

OKC bombing 30 years later



A room in the Oklahoma City National Memorial and Mueseum holds pictures of all 168 victims as well as their names. Many of the photos also have asmall trinket next to them.

Remembering April 19, 1995

By ALLI SCHIEBER Editor-in-Chief

One day of darkness changed Oklahoma forever.

April 19, 1995, nearly 30 years ago the Alfred P. Murrah Federal Building located in Oklahoma City was bombed. Today we honor "those who were killed, those who survived and those changed forever."

The bombing happened at exactly 9:02 that day but the hours leading up to it was a normal day. People went about their days like normal having breakfast, going to meetings, planning upcoming events and going to work.

At the Oklahoma City National Memorial and Museum, it takes you through that day, just like every other day. Up until 9:00 A.M. when the museum has



Red Cross or the Salvation Army. People came together to help Oklahoma City on their dark day. Even the Oklahoma Restaurant Association, who had just finished their annual conference when the explosion occurred, turned themselves into a 24-hour food service operation and fed all emergency first responders at the Myriad Convention Center.

The Myriad Convention Center later became the center meeting the needs of all the first responders on the scene according to the after-action report on Oklahoma.gov. While the Oklahoma City Bombing Museum takes you through the day of darkness and focuses on remembering the 168 killed the memorial outside reflects on the good in many ways.

The only wall that remains standing from the Murrah Building on the east end of the Memohas the name of every survivor that day. Other symbolic things at the memorial are the gates that frame the moment of destruction with 9:01 being the innocence before the attack and 9:03 being the moment healing began.

The reflecting pool which was once N.W. Fifth Street and the field of empty chair representing those killed and the survivor tree, which was an American Elm, that survived the attack.

April 19 may have once been a day of darkness it is certainly now a day of light, remembering what Oklahoma is all about, coming together.

"If anyone thinks that Americans are mostly mean and selfish, they ought to come to Oklahoma," said President Bill Clinton. "If anybody thinks Americans have lost the capacity for love and caring and courage, they ought to

a room where you sit as if you are in a meeting at the Oklahoma Resources Water Board. Then at 9:02 the bomb goes off. Much like that day you are pushed out and into another room filled with chaos, uncertainty and darkness.

While darkness might have taken over that day, Oklahoma did not let it take over their lives "one day of darkness, years of light" became a slogan for many locals that day as they focused on coming together to rebuild what was taken from them.

Which was way more than just buildings and people but also hope and innocence.

168 victims were killed that day but more than 600 people

Photo by Alli Schieber

Drawings outside the Oklahoma City memorial and Museum.

survived and thousands of people came to help that day. Whether as a first responder or as a volunteer helping at "The Compassion Center" or helping with donated goods at "Feed the Children", rial for example, this wall now come to Oklahoma'

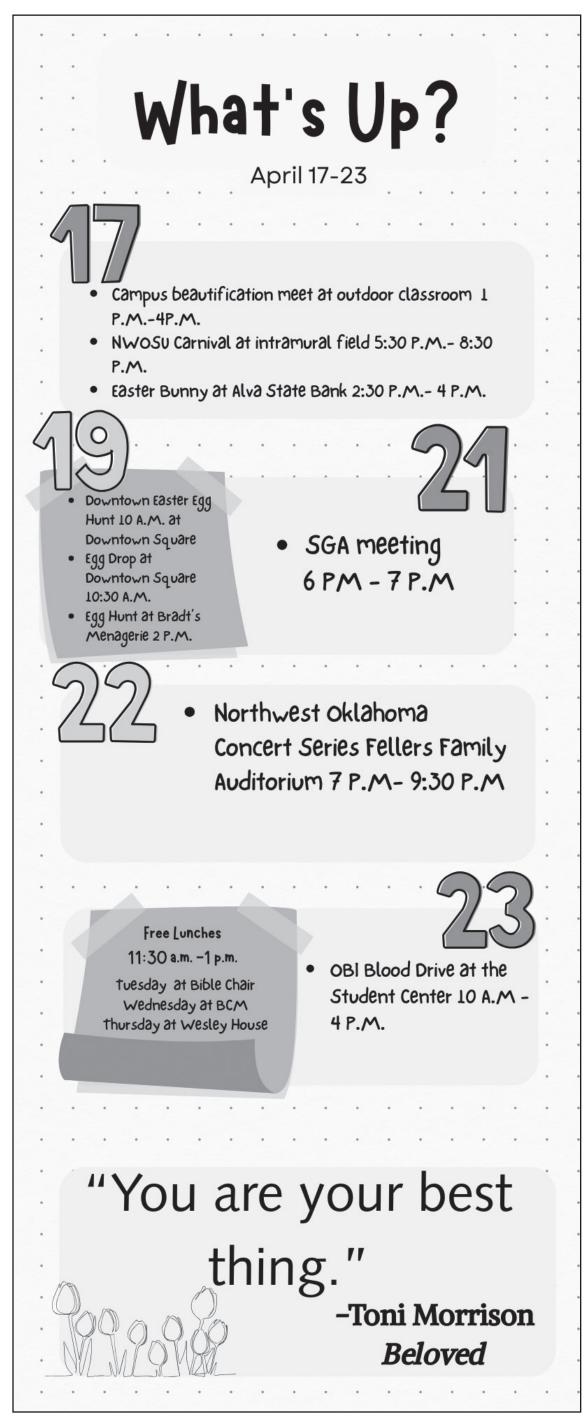


Photo by Ingrid Maldonado

The 9:03 gate sits where N..W Fifth street once ran and symbolizes the minute Oklahoma City started healing after the bomb went off a minute earlier.

NEWS	OPINION	PHOTOS	FEATURE	SPORTS
Pages 2 & 3	Pages 4 & 5	Pages 6 & 7	Pages 8 & 9	Pages 10, 11 & 12

NEWS



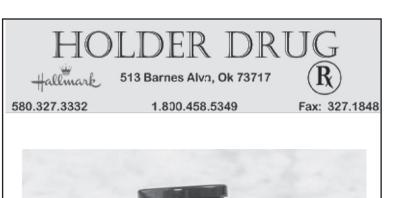
Construction jams up traffic around campus



Cars passing by the construction slowly after being told to by worker.



Workers digging a hole in the middle of the road as they prepare their construction work to upgrade the water system in town which is causing traffic jams on College Blvd.





Make Breakfast Sweet!!

PAGE 3

NEWS

New shop shreds into Alva

By ALLI SCHIEBER Editor-in-Chief

Alva gained a new business on March 26 when Sk8 Depot, a skate shop located right across the street east of NWOSU, had its grand opening.

Some people may think it is weird for a skate shop to open in Alva, but owner Jeff Garza saw it as filling aa need.

Garza moved here with his family from Los Angeles.

He grew up skateboarding, and it is a hobby he now gets to enjoy with his children.

"We were just excited to come to a small town and kind of create something that doesn't exist and make friends for our kids and help other kids here," Garza said.

He said he felt as though there needed to be a skateboard shop here because there are children and adults here who enjoy skateboarding.

The skate shop sells more than just skateboards, however. They also sell clothes, shoes, accessories and skatebord parts.



Sk8 Depot offers skateboards, clothings and accessories in the shop, located across the street from Jesse Dunn.

