

HOMECOMING

HOMECOMING DECORATION
WINNERS
PAGES 6 & 7



SPORTS

MENS RODEO TEAM
PLACES FIRST
PAGE 10



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Parade marshals: NWOSU gave excellent education

By TARA OWEN
Senior Reporter

Kenneth and Sue Fellers will serve as the Northwestern 2024 Homecoming parade marshals.

As Northwestern alumni they have given back to their alma mater for decades.

"We don't feel like we are worthy of this honor. It has been a nice surprise," Sue Fellers said.

Kenneth was a '63 math and physics graduate of Northwestern, Sue, a '64 graduate with a degree in music.

The couple met at the Northwestern Baptist Student Union and were engaged at homecoming Kenneth's final year as a Ranger.

The Fellers are now honored to be the homecoming marshals.

In 2010 the family made the decision to provide financial relief to Northwestern students, by providing scholarships for students in the Northwest Oklahoma area who are getting a degree in math, biology or physical science.

Along with another scholarship for students pursuing a music degree.

Kenneth and Sue are proud alumni and explained how appreciative they were to receive their degrees at Northwestern.

Sue shared that she was appreciative of the support she received as a student. They were eager to make an impact on other students by providing scholarships.

"We had great teachers, and we knew we were really getting a great education," Sue Fellers said.

The Fellers' education from Northwestern is something that they take great pride in.

As Kenneth was a math teacher and Sue was a music teacher. Before she decided to stay at home to raise their two children.

Kenneth now farms around Byron and Sue remains active with music in her church.

The couple also allowed fund-



Sue and Kenneth Fellers at home in Cherokee.

photo provided

ing for the recent renovation to Herod Hall.

The family shared that they felt there was a need for renovation in this area of campus.

The auditorium will now be renamed The Fellers Family Auditorium.

"There were always things that were memorable, some need to be shared and some things that don't. It was all good," Sue Fellers said.

When reflecting back on their time at Northwestern, Kenneth and Sue had many stories to tell about their time as Rangers.

"It was the best years of our lives, and we didn't have sense enough at the time to realize it," Sue Fellers said.

Homecoming has always been a big event for the Fellers family.

For Sue, her earliest memory of Northwestern Homecoming was being in the parade. She re-

called being in the seventh grade Mooreland band and marching in the parade.

"For a small school, it really says something that we had an excellent education and besides that we had a lot of fun" Kenny Fellers said

The Fellers will be in the Northwestern Homecoming parade located Downtown Alva on Oct. 5th starting at 10 a.m. It will start on north side of the square and loop all the way around.



Homecoming

Ranger Run

Time: 8 a.m.

Place: Downtown Square

Pre registration for the Ranger run is open until noon on Oct. 4 in the Wellness Center and is \$20. Race day registration at 7:15 a.m. and is \$25.

Homecoming parade

Time: 10 a.m.

Place: Downtown Square

Football game

Time: 3 p.m.

Place: Ranger Field

Ranger Royalty crowning

Time: Halftime of football game

Alumni lunch

Place: Downtown Square

The Alumni Association is also hosting some events as well including, the annual medallion hunt and alumni band.

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NEWS

WHAT'S UP?

OCTOBER 4TH-9TH

3RD

Miss Cinderella talent night
7:30 p.m. at Herod Hall
Homecoming Block party 9:30
p.m. in between Coronado hall
and Cunningham hall

4TH

Homecoming Pep Rally at noon
in Percefull Fieldhouse
Miss Cinderella 7:30 p.m. at
Herod Hall

5TH

Homecoming

9TH

O.I.L. Meeting, EC 109
5:30 p.m.-6:30 p.m.

FREE LUNCHES

Tuesday: Bible Chair
Wednesday: BCM
Thursday: Wesley House
All free lunches are from
11:30 a.m.-1 p.m.

Business prof. loves running and mountains

By JAXY CLOUD
Student Reporter



Theresa McBride

Theresa McBride earned her bachelor's degree in business administration with a focus in finance at the University of Baltimore then later earned her master's degree in the same thing at Colorado State University.

She has a Doctor of Philosophy in organizational studies at the University of Saint Andrews in Scotland. She is now an associate professor of business at NWOSU.

McBride has worked at Ferrum College, Hawaii Pacific University, Lake Superior State University, U.S. Coast Guard Academy and Saint Andrews.

Q: What sold you on coming to NWOSU?

A: The interview was really funny. Jerry made me laugh and I thought 'okay this is cool.'

Also I'm a long distance runner so I think the environment was pretty good.

Q: What is one of the first goals you hope to accomplish here at Northwestern?

A: The most immediate thing I'm thinking about is submitting my journal article.

I'm trying to get published and that's the first thing is just wrapping up a paper that I have that's

almost done.

Q: What is your favorite class to teach and why?

A: I enjoy the marketing most of all but I've taught a wide range of classes, so I'd definitely say I love leadership and management focused classes.

Q: What is your superpower?

A: The thing that flashed to my head is running.

Q: What is something most people don't know about you?

A: I love the mountains. I am in love with Sun Valley, Idaho.

I'm a huge Earnest Hemmingway fan. He actually lived near the Sun Valley area and I just went up there this summer to visit his grave.

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*It's Homecoming Baby!
Ride Rangers Ride!*

NEWS

Miss Cinderella contest begins Thursday

By **DERRICK GALINDO**
Senior Reporter

NWOSU's Miss Cinderella Pageant, is one of the long-standing traditions of homecoming week, and it begins Thursday at 7:30 P.M.

The Miss Cinderella Scholarship Pageant started in 1952, and started as a means for outstanding high school girls to compete in a local pageant for recognition and scholarships, stated on the NWO-SU official website.

Through the years, the pageant has grown in such size that it is available to those outside of the Northwest Oklahoma area, and even those outside of traditional schooling.

This year, 14 high school girls will showcase their individual talents, poise and interview skills for the Miss Cinderella crown.

Along with this, each contestant gains a \$2,000 tuition scholarship to use for their freshman year.

Depending on their placings in the competition, the contestants can also gain more scholarships to use at NWOSU.

