

ADULTING 2023

Part 2 of our series looks at why more young adults today return to live with their parents. See Pages 4&5



GIVING THANKS

NWOSU students wrote thank you notes to donors during the annual Thank-a-thon. See Page 6.



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Rangers hope last game is 1st win



Junior David Salas, who has played on the offensive line for the Rangers since 2020, prepares to snap the ball during a recent photo shoot. *Sports Communication Photo*

By **Joshua Christopher**
Sports Editor

In a season marred by disappointment and frustration, the Southwestern and Northwestern football teams are set to face off this Saturday at 3 p.m. in what is sure to be an intense game between two winless teams.

Both have struggled to secure a victory throughout a season of nail-biting matchups and being unable to find the missing source.

Football

This weekend's game presents a chance for redemption for the Rangers and a shot at ending the season on a high note in the traditional rivalry.

Southwestern, coming off a brutal loss against Harding last week, plans to come into Alva with high expectations and a chip on their shoulders. For North-

western, as the season went on, fans have disappeared from the stands as the losses mounted. Injuries to key players has played a pivotal role, which shape-shifts a team's outlook on what's to come.

Numbers don't lie, and it's no surprise that the Rangers have demonstrated flashes of the ability to make plays on the field, showcasing their potential that could lead to a win this weekend.

Head coach Ronnie Jones emphasizes that this week's opponent will play dirty and do whatever to seal the deal on their end.

The goal remains the same for Jones: making sure he keeps the team together, and learning the lessons that can come even through adversity.

Coach says, "I know this season is not what we all expected. ... Rebuilding is not overnight but I admire you guys for sticking together and not giving up on me."

Some players have quit as the season progressed, which is against the commitment of the game. Like coach says, no matter

how hard, win or lose, you still have to show up every day and come to work.

As a player on the team being sidelined due to injury, I have found all you can do is reflect and focus on the positives from this season. From the outside looking in, others might see more negativity than positivity. But one thing's for sure, you can't buy experience and the team, our coaches, and even I have learned a lot in this rebuilding year.

As Saturday draws near, anticipation continues to build, with supporters from both sides eagerly awaiting kickoff. The Rangers, will be hosting high school recruits and providing them with an eventful show in the final game of the season.

For the seniors, this is the final game of their college career, looking to grasp a win on the season as they host their senior night.

Christopher, who works as the sports editor, is also a defensive back for the football team.

Catch children's production Nov. 18

By **Allison Schieber**
Features Editor

Northwestern's theater program is getting ready for the children's production.

The public performance will be next Saturday, Nov. 18, at 2 p.m.

This year the production is a 60-minute musical titled "Schoolhouse Rock Live! Jr." Schoolhouse Rock was originally an award-winning cartoon in the '70s.

The musical is about a young teacher named Tom, who is nervous about his first day of teaching.

He then decides watching TV might help him relax. Instead, various characters who represent different parts of his personality start to talk to him and show Tom how he can win over his students with imagination.

Northwestern's version of "Schoolhouse Rock Live! Jr." will be directed by Professor Kimberly West and choreographed by Bethany Towns and Chloe Lehr.

Lehr is a sophomore elementary education major from Alva, and she said her favorite song to choreo-

graph for the production was "Do the Circulation."

"It was the first song we choreographed and it really got everybody in the mood for the play," Lehr said. "It is super upbeat and I was really able to let loose on my creative side with it."

Choreography can be a challenge with any musical, trying to make sure everyone is in the right place and doing the right moves at the right time.

"The biggest challenge is getting everyone on the same page," Lehr said. "Some are new to theater, musicals and dancing while others are naturals, or have a lot of experience. Making sure everyone fully understands can be difficult, but when practice is over and we do that final run through, it always comes together. This group loves to help one another, and they work to help those who are struggling get where they need to be."

This musical is different as the ensemble at different parts of the musical have solos where they are different characters.

Madelyn Long, junior education major, said she is in the ensemble and has a solo where she plays the character of George for a moment. This is her second time doing the children's show. Last year she was Frosty in "Cinderella and the Candy Kingdom."



Photo by Allison Schieber

Northwestern students rehearse for "Schoolhouse Rock Live! Jr." show.

NEWS

Page 2

OPINION

Page 3

SPECIAL REPORT

Pages 4&5

FEATURE

Page 6

SPORTS

Pages 7&8

NEWS

NWOSU prepares for Ranger Preview

By SAGELYN BUDY
Student Reporter

Ranger Preview is Nov. 11 which is a chance for high school seniors to apply for admission to Northwestern.

As well as talk with faculty, tour campus, eat a free lunch in Coronado Cafeteria, receive a t-shirt and attend the Northwestern football game that afternoon free of charge.

