

## TV addiction

The science behind screens. Read more on page 5.



## Women's Basketball

Players share what they have been doing to prepare for the first game of the NCAA Region Tournament on Friday. Read more on Pages 6 and 7.



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# Women win 1st D2 trophy

## Lady Rangers sweep tourney with 3 victories

By SHEALYN PRATT  
Student Reporter

The Lady Rangers won the Great American Conference Championship on Sunday after three sometimes nail-biting wins.

The tournament began Thursday in Fort Smith, Arkansas. The Lady Rangers opened play against East Central Tigers women's basketball — a team they had both won and lost to in regular season play. It was a tightly contested matchup at the tournament that came down to the final possession.

Northwestern secured a 66-65 victory after Summya Adigun, a 5-foot-9 guard, made the game winning free throw with 1 second on the clock, advancing the team to the semi-final round Saturday.

"It felt very good but I was also very nervous," Adigun said after the game. "When I made that free throw I was just like, I get another day. We get another day, and so it felt really rewarding."

Before the semifinals, Adigun and teammate Kira Bass shared their thoughts on the team's mindset and expectations heading to the next round.

"I don't want it to be over yet, so I'm kind of like let's just get to the next game," Adigun said. "Let's keep going, play for as long as we can and ride it out. Hopefully, we get a bid into the National Tournament. That's kind of our goal."

The Lady Rangers faced Arkansas Tech on Saturday night. NWOSU had both won and lost to the Golden Suns during the regular season.

Northwestern trailed 32-27 at halftime but rallied in the second half and came back for a Ranger win of 61-58. The win advanced them to the championship game.

"I'm really excited, and I feel like we definitely earned this



While her teammates cheer, Kira Bass, named MVP of the Great American Conference Tournament last weekend, affixes the last Ranger logo to the bracket after the Lady Rangers won the tournament.

spot," Bass said after the Saturday win.

Sunday's championship matchup came against Southeastern Oklahoma State Savage Storm women's basketball team, which had fallen both times to the Lady Rangers in season play.

Still, it was not going to be an easy win. At half time, the Lady Rangers found themselves down by nine points with the score 36-27. However, the team mounted a strong comeback in the second half, out-scoring their opponent to earn a 71-64 victory and claim the conference title.

Several members of the Lady Rangers were recognized with tournament honors post win celebration.

Kira Bass was titled the tournament's Most Valuable Player. Teammates Summya Adigun, Jada Shipp and Catyn Graham also were recognized and selected to be on the all-tournament team.

"Not a lot of people get to be a college athlete and get to play basketball at this high of a level and so it has been a really cool experience," Bass said. "I'm just really grateful to be able to do this and get such high awards and accolades."

The seventh seeded Lady Rangers will now advance and play the second seed Concordia St. Paul in the Central Region Division for the NCAA Division

II Women's Basketball Championship, which begins later this week. This quarterfinal game is at 2:30 p.m. on Friday in Mankato, Minnesota.

If the Lady Rangers win, they will face the winner of the Fort Hays vs. Harding game on Saturday at 5 p.m.

**How to watch**  
• <https://www.ncaa.com/game/6537990> (must sign in for free streaming)  
• Downtown Rialto Theatre by donation to help buy championship rings  
• Listen at <https://www.alvaradio.com/>

## What is next for women's basketball?

By OAKLEE FIELDER  
Sports Editor

The Lady Rangers made the long trudge through the GAC Tournament to win the first NCAA Division II championship for NWOSU, all under head coach Tasha Diesselhorst.

Diesselhorst has been Northwestern's Women's basketball team's head coach for the last decade.

Throughout her coaching career, she has over 100 wins and has made the GAC Tournament multiple times, but finally, she has led the Lady Rangers to the title, which was the end goal from the beginning.

"It was a goal of ours at the beginning of the year to be playing on Sunday," Diesselhorst said. "Something that we've been working toward in previous years, and it's just really cool that this group can get it done."

The Lady Rangers will be competing in the DII Women's Basketball Central Region tournament held in the Taylor Center in Mankato, Minnesota.

Their first opponent will be Concordia University, St. Paul from Saint Paul Minnesota.

Concordia looks to be a tough opponent, as they are currently on a 16-game winning streak.

"They're playing really well; they won their tournament," Diesselhorst said. "Watching film, it's a good matchup for us. We've been in Minnesota and played some other Minnesota teams, not Concordia in particular, but I think we're familiar with how those teams like to play."

The Lady Rangers aren't looking for any change in their game. They expect to go north and play the same game they've been playing.

Their presence in the paint and their defense is what Diesselhorst says is their biggest strength

See **TOURNAMENT** on page 2.

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# NEWS

## What does winning GAC mean for NWOSU campus?

“It’s huge because it’s the first win since we’ve gone to the NCAA. But I think more than that, we have coaches that work very hard, athletes who work very hard, and it’s nice to see that kind of public recognition. We know how hard they work, and we know how our programs do the important things of building character and prioritizing student athletes. It’s nice to see us have this kind of external success too.”

“Also, that’s going to be a beautiful banner hanging in the gym. This is going to create a sense of pride across campus more than we have ever seen before. I’m eager to see what happens from it. I’m hoping to see more good things happen.”

—Dr. James Bell, vice president for academic affairs, who attended the championship game Sunday in Arkansas



“Well, I think first and foremost, it’s going to get the university’s name out there just on a bigger platform because winning any type of conference championship always works in your favor just with getting the message out there of the university. Something that we do combat is geography ... location. Sometimes students are unaware of our existence, purely based on where we’re located. So something like winning the GAC is definitely going to help put our name in the mainstream. ... However [they find us], they’re going to come across us. This is definitely going to help push us out there.”

— Tyler Thompson, campus recruitment coordinator



“Anytime you get national exposure with the NCAA Tournament, it helps all of our sports and definitely gives women’s basketball a boost. ... We have a specific trophy case for our national championship trophies, and this one will be prominently placed so everyone can see it.”

— Brad Franz, vice president for athletics



“I am very proud of our coaches and our players as they brought home the Great American Conference Tournament Championship. Our conference is extremely competitive, and we played well over the three-game span. I look forward to watching them represent our university at the NCAA tourney as I know they will do great things. Ride Rangers Ride!”

— NWOSU President Bo Hannaford

## TOURNAMENT fires up Rangers

Continued from Page 1

“When you have the player of the year in the conference, we obviously do a lot of stuff around Kira Bass,” Diesselhorst said. “She draws a lot of attention, which opens up stuff for our other players as well, and then we rely on our defense. Our defense is kind of our identity of who we are. We hang our hat on being able to hold teams to season lows, and so that’s something we’ve got

to do this weekend, is play really good defense.”

Diesselhorst says the reason why Bass is so great, is her consistency.

Bass shows up in every game and posts consistent numbers time and time again. She has an incredibly high free throw percentage and has a high rebound number. Diesselhorst says Bass has improved her game all around from last year.

Bass is not the only player to

watch on Friday. The Lady Rangers’ roster is jampacked with great players.

“Each one of them had their moments in every game,” Diesselhorst said. “I can go back to a point in one of those games where somebody stepped up and gave us something, so I think if they’re all ready to do their job, then we could make a run.”

The Lady Rangers face Concordia on Friday at 2:30 in Mankato, Minnesota.

