

## KIND RANGERS

Check out a few of the random acts of kindness that Rangers did for NWOK Kindness day PAGE 8



## THANKSGIVING BREAK

Northwestern campus will be closed Nov. 22 - 24, with classes resuming on Nov. 27. PAGE 6



# NORTHWESTERN NEWS

PRSR.T. STD.  
Permit # 5  
Alva, OK 73717

Volume No. 85, Issue 12

Northwestern Oklahoma State University, Alva, Oklahoma

November 16, 2023

Visit us online at [northwesternnews.rangerpulse.com](http://northwesternnews.rangerpulse.com)

Follow us on:

## Rangers gain victory over Bulldogs

By COLLIN ZINK  
Senior Reporter

The Northwestern Rangers football team beat the rival Bulldogs of Southwestern Saturday by a score of 41-0, the first shut-out in the previous 10 matchups.

The shutout was not only Northwestern's first and only victory of the season, but it was Ronnie Jone's first win as the Ranger's head coach.

"We talked all week about Southwestern finishing their season, but this is the start of changing the face of the Ranger football program," Jones said. "This win is what is really going to propel us going into the future years."

With the win, the Rangers finished their season 1-10, and Southwestern finished 0-11.

"I told them all year that, No. 1, learn how to act on and off the field; No. 2, learn how to play the game the right way, and if you do one and two, you'll learn how to win," Jones said. "I really think this opens the door for more wins down the road."

Ethan Everson, a senior health and sports science major from Gunter, Texas, got the start as quarterback for the Rangers.

Everson had a 52% completion percentage as he went 15-29 for 315 yards, three touchdowns,



University Relations photo

Ranger football, cheer team and student section celebrate beating SWOSU by joining the Ranger band as they play the Northwestern fight song.

and one interception.

Bodie Boydston started at quarterback for the Bulldogs. Boydston had a 50% completion percentage as he went 13-26 for 97 yards, zero touchdowns, and

one interception.

The Rangers ran for 200 yards with Jashaun Foster leading in rushing yards with 42 yards and one touchdown on 8 carries. The Bulldogs ran for 80 yards with

Ethan Hyche leading the team in rushing with 52 yards on 9 carries.

Braden Reichert led NWOSU in receiving yards with 139 yards with one touchdown on 4 recep-

tions. Taylor Toshes led the Bulldogs in receiving yards with 47 yards on five receptions.

In a series dating back to 1907, SWOSU still leads against Northwestern 50-35-5.



Photo by Austin Judkins

Rowdy Ranger celebrates the 41-0 win against the Southwestern Bulldogs at the Ranger Field on Saturday.



Photo by Austin Judkins

Quarterback for the Rangers, No. 2 Ethan Everson had a 52% pass completion rate at Ranger Field Saturday afternoon.

NEWS

Pages 2

OPINION

Pages 3

SPECIAL REPORT

Pages 4&5

FEATURE

Page 6

SPORTS

Pages 7

# NEWS

Nov. 16th-  
Nov. 21st

## WHAT'S UP?

**16th Thursday**

- Wesley House's meal beginning at 11:30 a.m. to 1 p.m.
- Aggie Club Friendsgiving at 6 p.m. at the Fairgrounds
- Trivia Night at 6 p.m. in the Ranger Room
- Bible Chair round-up at 7 p.m. at the Bible Chair

**17th Friday**

- Ranger Research Day at 8 a.m. until 4 p.m. in the Ballroom
- Ranger basketball at 3 p.m. at Percefull Fieldhouse
- Wesley House Bible Journaling Night at 7 p.m.

**18th Saturday**

- NWOSU Theater Children's Show at 2 p.m. in Herod Hall
- NWOSU Men's Basketball at 3 p.m. in Percefull Fieldhouse

**19th Sunday**

- NWOSU Forge at 6 p.m. at 324 College Blvd.
- Wesley Worship Night at 7 p.m. at the Wesley House

**20th Monday**

- Woman's Bible study at 8 p.m. at the Wesley House
- BCM Fresh Monday at 8 p.m.

**21st Tuesday**

- Bible Chair Free Lunch at 11:30 a.m. until 1 p.m. at the Bible Chair
- Wesley House Bible Study at 7 p.m.

- Nov. 22- 24 NWOSU Campus will be closed for Thanksgiving Break.
- Nov. 23 Free Thanksgiving meal 11:30 a.m. until 1 p.m. at the First Methodist Church

HAPPY  
THANKSGIVING

## NWOSU sophomore is international scholar

Northwestern Oklahoma State University social sciences major Ava Carr of Tuttle has been selected as a Brad Henry International Scholar by the Oklahoma State Higher Education Regents.

The Northwestern sophomore will spend the spring 2024 semester studying at Swansea University in Swansea, Wales, United Kingdom.

"I am thrilled to be going to Wales in the spring and look forward to all the new experiences," Carr said. "It has always been a dream of mine to study abroad, but I wasn't sure if I'd ever be able to. I am so grateful that Northwestern offers this opportunity."

Carr was nominated by Northwestern professors Dr. Eric J. Schmaltz, chair of the department of social sciences and professor of history, and Dr. Robert Vest, assistant professor of Spanish.

"Ava Carr stands as one of our outstanding honors students, a dedicated worker who seeks to expand her intellectual and cultural horizons," Schmaltz said. "The department is fortunate to have such a student in its ranks, and on the department's behalf, I wish to congratulate her on this honor. Northwestern is proud to select her this year to represent us at Swansea University, where she will gain new perspectives and make many great memories abroad."

Carr will receive funding for tuition and lodging for a full semester of study at Swansea University, as well as a stipend to

help with other expenses such as airfare and passport fees to and from the UK.

