

Recognizing sexual assault awareness month

By SARAH BRASHEARS
Features Editor

Sexual assault is any form of sexual violence or abuse, through physical violence, between a perpetrator and victim.

This crime can result in up to ten years in prison, as well as a lasting impact on the victim and the victims family. According to the National Sexual Assault Resource Center, 1 in 5 women and 1 in 16 men will graduate college having been sexually assaulted. Sexual assault is a serious crime that no victim, man or woman, EVER ASKS FOR.

Statistically speaking, over 40% of college students will experience some form of sexual harassment before graduating. Of that percentile, 34.4% of women between the ages of 18 and 24 will be sexually assaulted, according to the National Sexual Assault Resource Center. However, these statistics are pulled from surveys and case files from the assaults that are reported.

More than 90% of sexual assault cases, especially those in college students, go unreported. Victims may not come forward for a number of reasons, including fear, shame or lack of trust in the system.



A window outside of the Industrial Education building painted with the hashtag SAAM which stands for Sexual Assault Awareness Month many windows around campus are painted in similar ways.

A study held through the United States Department of Justice revealed that many students do not come forth because they did not have proof that the incident occurred.

Sufficient evidence includes biological evidence such as fingerprints or semen, impression evidence like shoes prints, or trace evidence including hair fibers. This evidence can be hard to accumulate if one does not go to the doctor immediately after the incident occurs.

In only about 15% of sexual assault cases is evidence found to determine the perpetrator guilty.

taking them to trial. During her case, the rapist hired many investigators, attorneys and expert witnesses to support his case.

Miller spoke of this in her victim-report, which can be listened to through 60 minutes overtime, saying, “.... were going to find details about my personal life to use against me, loopholes in my story to invalidate me and my sister in order to show that this sexual assault was in fact a misunderstanding.” She also mentions that her rapist does not know her, but she knows him as the man who was inside her, changing her life.

Victim-blaming remains a prominent problem with most sexual assault cases. Cases, such as Miller’s, use events and evidence to prove non-verbal consent, loopholes in evidence, and personal lives to validate the assault. Other common forms of victim-blaming can look like questioning what the girl was wearing or why she was out so late. This is in an attempt to suggest that the victim’s clothing choices or activities contributed to the assault. Other cases will use the consumption of alcohol or drugs to brush off the assaulters actions, claiming that the victim does not remember the

See AWARENESS, Page 9

New SGA officers plan to focus on students opinions

By ALLI SCHIEBER
Editor-in-Chief

SGA held their officer elections with all four candidates running unopposed.

Brayden Stoner the current SGA president ran for the second year unopposed.

Stoner is a sophomore business administration major and marketing minor from Arkansas City, Kansas.

He said he learned a lot from his first year as president one thing he learned is he needs to be more responsive when people give say things to him. He has

also learned that communications is important in any role but especially leadership roles.

Stoner said that another thing he likes about SGA is being able to make connections with all sorts of people.

One of the goals stoner has for next semester is creating an SGA retention program as it has been brought to his attention that involvement in SGA has been dwindling.

He would also like to work on installing hammocks somewhere on campus.

“I like being able to help people out because I understand that a lot of people have issues with stuff on campus,” Stoner said.

He continued and said he likes being able to talk about that change and get that change to administration.

Maci Flowers ran for vice president she is a freshman from Tecumseh and elementary education major.

“I’m from three hours away, didn’t know anybody, but I got up here and it has been so much better than anything I could have ever pictured,” Flowers said.

Her goal as SGA vice president is to make the college experience, being on a small campus, as amazing for everyone else as it is for her.

Another one of her goals is to listen not only with her fellow SGA officers but also with students to help her learn and grow.

She said that being in the Presidents Leadership Class last semester has also helped her network and feel confident to step into this role.

Johnathan Ylitalo ran for secretary, he is a double major in biology and chemistry from Enid and is in his third year at NWO-SU.

Ylitalo had kicked around the idea of running for an office but it was not until he talked with Kaylea Brown, the current SGA adviser that he decided to run.

Brown encouraged him to run as there was not many others running.

Ylitalo is currently an officer for both the chemistry and medical science clubs.

He said he would like to develop a feedback loop to make it easier for students to submit their feedback on events without having to be at a meeting to submit their ideas.

Andrew T. Scott ran for treasurer for next semester.

Students are encouraged to attend SGA events throughout the year as well as meetings and become a senator if they would like to help with events on campus.

NEWS

What's Up?

April 10- 16

10

- Diversity Speaker Rhonda Stevison 2:30 p.m. - 5 p.m. EC 109
- Writer's Roundtable 5 p.m. - 6 p.m.

11

- O.I.L. Meeting Noon- 1:30 p.m. EC 109
- Musical 7 p.m. Fellers Family Auditorium

12

- Town wide Garage Sale 8 a.m.- 5 p.m.
- Musical 12 p.m. and 7 p.m. Fellers Family Auditorium

14

- W or F issued on dropped 2nd eight-week classes



15

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

- Biology Club trivia night 5 p.m. - 7 p.m. Science Amphitheatre

16

- Outdoor worship night 8 p.m.- 9:30 p.m. Intramural Football field
- Retail and Business Development Workshop 11 a.m. - 2 p.m. Northwest Technology Center 1801 S 11th St
- Freshmen Connection 8 a.m. - 4 p.m.



Professor shares surprising McKinley facts at lecture

By TRA'VON JOHNS
Student Reporter



Photo by Victor Kinzie

Dr. Kevin Kern discuss the importance of President McKinley.

A surprising fact about President William McKinley, the 25th president, is that after he was mortally shot, he worried about other people, before he worried about himself.

Students learned this and other interesting information at the Presidential Lecture Series Monday, sponsored by Northwestern Department of Social Sciences and Endowed Institute for Citizenship Studies. The guest speaker was associate professor of history at the University of Akron in Ohio, Dr. Kevin Kern.

The informal format of the lecture included NWOSU political science professor Dr. Aaron Mason asking Kern questions about McKinley and his impact as president 1897-1901.