## Headlines from APNews

- Reindeer racing is delighting spectators in Finland
- Finnish fair wins UK wife-carrying contest
- Bag containing weed, cash accidentally donated to New Zealand charity shop
- Punch, the orphan monkey, is outgrowing his stuffed animal and making friends at Japan zoo
- Sleeping owl found resting on shelf of a New York antique shop
- Spanish soccer team desperately seeking their jersey that pop star Madonna wore in 1990
- Crocodile caught in Australian creek 1,200 miles from its tropical habitat
- Power surge causes 18-minute delay from blaring horn during Piston-Cavalier game



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# NEWS

## WHAT'S UP

### MARCH 23

- Classes resume
- SGA executive application filling period
- PLC scholarship applications due
- SGA meeting SGA in senate room 6:30 pm-7:30 pm

### MARCH 24

- Art show in library
- Late payment fees applied
- FFA Interscholastic Contest 8 am-8 pm
- King Cabbage Brass Band 7 pm-8:30 pm

### MARCH 26

- Paint and Sip in Science Amphitheater 5:30 pm-8 pm
- Chi Alpha night in Ranger Perk 7 pm-9 pm

## SPRING BREAK IS MARCH 16-20TH

## TAKE A BREATH WE ARE ALMOST DONE



Photo by Corky Hall

Author Jim Rasenberger (left) and Dr. Aaron Mason holds copies of Rasenberger's upcoming book "A Perfect Coincidence" during Northwestern Oklahoma State University's Presidential Lectureship Series. Read Friends on page 12 for more information.

## OKC Thunder

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# OPINION

## Lady rangers win GAC

By ECE OZDEMIR  
Opinion Editor

There is a different energy in the air these days at the Northwestern Oklahoma State University campus. Our women's basketball team, the Lady Rangers, proved what perseverance and team spirit can achieve with their magnificent 71-64 victory over Southeastern.

When we fell behind 5-0 in the first minutes of the match, perhaps some of our hearts skipped a beat; but the girls' stance on the field said, "We came here to win". It was a total tactical feast as Kira Bass took responsibility in those critical moments to balance the game, followed by Catyn Graham and Summya Adigun shaking the opponent with outside shots. Specifically, Kira's performance of 24 points and 11 rebounds—marking her 14th "double-double" of the season—is the most concrete indicator of how great a driving force she is for this team.

However, the true architects of this success were not only those who scored but every player who fought until the final drop of sweat on the field. Madison Denison's relentless struggle for rebounds and Jaida Shipp's final points, scored by virtually dominating the paint in the closing minutes of the game, demonstrated that this championship was no coincidence.

Going to the NCAA Division II Tournament for the first time as GAC (Great American Conference) champions is a historic turning point for the city of Alva and our university. This success is the reward for practices held in the early hours of the morning, the sweat shed and a victory fire that never extinguished.

No matter who their opponents are when they take the court this Friday, the Lady Rangers will



Great American Conference photo  
Catyn Graham, No. 33, jumps for a shot during the GAC championship game Sunday afternoon. NWOSU won 71-64.

have the support of an entire city and a united community behind them. They have already made history; now, it is time to crown this beautiful story on the national stage.

The real adventure is now beginning for the Northwestern Oklahoma State women's basket-

ball team, which has declared its GAC championship. The NCAA Division II committee made the long-awaited announcement late last night: The Lady Rangers have entered the Central Regional group as the 7th seed.

Our team will face Concordia-St. Paul, the 2nd seed in the

region, in the first round of the tournament.

This match will be the first meeting in the history of the two teams. Our opponent, Concordia-St. Paul, is a quite formidable team that arrived here by winning the Northern Sun (NSIC) championship. However, the form of our girls in recent weeks is at a level that would intimidate any "seeded" team.

Bass's 24-point performance in the Southeastern game proved that she is a player for big games. Her dominance under the basket will be the key to the game in Minnesota. The scoring contributions of names like Jaida Shipp, Summya Adigun and Catyn Graham make it impossible for the opposing defense to focus on just one player.

For the first time in Lady Rangers' history, they are on this stage. This will reduce the pressure on them, allowing them to enjoy every second and play more courageously.

On Friday at 2:30 p.m., hearts will beat from Alva to Minnesota. This is not just a basketball game; it is the representation of a community's dreams on a national stage. The Lady Rangers have shown us many times this season that the word "impossible" is not in their dictionary. Why shouldn't there be one more surprise?

Good luck, girls—all of Alva is proud of you!

The details of the match are as follows:

- **Date: Friday, March 13**
- **Time: 2:30 p.m.**
- **Location: Taylor Center / Mankato, Minnesota**

## Fight selfishness with kindness

By INGRID MALDONADO  
Senior Reporter

In today's culture of self-care, comfort and cancel culture, selfishness has not only become normalized but celebrated.

From canceling people for a mistake, to the many social media Instagram posts saying, "no one is entitled to your energy," selfishness is evident all around.

On Instagram, people share countless posts on their stories with sayings like "protect your energy," "choose yourself," and "cut off anyone who kills your vibe." These meanings all have the underlying tone of becoming selfish.

While these sayings sound

correct at first, it is important to check them.

Imagine a community where all the people decided to choose themselves — would there even be a community? A great community thrives on selflessness, not selfishness. Community is what brings people together through hardships and great times.

One day, a friend drove three hours to see a friend in need. That friend saw she needed comfort and just needed company during a difficult time. She could have stayed home instead of driving the three hours, but she saw past that and put her comfort aside.

Often, pride drives people to seek comfort and whatever makes them feel best. If people choose their own comfort, growth

is missed. Not only is growth missed but relationships get hurt and resentment grows.

With selfishness, people are acting on their own self-interest, not helping see from other perspectives. Forgiveness is not easy if someone is selfish. Without forgiveness, bitterness and resentment grow.

When resentment grows, it affects people's mental health and physical health.

"When we hold onto grudges and resentment, it's like drinking poison and expecting the other person to get sick," said Angela Buttimer, a licensed psychotherapist at Thomas F. Chapman Family Cancer Wellness at Piedmont, in a Piedmont article. "It causes us to carry negative, tense energy

in our biology."

Being selfish ultimately hurts the person itself. It ruins people's relationships and reputation leading to loneliness.

It can easily make it easier to become addicted to certain things in wanting to pursue happiness all the time.

Instead of being selfish and self-centered, people should strive to think of themselves less and think more of others.

"True humility is not thinking less of yourself; it is thinking of yourself less," said C.S. Lewis, the author best known for the "Chronicles of Narnia."

To fight selfishness, be kind to others. By being kind to others, people become kinder to themselves as well.

# OPINION

## Trends shape spending

By **ECE OZDEMIR**  
*Opinion Editor*

As social media platforms become more widespread and occupy a more significant place in our lives, they begin to affect us in many ways. As the simplest example, we can say that we are much more connected to one another compared to all other generations. We establish this proximity not only with our loved ones but also with people we do not know. We engage in two-way communication through online games and one-way communication via video platforms like YouTube.

Being able to reach others so easily sets the stage for many people to be influenced by various trends or individuals. Specifically, social media influencers—who take on this role—try to influence their audiences by promoting the latest trends, products, and styles. Individuals influenced by this content purchase clothing, technological devices, and items to achieve the promoted lifestyle—things they may never use or want in the future.

This situation brings with it the social problem we frequently encounter today called overconsumption. Considering the negative effects of overconsumption on mental health and the pollution

it creates, the emergence of a new movement against this lifestyle was inevitable. This new movement, which we call mindful consumption, encourages individuals to become more conscious consumers by popularizing trends and challenges such as de-influencing, thrifting and project-pan.

