

ENTER TO WIN!

Have you entered a picture of your pooch in the News' first Top Dogs on Campus contest? See details in this edition. PAGE 9



UPS & DOWNS

The Lady Rangers soccer team tied one game and lost another during the weekend. PAGE 11



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You've got a friend

ABOVE: Students talk to one another during the annual Speed Friendshipping event in the Student Center Ballroom on Tuesday. The event, which began at 7 p.m., gave Rangers a chance to make friends with other Rangers. Students asked a series of questions to each other to facilitate conversations. Afterward, they can choose to maintain contact with the students they met. For more photos, see Page 9 in this edition of the News.

RIGHT: Alva freshman Chancie Davidson looks over the list of questions at Speed Friendshipping.



Photos by Colby Dalton

PRICE HIKES

Room, board costs are up, but tuition remains flat

By **DYLAN WHITELY**
Senior Reporter

The cost of room and board has gone up this year for Northwestern students.

The cost of dormitory rooms and meal plans both increased this year for the first time since the 2019-2020 school year.

"Luckily we were able to go a couple of years without an increase in our room rates," said Dr. David Pecha, Northwestern's executive vice president. "With the current year that we're in, the cost of materials and supplies and things like that, we did have to go up on them."

The university remains affordable for students despite the cost hikes, Pecha said.

"Several years back, we were highlighted by an organization that tracks university costs as one of the most affordable schools in America for having reasonable room and board rates," Pecha said. "I know if you compare our room and board rates to other campuses in Oklahoma, our costs are less than they are, and we want those costs to be as low as they can."

See **COSTS**, Page 2

Father-daughter duo mark start of annual concert series

By **DYLAN WHITELY**
Senior Reporter

Another year of concerts is set to kick off at Northwestern.

The Northwest Oklahoma Concert Series begins Tuesday at 7 p.m. in Herod Hall with father-daughter singing duo Mat and Savanna Shaw.

The two Utah residents started posting videos of their performances on YouTube

during the coronavirus pandemic in 2020, and they quickly found success. Now they are traveling across the United States.

The duo's performance will be full of songs and stories. And for concert series board member and director of choral studies at Northwestern, Dr. Karsten Longhurst, the first concert will be a reunion with an old college friend.

Longhurst and Mat Shaw sang together in the Weber State Chamber Choir for a couple years. During that time, they sang

duets and were in quartets together.

Longhurst said the Shaws are not only talented musicians, but also delightful people.

"It's easy to like them," Longhurst said. "They know how to do great music."

The Northwestern Singers will sing backup for the duo on two pieces, and Longhurst will accompany the duo on one piece.

The concert series was created years ago with the intention of bringing perform-

ing groups to Alva. Although the concerts take place at Northwestern, the concert series is not affiliated with the university. It is a separate, non-profit organization made up of some Northwestern faculty members as well as other people from the community. The board is in charge of booking the acts for the series and controlling the budget for the series.

Like previous years, the series will

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NEWS



Students eat lunch in the Coronado Cafe Aug. 28. The university has increased room and board costs for students, though tuition costs remain flat for the 2022-2023 school year. Administrators say student costs to attend Northwestern remain lower than other universities' charges for students.

Photo by Colby Dalton

COSTS: University aims to keep student expenses affordable

BY THE NUMBERS

Average room, board cost increases at Northwestern in last three years

2019-2020: **2021-2022:**

Room: 4.4% Room: No increase

Board: 3.5% Board: 3%

2020-2021: **2022-2023:**

Room: No increase Room: 7.4%

Board: 4% Board: 6.3%

Source: Dr. David Pecha

Continued from Page 1

The university tries to keep rates affordable for students because of all the other costs that go into attending a university, Pecha said. Dormitory costs are still cheaper than most rental properties, and the cost per meal on a meal plan is less than the cost of going to a restaurant, Pecha said.

Although room rates have gone a couple years without increasing, meal plan rates have increased every year during the last three academic years. This is because the university's food service provider, Chartwells, has had increasing food costs.

