

Women's Basketball

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NORTHWESTERN NEWS

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Volume No. 87, Issue 13

Northwestern Oklahoma State University, Alva, Oklahoma

December 4, 2025

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Special Report

AI becoming beneficial tool

By **Karolina Juresiute Arensdorf**
Senior Reporter

A drone hums low over a potato field; it sees the tiny weeds almost hidden among the crops. In just a few seconds, it sprays the unwanted weeds while leaving the potatoes untouched. The same kind of technology is helping students in the classroom and health professionals by giving faster ways to sort patient data.

This technology called artificial intelligence is showing up in many different places: in the classrooms where students use AI tools to practice or improve learning, in fields where drones can tell a difference between a weed and a plant in just a few seconds and hospitals where various information is being sorted to improve patient care. AI has been a hot topic since its initial release, which felt like science fiction. Some people describe it as a mix of excitement, uncertainty and even a little fear. It is moving quickly from theory to practice.

"AI is a computer program that is intended to mimic human thinking, which it does not truly do; it's just running a program of a very

large data set," said Craig Ricke, director of information technology at NWOSU. "We have found it is really good at coding, like if we have something that needs done in a file, certain things found and replaced with something else, it can do that very well in a text file. It can write scripts to help us move files or process files."

AI is beginning to reshape how people handle everyday challenges. Students, educators, farmers or even healthcare specialists believe AI to be a great tool that helps save time and is efficient.

"I kind of use it on a daily basis just for searching instead of Google and typing questions in AI because it kinda gives me a broader search range," Ricke said.

In the classrooms, students use AI more often. Some use it for bad habits of cheating, but many use it as a learning tool.

Some use it to check their writing, some ask AI to generate questions of their study guides to learn the material better, some use it for research.

Janie Rempel, a junior education major from Forgan, said she uses AI only if the professors allow it.

"I use it mostly to help formu-

POSITIVES OF AI

- IMPROVED AGRICULTURE
- ENHANCED HEALTHCARE
- BETTER CUSTOMER SERVICE
- BOOSTED ECONOMIC GROWTH
- ENHANCED FINANCIAL SERVICES
- ENHANCED CYBERSECURITY

Graphic By Karolina Arensdorf

Source: online.uc.edu/blog/artificial-intelligence-ai-benefits/

late thoughts or ideas for lesson plans, and then I revise them and make them to fit how I like to teach and the activities and stuff that I like to use," Rempel said. "I just like to get ideas from AI and then make them my own."

According to Washington State University's Benefits of AI article, AI offers advantages for both students and faculty. From a student's perspective, AI is an efficient study tool, career guid-

ance, free or low-cost academic support or it can provide personalized learning. For faculty, AI can be helpful with automated administrative tasks, increasing productivity, enabling better student assessment and new forms of continual learning.

On farms, AI has been beneficial and lately has been used more and more. Drones and AI features give farmers specific information about their fields. They can see exactly which parts need water, pest control or fertilizer.

Dr. Kent Martin, assistant professor of agriculture at NWOSU, said he recently saw how advanced precision-spraying technology has become.

"Last winter I was at a conference - Washington Oregon potato conference - and they had a drone that could identify a weed from a plant, even similar, we would call it plant architecture, so similar looking leaves and similar growth habits of the plant and could still distinguish them as it's flying through the air while making a herbicide application at the same time," Martin said. "So, the speed of that decision making process, the 'I see a weed, I need to spray that weed and not the crop next to

it', and to do it all in real time, at airspeed is really impressive."

Another impressive AI tool to help out with livestock management is rotational grazing system. AI-powered collars can be put on cows, and they would track the movement and health of the cattle. It can also tell when the cow is calving or if there's something unusual about it.

"We now have collars that we can put on our cattle that can establish virtual fencing for cattle, and it doesn't shock the cattle, but it releases a tone, and this tone teaches the cattle where to go and where to stay," Martin said.

"These were developed in different parts of the world where rotational grazing of smaller land areas is important, time consuming for putting up fences," Martin said.

While most farmers still use manned tractors, autonomous tractors powered by AI are the next big thing in agriculture's world.

"We can send it out, and we can have it do a task for us without even being in the piece of equipment," Martin said.

See UTILIZING, Page 2



Photo by Karolina Juresiute Arensdorf

Some of the new models of John Deere tractors, like this one, are built with artificial intelligence to help farmers through time efficiency, error detection, breakdown prevention and many other useful aspects.

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NEWS

Utilizing AI in everyday practices

Continued from page 1.

“That demand on AI is much greater because we have to then understand not only when something breaks, but if something is close to breaking, or if some set of conditions is abnormal, AI is going to evaluate that and let us know.”

“AI technologies are vital

tools and not just some flashy add-ons,” Martin said. “They help agriculture keep up.”

Lastly, AI in healthcare is expanding quickly, especially as a tool for sorting through huge amounts of medical data and saving time for providers.

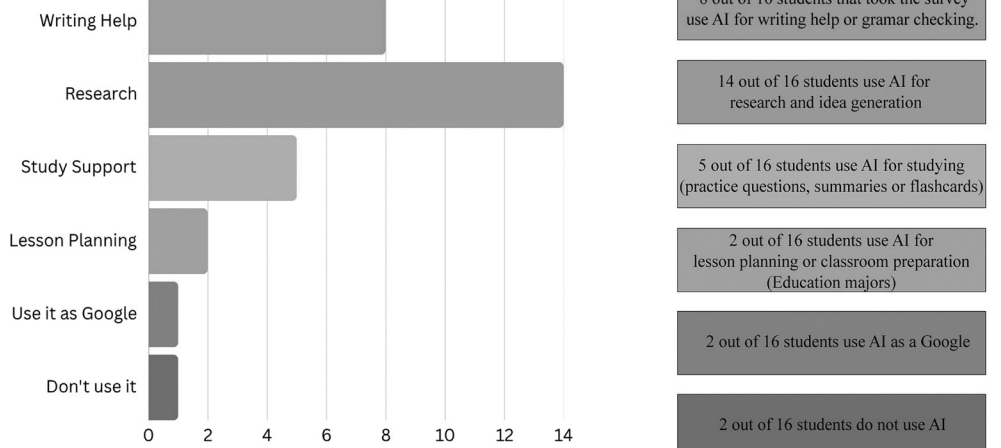
Dr. Leslie Collins, Charles Morton Share Trust division of



Photo by Karolina Juresiute Arensdorf

Solar cow eartags are used to track cattle, keep cattle in a grazing area by essentially acting as an invisible fence and protecting cattle as they move from field to field or begin to calve during calving season.

HOW DO STUDENTS USE AI?



Graphic By Karolina Arensdorf

Source: Google Forms Survey

nursing chair and professor of nursing at NWOSU said the technology is already reshaping how researchers analyze information.

“I know it’s being used quite a bit in research and just being able to take large amounts of data and include it in a more workable fashion so that interventions can be changed and patient care outcomes can be changed in a positive light,” Collins said.

The NWOSU nursing program uses AI quite a bit for research purposes.

“It is something that is newer to us as well and what we are really trying to focus on is teaching

our students how to use it appropriately, how to understand what AI is, how the information from it is generated, and how they can use it to benefit them and to ensure that the outcomes that they are receiving is professional, ethical research items that they can base their care upon and their beliefs upon,” Collins said.

“One of the ways that AI is really beneficial to nursing and nursing education is to ensure that the information being shared is easily understood by a large number of people. It can help to make sure that things are clear and concise,” Collins said.

AI works best as a tool and not as a replacement.

People need to understand how to use it correctly and use all its benefits.

“I have to admit, when I first started hearing about it, I was really concerned about what it meant, what it meant for the quality of work that was going to be, you know, just put together in all sorts of different arenas,” Collins said.

“And what I now have learned is that there are ways that you can use it, and then it can be beneficial to you and to your time and to efficiency.”

