

SPORTS

Check out some of the play makers in Ranger sports.

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EATING OUT

Some people think there is no place to eat in Alva, but checkout our reviews of some of your favorites.

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NORTHWESTERN NEWS

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Celebrating Hispanic heritage

By **KRISTEN KIRLTEY**
Assistant Editor

It's National Hispanic Heritage Month, and Hispanic clubs at Northwestern are celebrating by hosting activities and events throughout the month.

Every year, HHM starts on Sept. 15 and ends on Oct. 15, its purpose is to honor and celebrate the American Latino community.

When HHM was first created by President Lyndon B. Johnson on Sept. 17, 1968, it was only a week-long, and was called Hispanic Heritage week. President Ronald Reagan extended the week to a month in 1988.

The first day of HHM is Sept. 15 because that is also the Independence Day of Nicaragua, Costa Rica, Honduras, Guatemala and El Salvador. Each year, HHM has a theme; this year's theme is Latinos: Driving Prosperity, Power and Progress in America.

People celebrate HHM throughout the entire country by attending town events, festivals and more.

Spanish Club President, Ava Carr, said members of the Spanish Club plan on celebrating HHM by hosting a movie night today from 6 p.m.-8 p.m.

The event will be located in either the science amphitheater or EC 109, and the movie shown will be related to HHM.

"The purpose of the Spanish Club is to provide a space for people to learn about Hispanic culture, language and art," Carr said. "The club also gives people the opportunity to hang out and get to know others who are also interested in Hispanic culture."

Anyone is welcome to be a part of the Spanish Club and attend the events they host. The club meets every other Thursday in VH 119 to do activities and plan future events; one does not need to know Spanish to be a participant.

This semester, the club has hosted a kickball game with HALO, a game night and a craft night.

Carr said one goal of the club



Photo By Erika Hernandez

Itzy Gutierrez presents to students at Longfellow Elementary about the importance of Hispanic Heritage Month.

is to be more active this year.

HALO, which stands for Hispanic American Leadership Organization, is a club that was just approved by Northwestern two weeks ago. Erika Hernandez, the president of the club, and Dr. Robert Vest, Assistant Professor of Spanish at Northwestern, worked together to establish HALO at NWOSU.

"I just saw so many international students on campus that

were Hispanic, and I wanted them to have a place that they could hang out, express their culture and feel at home," Hernandez said.

Hernandez said members of the club plan to host a food night, dance night, bingo night, movie night, informational night and many other events during its first year.

"There is a leadership aspect of the club because we want to

reach out and show our culture to other people," Hernandez said.

Last Friday, the club volunteered by showing a presentation to elementary kids.

The presentation provided information about HHM and the Hispanic culture.

"We want to do things like this with the community as well," Hernandez said.

Hernandez mentioned that Dr. Vest volunteers by teaching

English to Hispanic members of the community, and that HALO plans on volunteering with him this year.

Last year, Hernandez served as the President of the Student Government Association, and she mentioned that she enjoyed the leadership aspect of the experience. She explained that the fulfillment she received from serving as president is what inspired her to establish HALO.

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NEWS

Upcoming events for homecoming week

By TARA OWEN
News Editor

for free on Oct. 4 from 9 p.m. until 11:30 p.m. Students must have their Student I.D. to get in for free.

Ranger alumni, the Alva community, students, faculty and staff will all gather for the annual Northwestern Oklahoma State University homecoming event. During this fall event, there are neuromas events and festivities that will take place on campus and in the Alva community.

Those that have purchased a NWOSU button will be able to receive discounts at local stores and restaurants throughout the whole week of homecoming.

There will also be a decorating contest held throughout the versus building and dorms on campus allowing Rangers to show their spirit. There will be prizes for various categories, the theme for homecoming this year is "Rock Rangers Rock."

The Student Government Association will be hosting events for students during the whole week of homecoming. Monday, Oct. 2 students can attend the bon fire that will be starting at 7:15 p.m. This will be located at the Alva public pool parking lot. There will also be free food served at this event. On Tuesday, Oct. 3 Rangers are encouraged to attend the volleyball game. The Red Out the Pit event will begin at 6 p.m.

