

Features

The Ice Bucket Challenge is trendy again, but why? Pages 5 & 9



Sports

Softball played last home game on Tuesday. Page 12



PRSRT. STD.
Permit # 5
Alva, OK 73717

Address Service Requested

NORTHWESTERN NEWS

Volume No. 86, Issue 26 Northwestern Oklahoma State University, Alva, Oklahoma April 24, 2025

Visit us online at northwesternnews.rangerpulse.com Follow us on: f

Do children have too much screen time?

By INGRID MALDONADO Senior Reporter

Many recall their childhood filled with mud pies, slime, Play-Doh, biking and the smell of grass.

Today's children fill their childhood with screens.

As technology becomes more accessible, more younger children are gaining increased access to screens. It is noticeable that more children are seen interacting with screens rather than actively playing.

Experts warn too much screen time can lead to shorter attention spans, delayed skills, poor sleep and even aggression.

"They need that real world interaction, they need that hands on play and they need those social experiences to really build their cognitive, social and emotional skills," said Taylor Phillips, an instructor of psychology at NWO-SU.

Phillips has a bachelor's and master's degree in general psychology and understands the psychological effects of screens on children. She said in children's early ages, screens should be limited. Phillips referenced American Academy of Pediatrics explaining those under 18 months should have no screen time.

The American Academy of Pediatrics says from the ages of 2 to 5, there should be no more than one hour per day. It explains the one hour should be high-quality content, meaning engaging educational shows.

According to the National Li-



Photo by Ingrid Maldonado

Zaylei Ingraham , a 4-year-old from Alva, watches her tablet during the weekend Zaylei is the daughter of Cheyenne Ingraham.

"They need that real world interaction, they need that hands on play and they need those social experiences to really build their cognitive, social and emotional skills."
— Taylor Phillips

brary of Medicine, an Italian survey concluded 97% of children under 36 months have used a digital device at least once, and 89% under 18 months have used one once as well.

"Because the brain is really

developing at a rapid pace for the first five years of life and forming stronger neural connections, too much screen time can really have a detrimental effect on young children as they start aging," Phillips said.

Tara Sivulka, an occupational therapist in the Salt Lake City

area in Utah, sees the effects of screens firsthand. She works mainly with students' fine motor skills and visual motor skills. Her case load is mainly pre-school to first grade however, she works with students

from pre-school to high school.

"They [children] can operate an iPad no problem, but when you ask them to like hold the pencil, they hold it with a fisted grasp or something really strange," Sivulka said.

Sivulka has seen an increase in referrals for kindergarteners who the teachers think have a deficit in fine and visual motor skills.

She explained it could be because they don't play with Play-Doh, color or have never held a pencil. Sivulka discussed how she is seeing weak hands in many of the children, and they cannot hold crayons.

Sivulka explained with children being mainly on screens, this decreases their amount of playing opportunities.

Whether it be playing with toys, going outside with friends or just using their imagination, it is important children play.

Playing can help with their fine motor skills, but it is also a way of learning.

"Play itself is the best teacher

between zero and five, you learn by playing," said Susan Seevers, who owns a family childcare home in Alva.

Seevers is a childcare provider and she is firm on digital devices when she is taking care of children. Seevers even goes beyond and tells parents to bring the children screens almost dead.

Having the screen at very little charge helps children not argue whether they get more screen time or not.

The biggest tendency Seevers sees is a disconnect in relationships and social behaviors.

She explained children with high-screen time do not know how to carry on a conversation with people, how to play without being on a device and how to entertain themselves or each other without screens. She said how they won't have any camaraderie.

"They're now 'it's just me and my tablet,' instead of 'hey me and George,' or 'hey, I'm going to get together with my buddies, we're going to go play this fun game,'"

Seevers said.

Lauren Brown, a social worker in Maryland with a master's in clinical social work, sees children with aggressive tendencies.

She explained they have defiance and can have severe meltdowns if the screens are taken away.

Having screens late at night cause sleep issues which lead to crankiness and does not help with aggression, she said.

Brown then explained not giving children their own devices could help with screen time.

She said in the beginning less is more. Brown explained parents should have open communication with their children about the expectations on screen time.

Parents often struggle to control screen time. Sometimes parents are grocery shopping while their kid sits in the grocery cart looking at their iPad or they're in the restaurant looking at the device. With life being fast paced

See SCREEN TIME on Page 7

NEWS

What's Up?

April 24-29

24

- O.B.I. Blood Drive in Student Center 10 A.M.-4 P.M.
- Additional late payment penalty in effect
- Bahama Breakaway 5:30 P.M.-8:30
- Writer's Roundtable meeting VH 200 5 P.M.-6 P.M.
- Choir Masterwork Concert at the First Presbyterian Church 7 P.M.-8 P.M.
- Network at night at Alva Beer Co. 5 P.M.-6:30 P.M.

25

- Last day to drop second 8-week and 16-week classes
- Last day to add arranged classes
- Last day for complete withdrawal from classes

26

- NWOSU Alumni spring reunion 8 A.M.-5 P.M
- Auditorium tour 2 P.M- 4 P.M
- MS Walk at the Homestead 901 Homestead Drive Alva, OK 10 A.M.

27

Band concert in the Fellers Family Auditorium 2 P.M- 4 P.M



29

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

- NWOSU Retirement Reception in the Student Center Ranger Room at 3 P.M.-4:30 P.M.

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis

High school seniors explore the campus



Photos by Ingrid Maldonado

Prospective students are seen all over campus during Freshman Connection. The students are heading into the Education Center. These students came to Northwestern on April 16 to explore the campus.



High school seniors who are planning to attend NWOSU in the fall attend Freshman Connection to enroll early. Freshman connection started in the Student Center ballroom, then students split up to enroll for classes and tour campus. Over 118 students registered to come to Freshman Connection this year.

HOLDER DRUG

Hallmark

513 Barnes Alva, Ok 73717

®

580.327.3332

1.800.458.5349

Fax: 327.1848



Keep Sharp!



With the all new Rada Knives!!

NEWS

NWOSU prepares for Graduation

By **AJ MEDRANO**
Student Reporter

The Northwestern Oklahoma State University Commencement will have a speech given by an alumnus who was once a graduate from 1981.

The one who will be giving the speech at the graduation on the 10th of May is Rich Cantillon, who is the alumni for Northwestern. He graduated with a degree of business administration.

Caleb Mosburg, who is part of the commencement committee gave detail about the graduation that’s happening, the number of students walking, keeping the tradition, having the tradition and no change during the commencement. Talking about contingency plans in case of weather situation and now they are doing something different this year with a cum lade medal.

He said, “Right now we look to have about 260 students walking and that’s a combination of undergraduate, masters, and our doctoral programs. Kind of depends cause of the first meeting we had was a week and a half ago and so there’s still some applications that didn’t get finalized. Looks like we got a bigger group graduating this year than we did last year, so that’s exciting to see. Last Spring, we just had over 200, 208-210 what we had walking.”

He also said, “The contingency plans course we put out every year as far as if weather was to be bad, we sent out notifications to each of the graduates with the number of tickets they have for

family. Because our largest base build to use is the Percefull Field house, so we have the field house already set up and ready to go.”

He says no to not doing anything different for the commencement because of keeping traditions. But what they will do this year is giving students the cum lade medals. They found a company who was doing honor medals for bigger high schools and they got have the cum lade medals.

