

Features

From growing up in the gym to running a gym read about Olivia Yandel's fitness journey.
Page 9



Sports

Kareem Smalls named GAC track and field athlete of the week see results from last weeks meet
Page 11



NORTHWESTERN NEWS

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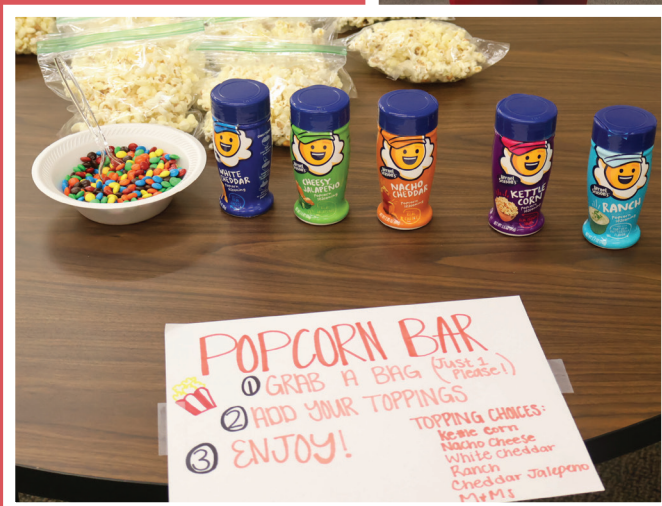
Academic Success Center host open house



Photos by Megan Spray

Above: Academic success coordinator, Aleya Rose, left, talks with other faculty about the Academic Success Center where they have about 20 students come in a day to study or get tutoring. Rose took on the role of academic success coordinator in August and she decided to host an open house for students and faculty to learn more about the Academic Success Center.

Left: A popcorn bar set up at the open house. The event also had a hot chocolate bar and some cookies as well as information about the Academic Success Center and Lasso.



Many Californians lose their homes in fires this month

By ALLI SCHIEBER
Editor-in-Chief

January 7, 2025, while that date might not mean anything to you that is the day that changed many Californians lives.

That date is the day many wildfires started in southern California.

The fires are still burning as of Tuesday and according to the Los Angeles Times more than 250 billion dollars' worth of damage have been done which makes it one of the costliest natural disasters in U.S history.

As of Jan. 24 28, people have been killed and several neighborhoods have been demolished in the Palisades and Eaton fires according to Cal Matters.

Many people, celebrities and influencers have lost their Los Angeles homes in the fires, some even watched them burn on security cameras.

Milo Ventimiglia, an actor best known for his roles of Jess in "Gilmore Girls" and Jack in "This Is Us", visited where his house once stood with CBS Reporters who talked with him about what it was like.

"I think there is a kind of shock moment where you are going oh this is real, this is happening and then at a certain point we just turned it off it's like what good is it to continue watching you know we kind of accepted the lost," Ventimiglia said in an interview with CBS.

People all over the U.S. are finding ways that they can help. Several restaurants and businesses in OKC worked together on Jan. 27 to raise money to help for people who were affected by the fires.

The four businesses involved include Sedalia's, Bar Arbolada, Palo Santo and Later Bye.

Many of the business's owners started in California and learned their skills there before moving to Oklahoma.

The fundraiser consisted some of Los Angeles favorite food and drinks and some raffle prizes from some of the people of Oklahoma
See FIRES, Page 3

A place where dreams become realities; a look inside NWOSU's Baptist Collegiate Ministries

By INGRID MALDONADO
Senior Reporter

Jasmine Gonzalez had a vision her freshman year and she was set on making it happen.

It wasn't until her junior year things started to fall into place.

The first Baptist Collegiate Ministry's outdoor worship night at the intramural was cold and Jasmine was unsure if anyone would show up.

Around 170 students came out for the event, turning her vision into a success.

Many students go to the BCM to meet people, have fun, learn about the Gospel and not realize it may change their life.

Many students attend their events from worship night, Noon Day, to even their other events like basketball tournaments.

What people do not realize is how impactful the BCM is to students and what goes on to make it successful.

BCM stands for Baptist Collegiate Ministries.

Their motto is "every campus, every life." Their mission is to help students follow Jesus in their college life. The BCM in Alva was established in 1933.

Whether a student is a transfer or a freshman they hear about the BCM right off the bat.

The BCM hands out donuts every Wednesday morning during the first few weeks of school.

They also have an extra worship night the first couple of months in the first semester meant for only transfers and freshmen.

"I started going to the BCM whenever I was a freshman and so straight off the bat, I was already a part of something," said Edna Garcia, who is a junior studying psychology at Northwestern Oklahoma State University.

BCM Growth

The BCM has grown in the past five years.

Daniel Riojas, a senior who is studying health and sports educa-

tion and is an intern at the BCM has been involved with in it for five years.

In those five years, he has experienced and seen the drastic changes it has gone through.

"My freshman year there were around 15 to 20 people come into

the building," Riojas said, "We had like four rows of chairs, this year we had to go buy some new chairs."

From only 20 people showing up his freshman year, 200 showed up for the most recent on campus

See BCM, Page 6



Photo by Ingrid Maldonado

A group of students gather at the BCM for worship night which takes place every Wednesday at 8 p.m.

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NEWS

What's Up?

Jan 31- Feb 6

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O.I.L Meeting
Education Center 109
12 p.m. - 1:30 p.m.

4

Board game Cafe Night @ Library 7 p.m.-9 p.m.
Graceful Arts Tuesday After School Beginners Draw to Paint class 3:30 p.m.
@ 523 Barnes St, Alva, OK 73717

5

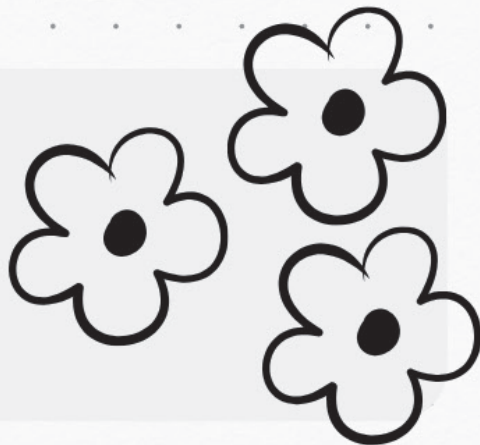
Future Educators Day
Graceful Arts After School Advance Youth Acrylics class 3:30 p.m. @ 523 Barnes St, Alva, OK 73717

6

NWOSU Regional Science Fair 8 a.m. - 5 p.m. in Small Gym located inside Health and Sports Science building

Graceful Arts After School Intermediate Art Class 3:30 p.m. @ 523 Barnes St, Alva, OK 73717

Free Lunches
11:30 a.m. - 1:00 p.m.
Tuesday at Bible Chair
Wednesday at BCM
Thursday at Wesley House



Stained-glass pieces created by Debbie Schwerdtfeger and Newanta Kilmer. They will showcase their talents Feb. 7 First Friday Art Walk in Downtown Alva

NWOSU faculty recital returns after last years successful show

By ALLI SCHIEBER
Editor-in-Chief

The NWOSU faculty recital is back after a successful first year.