Ranger Preview is the largest annual recruitment event on campus for Northwestern.

Tylar Thompson, admissions counselor and recruitment coordinator, said "It is a day for prospective students to visit campus and experience the Ranger atmosphere."

High school seniors who attend Ranger Preview and are admitted to Northwestern the following fall year will automatically receive a \$600 scholarship.

"My favorite part about Ranger Preview is seeing the entire NWOSU community come together to provide warm hospitality and an electric environment for our guests," Thompson said.

Some challenges are faced every year when planning for Ranger Preview with attendance being one of them. Hadley Skaggs, admissions counselor and recruiter, said this time of year is remarkably busy for high school seniors with many events taking place.

"Because of this, we accept notice of school conflicts from

high school officials for our prospective, students which allows them to be able to still receive the scholarship even though they were not able to make it that day," Thompson said.

The recruitment staff works hard every year, putting in many hours preparing for Ranger Preview to be successful.

Ethan Sacket, student success coordinator and transfer student recruiter, said Ranger Preview is a unique opportunity to see the Ranger Family come together to highlight all Northwestern has to offer. Student leaders are also integral to the event's success, Sacket said.

"From the recruitment student workers that have spent countless hours calling high school seniors and putting together mailings, to cheer, band and University Singers preparing their performances, to the student organization representatives lining out their booth setups and the Northwestern Scholar Ambassadors orienting themselves with their tour plans," he said.

Thompson said she is busy strategizing ways to fulfil their registration goals, creating the days schedule, contacting department chairs, contacting student clubs, networking with outside resources for entertainment and overseeing our master registration list.

"This event is all made possible through the hard work of the recruitment office and our student workers," Thompson said.

Nov. 9th-
Nov. 15th

WHAT'S UP?

9th Thursday

- Wesley House's meal beginning at 11:30 a.m. to 1 p.m.
- Spanish Club Meeting at 5 p.m. in VH 119
- NWOSU Forge at 6 p.m. at 324 College Blvd.
- PowerPoint night at 7 p.m. in EC 109
- Bible Chair round-up at 7 p.m. at the Bible Chair

10th Friday

- NWOK Kindness Day!

Be Kind

11th Saturday

- Lawn games at 11 a.m. on the Intramural Field
- Ranger Football vs SWOSU at 3 p.m.

12th Sunday

- Mental Health Awareness walk at 1 p.m. at the Wellness Center
- Wesley Worship Night at 7 p.m. at the Wesley House

13th Monday

- OIL meeting at 5 p.m. in EC 109
- Woman's Bible study at 8 p.m. at the Wesley House
- BCM Fresh Monday at 8 p.m.

14th Tuesday

- Bible Chair Free Lunch at 11:30 a.m. until 1 p.m. at the Bible Chair
- Open Mic Night at 7 p.m. in the Student Center
- Wesley House Bible Study at 7 p.m.

15th 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 is serving free food at 5 p.m.

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Christmas Open House

Saturday November 11.

See you then!

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OPINION

The impact of cancel culture

By **CRYSTAL HOOTEN**
Guest Columnist

In the era of social media dominance, where information spreads like wildfire, the boundaries between past and present are increasingly blurred.

Old photos or videos can re-surface, reigniting controversies and thrusting them back into the spotlight once again.

Celebrities like Kevin Hart are one such example. Kevin's jokes from his past cost him the opportunity to host the Oscars.

This has given birth to "cancel culture," an online trend that holds individuals accountable for past mistakes. Social media, a powerful tool in today's digital age, can unearth and magnify long-forgotten mistakes and controversies.

As I perused TikTok one day, I came across a video of a woman berating a school janitor for a misunderstanding on an 8-minute clock-out time difference.

Filled with indignation, I felt compelled to take action, writing letters to the school board and superintendent, demanding consequences for the manager's behavior.

However, much to my surprise, it was revealed that this

incident had occurred in 2016. It left me wondering how many other closed cases are dug up from the past and resurrect old skeletons, potentially wreaking havoc on individuals' present lives with past mistakes.

Consider the case of Jonathan Holley. The video that sparked my outrage involved Holley, whose confrontation with his superior had been recorded and uploaded to TikTok.

It had been a staggering seven years since the incident had taken place, yet the video surfacing on TikTok made it seem brand new.

I could not help but wonder how many others were experiencing the same sense of shock, also feeling compelled to try to stand up for what they thought was an injustice and mistreatment rehashing the past for all the parties involved.

Cancel culture, fueled by social media, amplifies the consequences of past mistakes. It involves collective condemnation of an individual for controversial actions, leading to severe repercussions like online harassment, job loss and damaged relationships.

The internet's permanence plays a significant role in this phenomenon. Even if individuals have evolved, a digital footprint

can be easily uncovered and used against them.