Rich Cantillon, when he was in Northwestern, he was part of the Sigma Theta Kappa Fraternity and served in the SGA and also played intramurals.

He’s owned Bob’s picture for 14 years, served as the CEO of the Blackwell chamber for eight years and the Ponca City Chamber for 20 years. He has been to 14 state and even including a trip to the Yellowstone National Park.

Cantillon has earned numerous honors, even including outstanding Blackwell citizen in 1994 and even Outstanding Oklahoma Executive in 2010. He was inducted into the Oklahoma Chamber Hall of Fame in 2021. He was also named a Northwestern Foundation/ Alumni Outstanding Graduate for Business/ Professional in 2022.

Northwestern changed his life and he met his wife Pam, who they have been married for 42 years and they are both members of Saint Mary’s Catholic Church and he also taught high school religion for over 30 years and they share three grandchildren, daughter-in-law, a son-in-law and six grandchildren.

Campus beautification

Students clean up the campus



Students helping Rowdy Ranger clean up campus during campus beautification on April 17. The entire campus was encouraged to help make the campus look better for the spring. Students helped plant flowers, put down mulch, and cleaned up around the campus to encourage more students to come to NWOSU. The students

SGA brings fun on to campus with their third annual carnival



A young boy looking through the toy prizes after playing the games and picking his own prizes while at the SGA hosted carnival on April 17.



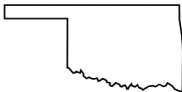
Clubs and organizations host a game for the NWOSU carnival. Different clubs had various games for kids of the community to earn tickets.



Oklahoma News



- OKC Thunder are winning Memphis 2-0 Grizzlies in the NBA playoffs
- Oklahoma measles case now at 13
- Bill to limit which schools some Oklahoma students could transfer to advances



Info by KOCO

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.

Spring 2025 Staff

Editor-in-Chief
Alli Schieber

News Editor
Jessica Schieber

Editorial Editor
Christian Franklin

Sports Editor
Oaklee Fielder

Features Editor
Sarah Brashears

Assistant Editor
Kevin Kaumans

Photo Editor
Ingrid Maldonado

Photographer
Victor Kinzie

Advertising Manager
Victor Kinzie

Circulation Manager
Dalen Jensen

Online Manager
Maryam Dianka

Adviser
Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232
Telephone: 327-8479; Fax: 327-8127
E-mail: nwnews@nwosu.edu
The News is printed by
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.

AFFIRMATIVE ACTION
COMPLIANCE STATEMENT

This institution, in compliance with Title
VI and Title VII of the Civil Rights Act of
1964, Title IX of the Education Amendments
of 1972, sections 503 and 504 of the Reha-
bilitation Act of 1973, the Americans with
Disabilities Act Amendments Act of 2008, and
other applicable federal laws and regulations,
and to the extent required by law, does not dis-
criminate on the basis of race, color, national
origin, sex, age, religion, genetic information,
physical or mental disability, or status as a
veteran in any of its policies, practices, or
procedures. This includes, but is not limited
to, admissions, employment, financial aid, and
educational services.

Inquiries concerning the application
of these programs should be made to Cal-
leb Mosburg, Director of Student Affairs,
Northwestern Oklahoma State University,
709 Oklahoma Boulevard, Alva, OK 73717,
(580) 327-8415.

This publication, printed by Northwestern
Oklahoma State University, is issued by the
University as authorized by the Regional Un-
iversity 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, classifica-
tion, 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. Let-
ters via e-mail are acceptable as long as they
follow the rules stated above and can be sent
to nwnews@nwosu.edu. Please limit submis-
sions 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

China makes advancements for robotics

By CHRISTIAN FRANKLIN
Opinion Editor

In a world that is facing un-
precedented tensions and shifting
global economic dynamics.

China is now aggressively
pushing towards automation
standouts leading to strategic ma-
neuvers.

Keith Bradsher, in his report
for the New York Times, sheds
light on how China is now inte-
grating artificial intelligence and
robotics into their manufacturing
sector, and it is not just a technol-
ogy advancement but meant to be
a ploy to be a component of its
economic strategy.

According to Bradsher's ob-
servation factories in Ningbo,
Shanghai, and Guangzhou have
revealed that their nation is rap-
idly transforming their industries
landscape.

With the advancement of AI
powered robots spread across
manufacturers it is now showing
signs of efficiency while still tak-
ing the position of being the most
competitive edge, in the face of
international trade challenges.

The Automation is so sig-
nificant because China plans to
counteract the effects of tariffs by

bypassing countries like the Unit-
ed States and the members of the
European Union.

The most shocking aspect of
China's automation strategy is the
scale and the speed.

Following the International
Federation of Robotics, China
is now creating more factories
to produce 10,000 manufacturer
workers than any other country
except South Korea and Singa-
pore.

The rapid expansion it's not
slowing down to large scale in-
dustries but it has even created
small town workshops like the
Elon Li curbside operation.

That can be found in Guang-
zhou, and they are investing into
robotic arms equipped with AI
capabilities.

The robot can replicate human
tasks with even more remarkable
precision and they can operate
around the clock reducing labor
cost.

The impact of the shifts are
only coming out to be profound.
By moving forward with its man-
ufacturing process, China is not
only challenging the aging work-
force and combating the rise of
labor cost, but also setting a new
standard for industrial productiv-
ity.

China's 2025 initiative only



Graphic from Pixabay

underscores the commitment of
identifying robotics to be the
leading national development.

The initial investment includes
137 billion dollars to further
demonstrate China's dedication
to continue leading the next in-
dustrial revolution.

Furthermore, the rapid auto-
mation is not without its chal-
lenges and Bradshers notes on
the concern of workers like Geng
Yuanjie, who initially has a fear
of job displacement due to the re-
liant use of machines.

Also having to deal with the
lack of independent labor unions,
China excerpts these anxieties to
raise questions about social im-
plications of such transformation.

The demographic changes add
another layer of complexity and
with their continuing declining

birth rate only poses threats on
the younger youth pursuing high-
er education and traditional labor
pools are on the verge of streak-
ing.

Automation is the solution to
replacing the demographic chal-
lenges of sustaining industrial
output, despite any contracting
workforce.

China embraces animation de-
tailed by Keith Bratcher and its
multi strategy position in using
robotics to help combat economic
changes.

But it still offers solutions to
immediate challenges like labor
shortages, and trade disputes,
which will initially have an im-
pact on technology advance-
ments. China's advancements
lead to questions about jobs with
thier own citizens.

Tesla crisis requires CEO's attetion

By CHRISTIAN FRANKLIN
Opinion Editor

Tesla's first quarter in 2025 has
only been one of the most talked
about companies in history.

But not for the moment you
think, in recent news a sharp drop
in profits has gained attention
over political controversy and it
is only intensifying the competi-
tion.

As Jack Ewing reports, CEO
Elon Musk with close partner-
ship to the Trump administration
has finally outspoken its political
stance and now cast shadow over
Tesla's financial performance re-
garding its public image.

Following earnings from the
first quarter the drop added up to

be 71% accumulating a total of
\$409 million. That is down from
its original \$1.4 billion just a year
earlier.

The drop is very steep and
without interest income and mis-
sion credit sales Tesla is now in
position to take a significant loss.

