

## AI takeover

Learn how AI is taking over the digital world of YouTube

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## SPORTS

Preview the soccer season and football recap.

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# NORTHWESTERN NEWS

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Volume No. 87, Issue 1

Northwestern Oklahoma State University, Alva, Oklahoma

August 28, 2025

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# Asbestos closes JD Annex

## *Classes in JDA forced to relocate*

By **Jaxyn Cloud**  
Senior Reporter

Professors and students are locked out of the Jesse Dunn Annex after asbestos was found in the building during summer construction work.

The discovery of the asbestos started with a simple floor renovation project. Contractor Copperhead Coatings exposed the asbestos while breaking up tile, ultimately shutting down the visual art and media and communications areas. NWO-SU is hoping that this will only take a few weeks to fix, and that classes can resume as usual soon. Many classes have been relocated for the first few weeks of the fall semester.

This project is costing NWOSU over \$45,000 as well as valuable class time. The media and communications program and visual art uses equipment that they now can't access until remediation concludes.

The NWTV7 broadcast doesn't have access to the set of the show or their cameras. Students also can't access their lounge or podcast studios. Students struggling to locating their professors since they can't use their offices.

The Art Department is facing the same challenges since their spaces have been sealed shut. NWOSU faculty and students have had to adjust to the changes and they're facing the roadblock with positive attitudes.

"I think it speaks to Northwestern, you know. ... Sometimes things happen and our faculty are so good at pivoting in situations that are not ideal for anybody," said Kelsey Martin, director of marketing and university relations at NWOSU.

"The faculty have been really flexible and doing what they can do to be available for students while not being in their offices," said Tamara Brown, Communication Department chair.

Ultimately, no one knows everyone who had close contact with the asbestos and what kind of effects it will cause. Only a few campus people were in the building on July 29 while construction crews were demolishing tile. Community members also come into the building to visit the print shop throughout the day.

A professor at NWOSU, Dr. Kaylene Armstrong, said she was working in her

office that day in the Northwestern newsroom and stepped into the hallway to take photos of the renovation process. She said she had no idea asbestos was there. She remembers the sore throat she had that night after being in the dust during the day. She said it felt like she'd been in a windstorm.

Armstrong said she returned to the area to water her plants the next day, July 30, and it still seemed dusty. Jesse Dunn and Carter Hall were closed and locked on July 31 until officials could determine how much of the area was affected. Both Jesse Dunn and Carter reopened Aug. 5, but the annex was sealed.

Armstrong has been allowed access to the newsroom and her office because she can enter through a door to the print shop in Jesse Dunn. She said most of the newsroom surfaces were coated in dust, and noted the janitorial staff worked to dust and mop as much as possible throughout the newsroom and the rest of the buildings.

Daren Rife, janitor of the Jesse Dunn building, said he felt uncomfortable going inside the building after it reopened Aug. 5 because he felt there was still a risk of asbestos.

The Jesse Dunn annex was built in the 1960s when asbestos was commonly used, and he said it was probably risky to be around the dust he needed to clean up. However, he said he swept anyway because he was already exposed at that point.

Learn more about asbestos on Page 12



Photo by Dr. Kaylene Armstrong



Above: Dr. Kaylene Armstrong stepped into the hallway to take a photo of the workers removing tile on July 29 on the bottom floor of the Jesse Dunn annex. The hall is outside the campus newspaper office, NWTV7 studio, podcast studios and a student lounge. She said she did not know she was exposing herself to asbestos at the time.

Left: Entrance doors to the visual art department on the second floor of the Jesse Dunn Annex, shown here, have been sealed after asbestos was found after tearing up the tile floors. Both floors are closed until a crew can remove the glue containing asbestos.

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# NEWS

## WHAT'S UP?

### AUGUST 28

Delta Zeta Rose Week Pj's & Pancakes,  
Jesse Dunn 107 6 - 8 p.m.

BCM Pancake Feast, 7 p.m.

Bible Chair Round up, 7 p.m.

### AUGUST 29

Delta Zeta Rose Week Worship Night,  
Jesse Dunn 107 6 - 8 p.m.

### AUGUST 30

BSU Pool Party, Alva City Pool

### SEPTEMBER 1

NO CLASS/CAMPUS CLOSED, Labor Day

### SEPTEMBER 2

Meet the Rangers, Rangers Field, 7 - 9  
p.m.

### FREE FOOD:

Bible Chair, Tuesday 11:30 a.m - 1:15 p.m.,  
East of Vinson Hall

BCM Noonday, Wednesday 11:30 a.m. -  
1:00 p.m., East of Carter Hall

Wesley House, Thursday 11:30 a.m. - 1:00  
p.m., West of Shockley Hall



## Welcome back to campus Rangers

Welcome to Northwestern Oklahoma State University. It is a great day to be a Ranger! It is exciting to have our newcomers and returners back on our campus as we start school. I am excited to say Northwestern is up in enrollment for the 4<sup>th</sup> straight year. I know you all will form connections and build relationships that make this place so special to be a part of. Everyone here at Northwestern cares about you, your success, and your future.

We have continued to invest in our facilities and infrastructure, so I apologize if there are some

inconveniences while we plan and complete more projects. Remember, progress is a good thing, so have some patience. Also, I encourage you to get out and be involved in our communities and take advantage of all the fun events that are planned.

Please reach out to someone if you need anything as this is why we do what we do. It is you, our students, our family. Have pride in everything you do as this is the Ranger way. Have a great year!

Ride, Rangers, Ride,  
Dr. Bo Hannaford

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*What's Ruby's favorite  
thing?  
Melissa & Doug of course!!*

# NEWS

## Media and Communication

# Program changes curriculum, name

By **PIPER GALLAGHER**  
Senior Reporter

The mass communication program at Northwestern got a revamp over the summer.

Newly named media and communications, the changes were applied to the program this fall after going through an approval process with the Oklahoma State Regents for Higher Education last spring according to Northwestern Relations.

By adding new classes, and taking some away from the degree program, the goal was to better align classes and studies with industry standards and put students in a position to learn as much practical material as they can for future careers.

"Within all academic programs at Northwestern they're reviewed kind of on a typical basis," said Dr. Jesse Schroeder, an assistant professor of communication.

These changes have been a long time coming, as Schroeder said the discussions began before he returned to teach at Northwestern a few years ago.

Making changes to a degree plan has many steps. Faculty had to keep in mind the number of hours a student needs to graduate, and talk to industry professionals in various job fields to help aid in the curriculum staying current. Then the changes went to board approval.

"A big aspect of it was using the exit surveys from our Mass Comm graduates," said Tamara Brown, the department chair.

At the very end of Brown's senior seminar class that all communication students take exit surveys are completed that asks questions about student experiences in the program. Brown and other faculty would then go through the results to aid in making decisions about changes.

The name change happened because the term "mass" in mass communication is simply outdated.

