

Adulting 2023

Read the final part of our 4 part in-depth series about adulting in 2023. What do you do when the dream job doesn't come? Pages 4&5

What might a dream job pay?

Fall MVPs

Northwestern News announces our picks for MVPs for fall sports.

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NWOSU nursing ranks Top 10

By **Kristen Kirtley**
Assistant Editor

Northwestern Oklahoma State University has been ranked in the top ten schools in the nation for 2023 for offering an affordable online nursing education.

The program was ranked 9th by Bestcolleges.com, but this isn't the first time the nursing division has been acknowledged for such matters.

Both the traditional and online nursing programs have received honors in the past pertaining to their affordability.

The online nursing program was also ranked #8 on best online colleges in Oklahoma and #15 on best colleges in Oklahoma for 2023 by Bestcolleges.com.

"We were really excited about the press release," said Dr. Leslie Collins, Charles Morton Share Trust Division of Nursing chair and associate professor of nursing. "This brings really great attention to something that we strive really hard for."

Collins explained that the nursing division prioritizes the affordability of their programs. She said that Northwestern has that initiative with insuring cost for tuition and fees is good for students. She further explained that the cost of the program is looked



Photo by University Relations

Junior Jaydon Mills checks the pulse during her nursing practice.

at from a division standpoint, and that every fee is evaluated to ensure its financially responsible for students.

She mentioned that they want to make sure the nursing students get the most out of what they're paying and they also work to determine if what they're paying for is going to be beneficial for them. Collins said that one of the

nursing division's goals is to help students in the program meet their goals and aspirations of who they want to become in their profession.

She explained that when members of the division are looking at fees and costs for students as a whole, it starts with the tuition and fees at the university level. She said they try to focus on



the cost of the products they're asking students to purchase, the benefit of said product and how it will improve students' learning to ensure they're prepared to care for the people they will encounter in their careers.

"It was great to be acknowledged because it takes a lot of team work between our division faculty and staff, our students and Northwestern as a whole," Collins said. "It's so important because the need for nursing continues to grow and we want to make

sure that we are helping meet that need and that we are doing it in a way that doesn't cause a financial hardship for students.

"It takes a lot of team work between our division faculty and staff, our students and Northwestern as a whole."
— Dr. Leslie Collins



Faith Simpson (30) drives to the basket in the 124-50 win over Kansas Christian on Nov. 14 in Percefull Fieldhouse.

Sports Information photo

Simpson wins MVP, GAC Player of Week

A Northwestern center for women's basketball won top honors at the Hoops in Hawaii classic over Thanksgiving break and also was named GAC player of the week.

Faith Simpson, a senior from Palisade Nebraska, majoring in health and sports science, averaged 21.5 points, 11.5 rebounds in the team's two wins in Hawaii: NWOSU 82, Chaminade 49; NWOSU, 71 Stanislaus, 61

Simpson is the first Ranger basketball player this year to be named GAC player of the week.

The team improved its record to 6-0 on the season.

In Hawaii Simpson was joined by other players scoring double digit points. Carly Craig scored 11 against Chaminade and 13 against Stanislaus. Syncere Harrod scored 13 in the first game, while Payton Jones had 11. Camille Thomas turned in double digits in the second game with 11 points.

The Rangers begin conference play on Thursday at East Central University (3-0) in Ada at 5:30 p.m. The game on Thursday is a battle between the Top 2 teams in the GAC. A win could propel NWOSU to the top of the GAC rankings.

Men (2-3) also play East Central (3-2) on Thursday at 7:30 p.m. NWOSU is ranked 7th, and East Central is 2nd.

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NEWS

NWOSU events taking place on campus

Ranger Research Day

Students of the Charles Morton Share Trust Division of Nursing received a perfect score for their research project at the 18th annual Ranger Research day at the Northwestern Oklahoma State University's Alva campus.

Graduate and undergraduate students created poster presentations of academic research papers conducted in one of their classes. 27 individuals participated and had the opportunity to share and discuss their research with peers, professors and the Alva community.

Student poster entries were critiqued and eligible for awards. The mission of Oklahoma Research Day is to promote cross-campus and cross-disciplinary research. In doing so, the event seeks to encourage net-



Photo by Austin Judkin

Cora Beth Taylor presenting at Ranger Research Day in the Student Center ballroom.

working among scholars and the exchange of ideas among those studying and researching in their respective academic disciplines.

All presenters are encouraged to attend Oklahoma Research Day on March 8, 2024, at the University of Central Oklahoma.

NWOSU jazz ensemble

Northwestern Oklahoma State University jazz ensemble members will present their fall semester concert on Nov. 30 from 7-8:30 p.m. in Herod Hall.

The event will consist of a new and exciting program featuring original arrangements of American music. Styles will range from jazz, popular, country, and Latin styles and will feature 12 student soloists.

All works have been specially arranged by Eric Burger, director of bands, for this ensemble.

"This is such a wonderful group to work with," Burger said. "The talent and flexibility of each member allows us to perform an unprecedented array of styles and feature so many soloists!"

The event is free and open to the public with doors opening at 6:30 p.m.

NWOSU annual Tubabonium Christmas concert



Photo by University Relations

A holiday tradition at NWOSU is the annual Tubabonium Christmas Concert, members of the Ranger Band playing at last years concert.

On Dec. 4 NWOSU instrumental music program will present the annual Tubabonium Christmas Concert at 6 p.m. in Herod Hall Auditorium.

This event is open to the pub-

lic to watch or participate in. Individuals who play any low brass instrument, read bass clef or Bb treble clef, have been playing for a long time or just a few weeks are welcome to take part.

Fall commencement set for Sunday

Fall commencement at Northwestern Oklahoma State University will be held at 2:30 p.m. on Sunday, Dec. 3, in Percefull Fieldhouse.