Some of the blame falls on
the company's strategic decision,
while facing delays in product
pipeline and continuous focus on
under-performance of the cyber
truck have only put the pressure
more on Tesla.

According to Musk who said
he will now spend "a day or two
per week" working physically in
Washington for President Donald
Trump's administration who re-
main on a cost-cutting agenda.

His role is eliminating fed-
eral jobs and reducing spending

which only has sparked global
protest and encourages distance
from Tesla.

Who was historically known
for catering to eco-conscious cus-
tomers.

Musk is now on the verge of
having to face backlash from his
very own Tesla brand loyal cus-
tomers.

Ewing highlights a growing
investor who has concerns on
Musk's divided attention.

While he sits head of Tesla he
also must be the head of SpaceX
formally known as Twitter.

Some investors are now ques-
tioning whether or not he can ef-
fectively steer Tesla through the
challenges it is currently facing
while also having to split his fo-
cus among so many other com-
mitments.

The electric vehicle market
is rapidly evolving and Chinese
electric vehicles like BYD are
taking advantage of Tesla's mar-
ket share.

While other traditional au-
tomakers like Volkswagen and
Hyundai and GM are on the rise.

Statistics show 1.8 million ve-
hicles were sold in 2023 and Tes-
la's global sales dropped to \$1.7
million in 2024 alone and that is
a 13% drop in the first quarter of
2025.

Despite all the constant drops
in revenue, Tesla still remains the
world's most valuable automaker
by market capitalization.

And Musk continues his con-
fidence in autonomous driving,
seeing in the near future that it
will be the future of AI powered
cyber cabs.



Graphics from Pixabay

OTHER VOICES

From Instagram

Are you up for ice bucket challenge?

YK YOURSELF

Why are people pouring ice water on themselves?

What is the USC Ice Bucket Challenge?



ykyourself • Follow

ykyourself What is the USC Ice Bucket Challenge? Swipe to learn more and watch numerous individuals who partook in the challenge! 🧊💧👤

Would you pour ice cold water on yourself? @uscmind

You Know Yourself is a student led 501(c)(3) non-profit organization dedicated to giving back the community and spread health education and awareness. Discover the opportunity to connect with yourself on a deeper level, gain valuable insights into your body, mind, and overall health!

david_froman

You have 24 hrs!

@myahcunningham13

#uscspeakyourmindchallenge

@korey.greening
@max_alexander
@itssierra05
@jeretevaldezjr
@d1.kd



myahcunningham13 22h

#uscspeakyourmindchallenge

Nominated by @go_damarquos



I nominate

@ashton.patterson
@bjen_06
@reagan_plum_12
@david_froman
@keeley.carpenter
@sydneyhallll

myahcunningham13 22h

go_damarquos

#uscspeakyourmindchallenge

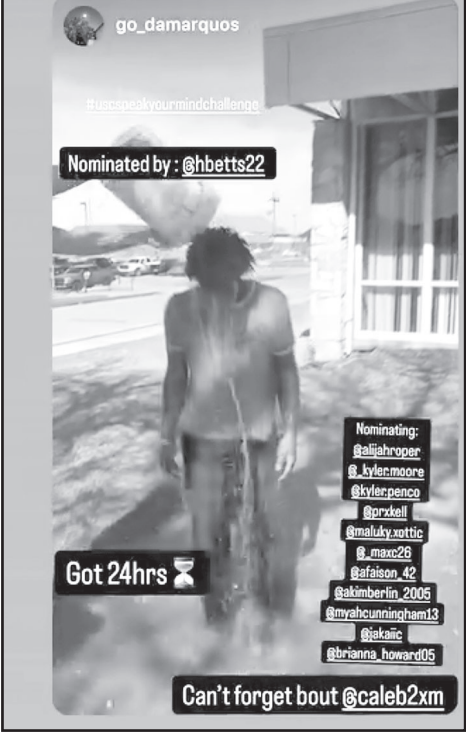
Nominated by: @hbetts22

Got 24hrs

Nominating:

@allahroper
@tyler.moore
@tyler.penco
@ordell
@maluky.rottic
@max26
@afaison_42
@akimberlin_2006
@myahcunningham13
@jakaic
@brianna.howard05

Can't forget bout @caleb2xm



brantley_brianna 23h

@uscmind

@liviabwakali

You have 24 HOURS

Nominated:

@brittney.brantley
@caleb2xm
@kierra.hicks
@jalenghee



reagan_plum_12

#USCSPEAKYOURMINDCHALLENGE

Nominated by @myahcunningham13

@riley_hensley4
@allie_williams101
@db.jordyn
@ef.0108



Who will you challenge?

Learn more on Page 9

From X

What do you think about this?

Elon Musk @elonmusk · Apr 21

DogeDesigner @cb_doge · Apr 21



DOGE is not dismantling the government. DOGE is just removing the parts that never worked
CHANGE MY MIND

Wall Street Apes @WallStreetApes · 7h

FBI Director Kash Patel calls for something to be done about The Federal Reserve

"We got to educate people that the Federal Reserve is not a public government entity. It's a private entity. The robber barons that started this country who manipulate the currency to their advantage. That needs to be tackled. Again, I'm not the economic guru. I just know it's a problem.

I'll be honest with you. I don't know what the solution is, but it needs to be addressed."

U.S. Department of Education @usedgov · Apr 21

Starting May 5, the Department will resume collections to protect taxpayers from shouldering the cost of student loans. Federal student loans are financed by the American people and must be paid back. [ow.ly/93x050VEXTL](https://www.ed.gov/93x050VEXTL)

PRESS RELEASE

 U.S. Department of Education to Begin Federal Student Loan Collections, Other Actions to Help Borrowers Get Back into Repayment

www.ed.gov/news

Jarvis @jarvis_best · Apr 21

Pope Francis said during an interview one time that he fell asleep during prayer. The interviewer asked him whether that was allowed, and he said that fathers always love it when their children fall asleep in their arms. That always stuck with me. Rest in peace.



Students worship on campus ahead of Easter

By TJ JOHNS
Student Reporter

Baptist Collegiate Ministries hosts their semi-annual outdoor worship night last Wednesday on the intramural field.

During their outdoor worship night, they had a special guess, snacks and activities such as 9 square, for any student to enjoy.

This event is held once a semester but every time students say it should be done more than that.

“I liked it and think it should be done more often,” said Jamie Torres Franco a sophomore, criminal justice from Hennessey. “I feel like more people would get involved with the BCM if they did.”

The leadership team at the BCM also said they enjoy hosting the event and like to see people who normally don’t go to the BCM join them because they see the crowd on campus.

Kelsie Doane a sophomore En-

glish education major from Fairview said she was excited to see a bunch of people that on campus worshipping God.

She also said it’s fun to see people who are just walking by get drawn in because they see us singing or they’ll hear people preaching.

Lainey Morse a sophomore psychology major said it’s fun to play games and just hang out with people and it is a great opportunity to talk about Jesus especially right before Easter.

Miles Harris the current BCM director said it’s really cool to show off my kids and all the hard work they put in as well as worship and preach the Bible on campus.

The BCM hosts several other events throughout the year including a pancake feed at the beginning of the year and basketball tournaments.

They also go on a missions trip over Spring Break and have several other events with other BCMs.



Above: Jasmine Cook and Daniel Voth lead the BCM outdoor worship night last Wednesday on the Intramural Field.