"Basically our increase in our board is just a pass-through of what Chartwells has to charge based on what their costs have gone up," Pecha said.

Pecha said students and uni-

versity employees have continued to provide feedback on the company's service.

"Our increase is just a pass-through of what Chartwells has ..."
— Dr. David Pecha

"There's a student food advisory committee that meets every semester and gives feedback to the university and Chartwells on the selection of food," Pecha said. "Chartwells has been very receptive to the student group and to make changes to menu items that the students ask about."

Although the rates of room

and board have increased, the tuition rate did not go up this school year, although other schools around the state have increased their tuition costs. Northwestern hasn't increased tuition rates in two years.

The university has been able to keep costs reasonable for students even though the university has faced rising costs of its own during the last few years, especially with the coronavirus pandemic, Pecha said.

Expenses such as health insurance, gasoline, utilities and risk insurance have increased, and university officials hope an increase in enrollment will offset those additional costs and prevent the need for a tuition increase. Pecha said no students have called him to complain about the room and board cost increases.

CONCERT: Four performances set for school year

Continued from Page 1

consist of four concerts. Two performances will take place in the fall semester, and the other two will take place during the spring semester.

Longhurst said the series brings lots of talent to town that otherwise might not ever come to Alva. He said the series features up-and-coming artists as well as performers who have been doing professional work for years.

The series has had a good turnout from Alva community

members, Longhurst said, but organizers always hope to get more involvement from community members and Northwestern students. He said this can be tough to do with all the different competing interests that people have, such as sports and church events.

"We have a system that works," Longhurst said. "But we're always trying to find new ways to get through to people's busy lives and make live performances a priority, because there's nothing like a live performance."

Longhurst said he is looking forward to the upcoming series, and he encourages community members and students to attend the performances.

"We bring in quality acts," Longhurst said. "We pride ourselves on making sure the brand of our Northwest Oklahoma Concert Series stands alone."

For Northwestern students, admission is \$5. Tickets can be purchased at the door or by visiting <https://nwocs.ludus.com/index.php>. Season passes are available.

NEWS



Photos by Jordan Green

Students listen to Taylor Wilson, director of the university's counseling and career services program, during an Aug. 31 discussion in the Ranger Room. Wilson talked with students about mental health and self-care.

Wilson discusses self-care in mental health seminar

By **JORDAN GREEN**
Editor-in-Chief

Can even a forced laugh make your day better?

It can, says Northwestern counselor Taylor Wilson, and it's one of several tips offered to students during an Aug. 31 mental health discussion in the Student Center Ranger Room.

Wilson, the director of the university's counseling and career services programs, spoke about how students can care for their mental health during college. Her presentation was titled "Mental Health Awareness & How It Applies to You," and it focused on strategies students can use to promote their self-care, such as taking a break from daily tasks, spending time in nature, hanging out with close friends and getting proper amounts of rest.

"I feel like self-care is very important for college students because it kind of refuels your tank," Wilson said. "College kind of drains you. If you don't take care of yourself, it's going to be hard to get your work done, go to class and be successful."

Laughter was just one of the

tips offered. To demonstrate how laughter can be contagious and helpful, Tosh Miller, who oversees the TRIO Student Support Services grant, walked to the front of the room and gave a hearty laugh. Students in the room laughed in reply.

Another way to help elicit laughter on a down day, Wilson said, is to watch internet videos of laugh yoga.

"It's a real thing," Wilson said.

Wilson asked students several questions during the event about how students care for themselves presently. Students then responded with several tips and tricks they've picked up through the years.

Using to-do lists to stay organized, and then crossing off completed tasks, was suggested as a way to help students be more prepared for and less anxious about upcoming chores.

Students also flipped through literature regarding depression, anxiety and other mental health issues college students sometimes face.

Junior psychology major Fernando Nunez said the seminar provided him with valuable information about caring for himself.

"I learned that there's a lot of things I need to work on," Nunez said. "I realized ... how common it is for college students to have anxiety, and it was very eye-opening. I definitely needed to come here."

Nick Castillo, a junior business administration major, echoed those sentiments.