The winner of the Miss Cinderella title wins an eight-semester tuition scholarship to NWOSU's Alva Campus. They also get a two semester semi-private room scholarship to be used during their freshman year.

First runner-up gets a six-semester tuition scholarship; sec-

ond runner-up gets a four-semester tuition scholarship; third runner-up, fourth runner-up, talent and congeniality winners each get two-semester semi-private room scholarships; and the interview winner gets a two-semester book scholarship of \$150. All the semester tuition scholarships are based on a 16-credit hour semester.

In order to receive the scholarships, contestants must participate in all parts of the Miss Cinderella pageant, along with attending NWOSU's Alva Campus and living in the dorms their freshman year.

"I'm really looking forward to meeting and encouraging the girls competing," said Jessica Davis, a freshman nursing major from Woodward, Oklahoma, and winner of the 2023 Miss Cinderella pageant. "It is going to be nice not being under so much pressure this year and kind of not having to experience as many nerves as I did last year. I'm really excited to be able to do my talent (contemporary dance to My Immortal by Evanescence) again. I've even heard I get to be in some of the opening numbers, so that's really exciting."

Olivia Yandel, director of the J.R. Holder Wellness Center and winner of the 2009 Miss Cinderella pageant, spoke of her experience in the pageant.

"I did not expect to win," Yandel said, "we had always kind of joked at my high school that a

Kansas girl would never win because we had always sent really good contenders every single year. I really was in it for the talent portion mostly, just because that was my stronger area since I did competitive dance growing up. Whenever I got called for Top Five, I was really shocked, and really happy with the whole thing. Doing the onstage question was really nerve-racking. I did not answer that well, but it must have worked because that was what obviously helped me win."

Though her victory felt like a complete blur, Yandel remembered the friendly, welcoming and encouraging people who assisted with Miss Cinderella. She also said that this was an amazing experience that she learned from, and that all the contestants can learn from it too.

Overall, they just want to give them a great experience, said Lisa Cline, coordinator for Miss Cinderella.

"We treat them like royalty," she said, "but we also give them a chance to get up on stage. We make sure their lighting is right ... that the sound is the way they want it when they practice their talent, so that night they feel comfortable. Sometimes these girls will be back there, and they're nervous to do their talent. Maybe they're not really comfortable being on stage, and just going, 'hey, you know what, you can do this!' and just giving them a lot of positive feedback."



Photo by University Relations

Jessica Davis is crowned as 2023 Miss Cinderella. She will crown the new Miss Cinderella on Friday. The pageant starts at 8 p.m. on Friday. The contestants will also be in the parade on Saturday morning.

Northwestern celebrates Constitution Day

By **ELY NOBLE**
Senior Reporter

Northwestern Oklahoma State University hosted its annual Constitution Day lecture Sept. 26, with a public discussion on the U.S. Constitution, the supreme court, and the 2024 presidential election.

The event, brought together by the university's institute for citizenship studies and the department of social sciences, took place from 1-3 p.m. in the Ranger Room on the Alva campus.

This year's theme, open forum, The U.S. Constitution, the Supreme court and the upcoming Presidential Election featured an interactive conversation led by Dr. Eric Schmaltz, professor of history and chair of the department of social sciences, and Dr. Aaron Mason, professor of political science.

Dr. Mason said events like Constitution Day give an important platform for getting a clear look at the Constitution within context of politics and social issues.

"The Constitution is the foundation of our democracy, and it's important that we revisit it, especially in the context of current events," Mason said. "The



Photo by Ingrid Maldonado

Aaron Mason speaks to students and Alva citizens about Constitution Day last Thursday in the Ranger Room.

Supreme Court plays a significant role in shaping policy, and with the upcoming presidential election, these conversations are more crucial than ever."

One of the key topics discussed during the forum was the ongoing case Trump V. United States, which has gained national attention.

Dr. Mason gave insight into the constitutional and legal indications of the case, which focuses on former President Donald Trump's alleged handling of documents after leaving office and the federal investigation.

Mason highlighted the case as an example of how the Constitution, especially Article II and executive privilege, is being tested in real-time.

"The Trump v. United States case is significant because it raises fundamental questions about the limits of presidential power, executive privilege and accountability under the law," Mason said. "It's not just about one individual, but rather how we interpret the Constitution's provisions when dealing with former presidents."

One of the man issues in

Trump v. United States is the question of presidential immunity.

Which is a legal protection that usually protects current presidents from certain legal actions while in office.

Dr. Mason said that this case is different because it involves a former president, not a current one.

"Presidential immunity typically shields sitting presidents from civil suits and criminal prosecution related to their office duties," Mason said. "However, Trump's case is unprecedented in that it involves actions taken after he left office. The legal question is whether former presidents can claim immunity from prosecution for actions taken during their presidency, or in this case, after they've left office."

Mason said that while the courts have generally upheld immunity for current presidents, there is less clarity when it comes to former presidents.

How the court in this case could set a new standard for what protections former presidents have once they leave office.

The event was free and open to the public, giving people a chance to discuss the U.S. Constitution and how it impacts the country's political future.

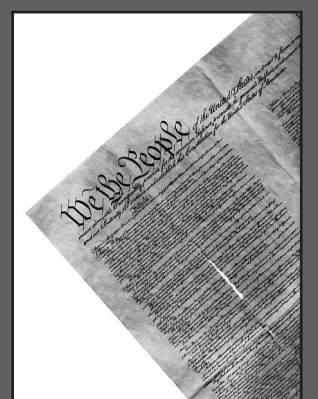
What is Constitution Day?

Constitution Day is a holiday celebrated on Sept. 17 each year.

The day is to celebrate the signing of our constitution which took place on Sept. 17, 1787.

How it is celebrated

Different cities in the U.S. have local events or activities. These can include parades, demonstrations or other events.



Information from:
www.constitutionday.com

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classification, title, etc., address and phone
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for grammar, libel and space limitations. All
letters submitted may not be used.

All letters represent the views of the
author.