"Ava Carr's achievement as the recipient of the Brad Henry International Scholarship is a testament to her exceptional dedication and commitment to her academic pursuits in the humanities," Vest said. "Her time as a Spanish student has been marked by a genuine passion for language and culture, which exemplifies the qualities the Spanish program seeks to nurture in students. Ava's journey in studying and increasing her ability to communicate in Spanish not only showcases her academic excellence but also her ability to appreciate other cultures and their practices and perspectives, which is a valuable asset in an increasingly globalized world."

The Brad Henry International Scholarship program was established by the Regents in June 2008. The Regents provide a stipend for students selected to participate in the semester-long study or research programs affiliated with Swansea University.

Recipients are selected based on their excellent academic performance, outstanding communication skills, exemplary character, and exceptional leadership, maturity and judgment.

For more information visit <https://www.nwosu.edu/study-abroad/brad-henry-scholarship-program>.

-University Relations

### HOLDER DRUG

Hallmark 513 Barnes Alva, Ok 73717

580.327.3332 1.800.458.5349 Fax: 327.1848

## Take the win Goldbugs!

## NORTHWESTERN NEWS

Official Newspaper  
Northwestern Oklahoma State  
University

709 Oklahoma Blvd.  
Alva, OK 73717

Published weekly throughout the school  
year except during examination periods  
and holidays and distributed to students  
and staff.

### Fall 2023 Staff

**News Editor**  
Tara Owen

**Editorial Editor**  
Chloe Grusing

**Sports Editor**  
Joshua Christopher

**Features Editor**  
Alli Schieber

**Assistant Editor**  
Kristen Kirtley

**Photographer**  
Jaylee Ross  
Austin Judkins  
J.D. Eddy

**Advertising Manager**  
Derrick Galindo

**Circulation Manager**  
Collin Zink

**Online Manager**  
Jaylee Ross

**Adviser**  
Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232  
Telephone: 327-8479; Fax: 327-8127  
E-mail: nwnews@nwsou.edu  
The News is printed by  
the Alva Review-Courier

The opinions and comments contained  
in the Northwestern News are those of the  
writers and do not necessarily reflect the poli-  
cies or beliefs of the university administration,  
Board of Regents of Oklahoma Colleges or  
the editorial staff. The News gladly accepts  
submissions but does not promise they will  
be used.

### AFFIRMATIVE ACTION COMPLIANCE STATEMENT

This institution, in compliance with  
Title VI and Title VII of the Civil Rights Act  
of 1964, Title IX of the Education Amend-  
ments of 1972, sections 503 and 504 of the  
Rehabilitation Act of 1973, the Americans  
with Disabilities Act Amendments Act of  
2008, and other applicable federal laws and  
regulations, and to the extent required by law,  
does not discriminate on the basis of race, col-  
or, national origin, sex, age, religion, genetic  
information, physical or mental disability, or  
status as a veteran in any of its policies, prac-  
tices, or procedures. This includes, but is not  
limited to, admissions, employment, financial  
aid, and educational services.

Inquiries concerning the application  
of these programs should be made to Cal-  
leb Mosburg, Director of Student Affairs,  
Northwestern Oklahoma State University,  
709 Oklahoma Boulevard, Alva, OK 73717,  
(580) 327-8415.

This publication, printed by North-  
western Oklahoma State University, is  
issued by the University as authorized by the  
Regional University System of Oklahoma.  
Four hundred copies have been prepared and  
distributed at a cost to the taxpayers of the  
State of Oklahoma of \$368.00.

### 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. Let-  
ters via e-mail are acceptable as long as they  
follow the rules stated above and can be sent  
to nwnews@nwsou.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 gram-  
mar, libel and space limitations. All letters  
submitted may not be used.

All letters represent the views of the

# OPINION

## It's time to kick the can

By **CHLOE GRUSING**  
Editorial Editor

After classes and clubs, at the  
end of the long day, all a student  
wants to do is have an iced cold  
drink and relax.

The iced cold drink should be  
something healthy and make the  
consumer feel that their thirst is  
satisfied. A person should drink  
something like water, pedalyte,  
or some kind of electrolyte mix.

One should avoid drinking  
soda, even though the taste might  
be tempting, the overall health  
risks are greater. Soda can cause  
health issues and create unhealthy  
lifestyle habits that could be detri-  
mental towards the person drink-  
ing the beverage.

According to UCLA Health,  
soda leads to many health issues  
like obesity, diabetes and other  
chronic health issues. If a per-  
son drinks one soda per day, they  
are more likely to increase their  
chances of having diabetes and  
blood sugar regulation issues.

Diabetes can cause a multitude  
of other issues and a life time of  
taking medication and attending  
doctors visits.

The major health issues that  
can be caused by drinking soda  
can be seen from a physical stand-  
point too. While a person may not  
realize they are developing diabe-  
tes, cavities are easier to spot.

The sugar in sodas cause  
tooth decay and could cause  
teeth to fall out if not treated in  
an appropriate amount of time.  
Dental decay could be a gateway

to causing vulnerability and sub-  
cumming to other health risks and  
infections.

If these health infections go  
untreated, a person could be ex-  
periencing unnecessary pain and  
suffering. Having a chronic dis-  
ease going untreated can lead to  
high health risks.

On top of creating diagnosable  
chronic health disorders, soda can  
also create an addiction to sugar  
and caffeine.

People who frequently drink  
soda run the risk of developing a  
sugar and caffeine addiction.

Symptoms of soda addiction  
include cravings, inability to stop  
drinking and a disturbance in  
mood or daily routines because  
of soda.

One must take into account  
what their soda consumption is  
and how to gauge if the amount  
is healthy. Over intake of caffeine  
can cause heart issues and trou-  
ble sleeping. Becoming aware  
of one's soda intake could make  
or break someone's long term  
health.

