

Smile of the Week



Photo by Angel Perez

Soccer player Reyna Gonzalez says she is smiling because she is able to receive an education while also being able to play soccer.

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New club introduces culture

Native American Student Association club coming to Northwestern

By **BRYANT VENOSDEL**
Student Reporter

A new organization for Native American students is coming to the campus of Northwestern Oklahoma State.

Students Dacoda McDowell-Wahpekeche, Bryan Francis and Savannah Francis are three of the students who are leading the organization after seeing a need for the club on campus.

"Every other college has this community of Native American people and Northwestern should have this too," sophomore Bryan Francis said.

"There was a girl on the track team last year who was Native American and really didn't feel real welcome, so we had to make a difference," freshman McDowell-Wahpekeche said.

Native American Student Association, or NASA, is the name of the organization that will be coming to NWOSU. The organization is already active at the University of Oklahoma, Oklahoma State University and the University of Central Oklahoma.

A club for Native Americans would benefit other Native Americans so they can get together and share their backgrounds with each other and their similar heritage. Native Americans are already attending NWOSU and the

club will be a chance for them to socialize and network with one another.

"We have a good



group of Native Americans on the track team and my suite mate is Native American and I actually didn't know it," McDowell-Wahpekeche said, "so if we can just branch out and find more people that would be great."

Native American students and members of the adminis-

tration here at NWOSU are both supporting this organization alike.

Roughly 7-9 stu-

cis are all on NWOSU's cross country team and that is where they have spread the word about NASA first.

"It was a culture shock," freshman Savannah Francis said in reference to coming to NWOSU from previously being at Tahlequah, OK where there is a large Native American population. "But students have already shown interest. So far it has mainly been with the cross country team but we are still getting our name out there."

NWOSU has over 25 clubs and organizations on campus and with an addition of NASA it will allow Native American students to be more active on campus and help Native Americans be able to come together.

If you are a Native American on campus and would like more information about the club, contact Dacoda McDowell-Wahpekeche @ DRMCDOWELL38@RANGERS.NWOSU.EDU

dents have already committed to the organization.

"We have already talked with Mr. Mosburg who is behind it and we have talked with Dr. Aaron Mason and they both love it," Bryan Francis said.

McDowell-Wahpekeche, Bryan Francis and Savannah Fran-

Campus hosts guest speaker for Constitution Day 2019

By **MCKAYLA HOLSON**
Editorial Editor

Constitution Day is a day commemorates the signing of the constitution on September 17, 1787

To recognize this, Northwestern held a Constitution Day event on Wednesday. Dr. Aaron Mason and Dr. Jane Calvert discussed John Dickinson at this event.

Calvert is the foremost authority on Founding Father John Dickinson. She has a Ph.D. the University of Chicago and is the director and chief editor of the John Dickinson Writings Project. Calvert is also an associate professor of history at the University of Kentucky.

The event started with a brief background on Dickinson's life. Calvert said it was important to understand his background for people to understand his way of thinking.

Calvert referred to Dickinson as the first patriotic hero. Dickinson refused to sign or vote on the Declaration of Independence

and even delayed the process, but Calvert said this delay was beneficial. The delay strengthened the fight against Britain.

Dickinson was also the author of Letters from a Pennsylvania Farmer. Calvert said these essays got Americans thinking about rights and liberties. She also said the essays got Americans thinking of themselves as something separate from Britain.

Calvert said not to believe how Dickinson is portrayed through the media. She said the most accurate representation she found was from the South Park episode "I'm a Little Bit Country."



Photo by McKayla Holson

Dr. Aaron Mason and guest speaker Dr. Jane Calvert discuss John Dickinson at the Constitution Day event.

For more information on the John Dickinson Writings Project, visit their website: <http://dickinsonproject.rch.uky.edu/>

News

Give blood, save lives

PLC students to hold blood drive Sept. 23 - 24

By **AMBER SCALES**
Student Reporter

The Northwestern Oklahoma State University President's Leadership Class will host a blood-drive in conjunction with the Oklahoma Blood Institute Sept. 23 - 24.

With the holiday season approaching, organizations like the OBI are preparing for an increase in medical emergencies.

To do that, they are asking for blood donations from members of the community. The OBI says that each donation it receives can save three people's lives.

According to Hannah Webb, a PLC member who is co-chairing the event, local hospitals are in need of blood.

"The local hospitals near Alva have a very limited supply of blood, and their goal is to have 80 donors per day," she said.

According to the OBI, giving blood is important, as donations of blood can save the lives of those who lose blood due to car accidents and illnesses.

According to Jady Budig, who is co-chairing the event with Webb, students will offer snacks, drinks and free T-shirts at the blood drive. Students will also hold a prize-drawing as an incentive to get students to donate.

"At the blood drive, there will be snacks and drinks that will be given to the people that donate," Budig said. "We will also be giving away free T-shirts to everyone that donates, and we will be having a drawing.

If you come by the table and donate - or if you can't donate due to medical reasons - we will still put your name in the drawing for a prize."

The OBI encourages donors to schedule an appointment in advance of the blood drive. To do that, visit the OBI's website at <https://obi.org>. Then, in the top right corner of the page, click on the "Donor Login" icon.

Then, to create an account, click the button that says "Create New One." From there, follow the prompts on the website.

Appointments may be made before the blood-drive. To save time at the blood-drive, donors may fill out information regarding their health online the day of the drive.

The OBI recommends that donors eat food that is rich in iron before donating.

Individuals who have donated blood within the last three months - or who have gotten a tattoo within the last year - are not eligible to donate.

For additional information, contact Webb or Budig. Those interested in donating may also set up an appointment with Janet Valencia, NWOSU's graduate studies coordinator. Her email address is jvalencia@nwosu.edu.

Volunteer opportunities will be available at the blood drive. To sign up, contact a member of the PLC class.

Students will hold the blood-drive in the Ranger room, located in the Student Center, from 9 a.m. - 4 p.m. each day.

Why is donating important?

- The United States needs roughly 36,000 units of red blood cells each day.
- Each day in the United States, almost 7,000 units of platelets and 10,000 units of plasma are used.
- Each year in the United States, about 21 million blood components are transfused.
- On average, red blood cell transfusions use about three units of blood each.
- The most widely-used blood type is type 'O,' according to U.S. hospitals.
- Anywhere from 90,000 - 100,000 U.S. adults have sickle-cell disease. Each year, approximately 1,000 babies are born with the disease. Those with the disease may need transfusions throughout their lives.
- Cancer patients also need blood. According to a 2017 statistic by the American Cancer Society, approximately 1.7 million people were expected to be diagnosed with cancer that year. Patients undergoing chemotherapy may need blood daily.
- Every two seconds, someone in the U.S. needs blood.