Above: Students listen and pray as members of the BCM lead them in prayer.

April 22, 2025

This week's top worship songs

- Goodness of God
Bethel Music, Jenn Johnson
- Holy Forever
Chris Tomlin
- Gratitude
Brandon Lake
- How Great is Our God
Chris Tomlin
- Praise
Elevation Worship, Brandon Lake, Chris Brown, Chandler Moore
- Great Are You Lord
All Sons & Daughters

Information from
renewingworshipnc.com



Right: Students bow their heads as the BCM leads them into prayer at the outdoor woship night on the Intramural Field last Wednesday.



Above: Students attend the outdoor worship night hosted by the BCM last Wednesday.

BCM EVENTS

Women's Bible study Monday @7 PM
Men's Bible study @9 PM Monday in Coronado Hall
Noonday 11:30 AM - 1 PM Wednesday
BCM Bible Study @8PM Wednesday

Screen Time

Children should have less daily screen time

Continued from Page 1

many parents use these screens to calm their children or to easily keep them entertained while they are busy.

“Parents don’t really let their kids struggle through,” said Sivulka, explaining the detrimental effect parents have on their children’s screen time. “So, they’ll just zip kids jackets for them not realizing that they’re gonna go to kindergarten and teachers can’t zip 30 jackets.”

Seevers finds children want to be like their parents. If the parents are consistently on their phone at home, then they will be interested in what they are doing.

The children then will want to copy and be like their parents and be on their device as well, explained Seevers.

Parents on screens is something Seevers checks on at her family childcare.

“Children are good emulators of what they see at home and they will copy and want to be just like mom dad,” Seevers said.

Cheyenne Ingraham, a parent of two children, a one-year-old and a four-year-old, from Alva, understands the importance of screen time.



Photo by Ingrid Maldonado

Zylei Ingraham, a 4-year-old from Alva, enjoys her screen time.

Ingraham explained she could be better about screen time with her children. Her one-year-old, Rynlie, does not care for it unlike her four-year-old Zylei does.

“We’re not the model parents for screen time,” Ingraham said.

Rynlie will only watch the introduction to a children’s show on television but then will go and do something else, Ingraham said.

Ingraham only allows educational applications and YouTube Kids, as well as age restrictions and restrictions on downloading apps.

While Ingraham thinks she and her husband could be better, they are actively involved in moderating their children’s screen time and taking small steps.

“Ultimately, I think everyone

is doing the best they can,” said Brown. “The most important thing is just regulating it, and keeping the lines of communication open with kids about what’s appropriate and what’s not on screen and being aware of what they’re doing on it because they’re very smart and know how to do stuff on it.”

Screens are impacting children and replacing their hands on playtime.

They are tapping on screens instead of playing tag or playing house.

Screens give children instant gratification, which does not allow them to be bored, affecting their creativity and imagination.

“You can make anything fun,” Sivulka said.

Instead of having children be on screens, Sivulka explained parents can make anything fun with pre-school aged children.

The parents can make washing the dishes fun or have them turn on the faucet. All these things will help them learn fine motor skills, she said.

“I think it just comes down to balance and intention,” Phillips said. “Screens, they are not inherently bad. They serve us well in a lot of areas. They can be a very useful tool for a lot of things, but it needs to be used in a way that support and not replace that healthy development.”

20:22

Wednesday, February 2

MESSAGES today

Recommended screen time for children

MESSAGES today

Younger than 18 months: No screen time

MESSAGES today

18–24 months: Only educational media

MESSAGES today

Ages 2–5: One hour a day maximum

Information from Children's Hospital of Orange County

FEATURE

How to...

Be confidently prepared for finals week

By SARAH BRASHEARS
Features Editor

Final’s week. Sounds stressful and exhausting. But let’s get real – you have made it this far, have already done all the hard work, stayed up for the late-night assignments, and sat through hours of lectures. You have already put in the work! Don’t panic. Just take a deep breath because you’ve got this. In this week’s *how to* you will learn to face finals week with clarity, be confident walking in to the test, and have a mindset that says: *I’m ready*.

Step 1: Know what is ahead!
Clarity is power.
Start by sitting to make a list of all your exams, their dates, their times, and the material that will be covered. Once everything is on paper, for you to physically see, it becomes a lot less stressful! Final’s week is not about winging it – you’re working through a checklist.

Pro Tip: use a planner, whiteboard, or calendar app. Seeing you schedule organized makes it feel more manageable.
Step 2: Create a realistic study plan.

When you study, it is important to remember that it is not about cramming every fact into your brain. It is about working smarter, not harder. Break your study schedule down! Make a list in the order of your toughest subjects. Then, set small, focused, daily goals. Finally, give yourself grace if things do not go perfectly to your plan.

It is also important to use study techniques that work for you. Pomodoro, flashcards, practice questions, retaining reading, and taking notes. You do not need to study for eight hours straight. You just need to be consistent.

Step 3: Gather your tools
Collect all of your textbooks, lecture slides, lecture notes, and handouts. Once you have these, organize your materials by subject. Make sure your study space is clean. A clean space provides a clear mind. This also prevents wasting time to search for that one sheet of notes at 2 A.M. When you do these things, you set yourself up to succeed, and that’s powerful.

Step 4: Don’t sacrifice yourself for your grades
Regardless of what influences you, remember that you are more

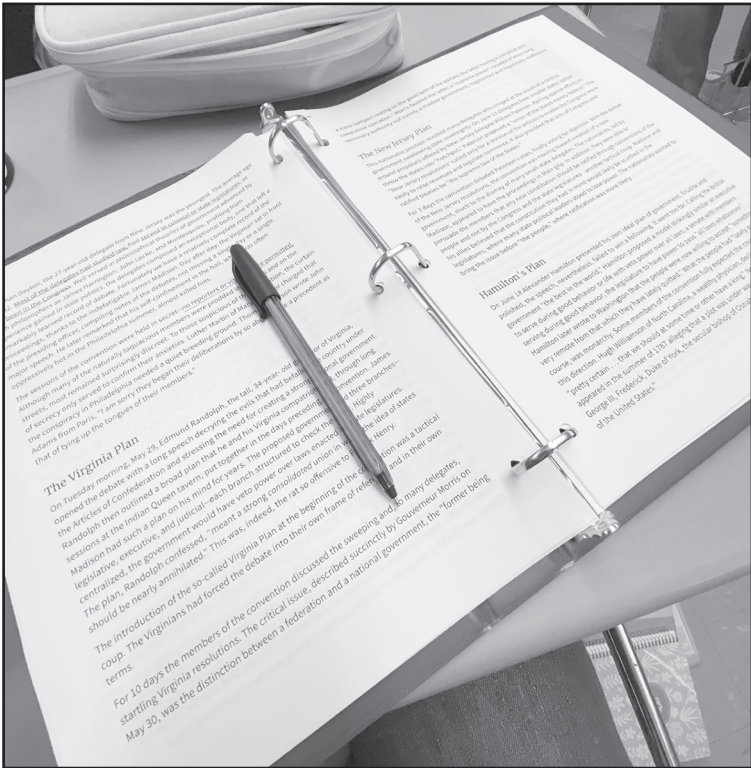


Photo by Sarah Brashears

than your GPA! Ensure that you are still getting sufficient sleep, your brain can not work upon fumes. Eat food to fuel your body that will help you focus. Most importantly, move your body! Even just 10 minutes of stretching or walking will clear your head and get blood circulating again. Burn-

out is not something to wear with pride. Take care of yourself too. Finals will come and go – your well-being will be here for the rest of your life!
Step 5: Practice, review, repeat
You do not have to know everything. Spend time studying

the material that will be covered, not the entire textbook. Use old quizzes or exams to take practice tests. Quiz yourself! Say the material you are studying out loud, teach the material to a friend. Study to understand the materials, not memorize it! This is all about building confidence. Every minute you study and review, you are one step closer to feeling ready.