"I had heard students just in passing that didn't always know what mass communication was," Schroeder said. "So, we started having that discussion in some of our faculty meetings and it was actually Mr. Cole who was like, 'why don't we just make it simple?'"

Schroeder said from a marketing standpoint the name change allows students to get a better idea of what the program offers.

"Strategic communication has become such a big part of our program that mass communication doesn't necessarily incorporate all of that," Brown said.

By changing the name, media and communications better reflects on all aspects of the program. Strategic communication involves marketing and public relations studies.

Notable classes that are being



Photo by University Relations

The faculty of the Northwestern Media and Communication program are (left to right) Dr. Jesse Schroeder, assistant professor of communication; Tamara Brown, assistant professor and communication department chair; Jared Cole, instructor of communication; and Dr. Kaylene Armstrong, professor of mass communication.

added to the course list are an upper-level social media class, and a beginner level writing for media professionals' class.

The social media class will teach about algorithms and how social media platforms aid in many communication jobs throughout journalism, broadcast, and strategic communication fields.

Writing for media professionals will give students beginning in the program a better understanding of AP style, script writing, writing press releases, and overall writing skills that will help them throughout the rest of their degree. New elective classes will also be added, including upper-level reporting classes and media literacy.

As the program continues to grow and be reevaluated, opportunities arise that allow students to meet industry professionals and learn practical skills during media tours and field trips.

"We are hoping that the title change helps incoming students and high school students know a little bit better about what our program actually is," Brown said.

# Print shop remodeled over summer

By **CHRISTIAN FRANKLIN**  
Senior Reporter

The NWOSU print shop has been undergone renovations this summer and should be finished by Labor Day, according to the manager.

Alicia Hall, print shop coordinator, temporarily moved the print shop into the Northwestern newsroom at the beginning of the summer break while remodeling work took place in her office next door in JD 119.

Shortly before school began this semester, her office moved into the work room while the main print shop office continued renovations. The temporary print shop can now be found in JD 117 until construction wraps up. The office has been able to continue printing all the usual work throughout the two moves.

Drainage problems around the exterior of the 90-year-old Jesse Dunn building was causing leaking that led to mold problems in both rooms.

Hall said she became ill last spring from the conditions in the print shop, later founding the mold problem.

Both the work room and the main print shop have been under construction to repair the drainage issues. Furthermore, both rooms have been painted.

The main print shop has also had uneven floors leveled off and



Photo by Victor Kenzie

The print shop in Jesse Dunn room 119 is undergoing renovation due to drainage causing mold in the room.

new flooring that is expected to be done by Labor Day.

Hall said she is excited to return to her upgraded work space, though she has really enjoyed all the light and space in her temporary work room.

The print shop provides many services that some may not know about: copying, binding (spiral, comb, pad, fastback and hard back), laminating, cutting, hole punching, photo printing and large format printing of banners

(when the new printer arrives soon). Butcher paper in many colors and envelopes in various sizes are also for sale. The office provides design services for anything from business cards and invitations to large posters and banners.

## MEETINGS

to make note of

### OIL CLUB

August 28, 4:00 p.m.  
Location TBD

### FIRST GEN

August 28, 5:00 p.m.  
Jesse Dunn 124

### SPANISH CLUB

August 28, 5:30 p.m.  
Location TBD

### CHEMISTRY CLUB

August 28, 5:30 p.m.  
Science Amphitheater

### HALO MEETING

August 28, 6:30 p.m.  
Vinson 200

### AGGIE CLUB

August 28, 7:00 p.m.  
College Farm

## NORTHWESTERN NEWS

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Sarah Brashears  
Jessica Schieber

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**Sports Editor**  
Oaklee Fielder

**Entertainment Editor**  
Kevin Kaumans

**Page Designer**  
John Stowers

**Photo Editor**  
Ingrid Maldonado

**Advertising Manager/  
Photographer**  
Victor Kinzie

### Circulation Manager

**Online Manager**  
Maryam Dianka

**Adviser**  
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Letters to the editor shall bear the  
author's handwritten signature, hometown,  
classification, title, etc., address and phone  
number for verification and shall be kept  
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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  
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sions to no more than 250 words. The editors  
reserve the right to condense or edit any letter  
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All letters represent the views of the  
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Contact the Alumni Office

# OPINION

## 87th year begins

# Meet our fall editors

Today marks the first issue of the 87th year for the Northwestern News. You'll find it on the newsstands in all the buildings each Thursday throughout the semester (except for fall break and Thanksgiving).

This year we have a diverse staff: some communication majors, some communication minors and some who are just interested in working on the paper. They have one thing in common: they all want to create the best newspaper possible.

Many readers are not aware of the amount of work that it takes to produce this paper every week. We began this issue the first day of school when students in the journalism practicum class received writing assignments, and photographers started capturing pictures of all the Howdy Week activities. Before the semester even started, the editors-in-chief were al-

ready busy setting up our papers for the entire semester and building the news budgets we add to and review each week of the semester.

The first newspaper staff meeting with all the editors occurred Aug. 20 night when the editors met for the first time, reviewed the assignments for this paper and then planned the stories and photos you will see in the paper next week. We spend the entire semester working one week ahead like this—it helps us stay organized.

Production work begins each Monday. Stories, photo and ads are due then. As soon as the ads are placed, work can begin on designing the pages using InDesign, processing the photos with Photoshop, placing everything where it goes, writing the headlines and meticulously adjusting everything.

"Does this look OK?" can be heard a dozen

times as each editor works on creating his or her assigned pages.

By Wednesday afternoon, the work must be finished, stories proofed, all problems fixed and the pages sent electronically to the Alva Review Courier downtown.

Later that evening, the circulation manager collects the printed papers from the press and distributes them around campus, so students, faculty and staff arriving Thursday morning can read the latest news.

Meanwhile, the editors' Wednesday night meeting starts the process all over again. By the time you read this, next week's edition will be finalized and the week after that planned.

We are planning a busy semester with a lot of good work from the journalism writing classes. We hope our readers will enjoy the ride with us.

## Co-editors-in-chief take over

My name is Jessica Schieber, and I am one of the two co editor-in-chiefs.

I am from Okeene, Oklahoma. I have a pit bull named Meg whom I adore, and a rabbit named Otto. I have three sisters, two older and one younger, who I trust with anything.

Because of my dad I grew a love toward sports of all kinds. I am a big Kansas City Chiefs fan, a Thunder fan and a New Jersey Devils hockey fan.

I also enjoy reading a lot. I love to write and have the capability to express myself with the words that I put on a page.

I am currently a junior with a major in English and a minor in media and communications.

After graduation I want to be an author. However, I would probably need to find another job before all of that so I thought that journalism would be similar enough and chose my minor based on that. I joined the News to get more experience in a more journalistic style of writing.