Students will be able to get into the Bradt's Menagerie Hay Maze

On Thursday, Oct. 5 SGA will also be hosting the Dance Ranger's Dance event. This will be going on at 9 p.m. at the Coronado lawn. At noon on Friday, Oct. 6 in Percefull Fieldhouse the Ranger Rally will begin.

There will also be many other events taking place during the week of homecoming. The 71 annual Miss. Cinderella Pageant will begin with talent on Thursday, Oct. 5 at 7:30 p.m. The pageant will then continue Friday night at 8 p.m. in Herod Hall.

On Saturday, Oct. 7 homecoming festivities will begin early with the Ranger Run. The 5K and 1 Mile Fun Run will begin at 8 a.m. at the downtown square in front of Rialto. The Northwestern Alumni Tent will be serving free donuts and coffee on the north side of the downtown square.

At 10 a.m. downtown, the homecoming parade will begin. Following the parade, Rangers are welcome to join for lunch at the square.

At 2 p.m. on the third floor of Ryerson Hall, alumni band members will gather to rehearse. Following this will be the Massed Band Performance at 3:30 p.m. on the Ranger Field.

Kickoff at Ranger field will be at 4 p.m. as the Rangers take on Harding University.

Sept. 28th - Oct. 4th

WHAT'S UP?

28th Thursday

- Wesley House's free meal beginning at 11:30 a.m. to 1 p.m.
- Disc Golf Club meeting at 5 p.m. at the BCM
- Chemistry Club meeting at 5:30 p.m. SC room 214
- Hispanic Heritage Month Movie Night at 6 p.m. VH room 200
- BCM 3v3 tournament at 6:30 p.m.
- Bible Chair Round-Up at 7 p.m. at the Bible Chair
- BCM Men's Bible Study in Coronado Hall on the 4th floor at 10 p.m.

29th Friday

- Northwest Mural Fest located downtown from 2 p.m.- 6 p.m.

30th Saturday

- Northwest Mural Fest 5K and Fun Run at 8 a.m.
- Ranger Soccer at 11 a.m.

1st Sunday

- NWOSU Forge at 6 p.m. located at 324 College Ave.
- Sundaes on Sunday at 7 p.m. at the Wesley House. Worship and Ice cream

2nd Monday

- Teacher's Closet at 2 p.m. located in EC second floor
- Homecoming kick off bon Fire at 7:15 p.m. at the public pool parking lot
- BCM Fresh Monday at 8 p.m.

3rd Tuesday

- Bible Chair Free Lunch at 11:30 a.m. until 1 p.m. at the Bible Chair
- Red out the pit for Ranger Volleyball at 6 p.m.
- Wesley House Bible Study at 7 p.m.

4th Wednesday

- BCM's noonday at 11:30 a.m.
- Bible Chair Bible Study at 7 p.m. at the Bible Chair
- First Christian Church serving free food at 5 p.m. at 821 College Street
- First Baptist Church serving free food at 5 p.m.
- Bradt's Menagerie Hay Maze at 9 p.m. free for students

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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 provide a cell phone number. 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 \$25.

OPINION



Photo by: Austin Judkins

Brick planters and sidewalks in front of the NWOSU Library have been removed and construction workers are preparing to new pour new concret.