Photos, videos or posts from years ago can resurface and present a distorted view of a person's character.

While social media has revolutionized communication, it can also cause harm when used to resurrect past incidents.

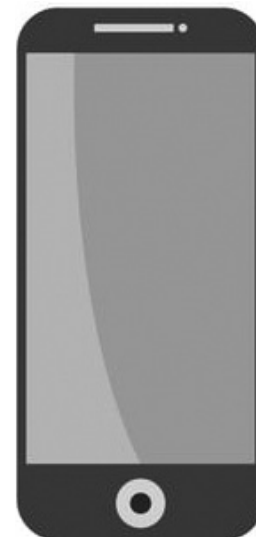
Cancel culture, driven by viral outrage, can destroy lives and careers without considering context or allowing room for growth and redemption.

It is crucial to balance accountability with the opportunity for individuals to learn from their past mistakes.

The question then arises: Can we ever truly move beyond our past mistakes? Cancel culture seems to contradict societal values of growth, redemption and second chances.

It is important to balance accountability with the opportunity for growth and change. Our own growth and evolution should be celebrated, rather than being incessantly haunted by the ghosts of our past.

Promoting accountability is essential, but so is allowing space for individuals to move forward. Evaluating intent, context and subsequent growth fosters a culture that encourages rehabilita-



tion and genuine accountability.

As social media continues to dominate, we must recognize its impact on our perception of past mistakes.

The resurrection of old skeletons should prompt reflection on human behavior, personal growth and the need for empathy and forgiveness.

Instead of perpetuating cancel culture, we should strive for a balanced approach that promotes accountability and allows individuals to atone for their actions and move forward positively.

After all, who knows what skeletons cancel culture could unearth from your closet?

Kindness around campus

By **CHLOE GRUSING**
Editorial Editor

Kindness Day for Northwestern is upon us.

The official day for being kind is November 10. All around campus different clubs and organizations have decided to celebrate by extending an arm to others.

Each club participating is taking time to set an example of what kindness means, how to demonstrate it and acts of kindness can happen everyday.

Some of the events happening around campus will be the library serving popcorn in the morning, Chemistry Club writing letters of encouragement and the Campus Cabinet handing out soap products in the Student Center during the morning.

Many members and businesses around the city of Alva will be providing kindness to the community. The support from the local area has also encouraged members of the community to participate.

The town of Alva fully supports the college and the Northwestern Oklahoma community.

Spreading kindness and joy throughout campus is something that can be done everyday.

The Northwestern campus is somewhere that goodwill can

thrive and flourish because of the people involved in the celebrations on Kindness Day.

As a student myself, I love to see when someone holds the door for the person behind them, folds their neighbors' clothes in the laundry room or something as simple as saying thank you to the person who scans your card in the cafeteria.

Kindness to me is taking action to better someone's day. It can look many different ways, be big or small, but in the end will better someone's day.

I think that people should strive to be kind everyday and make someone's day brighter.

It is important to remember that people go through tough patches all the time, and you may never know what the person you see on campus is experiencing in their personal life.

Doing an act of kindness can mean something deep to a person who is encountering a rougher patch of life.

The smallest act that you may not think twice about could be the highlight of another person's week.

I encourage people to practice one act of kindness a day, to not only improve your mood by helping someone, but also help your peers and try to make someone have a better day.

Earlier in the year, I had an



Photo by University Relations

The Campus Cabinet receiving a donation on Kindness Day 2022.

act of kindness done to me that stands out. I was stressed and overwhelmed with homework and had just attended a meeting with my advisor about dropping a class because I couldn't keep up with the work. There had been a health scare with my cat and I was scared he would be put down soon.

It was a whirlwind of a week and I had gotten a gust of motivation and decided to clean my room to relieve stress. I started my laundry but quickly had to run errands around campus. When I came back, I took a nap and then started doing homework.

I had been doing my work for quite some time and had forgotten to get my laundry from that

morning. I received a text from a person in the dorms that had put my laundry in the dryer, used their dryer sheets and folded the clothes when they were complete.

That honestly made my day and made me smile. I really appreciated what the girl down the hall did for me.

I think people should always want to do an act of kindness. Challenge yourself this month and do a kind act to help someone else.

To showcase your act of kindness on November 10, use the hashtag, #BeKindNWOK. This will spread awareness about Kindness Day and encourage an act of kindness.

Adulting 2023: Part 2 of 4

Despite graduating, young adults return home

Recent studies show spike in young adults living with family

By MALLORY PARUSZEWSKI
Senior Reporter

Pew Research analysis studies show that a 79% increase of college graduates are moving back home to live with parents rather than on their own.

