippi, Oklahoma and Texas. In this role, he serves on the firm's eight-member financial services committee that sets the practice's strategic direction and growth initiatives.



Doug Van Meter

With more than a quarter century in public accounting, Van Meter currently develops and oversees audit and consulting services in the financial services industry. His experience also includes external audits in relation to the U.S. Securities and Exchange Commission, leading engagements for publicly traded banks and broker-dealers, audit services with banks ranging in size from \$40 million to approximately \$7 billion and consulting

engagements in the merger, acquisition, capital planning, strategic planning and regulatory filing areas.

Van Meter answers inquiries regarding accounting and strategic issues and regularly participates in peer review and internal office inspections with respect to quality control policies, procedures and compliance with the American Institute of CPAs' (AICPA) standards. In addition, he has taught continuing professional education courses for BKD-sponsored events as well as events sponsored by state and federal banking agencies and other organizations.

He is the local office recruiting leader, working hand in hand with the Oklahoma practice's recruiter. He maintains a presence on campus and speaks to students at various universities statewide.

Being a member of the AICPA and Oklahoma Society of CPAs, Van Meter is a supporter of a number of Oklahoma-based not-for-profit organizations and higher education institutions, including Northwestern.

A livestream link for the commencement exercises can be found at <http://riderangerside.com/>

Alva's Market Less time and money spent while grocery shopping at **Alva's Market.** 706 Flynn

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Editorial

Becoming a multi-sport athlete

By Collin Stork
Student Writer

College football is tough, grueling and high-powered but only about 8 percent of high school football players get the chance to step on the field at the collegiate level. Golf at the same level is serene, quiet and under appreciated and even less high school golfers get to experience the competition, about 7 percent.

I am part of a very small number of athletes that have chosen to be a multi-sport student-athlete in both football and golf. I was recruited to play golf at East Central University out of high school and transferred to Northwestern after my freshman year when East Central cut their golf and tennis programs because of budget cuts.

I came to Alva last year with no thought of playing football and just sticking to golf. After attending a lot of football games in the past couple years, I began to miss strapping on my helmet and going out underneath the lights. I thought I took my pads off for the last time 3 years ago in high school, like I said, I thought.

I had the opportunity to interview Matt Walter, the

head football coach here at Northwestern and toyed at the idea of letting me try out for my senior year. He told me that the coaches would discuss it and he would get back to me within the week. The day before spring ball started, I got a text asking me if I still wanted to try out, which I had been waiting for, and I had my shot at being a multi-sport athlete in college.

I walked out onto Ranger Field on a rainy and overcast day with one goal in mind, to leave as the Rangers' new long snapper. I went through my warm-up and snapped ball after ball to the special teams coach and I felt it coming back to me, my snaps were getting better and I knew I had it in the bag. After my tryout, Coach Walter came up to me with his hand out and a smile across his face. He sat me down at their table and handed me a few forms to fill out with the Northwestern Football heading and I knew at that point that I was in.

I showed up to practice the next day and a few people knew who I was but even more had no idea who I was. I went out and did my thing and I started attracting attention from the team because I was new and proficient at snapping.



Collin Stork, number 13, long snapping punts during a special team practice.

Photo Provided

Now here we are, April 21, spring football has come to an end with the final horn of the Spring Game and I am officially a Ranger long snapper. Being six-feet-four inches and weighing 240 pounds and playing golf is rough, people mistake me for playing another sport like football or baseball, but golf has been a passion of mine for the past 12 years.

I wanted to play college golf and accomplished that goal, playing football is just another

brick in the wall for me.

Going into my senior year, fresh out of my second ACL reconstruction, I wanted to explore more of my athleticism, it's a bold call on my part, but I wanted to put my size to more use.

My family has my back on this call, they saw how hard it was for me to hang up my jersey in high school and my mom encouraged me to chase something I wanted to do. I threw caution to the wind

and went for it and, in my eyes, nailed it. I'm excited to add a new journey to my life, pursuing another sport while maintaining my original sport and finishing my degree will be a test, but it's one I am willing to dominate.

I look forward to this summer and fall, being a part of the Northwestern Football Culture as well as maintaining my golf game after missing the spring with surgery. I am very proud to be a Ranger!

My college rewind and review

By SAMI MCGUIRE
Sports Editor

Play. The sun is beating down, it's a hot day in August. I'm unloading hay into a stall. There are two girls there, one tall and blonde and the other short and brunette. I don't think much about who they are. They are just new girls on the rodeo team, just like me.