Step 6: Stay grounded
When studying for finals, stress is normal. Doubt is normal. But here is what is true – you are more than capable. You have overcome many hard things before. You will do it again! It is okay to take some breaks and give yourself credit for trying. Remember to also relax. Listen to some music, breathe deeply, and laugh. Talk to someone when you are feeling overwhelmed. You do not have to carry it all alone!

Finals week is not a time to test your worth. Yes, it is a challenge. However, it is a challenge you are ready for. Show up, do your best, and trust the process. You are far more prepared than you think! Take that deep breath one more time. You have already come this far; you are not stopping now! You will crush this!

Dad joke...

Where do you keep all of your dad jokes?

In the DADabase

Secrets in japanese literature

It’s no secret that the manga industry is at an all-time high. According to a study from *PBS* journalists Ali Rogin and Claire Mufson, the sales of Japanese comic books has quadrupled since 2019. As to what has caused this massive growth of manga, the answer depends on what person you ask. Some blame the pushing of politics in Western comics, others argue that the absurd and creative art style or the phenomenal concept of the writing.
I, however, will not be discussing this topic. Instead, I will be discussing some of the history behind Japanese literature.

Have you ever heard of *The Pillow Book*, fellow reader? It’s a diary written by a courtesan named Sei Shonagon and is considered by some literary scholars to be the first novel. The book had such an influence on Japan that we even read some sections of it in my World Literature class. You see, though the college of Northwestern considers me to be an English literature major, I like to see myself as someone who studies writing from all countries, which is why I took the class in the first place.
And trust me when I say that Shonagon-san has the ability to make anything sound romantic in her writing more than any other author I have yet to see so far. If you are someone who is just getting into Asian literature, I highly recommend you start with this book.
Another famous book that was written in the same time period as *The Pillow Book* is *The Tale of*

Genji. While the former is a diary, this book is an actual story.
It’s centered around Hikaru Genji, the son of the Emperor of Japan who spends his youth hidden away to protect himself from the envy of the emperor’s other mistresses, as Genji’s mother was his favorite.
The story discusses themes of love, class, and the treatment of women at this time period.
I won’t spoil the protagonist’s fate for you, as I believe the author ends his story in an interesting way that other writers rarely do and would hate to ruin the surprise.
Anyway, I thank you, fellow reader, for letting me waffle on about my interests. You know, you’re such a good listener. Perhaps this little parasocial relationship might go somewhere. That is, of course, if you’re willing to let me ramble on about my other autistic thoughts as well as my obsession with lost media.

TALK ABOUT IT THURSDAY

Lately, I have been sitting on the fact that there is a lot of unneeded hate and anger in this world. It only takes a few seconds to smile or wave at someone, but can take years to erase the harsh words that you say to or about them. Think about your actions, how do you look to other poeple?
Growing up, I was always told to be kind because everyone, everywhere is fighting a silent battle. How many silent battles do you fight? How many people know what you are going through? The person you are shaking hands with is in the exact same boat.
Think about how you would

feel if someone said the things you say about another person to your face, or even behind your back. Keep this in mind as you run into other people, whether it is friends or someone you have never met before.
There is a lot of negativity in this world today. It is tough to get through if you are surrounded with hate and anger. Be the reason that someone smiles and has a better day, not the reason someones day or week gets worse.
What makes your day get better? Think about these things then offer the same actions to other people. Choose to be kind!

Thinking of moving?

Think Hi-Lo Apartments, LLC
636 Linden St.

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

Call 580-748-0157

ENTERTAINMENT

Importance in having community support

I didn't realize how much I needed people until I had them.

Having a strong community is important in all aspects of life. I remember a time when I had just moved back to Alva, I went through a breakup, and it was like I had to start all over. The connections I used to have were all from high school and so I had little to no community.

Now at the time I believed I was doing ok. I had a job, so I was making money. I was investing more time in my business. I was making friends at work. I was working out to get in more shape. So, it seemed like I had everything.

Then months later, after what felt like being at my lowest, I started to build my own community. Now I wasn't purposefully going out and recruiting people for my community, it just kind

of happened. It was like I started subconsciously planting seeds.

Did it just happen while I was at home watching TV? No. I started going back to my church, I joined one of their bible studies and there I met some amazing people. There I met Julie, who invited me to a workout class.

From there at the workout class, I met Chloe. It was like a snowball effect. After meeting them, they became some of my close friends. I later met more friends, became more involved in school, started a new bible study and was surrounded by some genuine, caring people.

I am blessed to have created this community that I have. I have people that I can count on, who genuinely care for me and who lead as great examples. It isn't just one person, it is multiple.

When you have community, you are supported by multiple people during uncertain times. As human beings, we need community to survive. Having community brings us a sense of belonging and encouragement.

Like I said earlier, I didn't realize how much I needed people until I had them.

Chats with Ingrid



INGRID MALDONADO



Students in Oklahoma participating in the #SpeakYourMIND Ice Bucket Challenge while nominating others.

Ice bucket challenge trending again

By SARAH BRASHEARS
Features Editor

The ice bucket challenge is trending again. However, this time it's focusing on mental health awareness. This initiative, known as the #SpeakYourMIND Ice Bucket Challenge, was launched by Wade Jefferson, a student at the University of South Carolina. Jefferson started this trend again just after losing two close friends to suicide. Organized by USC's MIND Club, this campaign is encouraging participants to pour ice water over themselves, post the videos to social media and donate to Active Minds, a nonprofit

dedicated to youth mental health. As of right now, this movement has already raised \$200,000 and keeps growing. This passes the initial goal of \$500 by a long shot!

The trend has gained significant attention. Public figures such as Jenna Bush Hager participated on NBC's *Today show*. Hager joined the challenge during the Morning Boost segment that aired on April 21, 2025. She then nominated fellow co-anchors Carson Daly and Savannah Guthrie, both of whom participated live on TV. This initiative has been supported by celebrities such as Blake Shelton, Jimmy Fallon, Olivia Munn and Scarlet Johansson. These celebrities partaking has

amplified the reach and impact of #SpeakYourMIND Ice bucket Challenge.

The original Ice Bucket Challenge, which began in 2014 to raise awareness for ALS, continues to make a significant impact. It has raised over \$250 million and led to an additional \$1 billion in researching funding, contributing to advancements in ALS research and patient care.

In summary, the Ice Bucket Challenge has evolved from a viral trend into a powerful tool for raising awareness and funds for important causes, from ALS to mental health, demonstrating the enduring power of collective action. Take your stand today!

Alexandre Dossian performs in Herod Hall



Photo by Corky Hall

Internationally acclaimed pianist Dr. Alexandre Dossian performs in Fellers Family Auditorium at NWOSU.