Throughout my time on the paper, I have learned about page



Jessica Schieber

layout, news story writing and how to work with others to make something that goes together while having individuality. It is amazing what having so many different personalities can make.

One of the things I pride myself on is my ability to adapt and make quick adjustments when it is needed.

When it comes to news you never know what is going to happen, so being able to adjust quickly helps everyone out.

Hey! I'm Sarah, the co-editor-in-chief of the newspaper. Although I am an accounting major, this job is one of my favorite creative outlets. I love writing, design, and getting to meet all your new faces throughout the year.

I am originally from northwest Oklahoma, having grown up in Enid and Fairview. However, I completed my high school years in Beaver, panhandle strong! Being back in the northwest Oklahoma area has made my heart happy. It feels good to be home, especially at such an amazing campus.

Besides writing for the newspaper, I am involved in Chi Alpha, a new church group on campus, and the Delta Zeta sorority. I also have a part-time job working for a bank, a super adorable puppy named Sadie and a photography business. I am never bored.

This year, I really want to start networking and meeting new people. The last few years I have been a home body and don't get out much, but I feel as though it is time to change that. I want to make new friends and expand my circle.



Sarah Brashears

Outside of school activities, I enjoy all types of music but primarily oldies. Billy Joel is one of my favorites. I also love to read any type of self-help or romance book. Some say I am also a health nut, as I love to meal prep, track my numbers, and workout any chance that I get.

I wanted to personally welcome everyone to Northwestern. Don't be afraid to say yes and become involved! You'll make memories of a lifetime.

## New page designer joins staff

Greetings Rangers! My name is John Stowers, and I come from the small town of Garber. Well actually I don't, but it's my home just the same.

See, my father was in the Marine Corp when I was born at Camp Lejeune in North Carolina. I spent my developing years going from place to place, state to state, and country to country.

Sounds nice, right? Well, for the most part it was, but ask any military kid and they'll tell you it's not always easy. Every few years or so you felt like a plant that was getting repotted.

You'd get all of your roots torn out of the soil that you just spent three years living in and getting

used to. I, however, like to look at it this way: you're getting put into a bigger and better pot that has a bigger and better environment for your growth. The growing might not be easy, but boy is it worth it.

Eventually our family's exploits into other, unfamiliar places stopped when my dad decided to retire in 2018. We moved back into my parents old stomping grounds and the place that I had come to think of as "home-base" because we spent holidays there.

I was still in middle school at the time so I spent my eighth grade year attending Garber Junior High. It was here I that I met my girlfriend, Kelcie Honeyman, and we've been happily dating

ever since.

I went on to graduate from Garber Middle School, and moved up into the high school. It was in my junior year of high school that I began attending classes at Autry Technology Centre in the graphic arts class. I graduated from there and obtained certifications in Adobe InDesign, Photoshop and Illustrator.

I then went on to take classes in digital media, animation and a design course at Northern Oklahoma College, graduating with an associate degree.

Now I'm a Ranger, serving as a page designer for the Northwestern News and working for the NWOSU print shop.



John Stowers

# OPINION

## Photo editor has creative soul Photographer/ad guy loves aviation, physics

Hello! I am Ingrid, the photo editor here at Northwestern News. I am an Alva native. I grew up here, graduated from Alva High School, and now, hopefully, next semester I'll graduate from here at Northwestern.

Not only am I a photo editor for the newspaper, but I also have my own photography business, Ingrid Infinity Photography. I always say photography was my first love. I got my first camera my junior year of high school in the year 2020. Then during my senior year, I started taking portraits and even took many of my classmate's senior photos. Now I specialize in senior portrait photography. You will probably end up seeing me around town or on campus having photo sessions.

I am a mass media and communication major because I really enjoy all of it. I love creating content, digital marketing, adver-



**Ingrid Maldonado**

tising, strategic communications, event planning and writing. Many of these I already do in having a photography business, and I hope to improve on all of these.

This year, one of my goals is to work on my non-portrait photography skills. I hope to capture

more candid, in the moment, images. In other words, improve my photojournalism. I do a lot of portrait photography, but I love exploring other types of photography. I hope to do more sports photography this year as well. I also want to become an overall better writer.

I enjoy all types of art from singing, dancing, photography, writing, graphic design and painting. I am a creative soul, and it is what I enjoy doing in my free time. I also really enjoy reading and have read a thousand thriller books.

A fun fact about me is I am a self-taught drummer. I am part of the worship band at my church, Alva Wesleyan Church. There are times when I sing, but most of the time, I am the drummer. I absolutely love it and love that I get to use these talents to worship the Lord.

## Photographer/ad guy loves aviation, physics

Hello, my name is Victor, and I will be your photographer and your ad manager for the Northwestern News.

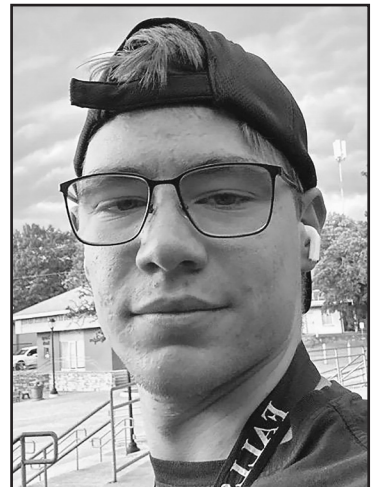
Here's a little about me. I was born in Russia and then came to America. We then moved to Germany and lived over there for a while (about 11.5 years). I have traveled the world and have been to about 33 countries that include Vietnam, Kenya, Bulgaria, Sweden and a lot more.

I graduated high school in Germany in the class of '23. Most of my schooling was in Germany. From the third grade to my senior grade in high school I was in Germany. We moved back to the U.S. in June of 2024. My family currently lives in Edmond.

My major at NWOSU is sports and health education science. I want to become a physical education teacher and work in the country of Bahrain.

My favorite hobbies include coding, flying, studying physics, photography and more. My passion for flying came when I was a young. I started taking an interest in studying aviation and physics. I am currently learning theoretical physics.

I first started learning physics when I was in the seventh grade with general physics and general



**Victor Kinzie**

theory of relativity. When I was in the eighth grade, I also started studying quantum mechanics and quantum theory.

I started taking an interest in photography when I was in the ninth grade. I am currently still learning how to take photos and edit. The style of photos I take are landscape and closeups.

I have also worked a few jobs. I have worked at Casey's, Goodwill, Planet Fitness, a lawn mowing service and the world's largest Christian camp where there were 5,000 kids a week for eight weeks.

I have worked with Northwestern News for about one year now, and I am currently a sophomore.

