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# 2024

HAPPY NEW YEAR

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# Preparing for winter weather

By **Alli Schieber**  
Features Editor

With the cold weather finally starting to arrive in Oklahoma it is good to know how to best be prepared.

There are many things one can do to prepare for cold weather including layering clothes, stocking up on non-perishable foods, charging phones and portable chargers and dripping water to keep pipes from freezing.

People should also prepare their cars for winter weather. Some ways to prepare your car for winter are updating your car survival kit, checking the battery, checking your tires and brakes, having an empty fuel can and checking your ice scraper and windshield wipers.

Other ways to stay prepared for the weather are having extra winter boots, coats, and blankets

in your car in case of emergencies.

You can also make sure your washer fluid is full and keep your gas tank at least half full.

Other equipment to have in case of an emergency is a flashlight, jumper cables and a bag of sand or cat litter and shovel.

Sand and cat litter can help you gain traction if you end up stuck in the snow.

Some ways to keep your house prepared for the cold weather are making sure you have non-perishable food, water, flashlights, candles and batteries in case of a power outage.

Having your chimney or furnace inspected is also something you may want to do to ensure it is safe.

Another way to keep your house prepared for the cold is checking pipes around the bathroom and kitchen, as well as checking the installation in the attic and testing your carbon mon-

oxide alarms.

Some people may not think about preparing the outside of their house for winter but that also needs preparation.

Ways you can prepare the outside of your house is trimming tree limbs that hang over your house or car, cleaning the gutters, winterizing your pool if you have one and finding your water shutoff valve and making sure it works in case of emergency.

The main thing to do is stay safe and warm with this weather, stay inside if possible and dress in warm layers if it is not possible to stay inside.

You can also stay warm by drinking a hot drink such as hot chocolate, coffee and apple cider or eating hot foods like soup and chili.

Other things to do to prepare for the weather is having books and board games to keep you busy if you lose power or are stuck at home in a blizzard.

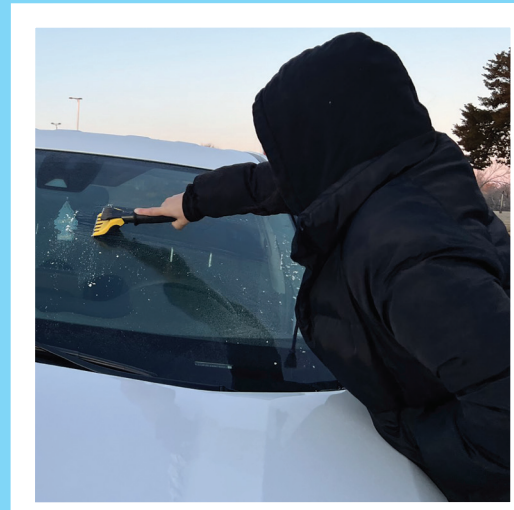


Photo by Gavin Mendoza



Photo by Christain Franklin



Photo by Asia Williams



Photo by Alli Schieber

# Record breaking weather hits Oklahoma, Midwest

## Snow, ice closed campus 2nd day

By **KRISTEN KIRTLEY**  
Assistant Editor

Due to inclement weather, Northwestern's Alva campus was forced to close on the second day of the spring semester for the safety of students, faculty and staff.

According to nasa.gov, Earth's average surface temperature in 2023 was the warmest on record.

Record-keeping began in the late 19<sup>th</sup> century, and in 2023, the Earth was around 2.5 degrees Fahrenheit warmer than the late 19<sup>th</sup> century average.

The past 10 years have also been the warmest on record.

Parts of Oklahoma were predicted to experience what's called an arctic blizzard on the evening of Jan. 8, and several towns in Oklahoma, including Alva, experienced just that.

Although the schools in Alva and the university have only

closed for one day so far, several schools and colleges in Oklahoma have experienced closings due to the snow, and are still experiencing them.

Several places in Oklahoma have been facing substantial amounts of precipitation, low-temperatures and wind chill advisories over the past several days.

According to weather.gov, a

**"This is out of the ordinary cold for Oklahoma..."**

**— Emily Sutton**

wind chill advisory is forecast when the wind chill values are predicted to be between -20 degrees Fahrenheit and -29 degrees Fahrenheit in the span of 24 to 36 hours.

The purpose of wind chill advisories is to inform, educate and prepare the public so that people will know to bundle up or dress accordingly if planning to spend

time outdoors.