Most 18 to 34-year-olds living with their parents after college are mainly caused by one major factor, high cost of living on their own. A side factor to living on their own is the health issues that some people have, for example seizures.

2022 college graduate, Zane Gould, already had the plan to move home in order to save money to get a job and his desired career. Gould's bachelor's degree is in digital design to create logos, which he hopes to land a job in the near future.

Gould did not want to be at home for long, but living paycheck to paycheck is not ideal for someone wanting to save money to move out on their own, especially with bills and rent to start and the necessities to survive.

"Living at home is all right to an extent," Gould said. "Sometimes you just have to get out and be away."

Gould also had severe seizures that limited him from completing the average milestones in life, like getting his driver's license and living in a college dorm.

His seizures are now maintained, but can be frequent, which is not the main factor for him living at home, but for his mom the seizures are.

Moms always have a different way of looking at situations, and most of the times they include more common sense reality than

their children like to admit. Hayley Bejarano graduated with her bachelors in 2021 from University of Central Florida and her masters in 2022.

She had a good paying job and was living on her own in Florida until the summer of 2023 when she decided to pack everything up and move home to Arizona, with the intention of living on her own.

"LIVING AT HOME IS ALL RIGHT TO AN EXTENT. SOMETIMES YOU HAVE TO GET OUT AND BE AWAY."

— ZANE GOULD

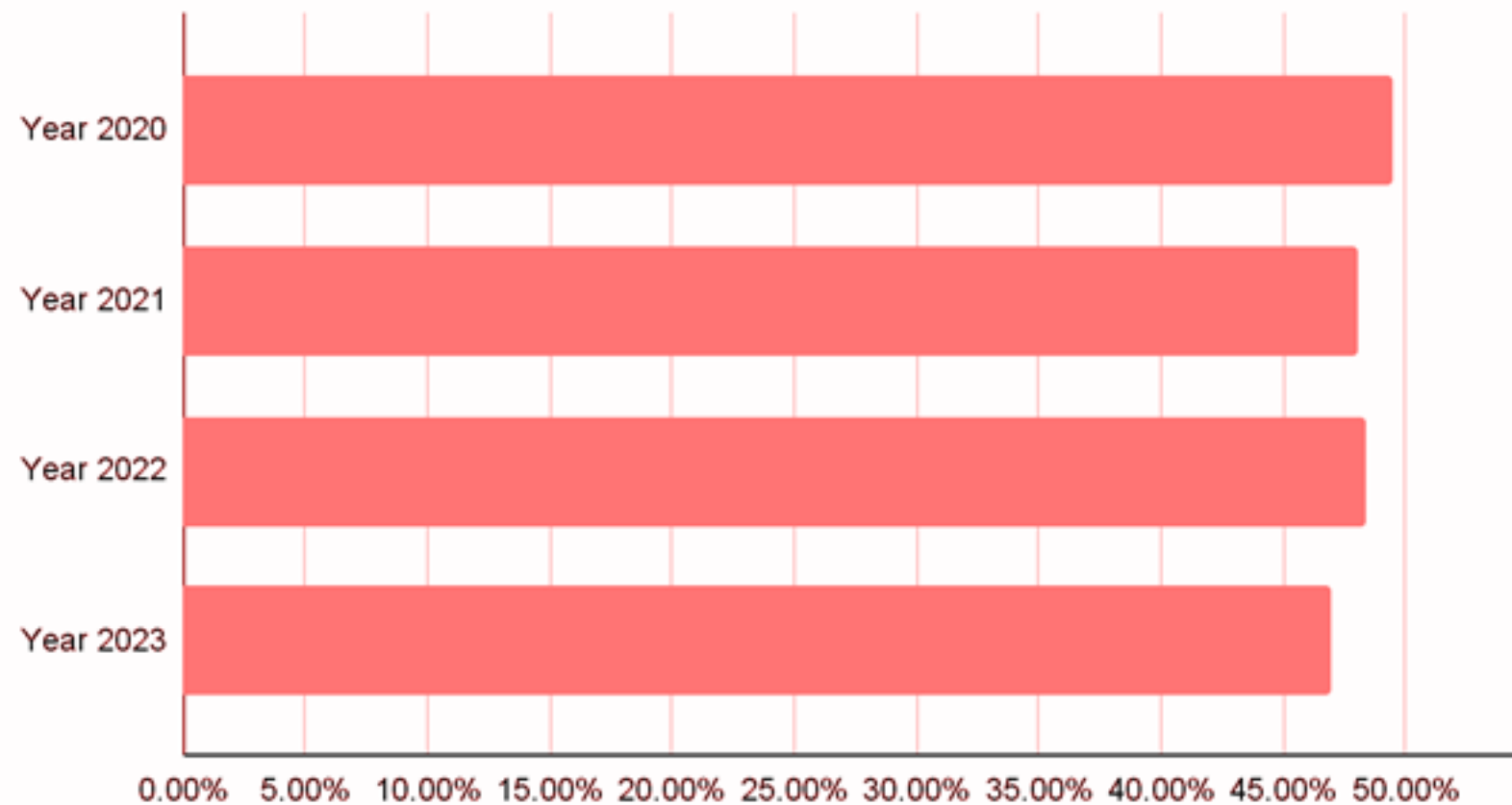
Her mom, Vicki Bejarano, talked some sense into her and told her that without a job helping with the first couple of months, all the money saved from her last job would go straight into deposit and first month's rent. It would not be ideal to be broke within the first month.