Kern said the president, after being shot twice in the abdomen by Leon Czolgosz, urged his aides to keep the mob from hurting Czolgosz. He also asked that they break the news of the event gently to his wife, Ida. McKinley was treated for the wounds but developed gangrene and died about a week later.

Kern shared other surprising facts. McKinley once refused to stay in a hotel that would not allow Blacks to stay there as well. McKinley also served in the Civil War, and a monument at Antietam honors his being in charge of the Commissary Department at that battle.

One of McKinley's key platforms involved tariffs. Kern said McKinley was particularly interested in helping U.S. industry and American labor because his family was working middle class.

Kerns said Ohio, where McKinley was from, is a state that reflects the population of the United States more than any other state. The northern part of Ohio was partly settled by northeasterners, the middle settled by mid-Atlantic people and the southern part by Southerners. It was the first state carved out of the public land system.

This mix of settlement helped McKinley learn to connect with all kinds of people from all walks of life, which Kern said helped him be really good at talking with anyone.

Kerns said McKinley was a genuinely nice guy who was not easily offended and liked working behind the scenes while letting others take the credit.

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Going Somewhere



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NEWS

SPORTS NEWS

- Alex Ovechkin breaks Wayne Gretzky's goal record
- UConn Girls won national championship and honored Kobe's daughter, Gianna, on the bench
- Bryson Stott helped announce Phillies fan's gender reveal



OU College of Medicine staff talking amongst themselves while waiting to be approached by students during the career and internship fair.

Photos by Victor Kinzie

Employers in search of employees

By JESSICA SCHIEBER
News Editor

The Career and internship fair took place April 7. Many different organizations came to talk to students about what they could offer them and why they should join their teams. The event lasted from 10 to 12. The fair took place in the Student Center Ballroom. Northwestern students and job seekers in the community were all encouraged to go to the fair. They were also encouraged to have copies of their resumes and cover letters for the staff that came.

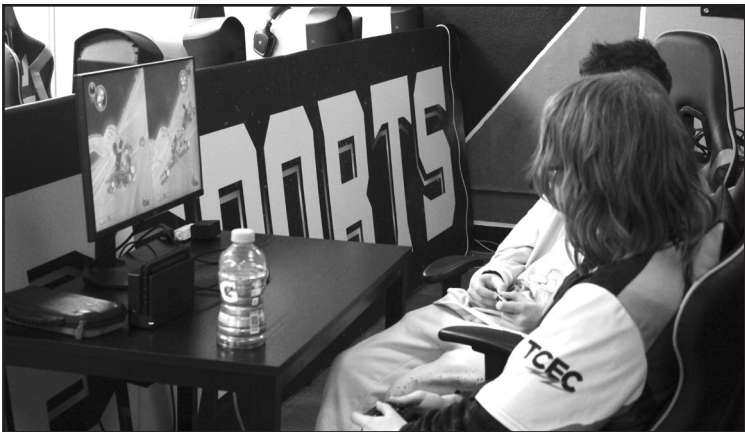


Grand Mental Health staff and Loves staff prepares for students.

Instagram News

- American Idol airing a Songs of Faith episode
- Lebron James becomes first male athlete with an official ken doll
- Thunder are the first team to win 65 games in a season since 2017
- Nintendo announced Switch 2 and Mario Kart World releasing June 5th

Middle School students race to Shockley Hall



Photos by Corky Hall

Middle School students playing Mario Kart against one another.



OKSE Regional Mario Kart tournament took place at Alva in Esports room in Shockley Hall sponsored by the NWOSU Esports.

Mario Kart top 5

- Wario
- Dry Bowswer
- Yoshi
- Birdo
- Baby Mario and Luigi

Info by Screen Rant

NORTHWESTERN NEWS

Official Newspaper
Northwestern Oklahoma State University

709 Oklahoma Blvd.
Alva, OK 73717

Published weekly throughout the school year except during examination periods and holidays and distributed to students and staff.

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Alva Review-Courier

The opinions and comments contained in the Northwestern News are those of the writers and do not necessarily reflect the policies or beliefs of the university administration, Board of Regents of Oklahoma Colleges or the editorial staff. The News gladly accepts submissions but does not promise they will be used.

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This publication, printed by Northwestern Oklahoma State University, is issued by the University as authorized by the Regional University System of Oklahoma. Four hundred copies have been prepared and distributed at a cost to the taxpayers of the State of Oklahoma of \$368.00.

LETTERS TO THE EDITOR

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@nwosu.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

Duke Basketball

Player	Position	Listed Height
Tyrese Proctor	Guard	6-6
Kon Knueppel	G/F	6-7
Cooper Flagg	G/F	6-9
Khaman Maluach	Center	7-2
Sion James	Guard	6-6

Graphic by Christian Franklin

Reality check to Blue devils

By CHRISTIAN FRANKLIN
Opinion Editor

Duke University men’s basketball team has been well known for their excellence on the basketball court especially while having legendary Coach Mike Krzyzewski. The Blue Devils have managed to acquire five national championships, on top of 15 final four appearances and that’s a recipe for one of the most successful programs in NCAA history.

Duke’s basketball team predicted to live up to high expectations but instead faced unforeseen losses, especially in March Madness, and it was considered nothing but short of failure.

This year while Duke tried making a run to dominate like they normally do, unfortunately this March Madness came to a crashing halt, in the final four as they were beaten by the Houston cougars 79 to 73.

This loss was painful to many fans and to all players who serves as a reminder to the Blue Devils basketball program that they will have to get back to the drawing board and make changes.

This may be a setback for the Blue Devils, but this year’s tournament was disappointing.

But will this be the big reality check the program needs to get to where they need to be in the future?

Originally Duke’s basketball team entered March Madness with optimism after they had already established their young talent and talented roster that has shown nothing but countless flashes of brilliance throughout the season.

With their freshman stand out Jamal Davis, he has been the face of their scoring with his unique scoring ability and leadership to many of his fellow players.

Sophomore center Greg Luis, made them a threat in the paint, which led many to believe they had the potential to go all the way. But as we’ve seen time and time again in March Madness, potential is not always enough to deliver a championship.

