

Theater prepares for musical

By **ALLI SCHIEBER**
Editor-in-Chief

Northwestern Theater has been rehearsing for their annual musical since March 3 when they had their first table read.

This year's musical is "The 25th Annual Putnam County Spelling Bee."

The musical will be performed April 11 and 12 at the Fellers Family Auditorium with a total of three shows.

April 11 at 7 p.m. and April 12 at 2 p.m. and 7 p.m. general admission is \$15 NWOSU employees are \$10 and students with ID are \$5.

"The 25th Annual Putnam County Spelling Bee" was written by Rachel Sheinkin and performed on Broadway in 2005.

The musical follows a group of spelling champions that learn winning is not everything.

They share stories and spell words in hopes not to hear the disqualification bells "ding" that means they have made a mistake.

As they hope to be the last speller standing and the champion speller.

Alex Marshall a sophomore general studies major from Oklahoma City said the musical takes place in 2005 at a spelling competition in New York.

Both the adults and kids involved with the spelling bee get into some silly escapades but to

find out what those are you will have to see the show.

Marshall said his character Vice President Doug Panch is the one who says the words and makes sure they are spelled correctly.

Marshall was in "Cinderella" last year at NWOSU in which he played Jean-Michael.

He said his role in the "25th Annual Putnam County Spelling Bee" is challenging because he is used to being the comedic relief.

However, in this role his character is still funny but also has more of an attitude of not wanting to be there.

Besides the role being different for him a challenge that the whole cast faced was getting everyone together for rehearsal when they had night classes.

Marshall said students should attend the musical because he thinks it is a great comedy as well as a way to relax and step away from the stress and reality of being a college student.

"I think in life we need to laugh more," Marshall said. "It's okay to feel other emotions, but laughter is the best medicine."

Marshall said he likes to see everything come together as they rehearse he sometimes think how is this going to look all together especially when some cast members are in night classes and not able to attend rehearsal.

"Sometimes I don't understand how this is gonna fit," Mar-



Photos by Ingrid Maldonado

The cast of the "25th Annual Putnam County Spelling Bee" cast rehearse the songs for the musical coming up.



Mickey Jordan gives the cast advice during rehearsal for the musical.

shall said. "I don't understand how this dance will work and then when we finally all do it, it's like, oh, boom, big light bulb."

At NWOSU anyone is welcome to participate in theater whether that is with set design, costumes, make up or acting.

NWOSU Theater welcomes all students to "Come Create" with them no matter the students major.

While a lot of students in their shows are theater or music majors it is not a requirement.

Members of the fine arts departments staff make sure that everyone on campus is welcome to

be a part of a show or two during their time at NWOSU.

If a student is interested in participating in future shows then whether they want a large or small role.

with the fine arts department are also available to earn scholarships. Students who want to "sing, play, act" or create with the NWOSU fine arts department should also follow NWOSU the-

"I think in life we need to laugh more..."
— Alex Marshall

They should talk with Kimberly Weast chair of the fine arts department or Mickey Jordan, instructor of technical theater.

Students who are involved

ater on Instagram for information about shows, auditions and more.

Students can also go to NWOSU's website to find out more information

NEWS

What's Up?

April 3- 9

4

- O.I.L Meeting 12:00 PM- 1:30 PM at EC 109
- Guitar Festival 9:00 AM- 12:00 PM at RH 200
- First Friday Art Walk 6:00 PM- 8 PM Downtown Alva
- NWOSU Art Society Art Show Winner's Show 6:00 PM- 8:00 PM Downtown Alva

7

- OKSE Regional Mario Kart Tournament 10:00 AM- 3:00 PM at ESports Arena in SH
- Career and Internship Fair 10:00 AM- 12:00 PM at Student Center Ballroom
- Presidential Lecture Series- William McKinley 12:00 PM- 1:30 PM at Student Center Ranger Room
- SGA Meeting 6:00 PM- 7:00 PM

8

- creativity Fest 6:00 PM- 8:00 PM at Student Center Ranger Room

9

- Visiting Writer's Series: John Andrews 6:00 PM- 7:30 PM at Student Center Ranger Room

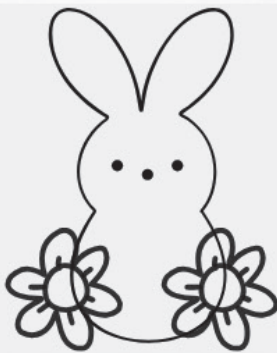
Free Lunches

11:30 a.m. -1:00 p.m.

Tuesday at Bible Chair

Wednesday at BCM

Thursday at Wesley House



“April hath put a spirit of youth in everything.” – William Shakespeare

Show of your ceativity

By Hadley Weathers
Student Reporter

The English, foreign language, and humanities Department will be having their annual Creativity Fest on Tuesday April 8th, in the student center.

Sigma Tau Delta and the Writer's Roundtable come together every year to give students, staff, faculty and the general public an opportunity to show off their creativity. In the past there have been amazing writers, painters, and photographers that have shared their work.

Sigma Tau Delta and the Writer's Roundtable want to give everyone this opportunity to feel free to express yourself through the arts.

If you don't feel like participating in the Creativity Fest there will be free food, Kahoot games, and prizes to win.

“The Creativity Fest isn't just about being good at art; it's about expressing yourself and having a good time!” said Bentley Cox, a Visual Arts major. The fest will be held at the Student Center in the Ranger Room from 6 p.m. to 8 p.m. and it's free to attend.

The Creativity Fest is a way for everyone to feel comfortable enough to share their creativity. The festival showcases any and all art forms and everyone is

encouraged to join it.

Any person can come to the event and see just how creative the students at Northwestern Oklahoma State University are.

Students are encouraged to join and get involved with the event, but if they don't feel as if they are creative enough to join in they are welcomed to come and just enjoy some free food and Kahoot.

During the event the Alabaster echoes magazine will be handed out.

The literary magazine is going to be released for students to pick up for the second year. This magazine showcases creative writers, poets, and those who have a creative eye in art. Many students can get involved with the magazine by submitting their work next year. The magazine is looking to grow each year it is released.

The magazine is a collab between students at NWO-SU and Writers Roundtable.

These two clubs joined together last year to create it and with the help of students who have submitted their works they are excited to continue it.

The magazine shows what the Creativity Fest is all about and it reveals that everyone is creative in their own way. Creativity Fest is a way for students to share what they've accomplished without being judged.

HOLDER DRUG



513 Barnes Alva, Ok 73717



580.327.3332

1.800.458.5349

Fax: 327.1848



Meet me for lunch!