## Why we do this every week

*Editor's note: An article that ran in The Daily Tar Heel at University of North Carolina at Chapel Hill in 1993, still applies to student newspapers today. As a genre of newspapers, student newspapers have rich histories that stretch to the late 1790s, making them the oldest newspaper genre in the United States. This is an adaptation of the Tar Hill piece written by Jen Pilla.*

After weathering more than 200 years of change, the student newspaper is not the graying, battered lady one might expect. For she is reborn each year, with the coming of a fresh crop of new writers and editors. With them comes a renewed sense of enthusiasm, a fresh set of ideas and a vibrant hope for the future.

Writers still "misspell words, omit commas and employ hackneyed phrases" that reveal them as inexperienced journalists.

But the eternal youth of the student press, nevertheless, is considered a blessing because it is youth that keeps it, like a typical adolescent, defiant in the face of authority, eager for growth, and protective of its freedom.

## Kaumans moves to editor position

I'm an English literature major who is minoring in communications. I have been working with the Northwestern newspaper since my second semester as a freshman.

For over a year, I had the privilege of having my own column called "Words with Mr. Kaumans," in which I would talk about anything from books, TV shows and whatever else I felt like talking about.

This place is one of the first jobs I've ever had, and one I enjoy immensely. I am honored for the chance to work for Dr. Armstrong as the newspaper's entertainment editor this year.

Rest assured, I plan to keep improving on my writing while also making sure I come across as sincere as possible in the topics I will be covering.

My goal for this semester is to be more productive. By the end of my college life, I want to be at least 10 times wiser than when I had originally started. I want to



**Kevin Kaumans**

be as knowledgeable in as many subjects as I can before my stay at Northwestern ends.

I am also planning on finally finishing the final book in my "Wolves of the Tundra" trilogy. While I can't say for certain when it will be done, I'm fairly certain it will be before my senior year ends.

## Sports editor watches everything NASCAR

My name is Oaklee Fielder. I was born and raised in Enid. I have lived there my whole life, and just about everything important to me is from Enid.

I am the oldest of five kids. I enjoy being a big brother to them all, and I hope to be present in their lives as much as possible.

I don't have many on-campus friends; my main friend group consists of the friends I had in high school. We were all friends before high school, and hope to continue being friends far after.

I went to Enid High School and participated in the band and choir. Here at NWOSU, I have

continued singing, and I am in all the choirs we have on campus.

I started working for the Northwestern News last year in October. I started as the sports editor and that's where I've been ever since. I expect to stay here the whole school year as the sports editor, and I am excited to see what I can learn and the experience I can earn.

I am enjoying my time here at the Northwestern News, and I think it is a fun job. You'll leave with much more knowledge than you started with.

I am a big fan of sports all around. I watch football, basket-

ball, baseball, hockey and motorsports. Although I enjoy almost every sport, my favorite form of sports is motorsports. I enjoy most every kind of it. I actively watch all three tiers of NASCAR, and I watch F1.

I am not as active in GT racing, endurance racing and everything in between, but if they are on while I have nothing else to do, I will watch.

I am also a fan of hockey. My favorite team is the Philadelphia Flyers. Although I have not attended a hockey game, I hope to go to one soon.



**Oaklee Fielder**

**Share your voice!**  
**We need**  
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**Email: [nwnews@nwosu.edu](mailto:nwnews@nwosu.edu)**

# Howdy Week 2025



Photo by Ingrid Maldonado

Dr. Kaylene Armstrong, right, helps serve food at Aloha Northwestern Monday.



Photo by Ingrid Maldonado

The Rowdy Rangers prepared and cooked hamburgers and hotdogs at Aloha Northwestern Monday.



Two representatives from the Department of Natural Science and Biology sit at their booth at the club fair Wednesday.



Photos by Victor Kinzie

Left to right: Emilie Cline, Lisa Rose and M'Cheila Rader sit at the LASSO Center booth at the Club and Organization fair Wednesday.



Photo by Victor Kinzie

Tosh Miller stands by the TRIO student support services booth at Wednesdays club fair.



Photo by Victor Kinzie

Brayden Stoner sets up "The Lego Batman Movie" for Tuesday's movie night.



Photo by Victor Kinzie

Students group up to talking as the block party begins Friday night.



Photo by Victor Kinzie

A group of students sit and watch "The Lego Batman Movie" for Tuesday night's movie.



Photo by Victor Kinzie

A group of students gather to dance to "Copperhead Road" Friday night at the block party.



Photo by Victor Kinzie

Students play volleyball as Glow Rangers Glow got underway on Thursday night.



Photo by Ingrid Maldonado

Students play corn hole at Aloha Northwestern Monday night.



Photo by Victor Kinzie

A group of students play overhead volleyball Thursday night at Glow Rangers Glow.



Photo by Ingrid Maldonado

Brayden Stoner, SGA president, helps serve food at Aloha Northwestern.

# FEATURE

## Meet Dr. Christina Xan, NWOSU English professor

By **BRAXTYN TURNER**  
Student Reporter

Dr. Christina Xan received a bachelor in English at Frances Marion University in Florence, South Carolina.

She then attended the University of South Carolina in Columbia, South Carolina to earn her masters in English and later graduate with her PhD.

While working towards her PhD, Xan assisted with teaching classes at the university, providing her with around 7 years of teaching experience prior to her first official teaching position here at Northwestern.

**Q: What sold you on coming to NWOSU?**

**A:** I was looking for a teaching oriented school rather than a research oriented one. I love writing and going to conferences and finding stuff in the field. However, when I think about why I got the PhD and what makes me most excited about the subject I've pursued, it's being in the classroom



Dr. Christina Xan

with the students and that's where the smaller school comes into play because I don't want to teach class of 50 people, I don't want to be a lecture hall teacher. I want to have the chance to form one-on-one relationships with students and when I first heard about Northwestern, it clicked for me right away. I got to meet some of the other English professors and

immediately got the feeling that it was very family oriented group and this is a really good place to make a lot of connections not just with fellow faculty, but with students as well, so ultimately that's what sold me.

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

**A:** Well right now I'm trying to get settled in, and "first goal" is a hard thing to pick out, but my goal overall as a teacher is to make someone think differently about the world in a positive way. Obviously I want people to like English and to like literature, but my big goal is, I think that storytelling requires you to see the world in a more empathetic way, and if I can be that for a student and lead to them having a broader, more detailed and empathetic, understanding of the world and the people around them, that's a dream to me. It's like knowing that someone says you've helped them understand the world better, that's the dream.

**Q: What is your favorite**

**class to teach and why?**

**A:** I just love to teach English. I would say it goes back-and-forth. I'm teaching composition, American literature and creative writing this semester. I would say the one that I am most excited about is the American literature class because we get to read full length novels and there are a lot of students in that class that are actual English majors so they care and are very serious about it. Another class I find rewarding and its own way is creative writing because it's just a world of round table writers creating together. Also, composition is cool because I love hanging out with the freshmen and helping them through this transitional phase. I can become their first supporter and help them gain confidence in college and I enjoy doing that. Overall, I'd say my favorite is American literature.