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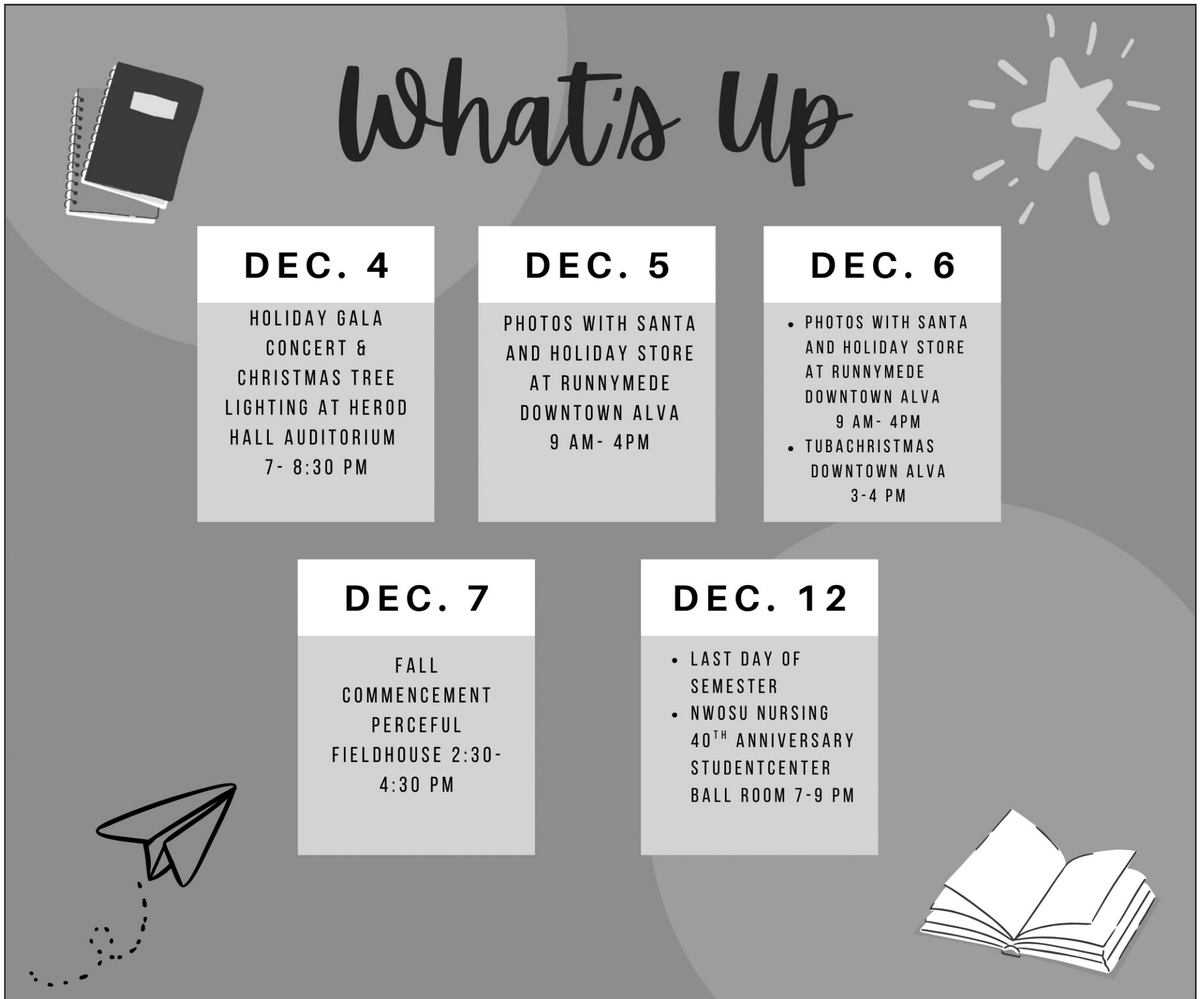
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NEWS



What's Up

DEC. 4

HOLIDAY GALA
CONCERT &
CHRISTMAS TREE
LIGHTING AT HEROD
HALL AUDITORIUM
7- 8:30 PM

DEC. 5

PHOTOS WITH SANTA
AND HOLIDAY STORE
AT RUNNYMEDE
DOWNTOWN ALVA
9 AM- 4PM

DEC. 6

- PHOTOS WITH SANTA
AND HOLIDAY STORE
AT RUNNYMEDE
DOWNTOWN ALVA
9 AM- 4PM
- TUBACHRISTMAS
DOWNTOWN ALVA
3-4 PM

DEC. 7

FALL
COMMENCEMENT
PERCEFUL
FIELDHOUSE 2:30-
4:30 PM

DEC. 12


- LAST DAY OF
SEMESTER
- NWOSU NURSING
40TH ANNIVERSARY
STUDENTCENTER
BALL ROOM 7-9 PM

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Merry Christmas Alva



**12 DAYS OF CHRISTMAS
STARTS
DECEMBER 1ST**



Have A Happy New Year

Graduation set for Sunday afternoon

By **PIPER GALLAGHER**
Senior Reporter

Northwestern will honor its fall graduates this Saturday during the fall commencement.

Beginning at 2:30pm, the graduation ceremonies will happen in Percefull Fieldhouse, where Northwestern will honor more than 100 graduates.

This year's graduating class includes 31 masters students and 71 undergraduates, according to Calleb Mosburg. No doctoral degrees will be awarded this fall, but the doctoral nursing program will honor some in the spring. The ceremony can be seen on a livestream that is available from the Northwestern Athletic Youtube Channel.

Thad Dilbeck, a Northwestern graduate, is set to give the commencement address according to a press release from Northwestern.

Dilbeck, a former Ranger quarterback, is from Pawhuska. He still currently lives there and is the Executive Director of Activities and Athletics for Bartles-

ville Public Schools.

During his time as a student-athlete, he earned OIC Player of the Week honors and was named to the All-Conference and All-Academic teams. He was also involved on campus as a member of Phi Beta Lambda and the Fellowship of Christian Athletes.

He also helped the Rangers win Oklahoma Intercollegiate Conference championships in 1986 and 1989 during his years on the team.

Dilbeck earned a Bachelor of Arts in economics and business administration in 1991, followed by a Bachelor of Science in elementary education in 1994. With more than 25 years of experience in education, Dilbeck has worked as a teacher, coach and administrator. He completed his Master of Education in educational leadership at Southwestern Oklahoma State University in 2010.

Now, at Bartlesville Public Schools, he stays successful in his field.

In 2020, he was named the Oklahoma Interscholastic Athletic Administrators Association 6A East Athletic Director Newcomer

of the Year. He also serves as secretary of the Oklahoma Frontier Valley Conference and sits on the board of the Bartlesville Sports Commission.

Dilbeck continues to stay involved with Northwestern as a trustee for the Northwestern Foundation and Alumni Association and as a member of its governance committee.

Delivering the invocation and benediction for this year's commencement is Steve Hamm, who is a minister at the College Hill Church of Christ.

The commencement is open to the public, and doors will open ahead of time for viewers to find seating. Those who cannot attend in person can view the entire ceremony via livestream on youtube.com/NWOSURangers.

Photos from the commencement can be found for free on the NWOSU Rangers flickr page, which can be found on the website under commencement information.

The following week after commencement will be finals week, and the semester will wrap up on December 12.

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.

Fall 2025 Staff

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The News is printed by
the Alva Review-Courier

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

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OPINION

Cheerleading is a sport

By JAXYN CLOUD
Senior Reporter

Imagine working incredibly hard every morning, lifting weights, throwing girls in the air and putting the body through extensive stress just to be told you aren't an athlete. Unfortunately, this is a common mindset held regarding cheerleading.

Cheer deserves more recognition as a legitimate sport, both from schools and the world of athletics.

The NWOSU cheerleaders are now competing for the first time in thirteen years, with their first stop being Anaheim, California for Collegiate Nationals. Their squad holds five practices a week, while also performing for football, basketball and volleyball. Their schedules are extremely busy, just like any other sport on campus.

"They just really want it," said Head Cheer Coach, Chloe Rogers. "We have a really great group of girls who work so hard to prepare for competition."

"Cheer is just a club that supports sports teams," is a common mindset that isn't the truth. Many associate cheer with the sidelines of basketball, football and volleyball games, but cheer is much more than that. Competitive cheerleading has its own leagues, competitions and championships. Sideline cheer is just one glimpse into the hard work cheerleaders put in to be successful in all areas of competition.

"It's more about looks than actual athletic

ability." This is a common stereotype about cheerleading. Presentation matters, but that does not take away from the incredible athletic ability a cheer routine requires.

Tumbling and stunting require an incredible amount of strength and precision from the athletes. It also requires countless hours of practice to create muscle memory. A split second could mean the stunt falls or it could mean you land on your neck and suffer permanent damage. All of these elements come together to enhance the routine.

"One thing I've learned about competing as a cheer and track athlete is that cheer is not easy," said Olivia Saner, a Health and Sports Science major from Dawson, Nebraska. Saner is a two-sport athlete, competing in cheer and track. "[Both sports] take a lot of time and dedication to do what we do. Juggling both can be exhausting and uncomfortable but having a new family around makes each day feel normal."