OPINION

Caffeine and homework all at once

By **LEO ROBLES**
Opinion Editor

Coffee has become a ubiqui-
tous part of student culture, serv-
ing as a fuel for late-night study
sessions, early morning classes
and everything in between. Its
impact on students is multifacet-
ed, with both positive and neg-
ative aspects that can influence
academic performance, social in-
teractions and overall well-being.

I usually start my mornings
with some toast, fruit and coffee.
I am not really a coffee buyer, but
I prefer to make my own coffee
at home.

During road trips, I always try
to have some coffee at the gas sta-
tions, but every now and then I
have some energy drinks.

On the positive side, coffee is
widely recognized for its stimu-
lating effects.

Caffeine, the active ingredient
in coffee, is a well-documented
cognitive enhancer. It can im-
prove focus, alertness, and con-
centration, making it particularly
appealing to students facing the
demands of rigorous coursework
and tight deadlines.

For many, a cup of coffee can
mean the difference between a
productive study session, and one
spent fighting off drowsiness.

The ritual of brewing and sip-
ping coffee also provides a com-
forting routine, helping students
establish a conducive environ-



ment for studying.

Coffee shops have become
popular gathering places for stu-
dents, offering a relaxed atmo-
sphere conducive to group study
sessions or casual meet-ups.
These spaces often serve as hubs
for collaboration, creativity and
networking.

The communal aspect of coffee
drinking can enhance friendships
and create a sense of belonging,
which is particularly valuable
for students navigating the often
stressful landscape of academia.

However, the impact of cof-
fee is not entirely positive. While
moderate consumption can en-
hance alertness, excessive use
can lead to side effects such as
anxiety, insomnia and jitteriness.

For students already dealing
with stress, the added pressure of
caffeine can exacerbate feelings
of anxiety and make it difficult
to relax. Moreover, the reliance
on coffee for energy can create
dependency, where students feel
they cannot function without it.

This reliance may lead to ir-
regular sleep patterns, which can
ultimately harm academic per-
formance and overall health.

I personally think that coffee
does not always provide an en-
ergy boost at all. There has been oc-
casions where it has made me feel
more tired or the caffeine does not
kick in at all.

Additionally, the social pres-
sure to consume coffee can cre-
ate an unhealthy mindset. In a

culture that often glorifies hustle
and overwork, students may feel
compelled to drink coffee to keep
up with peers, leading to an un-
healthy normalization of sleep
deprivation and stress.

This "grind culture" can dis-
courage students from priori-
tizing their mental and physical
health, which is crucial during
their formative years.

Another concern is the eco-
nomic aspect of coffee consump-
tion. For many students, pur-
chasing coffee daily can add up,
straining tight budgets.

While a small luxury may
seem harmless, over time, those
costs can divert funds from essen-
tial expenses, such as textbooks
or meals.

Getting ready for National Newspaper Week

By **Dr. KAYLENE
ARMSTRONG**
Adviser

Next week marks the 84th year
of celebrating National Newspa-
per Week. Of course, newspapers
have been around much longer
than that, since the 1700s actual-
ly.

But for many years now peo-
ple, including us journalists, have
been asking the same question:
Are newspapers still relevant to-
day?

I asked that question of
ChatGPT and got a resounding,
"Yes."

The AI program offered five
reasons newspapers are still rele-
vant, and I can agree with all of
them.

Reason 1: Trust and credibil-
ity. In an era of misinformation,
newspapers with high standards
continue to provide well-re-
searched and fact-checked infor-
mation.

We teach that in our classes
here at Northwestern. We might
not always hit the mark, but we
keep trying.

Reason 2: Local focus. The
"big" newspapers do a great job
of covering world and national
news, but no one covers our cam-

pus like the Northwestern News.
Could we do it better? Yes, and
we try every week to do that.

Reason 3: In-depth analysis:
Newspapers can "offer compre-
hensive coverage and analysis of
complex issues, allowing readers
to gain a deeper understanding
of current events," according to
ChatGPT.

The Northwestern News
doesn't do much of that simply
because of a time issue. Profes-
sional newspapers doing some-
thing in-depth usually spend
months doing research and in-
terviews and then weeks writing.
Students just don't have the time
to do the necessary work in just a
semester.

But we continue to try our best
to do some in-depth reporting ev-
ery semester. And the awards we
win from the Oklahoma Press As-
sociation and the Oklahoma Col-
legiate Media Association agrees
we are doing a pretty good job.
We've taken first in in-depth and
reporting categories for several
years.

Reason 4: Public accountabil-
ity. Holding governments and
institutions accountable is one of
the key roles investigative jour-
nalism plays in society.

Unfortunately, investigation
journalists are the first ones to

lose their jobs when newspapers
have to make cuts.

If journalists aren't there to
make sure governments do what
they should, then who will be
holding government officials' feet
to the fire? Maybe no one, and
that's a scary thought.

When no one is keeping gov-
ernment in check, government
can do things that probably
shouldn't be happening.

Every time I hear about a
newspaper closing its doors, I
wonder what will happen in that
community now that no one is
watching.

Reason 5: Adaptation to Digi-
tal. Many newspapers now have a
digital presence as well as a print-
ed one because they know they
must do so in order to survive in

the digital world in which we live.

Several daily newspapers, like
the Salt Lake Tribune, publish
news online every day but only
prints one or two days a week.
The Trib prints on Sunday and
Wednesday.

Online is where the future of
print journalism lies. The North-
western News knows that, so you
will also find our stories online at
NorthwesternNews.rangerpulse.com,
but also on the newsstands
each week.

"While the media landscape
has evolved," ChatGPT wrote,
"newspapers continue to play a
vital role in informing and engag-
ing the public."

I sincerely hope that statement
remains true for many decades to
come.

**The newspaper is a
greater treasure to
the people than
uncounted millions of
gold.**

—Henry Ward Beecher
(1813-1887)

OPINION

Tennis or pickleball: Which is better?

By LEO ROBLES
Opinion Editor

Tennis and pickleball are two racquet sports that have gained immense popularity in recent years, each attracting a diverse following and fostering a vibrant community.