The recital will be Jan. 30 at Alva Presbyterian Church and doors open at 6:30 p.m.

The recital is free however, it is encouraged by faculty to bring canned goods for the Campus Cabinet.

Last year the faculty of the NWOSU Reichenberg Department of Fine Arts decided to get together and host a faculty recital.

Many of the people in attendance last year would say it was a lot of fun.

The faculty really had fun with it as they performed last year.

Thomas Cornell, an art professor, performed a piece by John Cage, 4'33". Where he sat at a piano with a stop watch and did not

touch the piano but instead time the silence for 4 minutes and 33 seconds.

After he performed Cornell explained to the audience that this was in fact how the piece 4'33" by John Cage is written.

Another performance the crowd enjoyed was professor Lawana Newell and her husband Douglas Newell they performed "Duetto Buffo di Due Gatti" (Duet by Two Cats), the song is only one word that is repeated over and over, meow, Douglas were a cat tail why performing and the audience was able to understand the song was about two cats falling in love.

This year the faculty are going to present pieces that showcase their expertise.

Some things that can be expected are vocal music, piano, tuba, flute, theoretical performances and artwork.



Professors Lawana Newell, left, and husband Douglas Newell, right, take a bow after performing at last years faculty recital. Photo by Derrick Galindo

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NEWS

New band director excited, passionate, ready to rebuild

By **HADLEY WEATHERS**
Student Reporter

Alexander “Xan” Perkins grew up in Derby Kansas, where he got his undergraduate degree in music performance at Kansas State University.

In the fall of 2017, he got his master’s at the University of Northern Colorado. He and his wife then moved back to Kansas City where he played in a brass band and taught adjunct at William Jewel College.

After that he moved to Joplin Missouri where he also taught adjunct.

Now he is currently finishing his interdisciplinary doctoral program with Washington State University, where he’ll get his doctorate in interdisciplinary studies, which combines music performance, cultural studies, history and social thought in education.

Q: What sold you on coming to NWOSU?

A: “When I visited in November, everyone was so welcoming. The students here, I think, are very hungry for a rich musical experience that, unfortunately, you know, has been difficult to achieve over the last few years with multiple band directors. I was very impressed at how you all and the students have run themselves since October.

“The story that I heard about you all, in the marching season, being offered to end the season early, and how you all chose not to do that, and you were very adamant that you wanted to finish out the season, and that you would manage yourselves and get that done. That was, I think, the selling point to me, and knowing that, you know the students have an incredible buy in, and a passion for the music program.

“I think the opportunity to really make a difference here at Northwestern is very strong. So that was another pull for me, was just the amount of opportunity I have to work with all the music students and kind of teaching them how to be complete musicians, you know, because other schools can kind of pigeon hole people into, you know, their very, very, small level of expertise, which we’re all trained to do as you know, professional musicians, we have to localize all these different elements of our musicianship.

“But here at Northwestern, I think because we’re a small tight knit group of people, I could see a lot of opportunities here.”

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

A: “I think, for the band program, I think it’s really important that we begin to build back what we had. And I think a lot of that starts with organization, and you know, kind of bringing all of the musical ensembles and experiences that are on the fringe back into the band and the music department.

“I think consolidating all of that interest and musical experiences back into the band will help reorganize so that we can take a better step towards a sustainable future, and a future that, you know, we’re able to thrive out here in Alva, Oklahoma. You know, because it’s tough being in rural Oklahoma, competing with folk who don’t want to live in the middle of nowhere Oklahoma, and there’s a real draw for people to go over to the big cities.

“But I think if we can create a culture that feeds of the energy that you all have right now, which is roll up your sleeves, and get the job done. And that sort of like gritty self determination that you all have here. I think if we can use that we can create a better, you know, more welcoming and thriving culture here.

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



Photo by Hadley Weathers

New band director, Xan Perkins, is a Kansas native.

A: “I think the class that I’m most excited for and looking forward to teaching is our secondary methods class for music ed majors. I think what’s interesting about the music ed majors is that they’ve been through three or more band directors, and so they’ve had to learn a lot on their own, and I think that it feels like they’re excited to have somebody who’s able to teach them.

“I’m excited to share my resources and knowledge about music education and what we can do to make music ed continue to grow in a really weird environment. And not meaning physical environment in Alva, I mean just music, the state of music across the country and even the world. It’s starting to change, and that’s really interesting to me.

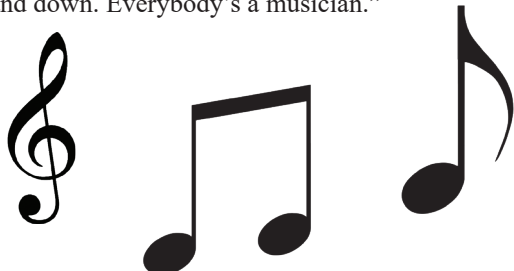
“I’ve always been kind of geared toward creating educators and creating lifelong learners because I’m a lifelong learner myself. I think the secondary methods class, it’s been rewarding so far, and I’m excited to see where that class will go.”

Q: What is your “superpower”?

A: “My superpower is probably my energy and my ability to fake it when I need to. ... I don’t know where I find it, but if I need to be ... encouraging, if I need to be ... a goofball. There’s always a place that I can always draw from. ... So, I’d say that’s probably my superpower.”

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

A: “In college, part of my music education was singing in an a cappella group at K State. Most people don’t know that. I think a lot of band folks assume that you can’t sing, and it’s just like, its music, like shouldn’t we all sing? It’s everybody’s first instrument. So, yeah, whether you’re capable of singing, like you’re just talking and moving your voice up and down. Everybody’s a musician.”



TAX DAY IS COMING SO START GATHERING DOCUMENTS YOU WILL NEED



COLLECT ALL YOUR W-2'S FROM ANY EMPLOYERS YOU HAD DURING 2024. IF YOU DON'T HAVE YOUR W-2 BY THE END OF JANUARY, CONTACT THEM TO MAKE SURE THEY HAVE YOUR CORRECT ADDRESS.

**W-2'S WILL BE SENT OUT TO NWOSU STUDENT WORKERS BY JAN. 31
TAXES CAN BE FILED AS EARLY AS JAN. 27**

California Fires

How Oklahomans can help victims of Los Angeles fires

Continued from Page 1

City’s favorite places.

All of the donations benefited three different organizations that are helping with the damages caused by the fire.