Fast forward. It's February of my freshman year, I've all but moved into my boyfriend's house and out of the dorms. Growing up I was surrounded by dogs and cats and horses and cattle. I have my horses, but I want a dog so bad. One day I pull up to a little trailer house in Alva, after seeing a post on Facebook. I'm with the tall blonde girl who is now my best friend, and we pick up a little Yorkie that is the size of my palm.

Fast forward. It's May. The blonde girl and I live together. We rope every morning before the sun comes up. We go lay out at the local pool to get tan every day till 3 p.m., and then we go to work at a little BBQ joint in some tiny little ghost town. We come home in the evenings and play cards and drink with the short brunette girl. And every day goes on like this, we are



Photo Provided

Sami McGuire, Cat Goris, Katie Lackey and Cassy Woodward.

in ignorant bliss. I don't think I can get much happier, and then I get the call that I get to go to the College National Finals Rodeo.

Fast Forward. My boyfriend from my freshman year didn't last. It's the first college rodeo of my sophomore year, and I have a team roping partner that I've never met. He seems kind of like a goofball from what I've heard and seen of him, but he has beautiful green eyes. Eyes that I'm trying not to focus on right before our team roping run.

Fast forward. It's New Years Eve. I'm at some hotel bar in Amarillo, Texas, with my blonde best friend and my green-eyed roping partner. The countdown

starts for the ball to drop, 10... 9... 8... 7... 6... 5... 4... 3... 2... and my green-eyed team roping partner looks to me and tells me he doesn't want to team rope with me anymore. Instead, he wants to be my boyfriend.

Fast forward. College rodeos are going terribly. My horse isn't working. My roping isn't working. My goals of going back to college finals are shattering before my eyes. I make mistake after mistake until I can't handle it anymore. Summer comes and rodeos keep going terribly. I go home. I have no money. I have no dignity left.

Fast forward. I'm living with all of my best friends. We spend each night sitting around the white

table in our kitchen talking until we can't keep our eyes open. The house is filled with dogs and joy. My little Yorkie is running the roost, barking at every dog that steps out of line. This is my family. This is my home, and I never want it to change.

Fast forward. It's snowing, in April, in Oklahoma, at the last college rodeo of my junior year. My hand is in a cast, and I'm riding my young horse. The horse I trained start to finish. I brought him just to see how he'd do, and we placed second in the long round, but now it is the short round. My nerves are climbing. My hands are numb and my horse is nervous under me. My green-eyed boyfriend stands beside me keeping my rope shielded from the snow. They call my name. I can't feel my fingers on my rope. I ride in the box nod my head and win the rodeo.

Fast forward. All my friends go home for the summer, and I can't stomach going home to Minnesota, so I go to Utah. I live with my aunt. I bring my horses, and I try to rodeo, but it isn't going well. I apply for job after job, internship after internship. I go to many interviews and push through my painful awkwardness to try and seem normal. I get an unpaid

internship. A job writing rodeo stories for a paper in Salt Lake City. But none of it pays, so I get a job at the local Papa Murphy's with a bunch of high school kids.

Fast forward. Its senior year, my blonde friend and my brunette friend have both graduated. I have to move in with another younger friend on the rodeo team. I work almost every day of the week at the BBQ place. I also work for the school at the paper. I write rodeo stories for my internship. I'm trying to do my best work, so I can build a portfolio to get a job. At this rate, I'm going to need a good job, because rodeo is not panning out. I sold my good horse and have to rely on my young horse's unpredictability at every rodeo. There's just one college rodeo left, and then I graduate.

Fast forward. Stop. I'm wearing a red dress under my black gown. I'm holding my cap on my head because the wind is blowing like it always does in Oklahoma. I'm standing next to a friend, waiting to receive my diploma. I can see my mom in the crowd chatting with the people sitting next to her and I wait. I wait to finish out one chapter and start the next. I wait to say goodbye to Northwestern Oklahoma State University.

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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.

You should be an organ donor

By **MICHELLE WILLSON**
Editorial Editor

One of the questions they ask you when you get first get your license is "Do you want to be an organ donor?" If you say yes it is written in the corner of your license. This is to show EMTs and hospital workers that if you die your Organs can be donated to others who need them.

Now personally I can not think of a reason to say no. It is a way of helping others after you pass. I feel it like a legacy. Yes, you may have died but maybe your heart will go to a 12 year old who will then carry your heart till he dies. In a since your heart would outlive your body.

You can save 8 lives and help heal about 50 other. I do not think that there is anything in my lifetime that will deeply effect that many people. Why would I ruin that chance by letting my organs decay in my body? There are several different organs that can be donated.