While they share some similarities, they also possess distinct characteristics that make them unique and appealing.

I played tennis in my senior year of high school, which I fully enjoyed. I did not have any knowledge on how the tennis matches function, or how to hit and hold the racquet. I did learn how to properly play on my third-week. I was completely surprised about how I quickly learned how to play. I made it to the varsity team, but once I was at the tennis matches, I met other athletes who were above my level and other athletes that were on my level and below. I lost most of my matches but did win a few. Even though I lost plenty of my matches, all I can say is that I had fun like never before.

Tennis, often considered the more traditional sport, has a long-standing history and a rich cultural heritage. Played on a larger court, it demands not only physical agility but also strategic thinking and stamina.

The professional scene, featuring tournaments like Wimbledon and the U.S. Open, showcases the highest levels of skill, and the sport has produced legendary athletes such as Serena Williams, Roger Federer and Rafael Nadal. The challenge of tennis lies not only in mastering powerful serves and swift volleys but also in outsmarting opponents with clever tactics.

On the other hand, pickleball, which combines elements of tennis, badminton and table tennis, is often perceived as a more accessible alternative. Its smaller court size and slower pace make it easier for beginners to pick up and enjoy.

The sport has exploded in popularity, especially among older adults, because it offers a low-impact way to stay active without the physical demands that tennis can impose. Pickleball fosters a sense of community, with many local courts turning into social hubs where players of all ages gather to play and socialize.

My tennis teammates from high school were the ones who introduced me to pickleball. We usually hung out after school when there was no practice, and we would go to the courts to play some pickleball for fun. I do not think it is worse or better than tennis. In fact, I think it is a completely different aspect of the sport that brings more people into getting to play.



Eduardo Corona, left, and Gentry Wilcox begin a friendly game of tennis with a handshake over the net.



Eduardo Corona plays pickleball on the Northwestern courts.

One of the most significant aspects of both sports is their ability to promote physical fitness and mental well-being. Engaging in either tennis or pickleball provides an excellent cardiovascular workout, improving endurance, agility and coordination. Furthermore, both sports require mental focus and strategic thinking, which can enhance cognitive function and provide a welcome escape from the stresses of daily life.

However, the sports do cater to different demographics and lifestyles.

Tennis tends to attract players who are serious about honing their skills and competing at higher levels while pickleball appeals to those looking for a fun, casual experience. This distinction is vital in understanding their respective appeals.

Tennis clubs often have a more formal atmosphere, with lessons and leagues designed for compet-

itive play.

Pickleball's informal nature allows for a more relaxed, social vibe, making it a favorite among families and recreational players.

While both sports have their strengths, there are areas where they could learn from each other. For instance, tennis could benefit from the inclusive spirit of pickleball, encouraging more community-oriented events that cater to all skill levels. Meanwhile, pickleball might consider adopting some of the competitive structures seen in tennis to foster growth at higher skill levels.

Both tennis and pickleball offer unique benefits that cater to different preferences and life-



Gentry Wilcox prepares to return the tennis ball.

styles.

While tennis boasts a rich history and a competitive edge, pickleball provides accessibility and community spirit.

Each sport has something valuable to offer, and their co-existence not only enriches the sporting landscape but also encourages more people to engage in physical activity. People should always know that these sports are for everybody to enjoy.

Ultimately, whether on a grand tennis court or a neighborhood pickleball court, the most important aspect is to have fun and enjoy being able to go out in the courts and play with friends and family.

Fun Pickleball Terms

Banger: an annoying player who only hits hard drives and shots.

Cookie: An easy shot you should enjoy.

Dink: a soft arching shot that bounces in the non-volley zone.

Flapjack: A shot that must bounce before being hit.

Scorpion: A shot from a squatting position where one hand pops up to hit the ball.



Gentry Wilcox is ready for the next serve in a pickleball game.

Photos by Leo Robles

Homecoming Ranger Expedition 2024



Student Support Services Door/Wall winner *Photo by Alli Schieber*



Business Office Window/Office winner *Photo by Alli Schieber*



Spanish Club Spirit Board Winner

Right: Chemistry Club Spirit Sheet Winner



Cunningham Hall Dorm winner *Photo by Alli Schieber*

Decorations Top 3

Category	Winners: 1st, 2nd, 3rd
1. Spirit Sheet	1. Chemistry Club, The Wesley House, Ranger Business club
2. Spirit Board	2. Spanish Club, Castle Players, Psychology Club
3. Door/Wall	3. Student Support Services, Housing, Graduate Students
4. Window/Office	4. Business Office, HR/Payroll Office, Wellness Center
5. Dorm	5. Cunningham Hall, Coronado Hall

Ranger Royalty



The top three ranger queen and king candidates were named last Wednesday. As well as a new freshman queen crowned.
 King candidates: Chris Perez, Marshal and Jalen Ghee
 Queen candidates: Tara Owen, Diamond Hilton and Mary Kate Foster
 Freshman queen: Brenda Lezama

The Ranger Royalty candidates will be at many of the homecoming events this week including Miss Cinderella and the parade. Ranger Queen and King will be announced at halftime of the football game which will be at 3 p.m. on Saturday.



