

## To-do lists

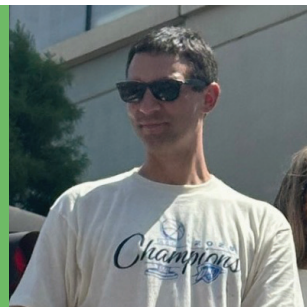
Are to do lists as great as everyone makes them seem? Read more on page 5.

### To-do List

- Chase my dreams
- Be kind to myself
- Be grateful

## OKC Thunder sweep the Suns

Coach Mark Daigneault led the Thunder in a dominate win against the Suns. Read more on page 8.



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# NORTHWESTERN NEWS

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## WORKING AT HOME

# Building business in dorm room

By **SHEALYN PRATT**  
Student Reporter

Some students on campus are carrying multiple titles: athlete, friend, student and entrepreneur.

How exactly are they running a business on campus at the same time as attending practices, turning in assignments and maintaining a social life? While growing a business out of a college dorm presents unique challenges, several Northwestern students are proving that adversity is just another part of the process.

Morgan Robinette, a cheerleader from Waukomis, opened her business, XOthreads, last December. She creates custom embroidered pieces and also offers hemming and seamstress services. When she began her business, she had one goal in mind.

"I wanted to give people things that were affordable and fully customizable," Robinette said.

With peer support, XOthreads has seen exceptional growth in the past year and a half. Robinette said the dynamic of serving her peers creates a unique connection and comfort level for her customers.

"It makes people comfortable



Photo by Shealyn Pratt

Morgan Robinette has sewing machines set up in her dorm room, where she does sewing work for her business.

and makes them willing to ask questions because I'm not an authoritative figure," she said.

Despite the success of XOthreads, Robinette noted that accessibility to fabric materials and postal delays in Alva have been challenges.

"Especially for one of my newer products [mocknecks], since it is in such high demand, it can be

hard to find anything here with a reasonable price but is still really good quality," Robinette said.

Regardless of the logistical struggles, she said owning her own business has been rewarding, particularly because she values leadership and service.

"Being able to provide people with not only a service but a product is a really refreshing and re-

warding feeling, especially when they're loving it as much as I love doing it," Robinette said.

Her focus on leadership and service aligns with the nursing career that she is currently pursuing. She noted that starting a business has not derailed her plans to work in the medical field; it has broadened her perspective.

"It really opened my eyes

to the fact that there are bigger things out there, and I know that this can make as much money as being a PA [physician's assistant] would," Robinette said. "My mom has not only taught me that through her success but also through the success I'm finding on campus."

Robinette developed her passion for sewing through her mother, who also owns an embroidery and design business.

However, she said owning a business in college comes with both rewards and sacrifices, including less time for a social life. She mentioned having to set aside time to prioritize her business and protect its reputation.

Dr. Roger Brown, associate professor of principles of management, emphasized that this discipline is what distinguishes student entrepreneurs.

"One of the biggest things is time management," Brown said. "The students that are working have to balance their academic commitments and devote time to their clients."

Robinette said she discovered that business ownership requires a level of professionalism that

See DORM SERVICES, Page 6

# Growing a business at home

By **ALLISON RUWALDT**  
Student Reporter

An Alva mother quit her job to care for her young daughter, but still manages to earn an income to help support her family.

"I've always wanted to own my own business, and it be a creative endeavor," said Kaylynn Kovat, the owner of Wild Paint Jewelry. "But what made me really want to start was that I wanted to be able to stay home with my daughter more."

Kovat is a part of the reported 34.4% of households that WorldMetrics.org found to own home-based businesses. This trend of home-based businesses is rising as people

try to find ways to profit from their creative passions. She said she had been beading since middle school, and with her extensive amount of practice and responsibilities of having a child, there was no better time to start selling.

In rural communities, things like a home business can be fundamental for community members to survive. NationalBusiness.org wrote about multiple studies that showed an average of 68% of the money spent at small businesses stays in the local economy. Many people struggle to find a job that fits their specialties in such small areas, so a home-run business can give them a chance to gain experience in fields they are trained for. For example,

someone who is talented at painting can start a facepainting business and gain more experience painting for a profit.