It is a great place to go if you want to become a skater or even

if you just want to look around. Sk8 Depot is open Wednesday through Saturday from noon to 6 p.m.

One of the goals for Sk8 Depot is to get people involved in and be more active in a fun and different way. Many people do not do things like simply being outside and riding a bike or going for a walk anymore.

According to Redbull.com, there are 11 benefits to skateboarding, which include relieving stress, strengthening your muscles, being social, it is an inclusive sport, affordable, great way to get around, great workout, help with coordination, it'll teach you how to safely fall, improves patience and sparks creativity. Skating is a great way for students to get creative with how they interact with working out.

These are several good reasons to get into skating or at least learn more at Sk8 Depot.

Garza said the city is open to the idea of opening a skate park in Alva, and he has been in contact with some people at City Hall about that possibility.

To stay up to date with SK8 Depot you can follow their Instagram where they post some items they have as well as updates on the shop.

NWOSU staffers remember Oklahoma City bombing

By **AJ Madrano** Student Reporter

On Saturday, it will have been 30 years since the Oklahoma City bombing and the devastation that left people in shambles. Some NWOSU staffers talked about their memories of that day.



Gretchen Jones, assistant director of athletics for compliance ation blessing in disguise."

Every year around the anniversary Jones said she gets a calming feeling, knowing that she and her class were miraculously safe that day, and she is just so blessed.

Matt Adair, housing director and assistant dean of student affairs and recruitment, was in high school when the bomb went off.

Adair said he remembers being told in a classroom by his math teacher. The teacher came in and said a bomb went off in Oklahoma City, and it was a big deal. At the time there were still rumors and speculations about additional devices as well as figuring out how many casualties there were.

News staff wins awards from OCMA

By ALLI SCHIEBER Editor-in-Chief

Three members of the Northwestern News staff visited Oklahoma State University April 9 for the annual Oklahoma Collegiate Media Association conference.

At the conference the staff members were able to attend two workshops, listen to a keynote speaker and won awards from OCMA. This included five first place awards and one third place award. The contest was late in being organized so only first place was awarded in most categories. The Best Website category had three places.

The individual awards included Victor Kinzie for a feature photo, Allison Schieber for secion design, Karolina Jurseuite for sports photo, Ken Irving for a sport - feature/personality profile of Coach Ronnie Jones. Two awards were as a staff which included first place in multimedia reporting for a project done by Tara Owen, Ely Noble and Alli Schieber about the changing face of sports. The staff also took third place for overall website design. Dr. Kaylene Armstrong, who is the adviser to the Northwestern News, said she is proud of the work the student editors and writers do. "Most people on campus have no idea of the dedication of these students," she said. "When necessary, they work into the wee hours of the morning on production day to have the paper out for Thursday morning. These awards honor that work."



and student athletic services, said she feels that a higher power intervened in her life that day. She and her classmates were on their way to visit the Alfred P. Murrah Building for a seventh-grade fieldtrip the morning of April 19, 1995.

Jones said her class was running an hour late that day and was supposed to arrive at the federal building at 8 a.m., but something was wrong with the bus so they were late that day. After the bomb went off at 9:02 a.m. in Oklahoma City, they heard over the bus radio that they needed to turn back.

"We were half way up there, and turned around and came back," she said. "What we did for the day is watched what happened. If we were on schedule we would've been there during the bombing, so kind of a weird situHe said at some point during the day, the teachers rolled in a TV, so they could watch live coverage of it, and it felt surreal to him.

"Well, I think it affected kind of everybody back then, and the first time I experienced anything like that in my lifetime," Adair said. "I remember being a little scared and a little uneasy, not really knowing what was going on, and then the coverage over the next few days really put a stamp on Oklahoma history.

"Since that point in time, I've been down to the bombing memorial seven times and every time I'm around there, it kind of takes you back to that moment in time and that feeling of little helplessness and surreal, but it certainly kind of woke you up to the dangers of the world."

The staff attended two workshops. One was with Joe Mussatto a sports columnist for the

Photo provided

Northwestern News staff holding awards that won in the OCMA contest. Attending the conference (from left) were Alli Schieber, editor-in-chief; Dr. Kaylene Armstrong, adviser; Ingrid Maldonado, photo editor; Kevin Kaumans, assistant editor and columnist.

Oklahoman. He talked about how to dig deeper when telling a story. Mussatto also talked about how to find a good story because while sometimes stories fall in your lap most of the time reporters have to find them their selves.

The other workshop the staff attended was with Ryan Welton the CEO and founder of Doable Digital Media. Welton discussed the difference between presenting for news versus digital media. Digital media is something anyone can do so it is more about doing it better than anyone else.

The conference was held in conjunction with the 36th Annual Paul Miller Lecture Series. This featured OSU graduate Ryan Mc-Neill who is the London-based deputy editor for the Reuters Global data team. He showed how his team used satellite images to document the growing number of gravesites in Sudan to show the results of the serious famine there after the civil war there in 2023.

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OPINIONSave money or save lives

By CHRISTIAN FRANKLIN Opinion Editor

Finding out that five children have died from walking in scorching heat with their bodies in agonizing pain due to the effects of cholera is a shocking reality that could have been avoided.

After walking for hours in a desperate search for hospital care, the changes that have been made are horribly wrong.

According to the New York Times these deaths were not caused by war or even by a natural disaster.

The reason why these deaths took place is because of a policy change. If the clinics just a few miles away didn't get shut down due to Trump's administration cutting off aid, lives wouldn't have been lost.

Reports from Save the Children said that seven out of 27 health facilities in Okubo County, South Sudan, have been shut down altogether, and a few remaining clinics are sustaining at a diminishing rate.

The clinics didn't just provide protection from cholera; they were the main source of nutrition support, vaccinations, and any other maternal care that were never far from the doorstep. Now the facilities are operated by volunteers, and they have no means of transportation or medicine or even clean water to offer.

This result was predictable and it makes it more tragic. Children are dying, and their parents can't afford the basic luxury of healthcare.

Many of the citizens are collapsing under the blistering sun, falling victim to dehydration. While all that is happening, the cholera disease is easily treatable, and medication costing simple pennies continues to spread in the absence of proper sanitation and accessibility.

South Sudan is facing a battle in containing their worst cholera outbreak in over two decades. Following the World Health Organization, there have been over 47,000 suspended and confirmed cases since September 2024.

With the numbers being as high as they are, they only show reported cases and not the unconfirmed ones.

This is truly a one-of-a-kind humanitarian crisis, and it remains invisible to the world. But where is the efficiency that is supposed to be in place to stop deaths from multiplying?



Graphic from pixabay

We can't forget that South Sudan is not a failed state by nature; it was built off poverty and maintained by battering war and international neglect.

Since being independent in 2011, they have heavily relied on foreign aid just to even meet the most basic needs of a population.

The foreign assistance sent over wasn't just a luxury; it was a necessity, and making the policy shift resulted in a death sentence for those most vulnerable. million in aid back in 2023, and that figure sounds big, but on a grand scale, it's only a fraction of federal spending, and the results offered real hope to a nation in need.

There is still time to make changes, but the only way that will be made possible is by protecting the innocent and requiring political encouragement.

This was allowed to happen as a result of our own leaders, and real change needs to happen starting with them.