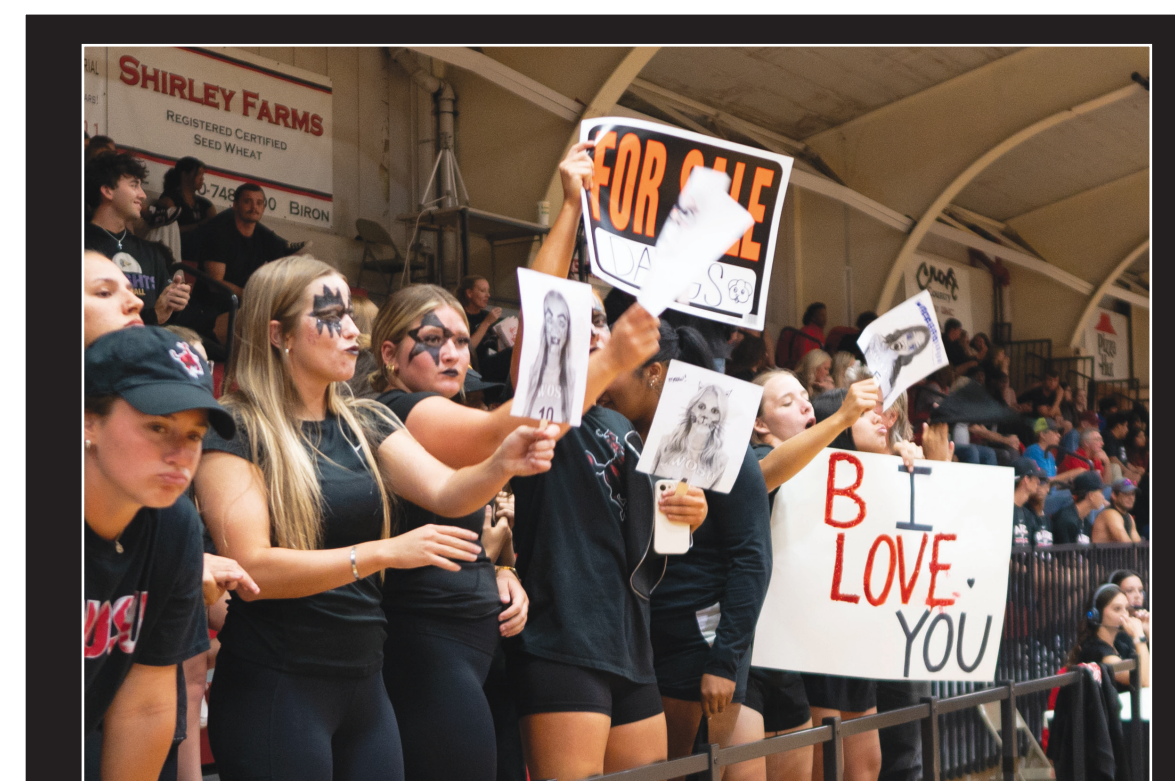
Brenda Lezama gets crowned as Freshman Queen 2024 by Freshman Queen 2023 Abby Guffy. *Photos by Ingrid Maldonado*

Bonfire



Ranger Band cheers after they finished playing a song at the bonfire on Monday. *Photo by Alli Schieber*

Black out the Pit



Northwestern softball team, cheers and holds up signs to support Ranger volleyball as they take on the SWOSU Bulldogs on Tuesday for SGA's Blackout event for homecoming week. *Photo by Ingrid Maldonado*

FEATURE

'It Ends With Us' brings awareness

By **CRYSTAL HOOTEN**
Guest Columnist

I never thought I'd be sharing my story, but after watching the film adaptation of "It Ends with Us" starring Blake Lively and reading Colleen Hoover's book, I felt compelled to open up about my own experience with domestic violence. The story resonated deeply with me, reflecting the complex emotions and challenges I faced in my own abusive relationship. It inspired me to share my journey from victim to survivor, hoping to offer support and hope to others who might be in similar situations.

When I first encountered Lily Bloom's story, I was immediately drawn in. The book and film captured the complex dynamics of abusive relationships with heart-wrenching accuracy. I found myself empathizing with Lily's internal struggle, her wishful thinking that things might improve and that her partner might change. It reminded me of my own experiences, how love can

cloud judgment and make it difficult to see the truth of a situation.

Growing up, I saw behaviors that I thought were normal in relationships, never realizing how unhealthy they truly were. For years, I questioned myself, wondering if my behavior was somehow triggering the abuse. I made excuses, thinking, "If only I hadn't said that" or "If only I had done this differently." But nothing I did justified the violence.

The turning point in my own life came after a particularly brutal attack. My ex-husband had punched me so hard that both of my eyes turned black. I remember standing in front of the mirror, staring at what I had become. My first thought wasn't about the pain or fear—it was about how I would conceal the bruises with makeup. That's when I realized how dangerously normal this violence had become in our relationship.

With a heavy heart and trembling hands, I packed my belongings. Leaving behind our three-bedroom house in our gated community, I sat in my car, waiting for the gate to open. At that



moment, I almost turned back. The fear of the unknown was paralyzing. But I knew that if I stayed, nothing would change. He would never realize that hurting me was not okay.

The years following weren't easy. I lost the security I once had, and it took me time to rebuild my life. But six years later, something wonderful happened. I met someone who makes me laugh, who loves me without hurting me. Now, after 12 years together,

we're still navigating life hand in hand.

My journey taught me that domestic violence often blurs the line between love and pain. It's easy to think, "This could never happen to me," or "My story isn't like theirs." But the reality is that domestic violence is more common than many realize. Statistics show that 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence. It's most common among women aged 18 to 24 and 25 to 34. On average, nearly 20 people per minute are physically abused by an intimate partner in the US.

I understand the rationalizations that keep people in abusive relationships. "That's different than my situation." "He loves me more, and when he hits me, it was an accident." "He doesn't do it all the time, only when I make him mad." I've been there. But I learned that love should never hurt, and nothing justifies being hit or verbally attacked.

If you're in a violent relationship, please know that there is help available. The National

Domestic Violence Hotline (1-800-799-7233) provides support and guidance. You can also text "START" to 88788 or visit thehotline.org.

Remember, you are stronger than you think, and you deserve a love that builds you up and never tears you down. If you make a change, it will get better. I know the pain you must feel from loving someone so much, but sometimes people come into our lives temporarily. They come just for a season. When that season is over, you will walk out stronger than you thought and wiser for the future.

By sharing my story and connecting it to "It Ends with Us," I hope to shed light on the realities of domestic violence and offer support to those who might be struggling. Awareness and education can pave the way for a safer environment. If my story resonates with you, know that change is possible, and there is hope for a better future. It may end with us, but it can also begin with us—a new chapter of safety, respect, and true love.

Sensitivity Readers, is it really needed?