These three organizations included World Central Kitchen who is feeding fire victims as well as first responders, the Humane Society of the United States who is helping displaced animals find temporary homes and the last organization is the Los Angeles Fire Foundation.

Another way for Oklahomans to contribute to the cause would be to go to the Go Fund Me that was created for the event. OKC for LA support for fire victims is the name of the Go Fund Me, and it currently sits just over \$6,000 with a goal of \$8,000

Another way to help out is to be involved with the Red Cross.

According to an article on News 9, Oklahoma is where about 90% of Red Cross volunteers come from, and they are currently seeking more volunteers as it is one of their busiest times of the year.

Some Oklahoman Red Cross volunteers are being deployed to

help with the Southern California fires as the organizations offers volunteer opportunities both nationally and internationally.

You can also donate to the Red Cross organization specifically for the fires if you cannot give your time.

Another way to help with the fires is by taking the time to research different organizations that are donating time, money, food and shelter to those in need and finding one to donate too.

While this can be daunting, a good place to start is looking at the social media accounts of celebrities or influencers and checking to see if they are promoting any organizations.

Many influencers and celebrities are sharing organizations they trust as several of them were effected or personally know people who were directly effected by the fires.

A quick Google search of what organizations are donating to the Southern California fires is another great place to start.

Many Oklahomans are also learning about fire safety and what to do if a wild fire affects Oklahoma.

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Letters to the editor shall bear the author's handwritten signature, hometown, classification, title, etc., address and phone number for verification and shall be kept on file. Unsigned letters to the editor will not be published.

Letters must be turned in by noon on Monday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to nwnews@nwsou.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.
All letters represent the views of the author.

OPINION

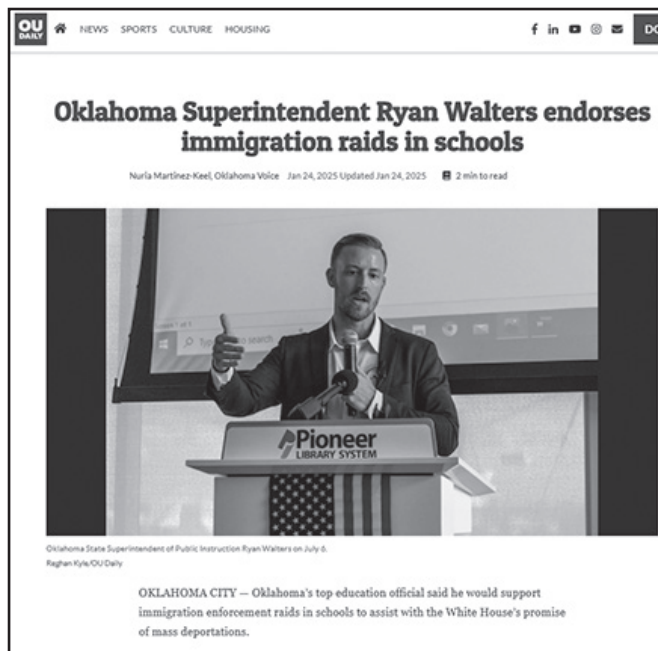
Voices from other colleges

Since the first newspaper published in the United States in 1690, newspapers have shared information with readers that was obtained from other newspapers. Students newspapers have

been no different throughout their history, which goes back to the 1800s for many.

We continue that tradition today as we look at what other campuses are talking about this week.

OU Daily



Daily Emerald at U. of Oregon

Morris: Dating in Today's Generation has Become Increasingly Difficult

Opinion: Due to hook-up culture and increasing lack of commitment, dating as a Gen Z has become difficult

Daria Morris, Opinion Columnist

The Dartmouth

America's oldest college newspaper. Founded 1799.

Opinion

Alahyari: Dartmouth Needs to Build Beautifully Again

By Ryan Alahyari | January 28, 2025

Recent additions to campus have been architecturally lazy and do not justice to our creativity as a community.

Daily Northwestern at Northwestern U.

Kazel: The Space Shuttle Challenger disaster still haunts us

Robert Kazel, Op-ed Contributor

January 28, 2025

The mid-1980s may feel distant to today's Northwestern students. But to me, a 22-year-old senior at the Medill School of Journalism — nearly 40 years ago, today — that time is forever etched in memory.

It was Jan. 28, 1986, and I was looking forward to an afternoon of writing and socializing at The Daily Northwestern. Located then in a sprawling office at Norris University Center, The Daily overlooked Lake Michigan's seemingly endless blue water through panoramic wall-to-wall windows.

I arrived and immediately knew something was amiss. The usual scene was one of staffers on the phone or hunched over manual typewriters and early desktop computers with green screens. But that day, everyone huddled in the center of the room, eyes fixed on a TV that had been wheeled in.

A fellow writer noticed my puzzled expression and gestured to the TV, which displayed a rocket climbing into a bright winter sky, white exhaust plumes streaming behind it. "It's the Space Shuttle Challenger. Bob," he said. "It blew up."

The Alligator at University of Florida

Why New Year's resolutions still matter in a distracted world

By Isis Snow | Jan. 24

For many, the new year means new goals, routines or mindsets. This collective moment of change with resolutions, despite its short-lived reputation, still has importance in a distracted world.

Crimson White at U. of Alabama

Opinion | Recent natural disasters show Americans need a lesson in empathy

Kaitlyn Brown, Contributing Columnist - January 22, 2025

Over the past several weeks, wildfires have put Los Angeles in critical condition, and in September, Hurricane Helene had monumental effects on several states in the South. These events have caused...



Michigan Daily at U. of Michigan



Influencers are the new mainstream media

A recent Pew Research study found that 21% of American adults depend on social media influencers for their news. When considering adults ages 18 to 29, this percentage rises to 37%. Pew conducted another study demonstrating that the audience size for traditional media — radio, print and television — is dropping, except for the biggest...

by Tom Muha

January 23, 2025

O'Colly at OSU

Food insecurity rates rise in Payne County

Jessica Pearce, Staff Reporter | Jan 26, 2025



John Moran stocks shelves at Our Daily Bread before a shopping session.

Daily Kansan at U. of Kansas

KU faculty writes letters of support of Franklin Tao's reinstatement

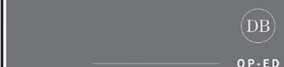
Bella Waters | isabellawaters@ku.edu | Jan 27, 2025

Members of KU faculty committees have written letters to the university in support of the reinstatement of Franklin Tao, who was fired after being wrongfully accused of spying for China.

Daily Bruin at UCLA

COMMUNITY | Jan. 26, 2025 4:53 p.m.