Northwestern alumna and adjunct instructor of business Alexa Humphries will deliver the commencement address. Humphries graduated from Northwestern with a Bachelor of Science degree in business administration in 2005. Upon graduation, she continued her education at Oklahoma Christian University and earned a master's degree in business administration. In 2021, Humphries pursued continuing education and became a Certified Financial Planner™ through Stockton University.

As a student at Northwestern, she enjoyed being involved in

the President's Leadership Class, Student Government Association, Northwestern Scholar Ambassadors and a member of Delta Zeta sorority.

The Waynoka native currently is a financial adviser at Edward Jones Investments in Woodward where she advises clients on various aspects of their financial wellness.

Music will be provided by the Northwestern brass quintet under the direction of Eric Burger, instructor of instrumental music and director of bands.

A reception honoring the graduates will immediately follow the ceremony in the Student Center Commons area.

Eighty-seven students are candidates to receive bachelor's degrees. Seventeen candidates will



Photo by University Relations

Alexa Humphries

receive master's degrees—six will receive Master of Counseling Psychology degrees and 11 will receive Master of Education degrees.

A live stream of the fall commencement can be found at: www.YouTube.com/NWOSURangers

—University Relations

WHAT'S UP?

Nov. 30th - Dec. 4th

30th Thursday

- OBI Blood Drive at the Student Center from 10 a.m. to 5 p.m.
- Jazz Ensemble Concert at 6:30 p.m. at Herod Hall
- BCM Friendsgiving Dinner at 6:30 p.m.
- Bible Chair Round- Up at 7 p.m.

1st Friday

- Festival of Cultures at 6 p.m. in the Ballroom
- Chemistry Club Christmas Party at 7 p.m. in the Science Amphitheater

2nd Saturday

- Lady Ranger Basketball at 1 p.m. in Percefull Fieldhouse
- NWOSU Men's Basketball at 3 p.m. in Percefull Fieldhouse
- Holiday Gala Concert and Christmas Tree Lighting on campus

3rd Sunday

- Northwestern Fall Commencement at 2:30 p.m. at Percefull Fieldhouse

4th Monday

- Tubabonium Christmas Concert at 6 p.m. in Herod Hall

- NWOSU Finals Week Dec. 5 - Dec. 8
- Semester ends Dec. 8
- Holiday break, offices closed Dec. 25- Jan. 1
- Classes began Jan. 8

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OPINION

Tips for surviving finals

By **CHLOE GRUSING**
Editorial Editor

Finals week is happening soon at North-
western and with that comes a heap of stress.

From making sure you attend the correct fi-
nal to studying for your exams, this upcoming
finals season has many stressors.

I feel it is important to relax and take care
of yourself during a time where everyone is
struggling. Here are some ways to achieve a
lower stress level:

For starters, a good way to reduce stress
would be breathing and taking breaks during
studying. This can be a small thirty second
break between math problems, or thirty min-
utes in between each assignment.

This method is whatever works for you.
Personally, I like to do two assignments or
write two pages of a paper, and then I take a
fifteen minute break. Sometimes during the
break I will walk around, eat a snack, or sim-
ply scroll on Tik Tok.

I think that taking a break during a stressful
task is a wonderful way to reduce stress and
calm yourself down.

A second way to reduce stress would be
talking to classmates, teachers, or friends
about what is causing tension in your life.

Something that could reduce stress would
be to create a study group with your class-
mates, talk to your professor about the as-
signment or final or just simply vent to your
friends about the homework.

When I had a major midterm this semester
I talked to classmates about what was stress-
ing me out and they were able to offer feed-
back and advice on how to solve the issue.

This is a great way to handle stress because
it gives you an outside perspective on your
situation.

Thirdly, an important thing to remember
is to continue to eat healthy through finals.
When I am stressed I tend to eat junk food and
sweets as a way to cope.

This habit is not a good one, and I find my-
self fighting the urge to indulge. I will admit
that a sweet treat here and there is normal and
healthy but when it becomes all that you eat,
there may be an issue.

When eating in the cafeteria during finals
try to choose healthier options, or when shop-
ping for groceries buy baby carrots instead of
hot fries.

Limiting food with high sugars and dyes is
much better for your health in the longrun and
will greatly benefit you later in life.

Again, sweet treats are fine in moderation,
but try to aim for a more well rounded diet
during times of high stress.

Lastly, and most importantly, value your
sleep. Sleep is the most impoatnt thing a
student can do during finals week because it
gives your brain time to rest and reset for the
next day.

The brain is a muscle, just like a bicep, that
requires rest after use. Giving your brain time
to rest after a stressful day will help your cog-
nitive skills and keep you sharp for the day.

Adults should be sleeping eight hours or more
a day, to give the body penalty of time to rest
and reset.

Lack of sleep can cause more stress, anxi-
ety and cause issues with processing new in-
formation. The body and the brain need sleep
everyday to function properly.

Students should be maintaining a healthy
and regular sleep schedule during finals to re-
main present during the test.

Finals week is one of the most stressful
times as a college student. Taking care of your
mind and body during this week is mandatory
for maintaining good grades with low stress.

Each student should make sure they are
eating healthy, sleeping well, taking breaks
and talking through their stress with others.
Doing these simple things can help a student
tremendously when trying to remember all the
material that goes on a final.

Make sure you are taking inventory of your
mental health and seek help if it becomes too
much to manage on your own.

The campus has many great resources for
students including free counseling, self assess-
ments and if you are uncomfortable talking to
someone on campus there are many places in
the community willing to help.

A few places to reach out are:

Taylor Wilson: tawilson@nwsu.edu

Northwest Center for Behavioral Health:

(580) 327-1112

Northwest Family Services:

(580) 327-2900

Make a trip to Colorado in fall

By **MACY SHREFFLER**
Student Reporter

Colorado is the best place to
go for the fall, with the beauti-
ful trees, mountains and amazing
weather.