NEWS

The EFLH department hosts the Visiting Writer series

By **JESSICA SCHIEBER**
News Editor

The Visiting Writer series has been going on for over 10 years. The English, foreign language, and humanities department has been in contact with writers who have had links to Oklahoma to visit the campus and discuss their work with the community. Each year the department tries to choose someone who writes fiction or poetry. Last year they had a fiction writer visit so this year the decision was to choose a poet. The poet, John Andrews, was chosen because he had a connection with Oklahoma. “He’s familiar with the

experience of living in Oklahoma and being in Oklahoma and that’s an important part of the series, so that the folks who do come and talk here to capture something essential and what it means to be an Oklahoman,” said Dr. David Vaughan, assistant professor of English. “And so just I guess in the literal sense, that worked out nicely. But about his work, the thing which I think resonates with the, you know, the visiting writer series and the idea of the Oklahoma is that he writes about a sort of coming of age in the south. So, in some senses his poetry captures what it means to grow up in a place like this.” Dr. Vaughan suggests reading through these pieces that John Andrews has wrote.

“Colin Is Changing His Name” which is a poem about the way that names and what people call us seem to have some sort of control over our identity. “Past Lives” which is about selfies and exploring what it means to be a person creating a fictional version of yourself. “The book of Colin” which is recasting excitement more and in revelation. “Students should come because, you know, his poetry is specifically about kind of defining who you are, and I think a lot of the college experiences kind of about figuring that out,” Vaughan said. “That sometimes it’s nice to hear an artist kind of distilled that nebulous experience and there is something concrete

Know Before You Go

- **Who:** John Andrews
- **What:** Visiting Writer Series
- **When:** Wednesday, April 9 at 6:00 pm- 7:30 pm
- **Where:** Student Center Ranger Room



and tangible and poems and images of the thoughts. And sometimes it allows this kind of black shawl to an idea that helps us navigate the perplexities of coming to terms of oneself as a young person. I think there might be ideas or images that really resonate with the student population, especially since, you know, he’s really bowed into things like social media and the difficulties of

what it means to grow up in places like the south. I think students would enjoy that. We fund these kinds of events to bring in multiple voices and viewpoints so that students can learn from not just their professors but from other thinkers and writers who have things to say in addition to what you learned in the classroom.” Any person is welcomed to come and join this event.

Reasons students should care about Alumni Association

By **Emma Gott**
Student Reporter

The Alumni Association and foundation has a greater impact on you as a student than you may realize, according to CEO “Skeeter” Bird. The Northwestern Foundation & Alumni Association is committed to providing Northwestern Oklahoma State University and its students with the resources required to thrive in a competitive collegiate environment and future endeavors. After an interview with Chief Executive Officer, Allen E. “Skeeter” Bird, students learned some great information. Bird was not involved in the Alumni Association while he was a student at Northwestern, Bird said, and had no expectations to come back here to be involved. He joined the association after finishing his masters in Alaska because he felt it was right to come back to Northwestern and get connected. A big part of helping students reach goals and find success is scholarships and donations from alumni and other donors. In this interview he said that when people reach out that are interested in donating, they listen to their passions and share the university’s needs and attempt to bring those two together. “Our students are the most decent, connected, wonderful human beings” he said, which is what he tells the individuals who are interested. “50% of the funds that we raise are scholarships that go to

students,” he said. “The other 50% create programs like the nursing program.” They want to make sure students have quality facilities to get the education they need. When every student graduates, the association gives them a free alumni membership and a license plate holder. As far as memberships, the association offers annual memberships and lifetime memberships for individuals or families. There are also mentorship programs between the association and students. This year they are having a face-to-face event for students to network to help build and create relationships. Since school is getting more expensive as the years go on, the association realized that some alumni had never been told that they should give back if capable and that needed to be changed. “You just have to tell them what the needs are and if they can, they will help,” he said. When he took over in 2005, there were only three people working, now there are seven. They also only started with around 180 scholarships in 2005 and now there are about 400. Last year they brought about \$1 million to the university and since we are such a small university, this has made a bigger impact. A big way we thank our donors is our Thank-a-Thon event, which is an event where students call donors to let them know how much we appreciate them for their generosity. This event also inspires donors to donate even more some-



Allen E. “Skeeter” Bird the Chief Executive Officer of Northwestern Foundation and Alumni Association located in the Student Center.

times, which is very generous. They set goals every year as far as donations go, so the better they do, the higher they set the bar for the next year. Their goal this year is \$3.8 million, they recently just hit \$3.5 million, and they still have until July 1st to continue to get those numbers up. “Alva needs Northwestern and Northwestern needs Alva.” he said. So why should students on

campus today care about the association and the foundation? The more you connect as a student and get involved now; you will have so many connections by the time you are an alumni. “When you give back, it changes you and it makes you happier,” Bird said, “You may not know them, but you want to help them,” “You were once a young college student too and you want to help those individuals if able.”

OPINION

Follow rules using Ai

By **DR. KAYLENE ARMSTRONG**
Adviser

In a recent media law and ethics class, students watched the movie “Shattered Glass,” a 2003 drama based on the true story of journalist Stephen Glass.

Glass scandalized the world of journalism in 1998 when editors discovered he had fabricated, at least to some extent, the contents of two-thirds of the 41 stories he wrote for The New Republic, a magazine founded in 1914 that focuses on U.S. politics, news, culture and the arts.

The movie includes a scene near the end in which the editor looks over all the magazines covers and realizes so much was false.

We are reliving such a scene at the Northwestern News this week when it was brought to our attention that artificial intelligence was used in the writing of many opinion pieces in the last few weeks.

The Northwestern News has never approved of the use of AI

in creating stories. Putting one’s name as author on any work created by another person — or, in this case, technology — is quite simply plagiarism, an act no professor condones.

Neither does this newspaper.

As the adviser, I have taken what I believe to be appropriate steps to keep the problem from happening again, including serious counseling with the person responsible.

I am not naming the individual here because I believe that college is the place for budding journalists to make their mistakes before they enter the “real world” where these same actions could cost them their job at the very least and possibly their entire career.

This individual has assured me no AI will be used in future work.

The items partially or wholly generated by AI will be modified online (<https://northwesternnews.rangerpulse.com/>) with an editor’s note as follows: “The following story has been modified from its original form. Artificial intelligence was used in

the creation of this piece and was not the sole work of the author, whose name has been removed. The Northwestern News does not condone the use of AI in the writing of any material that appears in this publication.”

The opinion items affected include the following eight pieces: “Trump attempts to end war,” “Any team can make it to Final Four,” “Google: DOJ must rethink changes,” “Canada vs USA, tariff war,” “Southwest ends free checked bag policy,” “Female athletes required to take DNA test,” “Merchants face storms of boycott” and “New AI technology could transform internet.”

More training has already been given to the staff to make sure this problem does not arise again in any other area of the paper.

The staff members continue in their commitment to provide the most accurate human-generated coverage possible to the campus community.

BTW, the library has a DVD copy of “Shattered Glass” that you can check out.

AI POLICY

- Any people, whether writers or editors, should not have another person or entity do the writing of any work submitted for use in the Northwestern News and then claim it as their own. This includes hiring a person or a company to write assignments and using artificial intelligence tools like ChatGPT to accomplish the same end.
- Using AI to rewrite sentences (anything beyond punctuation and spelling correction) is inappropriate use.
- At this time, the only appropriate use of AI would be to research ideas or topics.
 - Example: Ask AI for five excuses students give for turning in assignments late. Once AI provides data, explore the responses with further research. HOWEVER, the story generated from these ideas must be the writer’s own and not that of the AI program.
- Any other use of AI is inappropriate and can result in firing (paid staff) or failing (class participants such as news reporting).