The Alva community is constantly hosting events like Nescatunga Arts Festival, the Big Cruise and Car Show, Muralfest and many more that give home businesses a chance to expand. These events allow business owners to reach new audiences and establish a name for themselves.

Kovat spoke about how these events helped her get her start and how she looks forward to being able to do more.

Many community members help these home businesses by seeking out local owners.

See HOME, Page 7



Photo by Allison Ruwaldt

Airelle Jones' home-based business, Sugar Belle, makes a variety of sweets.

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# NEWS

## Lock in for finals Connie Sturgeon speaks at spring graduation

By **INGRID MALDONADO**  
Senior Reporter

With finals beginning next week, it is important to know how to handle the stress of many exams and projects being due soon.

An article in Timelycare says research found finals and midterms are the top two sources of stress for 31% of students.

Students often sleep less, don't prioritize good eating habits, or exercise less due to the amount of work they need to get done.

All of those are important to have so students can have a good wellbeing and healthy mind to support all the studying and mental load of many projects.

One thing that can cause students to lose sleep over finals is procrastinating.

When procrastinating, students often wait at the last minute to start a project or study. It can become an easy thing to do without realizing it.

One way to combat this is to get rid of distractions with a clean workspace and a clean room. Having a messy room can add to people's stress and can add more anxiety to already anxious students, which then affects their ability to focus, sleep and eat, explained Libby Sander in a Harvard Business Review.

A clean workspace helps students begin working on their fi-

nals and projects.

A good mentality is to just begin with one thing and then work on it in small increments.

Then they can work on something else while they take a break from the other.

While it is important to get started and get ahead, it is also important to rest and take breaks.

While stress can build for students, it is important to take time to decompress. Students can go on a walk, spend time doing their favorite hobby, or sometimes just a nap can help.

A study at Carnegie Mellon University shows each hour of sleep lost corresponding to a 0.07 decrease in end-of-term GPA.

It is not just finals week where sleep matters.

Sleep debt can accumulate over time, which can affect the student's health.

"The less nightly sleep a first-year college student gets at the beginning of the school term predicts lower GPA at the end of the term, some five to nine weeks later," said David Creswell a professor at the Dietrich College of Humanities and Social Science, in a Carnegie Mellon University article. "Lack of sleep may be hurting students' ability to learn in their college classrooms."

The last tip is to remember finals week will come to an end and this stress will not last forever.

By **CORKY HALL**  
Senior Reporter

Northwestern Oklahoma State University will honor its spring graduates during commencement ceremonies Saturday, May 9, at 10:30 a.m. at Ranger Field in Alva. In the event of inclement weather, the ceremony will move to Percefull Fieldhouse.

The university will award degrees to 263 graduates, including six Doctor of Nursing Practice recipients, 45 master's degree candidates and 212 bachelor's degree recipients.

Family members, friends and the university community are invited to attend as students celebrate the completion of their academic journeys at Northwestern.

Commencement marks one of the most meaningful milestones in a student's academic career. During the ceremony, graduates will walk across the stage to receive their diplomas as faculty, staff and loved ones recognize their accomplishments.

Serving as commencement speaker will be Northwestern alumna Connie Sturgeon, nee Feerer, a 1986 graduate of the



Connie Sturgeon

university.

Sturgeon earned her Bachelor of Science in psychology from Northwestern, where she was an active member of the Ranger Marching Band and Delta Zeta sorority.

Her time on campus laid the foundation for a distinguished career and a deep commitment to her community.

Since graduating, Sturgeon has built a successful career as a Chick-fil-A operator and has earned numerous state and national marketing awards.

Her professional achieve-

ments, however, represent only part of her story.

Sturgeon has remained deeply engaged in community service throughout the Enid area, lending her time and leadership to organizations including the Greater Enid Chamber of Commerce, the Visit Enid advisory board, the Memorial Park Cemetery Board and 4 R Kids, a foundation that creates opportunities for individuals with developmental disabilities.

Her contributions have earned her wide recognition, including the Enid Chamber of Commerce Business Person of the Year honor and Northwestern's Outstanding Graduate Award.

University officials consider commencement one of the most cherished traditions of the academic year, celebrating student achievement while marking the beginning of a new chapter.