If a person begins to feel like  
soda is becoming a driving force  
in their life, seeking a therapist  
may be a good option.

The habit can be hard to kick,  
but will be a rewarding experi-  
ence that could save your health  
in the long run.

If nothing else, I feel kicking a  
soda addiction could be gaining a  
new sense of control in your life.  
A person could begin to discov-  
er new tastes and treats they like  
by skipping on the one that, in a  
sense, controls you.

To begin the replacement of  
soda in your diet think about bev-  
erages that may be similar, but  
would be considered a healthy  
alternative to their favorite soda.

For starters, there are several  
brands of carbonated water in an  
assortment of flavors with zero  
sugar and carbs.

These give a person trying to  
kick soda addiction a similar ex-  
perience to drinking something  
bubbly and sweet.

As everyone says, water is the  
best thirst quencher to drink. For  
some, quitting soda cold turkey  
can be a daunting task, so using  
carbonated water as a stepping  
stone to kicking the habit can be  
useful.

I think that people should be  
drinking an adequate amount of  
water each day, but if an individ-  
ual is craving something sweet,  
carbonated water could be a good  
alternative.

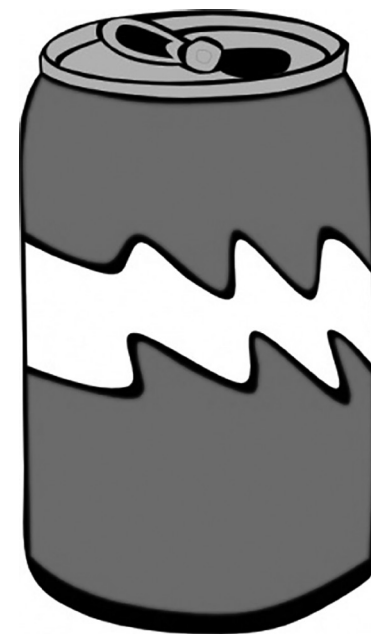
People should be making a  
point to drink water but also give  
themselves a sweet snack or soda  
every once in a while.

Consuming the daily amount  
of recommended water should be  
a priority. Water intake can only  
create a good outcome, as long as  
moderation and proper amounts  
are consumed.

It is important to understand  
the health risks and diseases that  
drinking soda may cause.

I believe that a consumer  
should be aware of their purchas-  
es.

Knowing the health risks  
of soda consumption is just as  
necessary as knowing the health



risks for cigarettes or canned ta-  
bacco.

I think each customer should  
be informed in what they are pur-  
chasing.

I feel most people have an  
understanding that soda is by no  
means healthy.

The daily stressors a person  
encounters may push them to  
want a treat or snack to cope with  
emotional turmoil.

I feel people should avoid soda  
as it has virtually no health ben-  
efits and causes more harm that  
good.

Though the times may be  
rough in the present, skipping on  
a soda will be a better choice in  
the long run.

Take a stand on bettering your  
health and drink more water. Put  
the soda or others sugary drinks  
away and make sure to stay prop-  
erly and safely hydrated.

## Creating success tomorrow

By **ELMER SOTELO**  
Guest Coloumist

Throughout history, many leaders have  
shown to be admirable for their work during  
their generation.

Whether it be Argentina's World Cup  
squad led by renowned player Diego Mara-  
dona in 1986, or John F. Kennedy's space  
race through the sixties many prominent  
leaders have shown to rectify expectations.  
It also goes to question, how such actions were  
achieved.

These types of achievements inspire var-  
ious generations and have influenced more  
people to take charge and achieve greatness,  
yet, it seems that for the last decade, our lead-  
ers have seemed to be less proactive or less  
motivated to continue forward.

The flaming passion we once had is now a  
shadow of its former self. So now it begs the  
question, are we building better leaders or are  
our preexisting motives not as big or inspiring  
as back then?

Today many of the leaders who represent  
great sanctions have only raised tensions  
rather than make peace amongst all fronts. It  
seems the very thing many people are fighting  
for may lead to their deceitful demise.

Accountability itself is nonexistent, as  
many prominent figures have avoided the con-

sequences of their actions. It may seem like a  
stretch, yet it's a concurrent cycle with no end.

Now, you may ask yourself why is it im-  
portant to build better leaders. I have seen dif-  
ferent types of leadership coming from many  
different fronts. Whether it's the many profes-  
sors who've taught me or the several coaches  
that I've trained under, leadership can take  
many forms. These forms are different lead-  
ership styles and have their impact on people,  
the problem is, are these styles being repre-  
sented effectively?

Anyone can take charge, but not everyone  
is meant to be a leader. Are these current lead-  
ers that we decided to influence the future, or  
are they the ones we decided to put in power  
due to social status alone?

I asked myself this question after com-  
paring the many different leadership styles  
throughout my experiences in real life and  
questioned why is it important to contin-  
ue building great leaders. It seems now that  
instead of investing time and effort in one  
big goal, the leaders in today's society have  
shown to be working for their own benefit.

Personally, it's safe to presume now is the  
time to re-educate ourselves on the meaning  
of true leadership.

It's not to say that all leaders in today's so-  
ciety are ineffective, but I believe it's time to  
start informing younger demographics of the  
impact they wield by becoming strong lead-

ers.

It's a matter of how their ideas influence  
themselves and others to become the next big  
thing. Instead of feeding our time for medio-  
cre representations, we should drive towards  
leaders who will advocate for their cause as if  
it were a religion.

Leaders who constantly preach their views  
and are open to different viewpoints. Figures  
who work towards greatness with their fol-  
lowers always in mind. With the right knowl-  
edge and time, we could put all our efforts into  
creating influential moments that inspire more  
to become great leaders.