Torpedo bat sparks controversy

By **ALLI SCHIEBER**
Editor-in-Chief

Major League Baseball officially started their season on March 27 and with the start of the season there was also some controversy.

The controversy starts with the New York Yankees using a new type of bat which is called the torpedo bat and then hitting nine home runs in the second game of the season.

People began to wonder if it was because of the torpedo bats they were using.

This means the Yankees are tied with the Cincinnati Reds for the second most home runs in a game with the 1987 Toronto Blue Jays still holding the record of 10 in a single game.

While the torpedo bat is designed to be heavier and fatter to where you are trying to hit the ball at. Players who have used the new bats say it feels like a regular bat and they just swing the same according to CNN.

The bat was invented by Aaron Leanhardt who is an MIT physicist and was an analyst for the Yankees at the time he designed the torpedo bat and he is now the field coordinator for the Miami Marlins.

However, not just Yankees or Marlin players use the bat which



I think is one of the most crucial thing people are leaving out when talking about the new design.

Several players from other teams have also switched to the torpedo bats including players from the Minnesota Twins, Tampa Bay Rays and Baltimore Orioles as well as several other teams in the league.

ESPN’s Buster Olney also re-

ported on “Sunday Night Baseball” that the Atlanta Braves order some of the torpedo bats after seeing the Yankees historic nine homeruns on March 29.

Another crucial thing to note is that not every Yankee player uses the new bats and Aaron Judge who hit three of the nine or 1/3 of the homeruns in the second game was using a normal bat and does

not plan to switch to the torpedo bats.

These bat designs did not just happen over night though they have been in the process of designing them since 2023.

The bat has also passed every league test and is legal to use as the manufacturer had to have the design approved by the MLB before players are able to use them.

The rules also state that “The bat shall be a smooth round stick not more than 2.61 inches in diameter at the thickest part and not more than 42 inches in length.

The bat shall be one piece of solid wood.” So as long as the design meets those requirements, I see them remaining in the league and more and more players switching to them.

It did not just take the work of getting the bat approved by the league though it also took a lot of work to come up with the perfect design.

“It was a feedback loop,” Leanhardt said in an article with the MLB. “There’s many different makes and models that have gone through their process, some of which never saw the field of play, and some of which are, obviously, hitting a lot of home runs right now.”

While creating this bat Leanhardt had players that would provide their opinion and feedback on the design.

Leanhardt calls these players “Patient Zeros.”

While I understand why some players in the league are skeptical of the new bats, I do think that they are not going to go away any time soon as they are not breaking any rules.

I believe the league will gain a lot of backlash whether they leave them in or ban them.

Spring has sprung in Oklahoma



A white trees have started to bloom in Alva this one is located outside of Jesse Dunn on the northside of the building.

Photo by Ingrid Maldonado



Daffodils grace many front yards in Alva.

Photo by Alli Schieber



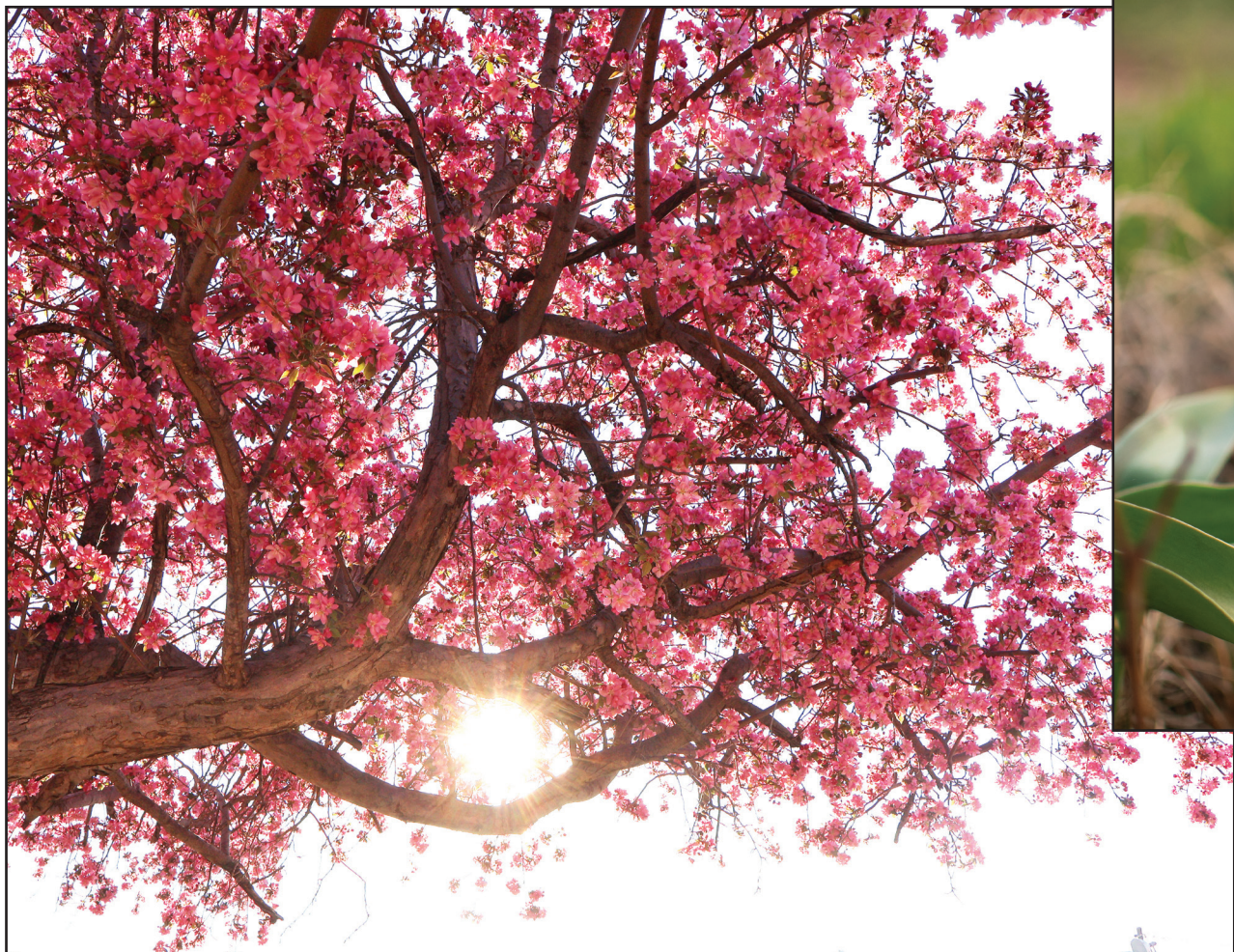
Right: A plant blooms in the golden hour. The golden hour takes place an hour before sunset.