Graduates are encouraged to arrive early for lineup and ceremony instructions.

Guests should plan to be seated before the 10:30 a.m. start time.

As the Class of 2026 crosses the stage, Northwestern will celebrate not only where its graduates have been, but where they are headed.

"One day you'll leave this world behind  
so live a life you will remember."  
- Avicii "These Nights"

 Congratulations to all grads!



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# NEWS

## WHAT'S UP

### May 1

- NWOSU Choir Spring Concert 7 p.m. - 8:30 p.m. @ First Presbyterian Church
- Fiesta Stroll 5 p.m. - 8 p.m. @ The Square
- First Friday Art Walk 6 p.m. - 8 p.m. @ Graceful Arts Gallery and Studios
- Uplift Alva May Day Pie Social 6:30 p.m. - 8:30 p.m. @ Cherokee Strip Museum Annex

### May 4

- EFLH End of Year Banquet 6 p.m. - 8 p.m. @ Student Center Ranger Room
- SGA Meeting 6:30 p.m. - 7:30 p.m. @ Student Senate Chambers
- Cofee & Cram, May 4 - 7, 7 p.m. - 10:30 p.m. @ Library

### May 5

- First day of finals

### May 6

- Finals

### May 7

- Finals
- National Day of Prayer

### May 8

- LAST DAY OF FINALS!
- Waka Flocka concert 10 p.m. - 11:30 p.m. @ Nite Lite
- Nursing Division Convocation Ceremony 6 p.m. - 7:30 p.m.
- Nursing Division Convocation Reception 7 p.m. - 9 p.m.

## NWOSU changes from Blackboard to Canvas

By **BRAXTYN TURNER**  
Student Reporter

Northwestern will be switching all of its courses from Blackboard to Canvas starting this summer.

Canvas is a learning management system that is popular among universities across the country.

It offers a modern and user-friendly experience for course accessibility, making the learning process easier for students as well as teachers.

"Canvas has a different looking feel, for sure," said Jake Boedecker, Director of Online Services for Northwestern. "It's a more modular format, so you're not going to be hunting through the content areas on the left side of Blackboard searching for your course materials. I think students are going to find this a lot easier to use."

Boedecker explained that faculty members will have more say on how their courses are built.

Courses will be organized more conveniently with sections like 'Week one' and 'Week two' and so on.

The goal for this is to help students stay on task by not having to search for their coursework.

To access their Canvas accounts, students will use the same login credentials that are used for Blackboard access.

Canvas also has a mobile app for on-the-go access for students and faculty.

Dr. James Bell, Vice President for Academic Affairs, spoke about the process of selecting a new learning system.

"We started the process late fall," Bell said. "We had company representatives that would come on and show their product to our committee of seven faculty members, myself, our IT person and Jake, which was a pretty big group to corral."

The official decision to make the switch was made in January and was a unanimous choice from all committee members.

Boedecker said that faculty is prepared for the adjustments to the new learning program.


"We had pretty extensive training via Zoom," Boedecker said. "Canvas provided seven sessions and around 12 hours of training for our faculty."

Bell then explained that students should not be concerned for the transition as all students have been enrolled in a course on Canvas basics to complete before they take on their courses.

All Northwestern courses will be delivered through Canvas beginning June 1.

Students who have trouble accessing their accounts can contact the Help Desk at [help@nwosu.edu](mailto:help@nwosu.edu) or (580)-327-8181.



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— Ed Koch

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# OPINION

## Time to say goodbye

By ECE OZDEMIR  
Opinion Editor

After taking on the role of opinion editor for the newspaper, the thought of writing a “goodbye” piece never crossed my mind. Believe it or not, this is incredibly emotional for me; by nature, I have always been someone whose heart is easily moved to tears. I still remember my first day at this school as if it were yesterday. It wasn’t my first year in America, but I felt the heavy tension of being a transfer student at a new institution.

First, I want to take you back to where my volleyball journey began. My interest in sports started around age seven. When my father worked at a university, I would attend summer camps on campus. We had one-hour training sessions for various sports every day. By the way, do you remember the tallest person in your school class? In every school I attended, that person was me. Because of my height, I first gravitated toward basketball. Eventually, I stopped attending general summer camps and focused only on basketball training. After a week or two, I told my father I was bored and wanted to try something else. I moved on to tennis, but—pardon me—I realized I didn’t enjoy individual sports at all. I quit tennis shortly after.