"Organs that can be donated heart, kidneys, lungs, pancreas, liver, intestines, corneas, skin,

You were born with the ability to change someone's life. Don't ever waste it!

- Unknown

tendons, bone, nerve and heart valves." (UNOS.org) Even if you can not give a life saving organ you can one that might help them heal faster or even improve their value of life.

Everyday the waiting list for organs grow. Their are not enough donors to keep up with the demands. Surprisingly "95% of U.S. adults support organ donation but only 54% are actually signed up as donors." (Organdonor.gov) It is free and easy to sign up to be an organ donor. In Oklahoma you can sign up to register at LifeShareOklahoma.org. I know it may seem small but even donating blood is helping someone other than yourself.

There are several myths when

it comes to donating organs. The Hospital staffs job is to take care of you first they are not going to throw you to the back burner just because you are an organ donor so you do not have to worry about receiving less of a treatment. They will do extra tests to make sure you are dead before they do the organ transplant so you do not have to worry about them jumping the gun before you have passed.

Organ donation also abides by most religions but if you want to be positive ask the head of the clergy beforehand. There is not an age limit to donating just because you may be older does not mean your organs cannot be used. Organ Donations are free of charge and the receiver of the organs have to pass several test to be on the list and to move up the list.

Life is short. What if the roles were switched and you or a loved one needed an organ but no one in the family was a match? I believe you would do everything you could to find one. There are thousands out their doing just that. Why not spread a little love and sign up to be a donor?

Organ Donation

116,000+
Men, women and children on the national transplant waiting list

8,509
transplants performed this year. Total Transplants January - March 2018

95
Average transplants taking place each day in the

10
every 10 minutes another person is added to the waiting list

8
One organ donor can save eight lives

Stats from Optn.transplant.hrsa.gov,organdonor.gov and unos.org

Americanisms



"Experience is a great advantage. The problem is that when you get the experience, you're too damned old to do anything about it."

—Jimmy Connors

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Interested in writing? Share your opinions!

Contact Michelle

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King Crossword

ACROSS

- 1 Restroom, for short
- 4 Back talk
- 8 Blunders
- 12 Yale student
- 13 Friends, old style
- 14 Manner of walking
- 15 Gut level
- 17 Sans siblings
- 18 Feline
- 19 Snake or lizard
- 21 Untamed horse
- 24 Apiece
- 25 Second person
- 26 Wheel center
- 28 Basic assumption
- 32 Piquancy
- 34 Afternoon beverage
- 36 Water conduit
- 37 Come in
- 39 Sprite
- 41 Stitch
- 42 Tin Man's need
- 44 Alt-rock band, Barenaked —
- 46 Cheesy paper
- 50 Make marginalia
- 51 Vivacity, musically
- 52 Hun opponent

1	2	3	4	5	6	7	8	9	10	11
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46	47	48				49		50		
51					52		53			54
56					57				58	
59					60				61	

- 56 Enthusiastic
- 57 Send forth
- 58 Fish eggs
- 59 Optimistic
- 60 Antitoxins
- 61 Agent
- 9 Hindu process
- 10 Streamlet
- 11 Eyelid woe
- 16 Has the skill set
- 20 Coatrack part
- 21 Memory measure
- 22 Reddish horse
- 23 No longer stylish
- 27 Spelldown
- 29 Guests
- 30 Duel tool
- 31 Nightly telecast
- 33 Earth science
- 35 Every last crumb
- 38 Carnival city
- 40 Tex-Mex treat
- 43 18-Across' enead
- 45 Follow relentlessly
- 46 Slope transport
- 47 Jason's ship
- 48 Life stories, briefly
- 49 Exemplar of thinness
- 53 Round Table title
- 54 Upper surface
- 55 "Yoo-hoo!"

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Answers on page 2

The views of Oklahoma



Photos by Docker Haub

A picture of a road that seems to never end, a common theme of Oklahoma backroads.



A cow that is about to be fed in the feedlot near Burlington, OK.

By **DOCKER HAUB**
Student Photographer

If you were to get in your car and just take a drive around Oklahoma, what are some of the things you would see?

The first thing that probably comes to mind is dirt roads and a lot of grass but some of the most beautiful sites come from the nature that is surrounding us.

Oklahoma is a state with a lot of character and gorgeous sights that can be easily missed. You will only catch them if you pay attention to your surroundings.

So the next time you are "just driving through" Stop and smell the roses. Just take a couple minutes to appreciate

the beauty in the nature around you.