- Information provided by the American Red Cross

This one's for the girls

The Miss Northwestern competition is changing

By **McKAYLA HOLSON**
Student Reporter

The Miss Northwestern 2019 journey is beginning.

On September 16, women attended an informational night for the annual Miss Northwestern pageant. At the meeting, women received information about the event, including a checklist of important dates for the competition.

The competition has gone through a few changes this year, adapting to the changes in the Miss America Organization. "Miss America 2.0" is what the organization is calling the new, revamped structure of the competition.

One of the biggest changes the competition has gone through is the removal of the swimsuit portion.

"I think a lot of people were hindered from wanting to do [the competition] just because of the swimsuit competition," said Olivia Yandel, who serves as teen director for the organization. "There have been a few girls that have voiced that they are interested in doing it this year because they don't have to worry about the swimsuit portion."

Paige Fischer, executive director of the competition, said the category replacing the swimsuit

portion is called "social impact."

Yandel said the competition is becoming more of a women's empowerment movement. Both Fischer and Yandel said that the organization has changed the way it looks for a good candidate for the job of Miss Northwestern.

"It's not just how you look and whether or not you have a talent," Yandel said. "[It is] more about, 'Are you suited for this position, or suited for this job.'"

The competition will have several different parts. Candidates will have to have a private interview. They will also have to demonstrate talent, dress in eveningwear, talk about social impact, and complete an on-stage interview.

"The scholarship opportunities are incredible," Fischer said. "It would give [the candidates] the opportunity to get out of their 'comfort zones' and meet new people. It also gives them the opportunity to go through and interview, whereas a lot of students never really have that opportunity while they're in college."

Yandel said that the competition is also a good "resume-builder."

"It just looks good that you were chosen to represent the whole university at the state level," Yan-



Photo by Leah Darnell

Alysson Stewart, the 2018 Miss Northwestern, spoke at the Miss Northwestern informational night in Herrod Hall Sept. 16.

del said.

WHY ARE WOMEN PARTICIPATING IN THE COMPETITION?

The Northwestern News spoke

to some young women on campus to find out why they are looking forward to the competition.

"I think it would be good to use the communication skills I've already learned," said Kenlee Netherton, a senior psychology major. "I was a salesman for a radio station, so I've had a lot of interaction with people. I've also been on two mission trips, where I've had to interact with people and be intentional with them. ... So it'd be good to use those [skills]."

Netherton added that the program's scholarship is a "nice touch," and she said it would help her pay for her education. She said that being "pushed" to get involved in the Alva community - where she isn't so well-known - would be a good thing.

"I'm mostly doing this for the scholarship, and because I have a problem with shyness," said Samantha Mendoza, a freshman nursing major.

Mendoza said she does things like the competition to get out of her "comfort zone."

"It gives me this rush because I get so scared," Mendoza said. "I mostly hope this helps me with my people skills."

See PAGEANT, Page 6

Make some music with the Phi Delta club

By **LOGAN MERIWETHER**
Student Reporter

The Phi Delta Music Club promotes a serious study of music and the musical department of the University.

The club held a meeting Sept. 10 to discuss ideas for the week. The president of the Phi Delta music club, Dakota Retherford, discussed community service ideas that the group could participate in. This will help promote a "good image" for the club, he said.

Music Club

Retherford also discussed collaborating with Castle Players, the theater club on campus. He said he believes that a collaboration would be beneficial for both organizations.

The Phi Delta club is currently accepting new members. If you are interested in learning more about Phi Delta, contact Retherford at djretherford11@rangers.nwosu.edu.

News

What's up?

Sororities celebrate bid day

OBI Blood Drive

Join Northwestern Oklahoma State University at a blood drive with Oklahoma Blood Institute from 10am to 4pm.

Blood donors will receive a free "Together We Can Move Mountains" t-shirt. Anyone who is healthy and 16 years old or older can give blood. In addition, donors will receive a coupon from Whataburger for a free Honey Butter Chicken Biscuit and be entered for a chance to win Whataburger for a year!

Sept. 23 & 24

Ranger Royalty Applications Due

Northwestern students wishing to be considered for Ranger King, Ranger Queen and Freshman Queen must turn in their applications by 5 p.m. in Fine Arts 126

Oct. 1



Tonight

Rangers Got Talent

Students will showcase their talents to win cash prizes in the Student Center Ballroom.

7 p.m.



Tonight

South Hall Zumba Night

South hall participants are invited to participate in zumba in the South Hall lobby.

6:30 p.m.

DIY ACAI Bowls

Coronado Caf^e will be hosting a DIY smoothie bowl event with a selection of blended smoothie bases

Sept. 21



Photos by Leah Darnell

Left: Dayra Verquzo, Baylee Felber, Karley Tate and Ally Galsgow run towards their sorority, Alpha Sigma Alpha.

Bottom Left: New members join together with current Delta Zeta members for a group picture.

Bottom Right: In the group picture, Alpha Sigma Alpha members, current and new pose for their first picture as the fall 2019 chapter.



New members of the sororities smile after opening their invitations to join the two groups.

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Editor-in-Chief
 Ashley Strehl

News Editor
 Jordan Green

Editorial Editor
 McKayla Holson

Feature Editor
 Michelle Willson

Sports Editor
 Ashley Watts

Photo Editor
 Leah Darnell

Advertising Manager
 Jayden Dillon

Circulation Manager
 Chuy Dominguez

Adviser
 Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232
 Telephone: 327-8479; Fax: 327-8127
 E-mail: nwnews@nwosu.edu
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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 Monday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to nwnews@nwosu.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

SUBSCRIPTIONS

Yearly subscriptions to the News are \$20.

Editorial

Supporting students

By **JORDAN GREEN**
News Editor

Every small town has them. The people who are never happy. The people who always find something negative to say. The people who always want to play Devil's Advocate just to do it.

Last week, one of those people put a post on a local social media page that really bothered me. This person – whose name I will not say because it isn't worth the paper upon which it would be printed – said he was embarrassed by my high school's football team and band.

He said their opponents did a better job than they did. He then criticized the quality of teachers my school has – some of whom have devoted most of their careers to working in the district. He also made the oh-so-classy decision to make the post political, saying our school district's leadership is poor.

A few days after that post, a former school teacher caught me at the county fair and asked me to put some positive news in the paper. So that's just what I'm going to do.