Weather.gov says that the wind chill is a way of describing what the temperature actually feels like, rather than what the temperature is said to be.

The combination of the air temperature and the wind speeds is an easier way of explaining what the weather will feel like to people that are outdoors.

In the Oklahoma News 4 weather forecast on Jan. 15, which can be watched on kfor.com, Emily Sutton, meteorologist, said there was a record-cold high on Jan. 14.

"This is out of the ordinary cold for Oklahoma," Sutton said. "And it just made it brutal with the snow falling down."

Sutton said that whenever there is an arctic snow, there will be more snow out of the moisture than if the temperature was closer to 32 degrees Fahrenheit.

"We set a brand new record this afternoon for the coldest high temperature ever recorded on this date," said Brandon Wholey, meteorologist of 2 News Oklahoma in Tulsa, in his weather broadcast on Jan. 15.

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# NEWS

## Free food available weekly for NWOSU students and staff

By MALLORY PARUSZEWSKI  
Senior Reporter

Collegiate Ministries (BCM) offers lunch from 11:30 a.m. until 1:00 p.m.

The BCM is located east of Carter Hall. While enjoying lunch everyone participates in a small service dedicated to informing students and staff about the bible.

For dinner on Wednesday's the First Christian Church, located at 821 College Ave, provides a meal from 5 p.m. to 6:30 p.m. for students and staff members.

On Thursday's the Wesley House has lunch from 11:30 am until 1:00 p.m. The Wesley is located west of Shockley Hall.

The free meals are helpful to college students, which helps for saving money, but it also gives them a chance to meet new people. It can also come with support and advice from people who have been in their shoes. The places that sponsor the free meals, like the churches, give students and staff a break from the campus stress.

The churches are here as a safe place for everyone. They allow students to come hang out during an off period and join events they have going on.

It feels like a home and having friends and mentors to help guide you is the environment they want to provide. NWOSU students and staff are able to enjoy free meals off campus as the community's helps and feeling like you're a part of something bigger.

Northwestern Oklahoma State University has a few neighboring churches that offer students and staff free home cooked meals.

The meals that are provided have been cooked directly at the church or came from other churches that will sponsor lunch for that day. Each church has a specific day that occurs weekly until the semester ends.

The week for free food starts with dinner on Sunday then goes to Tuesday lunch, Wednesday lunch and dinner, and then ends on Thursday with lunch.

On Sunday the Northwestern Oklahoma State Forge will serve dinner at 6 p.m.

This allows students to connect and talk to other students and mentors within Alva. It also helps students become a follower of Christ.

The NWOSU Forge is located at 324 College Ave. On Tuesday for lunch the Bible chair, located east of Vinson Hall, has food from 11:30 a.m. until 1:00 p.m.

During lunch, students are welcomed to come in and eat while having any of their questions answered about church.

On Wednesday's NWOSU students and staff are welcome lunch and dinner. The Baptist

Jan. 18th-  
Jan. 24th

# WHAT'S UP?

**18th Thursday**

- Free lunch at The Wesley House starting at 11:30 a.m.
- Spanish Club Meeting at 5 p.m. in VH 118
- Medical Sciences Club Meeting at 5:30 p.m. in the Science Amphitheatre
- SWAT Meeting (Social Work Club) via Zoom at 5:30 p.m.
  - Meeting ID: 966 0524 1832
  - Passcode: 637664
- Bible Chair Round Up Night at 7 p.m.
- SGA Movie Night at 7 p.m. in Percefull Fieldhouse.
  - Bring a blanket or a chair and some snacks!

**19th Friday**

- Psychology Club Meeting at 2 p.m. in EC Conference Room

**22nd Monday**

- Higher Learning Commission Accreditation visit on campus at 7:30 a.m - 5 p.m.

**23rd Tuesday**

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

**24th Wednesday**

- BCM Free Lunch starting at 11:30 a.m.
- Bible Chair Bible Study at 7 p.m.
- BCM Bible Study at 8 p.m.

**Upcoming Events:**

- Jan. 22: SGA Meeting
- Jan. 29: WINGO Night
- Feb. 8: Free Bowling Night

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# OPINION

## Keys to keeping your resolution

By **CHLOE GRUSING**  
Editorial Editor

2024 is here and that means  
a new way to start the new year.  
People tend to make resolutions  
to themselves or others, and while  
they come stick with it, most tend  
to not follow through.