**Q: What is your superpower?**

**A:** My superpower is that I can make friends with anybody and I can talk to anybody. I've never

met a stranger. I have no shame and am very loud and extroverted, so yeah.

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

**A:** ugh this is so hard cause like I said, I literally have no shame. I tell everyone everything but one thing is more personality based I guess, but I really do like my alone time and need time to recharge. I love people, but sometimes I just need alone time. Another thing that people will probably not know about me. I'm a huge gamer. I love video games. It's probably what I spend most of my time doing when I'm at home. I think a lot of people see all the girly pop things like the flowers and glitter, but really, when I go home, I'm sitting on my couch playing resident evil. So yeah maybe that'll be a surprise to some people.

Xan is one of eight new faculty members the other seven will be featured in coming issues of the Northwestern News.

Let's get real...

## Prepare before stressing

By **SARAH BRASHEARS**  
Co Editor-in-Chief

Welcome Rangers! My favorite time of the year is here... Ranger football starts in a week. Fall is in the air. This is truly the best time to be alive. But, let's get real, it can also be the most stressful. Even though fall is exciting, it is important to prepare for the upcoming semester to set yourself up for success.

**Organize your semester**

As soon as possible, read your syllabus. Make a note of your professors office hours, preferred contact, and put assignment and test dates on the calendar. Ensuring that you have fully read the syllabus prepares you for the class more than you may realize!

It is also important to organize your dates. Write down all the dates from your syllabus, block out your deadlines, exam weeks, and personal commitments. Also schedule in some down time and time out with your friends and family. Life is not all about homework!

**Academic prep**

The most important piece of academic preparation I have is to preview your material before class. Don't do this just for the semester, but each week to be ready and know what your professors will be talking about. Skim through your textbook, and weekly chapters, to get familiar with the topics!

It is also important to brush up on weak areas. If your class builds on last semester's topics, review



Illustration by Sarah Brashears

the key concepts. But don't stop there. Review your notes and materials from the previous week to be confident in what you are building on, and prepare for exams as you go.

Get your supplies for class early, and keep them organized. As your life gets busy, and more things are added to your plate, have a system to know where everything is and how to quickly access them!

**Campus and Community**

It is important to get to know your campus and your classmates. Find your classes early, discover the study spot you work best in, familiarize yourself with the resources on campus and the library, and look around online programs your class utilizes. It is also help-

ful to get to know your classmates! Being able to form study groups and connections will keep you motivated and ahead as you get deeper into the semester.

**Personal Life and Habits**

Remember to set goals. Set academic goals for your GPA and skills to learn. Set personal goals for networking, growing into yourself as you begin this new chapter, and self-care.

Don't get caught up in class. Exercise and relieve stress throughout the week. Even a short ten minute walk or light stretching can help keep your body healthy and relieve stress. Plan fun times into your schedule. Grab a coffee with a friend or go to the movies. Don't spend all semester stressing about the next assignment due!

## RIDDLE Me This

Three friends pay \$30 for a hotel room (\$10 each). The receptionist realizes it should have been \$25, so she gives the bellboy \$5 to return to his friends. He gives each of them \$1 and keeps \$2 for himself. Now, each friend paid \$9 (\$27 total) and the bellboy kept \$2. Where is the missing dollar?

So... you're thinking they paid \$30 for the room. Once the money is returned, they only paid \$25. With the \$25 cost plus the \$3 returned and the \$2 the bellboy kept, that equals the original \$30

## Expect Fentanyl & Test First

### WHAT IS FENTANYL?

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# ENTERTAINMENT

## Ai's generative content fluctuates

By KEVIN KAUMANS  
Entertainment Editor

Welcome back my friends. Come closer, let me get a better look at you. Aw, come on, don't be shy now. I just want to see how you all changed over the Summer. Ah, Laila, still as beautiful as ever I see. Matt, I love what you did with your hair. And Zack, well.....I see that you're still here at Northwestern.

Tell me, how was your guys' summer? It's alright, you can raise your hand. This is a judgement-free zone. Oh? You finished your thesis? Well done Kara, I'm so proud of you!

As for me, I am proud to announce that I have recently been promoted at our beloved newspaper. Yes, you all heard that right, I have officially been crowned as the new entertainment editor at Northwestern!

Now, now, you can all stop clapping. Sure, I may now be what the media industry calls a "real journalist" now that I'm an editor and expect all students to refer to me as "your greatness" to honor my utmost unimportance, but I can assure you that I'm still a normal guy like the rest of you.

In all seriousness though, I have had a lot of time to think over these past four months without the pressures of being an English literature major breathing down my neck.

I swear, people will swear up and down that non-stem majors are the easiest thing in the world until they have to stay up to the crack of midnight to write a thousand-word essay on how "For Whom the Bell Tolls" by Hemingway is an allegory for female empowerment and the Great Emu War of 1932, but I digress.

You see, I've been listening to a lot of Reddit youtubers lately. For those of you who are unaware, Reddit youtubers are people who have given up on life and decided to stick to the laziest form of content creation (second only to reaction channels that is) in order to make just enough money to convince their mom not to kick them out of the basement.

Basically, these fine men and women go onto multiple Reddit forms, pick the most interesting story they can find -- whether



it'd be someone finding out their partner is cheating on them or how an entitled woman at their retail job demanded free goods and services --, and then they read the story word for word.

Sure, some of them might actually put in some effort once in a while and give the original poster (or, as the internet refers to them, OP) some advice for their situation. But more often than not, the most these people do is use AI to read the story and post it online without giving any credit to the person who made their content farm in the first place.

But what if I were to tell you that it gets even lazier? What if I were to tell you that, thanks to the technological advances made in the AI industry, these "influencers" found a way to generate twenty-to-thirty minutes worth of content with a simple writing prompt?

You see, since late 2022, chat bots and generative storytelling have grown immensely popular with the public. I, myself, remember discovering websites like "Character AI", "Janitor AI", and "Talkie AI" that had gained millions of members who were exultant that they could finally be able to talk to their favorite fictional character.

I remember when I would spend hours on "ChatGPT" creating the most silly, absurd stories that never failed to entertain me. "But what does this have to do with AI youtubers?" I hear you ask. Well, let me

explain.

Over the past two years, I have come across multitudes of Reddit channels that have these out-of-pocket titles like "Entitled Parents Try To Steal My House To Give It To My Golden Child Sibling, So I Ruined Them And Let Them Go Homeless.", or "My Sister Kicked My Daughter, Stole My Life Savings, And Shot My Pregnant Wife. My Parents Defended Her. Two Months Later, I Found Them At My House Begging For Forgiveness After I Destroyed Their Lives."

Needless to say, it did not take me long to figure out these stories were fake. To this day, I only listen to these types of AI-generated stories for three reasons: One, because it gives me background noise while I work on my projects.