Depending on where you are
in Colorado, it can make for the
most beautiful weather around
the fall and the colors of the
leaves are out of this world.

Considering the low humidity
and temperature, it makes for a
wonderful transition into the win-
ter.

Colorado has a smooth transi-
tion through all of the seasons.

The summer is warm, but not
too warm, and the spring is per-
fect in between, but the most
beautiful time of the year is the
bridge between summer and win-
ter.

With a perfect bridge, the air is
cold and the sun is shining warm-
ly onto the beautiful fall leaves.

Temperature plays a huge
role in Colorado's fall beauty,
but what makes Colorado differ-
ent from anywhere else are the
leaves.

Somewhere between Septem-
ber and October, the leaves begin
to lose their vibrant greens and
begin to shift into beautiful ma-
roon reds, browns, rustic oranges
and berry purples.

With the mountains as their
canvas, this makes for the most



stunning view.

This year, autumn came a little
later than expected, but nonethe-
less, the weather did not disap-
point, and the leaves left locals
speechless.

After a few interviews with
people in the Kansas and Oklaho-
ma areas, they said that they have
a hot summer and an even colder
winter.

"Kansas is a great example of
how awful fall weather can be,"
one local from Alva, said. "Not
only is the humidity awful, mak-
ing it beyond freezing, but there
aren't as many trees to make for
an attractive season."

In Arkansas City, Kansas, lo-
cals also agree that the fall sea-
son in Kansas is abrupt, and there
isn't an in-between when it comes
to transitioning to winter.

Halen David, a college stu-
dent from Ark City, said that fall
is really more of a winter without
snow.

"Summer here lasts really
long, and then it just gets really
cold," Halen said.

He also said that summer and
winter are really the only two sea-

sonal changes, and both last a
long time.

"Summer is too hot, and win-
ter is too cold," Said Halen.

One key difference between
the Kansas area and Colorado
is the high winds and humidity.
Colorado tends to be more on the
dry side, whereas Kansas is much
more humid and can make the
temperature much more dramatic.

Colorado usually averages
about 50% humidity, while Kan-
sas stands at around 70%-80% in
the mornings and around 50% at
night, making the weather very
harsh throughout the day.

Brooklyn Hodge is from Cas-
tle Rock, Colorado, she said that
she has stayed in Colorado be-
cause of the weather.

"I was born in Colorado, and
I haven't experienced much out-
side of Castle Rock, but I have
traveled around a bit, and Colo-
rado weather is just the perfect
amount of every season."

She goes on to say that she is
now raising kids of her own, she
really enjoys the weather in Col-
orado, and she wouldn't want to
live somewhere where she felt it
was too hot or too cold to take her
kids out of the house.

"In the winter, we do get a lot
of snow, but the rest of the year
makes up for it," Hodge said.

There is also a lot to do in Col-
orado to make your time festive
and fun during the fall season.

With the weather being so nice

most of the time, it leaves a lot of
time for outdoor festivities.

Tiffany Coco, a mother from
Castle Rock, Colorado, said that
her family was really able to
make it out of the house this year
to enjoy the autumn season.

"We have a little one, and
making it out of the house can be
a bit of a hassle," said Coco. "But
this year was so beautiful, and we
didn't really have to worry too
much about the weather."

She goes on to say that her
family went to pumpkin patch-
es and played in the leaves. But
most of all, it was nice enough to
take a walk around her town and
enjoy the autumn breeze.

To say the least, autumn in
Colorado is absolutely stunning
and can make for a wonderful ex-
perience with family and friends.

For a snowy Christmas and a
warm summer, Colorado should
be your next destination for any
getaway you can afford.

Lillian Thomas, from Cas-
tle Rock, Colorado, said, "Once
you experience fall in Colorado,
you'll just want to stay."

Lillian has lived in Colorado
her whole life and has recently
returned home from school in
Kansas.

She said that she really took
for granted all the things she
could do in the Colorado weather
and is happy to be home. Color-
ado is a great destiation and would
make the perfect fall trip.

Adulting 2023: Part 4 of 4

Chasing your dreams and adjusting to reality of life

By Gavin Mendoza
Senior Reporter

Growing up and realizing a dream job such as being an astronaut, professional athlete or even a doctor for some people is not realistic can be hard to understand and grasp.

T.W. Beiswanger, a grad student at Oklahoma State University, said his aspirations were always to be a professional athlete.

"I played all kinds of sports growing up so just playing anything professionally was a dream of mine from a young age," Beiswanger said.

Now after graduating from Northwestern and finishing his playing career, the transition to just school and focusing on finding a job after he receives his master's degree has been a good but difficult process.

"I would be lying if I said I haven't felt lost in this whole process," Beiswanger said. "The fact is that it is my first year in graduate school and my first time not being a student-athlete. It is been a learning process especially being at a brand-new school in a new town, but luckily, I have great support around me and people that are here to help my process become smoother."

Not reaching dreams can be scary, but Beiswanger has been thankful for the process and would tell his younger self to trust the process.