Going up against Houston, Duke fell victim to being inconsistent and lack of discipline in crucial moments which led to them not being able to execute in

high-performance environments like in March Madness.

Even through it all Duke still managed to have strong, individual performances, Davis and Luis both had solid games while the team struggled to find a rhythm during the game as they began to be more out paced by Houston’s offense and defense which was more intense and physical than Dukes.

It is important to recognize that Duke’s performance in the tournament showed more than just defeat.

They managed to highlight a deeper question about the blue Devils basketball program.

The days of Coach K are looking to be in the rearview mirror as the team faces a new chapter under Head Coach Jon Scheyer.

Grand Slam:Women steal the show

By CHRISTIAN FRANKLIN
Opinion Editor

Olympic gold medalist Gabby Thomas is well known for her burst of speed and mid-distance range.

But with her latest achievement at the Grand Slam track event in Kingston, Jamaica, she managed to set one of the best times in the world.

On Saturday, Thomas ended up running her personal best in the 400m, clocking a time of 49.14 seconds, and that made her runner-up finish that combined with her 200m victory on Friday, securing her grand slam meet title for her extended sprint group.

That outstanding time set her apart and put her at status as one of the most complete sprinters in the world, which means in both the 200m and the 400m.

Thomas’s performance of 49.14 is a moment in history to be remembered. She didn’t just trend



From Pixabay

more than a half second off her previous PR of 49.68 from back in 2019, but it also placed her as the seventh fastest in American history at 400m. But the impressive moments didn’t stop there that night; Thomas’s performance came with a stacked field that included 400m gold medals.

Marileidy Paulino from the Dominican Republic and Salwa Eid Nader of Bahrain ended up setting the fastest time ever run before July, showcasing how competitive the field was. For Thomas to hold off Paulino, it

would be no easy challenge.

The Crown Victor was Naser, with a fantastic time of 48.67 seconds, setting the fastest time ever run before.

Taking that time into perspective is a tremendous achievement in women sprinting.

OTHER VOICES

Deportation a reality for many students

Under the new Trump administration, many international students who study in the U.S. under legal visas are finding their visas canceled without warning and sometimes detained or deported.

Many of the students face this because they spoke out on their college campuses, sometimes in the student newspaper, about what they perceive to be wrongful actions taken by governments across the globe.

NWOSU, to our knowledge,

has not faced any such problems. However, we recognize the chilling affects these deportation actions can have on student media throughout our country, even if none of their students face deportation.

Today, we offer a few of the editorials, letters and columns written by student journalists at universities where they have been touched by these deportations. The pieces were edited for length or paraphrased as indicated.

Harvard Crimson

As students lose their visas, we can't lose our voices

By **MOHIB AHMED**
Harvard Crimson Opinion Writer

The abduction of international students is no longer a distant headline — it is now a potential campus reality. Two days ago, we learned that the U.S. government revoked the visas of multiple Harvard students and recent graduates.

University leaders' public response, thus far, has been one of deference. But for those of us with the protections of citizenship, silence is a choice, not a necessity.

Silence is not a neutral response. It is where repression flourishes the most. If students do not speak now, when the stakes are clear and the victims are their classmates, then the university's institutional values will remain rhetorical at best.

Since the onset of the Trump administration's deportations, the only memorable college-wide communication from the president's office came in response to the funding crisis. That email rightfully acknowledged that much was at stake — but it refused to address the consequences of compliance.

Now, visas have been revoked silently, bureaucratically,

and without visible institutional resistance. By veering towards neutrality in the face of injustice, Harvard is in effect complicit. If it bends its knee to federal intimidation now, it sets a precedent for what — and who — it will sacrifice next.

Despite the urgency of the moment, the student body remains worryingly silent. ... where are the public demonstrations? Where are the letters of disapproval, signed en masse by Harvard students and organizations?

Where is the visible discontent in the face of the oppression of our non-citizen peers?

International students, whose legal and academic futures hang precariously in the balance, seemingly cannot safely protest without risking deportation, surveillance, or worse. The White House has made it alarmingly clear that speech critical of the Trump administration and its views may now carry dire consequences.

Speech is not simply a right to be defended; it is a responsibility to be exercised, especially when others are punished for doing so. As American citizens, we can and must speak out against the Trump administration for their repressive policies — and the current university administration for their relative silence in response. ...

A letter to the Stanford community

On freedom of press

By **STANFORD EDITORS**

Last Friday, rumors that Immigration and Customs Enforcement (ICE) made an appearance on campus quickly spread through group chats, social media, dorm channels and club messaging boards. Though the rumors were dispelled within a few hours, that same night, the university announced that six student visas had been revoked by federal authorities.

As the executive editing team of The Daily, we want to confront what these rumors — and the broader context they were made in — mean for our newsroom and our work on campus.

First and foremost, they mean that student speech, from our own reporters and those we're reporting on, is

startlingly chilled. Both students and faculty have been increasingly hesitant to speak to The Daily and increasingly worried about comments that have already been made on the record. Some reporters have been choosing to step away from stories in order to keep their name detached from topics that might draw unwanted attention. Even authors of dated opinion pieces have expressed fear that their words might retroactively put them in danger.

In a time when a Tufts University graduate student can be detained and have her visa revoked for an op-ed she wrote over a year ago, these fears are entirely understandable. ... When the publication of an op-ed is grounds to put a student in a detention center, it is clear that the freedom of the press and the freedom of speech is

under attack. ...

We urge the university to take active and public steps toward the safety of students, faculty and staff. ... Though a statement from the president and provost is not likely to change the course of the government's actions, it will signal to Stanford's community that their administration is actively supporting those who are being targeted.

Going forward, The Daily will be taking [action] ... Specifically, anonymity for students who feel threatened will be granted with more leniency than before.

We will continue to do our job as journalists to provide accurate, objective information, and we call on Stanford administration to do their job in upholding the university's values and protecting its students.

Northeastern U. (Boston) must stand up for international community it touts as its strength

By **AVA VITIELLO**
Huntington News columnist

International students from all over the country are the newest target for President Donald Trump's sweeping attack on the United States. Now, this attack has arrived right at our front door, and Northeastern has found itself with a target on its back.