How are you doing today, fellow readers? Me, I just read an interesting article last week that I've been dying to talk to you all about. You see, it's no secret that in the past we as a society haven't been as politically correct as we are today. While I enjoy dressing like a man from the nineteen-fifties, even I can acknowledge that media back then, especially

books and movies, weren't as welcoming and inclusive to everyone as they are today.

**WORDS
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KEVIN
KAUMANS

Obviously, the entertainment industry has progressed and now allows people from all paths of life to tell their stories. This is a good thing. I believe everyone should have a chance to try and become the next Stephen King Or Tolkien regardless of class or background. But could there be such a thing as being too progressive? What happens when we go so far as to rewrite someone's work to make it socially acceptable by modern-day standards? Which brings us to today's topic: Sensitivity Readers.

Recently, I read an article about Ronald Dahl, a famous British author known for his literature being directed towards children. The article talks about how sensitivity writers have been hired to edit the dead man's works in order to make them "less offensive." Now, I'm sure most of you reading this article can tell right away the flaws within this decision made by the publishers, which is the fact they're reimagining the work of an author who can't give his consent to do so.

On top of that I would like to add this question to the debate: Who gets to decide what to edit out of a dead author's book because it might not be politically correct? No two people on this planet think the same; what one black person, for example, might

find offensive, another black person might not. Same thing applies to gays, transgenders, disabled people, and any other minority group. So I'm curious as to just how these publishing companies are hiring people for these positions as sensitivity writers without being biased.

Besides that, if we keep censoring every book that was published in the past because of their wordings, how is that any different to a dictatorship? Would editing the words of people who are unable to say "no" not be infringing on freedom of speech? What about the phrase "learning from history", is that not why we read old textbooks and novels? If we try to cover up the sordid nature of the past, how will our children know not to repeat what has already happened?

I get wanting the literary world to be as open and inclusive as possible, believe me, I do. I'm an autistic man who spent a lot of his early life isolated and finding comfort in the escapism of fiction. But changing the past to make it seem like there weren't morally questionable things represented in literature isn't going to make the world more accepting. Instead, it will make it more likely that those ideals will come back into literature and we won't know what to look out for because all those books in the past that have those bigoted themes have been censored.

I was having a conversation about the topic of sensitivity readers to Dr. Armstrong, who pointed out that this method could theoretically be used to fight against books being banned, as sensitivity readers can edit a book to make it less likely to be targeted by concerned parents and the like. To this I want to say: If I was one of these authors, I would rather have the material I create questioned in terms of its morals than have someone unable to come up with original works themselves tell the world what my words do or don't mean because they think they know my books more than I do.

Dorm Recipe of the Week

Southern Mixed Feelings
by Katelyn Findley

Ingredients

- Canned green beans
- Instant mashed potatoes
- Canned tuna
- Butter
- Salt
- Pepper

Step 1

Open instant mashed potatoes package and put a cup of potatoes into a bowl. Add 1/3 cup of water and put into microwave for 30 seconds

Step 2

Open canned tuna and mix in half of the fish with the mashed potatoes.

Step 3

Open canned green beans and put 1/3 of the can onto a microwavable plate. Season with salt, pepper and butter. Microwave 20 seconds or until hot.

Step 4

Enjoy your meal!

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Family Day Ranger Families Reunite

Photos by Allie Schieber



Top Neveah Parent poses for the camera while cheering for the nwsu rangers.
Right The cheerleaders are turned to the crowd to bring ranger spirit as nwsu football team makes advancements on the field.



Right in the stands sits rangers students and their families enjoying the football game.



Above Ranger families gather together before game to eat food served by nwsu students.



Top left is Muftah Ageli running to the sidelines after a good play.
Top right the Rangers collide with the opposing team during a defensive play.
Bottom left the several Nwsu rangers band together to plan their next play.



Right is Celeste Alvarado and Zachary Tolman directing NWOSU band to encourage the crowd.

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SPORTS

Rodeo teams place first, third

Senior Emmett Edler, an agriculture business major from State Center, Iowa, earned his second Men's All Around award at the Southeastern Oklahoma State University rodeo in Durant last weekend.

He placed first in steer wrestling and tied for first in tie-down/calf roping, which helped the men's team take the first-place spot at the rodeo with 490 points. In the Central Plains Region, Edler now ranks first in steer wrestling and third in tie down. Team ranks fourth with a total of 925 points in three rodeos.

On the women's team, Jaci Traul placed third in the breakaway event at Durant. She also remains in first place in the Central Plains Region. The women's team ranks second with

505 points after three rodeos.

Payton Dingman placed third in goat tying at Durant. The women placed second overall with 215 points.

Other Rangers placing and earning points/cash included Kaden Harland, fourth in tie down; Brock Beltz, seventh in tie down; Hannah Hughes, sixth in breakaway; Jacob Haren, fourth in steer wrestling; Hazen Sparks, seventh in steer wrestling; Logan Mullin, ninth in steer wrestling; Colter Snook, with a partner from Western Oklahoma State College, fourth in team roping; Jacob Haren and Rhett Murray, sixth in team roping.

The next rodeo for both men and women is scheduled Oct. 17-19 at Oklahoma State University in Stillwater.



Photo by Hirschman Photography

Emmett Edler takes down his steer during the steer wrestling competition at the Southeastern Oklahoma State University rodeo last weekend. Edler won the event and took home the men's All Around award.