Adding beauty to NWOSU

By **KRISTEN KIRTLEY**
Assistant Editor

Northwestern's campus is in the process of some exciting and positive improvements. In front of the library, the brick planters and sidewalk that were once there have been removed. Workers are now getting the area ready so that more concrete can be poured, and other renovations

can be done. A few years ago, the old fountain that was in the area was taken out as well. Last semester, red and black concrete was poured on the campus. I think the addition of the red and black concrete looks pristine, and adds even more beauty to our already beautiful campus. An outdoor classroom is also in the works for the Northwestern Campus. In my opinion, I think

an outdoor classroom will be extremely beneficial to students, faculty and staff, which is an exciting thing for everyone. I think having an outdoor classroom will be fun, and improve not only student grades, but the mental health of students as well. A college student's mental health is crucial for one to reach their highest academic potential, so I think it's really awesome that Northwestern is implementing an outdoor classroom. Another positive aspect of the renovation

is the possibility of encouraging students to attend Northwestern. If a potential student feels inspired by the look of the campus, it may make them feel more at home, and may also help them envision themselves as a Northwestern Ranger. All of these improvements make me even more excited and proud to be a part of Northwestern, and I think the alumni that come back for Homecoming will be ecstatic to see the positivity going on at the university. Ride, Rangers, ride!

Editorial Sports teams need their fans

A successful Pack the Pit night at the rival game between Southwestern and the Rangers shows that NWOSU fans can be supportive of our teams.

The event included free bratwursts and hot dogs with chips, and that may have been the big draw for some.

However, the quality of play from the Lady Rangers is certainly worth coming to each game, even without the free food. The team is now 6-8 for the season and 3-1 in Great American Conference play.

Other sports also deserve support from the students, faculty, staff and the community — even when the team is having a less than stellar season. Excited fans can generate a buzz that the team can feel on the court or field. Players can feed off the excitement and ramp up their performance. Thus, the fans can be an integral part of a successful game.

According to a Los Angeles Times article, "Some people might shrug off the empty seats as simply an unfortunate detail. But, experts say, the size and intensi-



Photo by: J.D.Eady

Northwestern students gather at the pit on Tuesday night to cheer on NWOSU volleyball against SWOSU.

ty of the crowd can be an emotional wild card — an intangible factor that can influence an athlete's performance. ... In general, crowds can improve performance in sports that involve strength, endurance or teams. They also can prove beneficial in events that go on long enough for an athlete to get really tired."

Clearly, Ranger fans understood this at Tuesday's volleyball game. The stand were full, and the crowd was loud.

However, other sports see less

support, some just because of the nature of the sport. Golf, except on the professional level, isn't really a spectator sport. Cross country is a difficult sport for fans to watch simply because the meets are never held in Alva. In either of these cases the kind of support fans can give might be different. Perhaps a congratulatory text, an encouraging email or just a "great job" with a high-five in passing can be sent to those athletes.

But putting butts in seats at the soccer and football games needs

to be improved. And when the rodeo team sponsors a rodeo Oct. 26-28, we need to be at the fairgrounds, cheering our hearts out.

Certainly, the cheerleaders deserve kudos. They are trying to do their part even when the crowd may ignore them. They've been at the volleyball games this year, and the crowd feels the energy.

Let's all do our part by attending games and cheering for our teams. We might just be the key to a win.

What Alva eats



El Maya has really good queso.



Cancun has great quesadillas!



McDonald's has the best chicken nuggets and they are so cheap.

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Chopsticks: Open Monday-Saturday 11 a.m.-9 p.m. Closed Sunday Located at 905 Oklahoma Blvd.

Gambino's Pizza: Open daily 11 a.m.-9 p.m. Located at 720 Oklahoma Blvd.

Taco Village: Open Tuesday-Friday 11 a.m.-2 p.m. and 4:30 p.m.-8 p.m. Open Saturday 11 a.m.-3 p.m. Located at 828 Oklahoma Blvd.

Cancun Mexican Grill: Open Tuesday-Thursday 11 a.m.-9 p.m. Friday-Saturday 11 a.m.-10 p.m. and Sunday 11 a.m.-9 p.m. Located at 503 E Oklahoma Blvd.

The Vanilla Bean: Open Tuesday-Saturday 6 a.m.-9 p.m. Sunday 9 a.m.-3 p.m. Located at 319 US-64

McDonald's: Open Monday-Thursday 6 a.m.-11 p.m. and Friday-Saturday 6 a.m.-12 a.m. Sunday 6 a.m.-11 p.m. Located at 602 Oklahoma Blvd.