On Monday, a Northeastern spokesperson confirmed that the State Department had revoked the visas of 18 Northeastern students and 22 alumni. While it is unclear why they were canceled, the larger message Trump sends to our international and student community is explicit: If you disagree with our administration, we will come for your visa status.

...According to Northeastern's "Navigating a New Political

Landscape" FAQ page, the Department of State is targeting visa holders who have "allegedly engaged in criminal behavior." There is no information explaining what those activities are on the website, and it seems like our university leaders will not be addressing this anytime soon. Across the country, people have had visas revoked over violations as trivial as traffic infractions.

While there is currently no evidence that Northeastern students' visas were revoked due to political advocacy or speech, cases such as Rumeysa Öztürk, the Tufts student who was detained by Immigration and Customs Enforcement Officers in March, point to speech being utilized as a factor in visa withdrawal. So, in this time of extreme uncertainty, how are you going to be affected?

... You are justified if you are

an F-1 or J-1 visa holder and you are afraid. You are justified if you are someone fearing the revocation of your student visa. But if you are a citizen complaining about Trump's policies and wondering what our world will look like in four years, I beg you to make your voice heard.

At this moment, anger is an appropriate reaction from the Northeastern community. As a community, we can rally support and make our voices heard.

... We can demand action and show the administration that we want answers. ...As Northeastern students, there are a lot of unanswered questions and a lot of unknowns. Luckily, there is hope. ...As a student body, we must stand with our international students and hold the administration accountable for the protection it owes them.

A letter to Columbia U. from detainee

Mahmoud Khalil, a Palestinian activist and graduate student at Columbia University, was arrested Saturday. His student visa was revoked in March. He is detained at LaSalle Detention Center in Louisiana.

The Spectator student newspaper at Columbia published a lengthy piece on April 4 that Khalil dictated about his current situation. It has been paraphrased and edited for length here.

He said Columbia University "laid the groundwork for my abduction. ... The logic used by the federal government to target myself and my peers is a direct extension of Columbia's repression playbook concerning Palestine."

He cited numerous emails from administrators "that manufactured public hysteria about antisemitism without once mentioning the tens of thousands of Palestinians murdered under bombs made of your dollars. Columbia has suppressed student dissent under the auspices of combating antisemitism."

Khalil praised students who have stayed involved with the movement for Palestinian freedom that began a year ago. He also denied that the movement is antisemitic.

"Anyone who has truly engaged with the movement knows that claims that its

goals and purpose are rooted in antisemitism are mere fabrication," he said.

He pointed to "the students who publicize manufactured safety concerns regarding antisemitism" as the same ones who "turn our lives into targets. While they sit comfortably behind their screens, their actions have very real consequences for the rest of us."

Khalil said he believes "some pro-Israel students were participating in the genocide as military personnel during their school breaks, only to return to campus and claim victimhood in the classroom. These students who have smeared and attacked us

have also benefited from the mutual backing of this institution and the federal government."

He continued: "To the students who remain apathetic to Columbia's disregard for human life and its willingness to discard student safety: As pressure from the federal government intensifies, know that your neutrality on Palestine will not protect you. When the time comes for the federal government to target other causes, it will be your names that Columbia will offer on a silver platter, it will be your pleas that fall on deaf ears, it will be your just causes that are stonewalled."

‘The 25th Annual Putnam County Spelling Bee’

By **MEGAN SPRAY**
Student Reporter

Northwestern’s Reichenberger Department of Fine Arts is set to debut their spring musical on Friday and Saturday.

The 25th Annual Putnam County Spelling Bee is a comedic musical that’s a Tony and Drama Desk award-winning production. The musical will be held in the Fellers Family Auditorium in Herod Hall on the Alva Campus on April 11 at 7 p.m. and April 12 at 2 p.m. and 7 p.m. The department is advising that the musical is rated PG-13.

Jadyn Hendrickson is a freshman theater major from Arizona and is playing the part of Olive Ostrovsky.

Hendrickson said the play was about multiple kids with very different backgrounds and family situations coming together to win the 25th annual spelling bee.

“It makes you kind of think a little bit about face value because a lot of the characters, they have a lot more going for them than you would expect,” Hendrickson said.

A member of the Northwestern theatre since last spring, Alexander Marshall, a sophomore from will be playing the role of Vice Principal

Panch.

Marshall said students should come to the musical because it is known for the comedic humor and is just overall a great play.

“Especially in today’s world, there’s not really a whole lot to be super stoked about,” Marshall said. “This is a moment where you kind of get away from reality if they’re going through a hard time to laugh some.”

Professor of theatre and arts and Reichenberger Department of Fine arts chair, Kimberly Weast, is the co-director of the musical.

Weast said the musical is hilarious and sets itself apart from the other plays they’ve presented because it’s more of a contemporary play and was on Broadway within the last few years.

A play like this isn’t possible without having a great team to act, run music, and handle the technical sides which Weast highlighted.

“The talent that is on stage, people are going to be very, very impressed with,” Weast said. “It’s an excellent show.”

Tickets for the show are available at the door with general admission for \$15, university employees for \$10 and students with a current student ID are \$5.



Left, Lucas Wood who plays Leaf Coneybear and right, Lena Aguilar who plays Logainne Schwartzandgrubenierre rehearse their roles.



Above: Lena Aguilar practices for the musical and her role as Logainne Schwartzandgrubenierre, the youngets speller at the Putnam Spelling Bee.
Right: Jadyn Hendrickson plays Olive Ostrovsky in “The 25th Annual Putnam County Spelling Bee”.

Cost?
General Admission: \$15
NWOSU Employee: \$10
Student with ID: \$5



Lena Aguilar and Alan Garcia practice for their roles as Logainne Shwatzandgrubenierre and William Barfee on Monday evening.



Left to right, Jadyn Hendrickson, Jaden Matthews, Alan Garcia and Lena Aguilar rehearse a scene of “The 25th Annual Putnam County Spelling Bee” at dress rehearsal on Monday in Fellers Family Auditorium.



Left, Jack Mahoney, middle, Jaden Matthews and right, Alex Marshall reherse a scene from the musical together on Monday.