Some say that cheer is not a sport because it is not in the Olympics. Cheer is recognized by the International Olympic Committee, which means it could be included in future competition. If this is the only standard for recognition as a sport, then is breakdancing a sport? It was a category of competition in the 2020 Olympics. What about sailing or table tennis? The Olympics recognizes all of these activities as sports.

Sexism could play a large role in the way society views cheerleading. Since cheer is a primarily female sport, some may not take it

as seriously as other sports. Between gender stereotypes and oversexualization, cheer has been given an unfair "just there to support the males" role. Perhaps if cheerleaders were primarily male it would receive more respect. Cheerleading deserves respect for its physical and competition demands, not to be treated differently because of gender stereotypes.

The most legitimate reason for considering cheer an athletic activity, but not a sport, is its origin. Cheer was created to promote school spirit, then slowly developed into the intense activity it is today. There are now competitions to showcase these athletes, but their primary goal is to entertain, not compete. Although cheer was created for the purpose of leadership and school spirit, weren't all sports originally created as a fun pastime? The origins don't change that cheer is now at a level of athletics that far exceeds what it used to be.

"Even though we aren't always seen the same way as other athletic programs, we train just as hard and represent our school at every event," said Mia Ovalle, a nursing major from Laverne, OK. "I think we deserve a bit more recognition simply because of the commitment, hard work, and school spirit we bring to every event we attend. We're constantly working to grow the program and make our school proud."

Next time a cheerleader walks by, show them some appreciation and give an encouraging word. They are working hard to represent NWOSU well without the praise other teams receive.

Fruitcake is anything but Christmas

By PIPER GALLAGHER
Senior Reporter

Every December, the same desserts fill our tables and stomachs. You can find sugar cookies, pies, and layer desserts at my table. One thing you will never find at my table, however, is a fruitcake. Even though some people call it "traditional," fruitcake continues to be the most disliked Christmas food, and it's not hard to understand why.

First, the texture is the biggest problem. A good holiday dessert should be soft, warm, or at least pleasant to bite into. Fruitcake is none of those things. It is thick and heavy, packed with sticky candied fruit and chunks of nuts. It feels like the ingredients were mixed together just to see what would happen.

Eating fruitcake doesn't feel like enjoying a treat. It feels like work.

The flavor also doesn't help. A Christmas dessert should taste comforting. Fruitcake tastes confused. The fake, bright candied fruit is extremely sweet, while the nuts bring

a slightly bitter taste. Sometimes the cake is even soaked in alcohol, which creates even more strong flavors that don't blend well together.

The final result is something that doesn't taste like fruit, cake, or anything clear at all. It's just a mix of things that don't go well together.

On top of the taste and texture, fruitcake has a long history of being the holiday joke. People make fun of how long it lasts, how hard it is, and Sabrina Carpenter even pokes fun at the dish on her Christmas EP titled Fruitcake.

The real issue, though, is that fruitcake doesn't match the feeling of Christmas. The holidays are full of treats that feel magical and fun. Think of peppermint bark, warm cinnamon rolls, hot fudge, and frosted cookies. Fruitcake doesn't stand a chance next to those. It looks dull, feels heavy, and tastes confusing.

It doesn't feel like Christmas to me, and it should probably stay a dessert of the past.

Although some people argue. They say it's a long-winded staple in the Christmas dessert scene. Some people truly enjoy it. And maybe

most people have only ever tried cheap store-bought versions.

A homemade fruitcake, made with real dried fruit and fresh nuts, can taste much richer and more balanced. When made with care, fruitcake can be more like a flavored bread or a spiced loaf than the brick we're used to joking about.

Fruitcake may never be the most popular Christmas dessert, but it still has a place at the table, well some tables. Some people look forward to it every year because it reminds them of home, heritage, or holiday memories.

Even if it's not loved by everyone, there is something meaningful about a dish that stays around because it matters to someone. And honestly, part of the fun of the holidays is having at least one topic of conversation that sparks a playful argument. Fruitcake fills that role perfectly and keeps the season interesting.

Despite these claims, however, it still won't be on my table during this holiday season, or ever. I'll look forward to the apple and coconut pies, or the homemade cookies.

ChatGPT's Top 5 for Christmas

Top 5 Christmas Dishes

1. Roast Turkey or Roast Beef
2. Stuffing/Dressing
3. Mashed Potatoes
4. Roast Vegetables
5. Christmas Pudding or Fruit cake

Top 5 Christmas Carols

1. "Silent Night"
2. "O Holy Night"
3. "Jingle Bells"
4. "Deck the Halls"
5. "All I Want for Christmas Is You"

Top 5 Christmas Movies

1. Home Alone (1990)
2. Elf (2003)
3. The Muppet Christmas Carol (1992)
4. The Polar Express (2004)
5. It's a Wonderful Life (1946)

NEWS

Alva Chamber of Commerce to hold Christmas downtown



THURSDAY, DECEMBER 4 5:30-9:00PM

5:30-7:00PM SINGO at Alva Beer Co. Fundraiser for Northwest Family Services
7:00PM NWOSU Holiday Gala at Feller's Auditorium followed by the Campus Tree Lighting

FRIDAY, DECEMBER 5 3:45-9:00PMPM

3:45-5:00PM Free Family Christmas Movie at the Rialto: A Christmas Story
5:00-7:00PM Santa & Mrs. Claus Elsa, Anna, Olaf, Kristoff with cookies, books & elves in the Pocket Park by Merrifield's Office Supply. FREE Hot Cocoa at the Runnymede (402 4th St)
5:00-8:00PM First Friday Art Walk @ Graceful Arts. Some downtown stores open late, FREE Hot Chocolate provided by the Woods County Coalition at the Runnymede. FREE Chicken Noodle Soup by the Little Red Hens sponsored by K&S Tire at the Runnymede. Last-minute craft items and gifts for sale at the Runnymede. Food Trucks: Wicked Grind Coffee Truck & Rickie's Sweets & Eats in the Courthouse Parking Lot
7:30-Drone Show-Bring your lawn chairs and a blanket!
7:45PM Tree Lighting & Christmas Carols on the Courthouse Stage

SATURDAY, DECEMBER 7 8AM-10PM

8:30AM Doggie Reindeer Dash 5K & Fun Run begins at the Farmer's Market, downtown Alva
All Day Town-wide Christmas Shopping, Kids & Cops Santa Sleigh Rides, Food Trucks: Wicked Grind, Rickie's Sweets & Eats, Crazy A's, J&J Catering and Concessions, Cuisine Cuisine. Other downtown options: Holder Drug and Alva Brewing Company. OR ANYWHERE else in Alva!
• Visit Santa's Magical Mailbox located at Holder Drug to drop off your letters to Santa! Parents scan the QR Code to help the elves!
9:00-11:00 Breakfast with Santa and Mrs. Claus @ City Hall, Letters to Santa
• 9:00-9:30 Special Needs only; 9:30-11:00 open to the public.
9:00-12:00 Alva Public Library Book Sale at 504 7th St.
9:00-4:00 Holiday Gift Shop & Photos w/ Santa at the Runnymede (402 4th St.)
• 9-10:00 Special Needs only; 10AM-4PM all other children; 3PM-4PM adults permitted to shop.
• Select one FREE Santa photo courtesy of Holder Drug. All other photos selected are \$5 each. Photos selected will be saved on a free flash drive from Alva State Bank, then take it to Holder Drug for one FREE printed 4x6.
10:00-11:00 Alva Middle School and Alva High School Choirs
11:00AM-12:30PM Live Entertainment on the Courthouse Stage | LUNCH
11:00-1:00 Anna, Olaf & Kristoff Reindeer Photo Op
12:30-1:00 Story time with Mrs. Claus
10:00-2:00 FREE Craft Make & Take at Graceful Arts (523 Barnes) (Parents shop down town)
10:00-4:00 Santa's Bakery at 504 Flynn St, Pocket Park Pop-Up Shops, FREE Cake Face Painting by Cake Face on the courthouse lawn (sponsored by Summit Wealth), Farmer's Market Vendors
11:00-2:00 FREE Horse & Carriage Rides with Jana Oister- PENDING
1:00-2:00 Little Miss Christmas Pageant-Pre-register
2:00-3:00 FREE Matinee at ACT 1 Theatre at 424 Flynn St
2:00-2:30 Storytime with Mrs. Claus by the Christmas Tree
3:00-4:00 Tuba Christmas on the downtown square
2:00-4:00 Gift Wrapping Station, S'mores & Stories in Elsa's Igloo, and Grinch's Grumpy Corner on the Courthouse Lawn
4:15 Bed Races in front of Holder Drug
6:00-7:00 GO EAT ANYWHERE IN ALVA
7:30 Christmas Light Parade, Awards, Candy Cane Cash Drawings on the courthouse stage (must be present to win)
9:30 Christmas Light Cruise- follow the map and VOTE for the BEST Christmas Lights in Alva! Voting open until December 31st.