If you're looking to do some good in the world this week, I've got something for you: Support students at your local schools who participate in fine arts and athletics.

In my hometown of Blackwell, we are fortunate to have some outstanding intramural activities. We have some of the best choirs in the state, as shown by the long list

of awards singers have earned in recent years. The vocal department has a new choral director, and he is doing an awesome job, from what I hear.

Our high school band members are making some great music of their own. They're playing at every football game, providing encouragement and support to our football team. They're also marching in parades around the area so that they can share their music with others. As a matter of fact, the band marched in a parade at Perry on Saturday, and they did a spectacular job. I was proud to see my school band there.

When you go to an event like a band or choir concert, you're showing our diligent students that you recognize and appreciate their talent and dedication. Learning music is never easy, and students and teachers put in a lot of time to perfect it.

So get out to the high school auditorium and thank them for sharing their musical talents with the community. I'm of the opinion that the arts are some of the greatest community services people can offer; few things have the ability to inspire and motivate people like music.

We're fortunate to have plenty of students who have a love for that. So show them that you care.

In addition to a long list of wonderful musical events, we've got some exciting athletic events coming up at Blackwell High School. Football season is here,

so get out and cheer on the Maroons as they kick the old pigskin around. Though I am not an athlete, I admire people who have athletic ability, and Blackwell has some kids with plenty of it.

And let's not forget our talented artists! Blackwell High School has one of the best art teachers around, and we're lucky to have her. Her students produce some beautiful works, including paintings, sculptures, and just about everything else you could imagine. Blackwell's students consistently win more awards at area art shows than students from other schools do. Go up to the high school and admire their works. You won't be disappointed.

The more I think about that post, the more I realize what a miserable life the person who posted it must live. To look at such wonderful students and say that you're embarrassed by what they do – and then to insult their educators and administrators – is absolutely pitiful. That person is probably just jealous that he was never as talented or intelligent as the students we have now are.

This week, get out and support students at your local schools. Whether they're musicians, artists, or athletes, they work hard to perform for you. Show them that you care about them and that you appreciate what they do.

Make a difference. This week, get out and support students involved in extracurricular activities. Some people just aren't good enough to do that.

EDITOR'S RANT OF THE WEEK

By **ASHLEY STREHL**
Editor-in-Chief

This is a story of my life, written in third person that I wrote for an online class. I hope you enjoy!

Mrs. Boham, her third grade teacher, called her "Miss Wordy".

She loved the art of the words; she would sit in her bedroom and write. At only eight-years-old she would write 4 page stories of all the imagination that fluttered her mind. She told stories of princesses, castles, magic and mermaids. Just like any kid growing up – Ashley changed her mind on what she wanted to do all the time.

She didn't always see her calling. Ashley decided to play basketball during her sophomore year of high school. Unfortunately, she came to discover that it just wasn't what she felt she was meant to do nor did she enjoy it very much.

As she sat on the bench she longed for the game to be over so that she could change clothes and get behind the camera. That's where she was a competitor, and that is what truly made her happy. She loved the thrill; the risk that came with standing right under the goal to get that one, truly heart stopping and intense shot. When graduation rolled around, there was no question and no hesitation; she wanted to study mass communications. Little did Ashley know, mass communications is where she would truly find herself and become who she always wanted to be. At the end of her freshman year, she received an email from her now advisor, Dr. Kaylene Armstrong. It read: "Attention all mass communications students! Are you looking for a part-time job? The Northwestern News is in search of a Photo Editor, reply to this email if you are interested!"

Ashley put her laptop to the side of her and jumped for joy. She had been desperately looking for the perfect part-time job to fit her schedule and she just knew that this was it. After Christmas break in the fall of 2016, her journey began. College isn't always easy; the journey came with broken roads and trials and tribulations, and Ashley's spirit was often down. One thing remained amidst the stress, anxiety, anger and sadness, her love of writing. And so, Ashley went from the position of Photo Editor, to Features and Entertainment writer and editor, and now Ashley has held the position of Editor in Chief for one year.

She's made great friends in Mass Communications; she continues to write, not just for work, but for fun and healing as well. After all, she is and always will be "Miss Wordy".

The honey of my life

By **MCKAYLA HOLSON**
Editorial Editor

When I was a senior in high school, what feels like decades ago some days, I competed in the Environmental Ambassador category of FCCLA STAR Events.

If you know me, or if you've ever around me for an extended period of time, you've probably heard about this countless times. For those of you that have had that opportunity, sorry not sorry. My time spent on that project is something I am incredibly proud of and something I will always be incredibly proud of.

The project boosted my confidence and provided me with a passion in my life. It opened my eyes and made me believe that I could make a difference in the world, even if it was just a small one. I realized taking small steps to inform people on a topic isn't even that difficult.

One part of the project was creating a presentation and speaking to groups of people. I spoke to a few classes in my high school. It was an interesting and exciting experience. Having a student walk up to you a

few days after presenting to them and having them tell you about the steps they've taken to help your cause and how it opened their eyes is uplifting. Again, it makes you realize what you say and do matters.

I remember competing at the National level for this project and saying, "think about how many bees you saw as a kid. Now think about how many bees you see now," and seeing my judge's expressions change as realization hit them. I presented the information I had to them and they said it opened their eyes and they never realized just how bad the issues is.

The project as a whole gave me the feeling and knowledge that I actually matter. Little 'ol me from a small town made a difference in someone's life and changed someone's perspective. I made a difference.

Without an organization like FCCLA, I never would have had this experience. I don't know about you, but I never really considered the impact clubs and organizations would have on me and how important they truly are.

FCCLA boosted my confidence and, I know it sounds cheesy, helped make me who I am today.

FCCLA was more of my niche, but I was also a part of FFA. FFA also taught me a lot of life skills. It's the same with band, which I am still a part of, and other clubs and organizations.

I am a part of Phi Delta here on campus and it has provided me with an amazing group of friends and opportunities.

Without clubs and organizations, I feel like my life would be dull and gray, similar to what a world without bees would look like. Believe me, I understand that clubs and organizations can be intimidating, but I firmly believe they help shape people into who they are and provide them with skills necessary to help them succeed.

FCCLA and FFA have helped with my people skills. This has helped me with interviews and making connections that help me with my education. These skills will also help me in my future career.

It's never too late to join a club or organization, just attend a meeting and I am sure they'll be glad to have you. Through the club or organization, you will gain life skills, have doors opened for you and you might even have your "I matter" moment like I did.

Editorial

No lungs? No problem

By **MCKAYLA HOLSON**
Editorial Editor

Honeybees don't have lungs; they breathe through a complex system of tracheas and air sacs.