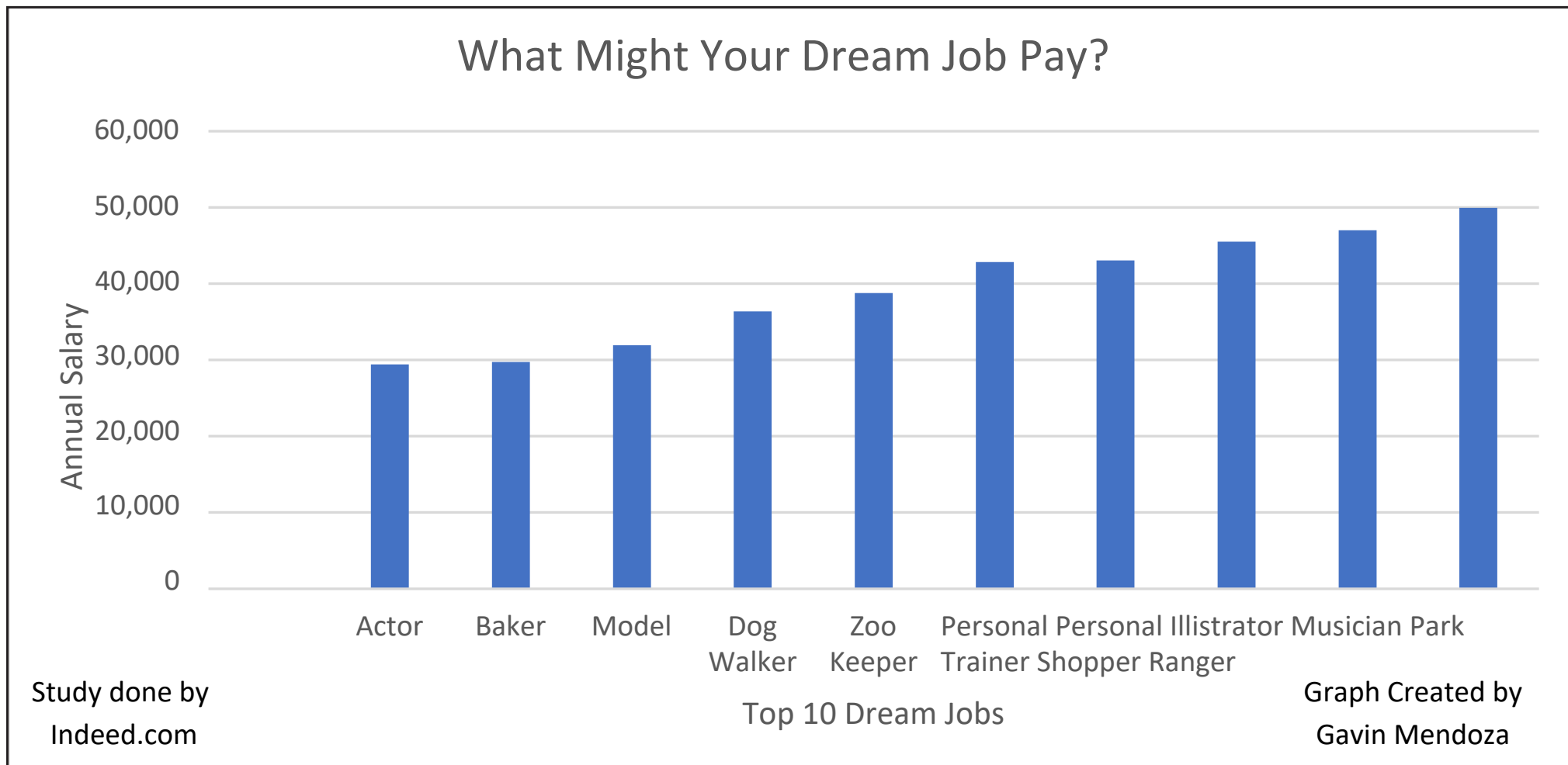
"I would tell him to not be afraid to ask people for help and to reach out to people that have been through what you are going through."

Beiswanger said. "I would also tell my younger self to not worry,



Photo provided

TW Beiswanger played baseball in high school for the Alva Goldbugs.



that everything is going to be fine, and to keep going."

"Only 7 percent of respondents say they have and are currently in their dream job," said The Prince's Trust in an article researching how dream jobs have been put on hold and are being followed less.

The first few years after college when graduates are looking for a job is a significant transition that often brings anxiety, uncertainty, and, at times, social isolation as explained in an article by Cole Clayborn in the U.S. News and Written Reports.

In the same article a study was done by Amanda Fialk, a partner and chief clinical officer at The Dorm, a mental health and treatment facility for young adults based in New York City and Washington, D.C. Fialk describes how hard mental health after college and confusion of losing dreams can be.

"When you think about graduating from college, there's a flurry of different emotions that students typically experience," Fialk said. "They're certainly happy and proud that they made it through and made it that far. Many students do experience depression over the loss of this phase of their life."

Reality hits

While stress and fear of the unknown are common feelings among college graduates, teenagers and students who have yet to graduate still dream until reality hits.

A study done by the Organization for Economic Cooperation and Development, said teenagers and students are still focused on jobs that they dream of doing, but they might not be around long enough for them to be successful.

"On average across selected OECD countries, 41% of the jobs of interest to the most disadvantaged students are at risk of automation compared to 37% of the jobs that the most advantaged students cited," the study explained.

In the article written by Clayborn, a recent study done by Grand Canyon University suggests 31% of college graduates across the United States feel pressure and anxiety about having a successful career.

Coping with the reality that a dream job will never be reached, Fialk said, is a mentally and sometimes physically taxing experience.

However, success stories do exist.

Max Borghi was a profession-

al football player for the Houston Roughnecks, a team that plays in the NFL. Borghi played football at Washington State and completed something most cannot say they did. He lived his dream and played professional football.

"My dream as a kid was most definitely going professional in football," Borghi said. "It was always a dream of mine, but I never really understood how hard it is and how much work it was going to take to achieve my goals."

Having dreams is one thing, but the work and dedication it takes to complete a dream like being a professional athlete is unlike much else. Not putting in the work can be a lot of people's problems when they are not able to accomplish what they want as an athlete. Not for Borghi.