With this movement, social media influencers inform their followers about why they should not buy a product instead of telling them to buy it. They support the decision not to purchase by presenting justifications to their audience, such as a product being much more expensive than its value, poor quality, environmental damage, the risk of negatively affecting physical or mental health, or a failure to align with ethical values.

While this approach allows us to make sound judgments about new products, it also prevents us from purchasing unnecessary items that we would cast aside after using just once. Furthermore, social media users have begun to show more interest in the content of this new movement due to its transparency and sincerity, compared to influencers who only promote sponsored products.

Today, the most common reason we encounter for rejecting a product is that it has been tested on animals. PETA is the world's largest animal rights organiza-

tion conducting active studies on this subject. PETA focuses on four main areas where the largest number of animals suffer most intensely and for the longest periods: laboratories, the food industry, the clothing trade, and the entertainment sector. Having achieved groundbreaking victories on behalf of animals in these fields since 1980, the organization continues to conduct high-impact campaigns today.

The concept of vintage, carried from the past to the present and defying time, represents a lifestyle that never ages alongside unique and high-quality clothing. As the popularity of this style increases, many people have begun to embrace the idea of second-hand shopping. Today, it is not just clothing and jewelry; household items, kitchenware, decorative tools and even old houses that have stood for years attract intense interest. Furthermore, the fact that second-hand products have reached the present day in robust condition is an indicator that they are much higher quality and longer-lasting compared to new products from mass-production stores. For this reason, antique markets and second-hand shops host more visitors every day.

While not strictly considered second-hand shopping, adapting clothes from the wardrobes

of our mothers, fathers or even grandparents to our own style has gained a significant place in the understanding of fashion. Re-evaluating products in this way offers individuals the chance to discover unique vintage pieces that suit their tastes. At the same time, this method teaches those of us accustomed to buying new things as soon as something becomes fashionable or wears out that the way to catch trends does not always pass through new items.

Project-Pan is a challenge started to finish your beauty products. It aims to prevent waste by encouraging the completion of many cosmetic products on hand, from makeup materials to skin care products. This movement aims to change the mindset of having the most and invites us to use what we have until the end. Consumers may stop using products they bought enthusiastically in the moment as trends pass. When products expire or are no longer liked, it leads directly to waste. Therefore, the project aims to help individuals be content with what they have, rid themselves of excess and prevent them from seeking happiness through the constant need to buy new things.

Furthermore, the minimalist trend known as the “zero shopping year,” which is part of Proj-

ect-Pan, aims for individuals to buy very few or no products in a category they determine for one year. Thus, consumers can focus on finishing the products they already own—the Project-Pan process—before buying new things. This approach has become part of many people's New Year's resolutions today and has been one of the significant steps taken toward mindful consumption.

In conclusion, all these trends and individual efforts demonstrate that mindful consumption is not only an economic choice but also a process of mental liberation. We learn to protect ourselves from manipulative advertisements through de-influencing, bring the quality of the past into the present through thrifting, and appreciate what we have through methods like Project-Pan. This awareness invites us to a more lasting peace by saving us from the temporary pleasures created by the consumption cycle.

Instead of focusing on having more in life, finding meaning in other important areas such as spending time with loved ones, focusing on professional development, acquiring new hobbies, practicing self-care and traveling will allow us to feel much more fulfilled. Ultimately, true wealth is hidden not in the items we accumulate, but in the memories we collect and the bonds we build.

## Why we are addicted to the TV

By **ECE OZDEMIR**  
*Opinion Editor*

In the life of modern people, films and series are no longer just about turning off the lights and sitting in front of a screen in the evening. They are an active part of our lives, an accompaniment to the meals we eat, a supporter of the time we spend with friends or a background sound...

Everyone, from smartphones to giant home systems, has a storyteller. So, what lies behind this passion that nails us to our seats for hours and makes us cry and laugh with characters? Why don't we just watch, but become a part of that world?

In daily life, we all lock away our emotions to be part of society. We swallow our anger and postpone our sorrows. But when the lights go out and the film starts, those locks open on their own. We pour our tears into the loss of a character who is as unreal as someone in our own lives.

When the film ends, the strange feeling of relief we feel is no accident. The character on the screen has screamed, suffered and been renewed in our place.

Scientific research adds even more interesting dimensions to this topic.

Mirror neurons in our brains transport us directly into the heart of the adventure while we eat popcorn on our couches. Suddenly, we are right beside the main character. When a character's heart is broken, a similar ache appears in our own brain circuits; however, because our minds know it is fiction, we experience these intense emotions in a “safe zone”.

We project our suppressed feelings onto a character's shoulders and stand up at the end of the episode feeling relieved of that burden. This is why we sometimes choose to watch things not just to kill time, but to empty and rebalance our minds.

Life is often filled with responsibilities, stress and monotony. Although every day of the week is different, a new Monday is the same as the Monday from three weeks ago. Series and films offer an escape hatch in the middle of this web. We can escape from deadline dates, daily anxieties, workplace noise or persistent thoughts with the press of a button. Now, we are in another universe. We are part of

a game of thrones on the snowy walls of Westeros or diving into interdimensional chaos with Rick Sanchez. This is not just a way to spend time; it is a form of taking a break that sends the soul on a vacation to other universes and rests the mind.

Human nature is inherently curious. We always strive to understand the thoughts and lives of others. Films and series open the doors to homes we could never otherwise enter. One moment, we share the pangs of conscience in Walter White's transformation from an innocent chemistry teacher to a crime lord.

The next evening, while watching the power struggles of the powerful but loveless family in Succession, we face the reality that money cannot buy everything. This situation is not merely a hobby; it also develops our capacity for empathy.

It allows us to understand different lifestyles and people who think very differently from us, enabling us to see the world from a broader perspective.

Although watching a series may seem like an individual act, it is actually a highly social activity. Conversations starting with

the question

“Did you watch last night's episode?” at the office, school or on social media the next day connect us to society. Having a shared narrative builds bridges between us and strangers with whom we might not even share the same language. Discussions about a series finale or communities coming together around developed theories are the campfire chats of the modern world.

Cinema represents the pinnacle of visual arts. It is a magnificent combination of music, painting, literature and theater. Lighting, costumes, colors, background music and countless small details combine to offer us an aesthetic experience.

Additionally, following complex scripts and trying to solve mysteries keeps our minds sharp. A good film or series does not just provide answers; it also causes questions about the meaning of life, ethical values and the future to emerge in the viewer's mind.

Ultimately, series and films are not merely leisure activities. This act is a modern aid for understanding oneself, discovering the world through a shortcut and seeking emotional balance. When

the lights dim and the theme music begins, we embark on a journey not just into a story, but toward the depths of our own inner world.

No matter which genre you prefer—be it a period drama or action—every frame you watch makes you more yourself.

The reason you wait for the next episode with excitement is that you have found a part of yourself in that story. Perhaps a character's silence is the heartbreak you cannot voice; perhaps the hero's victory is the success you always dream of.

Once the lights on the screen fade and you see your reflection on the black screen, you are no longer just a viewer. You now possess the experience of other lives. Cinema reminds us of ourselves and does not settle for merely telling the stories of others. Every time the credits roll, we take with us that small spark we need to continue our own story. Through the stories we watch, we better understand both the world around us and the emotions within us. In this way, cinema becomes not only entertainment but also a mirror reflecting our own lives.