Top 10 Anticipated Movies - 2025

1. "Mission: Impossible - The Final Reckoning" (May 23, 2025)
2. "Avatar: Fire and Ash" (December 19, 2025)
3. "F1" (June 27, 2025)
4. "Ballerina" (June 6, 2025)
5. "Jurassic World: Rebirth" (July 2, 2025)
6. "Superman" (July 11, 2025)
7. "The Accountant 2" (April 25, 2025)
8. "Tron: Ares" (October 10, 2025)
9. "The Fantastic Four: First Steps" (July 25, 2025)
10. "Nobody 2" (August 15, 2025)

ALVA VISION CLINIC

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

Dr. Scott McEachern

Pre- and post-op lasik and cataract surgery.



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

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

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

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

SPORTS

Hockey

16 teams chase one cup

By **JESSICA SCHIEBER**
News Editor

The National Hockey League playoffs started Saturday April 19.

16 teams make the playoffs and compete in up to seven game rounds until they get beat out or eventually make it to the Stanley Cup final game.

The 16 teams that made it this year are the Winnipeg Jets, St. Louis Blues, Colorado Avalanche, Dallas Stars, Minnesota Wild, Vegas Golden Knights, Los Angeles Kings, Edmonton Oilers, Washington Capitals, Montreal Canadiens, New Jersey Devils, Carolina Hurricanes, Ottawa Senators, Toronto Maple Leafs, Florida Panthers and the Tampa Bay Lightning.

These players fight through pain all season long just for a chance to lift the Stanley Cup when the final game buzzer sounds.

Each player works through blood sweat and tears just to do what every hockey player dreams of doing.

So far in round one in the Western conference the Jets lead over the Blues 2-0, the Stars and Avalanche are tied 1-1, the Golden Knights are tied with the Wild 1-1 the King are leading the Oilers 1-0.

In the Eastern conference the Leafs are leading the Senators 2-0, Panthers lead the Lightning 1-0, the Capitals lead over the Canadiens 1-0, and the Hurricanes are leading the Devils 2-0.

Each team has the same goal in mind and that is to win.

No one is counting their selves out of the run yet despite being down.

Each game is a new one and no one lets what the past game said define how they are going to fight in the next.

The Stanley Cup is commonly referred to as the hardest trophy to win in sports.

This is because to even get a chance to win it teams have to compete in four grueling rounds of a best of seven series, due to this push for the cup many sports-casters call it the hardest to win.

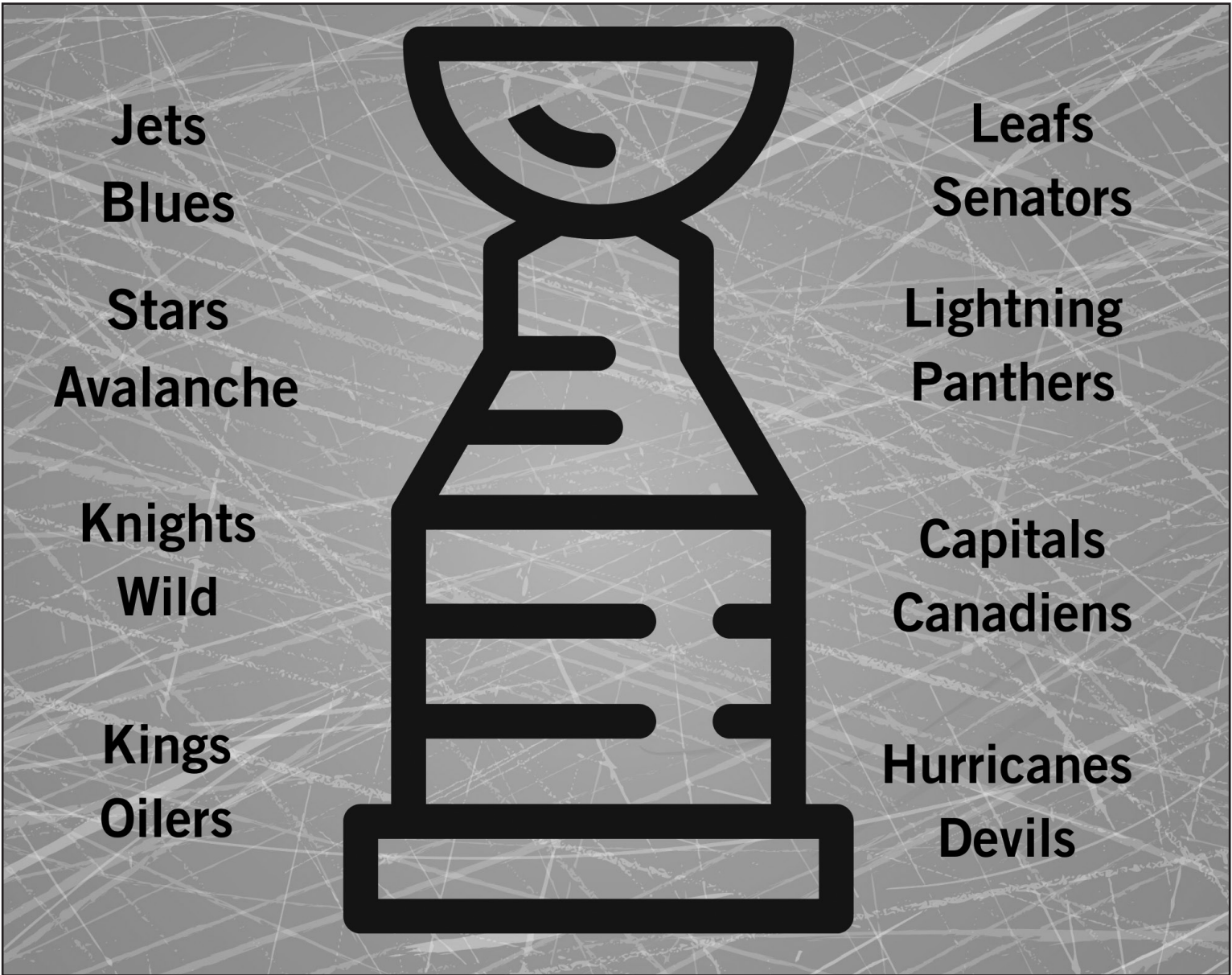
It isn't like the NFL where you play one game and move on and it's not like the NBA that has rules in place against fighting while on the court. In fact, on ice it's encouraged to show how much you want this cup and how much emotion you have for it via fighting.

Sure, you may end up with your team on the power kill, being down a player while you serve a penalty, but no one would fault you for fighting for the cup.

LAK vs EDM

On April 21 the Los Angeles Kings and Edmonton Oilers played their game one.

This was the team's fourth consecutive meeting in the post-season it was also the first time



the Kings had home-ice advantage.

The Kings held a lead in the game for 55 minutes and 39 seconds before the chaos of playoff hockey made its appearance.

The Kings started the game with a power-play goal from Andrei Kuzmenko 2 minutes and 49 seconds into the game.

Quinton Byfield made the next goal putting the Kings ahead 2-0 in the first 20 minutes of the game. The Kings added to their lead with 5 minutes and 13 seconds left in the second period.

Phillip Danault expanded the lead to 4-0 just under three minutes later. Leon Draisaitl made a one-timer goal with six seconds left in the period making the goal 4-1 with the Kings still having a three-point lead.

2 minutes and 19 seconds into the third period the Oilers made the game a two-point game now being 4-2.