Pizza Hut: Open Monday-Thursday 10:30a.m.-10 p.m. and Friday-Saturday 10:30 a.m.-11 p.m. Sunday 10:30 a.m.-10 p.m. Located at 205 Olahoma Blvd.

Sonic Drive-In: Open Monday-Thursday 7 a.m.-10:30 p.m. Friday-Saturday 7 a.m.-12 a.m. and Sunday 7 a.m.-10:30 p.m. Located at 25 Oklahoma Blvd.

Subway: Open Daily from 8 a.m.- 9 p.m. Located at 107 Oklahoma Blvd.

Shepard's: Open Daily 6 a.m.- 8 p.m. Located at 1512 E Oklahma Blvd.

The Bull Smokehouse and Saloon: Open Monday-Wednesday 11 a.m.-12 a.m. and Thursday-Saturday 11 a.m.-2 a.m. Closed Sunday Located at 2036 E Oklahoma Blvd.



Taco Village has the best tacos.



The Vanilla Bean's french toast at brunch is really good.



Try an orange cream slush at Sonic.

FEATURE

Mental health is health

316

For every one person who dies by suicide annually, 316 people seriously consider suicide.

By **Alli Schieber**
Features Editor

It is important to stay healthy and not just physically.

Staying healthy mentally is just as important as staying healthy physically.

If your mental health is struggling then you may want to use some of the resources on campus.

If you are stressed or anxious you can try these tips school counselor Taylor Wilson gave, meditating or talking to a friend.

Some of these resources include TAO Connect and counselling.

TAO has several different training programs for anxiety to help you among other programs as well.

TAO has several different ways to use it's content including individual self-directed, skill development program, group training, treatment programs, individual treatment and coursework embedded.

These are used depending on what the program is being used for. It could be used for higher ed, healthcare, employers and mental health.

If you would rather make an appointment with our school counselor Wilson it is simple and can be done one of two ways.

Setting up an appointment with the school counselor is easy and can be done online by going to <https://taylor-wilson6516.clientsecure.me/> or you can go by her office in Ryerson Hall and scan the QR code outside her door for non-emergency appointments.

NWOSU also has an iPad available when you

call the campus police.

The iPad will have a form to fill out and will tell you and the police what needs to be done next and whether or not you will need to go to the hospital.

In case of an emergency call 911 first.

Another great resource is the 988 lifeline.

The lifeline is a suicide and crisis lifeline.

This resource is a national and state lifeline and is open 24/7.

They will help you with whatever is needed and can get more help if that is what they think is best for you.

Conversation helps but sometimes just calling 988 is not enough.

Mental health is healthcare and some cases may need to be sent to urgent care or checked into a crisis center.

September is suicide prevention month and if you are concerned for a friend you can also use any of these sources to help them.

If you talked to your friend and feel like more action needs to be taken.

Wilson, also recommended going with a friend or being with a friend when they contact these resources if they are nervous or scared.

If you or someone you know is having thoughts of suicide do not hesitate to use the resources NWOSU has.

People getting the help they need mentally is just as important as getting physical help and there are several sources to help you in many ways with both emergencies and non-emergencies.

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The 988 lifeline received over 20 million calls from people in distress looking for support when they most need it.



IF YOU, OR SOMEONE YOU KNOW, IS AN IMMINENT DANGER TO THEMSELVES OR DANGER TO SOMEONE ELSE, IMMEDIATELY CALL 911

IF A NON-EMERGENCY IMMEDIATE RESPONSE IS REQUIRED AND YOU ARE ON CAMPUS, CONTACT NWOSU CAMPUS POLICE

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ENID CAMPUS: (580) 213-3130
WOODWARD CAMPUS: (580) 327-8511

988

SUICIDE & CRISIS LIFELINE

Enjoy Alva Mural Fest this weekend

By **Alli Schieber**
Features Editor

Join the Alva Mural Society on the square Friday and Saturday.