"I learned to take care of myself and do a mental check-list," Castillo said. "That means setting up smart goals that are specific and achievable."

Castillo added that he'll take more time for himself.

"Some of the things that I would like to incorporate would be to get out more with friends, spend more quality time with them, possibly build new relationships with new people, kind of develop my spiritual side and see where that takes me as well, and just dive into new areas I never thought I would go into intellectually."

Students at Northwestern can obtain free counseling services. Students can schedule a counseling appointment and learn more by visiting the university's website, <https://www.nwsu.edu/student-services/counseling>.



Tosh Miller, left, gives a hearty laugh while Taylor Wilson, right, encourages students to do the same.

What's up?

THURSDAY

The Northwestern Medical Sciences Club will meet Thursday from 5 to 9 p.m. in the Science Amphitheater. The club is meant to provide Northwestern students who are interested in the medical field an opportunity to become better informed, promote activities related to the medical field and secure intellectual stimulation in the field.

There is a \$10 membership fee per student per year.

THURSDAY, FRIDAY AND SATURDAY

On Thursday and Friday from 3 to 9 p.m. and Saturday from 8 a.m. to noon, Northwestern will be represented at the Woods County Fair.

Northwestern will have a booth in the Merchant Building, where community members can stop by and sign up to win a prize basket and learn more about Northwestern.

The fair is located at 43258 Harper Rd. in Alva.

FRIDAY

Northwestern will host performing artist Kaitlyn Kilian and her band on Friday from 7 to 9 p.m. on the Northwestern-Alva intramural field. There will be lawn games and food trucks, and those attending are encouraged to bring chairs or blankets.

TUESDAY

The Northwest Oklahoma Concert Series will begin Tuesday with Mat and Savannah Shaw, a father-daughter duo from Utah. The event begins at 7 p.m., and tickets are available at the door.

TUESDAY AND WEDNESDAY

Northwestern will host the OBI blood drive in the student center from 10 a.m. to 5 p.m. The blood drive will be open to the public.

SEPT. 15

There will be a lunch-and-learn for employees at noon in the Student Center.

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LETTERS TO THE EDITOR

Letters to the editor shall bear the author's handwritten signature, hometown, classification, title, etc., address and phone number for verification and shall be kept on file. Unsigned letters to the editor will not be published.

Letters must be turned in by noon on 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.

OPINION



File photos

ABOVE: A class meets in this fall 2020 photo. The author believes that procrastination is one of the biggest problems when it comes to college coursework and life in general. BELOW: Jaizac Garcia works out in the Wellness Center in the spring of 2022. Working out can help some people focus.

Don't get down to the wire

By **J.D. EDDY**
Editorial Editor

One thing that is elusive to college students is learning how to manage their time. Most of us have to pay our way through college, so students will get a job and juggle homework, social life and maybe a relationship.

Time management is important to keep yourself from being behind on everything when you focus too much on one aspect of your life. The other parts of your life tend to fall short of what you expect to happen.

Being able to manage your time properly as a college student is a crucial skill to have. It's something that I have not been able to master. I tend to procrastinate until the last minute instead of having a plan for the day and what I will do throughout the week.

Bringing this up is just one of the many things that relate to why we as college students have terrible time-management skills. In addition, I want to talk about some of the underlying causes of these time-management issues.

The first issue is procrastination. According to research from the Counseling and Psychological Services at the University of Santa Cruz website, many students will struggle with issues like procrastination, yet they can over-



come these issues.

A small change in how you manage your daily habits can affect how you spend your time.

A few examples: changing your diet to healthier options while maintaining taste, waking up early in the morning and getting eight hours of sleep, having a plan laid out for your homework and other activities, riding a bike in the morning to wake you up, medication if it gets to that point, or just reading for an hour a day.

The main point is that you need

to be realistic about what you can handle at the time, but you can cut out unnecessary things throughout your days.

For example, I cut out how much I lie around the house all day. After I lie down for more than an hour, I like to go on a walk. It keeps me active but lets me clear my mind when it wanders. Another thing I do is read a chapter out of a textbook.