You can find beauty in the simplest of sites depending on the mindset you have when you look at it.

From beautiful sunsets to rustic dirt road Oklahoma is lucky to be surrounded by so much nature and wildlife.

And when ever you feel down remember that the telegraph newspaper came out with an article titled "One in eight young people have never seen a cow in real life" we should take pride in the fact that we can see cows in real life anytime we want to.



A picture perfect view of the grain elevators in Burlington, OK.



View of a perfect Oklahoma sunset from Highway 58.



Farmers homestead in his fields near Burlington, OK.

Abuse: A problem not to be ignored

Sexual Violence Affects Millions of Americans

Every 98 seconds,
an American is sexually assaulted.

RAINN
National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.¹

- On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the United States.¹

Continued from Page 1
Johnson said when she is called to a scene, she first assesses the safety of the situation. If there is immediate danger, she may send the victim to an emergency shelter located in Woodward.

One of the steps a victim can take to protect themselves is a protection order. A protection order can help protect a victim from harassment and stalking. Victims can also talk to a judge without their aggressor present with a protection order.

Officer Keith Dale, undersheriff at the Woods County Sheriff's Office, said that domestic abuse cases are hard to deal with. Sometimes women recant their stories or do not end up testifying against their abuser.

Jennifer Pribble is a professor of social work at NWOSU. Her specialty is working with children and families. She is a licensed clinical social worker, and did therapy for children and families before she was a professor.

She said the main difference between social work and other disciplines is how things are seen.

"We look at things in a person and environment perspective," Pribble said. "We look at if a person is going to change, the whole environment has to change with them in order to see the benefits of it."

She said domestic violence cases are different than other social cases because it is a completely different process. She said they have to meet victims where they are at and cannot just tell them to leave. She said domestic violence cases are also much more repetitive than other cases, as victims will go back and forth between leaving and returning to the abuser.

Colorado, Wisconsin and Washington are a few states that have strict domestic violence laws in place. Prosecutors have dealt with many domestic abuse cases that have led to a mistrial because the victim does not want to testify.

"We have to do the best we can with domestic abuse cases," said Westline Ritter, district attorney of Woods County. "It's hard when the woman goes back to her abuser and doesn't want to follow through with the case."

Elizabeth Gomez has her degree in psychology from the University of California San Diego. She plans to work as an applied behavioral analysis therapist while studying for the Graduate Records Examination.

Gomez said psycho-social factors can lead to someone being abusive. There are four attachment theories that stem from childhood. Patterns of these attachment styles are often perpetuating with one's partner.

"It's difficult to pin point exactly what makes them think it is okay to be abusive, but often it boils down to attachment theories," Gomez said.

The abuser often does not see anything wrong with the relationship. An abuser is highly manipulative, and very good at hiding, and often times very charming.

Another reason might be that the abuser is imitating behaviors that he/she has seen in the past and has been reinforcing for in the past. Typically, abusive people have abusive parents.

On average, it takes a victim 7-10 times before leaving their abuser permanently. Gomez said the reason victims stay in these relationships also stems back to attachment styles, specifically anxious attachment.



These photos provided by Jane Doe are a symbol of the domestic abuse that she experienced.

Psychologically, violent relationships can be extremely traumatic especially if victims are constantly being attacked emotionally.

"The abused will try to rationalize the abuser and go as far as to defend him or her from their friends and family, and the abused will believe all of the things that the abuser says about him or her," Gomez said.

Victims can also suffer from anxiety and post-traumatic stress disorder. There is also a chance the victim will fall into another bad relationship.

After an abusive relationship, a person often will never be the same again. Minnie Mouse, however, was determined to find a silver lining. She was not the same again, but she became happier than she has ever been in her life.

"In the beginning, things were well, I thought that I may have found the one," Mouse said. "He was very attentive, and caring, but now, I can't even look at him."

Mouse had her fair share of fail relationships. Her trust issues were already damaged by previous men in her life.

"You never really realize there are people like this in the world until you date one," Mouse said. "Out of nowhere, he would randomly flip out on me, he would completely go crazy. It was also always my fault."

Mouse eventually decided to leave him. She was scared, not knowing how he would react.

"After he slammed that door I knew my new middle name was freedom, it wasn't easy and I had never had to be braver in my life," Mouse said. "Ever since then, I have never let anyone

treat me the way he did, and I never will. I see the good in people and know whether or not it is genuine. I'm so happy and content with my life."

Bailey Trammell is the student success and counselor at NWOSU. If a student on campus is struggling with an abusive relationship, they can see Trammell for help and guidance.