MORE INFO 

For more information and a list of sponsors, visit www.alvaok.net/christmas

The Alva Chamber of Commerce is preparing to host the annual Bring Christmas Home for the Holidays event December 4 – 6. There are many events and activities planned for families of all ages at this years Christmas. You can see the schedule of events here, or visit www.alvaok.net for more information.

The Runnymede in downtown Alva is going to be participating in the Alva Chamber of Commerce "Bring Christmas Home for the Holidays" event.

The event will begin on Friday, Dec. 5, from 5-8 p.m. with craft sales from various people during the annual First Friday Artwalk.

Members of the Woods County Coalition will be providing free hot chocolate at the event, and members of the Little Red Hens will be serving free chicken noodle soup.

On Saturday the Holiday Store for Kids and Photos with Santa will be held at Runnymede.

Members of the Nescatunga Arts and Humanities Council will be sponsoring the Holiday Store for Kids this year.

The NWOSU Campus Cabinet Food Pantry and Holder Drug are sponsoring the Photos with Santa, both the Holiday Store for Kids and Photos with Santa will be from 9 a.m. to 4 p.m. at the Runnymede.

From 9-10 a.m. special needs children only will be allowed to shop and have photos taken with Santa.

From 10 a.m. to 4 p.m. all children are welcomed to shop and have photos taken.

At 3 p.m. the store will be open to any adults who might like to purchase a few items.

Photo viewing stations to see the images taken with Santa will be available onsite.

All images selected will be saved at that time on jump drive

donated by Alva State Bank.

One digital photo with Santa from this event will be provided for free, all other photos selected will be \$5 each.

After selecting photos, each family may pay at a centrally located pay-station, where they will also receive a coupon to print one free 4x6 photo at Holder Drug.

The Holiday Store gives children an inexpensive and fun way to shop for friends, loved ones, teachers and even pets.

Prices on a variety of merchandise is usually less than \$20.

Family members and parents are welcomed to accompany their children through the store, but they may also watch them from afar if their children want to keep their presents a surprise.

Adult volunteers will help each child shop and stay within their budget.

The children will then receive help wrapping the gifts and getting them ready to take home.

Cash and checks will be the only accepted payments.

Only a few children will be allowed in the store at one time to make it a positive experience for everyone.

Tables with holiday pages to color will be provided for those waiting for their turn in the store or for photos.

Some children may be reluctant to pose with Santa so parents should come prepared to pose with thier children if that problem should arrise.

Rangers participate in Research Day

Ranger Research Day took place on Nov. 21 in the J.W. Martin Library on the Northwestern Oklahoma State University. Both graduate and undergraduate students presented presentations of academic research conducted from one of their classes.

Tying for Best Overall Project was Raegan Hiner, a senior psychology major from Alva, and Paige Bailey, a senior psychology major from Enid. These students won Best out of 31 projects entered by 50 participants.

The winners including classification, hometown, research project name and sponsor are:

History: M'Cheila Rader won first place. She is an American Studies graduate student from Alva. Her project was "Restoring Women's History in Public Spaces: The Role of Public Historians in Education and Interpretation." In second place was Elizabeth Terbush, an American Studies graduate student from Woodward. Her project was "George Washington's Mount Vernon Estate. Heatherene Merrill won third place. Merrill is an American Studies graduate student from Enid. Her project was "From Ashes to Archives: Oral

Tradition as Historical Evidence of the Tulsa Race Massacre.

The winning entries were sponsored by Jana Pittman, instructor of history.

Biology: In first place was Ko Brooks, a senior biology and chemistry major from Alva. Brook's project was "Prevalence of Hookworms in Northwest Oklahoma and Effects of Habitation on Infection."

The winning entry was sponsored by Dr. Nicholus Ledbetter, assistant professor of biology.

English: In first place was Ashland Crites, a senior English education major from Hennessey their piece was "Memory as resistance in Monique Truong's 'Bitter in the Mouth,'" sponsored by Dr. Christina Xan, assistant professor of English.

Nursing: Frist place: Tatum Brown, a senior nursing major from Woodward, Lainey Coley, a senior nursing major from Medicine Lodge, Kansas, and Shyan-na Stopp, a senior nursing major from Park Hill their piece was "Effects of Prenatal Education on Postpartum Depression."

Second place: Baleigh Stewart, a senior nursing major from

Lahoma, Patricia Collins, a senior nursing major from Waukomis, and Nancy Klippenstein, a senior nursing major from Burlington, their piece was "In Pregnant Women in Labor, How Does the Use of Dexmedetomidine Compared to Traditional Opioids for Epidural Analgesia Affect Maternal and Fetal Adverse Effects During Labor?"

Third place: Tejune Kim a senior nursing major from Norman, Evan Silva, a senior nursing major from Ringwood, and Marcus Bueno, a senior nursing major from Clarkdale, Arizona. Their piece was "The Effects of Parental Health Literacy on Overall Child Health."

Honorable mention: Sarah Decker, a senior nursing major from Meno, Danae Vedetti, a senior nursing major from Enid, and Daphne Zevallos De McCaslin, a senior nursing major from Enid and their piece "The effectiveness of Aromatherapy in Prevention of Postoperative Nausea and Vomiting."

All winning entries were sponsored by Dr. Heidi Ritchie, Bachelor of Science in Nursing programs director and assistant

professor of nursing.

Psychology: First place and overall winner (tie): Regan Hiner, senior psychology major from Alva and their piece "Exploring the Relationship Between Social Media Use and Body Comparison Behaviors: Implications of Self-Image and Mental Health," and Paige Bailey senior psychology major from Enid and their piece "Interpersonal Relationship Quality Influencing Well-Being."

Second place: John Hofferber, a senior psychology major from Ponca City and his piece "The Impact of Digital Notification Frequency on Decision Fatigue, Stress, and Cognitive Strain in the Workplace."

Third place: Summya Adigun, a senior psychology major from Hugoton, Kansas and their piece "Is Social Media Hurting Our Love Lives?"

Honorable mention: Halie Shirley, a senior psychology major from Braman and their piece "Holistic Medicine as a Treatment for Substance Abuse."

Dr. Taylor Randolph, chair of the Northwestern Department of Psychology and assistant professor of psychology, sponsored



Photo by University Relations

Reagan Hiner (left), a senior psychology major from Alva, and Paige Bailey (right), a senior psychology major from Enid, tied for Best Overall Project and first place in the Psychology category at the 20th annual Ranger Research Day at Northwestern Oklahoma State University on Nov. 21 in the J.W. Martin Library.

all psychology award winners, and Taylor Phillips, instructor of psychology, sponsored the second-place winner. All presenters are encouraged to attend Oklahoma Research Day on Friday, Feb. 27, 2026, at Northeastern State University in Tahlequah.

— University Relations

Alva gears up for Christmas

Northwestern News staff Christmas traditions



Photo by Emma Gott

Santa has been spotted delivering presents early this year on the roof of 1326 Barnes St. The display has Santa flying between the home where student Mia Graves lives, left, and her parents home next door. The Christmas decorations at both houses are the work of her father, Jeremy Jones.



Photo by Emma Gott

The Post Office put out Christmas themed decorations of Mickey and his friends mailing a present.



Dr. Kaylene Armstrong, adviser:
I always decorate the day after Thanksgiving while watching the movies "It's a Wonderful Life," the original "Miracle on 34th Street" and "White Christmas." Yes, I rewatch these movies every year and have done since I was a kid.

Oaklee Fielder, sports editor:
Grandma always makes us do puzzles to find out which presents we got.

Jessica Schieber, co-editor-in-chief: We go to the Kansas City Chiefs football game every year.



Photo by Allison Ruwaldt

Bates and Co Boutique gets festive with their wreath window decorations this year.



Photo by Emma Gott

A downtown store gets "grinchy" with their Christmas decorations for the downtown festivities.