Ranger Rodeo Results

	1st go time/points	Short go time/points	Average time/points	Total Points	Earnings
Tie Down					
1st Emmett Edler	11.1s 30	14.3s 50	25.4s 60	140	\$1,044.48
4th Kaden Harland	10.8s 40	18.8s 20	29.6s 30	90	\$345.60
7th Brock Beltz	1.1.2s 20	100s	111.2s	20	\$0

	1st go time/points	Short go time/points	Average time/points	Total Points	Earnings
Breakaway					
3rd Jaci Traul	2.4s 60	12.5s 20	14.9s 20	100	\$881.88
6th Hannah Hughes	2.9s 40	100s	102s	40	\$492.48
Savannah Greenfield	3.4s	100s	103.4s	0	\$0

	1st go time/points	Short go time/points	Average time/points	Total Points	Earnings
Steer Wrestling					
1st Emmett Edler	4.1s 60	5.5s 30	9.6s 60	150	\$544
4th Jacob Haren	7.6s	5.1s 40	12.7s 30	70	\$128
7th Hazen Sparks	8.6s	4.8s 50	13.4s	50	\$96

9th Logan Mullin	6.1s 20	6.9s 10	13s 10	40	\$0
Scout Cutsinger	11.8s	11s	22.8s	0	\$0

	1st go time/points	Short go time/points	Average time/points	Total Points	Earnings
Goat Tying					
3rd Payton Dingman	8s 30	8.4s 45	16.4s 40	115	\$421.60
Dale Lee Forman	8.5s	9.4s	17.9s	0	\$0
Morgan Poust	8.3s	10.5s	18.8s	0	\$0
Savannah Greenfield	8.7s	10.7s	19.4s	0	\$0

	1st go time/points	Short go time/points	Average time/points	Total Points	Earnings
Team Roping					
4th Colter Snook & Cale Morris	5.6s 60	21.3s 10	26.9s 10	80	\$522.24
6th Jacob Haren & Rhett Murray	8.7s	11.6s 20	20.3s 20	40	\$138.24



Emmett Edler took first place in tie down and steer wrestling

Ranger soccer ties 0-0 with Oklahoma Baptist

The Ranger soccer team battled to draw Saturday against Oklahoma Baptist, closing out its seven-game home series. The team now sits 2-4-2 for the season and 1-0-1 for the conference.

The game was 10 minutes in before either team took attempted to score. Goalkeeper Rachel Brown saved the first shot that came at her. Two Ranger shots, one by Isabella Mcmillan and the other a corner kick by Lily Anderson, both went high.

In the second half, OBU set up to score the first goal about four minutes in, but Brown made the save again. Tanah Huffines, a junior health and sports science major, then at-

tacked the OBU goal, but OBU goalie Claire Stoermer made the save.

The Rangers had two more shots on goal that OBU stopped. OBU had four corner kicks in the second period, but Brown stopped them all and kept the game scoreless to the end.

Forward Christi-Anne Mills, a junior health and sport science major, received a yellow card with just 44 seconds left in the game.

Brown, a senior biology major, ended the game with seven saves while her OBU counterpart had six saves. The Rangers made 10 shots while OBU had 13. OBU also had five corner kicks to NWOSU's three. Ref-



Photo by Ingrid Maldonado

Victoria Ruvalcaba, No. 11, takes the ball from OBU.

Men's golf takes 13th in Ark.

The Ranger men's golf team placed 13th in the Battle for the Belt that finished Tuesday in Hot Springs, Arkansas.

The team turned in a score of 900. Henderson State, which won the tournament, had a total of 854.

Max Courange, a sophomore business administration major from Norman, placed 20th overall. His total was 218 (75-69-74) with 34 pars and nine birdies.

Pierce Geminden, a sophomore business administration major from Spring, Texas, placed 43rd with a total of 226 (72-78-76), including 26 pars, nine birdies and the only team eagle.

Matti Zerwin, a sophomore business administration major from Lafayette, Colorado, turned in a total of 229 (80-77-72) to place 53rd. He had 25 pars.

Noah Carpenter, a sophomore business administration major from Lincoln, Nebraska, had 33

pars and six birdies, finishing with a total of 230 (76-77-77) and in 56th place overall.

Davan Smith, a senior health and sports science major from Dodge City, Kansas, finished in 59th with a total of 232 (80-75-77), 33 pars and three birdies.

Magnus Fabian, a sophomore in business administration from Suttgart, Germany, tied with Smith with 232 (79-76-78). He had 33 pars and four birdies.

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SPORTS

Ranger comeback can't stop Storm

By **KAROLINA JURESIUTE**
Assistant Editor

Playmakers

Southeastern Oklahoma State Savage Storm stopped the Northwestern Rangers from getting their second win on Saturday.

Northwestern was just short to get the victory over Southeastern after having a much better second half. The final score of the game was 21-27, Rangers' loss.

Rangers are now 1-3 on their season while Southeastern improves to 2-2.

The Northwestern Rangers were led by quarterback Brodey Johnson with 189 yards and a passing touchdown, while Travis Romar was the leader of receiving yards with 62 and a touchdown. Coby Tillman had 13 tackles and Bashu Delco had 11.

Northwestern was also celebrating Family Day on Saturday. Scholarships of \$200, \$300 and a \$500 were given out during half-time. Families and students were spending time with each other doing different kind of activities to get more connected to Northwestern. The scholar ambassadors organized a Tailgate Party on the fourth parking tier an hour before the game and served free food and drinks.

The game started off with both teams being scoreless until the last five minutes of the first quarter. The Savage Storm intercepted Northwestern's quarterback's Johnson's pass and scored their first touchdown. Southeastern was in the lead 7-0. A few minutes later, the Savage Storms got into the red zone and scored a field goal, which put them in a bigger lead 10-0.

The second quarter was not any better for the Rangers as the Savage Storm had another touchdown and a field goal, which gave



Muftah Ageli
Defensive line
Senior

Nominated for
defensive player
of the week



Travis Romar
Wide receiver
Junior

Nominated for
offensive player
of the week



Tyler Furey
Kicker
Junior

Nominated for
special teams
player of the week

them a 20-point lead.

After the halftime readjustments, the Northwestern Rangers had a much better quarter. The Rangers' Giorgio Spiropoulos scored the first touchdown for the Rangers and the score was 7-20. Southeastern was not able to score in the third quarter. The last minutes of the quarter remained scoreless for both teams.

Things got exciting in the third quarter. Southeastern's quarterback threw an interception to Muftah Ageli's hands, and he then ran for a touchdown, which cut the Southeastern's lead to six points, 14-20. A few minutes later, the Savage Storm answered with another touchdown, extend-



Photo by Alli Schieber

Defensive lineman Muftah Ageli, No. 71, takes to the air in a first-quarter play. In the fourth quarter, he caught an interception and made the second touchdown of the game for the Rangers.

ing the lead back to 13 points, 27-14.