This year, I think it is import-  
ant to stick with one's resolution  
and strive to keep up with it until  
the end of the year. This new year,  
the year of the dragon, is predict-  
ed to bring good fortune and op-  
portunities to everyone.

I think it is important to keep  
your resolutions and work to-  
wards becoming a better version  
of yourself. Here are some tips on  
how to achieve success in 2024:

To start the new year one must  
come up with resolutions that are  
attainable and realistic for their  
life.

The goal must be something  
that can be achieved within a rea-  
sonable time frame, and sets rea-  
listic expectations that fit within

an individual's abilities.

For example, if a person wants  
to start reading everyday but they  
are not an avid reader, reading  
one book a week is far too much.  
A better goal would be to read 15  
minutes a day the first month and  
then thirty the next month and so  
on.

The person setting the goal  
must consider their time and abil-  
ities and how much effort the res-  
olution will take. Setting yourself  
up for success is key to achieving  
your goals.

The second step to achiev-  
ing your new years goals is to  
set them with the intention of  
spending time to achieve them.  
A person must be willing to sac-  
rifice time, money, or resources to  
achieve their resolutions.

The sacrifice could be as large  
or small as you make it but it must  
be realistic for you. Setting a goal  
to go to the gym for an hour ev-  
eryday when you do not have an  
extra hour is unrealistic.

This goes back to the first  
step in making sure that you can

achieve these goals. New habits  
take time to form and one must  
take the time necessary to create  
them.

Finally, a person must be will-  
ing to accept that failure may  
happen but to work through it  
and keep pushing. The drive to  
keep with a goal is important in  
achieving them, and while some  
days may be hard, you have to  
stick with it.

If you keep missing the goals  
you have set, maybe you can keep  
the same result but change the  
path to get there.

For example, if you are trying  
to eat out less but keep finding  
yourself picking up something  
on the way home, you could take  
a different route home or allow  
yourself to eat out once a week  
until you become used to it.

The key to achieving your  
goals is not giving up.

I think it is vital to take care  
of yourself and set realistic goals  
that can be achieved. The goals  
don't need to be easy, but they  
must be realistic. Giving yourself

a fair chance to complete what  
is needed to improve yourself is  
necessary.

A person should make their  
resolutions realistic and attain-  
able. The next step is to make  
time to complete them and then  
be able to move forward and keep  
trying when you might fail.

Being able to recognize where  
change could be taken and im-  
proved is personal growth and I  
think a person should be proud of  
themselves for recognizing that.

New years goals don't have  
to be impossible to achieve. Set  
yourself up for success in the year  
of the dragon. Good fortune is  
said to be coming this year so set  
yourself up to attain it.

*The key to achieving  
your goals is  
not giving up.*



**Flor Anador**  
Freshman, Accounting Major

Resolution: "I want to start eating  
healthier foods and maybe learning  
how to cook my own meals."

Why: "Just because. Really I feel like  
I'm fit but I know I can be even more  
fit and it all stems down to how I eat."



**Danaireus Alexander**  
Freshman, Undecided Major

Resolution: "Honestly I really want  
to do better in school."

Why: "Because I run track and I'm  
a pretty good track athlete, but I  
know I need to spend more time on  
my homework. If I can pass all my  
classes and get my degree than I  
can make it out and provide for my  
family."



**Sean Stephens**  
Freshman, History Education Major

Resolution: "I want to get my body  
weight down to 175 lbs. I started at 300  
lbs and now I'm 210 so I'm getting  
closer and closer to my goal."

Why: "Because I was tired of the pain.  
My back would ache constantly, and I  
just had a magnitude of medical prob-  
lems that have started to dispatch. I'm  
feeling better now that I've shed that  
extra weight and hopefully, I reach my  
goal and feel even more better!"



**Alyssa Baldenegro**  
Freshman, Psychology Major

Resolution: "This year I want to make  
it my goal to get into better shape."

Why: "Well I play softball here and  
to become a better player than I know  
I have to exercise and run more. If I  
want to be the best than I have to train  
like it."



**Kyler Moore**  
Freshman, Business Major

Resolution: "I want to make myself  
a better person and really make an  
emphasis on schoolwork and work  
harder at track."