Photo by Emma Gott

The Rialto window features a scene from "Frosty the Snowman." The theater has a free showing of "A Christmas Story" 3:45 p.m. Friday.

Co-Editor-in-Chief Sarah Brashears Family Monkey Bread

- 3 - 16oz cans of biscuits
- 1 - cup sugar
- 2 - tsp cinnamon
- 12 - Tbsp butter
- 3/4 - cup of brown sugar

Preheat oven to 350° and spray bundt pan. Cut biscuits into quarters. In a gallon bag, mix sugar and cinnamon. Place eight to 10 pieces of dough into the bag, seal and shake until all pieces are coated. Place the coated pieces in the bundt pan, and coat new pieces until all pieces are coated. In a separate pan, melt butter and stir in brown sugar. Pour mixture over the dough and bake for 35 to 40 minutes. When done baking, place a plate on the pan and carefully flip the pan. Lift the pan, leaving the bread on the plate and serve.



Photo by Ece Ozdemir

Evidence of the Prep and Landing crew has been spotted at 918 Church St. in Alva. The giant bulbs will make Santa's landing easy.

FEATURE

Celebrating Christmas with more than family

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

One of my favorite traditions my family has started doing is going to the Kansas City Chiefs game around Christmas.

We started to do this two years ago and despite the outcomes of the games, my family and I really enjoyed the time.

Christmas games are fun because it feels like no matter the outcome while you're at the game you are having fun.

Granted, when it comes to football most of the time it's freezing cold as you're sitting down and watching the game, but nothing beats the excitement of watching as your team scores a touchdown and being able to celebrate with everyone around you.

Christmas has always been one of my favorite times of the year due to family celebrations and adding this tradition for our family has been so much fun.

This year is going to be fun because it will be the first night

game we've got to go together, and if things go the way we want them to, we'll get to see the fireworks that GEHA stadium sets off after a touchdown.

I can't wait to see some of my favorite players take the field and enjoy the game as we get to enjoy watching them play.

I may not be so satisfied with how the team has been playing recently, but I love watching the team regardless of their wins and losses.

Of course, it's always nice to see a win. I'm not going to be devastated if we lose.

The outcome of the game isn't what makes it special to me; it's the people I enjoy it with.

Football isn't the only sport that hosts Christmas games however, basketball also has Christmas games to play as everyone's holiday goes on.

This year the Oklahoma City Thunder are playing in it, and I cannot wait to see how that game goes, especially with the season the guys have had so far.

The Oklahoma City Thunder

have still only lost one game this season, and things are looking great for them to have a long play-off run.

This has me not only looking forward to Christmas but for spring and summer as well.

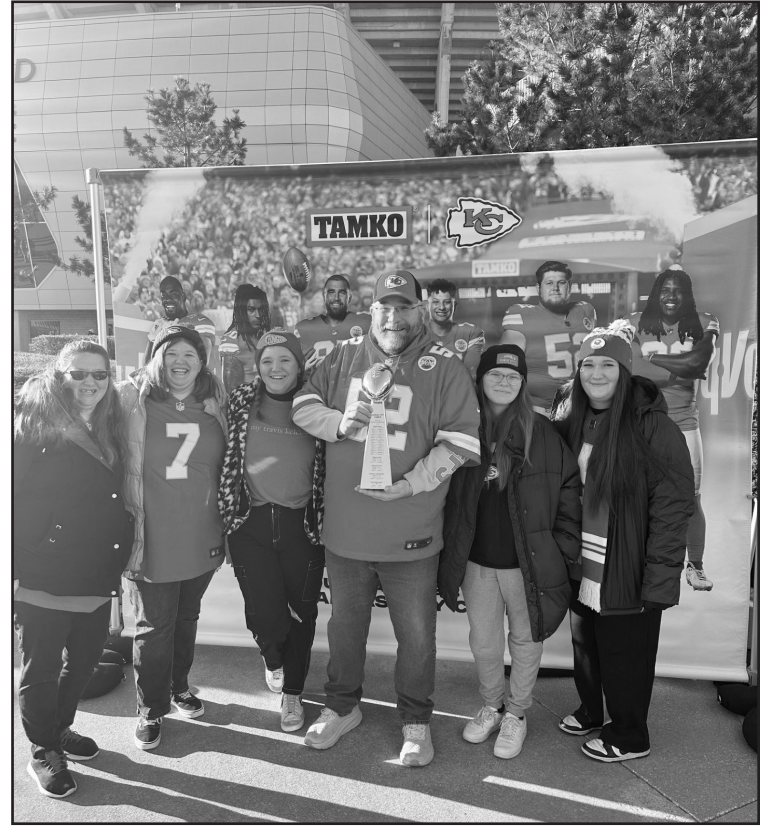
I love watching sports and with how the team has looked so far, I'll be able to watch my team in basketball for a long season.

If there is one thing I can depend on to bring my family closer together, it's sports.

Most of the family enjoys it and even the one that doesn't always watch games has fun when we go to watch sports in person.

Christmas games are a way for my family to feel as if they are truly connected to one another despite our differences. It doesn't matter if we watch the team or not we all get to celebrate and enjoy time together as well as a usually good game.

Christmas games bring together everyone around and I have got to celebrate a time with more than my family. That is what I think I enjoy the most about the games.



The Schieber family poses for a picture at the Kansas City Chiefs vs Houston Texans game on Dec. 21, 2024 to celebrate their Christmas together for the second year in a row. This has become a new tradition.

Let's be real

Staying healthy isn't always easy

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

In a world filled with diet fads, fitness trends and conflicting advice, it's easy to feel overwhelmed when trying to stay healthy.

But the truth is simpler than it seems.

Being healthy isn't about perfection; it's about balance, consistency and taking small, meaningful steps every day.

Eat Smart, Not Perfect.

Nutrition forms the foundation of good health. Experts recommend a diet rich in vegetables, fruits, whole grains, lean proteins, and healthy fats like nuts and olive oil.

Avoiding processed foods, excessive sugar, and saturated fats can significantly reduce the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

The key is not restriction, but moderation and variety.

Move More, Sit Less. Physical activity is just as important

as what you eat.

The Centers for Disease Control and Prevention suggest at least 150 minutes of moderate-intensity aerobic activity per week, combined with muscle-strengthening exercises twice weekly.

Even small actions, like taking the stairs, walking during breaks or stretching at your desk, can have lasting benefits for heart health, strength and mental well-being.

Mental Health Matters. Health isn't just physical. Stress, poor sleep and isolation can have serious impacts on the body.

Prioritizing mental wellness, through adequate sleep, mindfulness practices or spending time with friends and family, supports the immune system, improves mood and increases resilience to daily challenges.

Preventive Care Saves Lives. Regular checkups, screenings and vaccinations are crucial for early detection and prevention of illness.

Listening to your body and addressing health concerns promptly helps avoid complications later

on.

Start Small, Stay Consistent. The most successful approach to health is sustainable change.

Small habits, like drinking more water, swapping soda for tea, taking a daily walk or cooking a balanced meal at home, accumulate into big results over time.

Perfection isn't the goal, consistency is.

Being healthy doesn't require expensive gym memberships, exotic superfoods or extreme diets.

It requires practical, achievable choices that nourish your body and mind.

By focusing on simple habits and making them part of your daily routine, anyone can take meaningful steps toward a healthier, happier life.

Your Health, Your Choice. Ultimately, being healthy is personal.

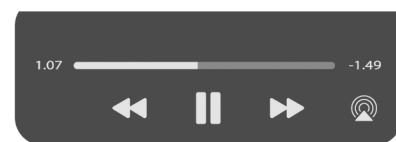
Listen to your body, find activities you enjoy and create a lifestyle that works for you.

When it comes to health, small, realistic changes often make the biggest difference.



STUDY SONGS

- Into the Woods by Joel Sunny
- Idea 10 by Gibran Alcocer
- Eleanor Rigby by Cody Fry
- Clocks by Coldplay
- Vienna by Billy Joel



Songs suggested by Jessica Schieber

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ENTERTAINMENT

Problem with smart characters

By KEVIN KAUMANS
Entertainment Editor

You know, I never understood why so many writers are obsessed with making their main character the smartest person in the entire book. Sure, I get why mystery novels do it; unless it's also a comedy, it would be kind of odd for our detective to be incompetent and easy to fool.

But in other genres, I feel like having a genius protagonist has sort of become repetitive.

However, I am by no stretch of the imagination saying protagonists who are intelligent are an example of bad writing. After all, my favorite superhero has always been Batman, whose ability to plan ahead can sometimes lean into comical. Plus, as someone who loves mystery shows, my favorite kind of character is the one who is two steps ahead of everyone.