The United States spent \$760

High school student killed at track meet

By CHRISTIAN FRANKLIN Opinion Editor

The tragic case of Austin Metcalf's death which took place at Frisco's track meet on April 2, has quickly gained the world's attention.

This is not just a typical crime scene, it took place at a local track meet over the weekend in Frisco, Texas.

The accused Carmelo Anthony, also 17, is finally released on bail after his \$1 million bond was reduced to just \$250,000. The decision alone has begun to pick up more intense criticism and more emotions are being shown. Especially since a fundraiser was created for Anthony's legal defense and certain demographics of the public are out slashed and upset because of the donations being made. After following the police report there are key witnesses that have come out and shed light on what truly happened under the memorial High school tent.

That's when student Anthony responded by reaching in his backpack and pulling out a knife that fatally stabbed Metcalf in the chest.

An official officer was later told by Anthony that he had done it, and if his actions could be considered self-defense.

A hearing took place on April 14, regarding lowering Anthony's bond from \$1 million to just \$250,000.

This was all possible because of his defense attorney, Mike Howard, who emphasized Anthony's clear record, captain status both on the Football and Track team along with his two part-time jobs at Foot Locker and H-E-B. Following the case Howard mentioned that the legal defense cost is "tremendous". Public backlash has only just begun to pick up as social media users are asking for the platform to remove the campaign, referring that it is a monetization of a tragedy.

Prosecutors even questioned the families financial narrative during the hearing, asking why you haven't got him out sooner.

The family's response to the access to the funds isn't simple and the legal fees come with other complications.

Anthony's defense continues to lean on the argument of self-defense.

itself choosing sides in a tragedy that has no winners.



Frisco Mugshot

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 <u>will not</u> 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.

Anthony, an attending student at Centennial High school was allegedly told to leave from under it.

Then after words were exchanged Metcalf reportedly pushed him. With the bond agreement Anthony is now out on house arrest, and he's required to wear an ankle monitor and he is prohibited from using any social media in contacting any victims.

But what has truly gained the public attention is a fundraiser for Anthony on the GiveSend-Go platform that has raised over 390,000 with a goal of 500,000.

On the page created by Anthony's family they have put out a statement, the narrative being spread is false and is harmful and they thank all supporters for their prayers and donations during this difficult time. Why did the teenager bring a knife to school at a sanction track meet?

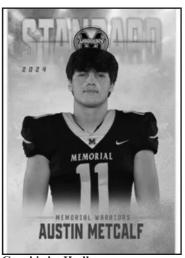
These are the questions that question the heart of whether Anthony's response was even remotely reasonable.

Certain demographics are in outrage and they feel as if it is a miscarriage of justice with there being a dead boy and his accuser is at home with a big bank account to fund his defense.

The case has shown more than just a tragic consequence of teenager violence.

It has highlighted inequalities in our justice system down to the advantage of legal strategy to the financial resource.

It continues to trigger debates about race, privileges, and ethics of crowdfunding, criminal cases most of the community now find Karmelo Anthony, age 17



Graphic by Hudl

OPINION

Why you should attend events hosted by departments

Other Voices The UT System's drag ban isn't about policy — it's about control

By **JESSICA SCHIEBER** News Editor

The English, foreign language and humanities department hosted the Visiting Writer series last week, this event had invited a writer that was familiar with Oklahoma to come and share some of their work with students.

Events like this are a great opportunity for students to explore different ideas of life.

While in college students are being shown so many different things that they might not be able to guide themselves through everything alone. This event allows students to get a new sort of experience that thy didn't have before.

It allows students to see someone who likely grew up in the same sort of scene that they have and it is a welcoming environment for students to ask questions for answers.

Events like the Visiting Writer series expand a student's knowledge and it invites students to think about their own life and beliefs.

In any event that the departments at Northwestern Oklahoma State University put on the main focus is what can the students get out of this.

This university cares about giving the students different ways to learn about anything.

Students shouldn't be afraid to attend these events especially if they are connected to their interest. These events are welcoming to any students despite their majors.

Clubs also host events that students should go and enjoy like the Creativity Fest that was hosted by Sigma Tau Delta and Writer's Roundtable. This event encouraged students to get out of their comfort zones and share whatever the have been working on.

Many departments on campus host events that students are encouraged to attend. These events welcome students to learn more, see different lifestyles and get a better understanding on how life

By **THE EDITORIAL BOARD** *The Daily Texan*

If it wasn't already clear enough, the UT System's recent drag ban proves the Board of Regents prioritizes conservative ideology over students' rights.

On March 18, the UT System Board of Regents announced that the University is no longer permitted to "sponsor or host drag shows in its facilities," Randa Safady, the UT System's vice chancellor for external relations, wrote in a statement. This decision followed a complaint from Tim O'Hare, a Tarrant County Judge and UT-Austin alumnus, about an event at UT-Arlington featuring a drag performer.

This choice betrays the principles that public universities are meant to uphold. According to The Georgetown Journal of Gender and the Law, drag is considered "expressive speech" under the First Amendment. In the past, states have attempted to categorize drag as "legally obscene" content, an argument that has yet to hold up in federal court. Drag is not threatening or obscene content. It is a form of self-expression that the Board of Regents is targeting at the expense of students' civil liberties.

The Board of Regents did not respond to requests for comment.

Since the Board of Regents does not explicitly define the term, there is no way to determine whether or not drag shows violate the Constitution's or the Texas Penal Code's definition of obscenity. If it does not, the UT System has no legal basis to ban them.

The Texas A&M University Board of Regents passed a similar drag ban in February, citing President Donald Trump's executive order, which prohibits the use of federal funds in promoting "gender ideology." "Draggieland," a drag-centric event hosted by the Texas A&M Queer Empowerment Council, was therefore banned. In response, the council sued the Texas A&M University System for censorship, and the bill has since been temporarily blocked. Judge Lee H. Rosenthal said the Queer Empowerment Council was likely to succeed in showing the ban violates the First Amendment.

Drag is a culturally significant style of gender expression. The historic artform, rooted in resistance in the face of oppression, rejects gender norms and embraces queer joy. Drag isn't simply playing a role. It is a gender-inclusive performance art that celebrates resilience, entertains and highlights critical social issues. Drag is a beacon of hope for the LGBTQ+ community that a public university has no place in extinguishing.

"Every generation of people has some form of expression or entertainment that older generations just don't really get," First Amendment FIRE attorney Adam Steinbaugh said. "If you tell young people that your form of art is not protected by the First Amendment, that tends to send them a pretty reprehensible message that their speech should not be protected."

Drag is hardly definable, regardless of political attempts to do so. The A&M Board of Regents' ban referred to any performances in which "biological males" wear women's clothing, makeup or prosthetics that "parody the female body type" as drag shows. Texas Senate Bill 12, a bill proposed in the previous legislative session, defined them as "sexually oriented performances."

While both definitions did not withstand legal challenges, their severe lack of clarity may have troubling consequences for the broader queer community.

"(The ban) creates a justification for policing the presence of trans people," said Jo Hsu, the associate chair of women's, gender and sexuality studies. "If you create a ban on, supposedly, people wearing clothes of the 'wrong gender,' then that can very much be interpreted to be any trans person in public, or any gender non-conforming person."