Op-ed: Consumers must examine detrimental effects of donating used clothes on environment



"These fires have forced many difficult reckonings, from the fragility of life to our increased vulnerability to respond to the impacts of climate change. The excess of used clothing donations is necessitating another one. If this is any indication, it is time to pause and critically examine our consumption habits."

OPINION

News, views on internet this week

Found on Facebook — mark your calendar

NWOSU Theatre is at Herod Hall.
8h · Alva · 🌐

The first read and rehearsal of **THE CAVE** by Tim Kelly. This production promises to be thought-provoking and avant-garde. Make plans to attend at Fellers Family Auditorium February 20 - 22!

#nwosutheatre #nwosufinearts #castleplayersclub #nwosu #nwosurangers #theatre #theatreeducation #theatremajor #theatreife #thecaveplay #timkelly #timkellyplays #theatrestudent #theatrestudies #theatrearts #theatreartist #theatreife #theatrekid #theatrekids #theatreplay #livetheatre

Found on X. Alva, meet Alva

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5,678 posts

Meet Alva, the AI copilot for crypto research and exploration

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Found on Oklahoman.com

Oklahoma, like New Mexico, should pay a salary to student teachers

Opinion: Oklahoma should implement a program like New Mexico's which pays student teachers a salary as an incentive to joining the profession

GUEST Rebecka Peterson 5:45 a.m. CT Jan. 27

Found on X. Sometimes it takes a cowboy!

Massimo @Rainmaker1973 · Jan 23

A cow got loose on a highway in Oklahoma, so they brought in a cowboy to take care of it

From moca

72 393 3.8K 218K

Found on X. Musk makes fun of Trump

Elon Musk @elonmusk · Jan 26

New name for the water that separates England and France

41K 41K 439K 102M

Found on X. Unhappy fans?

FoN9ne @FoN9ne · Jan 26

Eagles and Chiefs Superbowl

456 4K 78K 1.7M

Found on Facebook. Do you have an opinion? Make it known.

Alva Oklahoma Rants And Raves And Gossip
Joe Parsons · January 18 at 6:52 PM · 🌐

I understand that many in our community are concerned about the potential outsourcing of our Emergency Medical Services (EMS). I deeply appreciate our first responders and the essential services they provide.

If the city decides to outsource EMS to a private company that maintains or improves the current level of care, retains our existing EMS staff, offers enhanced training, and provides more skilled management, I would like to know:

- What are your specific concerns?
- Why would you oppose this decision?

I have not yet decided how I will vote. The information I have suggests that outsourcing could benefit our community, but it's crucial to consider the input of our citizens. The council's role is to represent your interests, not just make decisions on your behalf.

BCM

Leadership, friendships and a relationship with Jesus, what to expect at the BCM

Continued from Page 1
outside worship night at the inter-mural field. Riojas said that the BCM gets around 140 students on Wednesday nights.

Leadership at the BCM has greatly impacted the growth, he mentioned. "I've been here when we didn't have any leadership, I've been here when we didn't have any teams and I've been here when we didn't have a director and it's hard when you don't know what you're doing, when you don't have specific things to do," Riojas explained.

Leadership
The BCM has students in leadership and in leadership there are specific teams. There are seven in total, evangelism, media, event, worship, wel-

"It does take my stress away and it is something to look forward to and it keeps me motivated, and it makes it easier to talk to God."
— Arturo Diaz

come and prayer team. The BCM is not run by just a director but by multiple students in leadership.

"It takes people to make it work," said Miles Harris, the current director of NWOSU's BCM campus location, "So, if it's just like anything else, if you want something to be done and done well, you invest in your people and then they invest in I don't like using product, but that's what I kind of have to, but it's investing in people who have invested into the ministry and we have moved from you know, averaging 30 to now averaging 130."

Miles Harris has been the director of NWOSU's BCM campus location for three years now. Before



Photos by Ingrid Maldonado

Students gather for worship nights on Wednesdays, where they listen to the band sing as well as here a message from Miles Harris, the director of NWOSU's BCM, and enjoy fellowship and games. The BCM offers many events throughout the year including worship nights on Wednesdays, tournaments, Noon Day and Bible studies throughout the week.

the BCM, Harris was a youth pastor for five years.

He explained that he was on the back of a golf cart when the direc-

tor of BCM called and asked him if he was interested in the NWOSU BCM campus position.

"It actually just happened to be

the right place the right time," Harris said, explaining when he got offered the job.

Many students are involved in the BCM and put their full efforts into the mission of the BCM.

The building is made for students to grow in their relationship with Christ and to spread the Gospel.

That is not the only thing the BCM provides though as told by many students.

Friendships
"They're the people I would always eat lunch with, hang out with outside of classes, like that just became like my family here," said Jack McCoy, a senior studying health and sports science and who is a part of leadership.

McCoy explained one of the impactful parts of the BCM in his life was the first leadership meeting his freshman year.

He did not have to worry about knowing no one the first day of school because those he met in leadership became his really good friends. Those friends instantly became his people.

"My freshman year, we went to a basketball tournament, and we were up super late at IHOP and sometimes when I'm up super late, my system breaks down and I start

to cry," said Lainey Morse, who is a sophomore studying psychology explaining her favorite memory at the BCM "And so we're at IHOP and it's 2:30 in the morning and I'm just bawling my eyeballs out because people were making me laugh so hard that I just burst into tears and then I just kept crying and we were all still laughing and having a good time so it wasn't sad at all it was just super fun."

Morse is a part of leadership and is an intern as well at BCM. Morse explained that the BCM creates life-long friendships.

She explained how she can go up to anyone in leadership, have a conversation, or ask a favor without any awkwardness.

Andrew Scott, a freshman studying political science, explained that without the BCM he would not have the social circle he has currently. The BCM has brought him many new connections.

When Scott first went, he explained how the people were welcoming and how he realized how genuine everyone was.

Christ in College
"It does take my stress away and it is something to look forward to and it keeps me motivated, and it makes it easier to talk to God" said Arturo Diaz, a transfer who is

working on getting his master's in psychology at NWOSU.

The BCM is a place where people come to meet Jesus or get to know more about him. Harris gives a short sermon every Wednesday night.

Students in leadership are also advised to share the Gospel to other students.

"It's to provide a community where people are just eager to

love God, love others and help others know and love God," and I think that that is so evident here in this place," Gonzalez said.

Harris explained that a lot of the impacts have been in students understanding the Bible and wanting to understand it more.

He said the purpose is letting students get to know God and how to get to know him more.

"While the events are kind of

"It's to provide a community where people are just eager to know more about God, to learn more about him worship him and to tell others about him."

— Jasmine Gonzalez

know more about God, to learn more about Him, to worship Him, and to tell others about Him," said Jasmine Gonzalez, a senior who is studying elementary education.

Gonzalez is a part of leadership, and she stressed the importance of not only personal growth but helping others grow and leading them in their relationship with God.