So why am I writing a rant about smart protagonists if I enjoy them so much? Well, here's the thing that many people

seem to forget: At the end of the day, the main character of a story can only be as smart as the person writing them is. Look, I get that there are some authors out there who are actually smart (I know, how scandalous!), but there are also a lot out there who are not.

You can usually tell which kind of author you're dealing with by just how they make their character "Smart". See, a lot of times, a story will make all the characters around a protagonist the dumbest people alive so the protagonist can shine.

You might think I'm exaggerating, but trust me, a lot of shows will lower the supporting characters' IQ to room temperature in order to make sure their precious OC looks as smart as possible.

Another way authors like to write their so-called "genius" protagonists is by having them know everything that has and will happen without really explaining how.

The protagonist will apparently be an expert on human behavior and will always be able to know what a person is going to do next. While this can be good writing if

the author themselves are an expert in psychology, this trope can also just as easily come across as cringy if they don't know what they're talking about.

A good example of a smart character done correctly would be the original version of Sherlock Holmes, written by Sir Arthur Conan Doyle.

For those of you unaware, this version of Sherlock, while being extremely smart and cunning, is not omniscient.

Sure, he's smarter than you or I will probably ever be, but he still struggles with cases from time-to-time. He still asks his partner, Watson, for advice. He even gets outsmarted every now and then.

The point is, you can make a smart protagonist without them being perfect. In fact, I would like to argue that having a character who is almost always the smartest person in the room yet can still be tricked makes them more human.

It makes the audience relate to them more and helps them form a connection.

It is important that, when writing a smart character, you make sure not to

alienate your audience by making them smart beyond reason. It's even worse when said character has an "edgy" personality, because then it can come across like the author is making some sort of self-insert.

I hope I don't need to explain why having a self-insert is considered one of the worst things an author can do.

At the end of the day, if you want to write a smart character in your story, whether it's the protagonist, supporting character, or the antagonist, just make sure it makes sense.

Trust me, I would rather read a book about an enjoyable character who is an idiot than one who is the smartest person in fiction but has no likable qualities.

Don't dumb-down everyone else, don't make them be able to know something that should be impossible for them to know, and for the love of God, don't make them completely unlikable.

With that out of the way, I wish you all a happy Holidays. I hope you do your best on all your tests and remember to get plenty of sleep so you can actually function.

'White Bucks on the Fences'

By KEVIN KAUMANS
Entertainment Editor

David hated the snow. It was bright and tasted terrible. He remembered as a kid when his classmates would push him down into it until he started crying.

Jessie was indifferent to the weather. To him, the outside air felt all the same. Anything felt better than the onion-like musk of their cramped apartment.

Despite being twins, Jessie and David were as far apart as physically possible. Jessie stood at five-foot-eleven, with short dark hair that had a middle fade. He was bone thin, with sickly pale skin that made him look diseased, yet at the same time was smoothed and soft to the touch.

He preferred long-sleeved clothes and pants whenever he went out, usually plain clothes with no words or logos.

David was short, standing at five-foot-two. He was sixty pounds overweight and had trouble breathing just walking up the stairs in the complex. His slanted, upward eyes made him look like he was always in a state of exhaustion.

His short neck and flat face gave him an ugly appearance (not that anyone would say it to the poor man's face of course).

After bribing him with a trip to "Braums", Jessie managed to convince David to put on his jacket so they could get to the noon train station. As they got on, David looked out the

window and watched as a buck was hopping over electric fences. The creature has all-white fur that sparkled in the snowy sunlight, with antlers shaped like twisted tree branches.

"You ever wish you were an animal?" David asked.

Jessie took his earphones out. "What?"
"Do you ever wish you were an animal?" David repeated, his heavy dialect making it to where his brother had to take a few seconds before responding.

"Not really.....why?"
David shrugged. "No responsibility, no worries. It must be nice for them is all."

Jessie looked over his shoulder at the buck. "I mean, you still have to worry about having enough to eat and stuff. It's not like living in the wild's an easy life."

David said nothing, reaching into his Superman backpack and pulled out his favorite hot wheel, a black monster truck with flames painted on the doors. He turned it around in his hands, making sure nothing was stuck in the tires.

"Are you alright?" Jessie asked.
"Yeah."
"Truly?"
"Yes."

"Why do you sound irritated then?" Jessie ran his fingers through David's hair, a soothing method from when they were younger.

David looked back out the window; the buck was still jumping back-and-forth over the electric fences.

"You know I didn't mean it, what I said last night."

David wrapped his arms around himself.

"You still bruised?"

David shrugged.

"Let me see your arm." Jessie said, reaching towards his brother's right shoulder.

David jerked away, his expression accusatory. "No."

Jessie sighed, reaching into his jacket and pulling out his lighter. He flicked it, his left hand hovering above the flame.

"It's gonna be March soon." he said after a couple minutes had passed.

David shrugged.

"What do you wanna do for your birthday?"

"I dunno."

Jessie turned the lighter off. "C'mon, you must have thought of one thing at least."

David turned to him, his eyes nervous. "Can....can we go to the fun place?"

"Which one?"

"The one with the woller coaster."

"Ah, sure thing love."

David looked back out the window. "The buck's gone."

"I'm sure he's fine."

"You think he has any brothers?"

"Beats me."

They had nothing else to say for the rest of the ride. Jessie decided then to give David his sleeping pills, hoping he wouldn't wake up until they got to the nursing home. Mom was probably awake by now.

As he was jumping, the buck tripped. The metal coil wrapped around his neck. Within seconds, the smell of his burnt flesh would reach the noses of the squirrels and wolves.

"You'll shoot your eye out kid."

-A Christmas Story



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SPORTS

Men still have even record

By **OAKLEE FIELDER**
Sports Editor

The NWOSU men's basketball record stayed even after losing two and winning two over Thanksgiving break.

The Rangers faced Adams State University, Eastern New Mexico University, Kansas Wesleyan University and Emporia State University. The game against Adams State was away, and the following three were home.

NWOSU 86-99 ADM

The Rangers lost to the Adams State University Grizzlies to start the four-game stretch.

The game started with the Grizzlies going on a 6-0 run before the Rangers struck back with a jumper from Max Alexander. Adams State continued to put the pressure on the Rangers, as they ran away again to have an 11-point lead.

The Rangers were able to catch the Grizzlies to make it 12-15 eight minutes into the half. Then, the two teams went back and forth, scoring baskets on both ends of the court. Eventually, the Rangers caught Adams State 23-23 with seven minutes left in the half. The Grizzlies then went on a run to increase their lead again. The Grizzlies kept their lead in the double digits to finish the half, and the Rangers were down 46-33.

To start the second half, the two teams fought hard. Slowly, the Rangers got the upper hand and started to catch Adams State. Halfway into the second half, the Rangers were only down by three points. The teams continued to scrap, and eventually the Rangers were only down by two. Then, Adams State opened up and extended its lead once again into the double digits. There wasn't enough time at the end for a comeback, and the Rangers lost 86-99.

Alexander led the Rangers in scoring with 24. He went 8-16 in field goals and 8-8 in free throws. Kenny Burns III and Keyondre Young both had 14 points to their names. Burns went 4-11 in field goals and 4-7 in three pointers,

the best on the team. Young had 4-12 field goals made and only missed one of his five free throws.

ESNM 83-63 NWOSU

The second game in the stretch went worse for the Rangers, losing by 20 points to Eastern New Mexico University.

The game started incredibly competitive. The teams were tied six minutes into the first half, and they stayed close in the following minutes. Eventually, Eastern New Mexico found something that worked, and they extended their lead to fifteen with three minutes left in the half. Northwestern was able to nibble at the Greyhound's lead, but it wasn't by much. Eastern New Mexico State was up by 12 at the end of the first half.

The Greyhounds continued their run in the second half, continuing to grow their lead to 19. Then, the Rangers fought back and matched the Greyhounds for a few moments. As the half continued, the two teams were close in scoring, but Eastern New Mexico slowly extended its lead as time progressed. The game ended with the Greyhounds over the Rangers 83-63.

Robbie Armbrester led the Rangers in scoring with 17. He was 7-8 in field goals and 2-4 in free throws. Alexander was not far behind with 13 points, and Burns was just behind Alexander with 12.

KWE 78-80 NWOSU

The Rangers stepped it up in the next game, defeating the Kansas Wesleyan University Coyotes after losing three straight.