"It's awesome having her back. She's been gone for six years and I like having her in the same state," Vicki Bejarano said. "She did have to sacrifice some stuff to come back."

By being back home, Haley Bejarano is not having to pay rent, meaning she can save money and pay off her debt first.

Today's housing market in Arizona is not

% of Young Adults who moved back home in the past 4 years



Source: Lendingtree.com

Graphic by Mallory Paruszewski

How many young adults 18 to 34 years old still live in parents' home in 2023?

36%
U.S. young men

16%
Denmark

30%
U.S. young women

+70%
Portugal, Croatia, Italy, Greece, Serbia

Source: Pew Research Center



Drew DeSilver is a senior writer and editor for the Pew Research Center. He has written stories about numerous topics, including the growing trend of young adults moving back home.

Photo from Pew Research Center

Top reasons young adults move back home

Poll conducted by Harris Poll for Bloomberg

Finances

Over 40% moved back home to save money, while 30% specified they can't afford to live on their own

Debt

19% are trying to pay off debt, such as student loans

Emergencies

16% are recovering from emergency costs

Job Market

10% have lost a job

Source: <https://www.cbsnews.com/news/gen-z-millennials-living-at-home-harris-poll/>
Graphic created by Cade Kennedy



Hayley Bejarano (left) and her mother, Vicki Bejarano (right) pose for a photo. Hayley originally planned to move to Arizona this year, but changed her mind after talking to her mom.

the easiest so to put it into perspective, the more she saves right now will help her in the long run.

Her masters is in digital marketing management, which really benefits her because she is a people person. Trying to save money, she is subbing on the side.

Networking is a great way to get your foot in the door and to let people find out how good of a worker you are through people they trust. With two interviews down and two more to go, hopefully Hayley Bejarano will make a decision and be on her feet sooner than she hoped.

"People who know you, know your work ethics," Vicki Bejarano said.

Expert from the Pew Research Center Drew DeSilver wrote that young adults have consistently moved back home, given that this generation is also less likely to be married so soon or still in school.

However, the share of college graduates living back home has risen 74% opposed to 103% for kids with high school education and 87% for those who did not finish high school or even less.

DeSilver then went on to look at the education and ethnicity side among 18 to 34-year-olds. Non-Hispanics had the highest of 50% with no high school education and lowest of 17% of college graduates' rates of living with parents.

Young adult Hispanics, without high school education, almost had the same low rate of living with their parents as college graduates.

One possible reason for this is that young Hispanics, who have not completed high school, could be with their parents back in their home country rather than college graduates.

A common reason among many situations in America is the coronavirus outbreak, which pushed millions of young adults to move back in with family members.

With the cost of living going up and people losing jobs, it definitely scares young adults into wondering if it will happen to them which makes them retreat back home as a safe haven.

Articles from BBC.com and Family Tree emphasizes the fact that moving back in with



Zane Gould (left) stands for a picture with his mother and his brother. Zane planned on living at home for a small amount of time after graduating college, but his battles with seizures have helped keep him at home.

parents could be the norm for people in their 20s and 30s. Family Tree points out the growing group of 'boomerang kids', adult children who return to their parents, is on the rise.

In July 2020, 52% of young adults in the US live with one or both of their parents, this is the highest percentage in the US since the end of the great depression in 1940.

Family Tree examined people in their late 20s going on dates and many said that they do whatever they have to do to save money, even if it means moving home.

"There is a trend to staying at home longer, because everything is so expensive," Joanne Hipplewith, a family therapist, said.

Channel five news in Nashville, Tennessee did a study and they found that 30% of graduates moved back home with her parents just to move home and about 31% at least moved to their hometown for cheaper rent.

Most college students who take online classes say they go home for break and just never go back. Having parents to run home to when things get hard is uncommon, but not rare.

In today's time, the price of living is so high and puts people behind to where they want to give up. Going home to home-cooked meals, little to no rent and cheap bills is not frowned upon, in fact it might be the new trend.