Why: "Because hopefully I can  
train really hard and one day break  
records or even elevate myself to  
the Division 1 level"

Interviews by  
Ken Irving

# Passion shaped coaching career

*Bingesser says he has loved volleyball since childhood*

By Macy Shreffler  
Student Reporter

Jon Bingesser is the head coach of Northwestern Oklahoma State University in Alva. His friends and family unanimously agree that coaching is who he is.

Bingesser coached volleyball at Highland Community College for seven and a half years before taking a position at Northwestern Oklahoma State University. Bingesser attended Pittsburg State University where he earned a degree in psychology. He participated in track and field there and is still active in volleyball contests within the USA Volleyball men's division. His sister and parents were all collegiate players and

competitiveness to win. She said that these are his best qualities from a career standpoint.

Michaela Serrioz is an associate athletic director at a community college in Kansas. She was on Bingesser's first college team in 2015, and she later coached with him.

Today they are close friends and have kept in touch over the years.

"I've never met anyone more passionate," Serrioz emphasized. "The biggest thing I admire about him would be his honesty and his passion with life, but also his desire to just be the most honest and upfront person he can be."

From coach to confidante, Serrioz has seen him through it all. In any area of his life, she said she



photo provided

Jon Bingesser, left, NWOSU head women's volleyball coach since 2022, smiles after a good play on the court.



Source: Jon Bingesser

Graphic by Asia Williams

coaches, so he hails from an athletic household.

Bingesser said, that volleyball was always something he was attracted to as a young boy, especially because his parents were sports coaches during his youth. He even taught himself volleyball when he was little and said that his mom learned a lot from him and his sister. The two of them would play together and study the game.

#### Doing what he loves

"I always knew that I was going to coach volleyball," Bingesser said. "I really had no choice; this was the life that I saw for myself immediately."

Bingesser said people used to say to him that he could be rich or do what he loved. Coincidentally, what he loved he happened to be good at. He knew from an early age that this was what he was meant to do, and it is even something he loved in his personal life.

Leslie Polanco is an assistant coach to Bingesser at NWOSU. Polanco was a player for Bingesser in 2016 at Highland Community College.

"Volleyball is his whole life" Polanco said.

Polanco said that while coaching with Bingesser she has seen his passion for the game and his

feels as though volleyball is what makes him the happiest.

Michael Smith met Bingesser while he was coming into his position as the sports information director at Highland Community College.

Their friendship began professionally but after working together they found they were remarkably similar. Today they stay connected and consider themselves to be close friends.

Smith has seen firsthand how committed he is to his work as

he began to see his success grow through the volleyball program. He went to many games and even went on trips with the volleyball team.

"It was very evident to me when I met him, and just watched him coach," he said. "He had a lot of success at Highland and down there in Alva as well."

He also points out that the one thing that made him the happiest was his team.

"He is happy when his team is succeeding," Smith said.

Smith said Bingesser's team means the world to him and thinks about them throughout the days and he would do anything for them.

Kendra Branstetter met Ningesser in college when she was going to Fort Scott and he to Pitts-

burg. Since then, they have been friends for longer than 15 years.

"I am the one person that does not know a thing about volleyball, even though he has drug me to a

**"Volleyball is his  
(Bingesser's) whole life."  
— Leslie Polanco**

lot of games," Branstetter said.

She has been to all his games and supported him, but she gets more of his personal life, and said she knows a lot of interesting facts about Bingesser that few people would know.

"He has more knowledge about birds than anyone I know,"

Brandstetter said. "He can name almost every state bird. He identifies birds as we are driving down the road. It's a very rare interest of his that I have always thought was more of a passion than volleyball."

She also explained that Bingesser has a knack for music and has a unique way of connecting his favorite music to any occasion.

"During our friendship, he has made me a collection of CDs over the years," she said. "Every song has a purpose and a meaning. He made one for my son 10 years ago"

She said that this has meant a lot to her throughout their friendship. She also said her absolute favorite thing about him is that he is a true committed friend.

"We have both been through life changes and moves," she said. "Over all the years of our friendship, we have only lived in the same town for a couple of years, so to still be friends and live states away I think that says a lot about him as a person and how dedicated he is."

Friends and relatives who have known Bingesser for a long time all concur that he is one of the most genuine, committed individuals they have ever encountered. He genuinely cares about everyone in his immediate circle of friends as well as the players he instructs.

While it might be simple for many individuals to leave work at work, Bingesser finds that volleyball is his true happy place, and it shows on the court.



photo provided

Head coach Jon Bingesser gathers the volleyball team around to talk strategy for a game.