# Getting ready for the NCAA Region Tournament



Summya Adigun, No. 12  
276 pts this season, 163 rebounds



Madison Denison, No. 15  
109 pts this season, 151 rebounds



Kennedy Hight, No. 3  
189 pts this season, 49 rebounds



Kira Bass, No. 21  
636 pts this season, 297 rebounds



Jaida Shipp, No. 34  
266 pts this season, 131 rebounds

### Kennedy Hight

"I would say that I did my job well of handling the ball, of handling the offense and stuff like that. This weekend I definitely struggled making shots and knocking down shots. I think this coming weekend I just have to be better in that aspect of knocking down shots on the offensive end. I would say, for the most part, defensively, we all played well this weekend."

### Jaida Shipp

"Honestly our next steps is just to continue to play after winning the GAC championship this allowed us to enter the national tournament so we still need to stay locked in to what we've been doing and go win the next one."

### Madison Denison

"This [GAC] win just means so much to all of us. You know, it was one of our goals at the beginning of the season, and to be able to accomplish it makes all the tough times during season seem so small. And to be able to finally get it for Coach D and this program just makes it extra special!"

### Kira Bass

"Personally, I think I just need to work on finishing the shots that I take and taking good ones at that, I feel like that was my biggest problem this weekend and also making free throws."

"I think my team played very well together this weekend, we had a lot of people step up and fill their roll this weekend which definitely contributed in our wins over the weekend. We also had a lot of people step up and make plays not just one person. That's where the team effort came in!"

### Summya Adigun

"We definitely need to prepare for a new team by watching lots of film and going over plays while fine-tuning our style of play and defense."

"Our biggest strength going into regionals is our zone defense. Not many teams outside our conference are familiar with it, and our togetherness helps too."

Cheerleaders and fans showed up at 2 a.m. Wednesday to send off the women's basketball team to the Central Region Tournament in Mankato, Minnesota. In the first game, the Lady Rangers face Concoria University St Paul on Friday at 2:30 p.m.

Photo provided



### Catyn Graham

"I think that as a team this week we need to be scouting the team we are playing and making sure we understand our roles and how to guard them. We are a defense-oriented team and Regionals is different from the GAC because we play each team twice and sometimes even three times if we meet them in the tournament. Playing someone new, we are just going to have to watch a lot of film and prepare how we normally would for game days."

"Having player of the year Kira Bass gives us a huge advantage on both ends of the court. But overall, our biggest strength is how well we work together as a team. When it's time to play and compete, we trust each other and play hard for each other."

"Specifically, one of the biggest strengths of our team going into regionals is our defense. We are a very defense-oriented team and our zone is something we're really focused on in practice. Everyone understands their responsibilities in it and that helps us play together and communicate well on the court."

"I think we have only been out rebounded once or twice all year, which shows how much we take pride in that area. Rebounding is a huge part of our game and has been a big reason for our success this season."

Game photos provided by Great American Conference. All were taken during the GAC tournament in Fort Smith, Arkansas, March 5-8..



Catyn Graham, No. 33  
245 pts this season, 77 rebounds

# FEATURE

## Iowa State University shut down gymnastics team

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

There has been some shocking news that hit the world of gymnastics recently, and that is the news of Iowa State University closing their gymnastics team.

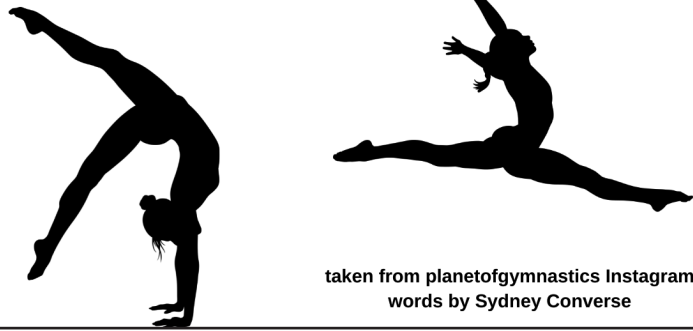
I am not a fan of gymnastics and I couldn't tell you if something was good or bad, but my sister is and I have had a lot of conversations with her about this situation.

She is the one who brought this to my attention.

This team has had multiple issues throughout recent years and as the team gets cancelled there are some people who have thoughts about it.

One of these people who have thoughts about it is KJ Kindler, the Oklahoma gymnastics head coach and former Iowa State gymnast spoke to Inside Gymnastics and said "What is most disturbing is the attempt to place blame on the sport of gymnastics itself. That narrative is not just inaccurate-it is unjust."

- Multiple gymnasts went to administration in 2023.
- The administration set Ashley up for failure, set the team up for failure, set the program up for failure.
- When the program was doing good any request were denied.



taken from planetofgymnastics Instagram  
words by Sydney Converse

This comes after the athletics director said that the sport is the reason they closed and not the fact that they were negligent when it came to the sport.

Many ISU gymnasts have reported about how they did not take proper care of their gym.

The girls on the team showed

up and found out their season was cancelled then a few days after they announced they were shutting down the ISU gymnastics.

It has already been shown how female athletes and sports don't get the same sort of recognition as male athletes and sports, and this is just more proof of that.

The Associate Head Coach Ryan Snider posted on her Instagram "Sad day for this sport. Shame on that entire ISU athletic department. All you had to do was take accountability for hiring the wrong person. How many athletes, coaches and parents went to administration and told you about Ashley? You have issues in every sport, its college athletics. You're dealing with young humans in the most influential part of their lives. The issue recently with gymnastics? You hired a used car salesman to lead a storied Division 1 program. In what other sport or professional does hiring someone with zero experience make sense?"

Ashley was a gymnast, but she had no experience in coaching.

That is like hiring a high school football player to coach college football, or worse an NHL team.

How is it the fault of gymnastics for the administration hiring someone with no experience?

Former Iowa State gymnast, and sister of Oklahoma gymnast Dani Sievers, Meaghan Sievers

shared with planetofgymnastics "The heat went out in the entire building, and we were told it would not be fixed for another week. Outdoor temperatures were below zero, and we had to train in full sweatshirts, leggings, and slippers just to stay warm."

And for those who say that gymnastics doesn't bring anyone in, all it takes is the right marketing to get it done. Arkansas gymnastics just recently had 15,512 gymnastics attendance.

Marketing something is how you bring people in, and ISU clearly did not market their team all that well. It is a sad day when the athletic director is blaming a sport rather than the shortcomings of themselves on why something is shutting down.

US Glove is going to supply Iowa State Gymnasts with grips and provide chalk to club gyms.

They are going to provide every gymnast on the team with grips, Tiger Paws, wristbands, and grip bags. And any gym willing to open its doors for these girls will receive chalk.

### Sidenote:

## Feel the wind blow

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

It's not everyday that you are able to go outside and enjoy the weather in Oklahoma. This week is supposed to feel amazing and I for one am going to take full advantage of that fact.

With spring break coming up there are a lot of assignments having to be done, but with the weather feeling as nice as it does what's stopping me or anyone else from sitting outside to finish these assignments.

I have always enjoyed sitting outside and reading a good book, there's just something about being around nature I suppose.

This week will stress a lot of people out, I know because I've been through it a few times now. So take a moment and just enjoy the time you have.

Let the wind blow your hair, listen as the birds chirp and ignore the annoying cars that will pass by the streets.

Maybe you're just looking for a way to avoid stress before it starts up, go ahead, take a walk you deserve a break.

I have always loved the feel of being around nature and having nature around me. If I was given a chance I would be living in a cabin in the woods right now, but unfortunately I have to get a college education.