I know, pretty crazy and pretty cool.

I first learned about this through a news article about the honeybees that were kept on top of the Notre Dame Cathedral. The smoke from the fire essentially just made them loopy and go to sleep, it didn't suffocate them like someone might originally think.

After hearing about those honeybees, I decided to spend a little time researching how honeybees breathe. If you know me, or if you've read my other editorial in

this paper, you know that I love bees.

In this open circulatory system, the internal organs of the honeybees are bathed in a mixture of blood and lymphatic fluid called hemolymph. This also means they do not have veins or arteries.

Jamie Ellis with the American Bee Journal referred to hemolymph just as bee blood. Ellis said the open circulatory system just means the hemolymph freely circulates the bee's body cavity instead of being pumped through veins. Ellis said the hemolymph does not transport oxygen. She said it instead transports nutrients and hormones to various body tissues. She also said the hemolymph picks up waste products inside the body and takes them to excretory organs. Turns out hemolymph is

pretty import because it also aids in heat transfer and can be a reservoir for food.

An article by Bee-Health said oxygen is vacuumed into the body through little openings in the segments, or spiracles, by the air sacs expanding. Once the spiracles are closed, the air sacs are compressed to force air into the smaller tracheas. These tracheas decrease in size until individual tubules reach the individual cells.

It's amazing to me that something so tiny can be so complex.

If anybody has any tidbits of information about bees, or any fun and interesting facts, please send them my way. My email is mrholson30@rangers.nwosu.edu. I love learning new things about bees!

Collaboration on campus

By **MICHELLE WILLSON**
Feature and Entertainment Editor

As kids, we were always taught to work together. In school, they put us in group projects and made us work together in activities. Why is it that when we get into college and the real world we get divided into our departments and fields and we feel that it has to stop?

I propose we do more club and department collaboration. Not only would we be getting to know people outside our major, but we might also get things done faster.

One of the reasons I thought of this was the RA introduction videos, they were hilarious, but the

video quality made it obvious it was shot on phones. Being a mass communication major, I know that we have some cameras, the software to edit the videos and students that would love to help.

I know the math/science department made 3D printed trophies for the SGA Talent Show.

In the future, clubs could be able to pay or barter with each other for services.

Just think about it, The Red-Hot Chili Peppers, Culinary Club, wants posters so they ask Art Society to design them and in return they make snacks for an art society meeting. In that case, an art student gets another thing to put in their portfolio, Culinary Club gets posters and Art Society gets food.

Clubs could do bake sales and other fundraisers together. A large number of students are in multiple clubs and it makes sense for clubs that have low attendance numbers to combine and conquer.

This could work all around campus. I feel that we are not utilizing all the areas we have available to us. If we did, more inter-departmental collaboration would help things run more efficiently. It just starts with clubs and departments asking others for assistance. The worst that would happen is someone saying they are too busy to help.

I honestly think we need to regain the notion that we should work as a team and not separate into our departments.

A rant on sports and jobs

By **ASHLEY WATTS**
Sports Editor

I can't. I have practice.

If you have a friend that is an athlete you might hear these words a little too often because they are always busy with either practice or they have a ton of homework from being gone for an event.

I play golf at Northwestern Oklahoma State University, and believe me I have said these words a million times. Being a college athlete is the equivalent to having a full time job; therefore, you have no time to do anything. Even if you have spare time you are doing homework because as an athlete you are expected to have good grades.

There are many times when I

am rushing from golf to something else because I am so busy. I am up late hours of the night working on

Being a college athlete is the equivalent to having a full time job; therefore, you have no time to do anything.

homework for my classes to maintain my high grade point average, and then in the morning I am exhausted. Another thing about being a college athlete is the fact that I miss class all the time. I miss at least five Mondays and Tuesdays

out of semester, but I try my best to get my homework in on time. Most of the time I am successful.

Not only do I play golf, but I also work for the Northwestern News as the sports editor. Since I am apart of both of these things, I don't have the time for a full-time job. I barely have time to design my pages for the newspaper.

Even though my days are very busy, I still enjoy both of my jobs. I love to play golf, and I'm happy I decided to be a college athlete. I also enjoy designing pages. It takes a long time to do, but in the end I find it as a stress reliever.

Get inspired!

"The Way Get Started Is To Quit Talking And Begin Doing." – Walt Disney

"The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty." – Winston Churchill

"Don't Let Yesterday Take Up Too Much Of Today." – Will Rogers

"The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today." – Franklin D. Roosevelt

"If You Are Working On Something That You Really Care About, You Don't Have To Be Pushed. The Vision Pulls You." – Steve Jobs

"Creativity Is Intelligence Having Fun." – Albert Einstein

"Fake It Until You Make It! Act As If You Had All The Confidence You Require Until It Becomes Your Reality." – Brian Tracy

Every moment is a fresh beginning.- T.S Eliot

Have a poem you would like to share? An opinion in need of expressing? A topic you find interesting and think more people should know about? Send it in!

If you would like your work to be shown in the pages of the Northwestern newspaper, don't be afraid to send it in. We'd love to hear what you have to say!

If you would like your work to be shown, email me at mrholson30@rangers.nwosu.edu or the newspaper at nwnews@nwosu.edu.

Campus

Keep the family close



Photos by Leah Darnell



Northwestern Oklahoma State University's annual Family Day was held Sept. 14 and 15. With events kicking off Friday at 9 a.m., students and parents were able to "Shop for Tuition," an event that allowed families to walk into local businesses and register for a drawing that took place during the halftime of Saturday's football game. The NWOSU Rangers faced against the Southeastern Oklahoma State University Savage Storms. Above: NWOSU students Caitlin Johnson and Makenna Sterling speak to a family in attendance at Saturday's cookout. Above right: Families enjoy an afternoon meal together at a picnic table. Below right: Ethan Sacket passes out food to hungry families in line at the Family Day cookout.

PAGEANT: Participants look forward to developing their interpersonal skills

Continued from Page 2

"I've already done two other pageants," said Italy Custard, a freshman business major. "I won Miss Fort Supply, and I was a titlist in National American Miss, so it gave me a whole bunch of confidence. Like [Mendoza] said, it gives you a lot of 'people skills,' and it helps me in business, so that's why I'm doing this."

"I'm doing it for the experience," said Carlen Lazcano, a freshman biology major. "... I'd like to get out there."

Lazcano said she would like to gain interview skills.

"I'm going to go for pre-med, and I have to do a bunch of interviews, so I feel like this will help me get out there to get my name heard," Lazcano said.