"My dreams and aspirations were definitely very motivating," Borghi said. "Having set goals and dreams I wanted to accomplish made it easy to work every day as

getting to the level I have has taken consistent work for 15 plus years."

More than talent

Talent can be seen in every facet of life. Dreaming of working as a doctor, scientist or astronaut, you can be born with the talent in those areas the same way you can with athletic ability and drive. However, you cannot only rely on talent to accomplish a dream, Borghi said.

"I think one of the biggest lessons I was always told when I was a kid and just stuck to my whole life was 'hard work beats talents when talent doesn't work hard,'" Borghi said.

He often saw this with people whom he shared his dream with and whom he met during his career.

"I remember throughout my career meeting guys who were absolutely more gifted than me in pure athleticism, but they just didn't care and didn't put in the sacrifice and work needed in order to accomplish goals," Borghi said. "I just knew I never wanted to look back and say 'I wish I would have worked harder.'"

The hard work and aspirations to make dreams come true can sometimes become too much for someone. Chasing dreams when the reality is that most people do not get their dream job can be a grind. Working and training to be a professional athlete starting at a young age can cause people to give up and look for different experiences. Borghi said he enjoyed every experience.

"The only experiences I really wanted were to hang out with my friends and luckily for me all of my best friends were on my little league football team," Borghi said. "All my drive to excel in sports happened naturally. Lots of hard work and sacrifices were made but nothing that was detrimental to my



Photo Provided

Max Borghi jukes by one NFL opponent and hurdles over another.

experiences as a kid."

Not everyone's path to how they end up doing something they love is the same. Holly Dries, a mother of two and a substitute teacher in Evergreen, Colorado, said she is happy with how it all worked out.

"After the birth of my first child, I decided to be a stay-at-home mom and since my kids were in school, I started subbing at their school and have done so for the last 15 years, which has been great," Dries said. "And I have really enjoyed taking pictures of my kids so it all worked out in the end."

In Dries's senior year of college, she had the same dream she had since her junior year of high school, she wanted to be a professional photographer. However, she was not expecting that to be her immediate path.

"I did not think that I would be getting a job as a professional photographer but continued taking pictures and learning more about the profession," Dries said.

After college and receiving her mass communications degree, Dries found herself with multiple jobs from writing press releases and stories as a secretary at a golf course she worked at, to then going back to school and getting her teaching degree.

Dries was able to gain experience working and going into many different professions, something that is being seen more in today's world. When coming out of college, experiences like this may seem scary Fialk said.

"College graduation can be scary, and adulthood will throw a lot at you fast. It's normal to not feel totally great about the transition at first," Fialk said in the article



Photo provided

Holly Dries, a freelance photographer, celebrates Christmas with the rest of her family in Evergreen, Colorado.

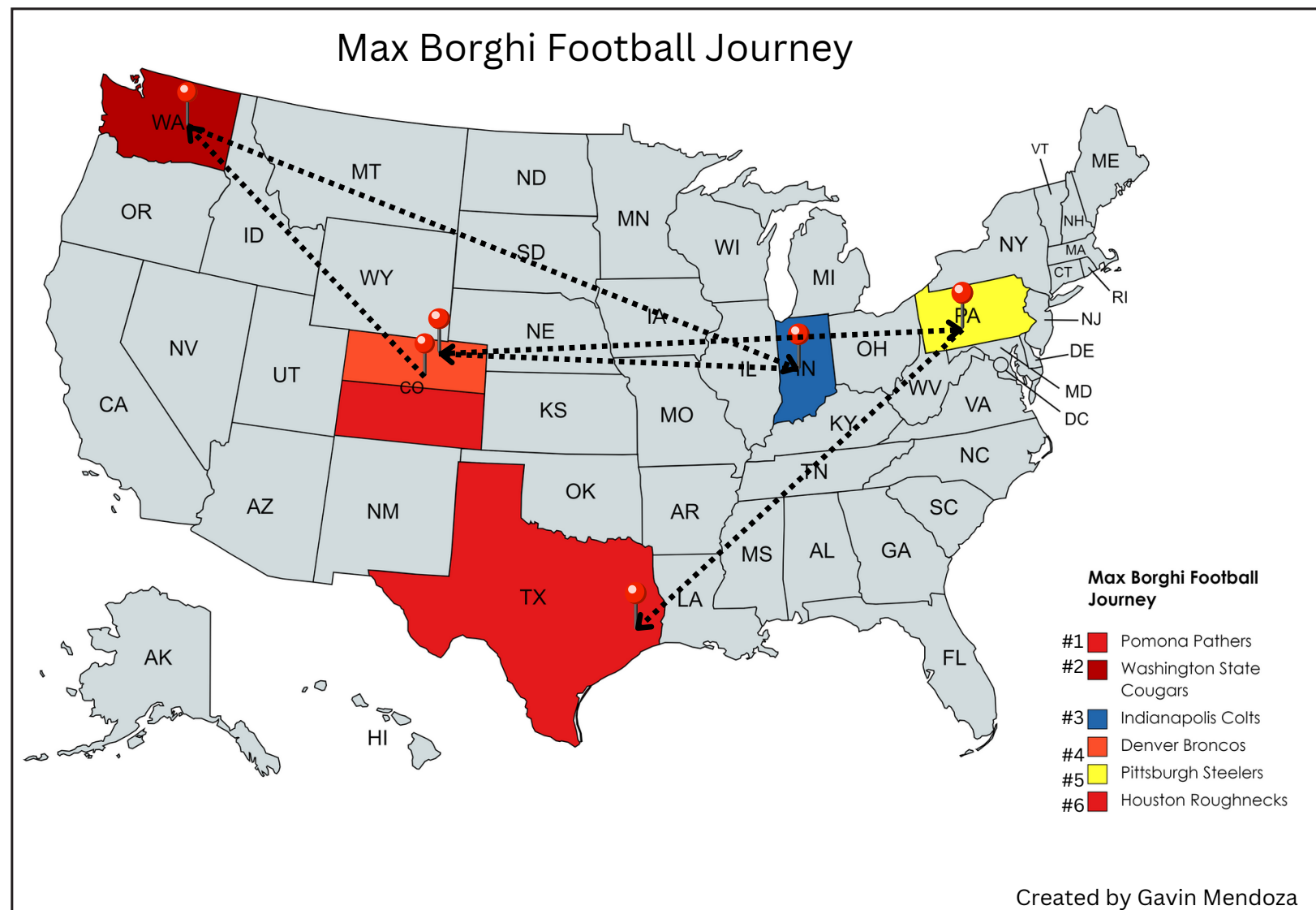
written by Clayborn.