Photo by Ingrid Maldonado



Left: a squirrel prepares to leap off a window sill outside of Jesse Dunn.

Photo by Victor Kinzie



A red bud tree blooms outside of the cafeteria and next to the parking lot by the tennis courts.

Photo by Alli Schieber



Left: Tulips bloom outside of Ingrid Maldonados house and many other houses in Alva. Below: A tulip gets ready to bloom.

Photo by Ingrid Maldonado



Photo by Ingrid Maldonado



While some of Oklahoma's spring days are stormy, this one was bautiful overlooking a green field with a bright blue sky.

Photo by Victor Kinzie

FEATURE

POWER IN ROUTINE, HABIT, MINDSET

By SARAH BRASHEARS
Features Editor

I recently started listening to the Mel Robbins podcast, and it led to a complete re-motivation of my day to day life. This is when I came to understand how important the routines and habits I establish in my life are.

I have reduced stress, as well as allowing extra time to be where I need to be and be prepared. Another key that came from this shift in my life was the “let them” theory.

I now can make it through the day without the burden of guilt, shame, or sadness overwhelming me for no reason. Establishing routines, creating healthy habits, and adapting a healthy mindset can make you feel like a whole new person!

Routines and habits appear to be the same principle. However, when broken down, it is important to understand the difference. Routines are more structured and intentional. They require a conscious effort and focus. Routines can look like morning and night routines, workout routines, or studying routines. Habits start out as a conscious effort, but develop into an automatic response. Once a habit is developed, it requires little to no thought to complete, as your mind goes into “autopi-

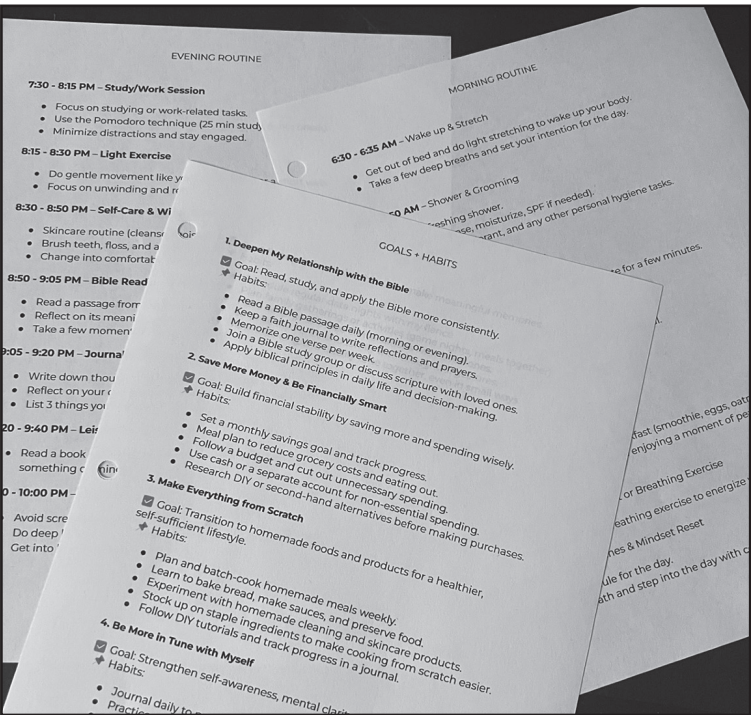


Photo by Sarah Brashears

Written routines and goals with habits that help hold my accountability.

lot” mode.

Habits are developed in a cue, routine, and reward system. A trigger will lead to a specific action. Once that action is completed, the satisfying outcome will reinforce the action to begin future repetition.

Establishing routines can lead to many benefits. As I mentioned, I am much more productive these days. However, outside of productivity I have also noticed my mental health being lighter and happier, as my stress has reduced

tremendously. My body also aches less now that I am getting sufficient sleep and activity to keep it balanced.

Routines are not all that lead to this though. Habits, like plugging my phone in across the room at night or setting an alarm I have to get out of bed to turn off, have increased the ease of my established schedule and allowed for less distraction and better rest!

When establishing any habits or routines, it is important to understand that it is okay to start

small. Jumping in with everything all at one time can be overwhelming and make you feel as though you are failing.

Consistency is more important than intensity. Make a list of your goals: Who do you see yourself being? From there, narrow it down to a few sustainable habits and slowly grow off it. Managing sustainable habits will take you further than starting with too many that are unmanageable at one time.

Once you begin to add to your routines, link your new habits to existing ones. For example, if I wanted to start using a face mask in the shower, and I already have a routine of taking time to shave my legs, I would put the mask in just before shaving so that it can soak and I build off of that routine without adding unneeded time. In the end, it is most important to find what works for your accountability system, and where you will see the most progress.

Statistically speaking, 62% of those that form a healthy routine and establish good habits start to see stress reductions. They feel as though daily life is more predictable and controllable, help with time management and decision making, and positively impact mental health. 42% of those that form habits to set a plan in place see success within a year. It takes 18 to 25 days to form a

habit. From there, the progress is unstoppable.

One last area of big change I have seen in the last few months has been in my emotional well being. As a people pleaser, I have a hard time accepting others’ opinions and actions towards me. This is where the “let them” theory has tremendously helped. You must let go of the mental control from others’ actions. Whatever it is they are doing or want to do, let them. Control your own mind and life!

This mental practice has improved my relationships with family, friends, and my significant other vastly. Once I let go of focusing on someone else’s personal growth, I had the room to focus on my own. I no longer feel tied to external influences or the distractions from outside of my circle. If it is their will, I let them. It is not my will and I can not control that. Being disciplined in my routines, habits, and mindset has led to significant self-improvement and growth. I feel in tune with my own mind and find joy in areas I never knew it could exist.

My encouragement to you today is to implement small changes in your life and invest in yourself! Where could tomorrow take you? Become more in tune with yourself. You will never thank yourself more for such a small investment.

Misunderstood adaptations with classic story “Jekyll & Hyde”

This semester, I’ve been taking multiple classes that focus on classic stories, from American, to British, to even World literature. About a month ago, my British literature professor, Dr. Roxie James, had me read a short story by Robert Louis Stevenson called “Strange Case of Dr. Jekyll and Mr. Hyde”. This is arguably one of Stevenson’s most famous works, being responsible for hundreds of adaptations.

WORDS
WITH MR.
KAUMANS



KEVIN
KAUMANS

However, a lot of these said adaptations never seem to fully commit to the source material.

When I say that, I mean they all have the character of Henry Jekyll completely backwards. Hyde was never some split personality that would make him black out. On the contrary, Jekyll was perfectly conscious when he switched to his younger, more prudent form. The whole point of him becoming Hyde was to indulge in the dark desires he’s hidden all his life. The whole point of the story was that Jekyll was fully aware of every wrongdoing

he did as Hyde, he just didn’t care. If anything, Hyde was more like a drug or alcoholic beverage that Jekyll had become addicted to.