Trammell said if a student were to come to her, she would provide multiple resources and the option to file a report.

She said if she were counseling someone in a domestic violence case, she would provide coping skills and instill a safety plan in case the relationship worsened.

"One of the biggest hurdles

is building self-esteem in victims who are abused (both mentally and physically)," Trammell said. "These individuals begin to believe that they deserve the abuse and that they cannot find a better life partner. They are also scared to leave out of fear of retaliation."

If students on campus wanted to start a support group for people in or coming out of abusive relationships, they can do so without permission. Setting designated times to meet is up to the group. Trammell said they could have the option to ask a counselor or victim's advocate to be a part in these meetings.

"There is always a way out," said a woman who took the survey. "It might be scary, and it might be hard, but you can leave."

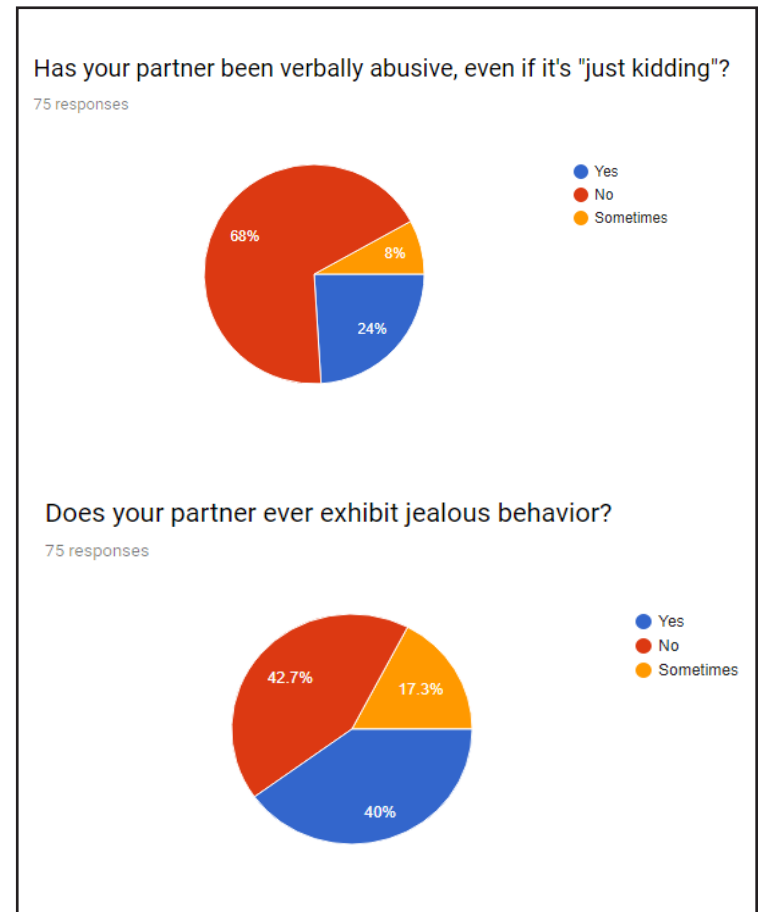
Men and Boys Are Also Affected by Sexual Violence

MALE COLLEGE STUDENTS AT RISK

Males ages 18-24 who are college students are approximately 5 times more likely than non-students of the same age to be a victim of rape or sexual assault.

Non-students age 18-24: 1 icon
College students age 18-24: 5 icons (5x)

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National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.⁷



Feature

Tips for surviving the end

By CAITLYN PRAY
Student Writer

No time of the year is perfect. The birds are singing, the sun is shining, warm weather drifts in and plans are coming together for the not-so-distant future of your well-earned break from school for the next couple of months. Summer is almost finally here!

Of course, it's always the darkest before the dawn, and before summer hits you're going to have to go through the same obstacle course all college students do: finals week.

Finals week can be hard, finals week can make you cry; finals week can be that week where you learn how few essentials you actually need to survive and still be a half-functioning human being. If that's you this semester, don't despair! This is only the darkness before the fast-approaching dawn and before you know it you'll be dancing in the rays of summer.

In the meantime though, here are a few tips that can keep you upbeat and focused during that long, final week of college. I know you've all heard the same tips before: get enough sleep, eat before you cram, don't procrastinate and always study hard, but there are other options out there. Here are a few "proven", out-of-the-box tips for you to keep close at hand during those final days we so affectionately call dead week. Best of luck!

Get Inspired!