"Something my church says back home is, 'our purpose is to

what everybody knows us for, you know, the tournaments, Noon Day, especially Noon Day, everybody knows about Noon Day," Harris said, "Of course, we want to help people wherever we can, but our ultimate goal is to share Christ and to make him the Lord of everything."

Behind the BCM

The BCM often holds events with free food and free snacks. Around 140 students attend the

BCM, and all of this is offered for free.

Who should students be grateful for providing them with the BCM? Every Wednesday lunch is provided to students at no cost.

Harris explained those lunches are provided by local Baptist churches. He said there are around 14 to 15 churches that bring a meal each semester.

Harris' salary is paid through the Oklahoma Baptist, which is the Baptist convention of Oklahoma. Harris explained that everything else in the ministry is all provided by local churches.

There are three associations, Salt Fork Baptist Association, Cherokee Strip Baptist Association and Northwest Baptist Association.

Harris explained that there is a church in each of those associations that give to the ministry of the BCM.

When students get free snacks, free pizza, etc., all of that is provided by those local churches. The building itself is owned by the Oklahoma Baptist.

"Since we've increased in size, the budget has gone up astronomically. So, I budget for probably 28,000 to anywhere from 28,000 to 35,000 a year to, you know, for nine months," Harris said



A group of freshmen meet at the NWOSU BCM for worship night and talk after a Wednesday service last semester.



Noah Voth, left, Lainey Morse, middle, and Daniel Voth, right, perform and sing at the BCM at Worship Night.

FEATURE

Mythology, does it effect the writing community?

Let me ask you a question, fellow readers. How old were you when you first heard of the term “mythology”?

WORDS WITH MR. KAUMANS



KEVIN KAUMANS

And when I ask this question, I’m just asking about any mythology in general, whether it be European, Asian, African, North American, etc. Were you taught about it in school?

Did your parents read you bedtime stories that were based off of these legends? Or did you first discover these stories while surfing the internet? Whatever the reason may be, I believe we can all agree that these stories, despite being created thousands of years ago, still have a big impact on the writing world as we know it today.

Take The Epic of Gilgamesh, the oldest surviving story that was discovered in Mesopotamia, one of the oldest civilizations in the world. Despite its age, this tale has everything you’d see in a modern-day book, movie, or even video game; a protagonist, a conflict, and a resolution. And while this information may not seem worth much, this proves that even the oldest mythology story in

existence, we wouldn’t have the rules of storytelling that we have today if it weren’t for these stories from ancient civilization.

Tell me, fellow reader, besides the three things mentioned in the last paragraph, what else does a story need in order to function? That’s correct: A setting, an antagonist, a plot, a theme, and a climax. If so much as one of these things are missing, there can not be a story. And whenever you read a mythology story from any ancient civilization in the world, no matter the country in question, you will without fail find these tropes within these stories, no matter how long or short. This goes to show just how much of an effect these ancient cultures have on literature.

As someone who has been obsessed with mythology ever since he was in elementary school, I can say in full confidence that without these stories, I would not be the writer I am today simply because the concept itself wouldn’t exist. And I want all of you reading this to really think about it; why is it we still have people writing tales of Greek, Chinese, Norse, and so many other mythology stories, whether it be a retelling or original concept all on its own? If you’re a literature major of any language, it is imperative you study these ancient stories and really understand just where the idea of storytelling came from.

February Video Game Releases

1. Kingdom Come: Deliverance II (PS5, PC, XSX/S) - Feb. 4
2. Civilization VII (PC, PS, Xbox, Switch) - Feb. 11
3. Date Everything! (PC, PS5, Switch, XSX/S) - Feb. 14
4. The Legend of Heroes: Trails through Daybreak II (PS5, PS4, PC, Switch) - Feb. 14
5. Tomb Raider IV-VI Remastered (PC, PS4/5, Switch, Xbox One, XSX/S) - Feb. 14
6. Lost Records: Bloom and Rage - (PC, PS5, XSX/S) - Feb. 18
7. Avowed (PC, XSX/S) - Feb. 18
8. Like a Dragon: Pirate Yakuza in Hawaii (PC, PS4, PS5, Xbox One, XSX/S) - Feb. 20
9. PGA Tour 2K25 (PS5, PC, XSX/S) - Feb. 28 (Feb. 21 for early access)

Dad Joke of the Week

I used to have a job at a calendar factory, but I got fired because I took a couple of days off.

Northwestern News Presents:

Valentine's Shout Outs

To: Sarah
Thank you for amazing!
From: katelyn

Email requests to
nwnews@nwosu.edu

Request must be sent by noon on Friday Feb. 7
shout out will run on Feb. 13

Standing out in a rural town

By INGRID MALDONADO
Senior Reporter

Cynthia Samaniego is wearing Mary Jane shoes.

She has on a pair of flared denim jeans, a baby blue turtleneck. She pulls off a short bob hairstyle with bangs, wears gold jewelry and to pull it all together she is wearing a red leather jacket. She is wearing this 70s’ inspired outfit in a small rural Oklahoma town university.

When people hear of a university located in a small rural Oklahoma town, they picture all students wearing bootcut jeans, cowboy boots covered in mud and leaving a trail of it, and everything Ariat and Carhartt.

The university is filled with students like that, as well as those who wear sweatpants and hoodies.

When Samaniego walked into the student center, her fashion choices were different than any of the other students. While the other students were wearing hoodies, T-shirts, and tennis shoes, she was wearing a red leather jacket, turtleneck and black Mary Jane shoes with white socks.

“I definitely say that I stick out more, like I said, I just go for a more vintage, indie vibe, with more earth tones, and that’s more associated with the city, like what people would wear in the city,” Samaniego said.

With Samaniego’s style, she is



Photo by Ingrid Maldonado

Cynthia Samaniego an NWOSU sophomore and accounting major

inspired by the choice of fashion in the early ‘70s. She loves her Mary Jane shoes, flared jeans and big shaggy hair. She gets lots of her inspiration from Pinterest.

While in high school, she played on the basketball team. Back then she described her style as always dressing for comfort just like her other teammates. Since last year, her style in clothing has evolved.

Samaniego is a sophomore at NWOSU, studying accounting. When students see her, they see her curated Pinterest inspired outfits. Her outfits reflect vintage styles from the past.

“My style has drastically changed, which I love now because I feel like this is a way of expressing yourself, like styling yourself and wearing all these different clothes and pieces,” Samaniego said. “It’s a way of expressing yourself and expressing your creativity, and I just feel much more confident.”