While the short story offers a good look into the human condition, it is not without its flaws. The main character, Mr. Utterson, is a poor excuse for a protagonist. Just to give you an example of how uninteresting he is, Stevenson starts the book by describing to us just how dull and boring he is. Mr. Utterson’s favorite hobby is walking with his cousin while they talk about nothing, which kind of reminds me of how I act with my friends, which only makes me despise this man more.

Another problem with this story is dialogue repetition. The characters in this story will take five minutes to say something that could easily be said in ten seconds.

Let’s say you were to ask Mr. Utterson or Mr. Poole if they wanted crackers with their chili, they would nearly give you a Shakespearean-esque paragraph about how they would like some.

I know someone reading this is gonna say something like “Well what do you expect Kevin? This is Victorian literature after all.” And to that, I’d reply: “Yes, and....?” “Pride and Prejudice” came out seventy-three years before this story and Elizabeth



Photo Provided

Bennet doesn’t spend half a page talking about how she wished it was colder outside.”

And so we come to the end of my rant. Now, I have something to ask you, fellow readers: How do you like my previous works? I’ve gotten back into doing interviews like I did when I first started working for the newspaper. Now, the professors I’ve interviewed have been nothing less than a joy to talk to, but I just can’t find the passion for it the same way I have for these little book rants I like to do.

What do you all think? Should I continue these interviews or would you like me to go back to the normal stuff? I appreciate all feedback, positive or negative.

Choir



Photo by Victor Kinzie

Students perform choir concert at Presbyterian church.

Thinking of moving?

Think Hi-Lo Apartments, LLC
636 Linden St.

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

Call 580-748-0157

ENTERTAINMENT

JOY OF GETTING LOST IN READING

What is one of the best feelings in the world? Reading a really good book that you cannot put down.

I love reading. I always have and probably always will. Books are something that have always be here and will always be.

I remember being in fourth grade when AR points were introduced. If you're not familiar with AR points, it stands for accelerated reading and different books would have different amounts of points. The school would reward students if they got their AR points goal.

I remember fourth grade I got all my AR points so that resulted in fun trips and pizza lunches. That is where my love for reading stemmed from. In middle school, I did not even have to try to reach my AR point goal because I just read for the fun of it.

One of my favorite classes I took in middle school was library aid. I do miss that library sometimes. I enjoyed having to put the book back to where they

belonged and getting to just enjoy the library.

When I went to high school I did not read as much because AR points did not exist in high school. Sure, I read here and there but I kind of just stopped reading. It wasn't until my sophomore year of college that I got back into reading.

Books were there when I needed them the most. It sounds a bit like a drug addiction but of course that's a bit dramatic.

I loved reading when I needed an escape and to just take my mind off of things.

Next thing you know, I read one book and then instantly two days later I'm reading another book and then the next. I remember once I did an all nighter reading a book. Nothing compares to the feeling of reading a really good book.

I went from reading mainly romance but then got tired of that because it felt repetitive, to then falling in love with thriller books. I even got Kindle Unlimited because it is like Netflix but for books.

Books have brought me anger, sadness but overall joy. Before going to bed, I don't scroll on social media anymore and instead I read my book. Every day I look forward to reading my book in bed.

Chats with Ingrid



INGRID MALDONADO

TALK ABOUT IT THURSDAY

"I will seek wisdom" - the second principle found in Andy Andrews' "The Travelers' Gift." In any decision we make in life, we should seek wisdom to make a smart choice.

Seeking wisdom does not mean that you are unintelligent, but instead means that you are reaching to learn more.

I often go to my elders or close mentors for advice in any situation. This is considered seeking wisdom. Whether your choice is large or small, you want to make the best possible decision for yourself and the people around you.

Make it a goal to always strive to be better, to learn more. Go

throughout your day seeking wisdom. Make smart, wise, and critically thought out decisions. Everyday, choose to seek wisdom! Take action for your choices.

The Travelers' Gift 7 Principles:

1. The buck stops here - we can't control everything that happens to us, we can always control how we respond. I will take a stand and be the leader. This stops with me, today.
2. I will seek wisdom - my decisions will reflect responsibility and knowledge. I will be in control of my thoughts and make critically thought out choices.

NWOSU FFA Interscholastics



Awards for the NWOSU FFA Interscholastic contest hosted for FFA chapters in the NW district.

Photo by Victor Kenzie

How to...

Save money on everyday products

By SARAH BRASHEARS
Features Editor

We all spend money on everyday items without even thinking about the pennies we could swap for a few extra minutes.

I, myself, am one of these people. Having a busy class schedule mixed with clubs, organizations, and friends can be stressful. However, taking a few extra moments to DIY everyday items can take away the stress of the financial burdens we carry.

Make your own cleaning supplies

How many times have you gone to Walmart to buy cleaning wipes? How much do you spend on laundry detergent over the year? Maybe even the fancy smelling soap and candles to keep your room clean and fresh?

All of these things can be made for less, and last longer. Swap out cleaning wipes with a *make at home* cleaning spray and an old wash cloth.

The chemicals you use for laundry detergent can be bought to make your own and last you up to 6 months!

Basic soaps with a few drops of essential oils can be bought in bulk and the supply lasts much longer for less dollars.

The DIY recipes are endless online, whether found through Pinterest, TikTok, or even just Google!

Mix your own meal prep mixes

Some of my favorite breakfasts involve muffins, protein shakes, or a quick grab of a granola bar on the go. It wasn't until recently that I realized how much I could save by making these at home, easy on the go, and taste even better.

Muffins in a mug are quick and simple; yet, making the mixes to throw into the cup and place in the microwave is even easier. Essentially, you make your own cake mix that gives you multiple muffins rather than buying premade muffins that can be moldy and dry in just a few days.

Rather than buying premade protein shakes, I switched to protein powder. This gives the option to mix whatever flavor you want! It just takes powder, sugar free jello or sweetener, some milk, and a shake blender! The powder can cost just as much as premade shakes bought in bulk, last longer, and gives the endless options of whatever shake you desire at that moment!

Granola bars can be easy to grab and go, but the cost adds up quickly. Making these from home tastes better, and the supplies are actually cheaper than a box itself when you add up the total servings produced! Even better, you don't need an oven or stove. Just grab the ingredients, a mixing bowl and spoon, and pan. You can make whatever flavor desired,

and the grab and go ease remains the same!

Blend your own spices and creamers

I, for one, am a coffee addict. However, I seem to spend endless amounts on creamer and k-cups. This, again, is an area that I didn't have to spend my entire budget on. I switched to reusable k-cup pods and bulk coffee grounds, and have not had to buy coffee in months!

As far as the creamer goes, I have all of the ingredients in my cabinet and fridge that I never used before the expiration date through just baking. It took a little milk, heavy cream, vanilla, and sugar! The recipes on this are almost endless and can be found most anywhere!

How often do you make tacos, marinated beef, or any other rubs for your cooking? These one time packages you buy can be made in bulk for many uses from the spices directly in your pantry! A few simple recipes will have you mixing spices in a jar and falling in love with cooking even more.