What I read will be over the content for that week. When I started doing this, I could plan my

day around the gym or working at the newspaper. In the mornings, I ride my bike almost three miles. It sounds terrible. That is outweighed by the weight (no pun intended) you feel lifted off your shoulders afterward. The bike read helps me clear my head.

*"I tend to procrastinate until the last minute instead of having a plan."
— J.D. Eddy*

Things like this will help keep your mind focused on the daily tasks you set. When you start doing something that fits you, you'll notice a change in your mindset. Now, it will not happen overnight. Things like this take time.

Now, something to keep in mind is that these work for me. Everyone has different activities to help focus.

If you can find something to get these same results, I say do it! Having simple tasks to keep your mind occupied and stimulated will benefit you down the road.

The best thing is managing your time while not getting overwhelmed. It is tricky, but believe that you can figure it out with some effort.

OPINION

Let's appreciate hard workers

JORDAN GREEN SAYS



JORDAN GREEN

The world needs more hard workers. But more than that, we need to appreciate the ones who are already among us.

A couple weeks ago, an AT&T technician came to set up internet at my new apartment in Alva, and he had to really work to get the job done. Cutting through thick concrete, drilling holes in the wall and running a long wire were only some of the tasks he had to complete before I was online.

He spent hours on the job, working well into the evening to make sure I had good internet service. He was incredibly kind and represented his company well. AT&T is fortunate to have him, and so are customers.

The quality of the goods and services we receive from any business, whether we're buying groceries at the supermarket or having appliances installed, depends on the kind of people who work for the places we do business at.

And the kind of people who work for a business are molded not only by their leadership, but by the people they interact with daily. That especially includes customers.

We all want good service and want to get what we pay for. But all too often, we fail to express appreciation when we do.

Most people who work in service industries have thankless jobs. Customers constantly complain about how long a task takes to finish, and they channel their anger toward the first person they see – despite the fact that the person they're interacting with likely had nothing to do with the prob-



File photo

A university maintenance worker mows grass in this November 2021 photo. The author believes hard-working people should be appreciated more.

lem in the first place. Waitresses are a prime example. They can't help what happened in the kitchen. They also can't help the fact that maybe you slipped up somewhere, too.

The same is true in cases when a company has to dispatch someone to repair an issue with a product, like internet connection, air conditioning, you name it. Customers may be tempted to vent all their frustration at the person coming to fix their problem, not the people who created the system that failed. Sometimes, the problems that arise are truly beyond anyone's control.

All too often, we think that company employees aren't work-

ing hard or fast enough or are not doing their jobs as well as they should. We fail to consider, however, that these same people may not have enough coworkers to get jobs done more quickly. These days, most places of business are understaffed. Remaining workers are taking on more than they can really handle.

This applies to virtually any job you can think of. Yes, hiring people has gotten a lot harder since the pandemic, but people's work ethics seemingly have been in decline for a long time.

That's a shame. But let's focus on the fact that millions of Americans are still going to work each day, putting on a hard hat or

vest and donning a smile as they deliver us with the best service they can, given the means they have and the work environment they're in.

When you're having a problem or waiting for assistance, think before you get angry. Consider that the people helping you have probably had a long day like you have – and they've probably dealt with many people who weren't mature enough to keep their anger from getting the best of them.

When you see people working hard, thank them for showing up and putting their best face forward. You might be the only person who has ever done that. Seriously.

In the two weeks since I've had my internet hooked up, I've had no problems. The technician cares about his work and his customers, just like many other American workers these days. Let's show them the care they show us.

Whether you're waiting in a long checkout line at the store or hoping a repairman will show up soon, be kind to the people serving you, and take a moment to say you appreciate them. The world would be a much better place.

It's already better because of the hard-working, skilled men and women like that technician. Hopefully other folks will see that, too.

POLITICS

Most Americans want moderation

By **BRAEDEN COOK**
Guest Columnist

Conservatism is on the rise. It is not (unfortunately) because Republicans have discovered a new style of rhetoric, nor is this rise due to a sudden conservative swing in the general culture. It is due to one political party in particular which continues to overplay its hand and continues to push for leftist policies outside the mainstream.