*It's hard to beat someone who **never** gives up*
- Babe Ruth

1. Pet a puppy

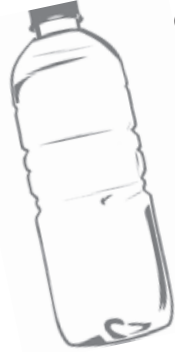
As weird as it sounds, Yale and some other high-end colleges actually do bring puppies and dogs to their campus for the purpose of students petting them to reduce stress.

While Northwestern doesn't bring a load of dogs to its campus, there are still plenty around, and a room full of dogs and puppies is just a trip to the shelter away. Who knows? You might even bring one home!



2. Stay hydrated

This gets thrown at students a lot—especially athletes—and it's not just in the school season. It's always a good idea to drink lots of water and keep our bodies hydrated and alert, especially in a hard mental processing session like finals week.



Studies have shown that hydrated students do a lot better at exam scores, are more alert and have an easier time at studying than do average or dehydrated people. Time to hit the water fountains and Gatorade!

3. Study in bed

If it's the last thing you think of at night and the first thing you see in the morning, you're bound to remember it, right? According to a student blogger who shares her study tips, this is absolutely right!

Though it may not work for everybody, this particular student says it shaves hours off her study time when she studies the exam contents the night before and skims over it in the morning. Maybe this could be your fix too, giving you a few extra minutes to hit that snooze button!



4. Socialize

Friends who cram, sweat and pray together, stay together. Even though your finals week might be full with little minutes left to even sleep or eat, you should still try to carve out some time for your friends.

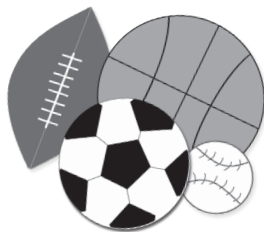


Beyond obvious reasons, the positive reactions your body gets from friendly, social interaction refreshes your body and brain and can help keep you revived and energized (even just a bit) during finals week.

Sonic runs and bowling nights are good for you, after all!

5. Play sports

For some of us, we don't need any encouragement fulfilling this stress-buster. For others, maybe we should take this one more seriously, or at least consider the treadmill again. Physical activity is important for the human brain during finals week. Not only does the game keep your mind off your studies, the action gets your blood pumping and mind racing which is healthier for your body healthier for your GPA.



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Entertainment

The best study jams

By ASHLEY STREHL
Entertainment Editor

"Fight Song"
Rachel Platten

"Strut"
The Cheetah Girls

"Firework"
Katy Perry

"0 to 100"
Drake

"Finesse"
Bruno Mars & Cardi B

"Shake It Out"
Florence + The Machine

"Havana"
Camila Cabello Featur-
ing Young Thug

"9 to 5"
Dolly Parton

"Rockstar"
Post Malone Featuring
21 Savage

"Plain Jane"
A\$AP Ferg

**"Eye Of The
Tiger"**
Survivor

"Look Alive"
BlocBoy JB ft. Drake

"The Climb"
Miley Cyrus

"Stronger"
Kelly Clarkson

**"Don't Stop
Believin'"**
Journey

"Fighter"
Christina Aguilera

"All The Stars"
Kendrick Lamar & SZA

"It's My Life"
Bon Jovi

'I Feel Pretty' cute and funny movie

By BRADY KOKOJAN
Student Writer

The movie 'I Feel Pretty' is a romantic comedy starring Amy Schumer and Rory Scovel.



A girl named Renee, played by Schumer is in her early 30's, she has self esteem problems. Because of her looks and her weight, she is intimidated around all the physical beauty around her. Then after a head injury, she gains confidence and suddenly believes she is the prettiest girl in the world.

I feel like Amy Schumer did a great job on her acting, and so did all the other stars. I felt like the story line was good, and I thought it was a cute and funny movie.

I was led to believe it would be a little bit funnier, but the movie does inspire people to be who they are in spite of their looks. Too many people get caught up in the beauty craze of social media and caring about what people think of their pictures and physical appearance. There is tremendous amount of pressure put on young adults to have the perfect body image, this movie addresses those issues and inspires us to be our own self. It is to make us realize that it truly matters what's on the inside and not on the inside.

There has only been two movies I've ever been to that

Amy SCHUMER

I Feel
PRETTY

Change everything
Without changing anything.

COMING SOON



Photo Courtesy IMBD

A woman who struggles with feelings of insecurity and inadequacy on a daily basis wakes from a fall believing she is suddenly the most beautiful and capable woman on the planet.

had applause endings in a movie theater, and this was one of those movies where a group of girls clapped at the end because they enjoyed it so much. I feel like it

is a very good movie for women to go and watch, feel inspired, give them a boost of energy, and make them feel great about themselves.