Saving money does not have to add more stress to your day. By switching to a few DIY recipes, setting aside time in your week, and making products at home you can continue to enjoy your space and food, yet allow for more areas to save money and go out for fun! Being financially stable does not have to be a burden, instead it is a journey to fall in love with.

ALVA VISION CLINIC

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

Dr. Scott McEachern

Pre- and post-op lasik and cataract surgery.



Bring in your student ID and receive 20% off of sunglasses.


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

ACCEPTED INSURANCE:
VSP, PVCS, Medicare, Vision Care Direct, Aetna, SoonerCare, BCBS, Eyemed, Healthchoice, and ask about others.

Mastercard, Visa, Discover, American Express, and Care Credit and checks accepted.

Dad Joke

Why doesn't anyone get up before noon in Athens?



Because dawn is tough on greece!

NEWS

Students run unopposed for all offices

By **Jessica SCHIEBER**
News Editor

The officers for the Student Government Association run unopposed. The president of SGA is running for the second year in a row.

The SGA hosts a few events every year that students can expect to see from this group. From Howdy Week to Bahama Break-away the SGA has their calendars full of fun events for the students.

Some of the yearly events include Howdy Week, Grocery Bingo, homecoming week events, Wingo, the SGA Carnival, Coffee and Cram, and Bahama Break-away. These events are a fun way for students to get out of their dorms and spend some time getting to know one another.

The Student Government is not all fun though, they hold a meeting every other week to get the opinion of other club members and work to change things up for the better.

The President will be in charge of calling meetings to order and dismissing them. The Vice President will be in charge of running the meetings. The Treasurer has to deal with the money for the two accounts that SGA has. The Secretary will be in charge of taking minutes and keeping them clear for everyone.

This group is trusted by the students to make the right calls for them. When a student can't seem to reach someone and is trying to change something for the campus, this group will be trusted to speak their mind.

The Student Government Association speaks up for the student body, nothing will be done if no one expresses their concern to these people.

It is a good idea to get familiar with this group because come next year they will be a student's gate way to the higher ups on campus. Students should trust their Student Government.



President Brayden Stoner



Vice President Maci Flowers



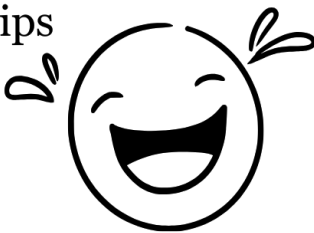
Treasurer Andrew T. Scott



Secretary Johnathan Ylitalo

COMPANIES EMBRACE THE TOMFOOLERY— APRIL FOOLS

- Crunch Bar: The Silent Crunch Bar
- Welch's Fruit Snack:\$19 Strawberry Fruit Snack
- Dr. Squatch: Edible Soap Chocolate Chip Cookie Flavor
- Owala: The Owala Shelf
- Raising Cane's: IPSY X Raising Cane's Moisturizing Sauce
- Tic Tac: Dr. Pepper Flavor Tic Tacs
- Pringles: Pringles X Auntie Anne's Butter & Salt Flavored Chips
- WarHeads: Sour! Broccoli Soda



Weather this week:

Storms expected on Friday and Saturday. Stay weather aware.

Now Hiring!

Waiting Staff



Smok Shak

Highway 64 & 4th, Ingersoll, OK 73726

(580) 596-3584

Come In And Fill Out An Application

SPORTS

Track, field keep setting records

By **OAKLEE FIELDER**
Sports Editor

Last Friday and Saturday, the NWOSU Track and Field team traveled to Shawnee to compete at the Oklahoma Baptist University.

This is their second meet of the outdoor season, breaking many records. They broke even more records this time around, a total of five school records, and 53 personal bests.

The men made up three of the school records, and 30 of the personal records.

Kareem Small placed first overall in the 100 meters, with a time of 10.32. Dwight Hamblin was behind him in sixth with a time of 10.61. Trevor Montanye ended ninth with a time of 10.66.

In the 200 meters, Mikell Hamilton-Thompson was 17th with a time of 22.43. Jonathan Conwell was 36th with a time of 23.40.

Tra’von Johns was not far behind him, ending in 38th with a time of 23.51.

Harrison Stapleton led the Rangers in the 400 meters with a time of 49.05 putting him in fifth. Oshea Johnson was just behind him in sixth with a time of 49.39. Eric Collins was fourteenth with a time of 50.41.

In the 800 meters on Friday, Riley Herndon was the highest placing Ranger in fifth with a time on 1:57.86. Alan Lares was 28th with a time of 2:05.42.

On Saturday, Jordan Pierce was the quickest Ranger with a time of 2:03.21. Ashton Davis was 23rd with a time of 2:14.56.

On Friday in the 1500 meters, Edgar Reyes was 15th with a time of 4:16.55. Coy Bullard was 19th with a time of 4:23.19.

On Saturday, Riley Herndon was ninth with a time of 4:11.15. James Fincher was behind him in 13th with a time of 4:20.36.

In the 5000 meters, Fincher placed a new NWOSU record and placed 13th with a time of 15:18.11. Salat Ibrahim was 23rd with a time of 15:45.80. Zachary Cox was not far behind with a time of 15:52.69.

In the 3000-meter steeple,



Mariya Hamlin competes in the high jump. She went on to set a new school record and finish fifth in the event.



Trevon Hodge competes in the long jump. He places 13th just after.

Muneer Suied was the first Ranger to finish. His time of 10:25.50 put him in fourth.

Edward Robledo-Gonzalez was just behind him in fifth with a time of 10:35.21.

The A team containing Oshea Johnson, Trevor Montanye, Eric Collings, and Harrison Stapleton in the 4x400 meter relay set a

new NWOSU record and placed third in the event with a time of 3:18.83.

The B team finished sixth with a time of 3:25.97.

In the high jump, Aiden Kimberlin finished second with a height of 1.95 meters.

In the pole vault, Kaleb Woolery finished second with a height of 4.10 meters. Trejon Crump was ninth in the long jump, with a distance of 6.72 meters.

Devin Blackwell set a new NWOSU record with his first place finishing 14.42 triple jump.

Brock Bourgeois was eighth in the shot put, with his distance of 13.67 meters.

Bourgeois was also the highest placing Ranger in the discus with a distance of 41.01 meters. He continued showing off his throwing skills in the hammer throw, placing 11th with a distance of 38.27 meters. In the Javelin, Ethan Burns was ninth with a distance of 41.33 meters.

The women did just as well as the men, setting two school records and 22 personal bests.

In the 100 meters, Diamond Hilton was third with her time

of 12.20. Brianna Brantly was 10th. Hilton continued her sprinting dominance and placed third in the 200 meters with her time of 25.43. Anaya Green was 13th with a time of 25.95.

In the 400 meters, Krissalynn Henderson was eighth with a time of 1:00.11 Azucena Carrillo was 15th with a time of 1:03.6.

Cadence Long-Torres led NWOSU in the 800 meters, setting a time of 2:34.86 putting her in 15th. Reina Gonzales was behind in 19th with a time of 2:47.69. Long-Torres led the Lady Rangers in the 1500 meters as well with her time of 5:12.76 putting her in 12th. Elisa Bernardez was 19th with her time of 5:30.28.