This tactical error leaves many moderate Americans defending the status quo as opposed to the extreme change pursued by the Democratic party.

These moderate Americans do not

necessarily agree with generic Conservatives on extreme limitations on abortion, zealous support of the 2nd Amendment, or major reductions in spending on federal welfare system.

They most certainly do not prefer Donald Trump to be the Republican nominee for president in 2024. These moderate Republicans, Democrats, and Independents do agree on a few fundamentals that are ignored by the Democratic leaders in power today.

Moderates agree with Conservatives when they argue parents should have a say in what their public schools are teaching and how they are being run. The 2021 state elections in Virginia are a prime example.

The Democratic-leaning state vot-

ed overwhelmingly Republican after leftist school policy failures were exposed. This led to the election of a Republican governor, lieutenant governor, attorney general and new members to the Virginia General Assembly, giving Republicans control of the state government.

And this is just one example of one issue. Moderates also do not support green energy policies of the sort Democrats pursue, which cause energy prices to rise, gas prices to go up and Democratic donations from green energy companies to increase (what a coincidence).

Moderates also still believe that men and women exist and genes determine this biological fact, not the

feelings within the mind; they believe that people should be judged by the content of their character and not by the color of their skin, as Martin Luther King Jr. said, as opposed to the leftist idea of privileged treatment of one "group" of people over another to "right" past injustice that can never be changed; and finally, the majority of moderates side with conservatives in their belief that the principles on which this country was founded are good and true and have led to the great prosperity it continues to allow even today in a time of inflation, war and recession.

— Braeden Cook is the president of the Northwestern College Republicans Club.

WHERE TO GRAB A BITE



Looking for free food around campus? This handy guide will help.

By ALLI SCHIEBER
Student Reporter

As a college student, you might like free stuff – especially free food. This is a list of places near campus where you can go to get a home-cooked meal each week.

1 Wesley House

The Wesley House, 1027 8th St., is across the street from Shockley Hall. Volunteers serve lunch Thursdays from 11:30 a.m. to 1 p.m. Different churches volunteer to provide meals for the students and decide what meal they want to bring. Some meals that churches have brought in the past include pizza, hot dogs and sloppy joes. The Wesley House provides meals to share the love of Jesus, said Wesley House intern Josie Gibson.



2 The Extreme

The Extreme, 425 College Ave., has meals for college students and young adults on Wednesday at 7 p.m. with a Bible study to follow. The Bible study is led by Cristian and Haylee Perolli, who oversee youth ministry at Hopeton Church. Students are pictured at The Extreme on Aug. 31.

Photo provided



3 Baptist Collegiate Ministries

The Baptist Collegiate Ministries – or BCM, as it is more commonly known – is located at 1020 College Ave. east of Carter Hall. The BCM offers meals every Wednesday for Noonday from 11:30 a.m. until roughly 1 p.m., when they either run out of food or students quit coming in. The BCM is volunteer-based, so the meals change each week, according to BCM Director Miles Harris. Students are shown getting food at the BCM on Aug. 30.

Photo by Colby Dalton

4 First Christian Church

The First Christian Church, 821 College Ave., has meals every Wednesday of the fall and spring semesters at 5 p.m. The church has a different home-cooked meal each week, but it usually rotates between taco salad, brisket sandwiches and Santa Fe soup, according to Emily Bohlen, one of the church cooks. The church serves meals to give students a place to get away from campus.



5 First Baptist Church

Alva's First Baptist Church, 714 College Ave., serves meals every Wednesday from 5 p.m. to 6 p.m. Different church members sign up each week to cook, so they decide what they want to make. It is a home-cooked meal, though, so they try to make it as home-like as possible. Student minister Derrick Thomas said serving meals is a great opportunity to meet and talk to people the church may not see every day. Church member Kiley Feely, left, serves dinner on Aug. 30.