# CAMPUS



## 1st concert delights

The first concert of the Northwest Oklahoma Concert series this semester featured Shelby Eicher and the Tulsa Travelers, a group that is known for its western swing music.

Top: The entire ensemble performed several numbers.

Several of the individuals played or sang solos throughout the night.

At left, Janet Rutland, from Sand Springs, sings with gusto.

Right, Shelby Eicher plays the violin. He will be inducted into the Oklahoma Music Hall of Fame later this year.



## Band, cheerleaders support teams



Ranger cheerleaders try to rally the fans with a cheer routine while the band plays during a timeout of the Jan. 11 women's game in Percefull Fieldhouse. The squad has been seen at more sporting events this year, beginning with volleyball last semester.



Ranger band members join the cheerleaders in making the Ranger gun sign to help bring good luck during a free throw attempt at the women's game Jan. 11.

*Photos by Lane Mann*

# FEATURE

## Students share favorite soups

### Copycat Chick-Fil-A chicken noodle soup

Yield: 6 servings  
Prep Time: 10 minutes  
Cook Time: 50 minutes  
Total Time: 1 hour

#### Ingredients

2 Tbsp olive oil, 1 large yellow onion diced, 3 large carrots, sliced, 2 celery stalks sliced, 3 garlic cloves minced, 6 cups sodium reduced chicken broth, 2 tsp better than bouillon base chicken flavor (optional), 1, 1/2 lb boneless, skinless chicken breast, trimmed of excess fat, 8 oz egg noodles, 1 tsp salt, or to taste, 1 tsp ground black pepper

#### Instructions

- Saut vegetables** — In a large stock pot or Dutch oven, combine the olive oil, carrots, celery, onion and minced garlic. Cook uncovered over medium heat, occasionally stirring, until the onions are translucent and fragrant, about 5 minutes
- Add chicken broth** — After the veggies are cooked, pour the chicken broth and better than bouillon into the pot and stir to combine.
- Add chicken and spices** — Next, place the chicken breast in the pot and season with salt and pepper, cover the pot and bring to a boil over high heat. Once the soup reaches a boil, reduce the heat to low and simmer for 30 minutes. Leave the pot covered.
- Shred chicken** — Once the chicken is cooked and tender, it can easily be shredded. Transfer the chicken breast onto a cutting board and shred it with 2 forks into bite-sized pieces.
- Cook pasta** — While shredding the chicken, bring the soup to a boil. Add the pasta and cook following the package instructions, or until the pasta is al dente.
- Return the chicken to the pot** — Once the noodles are cooked, return the shredded chicken to the pot. Season with more salt and pepper if needed. Then enjoy the soup with any garnish you would like.

Recipe from [countryhillcottage.com](http://countryhillcottage.com)

**"MY FAVORITE SOUP IS CHICK-FIL-A CHICKEN NOODLE SOUP. I LIKE IT BECAUSE ON THE COLD DAYS IT MAKES ME WARM."**

— KARSYN SMITH



**"My favorite winter soup is the Borscht soup, I like it because that's what I HAD IT GROWING UP AND IT REMINDS ME OF BACK**

**HOME"**

— KAROLINA JURESIUTE



**"CHICKEN NOODLE SOUP BECAUSE IT'S A FAMILY TRADITION TO HAVE IT FOR THE HOLIDAYS AND IT'S ALWAYS HOMEMADE."**

— CIARAH CENICEROS



## Newspaper welcomes new staff

By **KEVIN KAUMANS**  
Assistant Editor

When I began writing my first "book" at age 11, I was convinced for some reason that I would become a best-selling author in a year's time.

Of course, since it was barely more than thirty pages long, I was not only unable to get it published as a novel, but my dream of becoming the youngest author to become famous never came.

I began writing a new series when I was thirteen called Sharp-Eye: A Strange Beginning, which was about a grey wolf with a permanently closed left eye and his two friends: Meme the white wolf in her twin brother Shank (don't ask me why thirteen-year-old me named them that, it was just the first names that popped into my mind).

The plot of the book was that Sharp-Eye and his friends got transported to a building containing a city inside it far away from their home after getting caught in a blizzard while hunting. Inside the building, the three find it's home to four packs of both wolves and dogs.