The Kings were quick to respond with another power play goal making the game 5-2.

The Oilers were quick to cut the lead back down to two making the game 5-3 with Corey Perry scoring.

With 2 minutes and 4 seconds left the Oilers aced quick with Zach Hyman scoring and 36 seconds later Connor McDavid evened the game to 5-5.

Just when it seemed the game would go into overtime with 42 seconds left on the game time clock Danault made a one-timer and the game ended in 6-5 with a Kings win.

WSH vs MTL

All eyes are on the Washington Capitals this year as captain Alex Ovechkin passed Wayne Gretzky's all time goal record.

Ovechkin has played 20 NHL seasons and he opened the scoring for the Capitals with 1 minute and 26 seconds left in the first period. His goal was assisted by Tom Wilson and Dylan Strome. Ovechkin's goal was the only one in the first period.

The game continues to be back and forth with no one scoring until Anthony Beauvillier made the game 2-0 with 7 minutes and 51 seconds left in the second period. His goal was assisted by Ovechkin and Dylan Strome.

With 3 minutes and 42 seconds left the Canadiens take a penalty for high-sticking.

The period came to an end with the score being 2-0.

With 9 minutes and 28 seconds left the Canadiens get their first goal. Cold Caufield made a wrist shot that was assisted on by Patrik Laine and Lane Hutson.

This goal made the game 2-1 and brought back a fire to the Canadiens. With 4 minutes and 15 seconds left the Canadiens get their second goal this one was made by Nick Suzuki and assisted by Alexandre Carrier and Hutson.

With not much time left the Capitals fight to get another goal but fail to do so bringing the game into overtime.

With 17 minutes and 34 seconds left in overtime Ovechkin

brings the win to the Capitals with another goal. This goal was assisted by Beauvillier and Strome.

MIN vs VGK

The Wild and Knights played each other on April 22 with a late night game. The starting face-off by the Wild.

30 seconds after the face-off win Jonas Brodin gaveaway the puck.

With 10 minutes and 4 seconds left Matt Boldy makes the starting goal. His goal was assisted by Kirill Kaprizov and Jonas Brodin.

The Wild, now feeling alive starts playing harder and with 8 minutes and 25 seconds left Marcus Foligno makes the Wild second goal making the game a 2-0 lead. His goal was assisted by Ryan Hartman.

With two minutes and 45 seconds left the Wild make another goal making the game 3-0. This goal was made by Mats Zuccarello. It was assisted by Marcus Johansson.

The period ended with 3-0 in favor of the Wild. With a strong start in the first for the Wild they continue it on in the second.

Kirill Kaprizov makes a goal with 16 minutes and one second left. His goal was assisted by Matt Boldy.

With seven minutes and 56 seconds left Noah Hanifin opens the goals for the Knights. His goal was unassisted and made the game 4-1.

Boldy had a takeaway with 2

minutes and 40 seconds left but Joel Eriksson ek's shot missed.

With 2 minutes and 3 seconds left in the second period Mark Stone had a takeaway which led to nothing happening.

The thrid period opened with a few blocked shots and with 17 minutes and 34 seconds left Tomas Hertl makes the second goal for the Vegas Golden Knights. His goal was assisted by Alex Pietrangelo and Brandon Saad.

With eleven minutes and four seconds left the Knights take a penalty for holding.

With 4 minutes and 38 seconds left in the third Vegas starts to get desperate and throws some punches.

With 2 minutes and 26 seconds left in the game Kirill Kaprizov makes an unassisted goal, after the goal the teams went back and forth but no team made anything of it. The final score was 5-2.

Now Hiring!

Waiting Staff



Smok Shak

Highway 64 & 4th, Ingersoll, ON J3Z7Z8

(580) 596-3584

Come In And Fill Out An Application

SPORTS

Track does great in Kansas

By **OAKLEE FIELDER**
Sports Editor

Last weekend, the NWOSU track and field team went to Pittsburg State in Pittsburg, Kansas to compete in the Pittsburg State Tune Up.

Kareem Small placed 3rd in the 100 meters with his time of 10.28.

In the 200 meters, Trevor Montanye was 13th with a time of 21.72. Eric Colins was 26th with a time of 22.27.

Harrison Stapleton was 3rd in the 400 meters with his time of 49.12. Oshea Johnson's time of 50.04 put him in 8th.

In the 1500 meters, Jordan Pierce was 17th with a time of 4:18.14. Edgar Reyes was 25th with his time of 4:27.33.

Zachary Cox was 4th in the 5000 meters, he had a time of 15:59.59. Andrew Scott placed a time of 16:36.53 and that put him in 10th.

The throwing events were next, after the running events.

Brock Bourgeois was 20th with a distance of 40.1 meters. Apollo Taylor was not far behind in 25th with a distance of 39.3



Photo by NWOSU Athletics

Lady Ranger Jamie Torres-Franco competes in the 1500 meter event in a past meet at Wichita State on April 11.

meters.

In the javelin event, Kaleb Woolery was 22nd with a distance of 40.9 meters. Ethan Burns was 25th with a distance of 34.4 meters.

Bourgeois also competed in the shot-put event, he was 15th

with a distance of 14.2 meters. Cody Grasha was another Ranger in the shot-put event. He placed 26th with a distance 12.7 meters.

The women also went to Pittsburg to compete.

Krissalynn Henderson was 23rd in the 100 meters with a

time of 12.44. Brianisha Rolling was 28th with a time of 12.54.

In the 200 meters, Henderson was 14th with a time of 25.52. Camille Dates was 27th with a time of 26.56.

Azucena Carrillo was 17th in the 400 meters with a time of

1:03.4.

Elizabeth Dorado's time of 5:49.28 put her in 27th in the 1500 meters. Jamie Torres-Franco was 28th with her time of 6:02.69.

In the 100 meter hurdles prelims, Olivia Sipos was 25th with a time of 17.45. Kaydence Bergdall was 26th with a time of 18.02.

The 4x100 meter team finished with a time of 47.88, putting them in 2nd.

In the high jump, Asia Hicks posted a height of 1.5 meters, putting her in 14th. Hope Kerchan was 19th in the long jump with a distance of 4.3 meters.

In the triple jump, Jenesis Tomlinson was 9th with a distance of 10.61 meters.

Kaylan Swindle was 22nd in the hammer throw event with a distance of 39 meters.

Jordyn Tucker placed a 39.22 meter distance and that put her in 11th. Swindle was 14th with a distance of 41.6 meters.

The track and field team will go to Fort Hays on April 24 to compete at Fort Hays, Kansas. This will be the final competition of the year before the GAC Championships.

Baseball struggles toward end of year

By **OAKLEE FIELDER**
Sports Editor

Last week, the Rangers faced off against the Ouachita Baptist University Tigers. This was a bad series for the Rangers as they got swept by the Tigers. They followed up the rough series with an away game against the Washburn Ichabod's on April 22. They were also defeated by the Ichabods and were run ruled.

Logan Sandoval was the starting pitcher for the first game of the three-game series against the Tigers. Sandoval was relieved by Dawson Toborg in the sixth inning. NWOSU got the first run of the game in the top of the second. It was responded with runs in back-to-back innings for Ouachita. The Tigers then scored two

runs in the seventh. The Rangers were able to score two runs in the ninth, but were not able to catch the Tigers and lost by one run.