FEATURE

College Democrats to host voting registration event

By **Alli Schieber**
Features Editor

The College Democrats will be hosting a voting registration called Ranger registration on Monday from 9:30 a.m. to 2 p.m. in the mall area in front of the library.

This event is non partisan and will be for Rangers to register to vote and win prizes. It will also help to inform Rangers of the importance of voting and allow them to update their voting registration if they are already registered.

If you are registered and would like the chance to win prizes you can show your voter registration card for the chance to win giveaway prizes.

"I feel it is important for every student to be registered to vote,"

Ash Crites, a sophomore English education major from Hennessey and Vice President of College Democrats. "As a club we understand that voting is the best way to see the change you want to see in the world. Everyone who is capable should be registered to vote because that gives them a chance to have a say in their future."

Carmen Gonsler the President of College Democrats and senior political science major from Woodward said that there is as popular phrase that is used often, "Gen Z is the most politically opinionated, but least politically active generation."

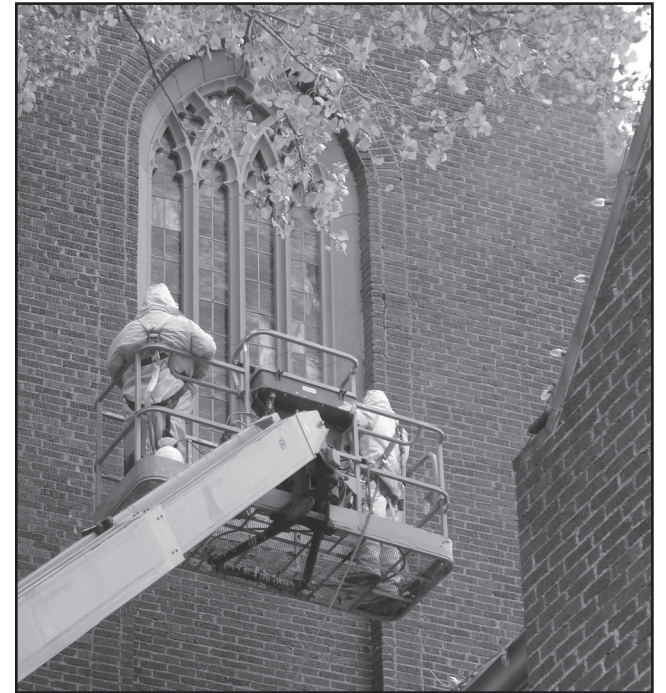
However, the 2022 midterms showed that 28.4% of voters were ages 18-24 according to census data. This is higher than previous generations at the same age; baby boomers had 27.9% participation.

"I, along with the other mem-

bers of College Democrats, believe voter registration initiatives, like Ranger Registration," Gonsler said. "Voting is so important, because the things we vote for will affect our lives, and, going into our 20s and 30s, our children's lives. In an age where we have access to so much information online, there is no excuse to not do your civic duty. NWOSU's College Democrats has adopted this motto to inspire voting: "Our future, our vote." We believe in using our voices and encouraging others to use theirs to impact the future."

To join College Democrats contact Carmen Gonsler at CMGONSER34@rangers.nwosu.edu

Brightning up Herod Hall



Workers are cleaning up the window on the tower where the carrillon plays daily.
Photo by Alli Schieber

Rangers attend several campus events

Students participated in several events on campus this week including, Thank-a-Thon and the education career fair.

NWOSU also hosted Heartland BEST robotics game day on Saturday where middle school and high school teams design and build robots and com-

pete on a game field.

Burlington and Alva high schools advanced to the Regional BEST Robotics competition and will compete in Denver, CO Dec. 16-17.

They earned top placings in the "Incision Decision" contest.