According to Safady, this new policy is "to be implemented by each UT System institution through their normal procedures for reviewing and approving campus events and the use of campus facilities and grounds."

The UT System's current ban

does not offer any definition or enforcement tactics, leaving those decisions to each institution's discretion.

Ambiguous guidelines for what constitutes drag could result in students repressing their personal identities for fear of potential repercussions.

Steinbaugh said the Board of Regents' ban is even more likely to be labeled unconstitutional in court than Texas A&M's due to its vague nature.

Because the UT System's drag ban isn't targeting a specific event, students cannot currently take legal action the way the Texas A&M Queer Empowerment Council did. However, if UT actively shuts down a drag event, students have the right to take legal action and should.

This ban is not rooted in legal necessity but in increasing political pressure on the national and state levels, which sets a dangerous precedent for universities yielding to ideological agendas.

This Editorial Board opposes all attempts to ban drag and believes the Board of Regents should reverse its ruling to uphold our constitutional right to free speech at our University.

Drag isn't a threat. A university system willing to ignore the First Amendment is.

The Editorial Board is composed of associate editors Emily Harrison, Tenley Jackson, Tanya Narwekar, Ava Saunders, Anjali Shenoy and editor-in-chief McKenzie Henningsen.

<u>The Dartmouth</u> Verbum Ultimum: LIVE FREE OR DIE

American Dartmouth students must come together to advocate for international students and protect higher education

> By **THE EDITORIAL BOARD** *The Dartmouth*

This week, two Dartmouth students abruptly had their visa statuses revoked.

Nearly every other Ivy League school has had funding rescinded or suspended for refusing to comply with the Trump adminis-



300+

number of students who have

a small college, and yet there are those who love it."

Let us not forget why Webster's words were necessary.

He was protecting our institution from governmental overreach and ensuring the quality of our education was never adulterated.

Let us rise to the occasion to protect our fellow students and our institution once again. Lest the old traditions — moral gumption, action, change — fail.

We aren't ones to sit aside and watch, to use the words "institutional neutrality" and forget our compatriots.

So we must act accordingly.

If you are a Dartmouth student with a

works around them.

The department of social sciences just recently hosted their presidential election series where they talked about President William McKinley and the state of Ohio. This event encouraged students to search for information on how things run in our country and what makes some states more important than others.

Every department encourages students to attend events despite the students not being a major of a certain field.

Professors understand just how important a student's time at college is and they want students to get the best of it while here at Northwestern Oklahoma State University.

Students tend to just get into a grove while at college and don't understand what all these events can do for them while they are here. tration's demands.

Meanwhile, The Dartmouth has received a tsunami of takedown requests from students on visas in the past few days — those worried about everything from full-length editorial stories to quotes in the past coverage, sharing benign opinions. Students come to the newsroom, hands clasped, to plead with us to remove their names from our website.

But, looking out from the newsroom's windows, you would not have a clue. The White Mountains frame a quiet Green. Dart-mouth students seem engrossed in their daily routines.

The College carries on. The climate of campus lends itself to a belief that Dartmouth students do not possess the capacity to care, or to show it in a meaningful way.

We, The Dartmouth Editorial Board, reject such a notion. Dartmouth students are — and have always been — varied, passionate, thoughtful citizens of the world.

From participating in the civil rights movement, to protesting the Vietnam War, to speaking out on apartheid, Dartmouth students recognize when a moment is his-

had their visas revoked

according to Secretary of State Marco Rubio

Information from Oklahoma Voices

toric, which is why we consistently find ourselves on the right side of history.

We are in another historic moment now. We must uphold our legacy of impact. We all feel a profound connection to this place and to these people.

When one of us suffers, we all do, but our empathy must stretch far beyond Hanover.

As our 12th President John Sloane Dickey said in his 1946 Convocation Address, "The world's troubles are your troubles."

This spirited independence extends far back into the College's history.

The College faced a similar moment in 1816 when the state of New Hampshire tried to transform the College into a public institution called Dartmouth University, to be overseen by the state legislature.

Despite these threats, the College did not give in — as Daniel Webster famously told the Supreme Court, "It is, Sir, as I have said, U.S. passport, you must be a vocal advocate for your fellow student. As young people, it is our role to be optimistic, to look forward, to fight for a better world. We mustn't give in to this swell of apathy. Chime in, reach out, sit on the Green

Chime in, reach out, sit on the Green with a sign and a book — even if you're only allowed to stay until dusk.

We know that this is a challenge. Regardless of one's position on May 1, the memories of the 89 arrests do not escape us.

Our reporters were arrested while writing for this very paper. But if not us, then who? In the words of a more famous Dartmouth alumnus, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

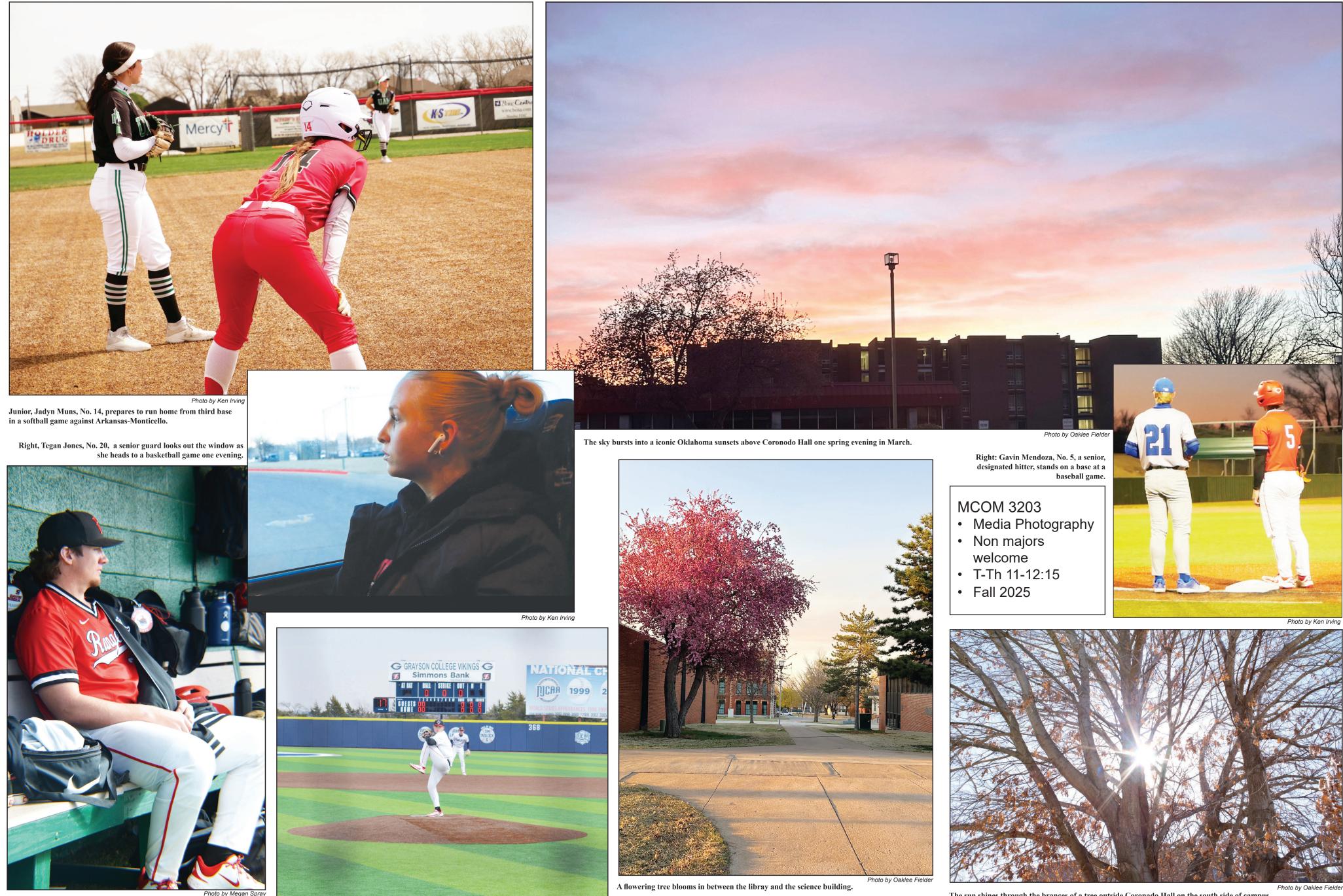
If this really is the end, if Dartmouth is to settle into a quiet mediocrity as just another formerly-glorious university crumbling under duress, then let us rage against the dying of the light.