This type of impact can be seen every-  
where, especially in the world of sports. Many  
soccer stars pay tributes to their past prede-  
cessors showing how deeply former players  
impacted future generations.

For instance, Lionel Messi led Argentina  
to win the World Cup this last year reminis-  
cent of when Diego Maradona won it in 1986.  
Not only was Messi influenced, he was shown  
what he needed to do to be able to succeed.

It is safe to say our future is always un-  
certain and many changes in this world oc-  
cur, yet ultimately without great leaders this  
world would forget the greatness humans can  
achieve.

*Elmer Sotelo is a junior business admini-  
stration major from Lexington, Nebraska*

Adulting 2023: Part 3 of 4

# Young adults are waiting to say 'I do' compared to previous generations

## Studies show average age of marriage is higher than before

By Kristen Kirtley  
Assistant Editor

The rate of married 21 year olds decreased from one-third in 1980 to 6% in 2021, according to a study conducted by Pew Research.

The rate of married 25 year olds decreased from two-thirds to 22%, as well, according to the same study.

Many women are getting married later and not as often, because of the prioritization of a quality education and career over a romantic relationship, according to Clarissa Sawyer, lecturer in natural and applied sciences, who teaches adult development, aging, and gender psychology.

"Women are putting a career above everything else," said Bailey Trammell, instructor of psychology at Northwestern Oklahoma State University.

Trammell explained that besides the desire to establish a career preventing women from getting married at the traditional age, the fear of losing part of their identity is another factor that is holding them back.

For example, women changing their last name after getting married may cause them to feel that a piece of their identity has been taken away from them.

An article from Scientific Research Publishing says younger generations are choosing to marry later in order to focus on personal growth and the overall development of their personality. The article says a woman getting pregnant at a young age can delay the development of her career; but a man getting married at a younger age is more likely to set back his life plans altogether.

The same article also said if people wait longer for marriage, they give themselves time to figure out what they want in a partner, and time to find the partner who is best suited for them.

Trammel said she believes an-



Chris and Denise Elmeer visit Sedona, Arizona on a vacation together. Photo Provided

romantic relationship at a time. Trammell explained that once the honeymoon phase is over in a developing relationship, people avoid taking their relationship to the next level, whether that be marriage or starting a family, and often give up on the relationship altogether. She said younger generations don't want to work hard to maintain a successful marriage, unlike older

**"WOMEN ARE PUTTING A CAREER ABOVE EVERYTHING ELSE"**  
— BAILEY TRAMMELL

generations do, because of factors such as more advanced technology and social media.