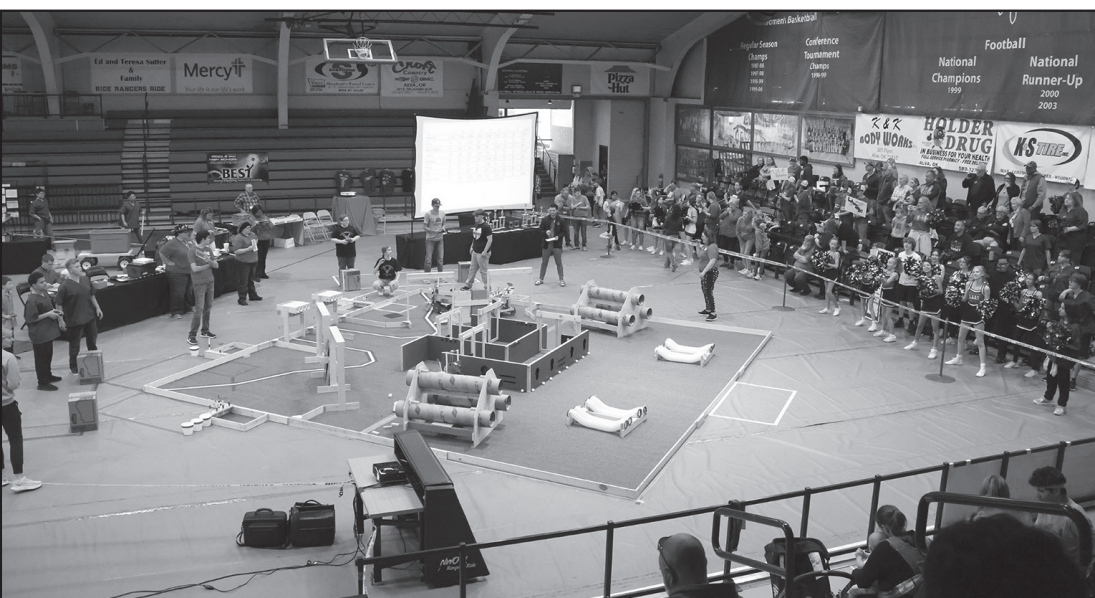
Kaylyn Aldrich and Jaxy Cloud writing letters at Thank-a-Thon last week

Photo by Austin Judkins



Erika Hernandez and Salat Ibrahim at the education career fair in the student center ballroom on Monday afternoon.

Photo by University Relations



Heartland BEST Robotics game day in Perecefull field house on Saturday.

Photo by University Relations

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SPORTS

Here come the hoops

Northwestern Ranger men's basketball team prepares to hit the court for their 28-game season, set to tip off on Friday.

THE TURBO RANGER



JOSHUA CHRISTOPHER

With a dedicated roster of talented players, fans are eager to witness the team's journey unfold this season.

Filled with veterans and young talents, they all hope to contribute to the winning aspect this year focused on their championship run.

A majority of the team is filled with freshmen and sophomores. The remaining six seniors have paved the way and plan to lead by example. Performance and leadership on and off the court will undoubtedly be a key factor in the team's success this season.

The Rangers' schedule is packed with challenging matchups against formidable opponents from the conference and non-conference play.

Teams such as Northeastern State, Central Oklahoma and Midwestern State are games to look out for throughout the 28-game stretch.

Fans can expect an electrifying atmosphere at the home games, with the Northwestern community rallying behind their team in the Percefull Fieldhouse.

School spirit is where it's at and the fist home opener will be against Oklahoma Panhandle State University on Nov. 15 at 7 p.m.

As the countdown continues, only a day remains for practice, preparation and execution before the Rangers men's basketball team competes in the MIAA/GAC two-day tournament in Tahlequah, Oklahoma at the NSU Event Center.

Upcoming Games

Men's Basketball

MIAA/GAC Challenge
Tahlequah NSU Event Center
Friday, Nov. 10—7:30 p.m.
vs. Northeastern State
Saturday, Nov. 11—3 p.m.
vs. University of Central Oklahoma
Wednesday, Nov. 15—7 p.m.
vs. Oklahoma Panhandle State

Women's basketball

MIAA/GAC Challenge
Tahlequah NSU Event Center
Friday, Nov. 10—5:30 p.m.
vs. Northeastern State
Saturday, Nov. 11—1 p.m.
vs. University of Central Oklahoma
Tuesday, Nov. 14—5:30 p.m.
vs. Kansas Christian
Friday, Nov 17—5:30 p.m.
@Oklahoma Panhandle State
Friday, Nov. 24—3 p.m.

Volleyball loses to ECU, beats Storm



Abby Davis (14) prepares to set the spike for Mariela Jimenez (22) on Nov. 4. ECU won the match 3-0.

Nov 4
NWO 0 ECU 3

Nov. 6
NWO 3 SE 0

	NWO	SE
Kills	49	28
Errors	12	13
Attempts	118	101
Assists	47	26
Aces	8	1
Blocks	5	4

Playmakers:

- **Erika Asencio Soriano:** 16 kills, 2 blocks
- **Macy Shreffler:** 12 kills
- **Ivanny Blackwood:** 9 kills
- **Carmae Jones:** 8 kills, 2 blocks

Swish! Lady Rangers ready for season

By MACY SHREFFLER
Student Reporter

NWOSU women's basketball team is gearing up for the upcoming season, with plans of traveling to Hawaii on Nov. 22 for games against Chaminade University and Stanislaus State.



Summya Adigun



Camille Thomas

The women's basketball team has been in preseason so far this fall, working hard to build good team chemistry off the court while also strengthening the players ability on the court. With much hard work the players feel confident in the season ahead.