The Alva Mural Society is hosting Northwest Mural Fest at the square this weekend.

There will be plenty of events for everyone to partake in including music, inflatables, free train rides and food trucks from 2-6 p.m. Friday.

Friday there will be three Artist painting new murals in Alva.

This year the three Artist will be Chris Bodelle, Candy Kuo and Summer Scott.

Bodelle and Scott are both artist from Oklahoma.

Bodelle is a tattoo artist who owns his own shop.

Scott has had her artwork sold in Hobby Lobby and has been featured on the Tameron Hall show for her TikTok videos.

Kuo was born in Taiwan and raised in south Texas, she currently resides in Austin, Texas.

She had done several murals and has a unique style. She is known for using vibrant colors

to depict dark narratives.

These three Artist will be spotted at three different businesses around town.

These businesses will be Sights & Sounds, LLC, The Vanilla Bean and K&K Body Works.

Continue the fun Saturday at 8 a.m. with a 5K and fun run.

The cost of the fun run is \$20 and each participant will receive a T-shirt and mural metal.

Sign up and registration for the run will be from 7-7:45 a.m. on the north lawn of the Wood's County Courthouse.

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SPORTS

2-point play not enough to seal deal in Durant

Ranger football suffered another devastating road loss against the Savage Storm of Southeastern Oklahoma, 42-2.

Consecutive defensive stops held the savage storm to 12 points in the first half and 2 points on the board for the Rangers.

In the second half, Southeastern's offense took control and widened the deficit with a 41-2 win.

Next up, the Rangers hit the road for Arkansas Tech this Saturday at 6 p.m.

Game 4 Playmakers



Antoine Martin



Isaiah Kellum

Antoine Martin, sophomore linebacker from Arlington, Texas made a big 4th down stop with a blocked field goal that gave the Rangers defense a spark.

Isaiah Kellum, senior defensive back from Lansing, Michigan, returned the blocked field goal for 90 yards, which gave the defense the only points from the game.

Men's golf starts off hot

Rangers men's golf opened the 2023 season at the 25th Annual NSU Golf Classic finishing 15th after a team score of 893 (302-303-288).

Max Courange tied for 26th in the classic, he shot 72-74-73 between three rounds for a total of 219.6, including 26 shots on par and a team high of 12 birdies.

Davan Smith placed 47th, 9 birdies, and 30 shots on par. His final round best was 75-76 on day one and closed with a 72 with a final score of 223.

Pierce Geminden and Oscar Geber placed 65th and shot a 227 between three rounds. Geminden had 31 shots on par and 6 birdies. His final numbers were 78-79-70.

Geber finished with a 227, 31 shots on par, and 6 birdies in three rounds. His final numbers were 77-77-73.

Noah Carpenter placed 79th with a score of 231. Had a team high of 33 shots on par, 2 birdies and 1 eagle His final stats in three rounds was 78-76-77.

Soccer ties back-to-back

Conference Opener
Sept. 20

1-1
SWOSU @ NWOSU

Goals	1	1
Shots	17	12
SOG	7	4
Saves	3	6
Corners	1	4
Offsides	0	0
Fouls	5	6

Playmakers

Cassidy Fitzgerald (#2), freshman forward, made the single goal for the Rangers shortly before the half giving the Bulldogs evened the score at 79:28. The six saves by Rachel Brown (#99), junior goalie, were key in keeping Bulldogs from scoring again.



Cassidy Fitzgerald



Rachel Brown



Photo by Austin Judkins

Carlie Massingale (#22) prepares to kick the ball during the game Saturday against SNU. Her successful shot on goal during the second half gave the Rangers the point they needed to tie with the Crimson Storm, 2-2.

The team traveled to Arkadelphia, Arkansas, for its Wednesday night game against Ouachita Baptist. See next week's paper for results.