Photo by Colby Dalton

6 Faith Center Fellowship

Faith Center Fellowship, 324 College Ave., serves potluck-style home-cooked meals every Wednesday from 6 p.m. to 7:30 p.m., with a Bible study following. The reason the Faith Center started serving meals is because people will always come to a place that offers free food, according to Taylor Phillips. The meal time is also an opportunity for fellowship.

FEATURE

Professor feels at home in northwest Oklahoma



Teri Allen poses for a photo with her husband and grandchildren. Photo provided

By TARA OWEN
Student Reporter

Teri Allen is a new professor in the business department at both the Alva and Woodward campuses. She is familiar with northwest Oklahoma, growing up in Vici and Weatherford.

She received her bachelor's degree in finance and master's degree in business and administration, both from Southwestern Oklahoma State University. In her free time, she helps run her family farm.

Q: What brought you to Northwestern?

A: When the position opened at Northwestern, I was excited knowing that they also had a Woodward campus. I feel very fortunate that they agreed for me to teach primarily from the Woodward campus.

I commute to Alva one day a week usually, and I really like Northwestern. I feel like the students are from northwest Oklahoma, and northwest Oklahoma is where my heart is.

"I feel like the students are from northwest Oklahoma and northwest Oklahoma is where my heart is."
— Teri Allen

Q. What are you looking forward to this year in the classroom?

A: I always tell my students my No. 1 goal for them is they learn — that they truly learn the information that they need to succeed, not just in their careers, but in life.

I hope that my students can learn, even if they do not think it's useful now. At some point in the future, they will be able to look back and remember what they had learned at Northwestern.

Q. Who was one of your heroes growing up?

A: A lady who was a friend of my parents. She was the vice

president of a local bank. I was very inspired by her because her family was very similar to mine.

They also homesteaded in northwest Oklahoma, came from nothing, and she was a female role model in a business and finance environment.

At that point in time, there were not a lot of women in that profession. She was really an inspiration to me to go ahead and get that degree in finance.

Q. What is one of the scariest things you have ever done?

A: I am very afraid of heights. But I once zip-lined. I decided that I had to face my fear. To me, that was the scariest thing that I have ever done. I have also swam with sharks, but that was not near as scary as zip-lining.

Q. What would be your superpower if you could have one?

A: I would love to run fast. There have to be superpowers that are much better, but I have just never been a fast runner. I think it would be very neat to have the power to run fast.

Education professor wants to give students support system

By CHANCE LOVE
Student Reporter

Whitney Cotton is a new professor in the education department.

A native of Goltry, Cotton received her bachelor's and master's degrees in education from Northwestern.

Q: What brought you to Alva?

A: I really wanted to stay close to my family. I was raised by my dad, so I didn't want to be too far away from him to take care of him.

Q: What are you looking to accomplish in the classroom this school year?

A: I'm hoping to not only train

"I'm hoping to not only train teachers to teach but give them tools and a support system."

— Whitney Cotton

teachers to teach but give them tools and a support system.

There is a lot of teacher burn-out going on in schools today, so I just want to make sure they have that support system.

Q: Who was your hero growing up?

A: My dad. My mom left when

I was a baby, and he took over and played both roles my whole life. I think he did a good job.

Q: What is the scariest thing you have done?

A: It was kind of scary just changing jobs. I was in a position where it was a really good school climate, which is hard for teachers to find.

Knowing I was leaving that comfort zone to come here was a pretty big jump.

Q: What is your superpower?

A: The only thing I can think of is the level of patience that I have. I know a lot of things can happen, and I remain pretty calm. Even if it is something that is affecting my professional life, I am able to stay calm and organized.



Whitney Cotton is a new professor in the education department. Photo provided

Have an accomplishment to celebrate?

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CAMPUS



Photos by Colby Dalton

Northwestern students participated in Speed Friendshipping in the Student Center Ballroom on Tuesday. The event was sponsored by the Student Government Association.

Fast track to friendship

Students have chance to make new friends during annual Speed Friendshipping event



Students were given a list of questions and raced to get to know each other during the course of the event. Students were timed and had a few minutes to get to know the person across from them before moving on.



Top Dogs on Campus!