Sometimes it sucks, sometimes you feel like the plastic bag in Katy Perry's song. I encourage you to let the wind blow anyways.

Taking a break doesn't mean

you can't handle everything being thrown at you. It means you understand what stress can do to you and what damage it can have on your life.

When it feels like this outside I love putting in a headphone and just walking. There's something about having music going and listening to nature as you walk down the streets.

Feel the wind, go with the flow and don't forget to get your assignments complete.

A break isn't a bad thing until you let it take over and don't get your assignments done.

You are a student above anything else here, don't let the fun distract you from your goals. Life can still be fun while you focus on the life you want after college.

You don't have to be going out every weekend to have fun, and if you love what you are going into then you can have fun with your assignments. I have fun making powerpoints that I have to present look pretty using Canva. I enjoy reading what I have to for class and analyzing it.

I have even found ways to enjoy classes that I wouldn't like if I didn't have ways to enjoy it.

I found that taking notes on a notebook has made me enjoy classes more than just listening to the lesson or taking notes on a laptop.

Being able to color code things in notebooks is also a way I bring more color into classes I might not fully enjoy. There's just something about opening up a notebook or planner and seeing all the pretty colors.

## What art means to seniors at NWOSU

By **MEGAN SPRAY**  
Senior Reporter

Students in the visual arts program at Northwestern will soon display their work as part of their senior capstone and involvement in the upcoming art show.

The art show will be at the J.W. Martin Library on the Alva campus March 13-31.

The exhibition will feature artwork from graduating seniors who have spent the past few years developing their artistic skills and preparing pieces that represent their interests and experiences. The senior capstones will be held during the final weeks of the semester and will highlight a variety of artistic styles and media.

Thomas Cornell, assistant professor of visual arts, said the show is an important moment for students who have grown in the program. He also shared his favorite part about teaching art.

"It's the collaborative nature of working with students and kind of getting to see things from their viewpoint and figuring out, like, what's going on in the world that's affecting the students that I have the joy to work with," Cornell said.

Cornell said this senior class is unique because they have

spent the last three years learning from both Professor Poindexter and himself.

"We've had the opportunity to work with them and help them grow as artists and guide their conceptual and technical development," he said.

Senior artists say their work reflects their personal passions and experiences.

Macy Eads, an art minor, said her pieces are inspired by her Christian faith and include references to Bible verses and personal testimony.

"My art pieces center on my testimony and my faith," Eads said. "In each piece, different Bible verses are referenced, along with blessings I have seen and received throughout my life."

Eads will display several types of artwork, including acrylic paintings, wood engravings and prints. She also created a cardboard vending machine that will allow visitors to receive a free print during the show.

"I am excited for this art show because it's a chance to spread the joy I have received from finding Jesus," she said.

Elayna Warrington, a senior art minor, said her artwork focuses on wildlife and reflects her long-time interest in animals.

"I've been in love with animals and art since I was little," Warrington said. "I've always wanted to incorporate the art I make into a wildlife conservation career that I've been equally excited about, so a lot of my work centers around wildlife."

She said the show is an opportunity to share her work with others.

"I'm excited to display my capstone project not only to show friends and family my progress as an artist, but to share with new people the things I love and hold very close to my heart," Warrington said.

Gabriel Bussinger, a senior art minor, said art has always been an important outlet for him.

"For me, art is really my getaway," Bussinger said. "It's therapeutic and takes away the stresses I have."

Bussinger said he is looking forward to the community experiencing the artwork.

"I think why I'm most excited is for the community to just enjoy art like we used to," he said.

The art show is open to students and community members who want to see the work created by the Northwestern community, with senior capstones to follow in the second half of the semester.

# ENTERTAINMENT

## 'Buddy's Moving Day': A short story

By KEVIN KAUMANS  
Entertainment Editor

Caden told himself he'd wait for the high to wear off before going to bed. He would end up staying awake all night sitting at his desk in his underpants. By seven, he heated up a pot of coffee.

By eight-thirty, he was dressed and in his truck. The weatherman reported that a small dust storm would come by at five and leave before sunrise. "That damn McCarter. Don't know nuthin." Caden muttered to himself.

He was forced to drive twenty miles under the speed limit, the dust clouds preventing him from seeing ten feet in front of him. He reached over to the glove box and pulled out a small container of tear drops. He then retrieved a pack of Pall Mall, lighting one up.

It wouldn't be until ten when Caden would reach Oscar's house on the edge of town. He adjusted his belt and walked onto the front porch before knocking on the door.

Oscar opened up, wearing blue jeans

and a white button-up. "Took you long enough. I was about to call you to check if you were still sleeping," he said.

"Ain't my fault. McCarter said the dust would be gone by morning." Caden said in a low voice.

"And you believed him?" Oscar chuckled.

They got into Oscar's truck. It was a red Ford from '88. The air conditioner had been broken for ten years, and since Oscar refused to buy 'those weird smelly things', the truck constantly smelled like a hotbox.

When they arrived at Barbra's, she and Samuel were already on the front lawn waiting for them. The short and average-built woman was wearing a modest, beautiful white blouse and clean skinny jeans.

Her son, Samuel, was still in his pajamas. His white t-shirt was stained with cigarette ash and spilt liquor. His eyes were red and baggy, yet he still stood with this pompous air of confidence.

Oscar tipped his hat at Barbra. "Sorry we're late, the dust storm."

"Is still ongoing, I know," she said softly, giving Oscar and Caden a hug.

Oscar lifted his hand at Samuel. "Hey Sam."

Samuel lifted his hand back at him, saying nothing.

Caden ran his fingers through his grease-filled hair, looking towards the house. "We ready to get started?"

Barbra nodded. "Yes. His stuff is upstairs."

They all head to Buddy's room. It was the exact way he left it. His toys and Lego collection stood proudly on the makeshift bookshelf at the bottom-left corner of his room. His child-like sketches were shoved haphazardly under his bed, dust collecting on them.

Oscar and Caden began loading the items into Oscar's truck. Barbra would help every now and then to carry some of the more heavy stuff. Samuel stood in the background, making sure to step out of the way when needed.

Out of the corner of his eye, Oscar saw the young man walk into the kitchen, grabbing a beer from the fridge.

"A bit early to be drinking, don't ya think?" he asked Samuel, his tone teasing.

Samuel looked at Oscar, his expression

unreadable. He then turned to look at the white clock on the kitchen wall, opening the bottle. The rest of the house was silent. Oscar noticed that he was the only one to speak in the last thirty minutes. Besides that, the only other noise was the clock. After a while, the ticking got so loud that Oscar could still hear it after stepping outside the house.

After two hours, they managed to get all of Buddy's things into Oscar's truck. A crow perched itself on the hood, flying away as Oscar and Caden approached.

"Anything else we can help you with Barbra?" Oscar asks.

Barbra sniffled, wiping a tear from her eye. "No, thank you. Me and Samuel will finish the rest of the preparations."

"When's the gathering again?"

"Friday, at the Eastmen Church."

"Alright, I'll be there."

"Thank you."

A loud bang was heard from inside the house. The three of them rushed in. On the living room floor laid the shotgun of Barbra's ex-husband, Henry. Lying across from it was Samuel, clutching to his chest a drawing of two stick figures holding hands.