Then, I wanted to try something that was the complete opposite: gymnastics. I remember my father taking me to the gym. Our coach had just arrived from Russia and spoke very little Turkish. At seven years old, I hadn’t considered whether I had the “right body type” for gymnastics. After the coach met me, he told my father in broken Turkish that my physique was not suitable. For my age, I was big-boned. I didn’t understand how that could prevent me from doing gymnastics. It was a very young age to experience my first instance of body shaming, and though I didn’t realize it then, it made me want to stop playing sports altogether.

I didn’t participate in any sports for about two years—until coaches from local clubs came to our school to recruit players. As you can guess, my height gave me an advantage. I was selected for the team and began training with my age group. My development in volleyball was incredibly fast. Years passed, and I lived and breathed the sport.

At 13, I received an offer to join Galatasaray, one of the biggest sports clubs in Turkey. Thirteen is a very young age to leave your family and move to another city. For the sake of volleyball, I had to teach myself how

to do laundry, cook, and face the challenges of life. I achieved significant success in Turkey, and at 17, I earned the right to play for the Turkish National Team—one of my biggest dreams.

My high school years were spent chasing a volleyball; I didn’t have high expectations for the university exam. However, an agency called Play Sports Abroad, which helps athletes in Turkey find athletic scholarships in America, reached out to me. Their question was clear: “Would you like to play volleyball and complete your education in America?” I was stunned. Would a school in America really give me a scholarship? After discussions with my family, my recruiting process began. After speaking with several schools, I accepted an offer from Idaho State University. My visa process and the move to America happened incredibly fast. If you had asked my nine-year-old self if volleyball would take me across the world to fulfill my dreams, I probably would have laughed and asked what you were talking about.

My first month was a blur of saying “yes,” “no,” “I don’t understand,” and “okay.” While English education in Turkey is rigorous, nothing prepared me for the American accent. With the help of my teammates, I stepped out of my comfort zone and began using every word I knew in sentences. Idaho was a strange place—incredibly cold and overwhelming. I struggled to adapt to the cultural differences, and by the spring semester, I felt deeply depressed. After a few meetings with my coach, I decided to transfer.

At that time, a friend I had played with in Turkey was in the transfer portal. Shortly after, she accepted an offer from Northwestern Oklahoma State University. She told the volleyball coach about me and suggested we talk. I remember my first phone call with Jon; his voice was so vibrant and excited. The psychology of being in the transfer portal is unique—it feels like trying to find light in a dark room. During that time, Jon became my light. He told me he wanted to see me on his team and made me an offer. Playing volleyball again with a friend I had known for years? YES!

After summer break, I returned to America—this time to Oklahoma. The three years I spent here have played a massive role in the person I am today. One of my favorite memories is beating Southeastern Oklahoma in five sets two seasons ago.

If I remember correctly, I had an eight-point service run. The first serve was an ace. The second was an ace. The score was neck-

and-neck. Only one thing was on my mind: winning. Hearing the “Aj, Aj, Aj” cheers from the stands made me feel like my family, who were thousands of miles away, was right there with me.

Feeling supported during such a high-stress match gives you an energy you didn’t know you had. I reached my final serve with the score at 13-14. I took a deep breath, performed my service ritual, sent the ball over... and ace. The entire crowd went wild. I didn’t know which teammate to run to first. It was a crucial match for us, and we won. Accomplishing that with the support of our school was a unique feeling.

I don’t know how three years passed so quickly. I only know that throughout this process, I made wonderful friends, learned that nothing is the end of the world, discovered the importance of human relationships, and learned never to give up. After our season ended, I had to make a very difficult decision to transfer again.

Sometimes, no matter how much it hurts, you have to decide what is best for yourself. After about a month in the portal, I accepted an offer from Prairie View A&M University. Returning to the D1 level is exciting, but for me, “change” is always scary.