FEATURE

How to...

Make ice cream without using an ice cream maker

By SARAH BRASHEARS
Features Editor

As a lover of ice cream, I am constantly craving a creamy, homemade bowl. However, not having a machine seemed to be the end of this wish. I continued to buy ice cream and accepted the fact that my craving would have to wait until family reunion this summer. Then, as social media tends to do, a blog with four different recipes for ice cream without a machine came across my feed, leading me here. Let’s make some ice cream!

Method #1:

The first method is a 2-ingredient recipe, keeping the making process simple! Start by wiping 2 cups of heavy cream until small peaks form. You can do this by hand or with an electric mixer. Next, drizzle in a cooled can of sweetened condensed milk.

For flavoring, add in whatever flavors or syrups desired. Place mixture in an airtight container and freeze! It really is that simple.

Method #2:

The second method is known as the plastic bag method. To start, make the same ice cream mixture as described in method one, using



Photo from Vecteezy

heavy cream and sweetened condensed milk. However, instead of placing it in an airtight container, move the mixture to a quart-sized resealable bag. When closing the bag, squeeze out as much air as possible.

Then, place this bag containing the mixture inside a different quart bag. Again, be sure to squeeze out as much air as possible and seal tightly. Place both bags into a gallon sized, resealable bag. Fill this gallon bag with about 4 cups of crushed ice, sprin-

gling around 4 tablespoons of salt on the ice in layers. Squeeze all air out of the bag and seal tightly. Wrap all the bags in a towel and shake while massaging the bag. Be sure the ice is surrounding the cream mixture continuously. After shaking for 5 to 10 minutes, you should have a frozen mixture, resulting in homemade ice cream!

Method #3

The third method is slightly time consuming, but results in a smoother ice cream! To start, place your ice cream mixture in

a large stainless-steel dish. Place the full bowl in the freezer for 45 minutes. As it begins to freeze, you will see the mixture harden from the edges first. Once this happens, remove it from the freezer and stir vigorously using a spatula. After stirring, return the bowl to the freezer. Every 30 minutes, take the bowl out and repeat the stirring process. For better results, use a mixer or hand blender. After roughly 2 or 3 hours, your mixture should be frozen into an ice cream form!

Method #4

This method is my personal favorite! I make this recipe at least twice a month. To start, make any ice cream base according to the directions of the recipe. However, instead of churning in an ice cream maker, pour the mixture into a zip able bag squeezing out all the air. Freeze the bag, lying flat, until the mixture is solid.

Once frozen, remove the bag from the freezer and break into chunks that will fit into a food processor or high-powered blender. Place the chunks in the blender and pulse until smooth. If you choose to add mix-ins, fold them in or pulse again until you reach your desired consistency. Once mixture is smooth, place in an airtight container. Cover the ice cream and place in the freezer until ready to serve!

Ice cream has always been one of my favorite snacks. As the weather is beginning to warm up, I am most excited about utilizing these four methods to make sweet, creamy, cold ice cream! The flavors are endless, from making plain vanilla, adding chocolate syr-up, or mixing in your favorite candies! Homemade ice cream is truly the best! What kind of ice cream will you make?

Emil Cioran: Sad, honest, comforting

Do you read philosophy very much, fellow reader? You know what? Let me rephrase that in a more simple and modern way. Do you watch some advice gu-

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KAUMANS

ru’s *TikTok* or *Youtube* that claims to hold all the answers to success that you can get from his or her classes (which cost more than you can afford to spend by the way)? Have you ever seen those “self-help” books that offer some broad answers to your worries like “just breath” or “think about puppies”? Because, in my opinion, that kind of stuff compels in comparison to what *actual* philosophy is.

There’s this Romanian essay-ist that lived during the Twentieth Century that I just found out about not too long ago. His name is Emil Cioran, and if you were to read any of his works, one thing you would notice right away is how depressing and hopeless he sounds. For all his life, Cioran has

struggled with suicidal thoughts. According to him, writing was what kept him from ending himself. This seems to be a good coping mechanism, considering that he lived to be 84.

While you might be reading this and think: “So what, this guy writes with the intent to make us all as miserable as him?” While I can see where you’re coming from, you need to look at his work on a deeper level. Some have said that, despite his works being filled with the topic of death and the problem with being born, they felt a kind of comfort reading his books. Emil encourages us to embrace the absurdity of life. Yes, he does say everything in life is meaningless, but in this argument, he asks us why should we worry.

Now, that being said, I’m not saying everyone should read his books. If you’re not much of a fan of nihilism, I would not recommend his work.

Even though one could interpret his books as strangely uplifting, his comparisons are rooted in a deep sadness nonetheless.

However, if you ever feel alone, if you ever feel like no one understands you, perhaps Emil could offer you some catharsis.

Maintenance



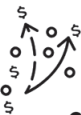
Photo by Allison Schieber

Maintenance crew preps installation of new air conditioner unit on the south side of Ryerson Hall.

Dad Joke...



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ENTERTAINMENT

Art found in being kind, being positive

Being kind and positive towards others is a simple thing to do but sometimes it is unusual to see it in today’s world.

Something I have noticed that is a great pet peeve of mine is being surrounded by people who are negative and complain about everything. I am not someone who has many pet peeves or easily gets irritated.

Imagine a tire slowly getting deflated, that is exactly how I feel being around negative Nancys and complainers. I start to feel a little bit anxious and irritated. So, what do I do when I’m surrounded by those people? If possible, I remove myself from the setting or leave the conversation gracefully.

I have always been the type of person to always try to look at the better side of things. Complaining never has helped me and it never will. I can see the difference in my life when I start going down

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a negative thought pattern rather than simply letting it be.

When I start feeling myself complain, for example, I say “I have too many things to do today, including two sessions, homework, when will I get a break.” Instead, I fix my thoughts and tell myself, “I am grateful I at least have a session, amazing I have two, I’m working towards my education, and it will all be worth it.”

In reality, I should be grateful I have business, I should be grateful that I get to have an education. This mindset has truly helped me be more aware of how I think and the importance of gratitude. I believe when you are grateful for many things you are more able to be kind.