In the 100-meter hurdles, Kaydence Bargdall was sixth with a time of 16.83.

In the 400-meter hurdles, Taylor Bass finished 16th with a time of 1:23.84. In the Steeple, Jamaría Ross was fourth with a time of 12:52.81.

Mariya Hamlin set a new school record and finished fifth with a height of 1.60 meters in the high jump. Asia Hicks was not far off, with her height of 1.55 meters. In the long jump, Hannah Betts was eighth with a distance of 5.47 meters.

Harmonie Hughes was first overall in the triple jump with her distance of 11.58 meters.

Emmalee Osborn was 13th in the shot put with a distance of 10.80 meters.

Kaylan Swindle was 14th in the discus with a distance of 32.46 meters. In the hammer throw, she was fourth with a distance of 41.76 meters.

Ashley Low set a new NWOSU record with her 46.42-meter throw in the javelin. She now sits 13th in DII and first in the conference.

The track and field teams will continue their outdoor season as the men and women travel to different locations next.

The men will go to West Texas A&M University in Canyon, Texas, on April 11 and 12. The women will go to Pittsburg State in Pittsburg, Kansas, on April 5.

Men’s golf ends spring contests

By **OAKLEE FIELDER**
Sports Editor

On Monday and Tuesday, the NWOSU men’s golf team was in Hays, Kansas, to compete in the Fort Hays State University Tiger Classic. This is the final competition that men’s golf has on their schedule for the 2025 season.

The competition contained 18 teams, with a total of 98 competitors.

Mathieu Zerwin was NWO-

SU’s highest placing golfer. He finished off in 59th with a score of +14.

Pierce Giminden was the second Ranger in the standings, with a final position of 67th, finishing with a score of +16.

Max Courange was right behind Giminden, ending with a score just one stroke more than Giminden. He finished 74th with a score of +17.

Caden Holmes was further behind the pair as he finished with a score of +19, putting him in 82nd.

Alex Chenard was the lowest Ranger in the standings, as he ended the day in 86th with a score of +21.

NWOSU as a team finished off in 16 out of 18 teams, with a combined final score of +67.

This spring season was a poor showing from the men’s golf team. Throughout their five-competition schedule, they never finished outside of the bottom 25% of the teams, which is certainly a step down from last year.

Alva State Bank & Trust Company

Older than Oklahoma

Alva Main Office

518 College Ave.
Alva, Ok 73717
580-327-3300

Burlington Branch

PO Box 80
Burlington, Ok 73722
580-431-3300

Enid-Chisholm Branch

801 W. Broadway
Enid, Ok 73701
580-234-4201

Bank of Freedom Branch

1085 Main St.
Freedom, Ok 73842
580-621-3276

First State Bank of Kiowa Branch

546 Main St.
Kiowa, Ks 67070
620-825-4147

ASB

IN ALVA SINCE 1901

MEMBER FDIC

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

SPORTS

Softball suffers on road

By **OAKLEE FIELDER**
Sports Editor

The NWOSU Softball team had five games to play last week-end. They had a home three-game series against Southern Nazarene University. Then, they had a double header against the University of Central Oklahoma Bronchos.

SNU 7-NWOSU 5

The first inning was a quick one, as the Crimson Storm scored one run that was unanswered by the Lady Rangers. In the second, SNU scored four straight runs to make it a 5-0 ballgame.

The Lady Rangers were able to respond with a single homerun from Rosmary Rivera to cut the lead down to four. In the third, Rachel Sherwood hit a double to left center and sent Spearman home and now it was a three-run game. SNU responded in the fifth with two runs scored and it was once again a five-run game.

In the sixth, Rivera hit a bunt and made it to first, Raile was able to score and shrunk SNU's lead to four. Madeline Pack hit a single to right field and sent Chloe Prentiss home, Rivera was also able to run home on an error by second base. The Lady Rangers were not able to finish the comeback and lost the first game against SNU.

SNU 10-NWOSU 3

To start the second game, SNU scored four runs in the top of the first inning. They were unanswered from the Lady Rangers,

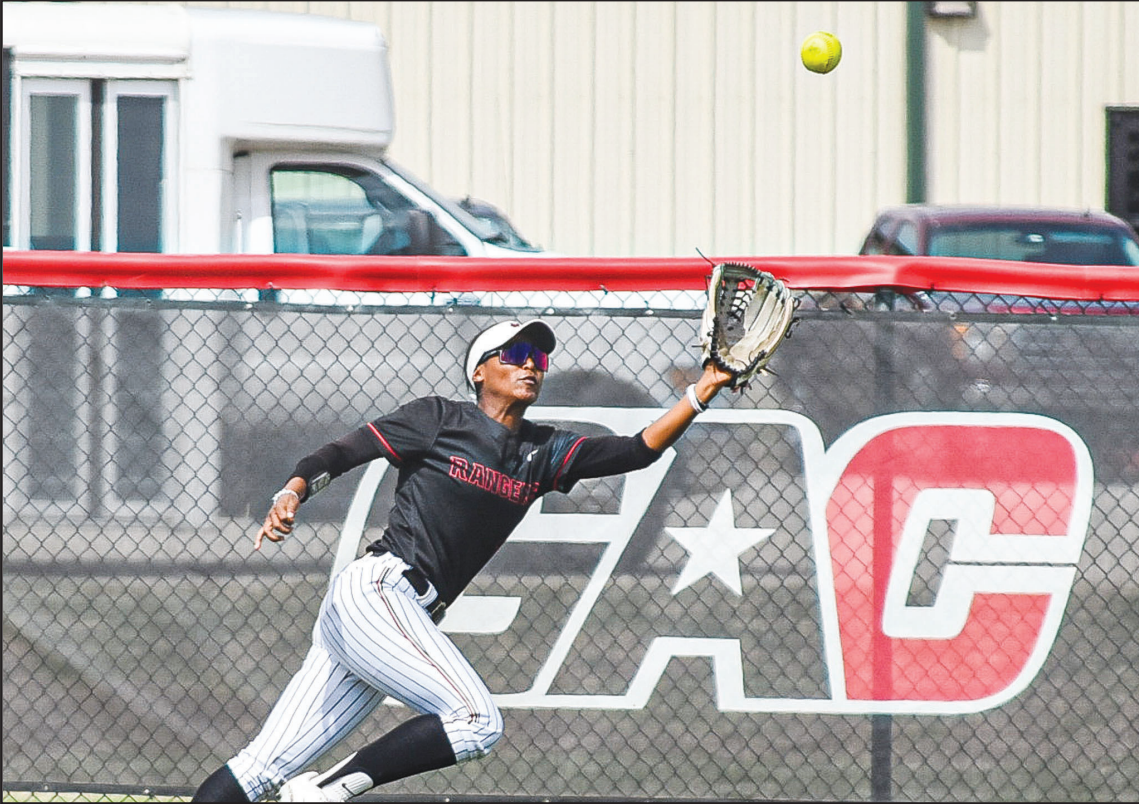


Photo by Alli Schieber

No. 1, Macy Spearman, runs to catch the ball in one of three games against Southern Nazarene University.

as they moved into the second.