Let us greet the world from the hills: live free, or die!

The editorial board consists of opinion staff columnists, the opinion editors, the executive editors and the editor-in-chief.

Through the lens: Photos from mass comm photo class

NORTHWESTERN NEWS



Above, Colby Mitchell, a left handed pitcher stays focused in between innings at a baseball game in Las Vegas, New Mexico.

Page 6

Photo by Megan Spray Jacob Fuller pitches in the first conference series of the season in Sherman, Texas against Harding.

The sun shines through the brances of a tree outside Coronado Hall on the south side of campus.

FEATURE

How to... Start romanticizing your everyday life

By SARAH BRASHEARS Features Editor

Think about your favorite movie. Is it a rom-com? Is it a comedy? Is it full of laughter and joy? Now, do you ever wish that your life felt more like this movie? A trend that is starting to arise on social media right now is romanticizing your life, making it feel like a movie. This is all about finding the beauty and/or joy in everyday experiences and cultivating a mindset of gratitude and self-love. When you romanticize your life, you deliberately choose to see the world. You cultivate routines with a positive mindset and adapt an appreciative lens.

To me, it is important to live life with a positive mindset not only to improve your mental health, but also to find more joy, enjoy your day fully, and appreciate the good things that come your way.

We often stress on many situations and forget to look at the good that we encounter over 24 hours. It is important to appreciate the day rather than survive the day. When you actively seek the good and establish a positive mindset, you can start to enjoy moment to moment and reduce stress, which leads to more joy in your everyday life.

Start your day with intention I like to start my day by giving myself plenty of time to wake up, plan the day, and get ready without feeling rushed. This may involve setting an earlier alarm than you do right now, but it opens the door to enjoy the quieter moment sbefore the rush of the day floods in. One way to make waking up a little earlier more enjoyable is to use a sunrise alarm clock or gentle sounds to wake up to. Using a jarring alarm leaves room to abruptly wake you and start your day off anxious and fretting.

As soon as I am fully awake, I like to read my devotion and journal my gratitude. Starting my day with praise and thanks for my blessings puts me in a positive mindset for the entire day! You can practice gratitude by acknowledging the things you are grateful for. It can be as small as a cup of coffee or thankfulness for seeing another sunrise. Regardless, set the tone for your day with gratitude and praise first thing in the morning.

Romanticize the mundane

As we step into adulthood, chores are a part of life that we can not escape. I love listening to podcasts to keep me motivated and relaxed. A good time to do this is while I do laundry. I also like to make a sweet drink while I am cooking dinner to add a little



sweetness into it. Another way to enjoy ordinary tasks is to create a good playlist to keep you entertained.

Schedules can be crazy, especially while in college. Even though you may feel as though you do not have time to get ready, or may not want to get out and go anywhere, get dressed in a way that makes you feel confident. Not sitting in your pajamas will force your mind to escape the lazy and tired feeling it was sitting in. You also never know who may visit you throughout the day.

When you are having a rough day or want to feel special, maybe try using your "good" dishes, lighting a candle, or using some bath salts. There is no reason to buy them for them to sit in your by Sarah Brashears

cabinet without use. Treat yourself every now and then to a special and relaxing night.

Be present in the small moments

It is really easy to get caught up in the busyness of life and not recognize the small things. Instead, try being more aware of the little moments throughout the day. Take a moment to savor your meals, notice how nice the weather is, sit on the porch with a book and listen to the rain fall slowly, feel textures around you, reminisce on smells that are familiar and comforting to you. There are a multitude of ways to appreciate the small things throughout the day that can bring a little more joy to your day-to-day life.

Say yes to little adventures

When a friend asks to go and get coffee, instead of worrying about how much you will have to put off, say yes. Go on solo coffee dates to study or plan a picnic with your puppy. Take a walk during sunset to enjoy the evening sky. Romanticizing life means being curious and open, so say yes more often!

Rewrite your inner narrative

Speak to yourself like a protagonist. It is important to remember that it is your life and you are not living to please other people. It is also important to speak to yourself with positive and kind affirmations. It is everyone's first time living life, give yourself and those around you a little grace. Frame your setbacks as plot twists or growth arcs. Instead of telling yourself that you are boring, remind yourself that rest is important and you are in the midst of a calm chapter before your next busy season.

Life does not have to be big to be beautiful. You can create a beautiful life full of gratitude by simply noticing the things around you and taking time for the little things. The little things truly add up, and in the end, it is big. Romanticizing your life is a perspective, not a goal for perfection. Try one tip today and notice how it feels. Then, start romanticizing your life little by little everyday.

Importance found in utilizing social media for a business

The use of social media has evolved all things media. While social media is viewed negatively in many ways, there are many positives as well.

In any type of career someone is going into, they will need a social media presence, depending

for the Oklahoma Collegiate Media Association, with a few of the newspaper staff.

There, I was inspired by one of the speakers who spoke about the importance of social media, mainly in journalism, but even in growing your personal brand

I remember during one of my classes the professor was talking about how people post a photo of their breakfast and post what they are doing. The professor then said how those people who do that seem self-absorbed as if people care what they eat for breakfast.



on their target audience. If some-

one's

older

Instagram.

business

has

Chats with Ingrid



INGRID MALDONADO

shown me the importance of a social media presence. Since a lot of my target audience is high school students preparing for their senior photos, I create posts and reels targeted towards them.

I recently went to Stillwater

as well. He spoke about how the younger generations do not watch target audience is an the news but get it from social clienmedia.

tele, Facebook Social media should be a tool is the place for you to create a community, to build their grow your clientele, and build presence. For your personal brand. If people younger clienenjoy your content, they will foltele, it will be low you. If people follow you, you build community. When you I personalbuild a community, you get peoly enjoy social ple who are interested in your media. Ownbusiness, your career, and can even lead to more clientele. ing my own photography

Often, I feel silly posting a reel of myself. I ask myself if people will think I'm weird, or will they even care?