The first half started competitively, with the two teams staying even two minutes into the game. The Coyotes then found a rhythm and took the lead, and extended it to ten. After the Coyotes had a substantial lead, the game settled back down, and the two teams were in a rhythm. Eventually, the Rangers started chipping at the Coyotes' lead, and by the end of the half, the Rangers got them down to just six points ahead.

The second half started with the Rangers down, but not out. Kansas Wesleyan extended its lead to start the half, but the Rangers quickly slowed them down, and started going after their lead.



Northwestern Ranger No. 8 Keyondre Young, dribbles the ball into halfcourt against Emporia State on Nov. 29. Photo by NWOSU Athletics

Slowly but surely, Northwestern was back in the game with just 12 minutes left in the final half. Just two minutes later, the Rangers took the lead with a three-pointer from Chris Tippins. The Coyotes wouldn't go down without a fight, and they started hitting the Rangers back.

Down by six with seven minutes to go, the Rangers locked in and pushed forward. With two minutes left, the Coyotes took the lead by two, but free throws from Alexander put the Rangers back on top with just seconds left in the game. After constant fouls from Kansas Wesleyan, the Rangers had the lead by two with free throws from Alexander. The Rangers won the game after the Coyotes missed a three-pointer with two seconds left, 80-78.

Alexander and Armbrester led the Rangers in points once again.

Alexander, with 23, and Armbrester, with 22. Alexander and Justin Norris put on a defensive showing as they both had three steals.

EMP 83-85 NWOSU

The Rangers had one more game to play, and it was against Emporia State University, whom the Rangers defeated by just two points.

The two teams fought hard at the start of the game, but eventually the Rangers turned on the afterburners and earned themselves a large lead by the 15-minute mark in the first half, at one point being 13. The Hornets battled back, and by the end of the half, it was only a nine point game.

At the start of the second half, the Hornets pushed hard, but the Rangers pushed harder and extended their lead once again, this

time to 15. Then, with the pressure on Emporia State, they put their heads down and battled the Rangers hard.

With three minutes left on the clock, the Hornets had caught the Rangers at 80, and there was a tight game in the closing stages. Emporia State proceeded to commit game-changing fouls, and with the free-throw skills from Alexander, the Rangers kept their lead of just two and won the game over the Hornets.

Alexander had a whopping 32 points against Emporia State. He made 11 out of 18 field goals and nine out of 12 free throws. Young put on a defensive show and had three steals. Norris had 14 points and two blocks.

The Rangers' next games are against Arkansas Tech on Thursday and Harding on Saturday.

Men's Basketball Playmakers



Max Alexander
G, Redshirt Junior
Emporia St: 32 pts.



Robbie Armbrester
G/F, Senior
Kan. Wesleyan: 22 pts.



Keyondre Young
G/F, Redshirt Senior
Emporia St: 3 stl.
Adams: 10 reb.

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SPORTS

Women continue to be great

By **OAKLEE FIELDER**
Sports Editor

The Lady Rangers lost one and won three to continue their hot streak at the start of the 2025-26 season.

They played Pittsburg State University, Hesston College, Cameron University and Oklahoma Panhandle State University. They lost to Pittsburg State in overtime and won the other three games in landslides.

Pitt. St. 68-64 NWOSU

The whole game against Pittsburg State was incredibly competitive, with the game going into overtime to force a winner. Neither team managed to get more than 10 points ahead of the other.

The Lady Rangers were able to build a substantial lead midway through the first quarter, but Pittsburg State was able to come back and keep the Lady Rangers within striking distance. The first quarter ended with the Lady Rangers up by just two, 13-15.

At the start of the second quarter, the Gorillas tied the game. After trading baskets with NWOSU, Pittsburg took the lead by one with a three-pointer. The Lady Rangers fought back and took the lead by three, but the fight was far from over. The two teams battled hard, trading the lead and tying the game multiple times. The half ended just like the first quarter, with the Lady Rangers up by two, 26-28.

The third quarter started with the Lady Rangers opening up and extending their lead to eight points. After the Gorillas fought back to shrink the Lady Rangers' lead, Northwestern scored a three-pointer with Catyn Graham to extend their lead to nine. The Gorillas fought to get close to the Lady Rangers once again before the end of the third quarter, and it ended with Northwestern up by just five, 40-45.

The final quarter started with Northwestern holding its lead and even extending it to six before the halfway mark in the fourth.



Photo by Victor Kinzie

Lady Ranger No. 34, Jaida Shipp, looks on with Pittsburg State rival as the ball flies through the air during the game against the Gorillas on Nov. 20.

With just over two minutes left, the Gorillas started pushing to get close to the Lady Rangers. They took the lead by two with 48 seconds left on the clock. A tip-in from Conley Cayot tied the game at 58 to force overtime.

In overtime, the Gorillas started with two free throws, but only made one. They extended their lead to four with a three-pointer. Pittsburg fouled and gave the Lady Rangers two free throws, and it was a two-point game. In an attempt to save the game, there was a foul on Northwestern to give Pittsburg State two free throws. The Gorillas drained them both and won the game 68-64 over Northwestern.

Hesston 17-108 NWOSU

In the second game in the four-game stretch, the Lady Rangers destroyed the Hesston Larks, and that's putting it lightly.

The Lady Rangers did not let

Hesston College score in the first quarter. Instead, they scored 35 points of their own to open the game and set the early tone. In the second quarter, the Larks scored their first points of the game with two free throws. Four minutes into the second quarter, Hesston scored a three-pointer to give themselves five points. To end the first half, the Lady Rangers were up 68-5.

In the third quarter, the Lady Rangers didn't stop pushing as they increased their lead to 74 points by the end of the quarter. The Larks were able to increase their score by five points with a three-pointer and a jumper at the end of the quarter. The fourth quarter was about the same as the third. The Lady Rangers scored many more points, and the Larks found more success as time went on. Hesston scored seven points in the fourth quarter to increase its score to 17.

Camille Pritchard had 19

points, the most for Northwestern's players. Madison Denison had the second most with 15. Keely Hussey was not far behind Denison as she had 14. Denison, Kira Bass, and Emma Jo Locks had four steals each.

Cameron 56-83 NWOSU

The next game for the Lady Rangers was a little bit more competitive, although they still were able to beat their opponent by a fair number of points.

The first quarter was competitive, with the two teams battling hard at the start. Eventually, the Lady Rangers picked up their pace and started to get a lead over the Aggies. By the end of the quarter, the Lady Rangers were up by seven over the Aggies, 19-12.

In the second, Northwestern found a rhythm and not only stayed in the lead of the game, but they expanded their lead to 13 by the end of the half. The Lady Rangers seemed to find something that worked against the Aggies as they continued to push and ended the half 45-32.

The start of the third quarter was incredibly competitive. The two teams traded scores back and forth until a three-pointer from Summya Adigun for the Lady Rangers sent Northwestern on a short run to increase their lead to 19. The Aggies fought back and were able to get within 15 of the Lady Rangers to end the third quarter.

The fourth quarter saw Northwestern turn on the afterburners as they went on a crazy run throughout the entire final quarter and saw their lead increase by

over 10 points. At a point in the fourth, the Lady Rangers were almost up by 30 with just minutes left to play. Eventually, the game had to end, and Northwestern had its fourth win of the season, 83-46.

Kira Bass showed her offensive skill as she scored 21 points against the Aggies, nine field goals and three free throws. Graham was a far second with 15 points, five field goals and five three-pointers.

Pan. St. 46-104 NWOSU

There was another triple-digit game for the Lady Rangers, as they defeated Panhandle State by over 50 points on Saturday.

The Lady Rangers only let nine points go against them in the first quarter, as they scored 31 to set the early tone of the game. The second half had echoes of the first as the Lady Rangers only let up 11 points against their 25.

The third quarter was also very similar. The Lady Rangers scored 30 points and only let 14 go against them. They slowed down in the fourth, only scoring 18, but still outscoring the Aggies by six.

Bass led the Lady Rangers in scoring once again, with 18 points. Bas made five field goals and eight free throws. Cayot had the most three-pointers with five. Jaida Shipp had the most field goals with seven, plus her one free throw. Ella Porter had four steals, showing that the Lady Rangers have not just offense, but also defense.

The Lady Rangers are set to face Arkansas Tech on Thursday and Harding University on Saturday.

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NEWS

Learning how to use AI

By **AARON MEDRANO**
Senior Reporter

Professors should teach students how to correctly use AI instead of using it incorrectly.