Two, it helps prove my theory that humans will always be able to write better stories than AI ever could.

Three, these videos teach me how to tell if a story was written by an AI bot or not, knowledge that I will now pass on to you, fellow reader.

The first way to tell if a reddit story was written by an AI is to pay close attention to the beginning. The OP is almost always the so-called "disappointment" child when in reality, they just so happened to own the most successful construction business or mechanic shop in the city (Note: If the OP is a female, then it will sometimes be something like a tech company).

The "golden" child is either the OP's brother who is a social media influencer with ten followers who does nothing but party and play video games, or their sister who is a stereotypical mean girl that spends all her money on makeup and still lives with their parents. Sometimes, the AI will give them a fiancé that is either a pick-me girl or a self-proclaimed entrepreneur.

Speaking of the parents, the mom is usually a dollar store Livia Soprano that cares about the family's image. The dad, on the other hand, is a "Temu" version of an angry sitcom dad with none of the self-awareness.

The story will often have them be neglectful if not outright abusive, and will always have them berate OP for their dreams and hobbies. When they finally become a successful millionaire, OP's parents always demand either money, their house, or a kidney if the AI is feeling creative.

These stories will also have a grandparent, uncle, or best friend that is always the straight man in the situation who calls the rest of OP's family out for their cartoonishly level of entitlement. A few of them will have the grandparent be a billionaire who leaves all of the money to OP.

But most of the time, these stories end with OP exposing the family for their favoritism, taking them to court, and having the family end up broke and living in a one-room apartment in Detroit or in East South Sudan.

Alright, I think I have rambled on long enough, but you get the point. It is no question that AI does a lot of good for humanity. Rest assured, I am by no means writing this to call for a human revolt against your Siri or Alexis. I just want to point out how easy it is nowadays for the most slothful in our society to create and produce while those who are genuinely creative and talented struggle to follow their dreams in today's economy.

But who knows, maybe this is the future of the human race: To generate slop for the attention-deficient youth while we lock all true art away in the deepest bowels of our archives to collect dust, and I'm just a bitter boomer stuck in a twenty-year-old, autistic man who still collects "Pokémon" cards, body.

### Movies at Rialto

"Sketch"—A young girl and her brother try to track down monsters from her sketchbook after it gains the power to bring the drawings to life after it falls into a strange pond. With the help of their father, the kids must find a way to undue the magic before these creatures destroy the city.

Starting Friday

"Weapons"—A group of children disappear one night at the same time. What is even weirder is that the children were from the same class, leaving all but one kid remaining. Confused by this unexplainable circumstance, the community and parents of the missing children are left scrambling as they try to figure out who.....or what, is behind this.

Saturday and Sunday: 2 and 7 pm.



## Games, books to watch for this fall

### Games

"Hollow Knight: Silksong" –

Release Date is Sept. 4

"Borderlands 4" – Release

Date is Sept. 12

"Dying Light: The Beast" –

Release Date is Sept. 19

"Silent Hill f" - Release Date

is Sept. 25

### Books

"The Widow: A Novel", by

John Grisham. It will be coming

out Oct. 21

"Books of Lives: A Memior of

Sorts". by Margaret Atwood. It

will be coming out Nov. 4

"The Look", by Michelle

Obama.. It will be coming out

Nov. 4

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"The more I learn about people, the more I like my dog."  
— Mark Twain

# SPORTS

## New soccer coach hopeful

By **OAKLEE FIELDER**  
*Sports Editor*

This year, the NWOSU soccer team has a new head coach. Carla Briscoe will lead the Lady Rangers in the 2025 season. Briscoe was born and raised in Canada, where she played D2 college soccer and volunteered as a coach for different teams.

She came to NWOSU and spent three years as a grad assistant and assistant coach. This year, she takes over for Alex Piekarski, who announced his resignation this last summer.

Lily Anderson, who was the assistant coach for Piekarski in the 2025 spring semester, continues her duty as the assistant coach for the 2025 season under Briscoe.

Anderson has a history in Alva; she played for NWOSU for five years before she stepped up to be the assistant coach. This will be both Briscoe and Anderson's first full year as coaching duos. Briscoe says with her coaching past and Anderson's playing past, they expect a good season.

Last year, the Lady Rangers won only two games overall and scored no wins in GAC conference play. Briscoe said, "This change is good for our program."

As they look forward to the soon-to-start 2025 season ahead, they anticipate a better season than ones in the past.

Briscoe says that many of her upperclassmen and seniors are ones to watch, as they are showing up and they look like they want it.

Defenders Reese Welch and Elie Dang, and midfielder Jenna Mills, are three of her biggest players so far in the offseason. Katy Jo Werner, a midfielder, Christie-Anne Mills, a forward, and Luana San Miguel, a forward, were also mentioned when asked about players to keep an eye out for.

Werner was able to record 1 assist and 7 shots in the 2024 season. Mills recorded 1 assist and 2 shots in her 3 games played last year.

Overall, there is great hope in and for the NWOSU soccer program. If they can find and keep a rhythm, they expect to do well and win a couple of conference games.

Last year, the Lady Rangers' overall record was 2-9-7. Their conference record was 0-5-6. With the enthusiasm from Briscoe and consistency all around, the Lady Rangers have the potential to find great success in the 2025 season.