Instead, I tell myself who cares. Those who care are my targeted audience and if they do not care then the content I posted did not work.

Now that made me think. To a certain degree I could agree with him, but in another I disagree. It depends on your intentions, how and why you post. Many people are afraid to post on Instagram unless it is a very curated post.

When I post a reel, I do not feel self-absorbed, I feel humility. I am willing to put myself out there for my brand, for my business. Now perhaps my professor was only speaking about regular people on their personal Facebook page. Either way it opened my eyes to view it differently.

I do not post and expect people to enjoy it. I post because I love what I do, I love sharing my creations, I love engaging with my community.

People will be interested if you show the passion you have for what you do.



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ENTERTAINMENT

Where did philosophy originate?

Why are we here? Hm? What's wrong, fellow reader? I know it's a corny and overused quote, but that doesn't change the fact that we as humans have been asking that question for years. It's because

of this ques-

tion we have

philosophy, re-

ligion and so-

ciology. These

three subjects

have eventual-

ly been divided

into hundreds

ating schools

and that, my

friends, is what

this week's ar-

of

of

differenti-

thought,

WORDS WITH MR. KAUMANS



KEVIN KAUMANS

ticle is about today.

Have you heard of absurdism? It's the belief that we humans exist in a purposeless universe. "So....like nihilism?" I hear some of you ask and to that I would

reply: "Kinda....but also not really."

First off, both absurdism and nihilism reject the idea of religion and moral principles.

However, while a nihilist would tell you that it is useless to find any meaning in life, an absurdist would tell you to find meaning in what makes you happy.

A common stereotype of a nihilist is a depressed middle-aged man in a suit who would kill themself if they didn't find every task physically draining no matter how small.

On the other hand, a common stereotype of an absurdist would be a comical, cartoonish person that to everyone except those who knew him or her is someone who needed to be locked in an asylum yesterday.

See where I'm going with this? Nihilism is a depressing school of thought that makes you wish that you were never born; not that you exactly want to die, just wish that you had never existed in the first place.

Meanwhile, absurdism makes you laugh at the ridiculousness of the world and not care about what society says.

Have you ever seen those nonsensical cartoons where the characters do impossible things like stretch their limbs out thousands of miles or make their bodies grow and shrink to unrealistic portion sizes?

That's basically the first thing that comes to my mind when I think of that philosophy.

I know a lot of people greatly disliked both nihilism and absurdism. Many found their ideas dangerous due to how demoralizing they can be.

Others are against how both philosophies heavily criticize religion. That being said, I would still recommend you give both subjects a try, even if you do end up hating both.

Fun Easter Dinner Dishes



John Andrews visits Northwestern

By **JESSICA SCHIEBER** News Editor

Dr. John Andrews is a teaching assistant professor and director of K-12 outreach in Honors College at Oklahoma State University. He has also published various poems in recent years.

He came to campus on April 9, where he read multiple poems that he had wrote. These poems reflected challenges that he had encountered throughout his life.

Andrews challenged students to write their own poems in a class visit that same day. He gave advice to the students and answered whatever questions they had regarding their writing.

Andrews was excited to share his experience and knowledge with the students on campus. He shared a few unpublished poems



Photo by Jessica Schieber Dr. John Andrews speaks to young writers at Northwestern Oklahoma State University on April 9.

nace of this peice is to him.

Andrews was invited to NWOSU by Dr. David Vaughan. Dr. Vaughan invited Dr. Andrews through a connection with

TALK ABOUT IT THURSDAY

I read a quote the other day that read, "Your words are a reflection of your heart. Don't ever allow them to question your heart." This struck a cord deep inside of me, as I have encountered much hate the last few weeks.

I was raised to understand that hurt people hurt people.

But healed people heal people. Regardless of what you are going through or have gone through, healing is a mandatory step forward. Are you unintentionally hurting people, or are you intentionally healing people?

Speaking, acting, and showing kindness is known as one of the golden rules for character. It is true, words tell how your heart feels. Who will you chose to be today? What reflection will your words portray of your heart?

Character comes from within. Good character comes from forgiveness and wisdom. What does your character look like? Today, tomorrow, and always, let your words be a positive reflection!

Schroeder's podcast gives listeners an inside look to media industry

Dr. Jesse Schroeder, associate professor of communication at Northwestern Oklahoma State University, is using his academic and television industry experiences to launch a podcast that provides a behind-the-scenes

curious about the profession in general.

A new episode will be available each Monday, where listeners will learn more about the media profession from the perspective of those actively misunderstanding surrounding the way media works.

Media consumers can learn from industry leaders about how the business works and what goes into making decisions that impact what they receive as the media

to the audience during his speech.

Andrews read his most popular poem, which is also as his title piece, "Colin is Changing His Name." He then explained why he wrote it and what the importOklahoma to provide students with an opportunity to gain new experiences. Vaughan also wanted to bring in a different perspective on writing and give advice for young writers on campus.

Pre- and post-op

lasik and cataract

surgery.

look at today's media landscape.

After finishing his faculty portfolio this past year, he decided he'd like to enhance his scholarly activities but discovered there is not much content available when it comes to research in the media industry.

So earlier this spring semester, he created a scholarly podcast titled "Masterclass: Media Matters."

Through thoughtful conversations between Schroeder and his guests, this podcast will provide industry analysis and real-world stories from his media professional contacts, offering information for aspiring journalists, other media professionals and those who are working in it.

explained Schroeder that the podcast serves four key audiences: students seeking industry knowledge, researchers and educators looking to align academia with current trends, professionals eager to learn from peers, and media consumers wanting a clearer view into how the industry operates. Together, these perspectives create a space for learning, collaboration, and deeper understanding of today's ever-shifting media landscape. "Anyone who consumes media content can be enlightened by what they may learn about the industry," Schroeder said. "In today's climate, there are multiple streams of disinformation and

consumer."

Schroeder said he is also learning from these industry professionals and is sharing this information with his current students.

"Many times, what I learn simply validates what I'm teaching," Schroeder said. "Other times, it gives me a new perspective or idea I want to share with my students."

He said he originally planned to require his students in certain classes to listen to each episode, but soon discovered that many of them had subscribed to the podcast and were listening to the episodes on their own, allowing for discussion in classes.

— University Relations

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SPORTS Families enjoy Ranger baseball

By MEGAN SPRAY Student Reporter

Northwestern's Alumni Foundation celebrated community spirit with free food, baseball and youth-focused fun during the Baseball, Hot Dogs and Apple Pie event.

The family-friendly event was held on April 8 at David Allen Memorial Ballpark in Enid. The event treated youth baseball play-

the ballpark with a free meal and game day festivities.

All the youth players received a free T-shirt, and a young, aspiring pitcher was chosen to throw the first pitch.

The Rowdy Rangers prepared hot dogs for the event. Attendees enjoyed a free meal of hot dogs, apple pie and drinks.

Before the game, youth players were given the opportunity to run the bases, take photos with Northwestern's mascot, Rowdy Ranger.

Jake, a Little League baseball player for the Expos, was in attendance for the game and he couldn't choose his favorite part of the event because he liked all of it he said.