The story was a mess; the plot was rushed and hardly explained itself, the characters were all one-dimensional, but what I'd argue to be the worst of all is that the dialogue was atrocious. Here, let me show you an example:



Kevin Kaumans

"When the gang got in "The courtroom" They were greeted by four male wolves (Possibly all leaders.). One gold, another white and the third red. And the last one was a dog who was black and brown like Dreaka.

"That's my dad." She whispered.

"Welcome to the court young ones. What are your names?" Asked the golden fur one.

"M-my name is Sharp-Eye." Said Sharp-Eye trying to find his words. "And this is my friends: Meme and Shank."

"Ah, classic names. Mine's Speed." Said the gold one.

"Mine's Prayed." Said the white one.

"Red." Said the red one.

"Mad." Said the black and brown dog.

"Hey, good names but can we go now?" Asked Shank.

-Sharp-

Eye: A Strange beginning

See what I mean? Not only is the grammar worthy of a failing grade, but whenever anyone talks, it always feels clunky and rushed, leaving the audience no time to process any new information. If you were to have a group of people read this example outloud and show the audio to a random person with no context, they'd probably tell you that the voice actors sound like their bus was leaving in three minutes.

But while I'm embarrassed by the draft of my first book, I'm also proud of it at the same time.

After all, some people wait until their middle ages to start writing, while middle school me was over here trying to be the next Erin Hunter.

So many people in this world are afraid to let their creativity shine in fear of being judged or mocked, when for all they know they could be the greatest writer, artist, or musician of their time.

Of course, after it took me two years to realize my first draft was terrible, I started all the way from the beginning and renamed the book to Wolves Of The Tundra: Sharp-Eye's Growth (and in case you are wondering, Meme's new name is Snowlae, pronounced "Snow-lie" and Shank is now Whiteale, pronounced "White-ale").

I self-published the book in the

Summer of 2022, and have it up for sale on Amazon.

Overall, what I want you, Fellow Reader, to take from my story is this: Don't be afraid to express your work. But at the same time, don't be afraid to start from scratch if you hate the premise and find it unfixable.

Contact Kevin Kaumans:

Email: [kakaumans60@rangers.nwosu.edu](mailto:kakaumans60@rangers.nwosu.edu)

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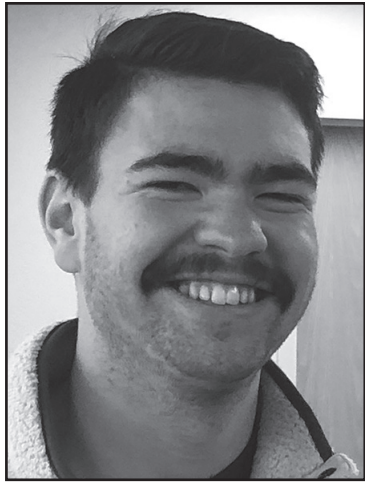
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# FEATURE



Jenna Maier



Tyler Blankenship



Destiny Engelken



Peyton Lucas



Taylor Wilson

## Make this semester successful

*Students, staff offer suggestions*

By **DERRICK GALINDO**  
*Student Reporter*

With the start of a new semester comes a wave of new obstacles for students at Northwestern.

How would a student navigate and overcome these challenges? Sophomores to staff members have their tips to start off the se-

semester on the right foot.

Jenna Maier, a sophomore from Alva, majoring in social work, said the one thing that helps her start a semester right is to stay organized.

“Plan your schedules,” she said. “If it doesn’t go on my calendar, it doesn’t happen. I forget things, and with classes, jobs and extracurriculars, things can get messy ... so use a calendar!”

Another student, Tyler Blankenship, a junior from Macomb, majoring in English education,

focuses on finding value.

“Find yourself and what you love,” he said, “and let that guide everything you do. Because then it gives eternal value. I found my love in God, so even classes that might seem futile, for the sake of the Gospel, it’s all worth everything.”

Destiny Engelken, a senior from Alva, majoring in biology education, said the most important thing is to give yourself grace, and to take breaks when needed.

“When you get something

done, take a mental break, since working yourself to the bone will not do any good,” she said.

“Don’t be afraid to ask for help,” said Peyton Lucas, a library services assistant on campus.

“When you need it, always seek it out. Don’t hesitate because you’ll end up digging yourself a hole you can’t get out of.”

Taylor Wilson, director of Counseling and Career Services at NWOSU, gave many tips students can utilize to improve their

time at NWOSU.