The Rangers were not going to give up that easy, so Johnson threw a touchdown pass to Romar to put the Rangers back in

the game and within six points, 21-27. Northwestern tried to get another touchdown but did not succeed, which led to a six-point loss.

Northwestern Rangers are go-

ing to be back at home this Saturday as they will be trying to knock down the Arkansas Tech University Bulldogs at 3 p.m. Arkansas Tech is 2-2 on this season. It is the Homecoming game.

Sports this week

- Thursday Soccer @Ouchita Baptist
- Thursday Volleyball @ Oklahoma Baptist
- Thursday Golf @SWOSU, Weatherford
- Saturday Football vs. Arkansas Tech
- Saturday Soccer @Harding, Searcy, Arkansas

Ross breaks record for cross country

Jamaira Ross, a senior biology major, broke the women's school record Friday, running the 6K in 24:11.9.

Nine of the 10 Ranger women at the Gans Creek Classic in Columbia, Missouri, also turned in personal best records. The team was 22nd overall out of 28 teams.

NWOSU Women's 6K 22nd Overall

Jamaira Ross	142nd	24:11.9
Ava Miller	172nd	24:39.6
Cadence Long-Torres	175th	24:44.0
Elisa Bernardez	255th	26:40.8
Reina Gonzales	272nd	27:16.2
Elizabeth Dorado-Barrera	274th	27:26.5
Azucena Carrillo	278th	28:06.2
Jamie Torres-Franco	289th	29:13.0
Angelica Robledo-Gonzales	294th	29:44.6
Emma Dodd	304th	32:56.2

NWOSU Men's 8k Open 19th Overall

Christian Franklin	94th	25:41.9
James Fincher	145th	26:11.4
Riley Herndon	155th	26:18.1
Edward Robledo-Gonzalez	251st	27:18.9
Salat Ibrahim	255th	27:24.3
Alan Lares	262nd	27:28.9
Muneer Suied	279th	27:42.7
Crispus Atukwatse	288th	27:48.1
Edgar Reyes	291st	27:50.1
Basheer Suied	294th	27:52.8
Aaron Medrano	297th	27:54.1
Andrew Scott	298th	27:54.4
Jordan Pierce	311th	28:07.1
Collins Yego	327th	28:23.9
Zachary Cox	329th	28:26.6
Ray Chavira	375th	30:55.0
Tristan Meeker	377th	31:47.0
Kayden Carter	378th	35:43.3

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SPORTS

Rangers defeat Storm, lose to SWOSU

By **PIPER GALLAGHER**
Student Reporter

The Lady Rangers defeated the Savage Storm 3-2 with a comeback win in last Thursday's volleyball match, but lost Tuesday 3-2 to Southwestern.

The loss broke a six-game winning streak with the loss Tuesday. The Rangers are now 6-6 for the season and 2-1 in conference play.

On Thursday the Lady Rangers started the first set by giving up the first point of the match to Southeastern Oklahoma State University in a service error, and from there went on a 3-point run.

The first set went back and forth until the end, when Northwestern gave up five consecutive points to Southeastern, costing them the set. Erika Asencio Soriano led the first set in number of kills for the Rangers with four, and Hennesys Lalane had seven assists.

The second set went to the Rangers who were looking to bounce back after the first set. Macy Shreffler opened the set up with two kills back-to-back. After the team pushed to the lead early in the set, a kill by Asencio ended the match 25-14, evening the overall score 1-1.

In the third set, the two teams went back and forth until the



Photo by Ingrid Maldonado
Karsyn Smith, No. 5, dives for the ball as Ece Ozdemir prepares to take it if necessary during the 3-2 win Thursday against Southeastern.

score was 11-11, when the Savage storm was able to take away six straight points.

The Rangers tried to battle back but after another scoring run

later in the set, the Savage Storm was too far ahead and ended the match at 17-25.

The Rangers had to battle back in the fourth set, after letting the

Savage Storm take an early lead. Down 7-15, the Rangers needed a comeback. Shreffler had five kills that helped turn the momentum around and closed this set out 25-23.

The final set began with the Rangers taking the first two points of the set with an attack error from the Savage Storm and a block from Carmae Jones. Southeastern then pulled away with seven straight points to make the score 12-5.

The Rangers were once again faced with a comeback scenario. After a kill from Mariela Jimenez started the momentum for the Rangers, Northwestern went on a massive 10-point run to close out the set 15-12 and win the match with a final score of 3-2.

Asencio led the team with 16 overall kills, followed by Jimenez with 14. Lalane had 44 overall assists in this match and Brianda Diaz had 26 digs. The Rangers have yet to lose a conference game and have a six-game win streak and look to continue that momentum into their next games.

Head Coach Jon Bingesser attributed the win to their ability to stay calm and do the little things right.

"After reliving the game and rewatching it, I was just really proud and impressed at the fact that we stuck to our game plan through all five sets," Bingesser

said, which was "just sticking to what we're doing and not worrying about things that don't matter."

As the team had to battle back during sets, he had more advice for the team.

"There was a time where we were down and during a timeout, I looked at our middle and I said, 'you, block,'" he said. "I looked at our server and 'you, serve it in.' I looked at our DS [defensive specialist] and 'you, defend'. And just literally kept it simple but direct and the girls bought into that."

NWOSU 2, SWOSU 3

The Rangers started out strong Tuesday and won the first two sets, 25-23 and 25-22.

Then Southwestern found its power and finished the next three sets 25-11, 25-18 and 15-8.

Despite the loss, the Rangers saw good performances. Erika Asencio Soriano, a senior outside hitter, had 14 kills and two blocks. Macy Shreffler, a senior outside hitter, had 10 blocks. Ece Ozdemir, a redshirt junior outside hitter, had seven kills, three aces and three blocks. Mariela Jimenez, a senior middle, had six kills, one ace and two blocks.

The team travels to Shawnee Thursday to face Oklahoma Baptist, which is 1-3 in GAC play.

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