A fifth grade group of baseball players for the Sharon-Mutual Trojans came to support their favorite pitcher, Kaden Spray, who started the game for the Rangers.

ers and coaches to a free night at Ranger baseball players and meet Luke Spray is Kaden's younger brother and said he brought his friends to cheer him on.

> "He's our favorite pitcher and our favorite baseball player," Luke Spray said.

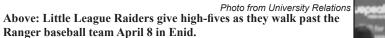
> John Allen is the Director of Alumni Relations for the Northwestern Foundation and Alumni Association and said this event is one of his favorites that they put on.

> Allen referenced former Ranger baseball coach, Dr. Randy

Smith, in that baseball is for kids. "I think that's what we do," Allen said. "We celebrate the youth."

The celebration was made even sweeter with the Rangers' 7-2 win over Southern Nazarene, marking their 10th straight win.

The Baseball, Hot Dogs and Apple Pie event continues to grow every year, drawing in families from around the region and strengthening the relationship between the Alva and Enid campus.



Below: Little League Heat runs around the bases to high-five players before the game.





Photo from University Relations



Three children hold photos of Miss Northwestern and Miss Northwestern

Teen at the Hot Dogs and Apple Pie game in Enid April 8.

Above: Miss Northwestern Teen, Madeline Ryerson, leaves the field after singing the National Anthem at the David Allen Memorial Ballpark in Enid for the Hot Dogs and Apple Pie game.





Photo by Megan Spray



SPORTS **Baseball loses to Reddies**

By EMMA GOTT Student Reporter

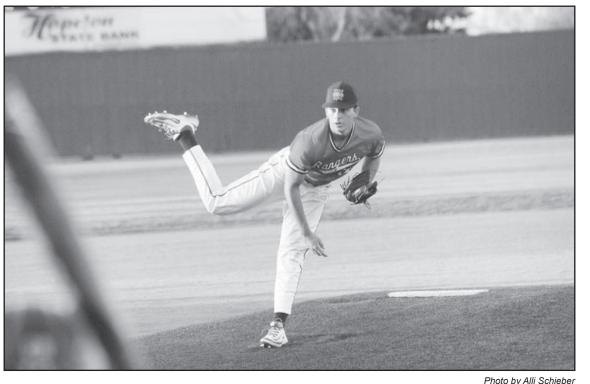
The Ranger baseball team took on Henderson State this weekend, starting the weekend on a high but eventually losing the series, 2-1.

In game one of the weekend series, Will Kates was the starting pitcher and was on the mound all the way until the top of the 7th inning when Dawson Toborg subbed in.

The Rangers started down 1-0 early in the game but ended up coming back to run rule the Reddies 13-3. Home Runs from Hagen Barcello (1), Harley Shaffer (2), Chase Gordon (1), and Colby Grace (1) helped lead the Rangers to a big victory, going up 1-0 in the series.

The Rangers had huge momentum going into the second game of the series on Saturday afternoon.

Jacob Wiltshire started on the mound for the Rangers and



NWOSU Ranger, No. 18, Will Kates pitching in a game against Henserson State on April 11 at Glass Family Field

got subbed in the 2nd inning for Logan Sandovol. Sandovol was

subbed out in the 6th inning for up getting subbed out in the 9th Elias Herrera. Herrera also ended inning for Kyle Holzer. Hender-

son went up 3-0 early in the 1st inning and then made it 6-0 in the 2nd. Runs from Saire, Gordon, and a Carson Wright home run ultimately would not be enough for the Rangers to rally back. They ended up losing game two with a score of 10-5.

Game three of the series was a huge opportunity for the Rangers to bring it back together and win the series.

Colby Mitchell would take the mound for the Rangers to start the game but would ultimately get taken out in the 3rd inning for Jacob Shaw.

Henderson was up 5-0 in the 3rd inning when Gavin Mendoza hit a grand slam to bring the Rangers back within one run. Rangers would go up 8-5 with runs from Saire and Shaffer.

In the 5th inning Henderson was up 9-8 and then hit a grand slam in the 6th to go up 13-8. Ultimately the Reddies won 16-10 and took the series from the Rangers, 2-1.

vs SNU	Runs	Hits			
SNU	2	3			
NWOSU	7	13			
Game 1	Runs	Hits			
Henderson	3	6			
NWOSU	13	19			
Game 2	Runs	Hits			
Henderson	10	16			
NWOSU	5	12			
Game 3	Runs	Hits			
Henderson	16	17			
NWOSU	10	12			

Baseball Playmakers



Kaden Spray Game One 4 SO, 25 BF, 89 Pitches



Will Kates Game Two 8 SO, 28 BF, 77 Pitches



Gavin Mendoza Game Five 2 H, 5 RBI, 1 R

Track and field wins at Wichita State

Last weekend, the NWOSU Track and Field team went to two Crabtree was the first Ranger, fin- ished 22nd with a time of 57.25. different competitions. Most of ishing 47th with a time of 10.83.

In the men's 100 meter, Trevon hurdles, Hamilton-Thompson fin-

In the 100 meters, Diamond was 4th with a distance of 5.64 Hilton was 15th with a time of meters. Maryam Dionka was 14th In the 800 meters, Riley Hern- 12.00. In the 200 meters, Hilton in the triple jump, with a distance was 28th with her time of 25.57. Henderson was 17th in the 400 meters with a time of 59.68. In the 400-meter hurdles, Taylor Bass was 32nd with a time of 1:21.63. In the 800 meter, Elisa Bernardez was 57th with a time of 2:34.01.

of 10.80 meters. Olivia Sipos was 17th with a distance of 10.76 meters.

the team went to Wichita State University in Wichita, Kansas, to compete in the KT Woodman Classic. A few of the women's throwers went to the Hastings Invite in Hastings, Nebraska.

In the men's 110-meter hurdles, Mikell Hamilton-Thompson was 16th with a time of 15.47.

In the 200 meter, Terrance Marfo was 86th with a time of 22.98. In the men's 400-meter



don finished 25th with a time of 1:55.31. In the 1500 meters, Benjamin Morfin finished 73rd with a time of 4:24.28.

In the 3000-meter steeplechase, Muneer Suied was 23rd with a time of 9:59.04.

In the 10000 meter, James Fincher placed 1st overall with his time of 31:00.47.

Aiden Kimberlin was 2nd in the high jump, with his height of 2.01 meters.

In the pole vault, Kaleb Woolery was 4th with a height of 4.42 meters.

Brock Bourgeois was 18th in the shot put with a distance of 13.88 meters. In the triple jump, Trevon Hodge was 5th with a distance of 14.79 meters.

The women did just as well as the men, but did not win any events.

Cadence Long-Torres was 53rd after she placed a time of 5:11.08.

In the 3000-meter steeplechase, Jamaria Ross was 19th with her time of 12:35.32. The 4x100 team was 8th with a time of 48.11. Asia Hicks was 7th in the high jump with a height of 1.50 meters. Marilyn Hamlin was 9th with a height of 1.50.

Ashley Low was once again the highest placing Lady Ranger in the javelin as she placed 8th with a distance of 39.71 meters. In the long jump, Gabriella Hall

That sums up the Wichita State competitors, four other Rangers were on Hastings, Nebraska as they competed in throwing events.

Alexandra Kepley was 10th in the javelin with a distance of 29.03 meters.