“Make sure you get all syllabuses and combine them together,” she said. “Look at when the assignments are due and make an Excel sheet with due dates. Therefore, you can see when everything is due and you won’t have any anxiety or stress worrying about if you’re missing something.

“I would also say making time for self care. Like getting a walk in, going out in nature or going to the Wellness Center.”

## Top tips to study like a Harvard student

from <https://summer.harvard.edu/blog/top-10-study-tips-to-study-like-a-harvard-student/>

1. **Don’t cram.** Research shows it won’t improve your long-term learning.
2. **Plan ahead—and stick to it.** This keeps you from cramming.
3. **Ask for help.** Be proactive about getting the help you need.
4. **Use the buddy system.** Form study groups or study with others.
5. **Find your learning style.** Try these steps: 1) before you read, review what you already know about this topic. 2) Take notes. 3) Summarize what you learned.
6. **Take breaks between study sessions.** Breaks help you remember better.
7. **Cultivate a productive space.** Make it a space free of distractions.
8. **Reward yourself.** Small rewards throughout keep you motivated.
9. **Review, review, review.** Strengthen your memory muscles just like in weightlifting.
10. **Set specific goals.** Set specific times to study. Set realistic, measurable goals such as raising exam scores by a certain percent.

### Federal DOT: Signs no joking matter

Those funny electronic signs you see on the freeways have been banned beginning in 2026.

According to an Associated Press story, the U.S. Federal Highway Administration, which is part of the U.S. Department of Transportation, has told states to stop putting amusing messages on these signs because it distracts drivers. Instead, the signs should only contain important information like crashes ahead.

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# Lady Rangers now No. 10 in polls

## Women push record to 15-1

By **KEN IRVING**  
Student Reporter

The Lady Rangers racked up two wins last week at home, pushing their overall record to 15-1 (7-1 conference) and stepping from 12th to 10th place on the NCAA Division II Coaches poll posted Monday.

NWOSU Lady Rangers beat Ouachita Baptist Tigers, 67-49 on Jan. 11 and then toppled Henderson State 64-55 last Saturday. The Rangers are in Arkansas this week to play Arkansas Tech Thursday and Harding on Saturday.

### NWOSU 67, Ouachita 49

Numerous students were in attendance Jan. 11, along with the band, and it seemed like the Lady Rangers fed off the electric energy immediately as they took a 9-0 lead to start the game.

Senior Faith Simpson, who has been named GAC player of the week three times already this season, scored three baskets in a row. Junior Carly Craig fired back-to-back 3-pointers at the buzzer to close out the first quarter. Lady Rangers were up 19-6.

Coming out of the break, Craig didn't miss a beat as she dribbled down the court through multiple defenders, rose over and hit a midway jumper. She's scored 8 straight points for the Lady Rangers. The Tigers called timeout

with the Lady Rangers up 23-9.

Coming out of the timeout, Simpson powered her way through the Tiger defense, scoring 17 points in the first half. She was 100% from the paint. NWOSU went into halftime up 37-11.

As the third quarter began, Craig scored 7 straight points, forcing the Tigers to call timeout. Then junior Camille Thomas forced her way into the paint, scoring 8 points for the Lady Rangers.

As the third quarter ended, sophomore Talayah Thomas extended the lead to 33.

The Tigers went on a 4-11 run but couldn't pull it out.

Top scorers: Faith Simpson, 17 points; Carly Craig, 15 points; Camille Thomas, 10 points.

### NWOSU 64, Henderson 55

The Lady Rangers found themselves in a dog fight Saturday against the 8-5 (4-3) Henderson State Lady Reddies.

From the jump it was obvious that the Lady Reddies were not fearful of the Rangers as they found themselves ahead of the Rangers 20-8 at the end of the first quarter.

Junior Syncere Harrod kicked off the second quarter by knocking down a pair of free throws. The Lady Rangers continued to force the ball into the paint as they got foul calls.

At the 5:25 mark midway through the second quarter, the Lady Rangers were within 6 after a heavily contested layup by Thomas. Henderson State re-

sponded to go back up 6.

Craig fired a 3-pointer and Camille Thomas shot a post-up fadeaway to go into the half down 26-30.

In the third quarter the Lady Rangers slowly began to build momentum. Simpson hit two free throws to cut the deficit to two points, but Henderson State would not be put down to sleep this easily.