## CELEBRITY NEWS

- On Mar. 8, shots were fired at the house of Barbadian singer and businesswoman Rihana at 1:20 PM. Fortunately, nobody was hurt. Rihana is known well in the pop industry, with songs like "Umbrella", "Diamonds" and "We Found Love". According to the reports, the person arrested for firing shots at her house was 35-year-old Ivanna Ortiz, who is currently being charged with

attempted murder and a bail of ten-million dollars. Her motive, as well as how she was able to obtain the firearm, are not yet clear.

- On Wednesday, Mar. 4, American singer Britney Spears was arrested in charged with a DUI. Known for her albums "Piece of Me" and "Gimme More". Britney was once a giant in the music industry during the early 2000s.

Unfortunately for her, it seems like our friend Britney is going through a dark patch in her life. The arrest was made by the highway patrolmen of California after her car had been seen swerving on the road. When they pulled her over, a strange substance was found in her vehicle. So far, the famous singer has refused to comment on the charge against her at this time.

- On Mar. 1, American stunt performer and actor Johnny Knoxville talked about his arrest on Jan. 2009. Known for his work on the hit television show "Jackass", Knoxville has gained a reputation in the media for his pranks and absurd personality. However, because of that, he would be arrested at the Los Angeles International Airport. See, Knoxville had a prop grenade with him that day for a photo shoot, forgetting to take it out of his bag when he got to the airport. Knoxville mentioned this incident during his interview on Mar. 1, reflecting on

how he can not do what he was once able to in his youth, stating that he is no longer "bulletproof".

- Disgraced actress Rachel Zegler reflects on her controversy in the Disney reboot "Snow White". Throughout her short-lived career as a Disney star, Zegler had come under fire due to her many controversies. From the fact that she was cast to play Snow White despite looking nothing like the character, her political tweets online, and her mediocre performance. In a recent interview, Zegler admitted that, while she isn't going back on what she said concerning her views, she should have kept some of her opinions to herself. Despite this, Zegler declares that she will support all future women of color who take on roles in Hollywood.

- American actress Jennifer Runyon was reported dead on Mar. 6 from cancer. Jennifer Runyon is a prolific actor, known for such


roles as the female student in "Ghostbusters", Nancy in "To All a Goodnight", Gwendolyn in "Charles in Charge" and Vicky in "The In Crowd".

- On Feb. 28, Famous blues singer John P. Hammond was reported dead at the age of 83. Throughout his long life, Hammond is known for songs such as "Shake For Me", "Drop Down Mama", "Shore Leave" and "16 Shells From a Thirty-Ought Six".


- On Feb. 21, American salsa musician and activist Willie Colon was reported dead due to respiratory issues at the age of 75. Born in the South Bronx to two Puerto Rican parents, Colon was a man who always felt a close attachment to his culture, and thus wished to show it its proper respect by the use of salsa music. You might know him from songs like "Oh Que Sera", "El Gran Varon", "Idilio" and "Talento De Television".

- Finally, Canadian ice hockey player Tory Murray was reported dead on Mar. 7 from cancer at 63. Known as a two-way forward when he used to play, Murray would later go on to become a broadcast analyst for the Chicago Blackhawks. Despite not being as famous as some of the other dead celebrities on this list, it is important that all human lives should be mourned, regardless of their status in life.

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# SPORTS

## Lady Rangers win three of five

By **OAKLEE FIELDER**  
Sports Editor

The Lady Rangers won three of their five games last week, as they topped Southeastern Oklahoma State in one of their three games, and swept Newman University.

The Lady Rangers played Southeastern thrice over the weekend, once on Friday and twice on Saturday. They took the Savage Storm down on Friday, but lost both games on Saturday. On Monday, they faced the Newman University Jets twice. The Lady Rangers defeated Newman in both games.

### SEOSU 3-6 NWOSU

Southeastern had an early lead to start the three-game series. The Savage Storm scored twice in the first inning. In the third, the Lady Rangers responded with three runs scored.

Kaitlyn Corn hit a homerun to take her and Makanalei Laperera home to tie the game. Then, Delayne Esterly hit a sacrifice fly to left field, sending Kaylee Madden home, taking the lead for Northwestern.

The Lady Rangers scored three more times in the fifth. Esterly hit a single to left field, sending Madden home. Then, Laperera hit a single to center field, this allowed Raelynn Sandlin and Kennedy Kelly home to increase their lead to four over the Savage Storm.

Southeastern responded with one run in the seventh, but it wasn't enough to reel the Lady Rangers in.

Chloe Brown had two strikeouts and only six hits against her



NWOSU Athletics Photo

Lady Ranger pitcher, Chloe Brown, throws a pitch against Southeastern Oklahoma State University on Friday, ending in a Lady Ranger win, 6-3.

as she pitched the entire game.

### SEOSU 9-5 NWOSU

In the first game of the Saturday double-header, the Lady Rangers scored in the first inning. Sandlin was thrown out at first, but this allowed Madden to run home and score.

In the fourth, Southeastern scored one run. NWOSU responded with a run of their own with a sacrifice fly from Madden, allowing Laperera to run home and score.

The two teams traded points in

the fifth as well. SEOSU scored twice, NWOSU did as well. Natalie Ackenhausen hit a ground out to third base, allowing Sandlin to run home and score. Then, Savannah Duran hit a double to left field to send Taygan Graham home.

Poetically, the two teams scored the same amount of runs in the sixth, one. Graham hit a single, and due to an error from right field, Esterly ran home to score.

Southeastern scored five times in the top of the seventh, a score that NWOSU could not answer back to.

Madden had two runs scored and Grace Hulsey had two strikeouts.

### SEOSU 2-1 NWOSU

In this low scoring game, the two teams only scored in one inning, the third. Southeastern scored twice in the top, and NWOSU scored once in the bottom. Madden hit a single and let Corn run home and score.

Graham had two hits in the defensive game, Katy Jones had two strikeouts.

### NWOSU 5-4 NEW

The Lady Rangers rebounded after two losses to Southeastern with a win against Newman University.

In the first, Jamie Molina hit a single to center field to send Corn home. Then, there was a wild pitch from Newman, which let Molina run home and score. In the second, Madden made a hit, and Duran ran home to score. Newman responded with one run in the bottom of the second.

In the third, Jazmine Mikel made it to first on an error from the first baseman, this also allowed Esterly to run home and score. The Jets scored two runs in the bottom of the third.

In the fourth, Madden made it to first, and the fielder attempted to throw Duran out, but she made hit home and scored. The Jets responded in the bottom of the inning, but no more points were scored and the Lady Rangers won the first game between the two.

Corn and Duran had two hits apiece. Madden had two RBIs.

Madelyn Cason had two strikeouts.

### NWOSU 3-1 NEW

The Lady Rangers finished off Monday with a win over the Jets in a low scoring game.

In the first, the Lady Rangers set the tone and scored an early run. Esterly hit a single to center field, which sent Corn home. There were no more runs scored until the final inning.

In the final inning, Aspen Loafman hit a single to left field, this sent Laperera home to score. Then, Molina hit a single to center field. There, the center fielder had an error, allowing Kelly to run home and score.

The Jets scored once in the bottom of the seventh in an attempt to save the game, but it was not enough and the Lady Rangers took them down.

Laperera had two hits and one run scored. Jones had four strikeouts and pitched all seven innings.

The next games for NWOSU will be against Southern Arkansas on Friday and Saturday at home.



Lady Ranger catcher, Raelynn Sandlin, crouches to prepare for a pitch.

## Men's golf finishes second in Hillcat Classic

The Ranger golf team placed second in the Hillcat Classic in Owasso, Oklahoma, just under Southwestern Oklahoma State, and above the host team, Rogers State.