Photo by Ashley Strehl

The NWOSU Community Band featuring students and community members of Alva

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Sports



Photo by Sami McGuire

Duo continues success

By SAMI MCGUIRE
Sports Editor

It's a partnership that has pulled Sara Bynum and Loretta through their college rodeo years.

Loretta is Bynum's 8-year-old barrel horse, but the paint mare was 4 years old when the two started their college rodeo journey together.

The paint mare was even younger when Bynum's family bought her off Craigslist. A former trainer had listed the horse as dangerous, and she was underweight. Bynum said she wasn't impressed when they brought her home.

Little did Bynum know that Loretta would pull her through college. She is the horse that has helped her make the College National Finals Rodeo three times, has her sitting first in the region heading into the final rodeo of the year. Most recently, Loretta helped Bynum win the Fort Hays (Kan.) State University Rodeo.

The duo only needs to have one more successful rodeo, and they will secure the Central Plains Region title.

"We've grown together," Bynum said. "It would mean the world to know that that's how we left it, was to win it."

During her freshman year, the two struggled to get things right, but the turning point was when they made the short round at the Oklahoma State University Rodeo.

"At that point, and I was like, 'OK, we can do this,'" she said. "I just have to relax and have fun and not be like 'I have to make the short go.' (I needed to) just go run my horse."

Bynum had very little success in barrels through high school, and having a horse like Loretta made her eager to prove something.

"I felt like I had to prove to everybody that she's good," Bynum said. "I needed to ride the



Photo Provided

Top: Bynum and Loretta at Colby College Rodeo (Kan.) at the beginning of the season.

Bottom: Bynum and Loretta with their Fort Hays State University (Kan.) award for winning the barrels.

horse I was on at the time, not the horse she was going to be."

Shutting out the worries have been a large part of their success.

"Every level of rodeo is such a different mental game," she said. "High school is totally different from college, and college is totally different from pro rodeos. Even open rodeos are different. I had to get over the mental stuff, I had to realize that she was not seasoned and most college rodeo pens are for seasoned horses."

She learned throughout freshman and sophomore years how to season a horse and ended up qualifying for the CNFR her first

time her second year. Loretta was 6 at the time, and the duo was still learning. During Bynum's junior year, the two placed eighth in the region, but Bynum advanced to the CNFR as part of the women's teach, which qualified by finishing second in the region.

"I didn't feel like I deserved to be there last year," she said. "That messed with me a little bit, but we did end up making some money in the third round. Just letting her go do her thing has probably been the hardest thing for me, to trust her to go in there and do it."

After last year, Bynum was down on herself and considered

quitting college rodeo. Her mother convinced her to run the first four rodeos in the fall and see how it went. She placed at two and won one, which put her first in the region standings.

"At that point, I can't really quit," she said, "So I stuck it out, and looking back, I'm really glad that I decided to stick it out one more year."

Without Loretta, though, Bynum isn't sure she could have stuck with college all four years. She said school is hard for her, but when she feels down about it she keeps working on her grades so she can continue to college rodeo.

"I got to do it," she said. "I felt like I owed it to Loretta because you can't just quit. She's carried me through college. She's the reason I went to college."

Bynum and Loretta have always been strong members of the team. In Hays, Bynum's led the Northwestern women to a second-place finish. She was helped by Jennifer Massing, who placed third in the goat tying average. Cassy Woodward made the short round in breakaway roping but didn't place.

The men's team also finished second in the team standings. In steer wrestling, four men placed: Talon Roseland was second, Maverick Harper finished third, Cody Devers placed fourth and Grayson Allred was fifth. Bridger Anderson won the long round but came up with a no time in the short round and didn't place in the average.

Harper won tie-down roping, and Allred placed third. Cole Patterson also made short round but didn't place. For his efforts, Harper won the all-around title for the second straight week.

In team roping, Logan Wood and Edgar Fierro placed second in the average. Sage Lamunyon, with his partner Layton Little of Southwestern Oklahoma State University, also made short round but didn't pace.

Going into the final college rodeo of the year, everyone is on edge and everyone is hopeful for a chance to go to CNFR.

"College rodeo has its ups and downs," Bynum said. "And sometimes you want to pull your hair out, but it's a lot of fun in the end and you're going to make a lot of friends, probably some enemies. It's not for everybody for sure. If it wasn't for college rodeo I would have more than likely moved home and just be working somewhere there, because college is not my thing."

"But I'm going to get my bachelors and I have that paint mare to thank for it."