“A lot of students are just learning how to use it and there is a correct way to use it, and there is an incorrect way to use it, and I think if we teach our students the correct way to use it would be better,” English professor Roxie James said.

James gave an insight on the challenges of AI being used in education and even here in NWO-SU, and how students can use it correctly if taught properly. In her years as a professor here on campus, she has caught students using AI to do their work for them.

Students get caught using it when professors know how a student writes and speaks. When the student uses AI to do the writing for them, a professor can catch sentences that don’t sound like them. Teachers also understand the tone in which the students speak as well.

James spoke about the diversity between students who have technology versus students who don’t have access to technology, or AI.

“I think AI does divide people in different groups differently,” she said. “So there are students who have little access to technology and they are using basics, and you have students who have more

access, but maybe they are under financial strain. ... Most all of the AI programs have a paid version that is clearly better than the free version.”

AI has been talked about all over campus. Many teachers rely on it to prepare for classes. But what’s not talked about is AI’s role in the workplace.

“I wouldn’t say AI has taken over the workplace yet at least not for us,” said Craig Ricke, director of IT at NWO-SU, “but it does make some of thing we do easier, and it seems to be pretty good at scripting and con coding. It’s good for helping with searches, and we are finding that AI comes across as very confident with its answers even when it’s completely wrong with its answers.”

The reason AI is confident with its answers is because it’s programmed to provide an answer and lacks a true understanding of truth or self-awareness, instead operating on probabilities derived from its training data. In some instances, AI can be wrong even if it thinks it is right. Some of the technology and even AI has its flaws, according to Copilot, an AI product built into Microsoft programs.

“It’s a bit like having a super-enthusiastic intern who doesn’t always double-check their sources,” Ricke explained. “With the coding, it has taken jobs that we may spend a week trying to figure out how to code and it does it just a few seconds.”

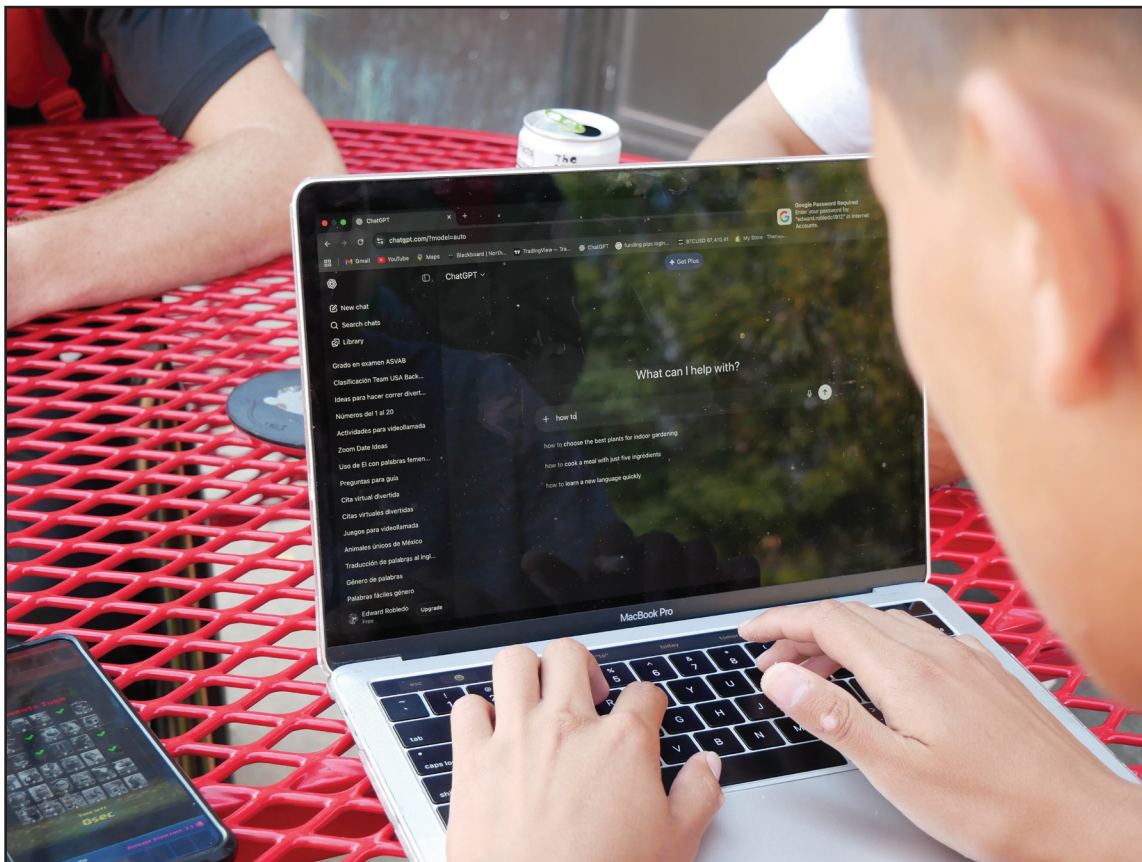


Photo by Aaron Medrano

An NWO-SU student uses ChatGPT, an artificial intelligence website used by many students around the nation.

AI overall can really help the speed of things and help the workers get stuff done in a matter of seconds, instead of spending weeks trying to complete a task.

“So far, no, it has no negative impact on employment,” Ricke said. “I know that there are predictions that a lot of jobs are going to be replaced by AI, and some may, but I think it’s going to be OK. Right now what I’m seeing is AI is used to enhance what

a worker does but not completely replace them.”

Ricke gave advice to future employees who are going to have a job in a workplace that is run by AI.

“You are going to learn how to use AI or you’re going to get left behind,” he said.

In an article titled “New Horizons,” author Taylor Karl said there are two cons for AI in a workplace: job displacement and

ethical concerns.

One of the most substantial drawbacks of AI is job displacement, Karl wrote. As AI systems are increasingly employed to automate repetitive tasks, there’s a potential risk for significant job losses, particularly in specific industries. Consequently, this can cause considerable changes in the job market and the workforce. However, it’s important to note that AI is projected to generate more jobs than it’ll take away.

“The second con would be ethical and privacy concerns. Another concern with AI in the workplace lies in the ethical dimensions of implementing such technologies. Decisions made by AI may be affected by biases inherent in the training data, which can lead to unfair consequences. Moreover, there are serious questions about privacy and transparency. AI systems often rely on large amounts of data, raising sensitive data usage and protection issues.”

AI also has a role in video games.

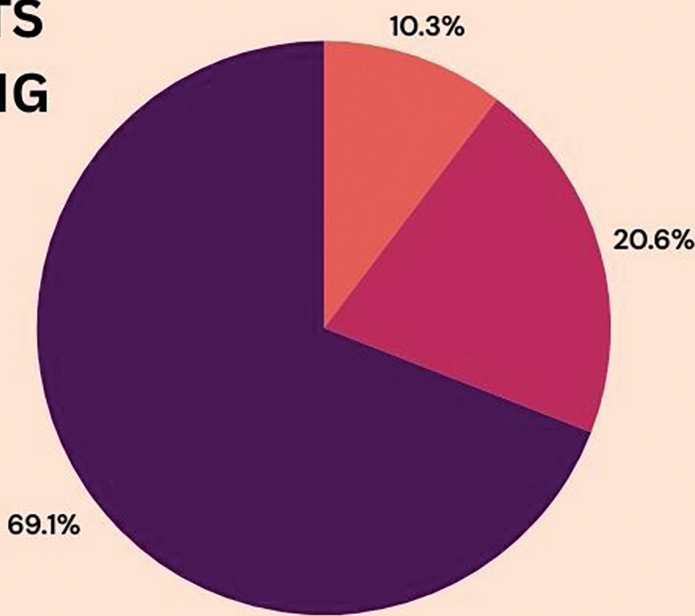
Gamers tend to think AI is biased or unfair. Evan Vaverka, NWO-SU Esports coach, agrees with some of that criticism.

“If the AI is being used as like a bot in gaming — like you got Battlefield 6 and they want to have a full map of people — generally, I would consider AI like that, biased, unfair, or giving any problems, and they might play a little better than some people, but it might not play as good as others.”

Vaverka said AI can sometimes be better at the game than others, but sometimes the players can also be better than AI.

TOP THREE AI SITES THAT STUDENTS ARE USING

- Gauth (Math)
- Chat GPT
- Google Gemini



Graphic by: Aaron Medrano Jr

Source: Google Form Survey administered through Men’s XC chat, GroupMe