The Rangers had a team score of +8, six points less than Rogers State with a score of +14.

Pierce Geminden was the highest placing Ranger in 11th. Geminden had a score of +3.

Chris Xiao finished just below Geminden with a finishing posi-

tion of 13th. Xiao had a score of +5.

An-chieh Tsai finished 16th with a score of +8.

Max Courange, Mathieu Zerwin and Zac Farmer all finished with the same score. They together, tied for 20th with scores of +9.

This tournament marks the second time that the Rangers have finished on the podium.

The Rangers look to keep their momentum rolling as they will be in Edmond for the Oak Tree Invi-

tational on Monday and Tuesday.

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# BASEBALL

## Rangers win three, lose two

By **OAKLEE FIELDER**  
Sports Editor

The Rangers won three of their five games last week, including a three-game series against Southeastern Oklahoma State University over the weekend.

Their first game was against the Washburn University Ichabods on Wednesday. They then had a day off before facing Southeastern Oklahoma State on Friday and Saturday. After the weekend was over, they faced Rogers State University on Tuesday.

### WAS 4-6 NWOSU

The Rangers had a tight game against the Ichabods, ending in a late-game hit to earn two runs over Washburn.

Neither team scored in the first inning. In the second, Washburn scored two runs to take the lead over the Rangers.

NWOSU responded in the third with a triple from Blake Mattern to send Trey Gray and Grady Thomas home, tying the game at two. The next two innings were scoreless.

In the sixth, Washburn scored one run to take back their lead over the Rangers, but in the bottom of the sixth, the Rangers scored two runs with a homerun from Amari Goodfellow to take he and Mattern home, giving the Rangers the lead for the first time in the game.

The Ichabods tied it in the seventh at four. In the eighth, Jailon

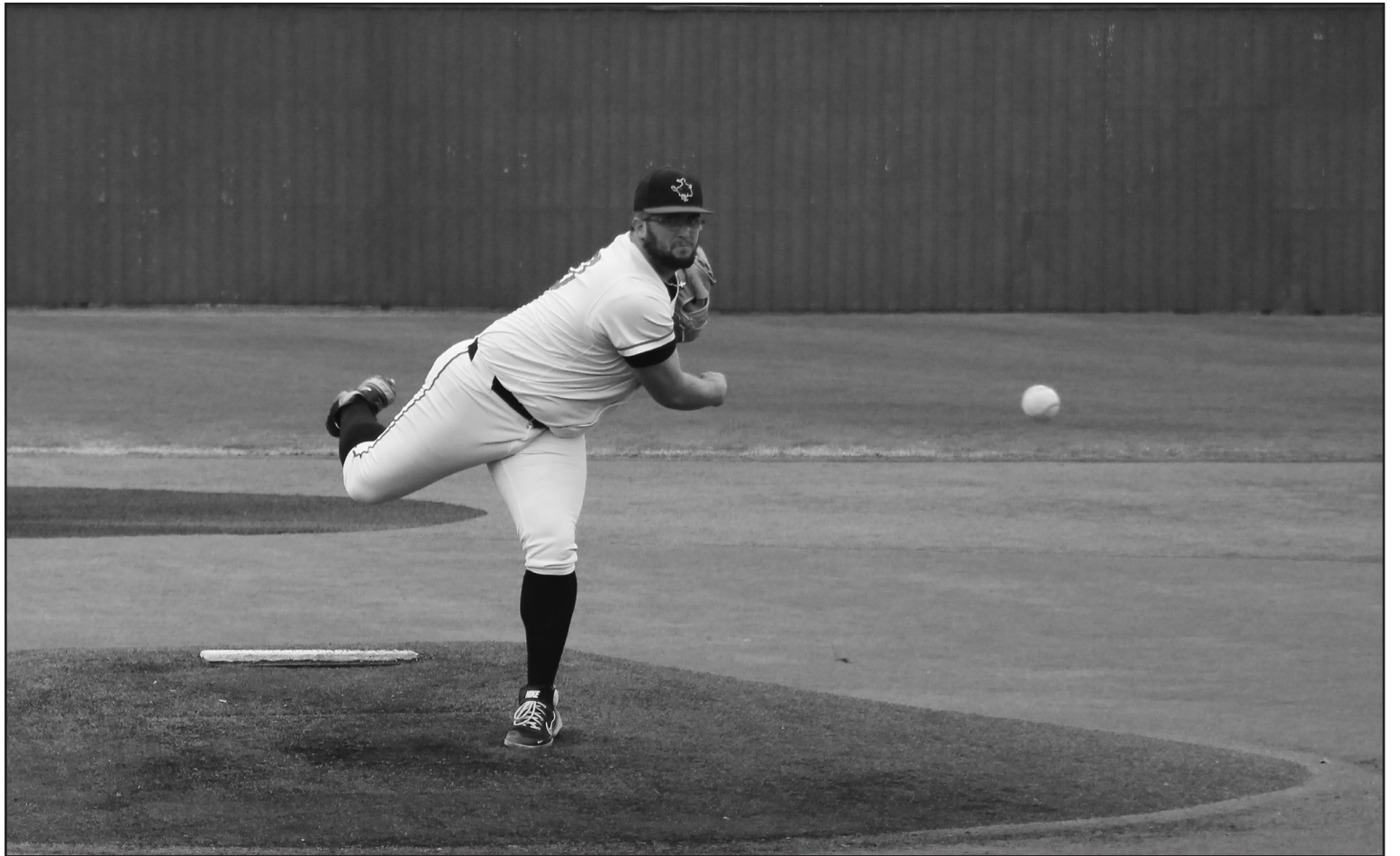


Photo by Oaklee Fielder

Left-handed pitcher, No. 50 Ryan McClaskey, throws a pitch in the seventh inning in the Ranger win 6-4 over the Washburn Ichabods on Tuesday.

Goodfellow was walked with the bases loaded, giving the Rangers the lead by one. Then, Matthew Bailey hit a single up the middle to send Joel Lindahl home. The Ichabods did not respond, and the Rangers topped Washburn 4-6.

Mattern and Amari Goodfellow both had two RBIs to their names. No player had more than

one hit or one run. Kaden Spray had the most strikeouts of the five pitchers for NWOSU against Washburn with three. Karter Simon, Ryan McClaskey and Elias Herrera all had two. No Ranger pitcher threw for more than three innings.

### SEOSU 6-9 NWOSU

The first game against Southeastern was a high-scoring offensive game.

The Rangers scored six in the opening inning to set an early tone against the Savage Storm.

Amari Goodfellow hit a homerun with Mattern and Alex Dabrowski on base, earning the Rangers three runs. Later, Bailey hit a sacrifice fly to right field, but it allowed Cole Barton to run home and make it a four-run game. Then, Chase Gordon hit a single to send Lindahl home followed by a single from Thomas to send Jailon Goodfellow home. At the end of the top of the first, the Rangers were up by six. In the bottom half of the first, the Savage Storm hit a homerun to cut the Rangers' lead down to five.

The Rangers were unable to score again until the top of the eighth. By then, Southeastern scored five runs to tie it at six. Then in the eighth, The Rangers scored three to seal the game. Amari Goodfellow hit a single up the middle to send Dabrowski and Thomas home. Following that, Barton hit a single to right center to send Gray home and give the Rangers a three-run lead.

Barton had three hits in game one against Southeastern, with one run and one RBI. Amari Goodfellow had five RBIs in just two hits.

Will Kates threw six strikeouts and only had one base on balls.