FISCHER: 'GIVE IT A SHOT'

Fischer said the experience will be exciting, and she hopes that young women on campus will take part in it.

"I would encourage anyone that has any interest to submit their information and give it a shot," Fischer said. "It'll be fun. ... It'll be an awesome experience while they're here at Northwestern."

The Miss Northwestern competition will be November 3 at 4 p.m. in Herod Hall.

If you are interested in learning more about the competition, contact Fischer at plfischer@nwosu.edu. You can also contact Yandel at oayandel@nwosu.edu.

Letters of intent are due September 25.

Got news?
Tell us!
Send your stories and information to us at: nwnews@nwosu.edu.

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Feature

'I'm not a coach, I just do it for fun'

Volleyball coach Fred Aubuchon shares about his journey to NWOSU

By SHANNON NESSERALLA
Student Reporter

Finding your calling in life can happen by accident

Detroit, Michigan, is known for its high rates of crime and violence. Living in this city means watching your back at all times. You never know when someone could be following you.

Being a child in the midst of the city means learning a lot at a young age. It can be a scary experience for young people. Fredrick Aubuchon, who is now the volleyball coach at Northwestern Oklahoma State University, experienced this first-hand.

"It was a little scary, for sure, growing up in Detroit," he said.

Between the seventh and eighth grades, Aubuchon packed up his belongings and moved with his family to Richland, Michigan, a "much safer town" where academic success was high and crime rates were low. That town became Aubuchon's new home.

Detroit may no longer be home to Aubuchon, but his extended family still lives there. Sitting in a car during a two-hour road trip from Richland to Detroit was a common occurrence for him; family was important.

"Extended family was a big part of us," he said.

Growing up, Aubuchon had many role models. But his uncle, Gary, was the most important to him. His uncle was successful in his job, and Aubuchon had the opportunity to work by his side after high school.

"He was a big role model on the fact of, if you work hard and do things the right way, life can be pretty good," he said.

OFF TO COLLEGE

After being encouraged by his uncle, Aubuchon attended college and pursued academics. At first, he took on classes as a part-time student. He eventually left work and pursued a degree full-time at Central Michigan University.

Aubuchon is currently the head volleyball coach at NWOSU. Getting into volleyball "was a complete accident," he said.

Growing up, Aubuchon was always playing football and baseball for his high school teams. When he went to college, he tried out for CMU baseball. But after approximately six weeks, the coaches cut him from the team. He decided to start playing volleyball and soon realized he was "pretty good" at it. He was invited to play on the men's volleyball team at CMU.



Photo provided

Coach Aubuchon is shown with his wife, Sabrina, and daughter, Emmaly, at Emmaly's graduation from KWU.

During his senior year, the men's volleyball team had a huge following of supportive fans. A few girls who had watched the men play volleyball decided they wanted to start playing, too. A couple of girls approached Aubuchon, and he was asked to start a women's college club program at CMU. Though he thought he was unqualified, Aubuchon — with the help of a teammate — decided to start the program and help coach the girls.

BECOMING THE COACH

Aubuchon soon left CMU and started graduate classes at the University of Toledo in Ohio. He again played on the men's volleyball team, and he started another women's college program. He coached it for two years.

His volleyball coaching career was just beginning. A group of girls from Owens Community College, a local junior college, approached him and asked him to be their coach.

"I'm not a coach," Aubuchon said. "I just do it for fun. I have no idea what I'm doing."

That reply didn't stop the girls. The junior college's athletic director contacted him, and soon enough, Owens welcomed Au-

buchon as the school's volleyball coach. He worked there for five years.

COMING TO ALVA

Aubuchon was hired at NWOSU in December, and he has only had a couple of months to prepare for next season. He mentioned that he does have a few concerns.

"I think my biggest concern, which is actually being addressed right now, is making a true 'connection' with these girls — to get them to know I am here for them and excited to coach them."

Sydney Miller is a sophomore volleyball player who is currently on Aubuchon's team.

"Coach Aubuchon, in my opinion, is exactly what this team needs to get further in the conference tournament next season," she said. "He has his heart invested in this team and expects the same from us as well. Every girl on this team feels lucky to have him lead us to success in future seasons."

Aubuchon said he's been working on getting the women to understand his vision for the team — and his love for the game. He also said he hopes they can see how much he cares about each of them not only as a player, but also as a person.

"Winning and losing are not my biggest concerns," he said. "And if they were, I think we'd fail."

Claire Hodges is a freshman volleyball player at NWOSU.

"Coach sees things in us that we don't see in ourselves," she said. "He brings out the best in each of his players. He's taken us from being just a team, to being a family"

LEARNING FROM MISTAKES

Huge obstacles in life can sometimes involve failure.

"One of the biggest obstacles in life can be failure," Aubuchon said. Aubuchon said he made a huge mistake by marrying at a young age. The marriage ended in divorce, and it affected his emotions so much that he stayed single for almost 18 years.

In 2007, he decided the time was right to try and love again. He married Sabrina, who had a 13-year-old daughter, Emmaly.

"My biggest obstacle in my life was learning how to come into a 'made' family and become a positive part of that," he said.

After a long time of trying to win Emmaly over, Aubuchon did it. He says their relationship "couldn't be any stronger now."

Aubuchon's biggest accomplishment was in 2009. He had just been named the head coach at Kansas Wesleyan University, and the program was in "bad shape." His team finished the first season with a record of 0-35.

"I feel like my biggest accomplishment was learning from that and not giving up," he said.

Two years later, Aubuchon coached them to a spot at the national championship, and the team finished in the top 25 in the country.

FAILURE DOESN'T DEFINE YOU

"I care very much for the players on the team, and I'm an extremely patient coach," Aubuchon said. "I'm not somebody who would humiliate you. I coach you, but if I have to be hard on you, I'll pull you aside and keep that to a more of a one-on-one conversation."

Being laid back and having a lot of patience are two qualities Aubuchon said he has. He said he is someone who understands failure — and believes it doesn't define who you are.

With an endless number of "proud" moments, some of Aubuchon's favorite include watching his past players graduate with honors and go on to succeed in their careers. He also loves seeing past players start families.

But he is most proud of the work done by his daughter, Emmaly. She finished her undergraduate degree at Kansas Wesleyan University, and she went on to complete her master's degree. She is working in her job field right out of college.

Liz Dwyer has been the assistant coach for both Aubuchon and the previous volleyball coach, Jeremy White.

"Coach Aubuchon has been fantastic his first semester here," she said. "His vision for the future of Ranger Volleyball has all of the current and future Lady Rangers on board. He truly cares about each and every one of his athletes, and he wants to see them succeed in the classroom, on the court, and in life."