Sports



Photos Provided

Left: Luis Mendoza lines up to the plate ready to hit. Center: TJ Kassner hits the ball and watches it fly. Right: Johnuelle Ponce follows through on his swing and prepares to run.

Baseball wins series, 3-1

By MEGAN MAHARRY
Sports Reporter

The Ranger men baseball team played a three-game series against Henderson State on the road. The Rangers took the series 3-1.

In game one, the Rangers got off to a rough start in a 11-1 loss.

Pitcher Walker Wharton threw for a clean first inning before the Henderson State Reddies scored off a double in the 2nd. The Reddies stayed

busy, putting up six more runs in the third and fourth innings.

Pitchers Brendan Kates and Brandon Nesseralla came in for relief to close out the game.

The lone run for the Rangers came from Judah Zickafoose on his 10th home run of the season. Daschal Johnson went 2-for-4 and Luis Cintron went 2-for-3.

The Rangers bounced back from the loss with a 3-2 victory in game two.

Pitcher Matt Goertzen pitched five clean innings with

five strikeouts before reliever Sean Rydell stepped in during the sixth inning.

The Rangers struck first in the fourth on a double by Johnuelle Ponce down the left field line. Justin Bundy put one up the middle to score Zickafoose making it a 2-0 Ranger lead.

Henderson State fought back in the sixth to score two runs, at which point the Rangers put in Tyler Bernhardt. Bernhardt dominated as the game went into extra innings, throwing 10 strikeouts and not

giving up a hit.

It was not until the 10th inning that the Rangers plated the game winning run. Ponce delivered the bomb to center field that scored the final run.

In the final game of the series, the Rangers knocked off the second ranked team in the conference with a tight 2-1 victory.

Picher Matthew Bickford came in during the second to deliver a strong performance to stomp on the Reddies offense. He allowed only two hits while striking out five.

Henderson State struck first, scoring in the 1st off two base hits and a free pass. The Rangers were back in the game in the 7th, when Ponce hit his eighth home run of the season to tie, 1-1. Another run crossed the plate for the Rangers to give them the 2-1 advantage.

The Rangers held off the Reddie offense for the last two innings, claiming the win.

The Rangers play their final three-game conference series against rival Southwestern Oklahoma State University on the road.

Softball ties game in home series

By MEGAN MAHARRY
Sports Reporter

The Lady Ranger softball team played a four-game series against Henderson State University at home. The Lady Rangers went 2-for-2 in the series.

The Lady Rangers started off game one with a 4-3 victory.

Bats were flying for the Lady Rangers on the afternoon, as they recorded night hits. Madi Parrott, Madison McGraw and Audrey Estes all had two hits.

Pitcher Madison Garza battled in the circle, giving up three earned runs and striking out seven.

Henderson State scored first in the first inning, but the Lady Rangers quickly followed. A double from Estes scored McGraw tied the game, 1-1. The score was tied in the 6th until the seventh when Macy Madewell was hit by a pitch, which brought Parrott around to take the 4-3 victory.

In game two, the Lady Rangers fell 4-1.

The hitting was not quite as sharp for the Lady Ranger offense. No Lady Ranger could collect more than a single hit.

Henderson State scored in the first off an error, and plated their next three runs in the third. It was not until the final inning when Parrott lined a

double to left-center, which scored Peyton Garrett. It would be the lone run for the Lady Rangers as the game ended with a loss, 4-1.

The Lady Rangers bounced back to take the 8-7 win in game three.

With 12 hits recorded on the afternoon, four Lady Rangers had multiple hits during the game. Parrott went 2-for-3, Jordan Sutton went 2-for-4, Madewell went 2-for-3 and Brittany Corrales went 2-for-4.

For the third time in the series, Henderson State scored in the 1st to take the lead. The Lady Rangers answered with two runs in the bottom of the second.

Henderson State jumped out to a five-run lead over the next few innings, but the Lady Rangers were unwilling to stay behind. The Lady Rangers scored five in the sixth, thanks to a bomb hit over the outfield fence by Jada Overby.

A double up the middle by Katie Bell in the final inning sealed the 8-7 victory.

In the final game of the series, the Lady Rangers dropped 3-0.

The Lady Rangers had seven hits, but were unable to capitalize on any of them. Overby went 2-for-3.

Henderson scored single runs in the third, fourth and seventh, which was enough to come away with the win.



Photo Provided

Madison McGraw lines the ball up and gets ready to hit it.



Creative kids "Under Construction"

See Melissa and Doug for details



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Photos by Montana McCullough