Feeling lost is a common feeling during tough transitions, and Dries could relate to that feeling at times. Despite this, she is thankful for her

experiences.

While photography became something she could freelance and do on the side, she said to always chase your dreams.

"I would tell my younger self to not be afraid to go after your dreams even if you fail," Dries said. "At least you would be happy you tried."





Happy Holidays



A look at holiday events in Oklahoma

By **Alli Schieber**
Features Editor

The holidays can be stressful for people with family coming to their homes, shopping to find the perfect gift for their loved ones and cooking big meals for everyone to enjoy.

The holidays are also a time where families get together and reminisce on good times they have had with their loved ones and have many different traditions families do each year.

Some of my favorite Christmas traditions are helping my grandma cook for the holidays, eating cheeseburger and tortilla soup on Christmas Eve and also moving my three sister's mattresses to the same room and sleeping in there together on Christmas Eve then waking up super early and opening our stockings before waking up our parents.

Other things that people do during the holidays include ice skating, looking at Christmas lights and watching Christmas movies.

According to an article from Entertainment Weekly, these are the top five best Christmas movies, the 1966 version of "How the Grinch Stole Christmas," "Elf," "A Charlie Brown Christmas,"

"A Christmas Story" and "It's a Wonderful Life." All of these movies are Christmas classics that many people watch every year.

There are several things to do in Oklahoma during the Holidays including going to the one Christmas tree in Enid.