"After being a part of Ranger volleyball for five years, I am so excited to see what the future holds. It's been an honor to be his assistant coach."

In 10 years, Aubuchon will be in his early 60s. He does not believe he will still be a coach, but he said hopes to have a chance to move up to a different job at NWOSU.

Feature

Students share their favorite dorm meals and snacks

By **LYLA MURIE**
Student Reporter

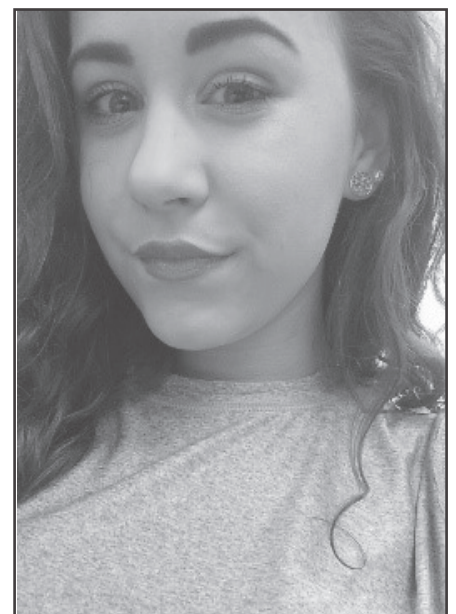
A majority of students live on campus which means finding meals to eat without a kitchen. Sometimes the meals can get pretty creative. We asked a couple of students what their favorite meal was to make in the dorms.



Louis Miele
Sophomore
Chicken Alfredo



Angie Cook
Freshman
Mac n' Cheese with Cheetos



Elizabeth Solorio
Freshman
Peanut butter with Cheetos



Alondra Galindo
Senior
Nutella and salty chips



Kayla Gourley
Senior
Popcorn



Trinity Goff
Freshman
Vegan chicken nuggets and green tea



Tori Lynnne
Freshman
Popsicles

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Feature

Club Spotlight Gay-Straight Alliance

By **BRAYDEN WILSON**
Student Reporter

If you are interested in a club that is all about acceptance and building relationships, then you need to join the Gay Straight Alliance here at Northwestern.

The Gay Straight Alliance is a campus organization that focuses on spreading love and helping others.

GSA president, Northwestern junior Peyton Lucas, started the group last year. When asked what inspired him to create GSA Peyton responded, "I just wanted to start this as a way for people who might be questioning or who are not really too sure of themselves to have somewhere to go and actually be able to learn more about themselves and be open, to be free, to be who they are, and to kind of breakdown walls they might have built up over time."

GSA prides itself on being an open and welcoming space that refrains from judgment. Tanya Crain, a Northwestern freshman and GSA member, loves being a part of GSA simply because of how accepting it is.

In an interview with GSA sponsor, Psychology Professor

Come join us as we make history

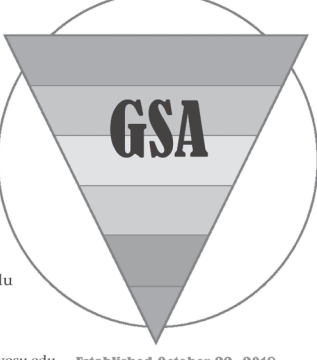
Gay-Straight Alliance

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Contacts:
Sponsor:
 Mistie Kline
 (580) 327-8148
 mekline@nwosu.edu
President:
 Peyton Lucas
 (580) 278-6459
 Plucas35@rangers.nwosu.edu

Meetings:
 5 o'clock
 Every other Thursday
 SOEA Hospitality room.
 EC 217

Meeting dates
 September 19th
 October 3rd
 October 17th
 October 31st
 November 14th
 November 28th



Established October 22, 2018

Mistie Kline spoke about why she thinks this club is vital to Northwestern. "GSA is important because everyone wants to belong somewhere. This group is special in the sense that every single student is welcomed, period. This group of students gather every other week to support and care for not only each other but Northwestern and the community. I am so honored and proud to be their sponsor and Ally."

Last year, GSA participated in many campus activities, fundraised for the Comfort Drive and the Women's Crisis Center, as well as sent cards

to local nursing homes and organized the Free Mom Hugs event. This year the group plans to do more fundraising for local organizations, larger organizations, and host more events. However, GSA is open to any suggestions by current and future members.

GSA does not request dues but does encourage new members. Its next meeting is at 5 p.m. Thursday in EC 217a.

Mistie Kline encourages students to talk with her or members of GSA to learn more about the organization. Kline's office hours are posted on her office door in EC 208.

Exploring majors

Business Administration

Getting a sneak peak into a different major every week.

By **ANGEL PEREZ**
Student Reporter

Why did you choose this major?

I chose to pursue the major of Business Admin because when I was in high school, my high school teacher would actually tell me about his investments and properties in class. I was intrigued the more he kept explaining the part of business education he had in order to understand some situations. I then started researching potential jobs with a business degree before I started college along with yearly incomes and I knew it was something I wanted to do. I have never switched majors in college and I am so glad I found what I wanted to pursue before college began. I think Business is something that the world will always need or never fall short of. The amount of career paths you can pursue with this degree is amazing.



Yazmin Gomez

What is your favorite class?

This is actually a very tough question because I have enjoyed so many business classes here at Northwestern. I am torn between Sports Marketing with Dr. Palmer and Technology and Marketing with Dr. Stockmyer. As a Marketing minor, I enjoy/have enjoyed these two classes because the professors do an excellent job teaching the course and keeping topics relevant to today's society and business world. I have learned quite a lot from these two professors and I will always recommend these classes to anyone who has an interest in Marketing.

What is the best part of being in your major?

I think the best part of being in my major has to be the professors I have and my classmates. As you get a step closer to your degree every single year, you start to see so many familiar faces that soon become friends within the same major. I enjoy my major because I really believe it has a wide variety of personalities and different perspectives in every single business class. The resources that are offered as a business major is great. One's own professors could be people that can open that door for you as they have been business owners, stock investors, or accountants before. It is a huge network within the entire business program and I think that is amazing and so helpful.

Tips for underclassmen in this major?

Tips that I would say are important for this major is to first, build friendships with your professors. It is so important to communicate with your professors at all times and have a great relationship for future references. Secondly, staying on top of your work. For this major is very time consuming, but very rewarding. Just staying focused and having an open mind will be a huge help to know. Although sometimes the work load piles up, there is a reason for every single thing you do. And do not forget, the slightest details matter.