### SEOSU 4-7 NWOSU

In the second game against Southeastern and the first of the doubleheader on Saturday, the Rangers pulled off another win, despite Southeastern having a comeback in the bottom of the ninth.

In the first, Mattern hit a single to right field to send Dabrowski home. In the next inning, Thomas hit a groundout to shortstop, but this allowed Jailon Goodfellow to run home and score. Then, Dabrowski hit a single allowing Gordon to run home and make a three-run game.

Then in the fourth, Thomas hit a single to left field to send Jailon Goodfellow home. Mattern then hit a single to left field and that sent Thomas home, giving the Rangers a 5-run lead.

The Savage Storm attempted to reel the Rangers in throughout the fourth and fifth innings, but only scored twice. In the seventh, the Rangers scored twice with a single from Bailey to send Barton home and a single from Thomas

to send Bailey home. Southeastern scored twice in the bottom of the ninth to make it a 7-4 game, but their attempts of a comeback were not enough and the Rangers won game two.

Barton had three hits and one run scored. Mattern had two RBIs and two hits. Trey Barkman had five strikeouts and had two hits against him.

### SEOSU 9-2 NWOSU

After defeating the Savage Storm twice, Southeastern responded with a win in the final game between the two. Southeastern scored twice in the first, which was responded with a single by Gordon in the second. His hit allowed Jailon Goodfellow to run home and make it a one-run game. There were no runs scored until the fifth, where Gordon hit a homerun to left center field, tying the game at 2.

In the sixth, the Savage Storm scored seven runs to take a large lead over the Rangers, sealing the visitors win and ending the three-game series.

Amari Goodfellow had three hits in four at-bats. Gordon had two hits and two RBIs. Nathan Nunez had five strikeouts.

### ROG 12-2 NWOSU

The Rangers lost in a big way to the Hillcats from Rogers State. There were only two runs scored from NWOSU, and they were both homeruns.

Amari Goodfellow hit a homerun in the third and Bailey hit a homerun in the sixth.

Lindahl had the most hits for NWOSU with three. Spray had the most strikeouts with three.

The next games for the Rangers are a triple-header against Southern Arkansas.



Trey Grey lets a pitch thrown by the Ichabod pitcher go by on Tuesday.

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# What you can do over Spring Break

By **CORKY HALL**  
Senior Reporter

**Spring Break**  
**March 16-20**

As spring break approaches, students at Northwestern Oklahoma State University (NWOSU) are looking forward to a break from classes and a chance to recharge before the final stretch of the semester.

While some students travel, others choose to stay in Alva and explore local activities.

For students interested in outdoor adventures, several attrac-

tions are within driving distance of Alva.

The Salt Plains National Wildlife Refuge offers opportunities for fishing, hiking, kayaking and bird watching.

Located about an hour from Alva, the refuge is generally open from sunrise to sunset, giving

visitors plenty of time to explore during the day.

Another popular destination is Little Sahara State Park, located near Waynoka.

Known for its large sand dunes, the park is open daily from 7 a.m. to 11 p.m., allowing visitors to hike the dunes or ride ATVs while enjoying the unique desert-like scenery in northwest Oklahoma.

Students who prefer to stay closer to campus still have several entertainment options.

The Rialto Theater offers

movies that are typically shown nightly at 7 p.m., with additional matinee showings at 2 p.m. on weekends, making it an easy option for students looking for a relaxed night out.

Students interested in local history can visit the Cherokee Strip Museum, which features exhibits about the Cherokee Strip Land Run of 1893 and the history of northwest Oklahoma.

The museum is typically open Tuesday through Saturday from 1 p.m. to 5 p.m.

For students wanting to stay

active during the break, the Northwestern Wellness Center provides workout equipment, fitness space and recreation opportunities.

The facility is usually open Monday through Friday from 6 a.m. to 9 p.m. and Saturday from 10 a.m. to 6 p.m.

Whether students decide to explore nearby attractions, catch a movie with friends or simply relax and recharge, spring break provides an opportunity to step away from classes before returning for the remainder of the semester.



The Salt Plains National Wildlife Refuge, located about an hour from Alva, offers opportunities for fishing, hiking, kayaking and bird watching.



The Cherokee Strip Museum features exhibits about the Cherokee Strip Land Run of 1893 and the history of northwest Oklahoma. The museum is typically open Tuesday through Saturday from 1 p.m. to 5 p.m.



Visitors go fishing at one of the ponds in the Salt Plains National Wildlife Refuge.



Little Sahara State Park, located near Waynoka, where visitors can ride ATVs on the dunes. The park is open daily from 7 a.m. to 11 p.m., allowing visitors to enjoy the unique desert-like scenery in northwest Oklahoma.

## Friends, Rivals, Friendship renewed between Adams and Jefferson

By **CORKY HALL**  
Senior Reporter

Jim Rasenberger, the author, shares insights into his upcoming books as part of Northwestern Oklahoma State University's Presidential Lecture Series.

Students, faculty, and community members gathered in the Student Center Ballroom on March 10 for Northwestern Oklahoma State University's annual Presidential Lecture Series.

This year, author and historian Jim Rasenberger drew the audience's attention as the featured speaker.

The event, held from 1 to 2:30 p.m., was free and open to the public. Rasenberger discussed his upcoming book "A Perfect Coincidence," which examines

the complex relationship between two of America's founding figures, John Adams and Thomas Jefferson. The book is scheduled for release in May.

This year's lecture, titled "Presidents of the Declaration of Independence: The Friendship and Collaboration of John Adams and Thomas Jefferson," focused on the political partnership, rivalry and eventual reconciliation between the two former presidents.

Rasenberger was joined in conversation by Aaron Mason, professor of political science and co-executive director of Northwestern's Institute for Civic Engagement and Democracy, who guided the discussion and asked questions about the historical significance of the two leaders' relationship.

According to Rasenberger,

Adams and Jefferson first developed a working alliance during the early stages of the American Revolution. Adams, a delegate from Massachusetts, was known for his outspoken and energetic personality, while Jefferson of Virginia often preferred expressing his ideas through writing rather than debate.

"Adams knew himself very well," Rasenberger said. "He knew that he could be rash and sometimes unlikable, while Jefferson helped smooth the way when they worked together."

Their differences ultimately made them effective partners.

Adams frequently pushed debates forward in Congress and strongly advocated for independence, while Jefferson gained recognition for his writing and was asked to draft the Declaration of

Independence.

Rasenberger explained that Adams encouraged Jefferson to take the lead on writing the document because he believed Jefferson was the stronger writer.

During the lecture, Rasenberger also highlighted an interesting detail in John Trumbull's famous painting of the presentation of the Declaration of Independence.

In the artwork, Jefferson appears to be stepping on Adams's foot, a detail Rasenberger noted could symbolize the complicated and sometimes competitive relationship between the two founders.

Although Adams and Jefferson initially worked closely together, their relationship later became strained as political parties began to form.

Adams served as the second

president of the United States, with Jefferson as his vice president, and the two eventually became political rivals.

Despite years of political conflict and personal distance, the former presidents later reconciled and resumed correspondence through a series of letters reflecting on politics, philosophy and their shared role in founding the nation.

Both Adams and Jefferson died on July 4, 1826, exactly 50 years after the signing of the Declaration of Independence.

The lecture was part of Northwestern's annual Presidential Lecture Series, sponsored by the Northwestern Department of Social Sciences, the Institute for Citizenship Studies and the Northwestern Foundation and Alumni Association.