Conference game 2
Sept. 23

2-2
NWOSU @ SNU

Goals	2	2
Shots	16	13
SOG	12	7
Saves	5	10
Corners	4	5
Offsides	0	1
Fouls	12	8

Playmakers



Victoria Ruvalcaba



Sydne Edmiston

Victoria Ruvalcaba (#11), sophomore forward, headed a goal off a lob from senior defender Sydne Edmiston (#14) just before the half. To tie up the game, 1-1. The Crimson Storm quickly made the team's second goal only a minute after the halftime break.

It then took the Rangers 15 minutes to respond and tie it again when Carlie Massingale (#22), graduate student forward, made her second goal of the season (64:37).

This week's results

Ranger racers take 2nd, 3rd

Men finish 2nd overall, women place third

Cross Country
Muthama-Rogers Meet in Bethel
Sept. 23

Top 5 finishers (men)

- Christian Franklin, sophomore, 2nd, 25:19.93
- Salat Ibrahim, junior, 5th, 26:48.86

Other Top 20 placers (men)

- Riley Herndon, freshman, 7th, 27:00.98
- Basheer Suied, junior, 12th, 27:34.56
- Zachary Cox, junior, 16th, 27:59.89

- Hunter Bellis, junior, 17th, 28:01.81
- Brandon Adolphus, sophomore, 18th, 28:03.52

Top 10 finishers (women)

- Asia Williams, sophomore, 4th, 19:57.99
- Cadence Long-Torres, freshman, 6th, 20:10.37

Other Top 20 placers (women)

- Karlee Trammell, junior, 19th, 22:06.52
- Kate Foster, sophomore, 20th, 22:17.67

Next meet: Sept. 29 in Fayetteville, Arkansas, for the Chile Pepper Festival.

Haren wins top cowboy honor

A junior NWOSU student walked away with the all-around award at the Sept. 15-17 Colby Community College Rodeo.

Playmakers:

Jacob Haren, was named all-around cowboy and earned points in tie-down roping (3rd) and steer wrestling (tied 5th)

Championship round (no points):

- Tanner Meier, freshman, team roping header
- Quade Potter, freshman, steer wrestling
- Taralee Haddock, freshman, barrel racing
- Savannah Greenfield, fresh-

man, barrel racing
Steer wrestling

- Trisyn Kalawaia, sophomore, wins title
- Cameron Fox, freshman, fifth place
- Sterling Lee, freshman, first round winner

Barrel racing

- Sierra Schott, freshman, third overall

Breakaway roping

- Lauren Hopkins, third overall
- Lacey Geiger, freshman, second in first round
- Jaci Traul, freshman, tied for sixth in first round

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SPORTS

Rangers stomp Bulldogs 3-2

By **TEDDIE HOOKER**
Student Reporter

The Northwestern matched up against the rival Southwestern ended with the Rangers on top Tuesday night.

The Rangers sent the Bulldogs home with a 3-1 set score, improving the Ranger record to 6-8 on the season. In the Great American Conference, the Rangers are sitting 3-1. Northwestern will travel to Ada to face the East Central Tigers on Thursday.

In the first set on Tuesday, Cameron Lobb's serve led to a Ranger point. After falling behind 5-2, the Rangers fought back with Ivanny Blackwood's kill, Mikayla White's service ace and Ece Ozdemir's kill, tying the set at 7-7.

It remained tight until Northwestern gained control, thanks to Erika Ascencio Soriano's kill, leading 11-10. The Rangers slowly pulled ahead, reaching an 18-13 lead, the largest yet. Southwestern narrowed the gap but fell short at 25-22, giving the Rangers a 1-0 match lead with Soriano sealing the set victory.

NWOSU took a 2-0 lead in the second set, led by Soriano's kill. SWOSU briefly tied at 4-4, but

the Rangers surged ahead with two quick kills from Ozdemir.

Southwestern then went up 11-10 with four straight points. However, Northwestern responded with a 7-point streak, including Soriano's ace and Ozdemir's kills, to lead 17-12. The Rangers maintained the advantage, winning 25-19 with Soriano's final kill.