Summya Adigun, a freshman from Hugoton, Kansas, and Camille Thomas, a junior from Carrollton, Texas, are both members of this year's women's basketball team, and they had a lot of positive things to say about this year's pre-season.

Adigun came in as a freshman this year with no idea what the atmosphere of pre-season would look like, but said she was pleasantly

surprised.

"This is my first year here at Northwestern, so it's all been new to me, but overall, it's been really good."

With lots of conditioning and team bonding, she said she sees this team going far this season.

Being the only freshman on the team, Adigun said the team has been helpful in her transition to

the college level.

"I am new, and this is my first time playing at the college level so it's a shift of dynamic for sure, but overall it's been a really good experience," Adigun said. "My teammates have been so helpful, and I'm grateful for them."

While Adigun comes into a new team and is experiencing this all with fresh eyes, Thomas is a junior with a few more years of experience. She said this has been the most exciting year yet, and the girls have brought a lot of intensity and energy to the program. The advantages NWOSU will have this year include experience. Many players on the team have played in the college spotlight, and it has made it much easier for the team to adjust.

"We want to start defense, and a lot of us already know that defense, so we don't have to spend too much time teaching things," Thomas said.

The women are coached by Tasha Diesselhorst, and assisted by Kinsey Neiderer and Randy Turney. Both Adigun and Thomas said they appreciate that they are approachable and make everyone on the team feel comfortable, while still coaching with intensity and accountability.

"She expects a lot of us," Thomas said of Diesselhorst.

Not only does the head coach expect discipline and culture on the team, but Thomas said she really encourages everyone on the team to step beyond their comfort zones, and for everyone to seek some sort of leadership role on the court.

But most of all, Adigun and Thomas said team bonding and the dynamic on the team is the No. 1 priority for the coaching staff, who believe these ideals will propel them through the season ahead.

On another note, the NWOSU team will be traveling to Honolulu on Nov. 22 to compete against Chaminade University and Stanislaus State on Nov. 24-25.

Cross country ends season at regionals

Men's Results

Ranger men 22nd overall.

- **Christian Franklin:** 1st for the team, 70th overall, time 32:34.22.
- **Riley Herndon:** ,91st overall, time 33:01.97
- **Salat Ibrahim:** ,143 overall, time 34:20.94
- **Edward Robledo-Gonzalez:** 146th overall, time 34:31.05
- **Aaron Medrano:** 156th overall, time 34:49.47
- **Zachary Cox:** 159th overall, time 35:00.21
- **Brandon Adolphus:** 169th overall, time 35:15.93

Women's Results

Lady Rangers 31st overall

- **Lady Rangers 31st overall**
- **Asia Williams:** 1st for team, 163rd overall, time 24:26.16
- **Cadence Long-Torres:** 183rd overall, time 25:29.27
- **Reina Gonzales,** 195th overall, time 26:08.45
- **Jasmin Garcia:** 200th overall, time 26:34.87
- **Harley Woody:** 201st overall, time of 26:38.48.
- **Karlee Trammell:** 203rd overall, time 26:47.35.
- **Elizabeth Dorado:** time 27:52.47

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Rangers 0-10 after loss to SA

Nov. 4
Southern Arkansas 42
Northwestern 14

	SAU	NWO
Total Yards	491	259
Pass Yards	280	181
Rushing Yards	211	78
Penalty Yards	4-40	5-27
1st Downs	22	16
3rd Downs	5-11	4-10
4th Downs	4-4	0-2
TOP	18:46	21:14

Playmakers:

3rd quarter: Ethan Everson, quarterback, throws 12-yard pass to Torrence Stevens for the first Ranger touchdown. Tyler Furey kicks the extra point.

4th quarter: Everson runs the ball 11 yards for the second touchdown. Furey kicks the extra point.



Senior receiver Travis Romar tries to beat the defender to the outside to get some momentum for the Rangers against Southern Arkansas.

Photos by Austin Judkins



Senior Ethan Everson dives into the endzone to get the Rangers their second touchdown.



Senior Running Back Jashaun Foster dives forward in effort to get the Rangers a first down.

NWOSU soccer loses final two home games to end season



Nov. 1
Northwestern 0
Southern Nazarene 2

Nov. 4
Northwestern 1
Oklahoma Baptist 2

	NWO	OBU
Goals	1	2
Shots	6	14
SOG	5	6
Saves	4	4
Corners	3	0
Offsides	7	0
Fouls	5	13

Playmakers:

Goal: Victoria Ruvalcaba, assisted by Carlie Massingale.

Left, Callie Haneborg keeps the ball away from an OBU defender. Right, Sydne Edminston stops the ball as goalkeeper Maggie Koster waits at the net. NWOSU lost 2-1 to OBU.