In the hammer throw, Kaylan Swindle was 11th with a distance of 40.57 meters. Temi Michaels was 22nd with a distance of 33.45 meters. Those two also competed in the discus. Swindle was 11th again with a distance 31.47 meters. Michaels was 13th with a distance of 30.40 meters.

Emmalee Osborn competed in the shotput. She was 6th with a distance of 11.54.

SPORTS Softball ends losing streak

By OAKLEE FIELDER Sports Editor

Last weekend, the Lady Rangers ended their long 11-game losing streak. Their last win was against Newman University on March 25, the streak lasting 18 days. They played three away games against Henderson State and two home games against Newman University.

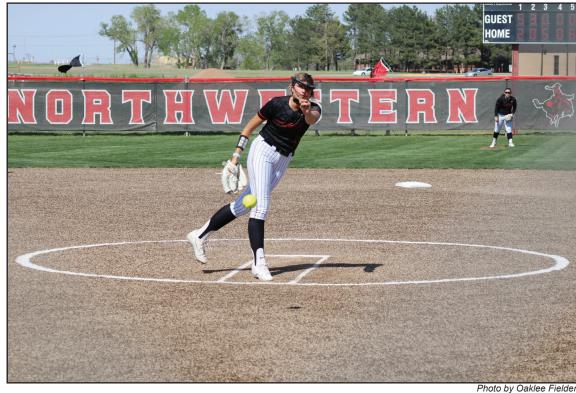
The first game was on April 11 against the Reddies. Katheryn Jones was on the mound to start the game. Henderson State scored one run in the first inning to take an early lead in game one. The game was then scoreless until the fourth when the Reddies scored another run to make it 0-2.

The Reddies continued scoring in the fifth with two runs to make it a four-run game. Rachel Sherwood made a hit to score the first run for NWOSU in the top of the sixth with a double that sent Jadyn Muns home.

Sherwood had 2 hits in the game, with 1 RBI. Muns was the only other Lady Ranger with a hit, with 1 hit and 1 run scored. Jones had 1 strike out with 90 pitches thrown.

Game two was the same day. Madelyn Cason started on the mound for the Lady Rangers. In the third, Chloe Brown relieved Cason. At the start of the seventh, Jones relieved Brown.

The game was scoreless until the third after Spearman hit a



No. 9, pitcher, Madelyn Cason pitches a ball in the game one against the Newman University Jets on April 15.

homerun. It was responded with five runs scored by the Reddies.

In the fourth, Rosemary Rivers hit a single and sent Avery Clark home. Madeline Pack hit a double to sent Rivera and Devynn Raile home. Kirby Van Haren hit a single and sent Pack home. The game was then tied 5-5.

In the fifth, Rivera hit a homerun and took Kaitlyn Corn with her. Pack then hit a single homerun. Sherwood then hit a double and sent Van Haren home to make it a 9-5 ballgame.

The Reddies then scored four runs to tie it at 9 in the seventh

Game 1 Runs Hits **NWOSU** 1 3 4 9 Henderson Hits Game 2 Runs NWOSU 9 17 12 12 Henderson Runs Hits Game 3 NWOSU 9 13 Henderson 4 8

inning. A walk-off triple homerun sealed the win for the Reddies.

Game three was the next day on April 12.

It started with Clark being walked with the bases loaded and forcing Sherwood to go home and scoring the first run. Van Haren hit a single and sent Pack home to make it a two-run game. It was responded with a single run from the Reddies.

In the third, Spearman hit a single and sent Corn home. It was responded with a homerun from Henderson State.

In the fifth, Van Haren hit a homerun and took Clark and Raile home with her to make it 6-2. It was responded with two runs from Henderson. In the sixth, Corn hit a double homerun and took Chloe Prentiss with her.

In the seventh, Rivera hit a single and sent Spearman home and made it a 9-4 ballgame. The Lady Rangers ended their losing streak and didn't allow Henderson State to sweep the series.

The Lady Rangers came home to face the Newman Jets on April 15.

Jones started on the mound. After letting four runs go, Carson relieved her and took the mound in the first. The Reddies only scored one more run in the inning. Corn hit a double and sent Clark and Sherwood home to close in on the Jets.

The Jets scored three runs in

the second. In the third, Clark hit a double to send Spearman and Sherwood home. Rivera hit a single after an error by shortstop and Clark ran home. Muns hit a sacrifice out to send Corn home. Rivera was able to score on a passed ball and the game was at a one run difference.

Clark was hit by a pitch in the fifth and that forced Caine to go home and tie the game at 8. Corn hit a single to left field and sent Spearman and Makanalei Lapera home. Rivera then hit a triple homerun with Corn and Clark. Spearman then hit a double and sent Van Haren home to make it a six-run game and score the final runs of the game.

The final game against Newman was later the same day.

Brown started on the mound. Corn hit a single to send Clark home. Rivera then hit a single to send Corn home at it was 0-2.

In the second, Spearman hit a double to send Lapera home. Spearman then hit a single and there was an error by second base and allowed Sherwood to go home and make it 0-4. The Jets then scored six straight runs.

In the fifth, Cason went to the mound in place of Brown. In the sixth, Spearman hit a double and sent Prentiss home. In the final inning, the Jets scored a run to make it a two-run game. Muns then hit a walk-off triple homerun to take Kennedi Graves and Rivera home with her to win the game 7-8.

The Lady Rangers now have a 12-30 overall record, 6-20 conference record. They will play against Ouachita Baptist in a triple-header at home next.

Softball Playmakers







Game 1	Runs	Hits
Newman	8	10
NWOSU	14	13

Game 2	Runs	Hits
Newman	7	10
NWOSU	8	9

Game 2 Madeline Pack 3 hits, 3 RBI, 4 at bats Game 3 Kirby Van Haren 2 htis, 4 RBI, 3 at bats Game 4 Kaitlyn Corn 4 hits, 4 RBI, 2 runs scored

Rodeo team back in top form in Weatherford

Last weekend, the NWO-SU Rodeo was in Weatherford to compete in the 52nd Annual SWOSU NIRA Rodeo on April 10-12.

Hazen Sparks placed 4th in the tie down event. Jacob Haren was the other Ranger in the event and he placed 7th.

Dingman tied in the breakaway event. They both tied for 5th.

Emmett Edler stepped up and was back to his normal self after placing 3rd in the steer wrestling event. Haren was the other Ranger in the event, placing 7th.

Haren and Rhett Murray placed 4th in the team roping event. Colter Snook also competed in the event, he placed 7th with a roper from Western Oklahoma State College.

The men's team finished in 5th out of 17 entered schools.The women's team finished 8th out of 17 entered schools.Out of the competitors that did place did do very well, especially compared to their last competition in Garden City. Unfortunately, not many NWOSU competitors did place.

The next two weeks are going to be rough for the Rangers. With only two competitions left in the season, the Rangers are going to have to push hard to make finals. There is no doubt that they all have the skillset to get it done, but considering the rough performances, especially in Garden City, there may be some tough times ahead. With leaders like Edler, Sparks, Haren, and Murray, they may find a way to push throughTheir next competition will be on April 17-19 at Fort Hays State University in Hays, Kansas. The next week they will be at Panhandle State University in Guymon.

Y'leigh Yarbrough and Payton