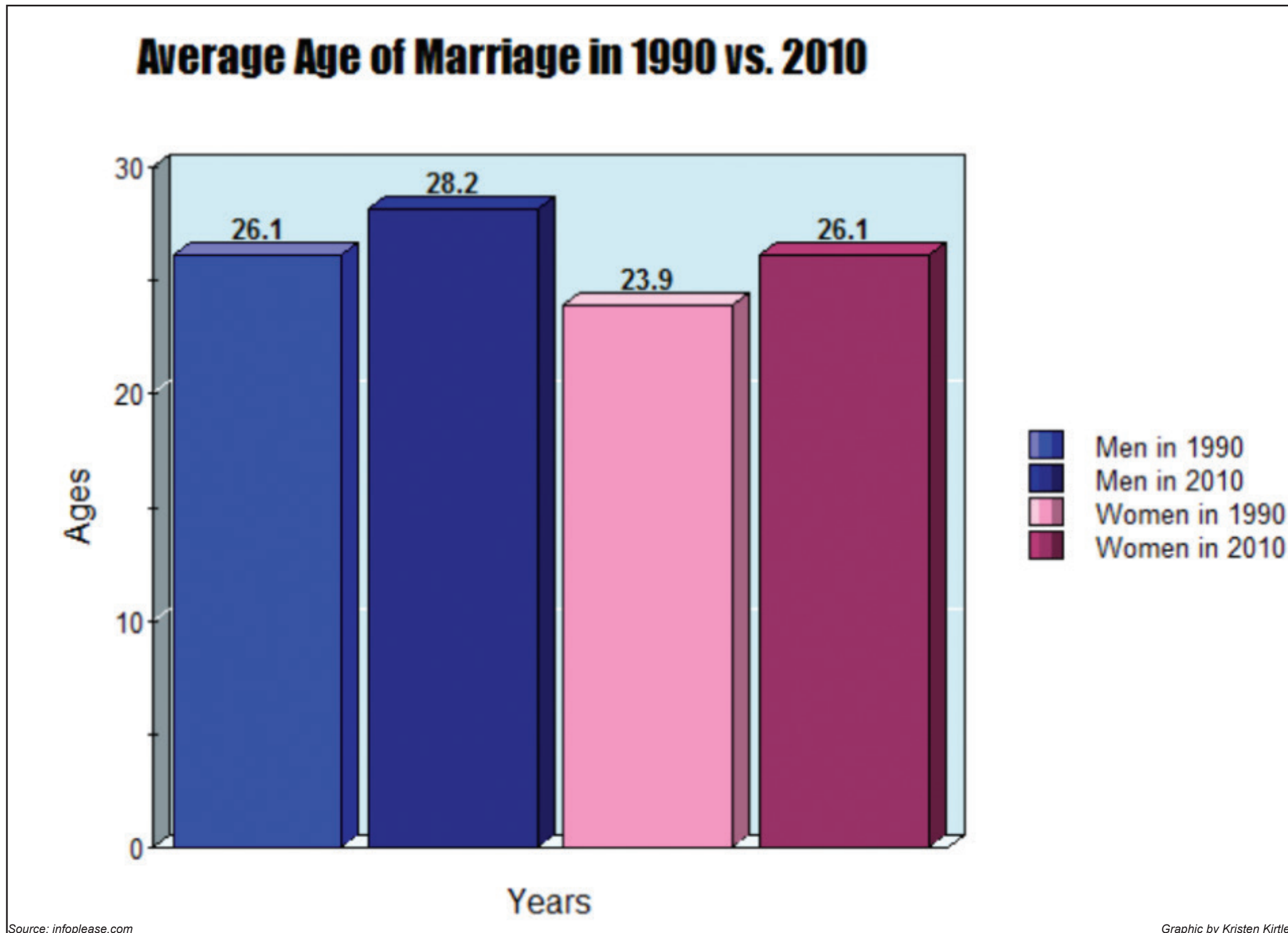
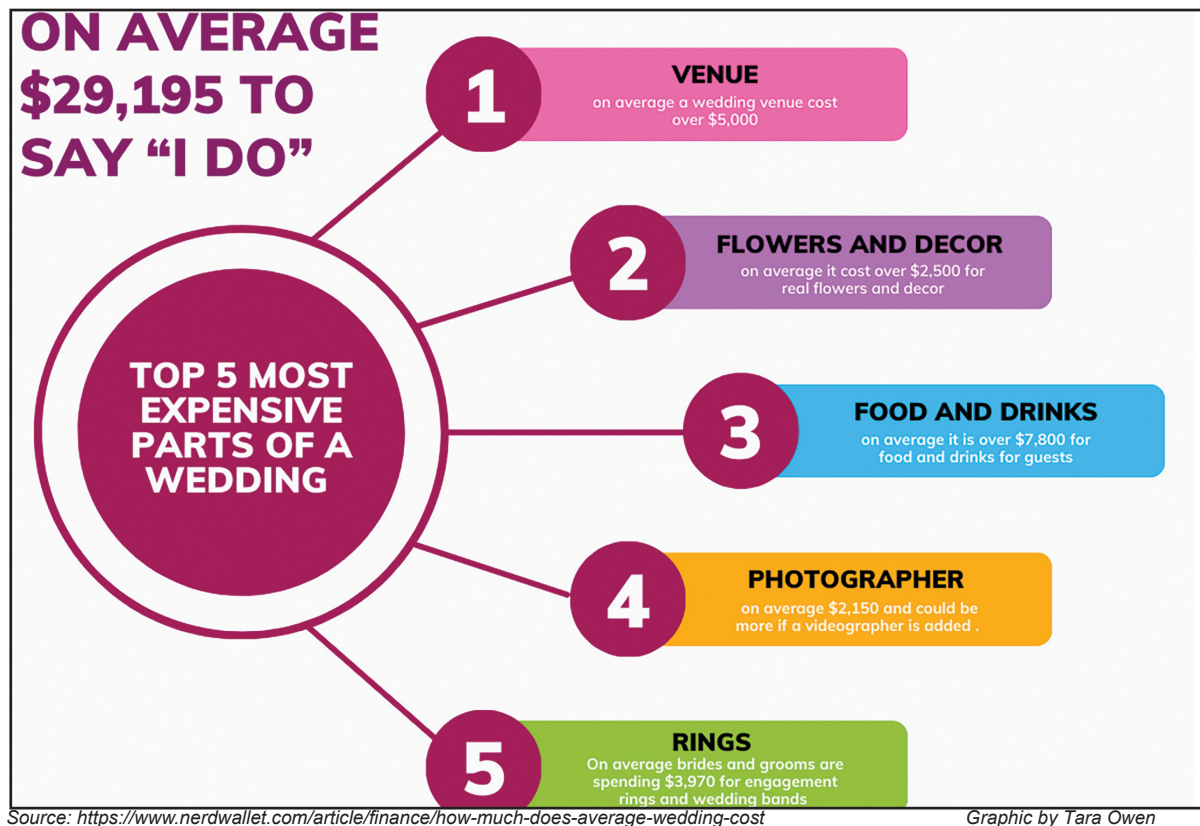
Trammell said she believes that

malized is commitment ceremonies, she said. Here a couple vows to commit their lives together without getting legally married.

She said that socioeconomic status also comes into play when couples are deciding whether to have kids, and some people decide not to have children simply because of the added expense.

"Women today have learned that putting off their mothering years in pursuit of their education and career has become more beneficial in the long run for career advancement or opportunities presented by relocation that wouldn't be possible with children," said Christina Murrow, the clinical director of the Northwest Treatment Center for Women and Children in Waynoka, who obtained a bachelor's in pre-k-12 education with a teaching endorsement in psychology.

Murrow also said in order to sur-



that cycle."

Trammell also discovered the concept of polyamory, which is the practice of having more than one romantic partner at a time. She said polyamory has become more normalized in recent years, which has decreased the practice of monogamy, the concept of having only one

as a society, people no longer know how to communicate with each other because of the access of cell phones. She said that phones also normalize the concept of instant gratification, which can cause relationships to fail because of people stepping outside the bounds of the relationship.

Another factor Trammell brought up was what's known as, "Disney love". She said that Disney movies and shows, such as the beloved princess movies, portray a false reality of what love is supposed to look like, causing people to expect relationships and marriage to be smooth-sailing, with little to no issues.

"I think another component is socioeconomic status," Trammell said.

Trammell pointed out the fact that a wedding in the U.S. costs an average of \$38,000, which is more than some make annually in the nation, causing people to question whether it's worth getting married at all.

A concept becoming more nor-

malized is commitment ceremonies, she said. Here a couple vows to commit their lives together without getting legally married.

Denise Emmer, an Alva native who works in federal law enforcement management, waited to get married until she was 41 years old.