In set three, Southwestern mounted a comeback, securing three consecutive points after the Rangers initially took the lead. The score was tied at 4-4 thanks to Mariela Jimenez's kill.

SWOSU gradually inched ahead, holding a 9-7 lead. The Rangers reduced the deficit to one after calling a timeout at 12-8.

Jimenez's kill and Brooke Miller's ace brought them within striking distance at 15-14. Despite trailing 22-18, the Rangers mounted a rally with Soriano's kill and Macy Shreffler's play, tying the score at 22-21. Southwestern prevailed with a 27-25 win.

In the fourth set, Southwestern began with a 4-0 run. Soriano ignited the Ranger comeback with a powerful kill, followed by another from Blackwood. Southwestern maintained a 9-3 lead, but the Rangers fought back, securing three consecutive points with a



Photo by J.D. Eddy

Erica Ascencio Soriano (12) goes up for the ball while Brooke Miller (16) readies to assist.

Brianda Diaz service ace.

A pivotal kill by Ozdemir brought the Rangers within one, and Jimenez's powerful strike tied the set at 11. Soriano continued to build momentum, putting the Rangers ahead 13-12 for the first

time in the set.

At 13-13, a kill by Lobb edged the Rangers ahead, followed by a block by Jones. NWOSU continued to dominate, reaching an 18-14 lead. With kills from Jones, Ozdemir and Jimenez, the Rang-

ers extended their lead to 21-16.

Southwestern made a comeback, narrowing the gap to one at 23-22, but Soriano sealed the deal with a kill, putting the Rangers up 24-22. A Lobb service ace secured a 25-22 victory.

This week's Volleyball Playmakers

Cameron Lobb



Named GAC setter of the week

Tuesday:
• 55 assists
• 1 ace

Lobb

Erica Ascencio Soriano



Tuesday:
• 19 kills
• 16 digs
• 1 block

Soriano

Ece Ozdemir



Tuesday:
• 14 kills
• 10 digs

Ozdemir

Mariela Jimenez



Tuesday:
• 12 kills
• 2 blocks

Jimenez

Brianda Diaz



Tuesday:
• 2 aces
• 4 assists
• 18 digs

Diaz

Mid-season mental health awareness

Recognizing mental health in sports is vital for various reasons.

THE TURBO RANGER



JOSHUA CHRISTOPHER

Firstly, an athlete's mental state profoundly influences their performance.

Struggles in this area can lead to diminished focus, motivation, and confidence directly affecting their on-field achievements.

Furthermore, mental and physical health are intricately linked, with mental issues of-

ten manifesting as physical symptoms that hinder an athlete's training and competition capabilities.

Mental well-being plays a prominent

role in injury prevention and recovery. Athletes facing mental health challenges may be more susceptible to injuries due to decreased focus or neglect of proper warm-up and recovery practices.

Addressing this matter is also pivotal for maintaining team dynamics in sports. Effective communication, trust and cohesion among teammates are essential for success, and an athlete's mental struggles can disrupt this potentially leading to a decline in the overall team performance.

Prioritizing mental health early in an athlete's career can extend their time in the sport. Left unattended, mental health issues can lead to burnout, potentially forcing an athlete into premature retirement.

Additionally, athletes serve as role models, particularly for aspiring young athletes. Openly addressing mental health and rec-

ognizing it early in the sports season sets a positive example on how to approach it a healthy manner.

Mental health is critical for performance in high-pressure situations, a common aspect of sports. Proper support enables athletes to develop coping strategies, ensuring optimal performance under pressure.

Beyond performance, openly addressing mental health and recognizing it early in the sports season sets a positive example on how to approach it a healthy manner as a player, coach and an organization.

In season and off-season, all sports, require physical, spiritual, and mental stability in order to withstand the complications that occur within in your sport. Reflective self-awareness has to be a priority in order to get the most out of yourself as an athlete on and off the field.

Mental Health Sports Strategies

- Manage your time
- Remember to have fun
- Implement relaxation
- Practice positive self-talk
- Find a good support system
- Get enough sleep