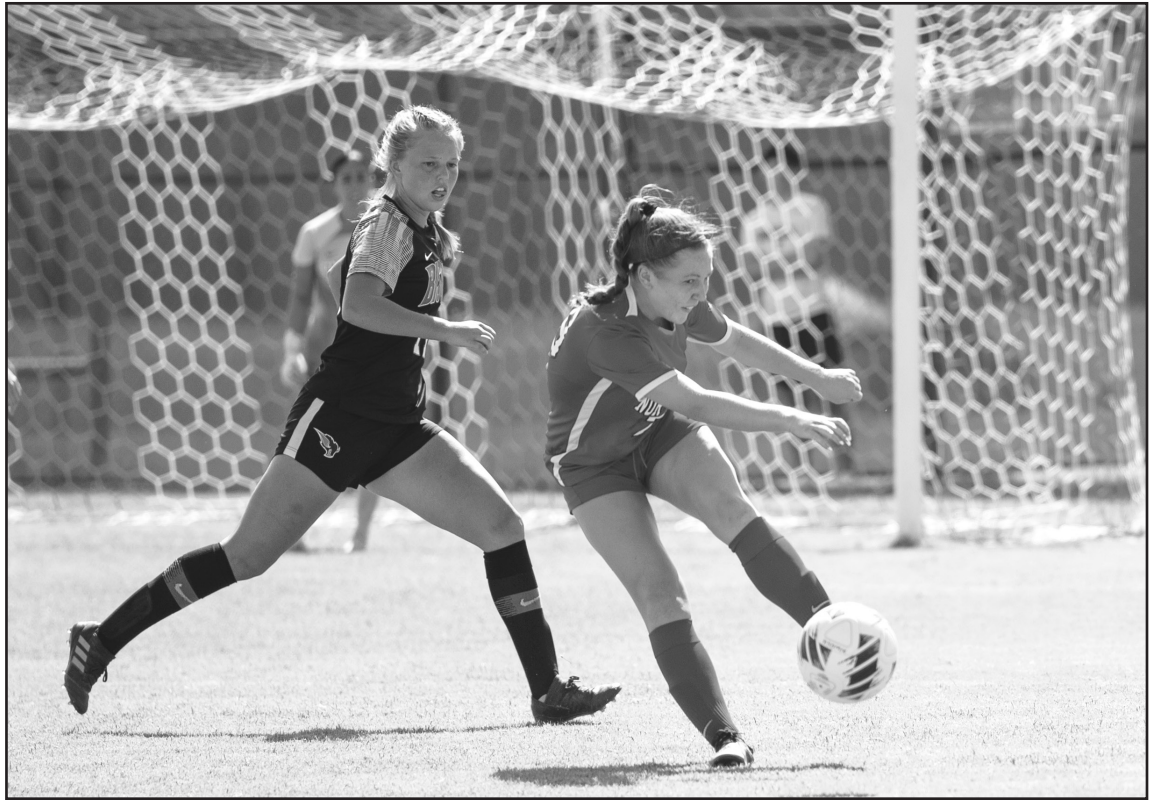


Photo by Ingrid Maldonado

Jordan Fawcett, No. 29, defends the ball in a game in 2024 against Oklahoma Baptist University.

The Lady Rangers have three pre-season games scheduled to be played, and have played one of them. They won their game against the Kansas Wesleyan University Coyotes. The game against NOC Enid was canceled due to lightning in the area.

There is only more game be-

fore the season starts against the Rogers State University Hillcats.

Their first game of the 2025 season is on September 4 at 2pm against the Eastern New Mexico University Greyhounds.

This will be the first time the Greyhounds and Lady Rangers meet on the pitch. The Grey-

hounds had a 3-13-1 record last year, close to the Lady Rangers' 2024 record.

The next game will be on September 7 against Fort Hays State University Tigers. The Tigers defeated the Lady Rangers last year 1-0 with a goal in the middle stage of the second half.

## Soccer Schedule

Aug 16 @ 7pm	vs Kansas Wesleyan
Aug 19 @ 6pm	@ NOC Enid
Aug 30 @ 7pm	@ Rogers State
Season Start	
Sep 4 @ 2pm	vs Eastern New Mexico
Sep 7 @ 3pm	@ Fort Hays State
Sep 12 @ 11am	vs University of Sioux Falls
Sep 14 @ 10am	vs Black Hills State
Sep 17 @ 7pm	@ Newman University
Sep 20 @ 12pm	vs New Mexico Highlands
Sep 24 @ 6pm	vs Oklahoma Baptist University
Sep 27 @ 1pm	@ Southern Nazarene University
Oct 1 @ 3pm	@ East Central University
Oct 9 @ 6pm	vs Harding University
Oct 11 @ 11am	vs Ouachita Baptist University
Oct 15 @ 6pm	vs Southwestern Oklahoma State
Oct 18 @ 1pm	@ Oklahoma Baptist University
Oct 25 @ 12pm	vs East Central University
Oct 30 @ 1pm	@ Ouachita Baptist University
Nov 1 @ 11am	@ Harding University
Nov 5 @ 3pm	@ Southwestern Oklahoma State
Nov 8 @ 12pm	vs Southern Nazarene University

## Cross country schedule

Sep 6	Bethel College, Newton, KS
Sep 20	Missouri Southern, Joplin, MO
Sep 26	University of Missouri, Columbia, MO
Oct 11	Dallas Baptist University, Fort Worth, TX
Oct 25	GAC Championship, Monticello, AR

## Soccer players to watch this season



**Reese Welch**  
Defender  
Business  
Highlands Ranch, CO



**Christi-Anne Mills**  
Forward  
Health and Sports Science  
Basseterre, St. Kitts



**Elie Dang**  
Defender  
Psychology  
College Station, TX



**Jenna Mills**  
Midfielder  
Biology-Health Science  
Mount Vernon, CO



**Luana San Miguel**  
Forward  
Agriculture  
Cochabamba, Bolivia



**Katy Jo Werner**  
Midfielder  
Biology-Health Science  
Greenly, CO

# SPORTS

## Looking back on fall 2024

By **OAKLEE FIELDER**  
Sports Editor

Last year, the NWOSU athletics department saw great success and struggles. Although some teams struggled, there were no failures. Every team saw success last year, and expect to see them succeed this year as well.

The football team has not been great in a long time. It's been 15 years since they had a winning record. Although they weren't great, they still had wins. They defeated SNU 14-7 and Oklahoma Baptist University 30-28. They only won two games last year, but it was an improvement from the previous year.

With some success behind them, expect them to bounce off that success and earn more wins this year.

Last year's men's cross country saw great success. Most of their runners finished in the top half of all the meets they competed in.

With consistent success, expect them to keep it rolling and get top results this season.

The women's cross country did not see as much success as the men. They weren't the best team at any point last year, although their top performers consistently finished in the top ten.

This year, expect to see ups and downs. They may not be the best team in all the meets, but they should be one of the top runners of the season.

Men's golf did not perform the greatest last year. There was not a whole lot of success across the 2024-25 season. They struggled in most tournaments they competed in. They only finished in



Photo by Ingrid Maldonado

The Ranger defenders tackle quarterback, Gunner McElroy, during the scrimmage game played Saturday at Ranger Field.

the top half of a tournament once last year.

Don't expect perfection this year, but expect a rebound from the men heading into the 2025-26 season.

The women's golf team had an up-and-down season last year. They were able to win a tournament, the OBU Fall Invitational. Although they got a win, they struggled in bigger tournaments with more teams.

They should have a good season, with some success like last year.

The NWOSU soccer team had a rough last year. They weren't able to get a conference win, but had some success in the early stages of their season. With two wins and seven draws, they were able to get wins, but they just didn't come together.

With a large change in the staff and an enthusiastic head coach,

there is a good chance they will find their rhythm and get wins to show their skill.

The rodeo team performed very well last year. Although they weren't the best team, they were one of the top teams.

With an all-around runner-up, the men finishing fourth, the women finishing sixth, and finishing fifth with both teams combined, there are high expectations for both the men and women.

Overall, this year should look positive for the Rangers and Lady Rangers. They have the chance to better the NWOSU athletic program in large ways. Championships can be won, curses can be broken, and winning streaks can be made.

With the talent they were all born with and the mentality that they have, greatness is always in reach for every Ranger who competes.