Wacky Holidays

Feb 1

Eat Ice Cream for Breakfast Day

Feb 2

Sunday Day of the Crêpe
Play Your Ukulele Day

Feb 3

Carrot Cake Day

Feb 4

Thank Your Mailman Day

Create a

Vacuum Day

Stuffed

Mushroom

Day

Feb 5

National Weather Day

Chocolate

Fondue Day

Feb 6

Lame Duck

Day

Top 2025 Songs

1. APT. by Rosè, Bruno Mars
2. Bad Dreams by Teddy Swims
3. DtMF by Bad Bunny
4. Fat Juicy & Wet by Sexy Red, Bruno Mars
5. No One Noticed by The Marias
6. Guess by Charli XCX, Billie Eilish
7. Beautiful Things by Benson Boone
8. Messy by Lola Young
9. New Drop by Don Toliver

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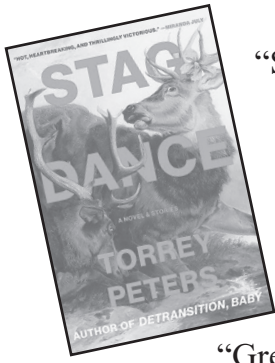
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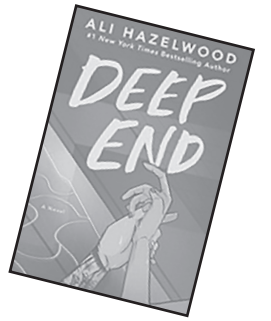
ENTERTAINMENT

Most anticipate book releases of 2025



“Stag Dance” by Torrey Peters (March 11)

“Deep End” by Ali Hazelwood (Feb. 4)



“Bury Our Bones in the Midnight Soil” by V.E. Schwab (June 10)

“Atmosphere: A Love Story” by Taylor Jenkins Reid (June 3)

“Say You’ll Remember Me” by Abby Jimenez (April 1)

“Great Big Beautiful Life” by Emily Henry (April 22)

“Everything is Tuberculosis” by John Green (March 18)

“Sunrise on the Reaping” by Suzanne Collins (March 18)

“Onyx Storm” by Rebecca Yarros (Jan. 21)

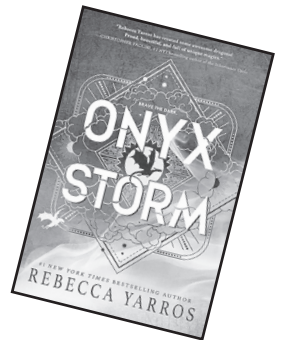
“My Friends” by Fredrik Backman (May 20)

“Matriarch” by Tina Knowles (April 22)

“The Emperor of Gladness: A Novel” by Ocean Vuong (May 13)

“Flirting Lessons” by Jasmine Guillory (April 8)

“Don’t Let Him In: A Novel” by Lisa Jewell (June 24)



Date Dad Joke

"When should you ask someone out on a coffee date?"
 "When you like them a latte."

Fashions trend prediction 2025

Do's	Dont's
1. Matching pajamas	1. Fake freckles
2. Shades of yellow	2. Barrel jeans
3. Hot pants	3. Middle parts
4. Aquatic influences	4. Cropped clothes
5. Luxe athleisure	5. Chunky sneakers
6. Chocolate brown	6. Tiny sunglasses
7. Animal print	7. Sephora kids
8. Bubble hems	8. Micro shorts
9. Strapless dresses	9. Crocs
10. Asymmetry	10. Low rise jeans



How family workouts lead to a full time job: Yandel's fitness journey

By KAROLINA JURESIUTE
 Senior Reporter

She comes in the classroom glowing with energy, ready to lead the cycling class.

Fixes her hair, gets up on her bike at the front of the room facing all the other bikes, fastens her feet in and turns the music on to start the workout.

Olivia Yandel, director of the Wellness Center, teaches the spin class every Tuesday and Thursday at noon and 5:15 p.m.

In addition, she leads the high intensity interval training class every Monday and Wednesday at noon and 5:45 p.m. and Friday at noon.

Yandel has been active her whole life.

Her mother taught water aerobics and workout classes herself. Yandel, her brother and her stepdad then got really into the weightlifting, and it was their family thing. Her brother owns a gym, and their family enjoys running 5Ks during the holidays.

Even when Yandel is not exercising, she enjoys being outside instead of sitting at home. Always prioritizing her wellness.

Nothing can break Yandel's everyday workout routines even when she is eating for two. Yandel is in her second trimester and couldn't be more excited to become a mother but also does not



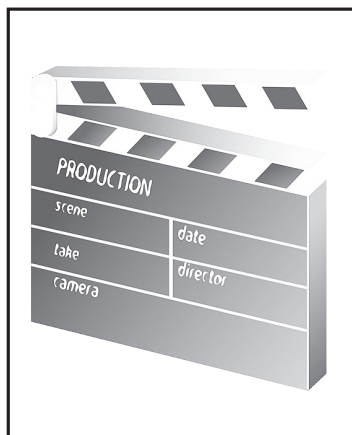
Photo by Ingrid Maldonado
 Wellness Center director, Olivia Yandel teaches a class in the Welly.

want to abandon her fitness classes.

"I'll do it up until as long as I can," Yandel said. "My plan right now is just to do it as long as I can and as long as I'm comfortable. I probably won't be able to go as hard or as intensely as I want to because obviously, I have to listen to my body."

Yandel uses the exercise as her preparation for labor. She said if she can get through a hard set or 10 seconds of a hard exercise, she can definitely get through labor.

"Training my mind right now and also my body, but mostly my mind, because labor is definitely a mind thing over physical," Yandel said.



Family movies release in 2025

- How to Train Your Dragon (Live Action)
- Henry Danger: The Movie
- Dog Man
- Lilo & Stitch (Live Action)
- Snow White (Live Action)
- A Minecraft Movie

Top 10 team rankings

NHL	NBA
1. <i>Winnipeg jets</i>	1. <i>OKC Thunder</i>
2. <i>Washington Capitals</i>	2. <i>Cleveland Cavaliers</i>
3. <i>Edmonton Oilers</i>	3. <i>Houston Rockets</i>
4. <i>Vegas Golden Knights</i>	4. <i>Boston Celics</i>
5. <i>Carolina Hurricanes</i>	5. <i>New York Knicks</i>
6. <i>Dallas Stars</i>	6. <i>Memphis Grizzlies</i>
7. <i>Toronto Maple Leafs</i>	7. <i>Denver Nuggets</i>
8. <i>Minnesota Wild</i>	8. <i>Milwaukee Bucks</i>
9. <i>New Jersey Devils</i>	9. <i>Los Angles Lakers</i>
10. <i>Florida Panthers</i>	10. <i>Los Angles Clippers</i>

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Campus Life

What are students currently binge watching?

By **EMILY WRIGHT**
Student Reporter

With streaming services being more mainstreamed now many people stream and binge shows both new and old.

According to Forbes here are some of the most popular shows that were streamed in 2024.