Without kindness we would all be miserable. Think of all the times someone has greeted you with kindness, complimented your outfit, opened the door for you, smiled at you, helped you. Now imagine your life without any of those.

Your kindness can be the reason someone decides to keep on living.

Here’s your reminder to be kind and stay positive.

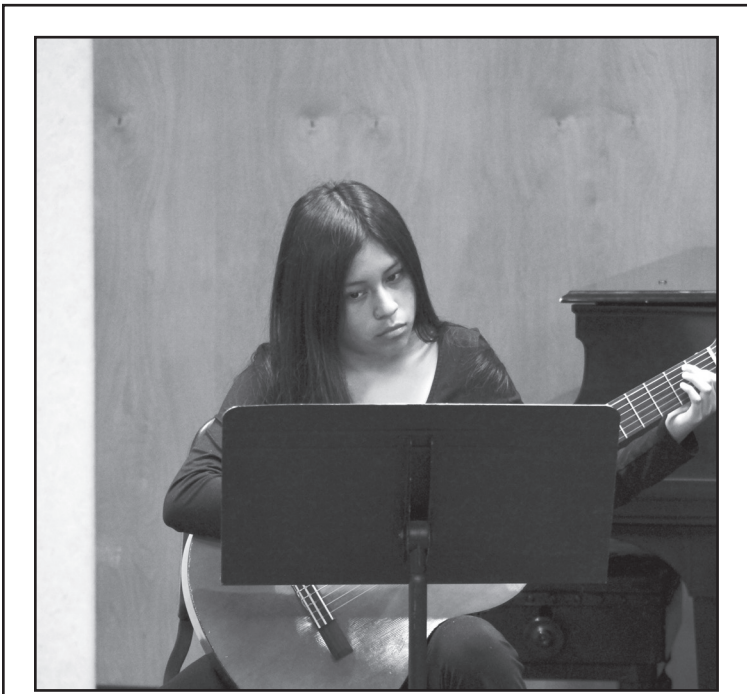


Photo by Victor Kinzie

One of many guitarist at the Guitar Fest at NWOSU on Friday.

Awareness

Stay alert, stay aware

Continued from Page 9







event as it happened, as they were intoxicated. Regardless, no means no and intoxication is not consent. Thus, many victims are afraid to come forward out of fear and shame that the assault was their fault.

In the hours following an assault, victims are flooded with emotions. These include shock and disbelief, numbness, guilt, anger, and fear. According to the Pennsylvania Psychiatric Institute, post traumatic stress disorder is one of the most common and longest lasting consequences of a sexual assault. Survivors relive the moment through intrusive memories and flashbacks, often resulting in fear of a social life.






Many survivors will withdraw from normal life, cut communication with those closest to them, and begin to develop habits of not eating or sleeping. The consequences for assault to not just remain with the assaulter. However, the victim never asked for the consequences they live with for the rest of their lives.







Staying safe on campus remains NWOSU’s priority for all students. To protect yourself, it is important to know your resources, stay alert, avoid posting your location at any time on social media, think about a plan B if you are going out, tell someone you trust where you are and who you are with, and be secure.






When you are traveling anywhere, whether on campus or around town, be aware of your surroundings. Consider asking a friend to go with you. If you travel alone, only wear a headphone in one ear, helping you hear your surroundings and stay aware of the environment. Many social media sites, such as snapchat, use your location. Consider disabling this function and review all other location sharing sites on your phone. Also be aware of what you are posting. Consider posting a place after you have left, or post images







One in six women will graduate college having been sexually assaulted







One in sixteen men will graduate college having been assaulted



Do not post your location

Lock your car and room

Know your resources, call for help

Tell someone you trust where you are & when you will be home

that make it difficult to decipher where you are.

When leaving, consider a plan B for any potential-sticky situations. Memorize a safe person’s phone number in case your phone dies. Carry emergency cash in case your card will not work. Carry a spare key, keep your car filled with gas, and put jumper cables in your trunk.

When leaving alone or to a new place, tell someone where you are going. Also include who you will be with and around in case they can not get a hold of you. It is also important to give them an estimated time of when you will be home, as well as message them you are home safely, in case something happens while you are out.

It is always smart to remain secure. Always lock your doors and windows, whether you are traveling or in for the night. If the dorm’s main door is propped open, be sure to let the resident on duty know. Never leave

anything unlocked, in order to prevent a break in to your room or vehicle.

NWOSU has many emergency contacts. To find these specific numbers, you can visit www.nwosu.edu/campus-safety. Save these numbers in your phone, where you can quickly access them if needed. When in doubt, always call 911 for an emergency.

NWOSU also has a free counselor on staff if you feel the need to talk to someone about a situation. You can find Taylor Wilson’s information at www.nwosu.edu/student-services/counseling. No sexual assault case is the same. No sexual assault case is justifiable.

If you, or someone you know, has been sexually assaulted please use your resources to help. 1 in 6 women and 1 in 16 men are sexually assaulted before graduation. No is not consent, and yes while intoxicated is not consent.

TALK ABOUT IT THURSDAY

“I am a person of action.” The third principle Andy Andrew writes in “The Traveler’s Gift” is a powerful reminder that in order to achieve our dreams, we must not wait for the perfect moment but instead make decisive moves toward our goals. Life is an unpredictable journey, reminding us that the future is never certain. However, the one thing that always remains in our control is our actions.

This principle teaches that when action is taken, even if it is in small steps, we are shaping our destiny.

This statement is about not making excuses or holding onto

doubts that do not allow us to move forward, but instead making the choice to take the next step regardless of the uncertainties of the future.

More often than we like to admit, we allow fear, procrastination, and the wish to be perfect to hold us in one place.

Society is always waiting for the “right” time, opportunity, or conditions before moving forward. But truthfully, there is very seldom a perfect time to begin. If you are waiting for all the stars to align, you will miss many opportunities and be left with unfulfilled dreams.

I encourage you to adapt to

the mindset of being a person of action, overcoming the obstacles that arise along the way.

Although the path ahead is unclear, take a step forward as it is better than standing still.