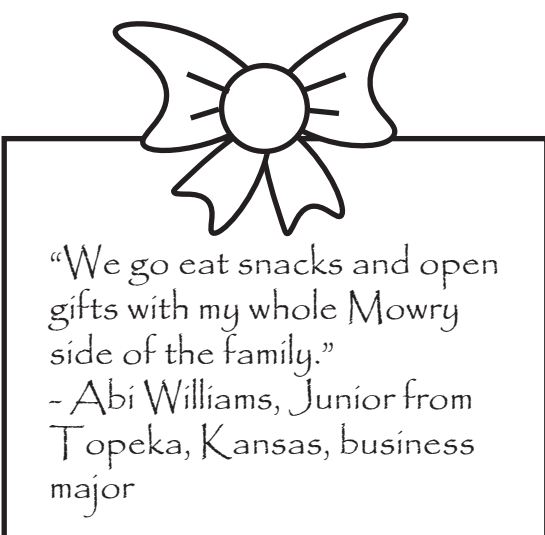
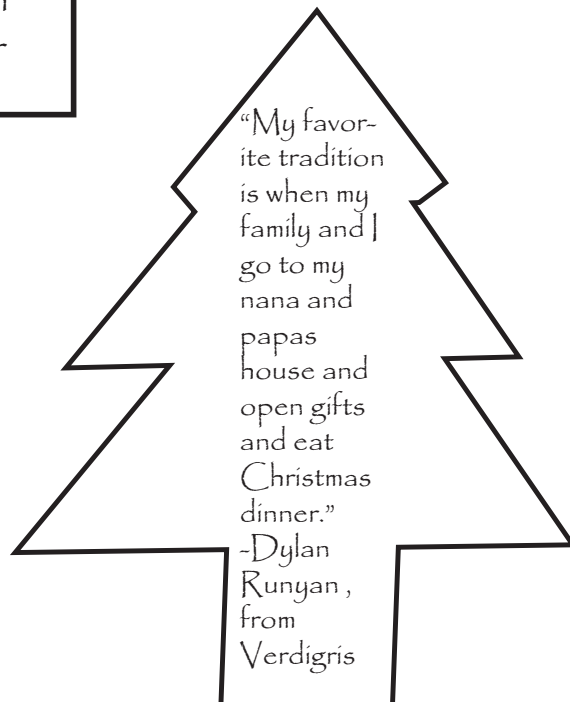
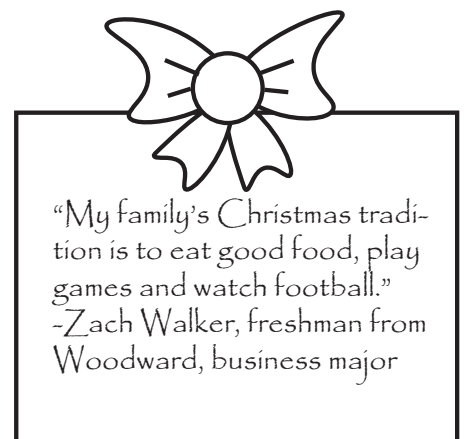
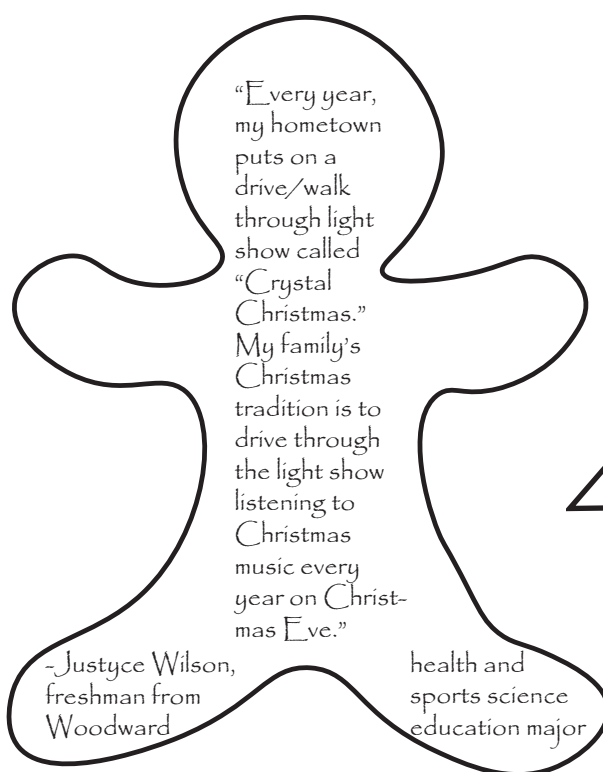
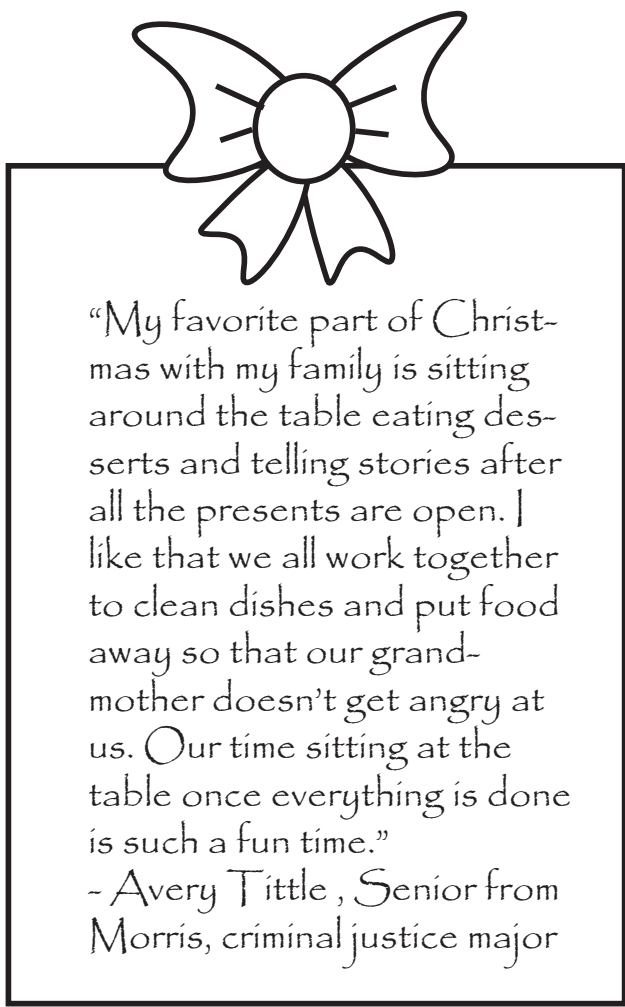
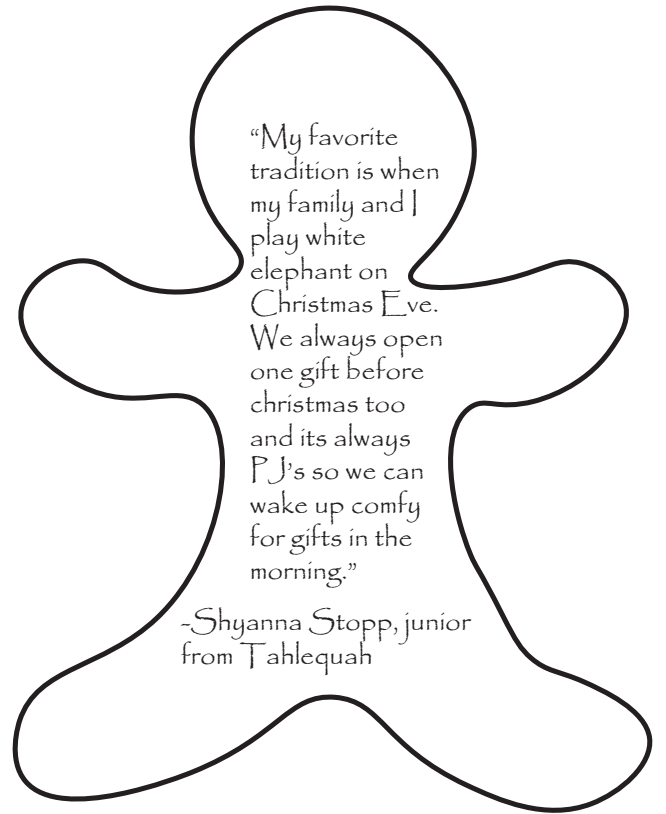
Opening night for the one is Sunday, there will be free burgers, chips and drinks starting at 4 p.m. and food trucks for other options as well as an ice rink and of course the tree lighting ceremony at 5:30 p.m.

There will also be a light and music show of the tree at 7 p.m. and will be playing three songs at the top of each hour until midnight.

Other Christmas events in Oklahoma include the Nutcracker Ballet in Oklahoma City and Tulsa. As well as several walk and drive through Christmas lights all over Oklahoma some notable ones are Yukon Christmas in the park and Chickasha Festival of Light.

You can also ride the Polar Express, which is a train that departs from Stillwater and is an hour round trip that recreates the movie magic.

Kingfisher also has a train that goes through their drive through Christmas lights known as Kingfisher Winter Nights. I love going to this every year and have been several times with my family.