The most streamed was “Bluey” which is an Australian animated show on Disney+. “Bluey” had 55.6 billion minutes watched.

Other popular shows included “Grey’s Anatomy” and “Family Guy.”

Netflix’s series “Briderton” was also among the top streamed shows along with “Love is Blind.”

The Prime Video series “Fallout” was another one of the most viewed shows with 11.95 billion minutes.

As far as movies “Moana” remains the most streamed show for the second year in a row with 13.03 billion minutes.

The second most streamed movie was “The Super Mario Bros. Movie.”

We asked several students what shows they were currently binge watching.

“My binge show right now is “Criminal Minds.” I don’t really know the reason why, but I have a class right now actually, it’s Intro to Criminal Justice so it kind of makes a little more sense now watching it and also learning about what it’s about. But overall, in general it is a good show. I really think that show really helps me with I guess reality. Of what to do, what not to do but I mean it’s a good show.”

– Alana Shotpouch junior social work major



“My favorite series, or the one I like to watch a lot is “Supernatural.” Mostly because I connect with a lot of characters, I like the plot of the show and it’s something me and my mom bonded over.”

– Megan Valdez junior art major



“The two shows I’ve been binge watching right now have been “Criminal Minds” and “Bones.” The reason that I have been binge watching those is because I like crime procedurals, and sometimes I like to watch the actual solving and sometimes I like to find the actual behind-the-scenes scientific portion of it.”

– Anastasia Harper senior biology major



“I’m bingeing “Ghosts,” I really like it. It’s based off a British comedy that’s called “Ghosts” and they made the American version, which is way better. I just like the goofy set of characters. They’re all dumb and it is hilarious!”

– Jade Campbell junior music major

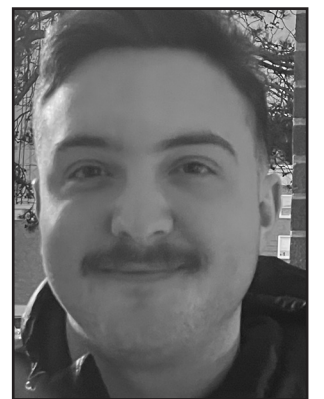
“I have been watching “NCIS” again, because of the characters mostly, and then the crime because I like the crime documentaries.”

– Taylor Wilson freshman business marketing and administration major



“The show I have been binge watching lately is “Last Man on Earth.” I think it’s absolutely hilarious and it’s just really funny to watch the people and their drama.”

– Brayden Stoner sophomore business major



“I’d say the show I’m binge watching right now is “X.O. Kitty.” Which that show has a lot of mystery and like romance in it, yes but I think what makes it binge worthy is the mystery behind what the main character is searching for.”

– Brooke Finnell senior early education major



“The show I’m watching right now is called “The Equalizer.” I’m watching it because it’s really fun and entertaining. The character is kind of playing a double life and I think that’s pretty cool.”

– Makynlee Mulberry sophomore elementary education major

“My show that I’m binge watching is “Friends.” It’s a really funny show and it just never gets boring.”

– Ann Cunningham freshman agriculture education major



SPORTS

Basketball

Women win at home, lose away

By **OAKLEE FIELDER**
Sports Editor

This week the NWOSU women's basketball team had a home and away game.

Their first game was at home against the Southwestern Oklahoma State University Bulldogs. Their second game was away against the East Central University Tigers in Ada. The Rangers were coming off two straight wins from the last week.

SWOSU 36-NWOSU 53

The game against SWOSU started off slow, from the beginning it was clear this was going to be a low scoring game. The first point came in the second minute with a three-pointer by Kennedy Hight. The Bulldogs responded with two points.

The Rangers answered with three straight free throws. The Rangers fouled and the Bulldogs got one more point. The Rangers did not let them score again in the first quarter. NWOSU scored eleven points to take a fourteen-point lead at the end of the quarter with a score of 3-17.

The second quarter was a slow start for scoring, as it took almost three minutes for the first points to be scored.

It was a bit of back and forth between the two teams, but the Rangers did score a bit more than the Bulldogs. The second quarter was much nicer towards SWOSU as they scored eight points in the quarter. The Rangers kept



Photo by Ingrid Maldonado

Northwestern's Canuelle Thomas, No. 10, keeps the ball away from Southwestern defender on Jan. 23

the lead and increased it by two points. At the half, the score was 11-27 NWOSU.

In the second half, the Rangers kept the positive momentum going, and just kept scoring. The Bulldogs had about the same quarter as the second, only scoring eight and not chewing away at the Rangers lead at all.

The Rangers had another great quarter and increased their lead by even more, scoring twelve points. The third quarter ended with a large 20-point lead for the

NWOSU Rangers 19-39.

The fourth and final quarter started not as slow as the third. The Bulldogs were able to get the first point in the quarter with a layup. The two teams continued throughout the quarter going back and forth with scores.

The Bulldogs were able to partially climb toward the Rangers in the scoring but there was nowhere enough time to complete a comeback.

The Rangers defeated the Bulldogs 36-53 at home.

NWOSU 36-ECU 53

The next game for the Rangers were against ECU in Ada. The Tigers went out of the gate with a three pointer 20 seconds into the game.

The Rangers did answer back but the Tigers took the lead away for a bit. The Rangers came back and cut the lead down to one. The Tigers ran away again with the lead in the first quarter and it ended 9-14. At the start of the second quarter, the Rangers fought back and cut the lead to five.

The Tigers turned around and took the lead far again and got as far as thirteen points away from the Rangers. The half ended 18-28 for the Tigers.

The second half started with ECU scoring to increase their lead, but the Rangers fought back hard. They scored well and defended hard to shrink the Tiger's lead.

They were able to lessen the difference between the two from 14 points to a tie. The Tigers never lost the lead and they were still ahead at the end of the third quarter, but the momentum was against them. The Rangers did not have the game won in any sense, as they were still down by 3, but they were far from out of the game. The quarter was a hard back and forth battle between the Rangers and Tigers.

The game was going from a large lead from the Tigers to being a one score game multiple times, but catching your opponent and passing them are different. The Rangers were able to be down by two with 17 seconds left in the game after a three-pointer by Carly Craig.

With 10 seconds left in the game, the Rangers fouled and allowed the Tigers to lead by four points, an impossible gap with 10 seconds left.

The game ended with an ECU win, 36-53. The Rangers leave Ada 9-9 overall, 6-6 GAC, and 5th in the standings. They will face off against away Harding Thursday and Arkansas Tech on Saturday.