The Lady Reddies scored back-to-back buckets, including a difficult layup attempt that silenced the crowd.

As the quarter wound down, junior Camille Thomas got a steal, passed to Craig, who turned it to senior Nikya Orange who scored. This fast break got the Lady Rangers within 2, but the Lady Reddies would once again stop the bleeding by going on their own run to close the quarter.

The score was 36-41 to start the fourth quarter.

The Lady Reddies knocked down a three to start the fourth quarter, but the Lady Rangers came firing like ballistic missiles. Senior Paige Scott's 3-pointer cut the deficit down to 1.

Camille Thomas scored a layup off the glass to give the Lady Rangers their first lead of the game with 6:57 left to go.

Once the Lady Rangers took control of the lead, they never looked back and went for the win.

Top scorers: Faith Simpson, 29 point, 9 rebounds; Camille Thomas, 16 points, 7 rebounds; Syncere Harrod, 12 points; Carly Craig, 10 points



Photo by Lane Mann

Faith Simpson (30), who has been named GAC player of the week three times this season, goes up for an easy layup Jan. 11 against the Ouachita Tigers. The Rangers won the game 67-49.



Photo by Malcolm Smith

Kennedy Milton (1) goes up for a dunk Jan. 11 against the Ouachita Tigers. The Rangers won 68-52.

## Men grab 4 wins in a row

By **KEN IRVING**  
Student Reporter

The NWOSU men's basketball team won both of their games last week at home, boosting the season record to 7-7, 5-3 for conference.

On Jan. 11, the Rangers beat Ouachita Baptist Tigers, 68-52, and Saturday upped their winning streak to four with a win over Henderson, 79-67.

The game Thursday started out sloppy with turnovers and missed shots by both teams, but with 17:24 left in the first half, senior Kennedy Milton ripped the ball away from a Tiger and threw down a monster jam to ignite the crowd. On the ensuing possession, he snatched the ball away from another Tiger, pushed the ball down the court and passed to senior Marquise Milton, who threw up an alley-oop to redshirt sophomore Kabeya Tshibangu.

Redshirt sophomore Cameron McDowell began to find his stroke as he nailed down a 3-pointer to make the game 13-4 with 12:50 left in the first half.

The Tigers called timeout and then scored 5 quick points, forcing the Rangers to call time out.

As the first half wound down, redshirt senior Larry White knocked down a 3-pointer. Ouachita attempted a layup, but White rejected it off the glass. The Tigers, not fazed by the Rangers momentum, knocked down three 3-pointers in a row to close the gap to within 2. The score was 20-18 with 4:07 left in the first half. The Rangers ended the half 28-22.

The Tigers scored a layup to kickstart the second half and Kennedy Milton responded with a step back mid-range jumper. On the next possession, he put back a miss from the Rangers. After a Tiger miss, he threw in another layup and his quick 7 points forced a Tiger timeout.

Marquise Milton aided a 14-1 run for the Rangers with a contested 3-pointer, and once again Kennedy Milton drained another midrange jumper to force another Tiger timeout.

The Tigers ended the game 16 points behind.

Top scorers: Cameron McDowell, 16 points; Kennedy Milton, 14 points.

### NWOSU 76, Henderson State 67

Kennedy Milton's 3-pointer about a minute into the game, kicked off the scoring against the Reddies on Saturday. Graduate student Brian Free fired his own three and the Rangers were up 10-3 with 14:21 left in the first half.

The Reddies went on a quick run, but Free put a stop to that with another deep 3-pointer.

McDowell drove into the lane and got contacted in the head but finished at the rim to add to the lead.

The Reddies capitalized on a couple of missed shots from the Rangers and drained a deep 3-pointer from the logo to get within 1 point.

After an eyebrow-raising foul call on the Rangers, the Reddies took the lead off free throws.

White then got fouled and his free throws tied the game. Later he spun the ball off the glass for a circus layup to take the lead.

Marquise Milton added back-to-back 3 pointers, and the Rangers went into the half up 40-36.

The Rangers didn't miss a beat when they came out of the tunnel. Free knocked down his own back-to-back 3 pointers and the Rangers were ahead 10 with 15:50 left to play.

The Reddies cut the Rangers lead to 5 with 8:55 left to play. Then McDowell knocked down a leaning 3-pointer. He drove into the corner and banked a 3 off the glass. With 3:37 left to go, McDowell drained a contested step back 3.