The second game did not go as well for the Rangers. Will Kates started on the mound, and was relieved by Elia Herrera in the fifth inning.

The Rangers got the first run scored in the top of the first, but it was answered by three runs from the Tigers in the bottom half of the inning. Ouachita scored another run in the third.

The Rangers responded with a single run in the fourth. In the fifth and sixth, both teams traded runs and kept the score at a two-run difference. The Tigers scored two more runs in the bottom of the eighth and secured the win.

Colby Mitchell started on the mound for the Ranges in the

third game of the series, he was relieved in the second by Kyle Holzer.

He pitched for three innings and most of another, but was relieved by Jacob Shaw. Shaw gave up five hits and five runs in one inning so he was relieved by Brady Welker who finished off the game.

Ouachita scored five runs in the first two innings. The Tigers scored five runs in the sixth, and shut out the Rangers in the third and final game of the series.

In the fourth game of the week against Washburn, the Rangers went through ten pitchers throughout the seven innings played. Freshman Karter Simon started on the mound.

The Ichabods scored three runs in the opening inning. The second and third were scoreless. Washburn scored one in the fourth, which was responded with a two run fifth inning.

The Ichabods then scored six runs in the bottom of the sixth.

The Rangers were able to score two runs in the top of the seventh, but four runs from Washburn in the bottom half forced a run rule and the game ended with a sixth straight loss for the Rangers.

They will face SWOSU this Friday and Saturday to finish off the season. They are sitting seventh in the GAC standings and have a chance to make the GAC playoffs.

Game One	Runs	Hits
NWOSU	3	8
OUA	4	7

Game Two	Runs	Hits
NWOSU	4	8
OUA	8	11

Game Three	Runs	Hits
NWOSU	0	3
OUA	10	14

April 22	Runs	Hits
NWOSU	4	6
Washburn	14	18

Baseball Playmakers



Hagan Barcello
Game 1
@ Ouachita
2 hits, 1 RBI, 1 Run



Dylan Bradford
Game 2
@ Ouachita
2 hits, 1 run, 0 strike-outs

Alva State Bank & Trust Company

Older than Oklahoma

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

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

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

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

First State Bank of Kiowa Branch
546 Main St.
Kiowa, Ks 67070
620-825-4147

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

SPORTS

Softball wins 1 of 5 games

By OAKLEE FIELDER
Sports Editor

Last week, the softball team had five home games to play. Three against the Ouachita Baptist University Tigers. Two against the SWOSU Bulldogs.

They barely avoided being swept by the Tigers, only winning one of their three games, although they dominated in that game. They lost both games against the Bulldogs.

Chloe Brown opened up the first game against the Tigers, she was replaced at the start of the third inning by Madelyn Cason. The two teams opened up scoring immediately.

The Tigers scored three in the first inning, the Lady Rangers two in the bottom.. Ouachita scored one run in the third, fourth, and fifth innings to extend their lead.

They finished off Northwestern in the top of the seventh as they scored three in the top and had a seven-run lead.

Katheryn Jones was on the mound the entire game for the Lady Rangers in the second game of the series. The Lady Rangers scored two runs in the bottom of the first, giving a little bit of foreshadowing for what is to come in the game.

The second and third innings were scoreless. In the fourth, the Tigers scored one run. In the bottom half, NWOSU scored seven runs, with a triple homerun by Avery Clark. As it was the second game in a day, it ended in the fifth



Lady Ranger, No. 14, Jadyn Muns is batting as her bat bends in a game against Ouachita Baptist University.

inning.

The Lady Rangers put the Tigers down in hopes to keep momentum rolling for the next day.

In the third and final game of the series against Ouachita Baptist, Jones started on the mound and played the whole game.

The first three innings were scoreless. In the fourth, the Tigers scored two runs. The rest of the game went by with no runs scored.

The Tigers had defeated the Lady Rangers in two out of the three games in the series and gave the Lady Rangers their 32nd loss of the year.

Moving onto the Bulldogs, Jones started on the mound once again. Cason relieved her in the sixth inning.

The first inning went to the Bulldogs as they scored the first run of the game. In the second, they scored another run.

The Lady Rangers responded with four runs in the bottom of the second. The next two innings were scoreless as NWOSU seemed to slow down a bit.

The Bulldogs scored three runs in the top of the fifth and took the lead by one. They scored in the final inning and won the game by two.

Cason started on the mound to begin the final game of the week. She was relieved by Chloe Brown in the first. Jones went to the mound for Brown in the third, Cason went back to the mound in the top of the sixth to finish out the game.

SWOSU scored two runs to open the game. NWOSU responded and scored one run in the bottom and one in the second. The Bulldogs then scored three in the third. The fourth and fifth were scoreless.

The Bulldogs scored three more in the top of the sixth. The Lady Rangers made an attempt and scored a run in the bottom of the seventh, but it was not enough.

The Lady Rangers sit at 13-34 overall and 12th out of 12 teams in the GAC standings.

There is not a way for NWOSU to make the playoffs.

Game One	Runs	Hits
OUA	9	13
NWOSU	2	8

Game Two	Runs	Hits
OUA	1	3
NWOSU	9	9

Game Three	Runs	Hits
OUA	2	6
NWOSU	0	3

Game Four	Runs	Hits
SWOSU	6	4
NWOSU	3	8

Game Five	Runs	Hits
SWOSU	8	15
NWOSU	3	8

Rodeo continues to be consistent

By OAKLEE FIELDER
Sports Editor

On April 17-19, the NWOSU rodeo team was at Fort Hays State University in Fort Hays, Kansas. This is their second to last competition of the 2024-25 season.

In the tie down, Hazen Sparks was 2nd with 100 points. Kaden Harland was 7th with 40 points. Colter Snook was 9th with 25 points.

In the breakaway, Trista Regner was 4th having 85 points. Brylee Zook was not far behind in 5th with 60 points.

Emmett Edler won the steer wrestling event with 170 points. Hazen Sparks was the other Ranger in the competition, finishing in 4th with 80 points.

In the goat tying event, Payton Dingman was 3rd with 105 points. Morgan Poust was 9th with 2.5 points scored.

The men's team was 4th at the end with 375 points. The women finished 5th with 80 points. There were 17 teams in both the men's and women's.

Hazen Sparks was the all-around winner for the men competition.

The rodeo team seemed to be

one hundred percent back to their winning form this time around. After a rough time two competitions ago, they were back to their selves last week and were consistent this week. They will head to Panhandle State University in Guymon to compete in the final rodeo of the year.

Golf goes to GAC Championship

By OAKLEE FIELDER
Sports Editor

Last week, golf was at the GAC Championships to compete against all the Great American

Conference teams.

The women's team finished better than the men's as the women finished in 5th and the men in 8th.

The women's team finished with a score of +76.

Romane Lacoste was the best finishing Lady Ranger, as she finished in 10th with a score of +13. Agathe Lacoste 21st with a score of +17. Tess Linden was 23rd with a score of +18. Kentyn Clark was 35th with a score of +28. Heather

Hunkele was 40th with a score of +34.

The men's team had a finishing score of +35. Pierce Geminden was 8th with a score of just +1. Mathieu Zerwin was 26th with a score of +9. Max Courange was

34th with a score of +12. Caden Holmes was 43rd with a score of +17. Alex Chenard was 45th with a score of +19.

This Championship marks the end of the golf season for NWOSU.