This principle is a challenge to rise above circumstance and enforce the thought that success is earned through persistence and the courage to act. When you embrace this principle - “I am a person of action” - you will begin to recognize that the future is not dictated by the world, but by your choices.


Call a stop to your hesitation and start living life the way you imagine.

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Creativity Fest



Naomi Soderstrom shares Alabaster Echoes release with the audience.



Ava Carr shows off some cross sticth bookmarks she recieved form diferent places around Europe including Stonehenge and Westminster Abbey.



Naomi brings laughter with her Rowdy Ranger themed cootie catcher.



Shaylin Petty informs the audience on a drawing of a creature of her nightmares and how deadly they are able to be.



Dani Parker showcases her talent by singing a song by Bruno Mars.



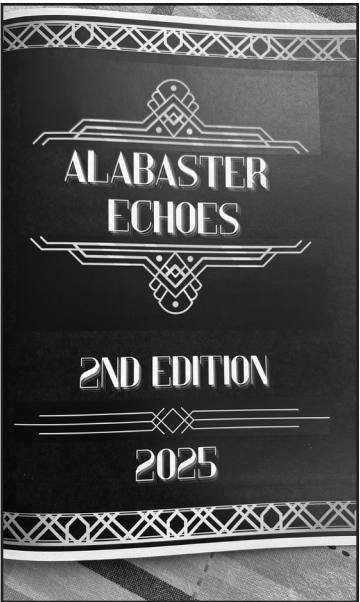
Dr. Brendan Stephens putting up his guitar after preforming a original song for the group of facuilty and staff that came to the event.



Rose Negelein shares poems about different parasites and cicadas.

By **JESSICA SCHIEBER**
News Editor

The Creativity Fest was held on April 8 by Sigma Tau Delta and Writer’s Roundtable. Many students were encouraged to come and enjoy this event with the faculty and students that were involved. There were talented students that shared all sorts of talents. From visual arts and singing to poems and short stories this event had it all. Students and faculty alike had the chance to showcase all of thier abilities. This event welcomes people to share thier talents without fear of being judged for them. It is a great way to show off something you are proud off.



SPORTS

Softball just can't beat OBA

By OAKLEE FIELDER
Sports Editor

The NWOSU Softball team had a triple header to play. The three games were against the Oklahoma Baptist University Lady Bison and had one game on Sunday and two on Monday. To start the triple header, the Lady Rangers were 9-25 overall and 5-15 in the GAC. OBU was 21-15 overall and 15-5.

This was going to be a tough three games for the Lady Rangers, especially if they were trying to get a win.

OBU 14-NWOSU 5

The first game started with a run scored for the Lady Bison to take the immediate lead.

Rachel Sherwood hit a sacrifice fly out and Jadyn Muns was able to get home to tie the game at one.

In the second, OBU scored four runs to take a large lead and set their tone for the game, and the three games as the Lady Rangers did not respond.

The third inning was scoreless.

In the fourth, OBU scored two runs to get their lead to six. Kennedy Caine hit a sacrifice fly to short stop.

Kirby Van Haren was thrown out but Rosemary Rivera ran home to get the Lady Rangers their second run of the game.

In the fifth, the Lady Bison scored a single run to make it 8-2. They continued their momentum



Photo by Allie Schieber

No. 20, Kaitlyn Corn swings to hit the softball in one game against OBU

in the sixth and scored five runs to make it 14-2.

The Lady Rangers were able to respond with a single by Macy Spearman to send Muns and Makaanalei Lapera home and make it a ten-run game.

Sherwood then hit a double down the left field line and sent Spearman home. Unfortunately, that was all the Lady Rangers had left in them and the game ended 14-5.

OBU 4-NWOSU 3

The second game was the next day on Monday.

It started with another quick score by the Lady Bison, and there was once again a response by NWOSU. Sherwood hit a sacrifice fly to center field and she was able to send Muns home to tie it at one.

Avery Clark then hit a single to shortstop and that sent Spearman home. The Lady Rangers now lead the game by one in the first inning.

The second was scoreless. In the third, the Lady Bison scored a run to tie the game at two.

The fourth was scoreless. In the fifth, OBU scored another run to take the lead.

The sixth was also scoreless.

In the seventh, the Lady Bison hit a homerun and they led the game by two in the final inning. Sherwood a single to shortstop but that allowed them to throw Spearman out. Caine was able to get home and put the score at just

one. Unfortunately, Van Haren hit a ground out and ended the game 4-3 for an OBU win.

OBU 5-NWOSU 4

The third and final game was later on Monday.

It started with another opening frame scoring run by the Lady Bison, who put it 2-0 in the first.

OBU then hit a homerun in the third to make it 3-0.

It was responded with a homerun for the Lady Rangers by Madeline Pack to score the Lady Rangers first run of the game.

In the fourth, Corn hit a single down the left field line to send Rivera home and make it a one run game.

In the fifth, Spearman hit a triple down the left field line and the game was tied 3-3 with a run from Muns.

In the sixth, OBU scored two runs to take the lead with one run as cushion in the closing stages of the game. It was responded as Delaynie Esterly hit a single down the right field line and sent Devynn Raile home.

That was all the Lady Rangers had in store for the Lady Bison, and they were winless over the triple header. The Lady Rangers now sit 9-28 overall and 5-18 in the GAC.

They also sit in the twelfth position in the standings, which is last. They are running on a losing streak of nine games, their last win against Newman University. They will play at Henderson State next.

Women's golf ends season at a low point

By OAKLEE FIELDER
Sports Editor

Tuesday, women's golf competed in the Spring Regional Preview hosted by the University of Central Missouri.

This will be the NWOSU Women's Golf team's final competition of the spring semester and the year.

The women's team finished in

thirteenth out of the twenty teams that competed. The teams score at the end of it was +49.

Romane Lacoste was the highest placing Lady Ranger once again. She finished in seventh out of one hundred and six golfers. She finished under par with a score of -1.

Heather Hunkle was further back as she finished in forty-ninth. She ended with a score of +13.