What is your dream job within this career?

My ultimate dream job within this career is to work with the National Basketball Association. Not just any ordinary job, but being on the marketing team for select pro teams. Since I absolutely love my home state, I would love to work with the Los Angeles Lakers and be living in California. Sports Marketing is ultimately my dream career and I plan to expand my network as I graduate and leave Northwestern and work as hard to have the job and lifestyle I want.

Marching to perfection



The band is hard at work practicing for the next home-game.



The Ranger Marching Band practices Monday through Thursday at 7:30 in the morning.



The band will be add a new song to their halftime show - Light 'Em Up by Fall Out Boy

Sports

Football falls to Southeastern

By **ASHLEY WATTS**
Sports Editor

The Northwestern Oklahoma State University football team lost their first game last Saturday against Southeastern Oklahoma State.

It was a back and forth game all night long, but in the end Southeastern came out victorious. This loss moved the Rangers to a 1-1 record for the season.

NWOSU had no problem moving the ball this week as they finished the game with a total of 401 yards. This yardage total was almost double of what they had last week against East Central.

Redshirt senior, Jacob Peyton, paced the Rangers on the ground with 109 rushing yards on 17 carries, while sophomore Calion Baker had 60 yards on nine attempts.

The Rangers only had one rushing touchdown and it was run in on a 19-yard run by freshman Torrence Stevens.

On the defensive side of the ball, James Ellis had a total of 6 tackles with two of them being sacks. Christopher Fuzeme snagged an interception to go with his four tackles, and Adrelan Brow recovered a fumble for NWOSU.

Southeastern got on the board first with a 31-yard field goal early in the second quarter. NWOSU



Photos by Angel Perez

NWOSU will play Ouachita Baptist on Sept. 21 in Arkadelphia, Arkansas.

responded fast with a touchdown to bring the score 6-3. Going into halftime the score was 10-9 with the Rangers behind by one point.

Southeastern was the only team to score in the third quarter bringing the score 17-9. Both teams scored in the fourth quarter, but the Rangers come out behind Southeastern with the score ending 24-15.

The NWOSU Rangers will hope to extend their record as they play No. 1 Ouachita Baptist at 6 p.m. on Sept. 21 at Benson-

Williams Field at Cliff Harris Stadium in Arkadelphia, Arkansas.



Volleyball wins at home

By **MADISON PARROTT**
Athletic Communications

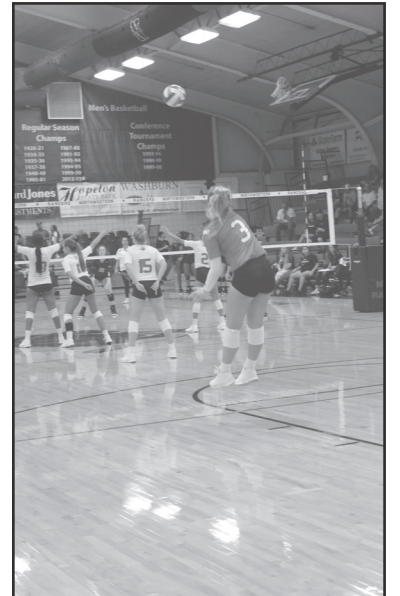
NWOSU faced their first Great American Conference opponent of the season Tuesday evening as they played East Central University. The match was an adversity with 33 ties and 17 lead changes.

The Rangers aggressive serving and offense in the last three sets allowed them to take the match 3-1. Northwestern had a total of 54 team kills, seven service aces and 13 team blocks.

Behind the continued leadership of senior Jennifer Eubanks, who had 15 kills while also earning seven blocks, the Rangers snagged the last three sets in quick fashion. Senior Kiauna Clark was not far behind with 11 kills and seven blocks herself. Kaitlyn Robinson led the team with 44 assists while also leading in digs with fourteen. Freshman

In the first set the Rangers had a back-and-forth battle with the Tigers. There was a total of 12 ties and six led changes in the first set alone. Northwestern appeared to take an early lead, but the Tigers came roaring back to tie the score 16-16.

There were nine different tied scores from there until the end of the game. East Central took advantage of a few errors at the end of the game to take the first set 28-26.



Photos by Angel Perez

Junior Sydnee Miller hits the ball.

The Rangers immediately took the momentum back from East Central behind the arms of Eubanks and Kaydee Honeycutt. Northwestern battled to tie the game 10-10 NWOSU finalized the game on an East Central error to take set two 25-15.

Northwestern took the next set 25-18.

The Northwestern volleyball team is scheduled to play this weekend at 11 a.m. against Randall University and at 2 p.m. against Drury University Friday Sept. 20 at the SNU/OBU Tournament in Bethany, Okla.

Women's golf wins Ranger Invite: Men's takes second

By **NICK DILL**
Student Reporter

Northwestern's Women's golf team had a great showing in the opening round of the Ranger Invitational on September 16th in Enid, Oklahoma.

The lady Rangers led after the opening round and had a score of 342 and were in front of Lincoln University by 28 strokes heading into the second day of the tournament.

After day one, junior Ashley Watts and sophomore Madison Masch both had a score of 83 and were sitting in a good position tied for first place. Samantha Friday finished in 3rd after day one with a score of 86.

On day 2, the Women's team finished in first place. Ashley Watts and Samantha Friday tied for second place as the top finishers for the Rangers.

Watts and Friday take second; Hofstad also places second.



Photos provided

The women's team took home the first place trophy for the tournament.

Northwestern's Men's Golf Team had a great performance in the opening round of the Ranger Invite on September 16th in Enid, Oklahoma.

The Men's team finished in second and third place after day one. Parker Rehorn finished first place after day one with a score of 71. Keenan Hofstad and Ben Huxtable tied for third place at the end of day one with a score of 74.

On day two, the men's team finished in second place. Only two points behind tournament champions Oklahoma Panhandle.

Freshman Keenan Hofstad finished the tournament in second place with a score of 147. Parker Rehorn finished closely behind in third place with a score of 148.

The Women's team will compete again next at the UCO classic Sept. 29th- Oct. 1st at The Golf Club of Edmond in Edmond, Oklahoma.

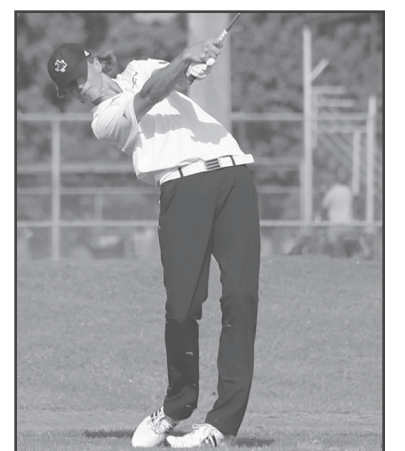
The Men's team will take almost a month off as they will go compete again on Oct. 13th-15th at the Midwestern State Invitational at the Wichita Falls Country Club in Wichita Falls, Texas.