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SPORTS

Here's our picks for fall MVPs

Soccer



Maggie Koster

- Senior
- Wichita, Kansas
- Goal keeper
- 2x GAC Goal Keeper of the Week
- 42 saves this season
- Favorite Quote: "Hard work beats talent when talents doesn't work hard." - Tim Notke

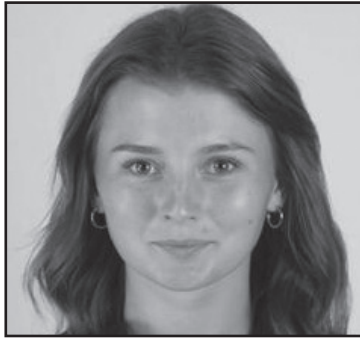
Cross Country



Asia Williams

- Junior
- Corpus Christi, Texas
- 4x top runner this season
- Favorite Quote: Isaiah 40:31 "But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." - Jesus Christ

Golf



Tess Linden

- Freshman
- Orebro, Sweden
- Top finisher in Tulsa Cup
- Favorite Quote: "Stay true to yourself and listen to your inner voice. It will lead you to your dream." - James Ross

Volleyball



Erika Asencio Soriano

- Junior
- Outside hitter
- New York, New York
- 359 kills, 324 digs
- Favorite Quote: Philippians 4:13 "I can do all things through him who strengthens me." - Jesus Christ



Carmae Jones

- Senior
- Midwest City, Oklahoma
- 126 kills, 29 digs
- Favorite Quote: "I don't like to lose - at anything yet I've grown most not from victories, but setbacks." - Sereana Williams

Soccer



Victoria Ruvalcaba

- Sophomore
- Forward
- Katy, Texas
- 13 SOG this season
- 6 Goals
- Favorite Quote: "Just Do It." - Nike

Cross Country



Christian Franklin

- Sophomore
- Las Vegas, Nevada
- 2x GAC runner of the week
- Favorite Quote: "You are responsible for how people remember you — or don't. So don't take it lightly." - Kobe Bryant

Golf



Max Courage

- Freshman
- Norman, Oklahoma
- Top finisher in Tulsa Cup
- Favorite Quote: "Never say never because limits, like fears, are often just an illusion." - Michael Jordan

Football Offense



Ethan Everson

- Junior
- Gunter, Texas
- Quarterback
- 944 passing yds
- Favorite Quote: "I think sometimes in life the biggest challenges end up being the best things that happen in your life." - Tom Brady

Football Defense



Braden Waters

- Sophomore
- Arlington, Texas
- Defensive back
- 63 tackles this season
- Favorite Quote: "You cannot make progress with excuses." - Cam Newton

Ranger basketball sees wins, one loss

Women's Basketball - Hoops in Hawaii

Northwestern vs Chaminade U

Score	82	49
FG%	.456	.258
3FG%	.267	.217
FT	.696	.600
RB	51	33
TO	13	19
STL	11	6

Northwestern vs Stanislaus St

Score	71	61
FG%	.387	.408
3FG%	.214	.500
FT	.714	.615
RB	36	32
TO	15	27
STL	14	8



Men's Basketball - Latest Games

Northwestern vs Oklahoma City

Score	78	62
FG%	.463	.313
3FG%	.375	.364
FT	.667	.778
RB	44	43
TO	3	11
STL	6	2

Northwestern vs Midwestern St

Score	78	95
FG%	.429	.492
3FG%	.412	.308
FT	.588	.906
RB	28	42
TO	11	11
STL	4	6

Up next:

- Nov. 30 @ East Central 5:30 p.m. W, 7:30 p.m. M
- Dec. 2 vs. Oklahoma Baptist 1p.m. W, 3 p.m. M
- Dec. 9 @ SNU 1 p.m. W, 3 p.m. M
- Dec. 13 vs. McPherson 5:30 p.m. W
- Dec. 14 @ Cameron 7 p.m. M
- Dec. 16 vs. Southeastern 1 p.m. W, 3 p.m. M
- Dec. 31 vs. Bethel College 2 p.m. W

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Photo by Anna Roe, age 9

A long exposure blurs the Christmas lights on The Walking Bridge, one of the four bridges that cross the Ohio River from Louisville, Kentucky, to Indiana. It was once a railroad bridge.

Lights of a Kentucky Christmas

By ALICE ROE
Guest Contributor

Christmas in Louisville. Words to explain: Full. Unpredictable. Lively.

Notice I didn't use any explicitly joyful words. That's because nothing about Christmas, in any place, is explicit. Christmas is meant to be implicit.

Christmas is meant to be full of love.

The kind of love you can't see on the outside.

Excitingly unpredictable and one of the most lively experiences of all holidays.

Family. Love. Life: words to explain Christmas.

But in Louisville, any word is possible. Yes, even the bad ones.

In Louisville, Christmas is love.

So is Hanukkuh and Ramadan. This is because of all of the supportive and loving people.

No matter how our pictures look, they are not about Christmas. These pictures are about: Support. Love. Community.

Nothing about these words are specific to one time or day or place.

These words are Louisville.



Left and above, the Paddock Shops in Louisville, Kentucky, feature Christmas lights lining the sidewalks throughout the shopping center that hosts more than 70 stores and businesses.

Photos by Alice Roe, age 13



A neighbor's snowman greets people to the Green Spring neighborhood in Louisville, Kentucky, where the Roe family lives.

Photo by Alice Roe, age 13



Editor's note: Dr. Kaylene Armstrong, adviser to the Northwestern News, spent Thanksgiving in Louisville, Kentucky, with her granddaughters, Alice Roe, 13, and Anna Roe, 9. These are their creations.

A house in the Wolf Creek neighborhood of Louisville, Kentucky, is all decked out for the holidays.

Photo by Anna Roe, age 9