Softball Schedule

@Branson, Missouri

Jan 31 vs Newman
Jan 31 vs U. of Minn. Crookston
Feb 1 vs Maryville
Feb 1 vs Truman State
@ Wichita Falls, Texas
Feb 7 vs Fort Hays
Feb 7 vs Southwest Baptist
Feb 8 vs Midwest State

Regular Season

Feb 12 @ Newman
Feb 21-22 vs Arkansas Tech
Feb 28-Mar 1 vs East Central
Mar 7-8 @ Southeastern Oklahoma
Mar 11 @ Southwestern Oklahoma
Mar 14-15 @ Southern Arkansas
Mar 18 @ Fort Hays State

Mar 21-22 vs U. of Arkansas at Monticello
Mar 28-29 vs Southern Nazarene
Apr 1 @ U. of Central Oklahoma
Apr 4-5 vs Oklahoma Baptist
Apr 8 vs Southwestern Oklahoma
Apr 11-12 @ Henderson State

Apr 15 vs Newman University
Apr 17-18 vs Ouachita Baptist University
Apr 22 vs Northeastern State University
Apr 25-26 @ Harding University

Track & field break records

Men's track and field came home with three school records and a national qualifying mark after the The Rumble in the Jungle meet at Pittsburg State on Friday.

The women's team set four school records and saw 11 personal bests.

Runner Kareem Small was named GAC track & field athlete of the week for his national qualifying performance.

New Records Men

4X400: O'Shea Johnson, Eric Collins, Christian Franklin and Harrison Stapleton — 3:19:35, placing fifth overall.

High jump: Aiden Kimberlin, 4.5 meters, placing seventh overall.

60 meter dash: Kareem Small, 6.75 seconds, 18th overall in America, met the national qualifying mark.

New Records Women

Pole vault: Olivia Saner, 10-00.75, placing 17th overall.

600 meter dash: Krissalynn Henderson, 1:31.97, placing 10th overall.

Mile: Cadence Long-Torres, 5:29.88, placing 26th overall.

3000 meter: Long-Toirres, 11:18:82.

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SPORTS

Men put the Bulldogs down

By **OAKLEE FIELDER**
Sports Editor

This week, the NWOSU men's basketball played two games. One at home against the SWOSU Bulldogs, and one away against the ECU Tigers. Rangers entered the week 8-8 after a win against the Southern Arkansas Muleriders.

Percfull Fieldhouse was full with students and fans dressed in black for the blackout game against SWOSU.

The game against the Bulldogs started with the Rangers getting the tossup. The Rangers scored the first point after a foul against the Bulldogs.

Basketball

Daraun Clark made the free throw and the scoring was opened up. The Bulldogs had gotten to a four-point lead at 5-1, but the Rangers fought back.

It was a back and forth for almost half of the first half, but then the Bulldogs went on a seven-point run and had the lead by five points.

They continued to extend their lead bit by bit, but nine minutes into the half, the Rangers had gotten within a one score difference from the Bulldogs.

The half continued to be a close one, both teams going back and forth with the lead. Until the Rangers took the lead with 21 seconds left in the half with the help of a foul from SWOSU, making it 32-35 at halftime.

The second half started just as well for the Rangers. Cameron McDowell made a 3-pointer to set the tone in the last half of the game.

The Rangers did not stop there, continuing scoring and extending their lead by ten points. They kept



Photo by Ingrid Maldonado

NWOSU Ranger Kabeya Tshibangu dunks the ball in the game against the SWOSU Bulldogs on Jan. 23 in Percfull Fieldhouse during Blackout night.

the lead at a safe distance, not being in touching distance from the Bulldogs for a while.

Unfortunately, about halfway through the second portion of the game, the Bulldogs closed the lead to one singular point. Being somewhat in danger, the Rangers didn't let it any closer than that, and extended their lead again.

With the crowd loud and against them, the Bulldogs put their head down and got within tying distance of the Rangers.

With the pressure on them, they fouled and allowed the Rangers to score two free throws and thus ending the game.

The Rangers put the icing on

the cake and put the cherry on top with a huge dunk by Kabeya Tshibangu with an assist from Justin Norris.

The game ended 64-70 with a Ranger win.

The men's next basketball game was against the East Central Tigers in Ada.

The game started with Cameron McDowell scoring a three pointer. The Tigers responded with a three and a field goal to take the lead. ECU kept scoring and extended their lead to six points.

The Rangers scored two three-pointers in a row to tie the game. They then kept the mo-

mentum going and extended their lead.

The Tigers reeled them back in and ran away. The Rangers tried to slow them down and kept them within a ten-point difference.

The first half ended 32-36 in the Tigers favor.

The second half of the game continued to be in the Tigers favor. They kept their lead and didn't let go, despite the Rangers attempts to fight back and bring the game back to being close.

The Tigers stumbled a third into the second half, and the Rangers reeled them in and tied the game at 11-minute mark.

With a lot of time to go, the

Rangers pushed hard and didn't stop pushing. They took the lead and did not lose momentum.

The Tigers continued to keep trying and attempted to save the game with less than a minute left. Luckily for the Rangers, the score difference was too high and the took down the Tigers 71-66.

The Rangers left this week 10-8 overall, 7-5 GAC, and 6th in the standings.

They are under Henderson State who has the same conference record than them but have one more overall win than the Rangers. The Rangers continue to be the only GAC team who have defeated Southern Nazarene.

Baseball Varsity Schedule

Jan 31-Feb 2 vs	Colorado Christian University	Mar 7-8 vs	Southeastern Oklahoma State University	Apr 2 vs	Washburn University
Feb 4 vs	Newman University	Mar 11 vs	Oklahoma Panhandle State University	Apr 4-5 vs	Oklahoma Baptist University
Feb 7-9 @	New Mexico Highlands University	Mar 14-15 vs	Southern Arkansas University	Apr 8 vs	Southern Nazarene University
Feb 14-15 vs	Harding University	Mar 18 @	Oklahoma Panhandle State University	Apr 11-12 vs	Henderson State University
Feb 18 @	Newman University	Mar 21-22 @	University of Arkansas at Monticello	Apr 18-19 @	Ouachita Baptist University
Feb 21-22 @	Arkansas Tech University	Mar 28-29 @	Southern Nazarene University	Apr 22 @	Washburn University
Feb 25 vs	Rogers State University			Apr 25-26 vs	Southwestern Oklahoma State University

Baseball Juinor Varsity Schedule

Feb 10	vs Rose State College
Feb 12	@ Oklahoma Christian University
Feb 17	vs Southwestern Christian
Feb 19	@ NOC Tonkawa
Feb 24	@ Macu JV
Mar 5	vs Southwestern Christian University
Mar 10	vs Oklahoma Christian University
Mar 12	vs McCook Community College
Mar 13	@ NOC Enid
Mar 24	vs NOC Enid
Mar 26	@ Rose State College
Mar 31	@ Seminole State College
Apr 7	vs Seminole State College
Apr 14	vs Dodge City Community College