The men's team fell short, but took home second place for the tournament.



Friday and Watts tie for second.



Keenan Hofstad took home second.

Sports

Volleyball competes at Tiger Classic

By **MADISON PARROTT**
Athletic Communications

Over the weekend NWOSU volleyball competed in the Tiger Classic in Hays, Kansas.

The lady Ragners swept the first day of the Tiger Classic as they played Newman University and Western Colorado University.

Northwestern showed incredible fight in their first two matches of the weekend as both games went to five sets.

Their rematch against Newman was a similar showing to their first match as both teams went point-for-point throughout most of the match. The lady Rangers won the match 3-2.

The Rangers took the first two sets of their second match against Western Colorado and then lost the next two before finishing it in the fifth. The game between the lady Rangers and Western Colorado ended with a NWOSU win 3-2.

Kaydee Honeycutt had a weekend with a team leading 29 kills on the day with 40 digs of her own. Jennifer Eubanks was not far be-



Photo by Angel Perez

The Lady Rangers focus on the play while watching for the ball.

hind with 24 kills with a hitting percentage of .450 in match one and .438 in match two while also earning a team leading 14 blocks and one service ace.

Kiauna Clark had 19 kills of her own with three service aces. Kaitlyn Robinson lead the team with 66 assists and three aces while

Sydnee Miller had three aces of her own and a team leading 49 digs on the day.

NWOSU split the second day of the Tiger Classic as they took one from Chadron State College, but dropped the next to the host team of Fort Hays University.

The Black-and-Red now have a

record of 5-4.

A dominating performance came from Northwestern against Chadron State which showed off their talent as they took the match 3-1.

The host team of the Tiger Classic, Fort Hays University, took the momentum in the final match of the tournament and never let go. The Rangers lost to the Tigers 1-3.

Kiauna Clark had another astounding day as she earned a team-leading 27 kills through both matches, with a hit percentage of .471 against Chadron state while also earning five blocks. Kaydee Honeycutt was not far behind with 25 kills, 3 service aces, and 37 digs. Jennifer Eubanks had 21 kills of her own with 13 total blocks which led the team. Kaitlyn Robinson led the team in assists with 56, while Sydnee Miller led the team in digs with 40.

After this great performance by the lady Ragners, Eubanks was named Great American Conference offensive player of the week.



Photo by Angel Perez

Rangers tie record with most goals.

Soccer ties school record

By **ALEJANDRO AARON**
Student Reporter

A Rangers 11 point game for the Women's soccer team dominated Oklahoma Panhandle State University Friday.

Within 10 minutes of the game the Rangers forward, Whitney Blanchard, scored a point. Five minutes later No.18 Mikayla Barrientos tallied another point on the board for the Rangers. With the 2-point lead 15 minutes into the game, the Rangers continue to play hard.

Following Hollie Pankake's goal in the first half, Alyssa Nunez racks on another point right before halftime.

Coming out of halftime with a 4-point lead the Rangers changed up the lineup. The whistle blows to start the half, and Kaley Whitworth manages to get in two goals before the end of the game along with Alyssa Nunez getting her second goal of the game.

With a inched miss by Tianna Young-Mauchly Yazmin Gomez recovers it and adds on the Rangers lead along with Mikalya Edris, Carlie Massingale, and Ashlie White.

The Rangers defense shut down OPSU to zero point allowing the team to win with a double digit deficit 11-0.

With this 11 goal game the lady Rangers tied the most goals in a game for the Northwestern Rangers in a Division II game.

This win evens their record at 2-2 on the season. The Rangers next game is Sept. 19 in San Antonio, Texas, to face St. Mary's University for their second to last game out of conference play.

Cross country teams take second at Aggie Duels

By **NICK DILL**
Student Reporter

The Northwestern men's cross country team finished second in the Aggie Duels.

Garrison Blanton was the top finisher for the Rangers with a sixth-place finish. Blanton had a time of 27:27:00. He finished 1:48 seconds behind the individual winner of the race.

Four other Rangers, Kory Wilson, Noble Buckhaults, Boady Johnson and Moises Ortega placed in 11-14th place. Wilson had the best time out of the four running a 28:22:00.

"The men were running their first 8k, showing a lot of promise with our young team that was grounded out by returners," said head coach Jill Lancaster.

"The men ran a very strong team race, I like the pack we had with our main group of men from our second to fifth finishers," said assistant coach Craig Binkley.

The Northwestern women's cross country team finished second at the Aggie Duels as well.

Jasmin Garcia ran the fastest time for the Rangers. Garcia finished third with a time of 20:15:10.

Northwestern beat rival school Southwestern by 33 total points. Camille Lear, Madison Meyer, Jessalyn Rivet- Tissot and Mariah Mallory earned a top 10 finish. Lear finished seventh place and ran a time of 21:12:00.

"This team showed today that we are going to be a much better team," Lancaster said. "Today we showed that we are good at packing together. This team improved from last week on our time margin which is always a great feat!"

"We improved across the board," Binkley said. "The women had a handful of people that improved from last week. That is always very encouraging going forward."

The men's and women's cross country team will race again Sept. 27 at the NWOSU Invitational in Alva.



Photos Provided

Jasmin Garcia ran the fastest time for the Rangers that placed her in third.



Garrison Blanton was the top finisher for the Rangers earning him sixth.

Volleyball travels:

SNU/OBU Tournament
Sept. 20-21

Soccer travels:

St. Marys University
Sept. 19

Texas A&M International
Sept. 21

Football travels:

Ouachita Baptist
Sept. 21

Rodeo travels:

Colby Community College
Sept. 20-22

Cross Country at home:

NWOSU Invitational
Sept. 27

Up Next for Ranger Sports

Spanish club invites students for walking tacos



Top Left: Britni Stewart, Gabby Trejo and Keeli Smith load up their walking taco at the Spanish Club meeting.

Bottom Left: During the meeting, students participate in an ice breaker game and getting to know everyone in attendance.

Top Right: David Clemente and Christopher Chauncey enjoy the free walking tacos at the meeting.

Bottom Right: President of Spanish Club, Erika Hernandez stands in the middle of the circle during the game.



Photos by Leah Darnell