The second and third were both scoreless, with not more than one runner left on base in either inning. In the fourth, SNU scored one run on a single homerun to make it 5-0. They scored two runs in the fifth with a double homerun to extend their lead to seven. The sixth was scoreless.

In the seventh, the Crimson Storm put the finishing touches on the game with three runs. NWOSU answered with a triple homerun by Rivera to take her,

Kacie Graves, and Devynn Raile home with her.

SNU 10-NWOSU 2

In the first inning, Kirby Van Haren hit a single to right field and sent Sherwood home to give the Lady Rangers the lead by one.

In the second, SNU scored four runs to make it 4-1. It was answered with a sacrifice fly from Kennedi Caine to send Rivera home to make it 4-2.

The third was scoreless. In the fourth, the Crimson Storm scored three runs. The fifth and sixth

were scoreless.

In the seventh, SNU scored three more runs to end the game as they shut down the Lady Rangers early on in the game.

NWOSU 3-UCO 6

The Lady Rangers went to Edmond to face off in a doubleheader against the Bronchos.

The first four innings of the game were scoreless, as NWOSU left one runner on base in the first and UCO one in the fourth.

To open up the scoring, the Bronchos scored six runs in the

bottom of the fifth, as if they were saving them all for one inning.

In the sixth, the Lady Rangers and Bronchos both left two runners on base but did not score any runs. Rivera once again hit a single homerun to start the Lady Rangers scoring, although late into the game. A double from Spearman to left center sent Muns and Graves home to make it a three-run game.

Without any time left, the Lady Rangers lost the game against UCO.

NWOSU 5-UCO 8

Later in the day, NWOSU faced UCO one more time before coming home. It started with two runs scored for the Bronchos, giving them the early lead.

In the second, Kaitlyn Corn hit a single homerun to make it a one-run game. It was responded with a run from UCO who made it a two-score game once again.

In the third, UCO scored three runs to make it a 1-6 ballgame with four innings left to go. In the fourth, Van Haren hit a double homerun to take Clark with her and it was 4-6 and they were back in the game. Caine hit a sacrifice ground out to send Graves home in the sixth, and they were getting closer to the Bronchos.

Pack then hit a single to right center and sent Prentiss home and there was now only one run separating the two teams. Unfortunately, UCO scored two runs and killed the Lady Rangers' momentum and ended the game 5-8.

Baseball sweeps SNU, destroys PHS

By **OAKLEE FIELDER**
Sports Editor

Northwestern Baseball had four away games on their schedule last week.

The start of the first game against SNU was slow. The first three innings were scoreless. In the fourth, Chase Gordon hit a single with the bases loaded. There was a throwing error and Dylan Barcello and Gavin Mendoza were able to run home. In the bottom, SNU scored a single run. In the fifth, Connor Green hit a single and made it on a fielder's choice, who got Wright out at second. Bradford ran home and scored a third run for the Rangers.

In the sixth, Dylan Bradford made it to first on a fielder's choice to second and Hamilton was thrown out. Gordon ran home throughout the events. SNU responded with a single run in the bottom of the sixth.

In the seventh, Barcello hit a double to right center field and sent Connor Green home. Colby Grace hit a single to left field and sent Barcello and Mendoza home

to make it a 7-2 ballgame.

In the eighth, Connor Green hit a double to left center field and sent Bradford home. Hagan Barcello hit a single to left field and sent Connor Green home. Grace was walked with the bases loaded. Gordon hit a single to left field and sent Mendoza home. There was a wild pitch and that allowed everyone on base to advance and Barcello ran home to make it a ten-run game. In the bottom of the eighth, Southern Nazarene hit a triple homerun to cut the Rangers' lead to seven.

The second game against the Crimson Storm was much quicker to get going. In the first, Connor Green hit a double to left field to send Bradford home. The Storm responded with a single homerun in the bottom of the inning to tie the game at one.

In the second, Grace hit a double homerun, taking Barcello home with him. Connor Green hit a single to left field to send Gordon home. Chad Green hit a double to left field and sent Wright home. Barcello hit a single to shortstop, Connor Green ran home throughout the events

and the game was 6-1.

The Crimson Storm responded with six runs to take the lead 6-7, they then hit a homerun in the third to make it 6-8. In the fourth, Mendoza hit a single to center field and allowed Wright to go home to make it a one run game. SNU responded with two runs of their own and it was 7-10. In the fifth, Gordon hit a double homerun, taking Grace with him and it was a one run game. In the sixth, the Crimson Storm scored three runs to make it 9-13.

Down by four, Wright hit a triple homerun to start the seventh off right, taking Bradford and Grace home to make it a one run game. SNU responded immediately, scoring a double homerun, putting the Rangers down again.

In the eighth, Grace hit a single to left center, sending Mendoza and Chad Green home. Gordon then hit a single to left field and sent Barcello home. Zach Vetel was next and he hit a single to center field and sent Grace home and the Rangers were leading the game. Wright then hit a double to left field and sent Gordon home to extend their lead to two.

SNU responded with one run scored in the bottom of the eighth.

Top of the ninth with just one inning left, Gordon hit a double and thrown out. Although he got out, this gave Grace and Barcello the chance to run home. In the bottom, SNU scored a homerun but were not able to get anything going to catch the Rangers, and the game was over.

In the final game of the series against SNU, the Rangers opened up with a grand slam home run from Mendoza. He brought Chad Green, Wright, and Bradford home with him. The Crimson Storm responded in the second inning with five runs to take the lead away from the Rangers. In the third, Connor Green hit a homerun to centerfield and it was a tie game at 5.

The fourth inning was a beat-down from the Rangers. Bradford hit a sacrifice fly and sent Shaffer home. Wright hit a single home run to left field. Mendoza hit a single to shortstop and sent Connor Green home. Barcello hit a double to right center and sent Chad Green home. Vetel hit a double to left center and sent Grace, Barcel-

lo, and Mendoza home. Bradford hit a single to center field and sent Vetel home. Wright hit a double homerun, sending him and Bradford home.

After letting a mere 10 runs go to the Rangers in just one inning, SNU scored two runs in the bottom of the fourth. In the sixth, Connor Green hit a single to left field and sent Bradford home to score the final run of the game.

Next was Panhandle State, and they scored first.

In the third, Wright hit a triple to left center and sent Bradford and Saire home. The Aggies responded in the bottom of the fourth and tied it. In the fifth, Wright hit a triple homerun and took Bradford and Saire with him to take the lead 5-2. The Rangers continued scoring in the seventh with a single homerun from Chad Green. In the eighth, Wright hit a single to center field and allowed Grace to go home. Connor Green hit a double to center field to send Wright and Shaffer home. Barcello hit a double to right field to send Connor Green home to make the game 12-2 and force the run rule.