"I was just so career-oriented," Emmer said.

Emmer said she made a career change later in life, and that she refused to settle when picking a life partner. She said she was independent and self-sufficient before she decided to get married.

"I always knew I would meet Mr. Right," Emmer said. "I was in no hurry, and I'm so glad I waited and didn't rush like others around me were doing."

Jacobi Collins, a Northwestern graduate, waited to marry until he was 31 years old.

"Marriage has never been a big deal in my family," Collins said.

"Starting a family without being married has always been normal"

Collins said many marriages in his family have ended in divorce, and he waited to get married because of the fear of being another statistic. Collins was raised by a single mom, and has never met his

biological father. He said when he and his new wife moved from Alva to Dodge City, Kansas, he took a major pay-cut of nearly \$20,000.

He said the pay cut was another reason he waited to propose to his wife because he wanted to make sure he was financially stable

enough to provide for a growing family. Collins proposed to his wife after finding a job that provided him with a higher salary, and he said he is glad that he waited until he felt he was fully ready for marriage.

A paper from Farm Bureau Financial Services says that one of the pros to marrying later in life is the concept of combining finances as a couple.

The article explains that if a couple gets married at an older age, they are likely to be more knowledgeable about managing money than they would have been if they got married earlier.

In 1960, the average age that a woman got married in the U.S. was 20 years old. The average has now increased to 28 years old.

An article from "THE HILL", written by Daniel De Vise, said older generations built a life with their partner after they got married, and younger generations build their lives as individuals before they marry their partner.



Delisa and Jacobi Collins pose with their son for a family photo. Photo Provided

## REASONS WHY WOMEN DELAY MARRIAGE:

- 1 Time for personal growth
- 2 Educational Goals
- 3 Career Opportunities
- 4 Good mental health
- 5 Financial Independence

Graphic design by: Kristen Kirtley  
Source of information: scrip.org

# Thanksgiving

## Rangers celebrating Thanksgiving

By **Alli Schieber**  
Features Editor

Thanksgiving is a holiday where many families in the United States get together, eat lots of food and hang out.

Many families have different traditions from playing football, to saying what they are thankful for before they eat which are some common Thanksgiving traditions in the United States. Some families have different or unusual traditions.

Audrey McBride, a freshman psychology from Porter, said that one unusual tradition her family has is they reenact the "National Lampoon's Christmas Vacation" Christmas wacky dinner scene where they try to say grace before eating their meal.

McBride also said that her family does a pumpkin cheesecake instead of the traditional pumpkin pie.

Tyler Blakenship, a junior English education major from Macomb said that his family also does

this tradition and it is his favorite food to eat at Thanksgiving.

Blakenship also said that he enjoys playing football with his family on Thanksgiving.

Mikayla White, a sophomore from Kiowa Kansas said one of her favorite traditions is playing backyard volleyball with her family.

White also said her favorite Thanksgiving food was the veggie tray everyone snacks on before the meal.

"We break a piñata," said Jamie Torres, a freshman criminology major from Hennesey. "We order something to do with the theme like a turkey and we break it."

One of my favorite traditions my family has is walking to the park with my aunt, all my siblings and cousins. We call this a moon walk because when we would go on walks with my aunt while we were younger, we would ask where we were going, and she would always say the moon.

Other families have Thanksgiving traditions that are normal such as watching football or the Macy's

Thanksgiving Day Parade or playing card or board games.

Not only are there fun traditions with family for thanksgiving but also food, lots of food.

Some favorites amongst Americans are pumpkin pie, turkey, ham, mashed potatoes, sweet potato casserole and green bean casserole.

According to [finedininglovers.com](http://finedininglovers.com) the top ten most popular Thanksgiving foods as of November 2022 are roast turkey, stuffing, mashed potatoes, green bean casserole, corn casserole, sweet potato casserole, honey-glazed brussels sprouts, cranberry sauce, pecan pie and pumpkin pie.

The First United Methodist Church of Alva will be hosting a free Thanksgiving dinner next Thursday from 11:30 a.m.-1 p.m. The meal is free of charge and there are carryout or delivery request that can be made by calling the church at 580-327-2571.

The church is located at 626 Colleve Ave Alva, Ok 73717.

### Top Five Thanksgiving Foods

- 

**1. Roast Turkey**
- 

**2. Stuffing**
- 

**3. Mashed Potatoes**
- 

**4. Green Bean Casserole**
- 

**5. Corn Casserole**

Information from [finedininglovers.com](http://finedininglovers.com)

## Fall Recipe



### Rice Krispie Treat Turkey

Prep Time : 15 mins    Cook Time : 10 mins    Servings : 12 servings

**Ingredients :**

- 6 Tablespoons salted butter
- 8 cups mini marshmallows
- 12 cups Rice Krispies cereal
- Non-stick foil
- A light-weight cup; such as a red solo cup
- cooking spray
- Reese's Pieces or whatever candy you would like.

**Procedure :**

**STEP 1**

- Cover the outside of the cup; with foil make sure non-stick side is up
- Spray with cooking spray
- Lay out a large piece of foil with non-stick side up next to serving platter

**STEP 2**

- Melt the butter over medium heat
- Spray a mixing spoon with cooking spray and stir in the marshmallows until melted then remove the pan from heat
- Add Rice Krispies and stir until well combined
- Pour mixture on the non-stick foil and allow to cool just to where you won't burn yourself

**STEP 3**

- Divide the Rice Krispie Treat mixture so that there's 2/3 of it to make body and set 1/3 aside
- Starting with the 2/3 portion, take a small amount of it and create a base about an inch thick on the serving platter
- Place the cup on its side onto the base so that open part of the cup is slightly off of the base where the turkey's opening will be
- Build the rest of the mixture around the cup to create the turkey's shape.
- Take the rest of mixture and divide into fourths
- Make two turkey leg shapes and two wing shapes and stick to turkey (can use toothpicks to hold in place)
- Cover with foil then refrigerate for at least 30 mins
- Remove cup then fill with candy

Recipe from [thelifejolie.com](http://thelifejolie.com)  
Photo from Alli Schieber

626 College avenue Alva, OK

## THANKSGIVING Dinner

**23 NOVEMBER**

11:30 A.M.-1 P.M. / Free entry

DELIVERY AND CARRYOUT AVAILABLE

CALL (580) 327-2571

## Thinking of moving?

Think Hi-Lo Apartments, LLC  
636 Linden St.