### Golf schedule

Sep 8-9	Northeastern State University*
Sep 15-16	Cameron University*
Sep 15-16	Northeastern State University^
Sep 29-30	Newman University
Oct 6-7	University of Central Oklahoma
Oct 9	vs Southwestern Oklahoma State
Oct 20-21	Missouri Southern^
Oct 27-28	Rogers State University

\*=Men's Golf  
^=Women's Golf

### Golfers to watch this season



**Max Courange**  
Junior  
Norman

Placed highest the most last year out of active Rangers



**Tess Linden**  
Junior  
Orebo, Sweden

Placed highest the most last year out of Lady Rangers

Although they are named the golfers to watch, they are not the only competitors to keep an eye on.

Matti Zerwin, a junior from Lafayette, Colorado, is another Ranger to watch this season. He and Pierce Geminden, a junior from Spring, Texas, were other high placing Rangers last year. Those three were the most competitive Rangers in 2024.

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# Ranger statue dedicated to Dr. Troy Smith

By **KEN IRVING**  
Senior Reporter

The outside of Northwestern's complex will sport a new look from now on.

On Saturday, members of the Northwestern community surrounded the front of the baseball field for dedication of the third Ranger statue to Dr. Troy Smith. His wife Liz Smith and their family was present for the dedication. President Bo Hannaford led the dedication ceremony.

"It symbolizes, not only for our university, but for our community that we never quit," said Bo Hannaford, President of the University. "It shows our Ranger spirit and that we never quit and I think we are always determined to be the best that we can be."

Hannaford said that there was a third statue made but they didn't know where to place it or who to dedicate it for.

"Troy loved Northwestern, and he loved the community," said Hannaford. "He was a great symbol of everything we talk about."

Troy Smith graduated from Northwestern in 1976 and has been a part of Northwestern events his entire life. Hannaford repeatedly stated that the statue could not have been dedicated to a better or more deserving person than Troy Smith. Hannaford also thanked the supporters that went into making the statue happen which was Jeff Allen, Woody Glass and Troy's wife: Liz Smith.

"We've always been a Ranger," said Liz Smith. "Troy and I met our freshman year of college and married our junior year. ... I remember getting on the bus to Tennessee to support our Rangers. ... I remember driving to South

Dakota to watch. We were a part of Adopt-A-Ranger where we fed two to four football players a night."

The Smith family roots have been strong at Northwestern. Liz and Troy have always been a part of supporting Northwestern. They traveled across the United States to support their team. Their kids grew up and attended Northwestern. Their daughter was on the soccer team, and their son played golf. Their daughter also met her husband on the football team.

"I'm just happy that this can be a part of Northwestern," said Liz Smith. She said that she was proud of the statue and felt like it symbolizes everything Troy had worked for.



Photos by Ken Irving

Above: The third Riding Ranger statue dedicated to 1976 graduate, Dr. Troy Smith by President Bo Hannaford at Ranger Field on Saturday, August 23. Troy was a beloved member of the Ranger family, encouraging all while in school and beyond graduation of Northwestern Oklahoma State University.



Left: Friends, family, and members of both the Alva and Ranger community join together to honor Dr. Troy Smith, his wife Liz Smith, and the Smith family at the statue dedication on Saturday afternoon. The statue sits at the entrance of the athletic complex, in front of the baseball field.

grandfather, and he loved people. ... I saw how he was with his patients. He really cared about them and got to know each and every one of them."

Eddy describes her father as a compassionate and caring person who truly cared about an indi-

vidual. Eddy said that her father taught by example. She can't think of a basketball game or football game that they didn't attend. She remembers traveling to far places such as Colorado and Iowa. She said that he was very involved with the community as a

man of God.

Troy Smith impacted the people around him and elevated the standard of Northwestern. Now, anyone who passes the Athletic Facilities, will forever see the statue of Dr. Troy Smith enriched into the history of NWOSU.

## What is asbestos and why we should care?

By **JESSICA SCHIEBER**  
Editor-in-Chief

Asbestos was used to add strength and resistance to heat, fire and corrosion in building materials like insulation, roofing, flooring and cement. This material was later deemed cancerous and if a place comes into contact with it they should seek immediate removal of it.

According to the National Cancer Institute asbestos is the name that is given to six minerals that occur naturally in the environment as bundles of fiber that can be separated into thin, durable threads for use in commercial and industrial applications.

Asbestos minerals are divided into two major groups: Serpentine asbestos and amphibole asbestos. Serpentine asbestos includes the mineral chrysotile, which has long, curly fibers that can be woven.

Amphibole asbestos includes the minerals actinolite, tremolite, anthophyllite, crocidolite and amosite. Amphibole asbestos has straight, needle-like fibers that are more brittle than those of serpentine asbestos and are more limited

in their ability to be fabricated.

People may be exposed to asbestos in their workplace, their communities, or their homes. If products containing asbestos are disturbed, tiny asbestos fibers are released into the air.

When asbestos fibers are breathed in, they may get trapped in the lungs and remain there for a long time.

Over time these fibers can accumulate and cause scarring and inflammation that can affect breathing and lead to health problems.

Asbestos has been classified as a known human carcinogen, which is a substance that causes cancer, by the U.S. Department of Health and Human Services, the U.S. Environmental Protection Agency and the International Agency for Research on Cancer.

Asbestos causes mesothelioma with treatment patients typically lives 12 or 21 months after diagnosis according to Dr. Daniel Landau with Asbestos.com. If a patient goes without treatment their life expectancy goes down to 6 or 8 months.

According to Mayo Clinic, some symptoms of pleural mesothelioma which affects the tissue

around the lungs include chest pain, painful coughing, shortness of breath, lumps under the skin on the chest, tiredness and weight loss without trying.

Peritoneal mesothelioma affects tissue in the belly and symptoms of this could include belly pain, belly swelling, nausea, tiredness and weight loss without trying.

While there are other types of mesotheliomas not much is known about them. Pericardial mesothelioma affects tissue around the heart which may cause trouble breathing and chest pains.

To have asbestos removed you must hire a licensed professional. This limits risks of asbestos health issues to everyone.

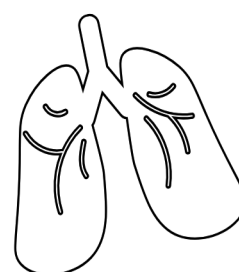
Licensed professionals have to wear full body personal protective equipment while dealing with asbestos to ensure their own health and safety.

Asbestos institute claims that it can cost between \$5- \$15 the average being \$8. For a typical 1,500-square-foot house the expected cost would be \$7,500-\$22,500 with an average of \$1200.

For Northwestern, the asbestos project costed roughly \$45,000.

### Asbestosis

- is a chronic lung disease caused by inhaling asbestos fiber
- Prolonged exposure to these fibers can cause lung tissue scarring and shortness of breath.
- Asbestosis symptoms can range from mild to severe, and usually don't appear until many years after initial exposure.



info by Mayo Clinic