The Northwestern News is hosting the first Top Dogs on Campus photo contest. Send in the best photo of your Fido and enter for a chance to win a \$25 gift card. The best submitted photos will be published in the Sept. 29 edition of the Northwestern News. Send photos to nwnews@nwosu.edu with the subject line "Dog pic." Include your name and your dog's name. Submission deadline is Sept. 19.



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SPORTS

FOOTBALL



Photos by Angelina Marlow

Members of the Northwestern offensive line get ready for the ball to be snapped during Northwestern's game against Southern Arkansas on Sept. 1 at Wilkins Stadium at Rip Powell Field in Magnolia, Arkansas. The Rangers lost to the Muleriders, 62-31, to give the Rangers an 0-1 record. Northwestern takes on Henderson State Saturday at Ranger Field at 6 p.m.

Muleriders beat Rangers, 62-31



Ranger offensive linemen Hosea Marshall and Jake Freeny block a defender during Northwestern's game against Southern Arkansas.



Northwestern quarterback Tanner Clarkson runs during Northwestern's game against Southern Arkansas on Sept. 1 in Magnolia, Arkansas. The Rangers lost to the Muleriders, 62-31, to give the Rangers an 0-1 record.

SPORTS

SOCCER

Lady Rangers drop one, tie another



Photo by J.D. Eddy

A Northwestern soccer player runs after the ball during Northwestern's game against Wayne State at the Alva Recreation Complex Sept. 1. The Lady Rangers tied Wayne State, 2-2.

By CONNOR GRAY
Senior Reporter

The Lady Rangers soccer team is coming off a rough stretch with a tie and a loss in the last two games.

Northwestern played to a 2-2 tie with Wayne State and suffered the first loss of the season to Fort Hays State.

Against Wayne State, the Lady Rangers stuck first with a goal from Abby Nunez, but gave up a goal seconds later to make the score 1-1.

Nearly 12 minutes later, Wayne State scored the next goal to put the Wildcats up 2-1 going into halftime.

The Lady Ranger defense responded by shutting Wayne State out in the second half, and Tiara Campbell found the back of the net to even the score at 2-2, which ended up being the final score of the game.

Coach Alex Piekarski said the NCAA made a rule change to get rid of the 20-minute overtime period. This rule change means that games end after 90 minutes during the regular season, while the postseason will not change.

"We felt we had momentum

throughout the second half," Piekarski said. "If we had that extra 20 minutes, we would've taken it."

The rule affects all levels in college and could result in more ties for the Lady Rangers because they had three games go into overtime last season.

"We have to find more urgency in regulation to get the winning goal," Piekarski said.

The team played Monday against Fort Hays, and both teams had a 2-0-1 record going into the game.

Fort Hays won, 1-0, as the Rangers offense struggled as the Tigers outshot the Lady Rangers, 17-6.

The Lady Ranger defense showed improvement in the second half, as players only allowed six shots versus 11 in the first half. But the offense continued to sputter by only putting up three shots on goal as the Tigers defense prevented several scoring opportunities.

The Lady Rangers will focus on Midwestern State University on Thursday in Wichita Falls, Texas, at 5 p.m. and will play New Mexico Highlands University in Las Vegas, New Mexico, Sunday at 11 a.m.

GOLF

Rangers, Lady Rangers ready for season to start

By CONNOR GRAY
Senior Reporter

The women's golf team started the season Monday, and the men's team is preparing for the GAC Preview next week.

The women's golf team played in the central region tournament at Blue Springs, Missouri, led by seniors Samantha Friday and Madison Masch.

The men will have their first tournament Sept. 12 and 13 in Oklahoma City at Lake Hefner golf course.

Both teams are led by Dan Campbell, who is in his first year of coaching at Northwestern.

"We have great players across the board," Campbell said. "We have been putting in a lot of work, with everyone upping the work level."