- 1- and 2-bedroom apartments available
- Within walking distance of campus
- School semester leases
- Laundromat on site
- No smoking and no pets allowed

Call 580-748-0157

**Next up: Men's basketball**

- Saturday, 3 p.m. vs. OCU
- Nov. 25, 3 p.m. vs. Midwestern State University Texas

**Next up: Women's basketball**

- Friday @ Oklahoma Panhandle 6 p.m.
- Nov. 24 and 25: @ Honolulu, Hawaii

# SPORTS

## Pro volleyball league on rise

Volleyball is one of the hardest sports to come by.

Filled with high intensity and popularity in the United States, the sport gets dropped by most people after their college careers because of a lack of professional organizations in the world.

The last professional league began with a women's division in 2012 followed by the men's on 2013.

Unfortunately, it was discontinued in 2017 because volleyball was not a revenue based sport such as the NFL or WNBA.

The Cincinnati Bengals quarterback Joe Burrow has expanded his investment portfolio into the realm of professional volleyball, securing partial ownership of a franchise alongside music sensation Jason Derulo.

The Cincinnati Bengals quarterback and the chart-topping artist are set to co-own a team based in Omaha, Nebraska, marking a significant venture into the world of professional volleyball.

In an exclusive interview with TMZ Sports, Derulo explained the beginning of his collaboration with Burrow discussing their partnership and a shared connection with Omaha businessman Danny White, Derulo's business partner, who has established ties with the Burrow family.

While Derulo had encountered Burrow's family on several occasions, it was only recently that he met the quarterback himself—coincidentally, just a few nights before Super Bowl LVII in Glendale, Arizona.

The duo's involvement in the start-up pro volleyball league was initially announced in December, highlighting the participation of Joe Burrow and his parents, Jimmy and Robin. A press release emphasized the familial connection between the Burrows and league co-founder Dave Winham, further solidifying their commitment to the venture.

As the pro volleyball league takes shape, the locations for the first two franchises have been unveiled—Omaha, Nebraska, and Grand Rapids, Michigan.

The league, slated to make its debut in 2024, is poised to bring a new dimension to the sports landscape. This strategic move not only diversifies Burrow's investment portfolio but also solidifies Derulo's venture into the realm of sports ownership.

Together, they aim to elevate the profile of their franchise and contribute to the success of the pro volleyball league.

## Rangers win 124-50 in home opener

Women's basketball had the Percefull Fieldhouse rocking with a tremendous home opener win over Kansas City Christian College with a score of 124-50.

With fans engaged including family and friends on the edge of their seat, the Lady Rangers started off hot and kept their foot on the gas till the end.

The leading scorers were Payton Jones 14 points and 2 rebounds, Nikaya Orange 14 points and 9 rebounds.

Other double digit scores came from Faith Simpson with 12 points and 5 rebounds, Syncere Harrod with 12 points and 3 rebounds, Chrissen Harland with 11 points and 2 rebounds, Mia Jones with 10 points and 6 rebounds.

The rangers out rebounded KCC 51-26 which played a key part in their victory.

With stars on offense and the tenacity on defense, they are off to a 3-0 start which looks like promising season for the 2023 squad.

The Rangers hit the road Friday evening for Oklahoma Panhandle State. Tip-off begins at 5:30 p.m. in Goodwell.



Photos by JD Eddy

Above, Payton Jones, No. 21, makes a 3-point jumpshot. Below, Kynsey Dixon, No. 33, dribbles down the court. The Ranger beat Kansas Christian in a 124-50 blowout Tuesday night for the first home game.

### MIAA/GAC Challenge Women's Basketball

	<b>Nov 10</b>
NWOSU	68
Northeastern	58
Top scorers:	Carly Craig and Faith Simpson, 18 points each.
	<b>Nov. 11</b>
NWOSU	68
UCO	60
Top scorer:	Carley Craig with 21 points.

### Men's Basketball

	<b>Nov. 10</b>
NWOSU	52
Northeastern	73
	<b>Nov. 11</b>
NWOSU	41
UCO	58



## Final loss keeps volleyball from GAC tourney

The women's volleyball season concluded on Nov. 9 in a 3-0 loss against rival Southwestern.

In the final game, the team was led by Macy Shreffler racking up 10 kills, in addition to Erika Asencio Soriano and Ivanny Blackwood with eight kills.

Cameron Lobb also contributed and led with 16 assists, Abby Davis with 15. Brianda Diaz had 14 digs in the match.

The leading rangers for most kills this season

were Erika Asencio Soriano (376), Mariela Jimenez (217), and Macy Shreffler (176.)

Despite the Ranger's 10-15 overall record, they were only 6-10 in conference play, which keeps them out of the conversation for this year's playoffs.

Finishing the year off, they were ranked ninth in the GAC conference standings, ahead of Southern Nazarene, Arkansas Tech and Arkansas-Monticello Harding, 13-3, ranked first.