Upcoming Events

Softball April 11 2 p.m. and 4 p.m. April 12 at noon at Henderson State April 15 2 p.m. and 4 p.m. at Newman University

Rodeo April 10-12 at Southwestern Oklahoma State University

Baseball April 11 at 6 p.m. and April 12 at 12 p.m. and 3 p.m. vs Henderson State at Glass Family Field

Track and Field April 11 and 12 at Wichita State University

Rodeo has rough weekend in Kansas

By OAKLEE FIELDER
Sports Editor

Last weekend, the NWOSU rodeo team was at the Garden City Community College in Garden City, Kansas.

The Rangers and Lady Rangers were not their typical selves. Usually, they go out and pretty well dominate most, if not all of the competitions they are entered into.

Unfortunately, for whatever reason, they were not as good as they usually are. Not as many of them placed as usual.

There are some unrecognizable names that did place, as NWOSU had some new competitors do really well this time around.

The men's team placed tenth

out of the seventeen teams that competed. The men ended with 95 points.

The women's team did not do as well, only placing twelfth out of seventeen. The women only had 10 points to show.

In the tiedown, Kerry Duvall, from Oakdale, California, placed third overall.

Hazen Sparks, a freshman who is from Talihina placed fifth.

River Hamaker, from Leon, Iowa, was the highest Lady Ranger in the breakaway, in sixth.

Freshmen Brylee Zook, from Garnett, Kansas, and Trista Regner, from Apple Valley, California, tied for eighth in the breakaway.

In the steer wrestling, Emmett Edler who is a senior from State Center, Iowa, led the Rangers. He placed sixth overall.

Jacob Haren who is a gradu-

ate student from Eric, Colorado placed eighth.

Dale Lee Forman, a senior from Highmore, South Dakota, placed seventh in the goat tying event, leading the Lady Rangers.

Savannah Greenfield, a sophomore from Lakeview, Oregon placed tenth.

Tess Mortenson, a freshman from Souris, South Dakota was the only Lady Ranger to place in the team roping, although she was in twelfth out of twelve.

This was the rodeo team's sixth competition, they have nine scheduled and three remaining for the 2024-25 season.

The NWOSU rodeo team will head to Southwestern Oklahoma State University to compete in Weatherford.

This rodeo will be the third to last and will be on April 10-12.

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SPORTS

Baseball sweeps weekend

By EMMA GOTT
Student Reporter

It was an exciting weekend for the Ranger baseball team as they swept the series against Oklahoma Baptist.

The Rangers team took on the Oklahoma Baptist Bison this past weekend in a three game series at Glass Family Field at Myers Stadium.

An error by OBU gave the Rangers a 1-0 lead in game one in the bottom of the 3rd inning with Dylan Bradford running home. Chad Green then hit a solo home run to go up 2-0.

Carson Wright would then get a triple with two RBI. The Rangers eventually took an exciting game one as they beat the bison 6-5 with runs from Dylan Bradford, Carson Wright, Chad Green and Harley Shaffer.

Junior Will Kates was the starting pitcher and was on the mound until the bottom of the 6th inning, when Elias Herrera subbed in for him.



Harley Shaffer, No. 23, shortstop, up to bat against the Oklahoma Baptist University Bison on April 9 in Alva

Dawson Toborg would then close out game one on the mound with no runs, keeping the lead

and securing the win. As it was the second game of a double header, they only played

7 innings. Colby Mitchell started game two on the mound for the Rangers

and Dawson Toborg went ahead and closed out the second game as well. Senior Chad Green gave the Rangers the early 1-0 lead by a solo home run, his second of the day.

Green's homerun would end up being the game winning run as it was the only run of the game. Six shutout innings from Colby Mitchell would also help secure the 1-0 victory. Bradford would finish with 2 hits, Chad Green with 1, and Hagen Barcello with 1 as well.

They won game 3 with a score of 10-5. After a scoreless first inning, runs from Bradford, Saire, Mendoza, Grace, Gordon and Shaffer would help lead the rangers to victory.

Logan Sandoval would start on the mound pitching for the Rangers and Jacob Shaw would go on to close out the game with a perfect ninth inning.

With these 3 wins, the Rangers improved to 25-14 on the season with a 13-11 Great American Conference record. They currently sit seventh in the standings.

Apr 2	Runs	Hits
Washburn	7	12
NWOSU	10	16

Game 1	Runs	Hits
OBUS	5	7
NWOSU	6	12

Game 2	Runs	Hits
OBUS	0	5
NWOSU	1	4

Game 3	Runs	Hits
OBUS	5	7
NWOSU	10	11

Baseball Playmakers



Colby Grace
vs. Washburn
4 hits, 7 RBIs



Will Kates
Game One vs. OBUS
6 strike-outs, 92 pitches



Chad Green
Game Two vs. OBUS
1 homerun, 1 hit

Newcomer's perspective of a rodeo

By DANIEL OATS
Guest Columnist

The rodeo at Alva's fairgrounds, was one to remember, mainly because it was one of my first rodeos. This rodeo brought life to one of the main events that rodeos market: bull riding. Before I got to the fairgrounds, I never understood how huge this was in the town of Alva. Little did I know many fans were there to tune in to this show. I met one of the Alva residents and ended up sitting with them at the show and when I tell you how amazed I was because of the energy and nice people that happened to be there.

Everyone was welcoming and understanding of each other's space and personal matters, this was just something that had caught my attention right off the back. I thought the bulls that were



Bull tries fight off the rider aggressively at the annual Bull Battle in Alva.

also being presented were very beautiful animals and they all were very mean-looking as well.

You could tell from the first rider he had that type of attitude in which he would not fear the bull, this was crazy because those

animals could kill you in a heart-beat if they wanted to.

On the other hand, the riders are never scared of any of these animals because this is what they have been doing their whole lives.

One of the riders caught my at-



A participant in the Bull Battle is seen praying before the event.

tention most because of the heart and fierceness that he had when he was about to ride the meanest bull in the city of Alva.

He rode and hung on for a good amount of time but the bull threw him off and he stood face to

face with him.

He bucked him in the air and they had to send out reinforcements to stop the bull from his rage. Overall it was a rodeo experience and I will be going to more.