"We have been putting in a lot of work, with everyone upping the work level."
— Dan Campbell

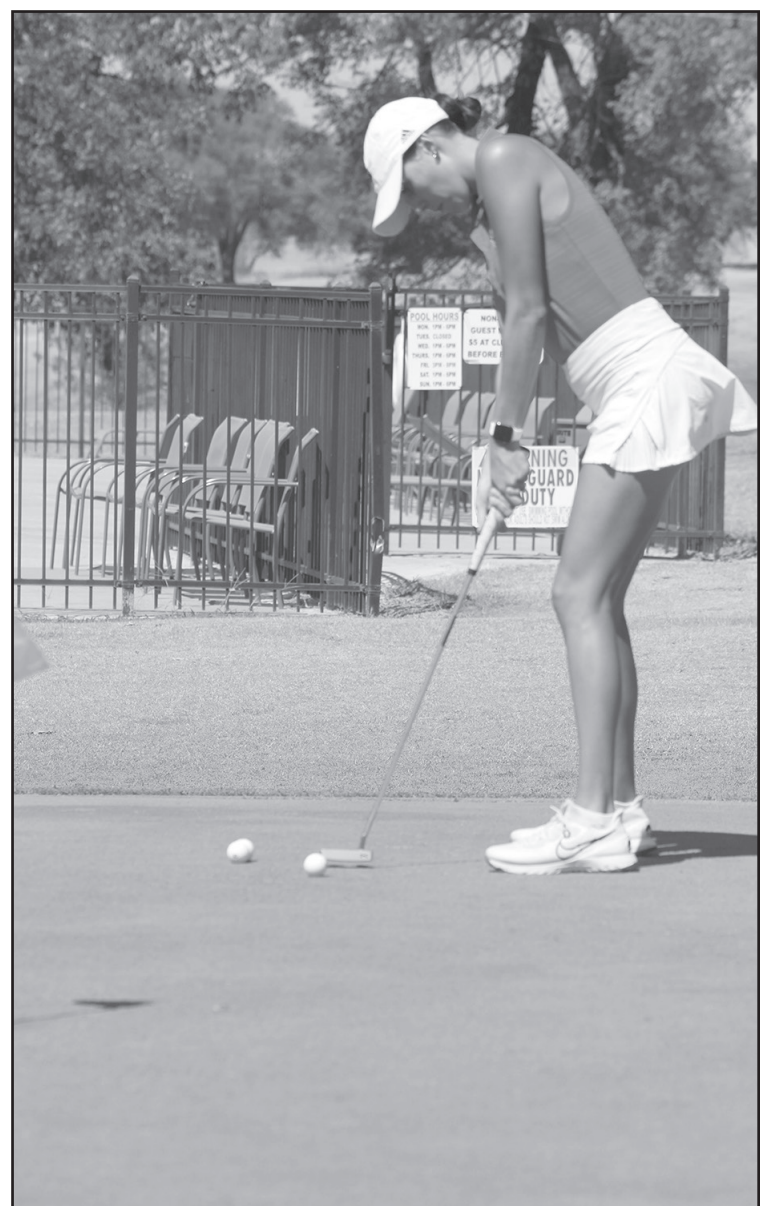
Campbell also said his players have been working out so much

that some stay until 10 or 11 p.m., showing how dedicated they are to get better.

"They keep me busy, but that's the way we want it with everybody working hard," Campbell said.

The men's GAC Preview will have all teams in the conference compete in Oklahoma City.

The women's team will play two more tournaments Sept. 19 and 20 in Bolivar, Missouri, and in Shawnee Sept. 26 and 27. The men only have one, which will be Oct. 3 and 4 in Hot Springs, Arkansas. After that, the Rangers will host a men's and women's tournament called the Ranger Invite on Oct. 18 and 19 in Enid.



RIGHT: Madison Masch gets ready to putt the ball Friday at the Alva Country Club.

Photo by J.D. Eddy

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NET GAINS

New pickleball nets have been installed as work is wrapping up on the pickleball court construction project near the J.R. Wellness Center, shown Tuesday evening. The university's former tennis courts were converted to pickleball courts using grant funding. Students expressed support for the project in a spring semester survey. Teams are expected to form soon. No formal opening date for the court has been announced.

Photo by Jordan Green