**Nov. 9**  
NWOSU vs SWOSU

Final	0	3
Kills	37	46
Assists	35	45
Aces	2	4
Blocks	4	4

## Alva State Bank & Trust Company

Older than Oklahoma

<p><b>Alva Main Office</b> 518 College Ave. Alva, Ok 73717 580-327-3300</p>	<p><b>Burlington Branch</b> PO Box 80 Burlington, Ok 73722 580-431-3300</p>
<p><b>Enid-Chisholm Branch</b> 801 W. Broadway Enid, Ok 73701 580-234-4201</p>	<p><b>Bank of Freedom Branch</b> 1085 Main St. Freedom, Ok 73842 580-621-3276</p>

**First State Bank of Kiowa Branch**  
546 Main St.  
Kiowa, Ks 67070  
620-825-4147

Member Federal Deposit Insurance Corporation 1-800-259-2582

## ALVA VISION CLINIC

Large selection of polarized sunglasses, daily / monthly contacts with multifocal and astigmatism.

Pre- and post-op cataract and lasik surgery.

**Monday, 8:00 am - 5:30 pm**  
**Tuesday, 7:30 am - 5:30 pm**  
**Wednesday, 7:30 am - 5:30 pm**  
**Thursday, 8:00 am - 5:30 pm**  
**Closed from 12:00pm - 1:00pm**  
**CLOSED FRIDAYS**  
FOR AN APPOINTMENT CALL  
(580)-327-2393  
AFTER HOURS CALL  
(580)-829-2026  
504 College Ave.

**ACCEPTED INSURANCE:**  
VSP, PVCS, Medicare, Vision Care Direct, SoonerCare, BCBS, Eyemed, and HEALTHCHOICE

Mastercard, Visa, Discover, American Express, and Care Credit Accepted.

# Rangers showing kindness around campus

By Macy Shreffler  
Senior Reporter

On Friday, Nov. 10 Northwestern Oklahoma State University Celebrated NWOK Kindness as a day to recognize the kindest things we do for each other.

Kindness is a simple act that may go unnoticed. However, when it is noticed it powers people to succeed and feel joy. World Kindness Day is a day to recognize all of the kind things others do for us, and what we can do for others as well. In separate interviews with people all around Northwestern, it is clear that even the smallest acts of kindness have a huge impact and can even encourage others to reciprocate that kindness.

Ethan Sacket is the student success coordinator here at Northwestern, and on World Kindness Day, he took his Ranger Connection class to deliver tacos to Alva fire department for lunch.

“One small act of kindness can open the door for someone else to bless others,” Sacket said.

Sacket explains that his class and he decided to bring the Alva Fire department some lunch for the day, and in return, the fire department showed them around a bit. Not only did they get to see around the Fire department, but also they slid down the pole, drove in the fire truck, tried on gear and climbed the ladder on the back of the fire truck.

“We were just taken back by how welcoming they were,”

Sacket said. “I don’t know if I had a perceived notion about firemen, but they were very welcoming and kind.”

In an interview with Mikayla White, a member of the Student Athlete Advisory Committee here on campus, she discusses her part in spreading the word for World Kindness Day, as well as how she received an act of kindness.

“As a member of SAAC, I helped pass out bracelets that say ride with kindness,” White said. “We were spreading kindness, telling others that today was World Kindness Day and a woman in the wellness center gave me free laundry detergent,” which White said meant a lot to her.

Lucia Barrantes Vega, a mass communications major from Costa Rica says that she received posted notes with kind words and saw them all around campus for World Kindness Day.

“I saw these nice notes around campus, and even got one on my dorm door,” she said. “I think it was super cute, and it made me feel happy.”

Barrantes also explains that these notes actually helped her realize that World Kindness Day was a day that the school celebrated, after telling her friends; she received a kind note on her door.

She felt that this was a cute way to spread the word that World Kindness Day was a day of celebration.



Photo by University Relations

Brooke Miller giving out candy to people on Kindness Day which was Nov. 10.

Talia Wright is a Nursing major from Wichita Kansas, and her highlight from World Kindness Day was unexpected as well.

“My friend Brooke came and helped me jump my car and then followed me to the gas station to make sure it wouldn’t need jumped again.”

Talia said that this was something unexpected, but it just goes to show that it does not need to be a special day to do something

nice for someone else, but it did help her recognize that kindness she received from a friend.

This year for World Kindness Day was a first for many students and faculty, but the verdict remains the same.

World Kindness Day is not the only day of the year to do something kind, but it is a day to celebrate all the kindest things that happen to us.

We celebrate this day to ap-

preciate what kindness does for people, and it reminds us that kindness is the most important thing in life.

Not only does it make us happy, but also it encourages others to pass it on.

Even though Nov. 10 has passed, we can use World Kindness Day as an opportunity to value the beautiful things that pass by and gift them to others along the way.

## NWOSU hosts prospective Rangers on Saturday

NWOSU welcomed several high school seniors to campus on Saturday for Ranger Preview.

Each student that attended received a \$600 scholarship to NWOSU. They also got to talk to faculty, tour the campus and see all the clubs and organizations that NWOSU has to offer.

The students also received free t-shirts and got to witness our Ranger win against the SWOSU bulldogs.

Many of the campus clubs were set up on the sidewalk leading to Corana-

do Cafeteria so that the seniors can visit with them and see what they may be interested in if they choose to attend next fall.

The students majors, sports and theater programs were set up in the mall area and all around campus for seniors to chat with.

E-Sports was set up in their room for students to see all the equipment and games they offer.

Seniors also received a free lunch from the cafeteria.



Photo by Austin Judkins

High school seniors talk with Shane Hansen, right, at Ranger Preview Saturday.



Photo by Austin Judkins

Above and right, high school students and their families were visiting club booths, touring campus and filling out paper work.



Photo by University Relations



Photo by University Relations