I don’t know what awaits me in this next chapter. I recently turned 23; while one part of me says, “Woah, you’re late to life,” the other part says, “You’re still in your 20s and you have the right to play the sport you love for one more year—cherish it.” And this time, that is exactly what I am going to do.

I know that saying goodbye is sad, but this decision is for my future happiness. In the meantime, I want to clear up some rumors: if you saw me on campus with a cold expression, please know I don’t hate my life or look at you with malice. I simply have a typical Turkish “resting face.” Also, for the record, Turks do not speak Arabic! Turkey is a beautiful country known for its vacation spots; I highly recommend grabbing your passport and taking a trip there!

I could write so much more but for my time here, I am beyond grateful. Not everyone finds a home across the world.

I want to give a special thank you to Mrs. Armstrong, who never withheld her help. I learned so much from you and it is thanks to you that I am able to write this piece today. I hope I have left behind a few memories that will be remembered fondly.

Thank you NWOSU... Your AJ is out, all love.

RIDE RANGERS RIDE #11

## 4 things you should know about D.I.Y

By ECE OZDEMIR  
Opinion Editor

D.I.Y. videos have recently become very common on social media. These inspiring videos show us how to repurpose old and unused items to meet our needs. We can create many things, from home decor and clothing to accessories and toys. While some of us create wonders by following instructions, others unfortunately watch with admiration but lack the courage to try. The benefits of the D.I.Y. trend are endless. We save money by meeting our

needs without spending, and we prevent unused items from taking up unnecessary space in our closets and shelves. Although we may not see the environmental impact immediately, I believe that reducing consumption and production will benefit the entire world in the long run.

Unfortunately, having the necessary materials and following instructions is not always enough to replicate what you see in videos. Besides differences in manual skill and material quality, some D.I.Y. creators use “tricks.” They produce videos that make factory-made products look hand-

made. While I am not sure why they do this, there are steps you can take to avoid disappointment. Choose D.I.Y. videos from reliable sources. Additionally, if you do not already own at least two-thirds of the materials shown in a video, make it a habit to skip that video. Otherwise, both your effort and your money may go to waste.

We have all noticed that various tools are used in most D.I.Y. videos. You might need everything from a glue gun to tongs to complete a project. If you do not have the required tool, there is a solution: you can ask neighbors or people nearby, or even write to

your WhatsApp groups or school help platforms. If you still cannot find a place to borrow the tool, it is better to give up on that project rather than buying it. As I mentioned before, the main goal of the D.I.Y. movement is to reduce consumption and use the materials we already have.

We can create wonders from our old clothes with D.I.Y. videos, but there are some things to consider first. For example, if you like a dress in a video, you should use a t-shirt you are bored with instead of cutting up your favorite one. In short, the D.I.Y. movement is a great way to be creative.

# OPINION

## Are to-do list beneficial?

By **ECE OZDEMIR**  
*Opinion Editor*

Every day brings its own challenges and surprises. Canceled classes, forgotten assignments, a friend from out of town who visits last minute, club meetings, and plans for the next holiday—the list goes on. To avoid getting lost in all these tasks, creating a “to-do list” is one of the most recommended techniques for managing time and staying productive. But is this method truly helpful, or is it doing more harm than good?

I tried making to-do lists in the past. However, after a while, I grew frustrated by the many tasks I could not complete or cross off, and I eventually gave up. Once I started university, I decided that keeping a planner was more useful. But a recent article I read made me realize I am not the only one who struggles with to-do lists. After doing some research, I decided to share the pros and cons of the method with you. If you have never tried making a to-do list, it is worth testing to see if it works for you.

As long as major tasks remain on your list, the list never gets shorter; instead, new ones are constantly added.

Seeing tasks that you continually postpone or fail to complete can hurt your morale and make you feel inadequate.

Unfinished or interrupted activities occupy your mind, preventing you from fully focusing on your current work. This is known as the Zeigarnik Effect. Russian psychologist Bluma Zeigarnik noticed a strange situation while sitting in a restaurant: waiters kept orders in their minds only until they were served. Afterward, they forgot them completely. Zeigarnik brought this observation into a laboratory setting and asked participants to complete about 20 simple tasks. Your personal life and school or work life can also get mixed up on a list.

A tool invented to make your life easier might end up doing the exact opposite.

During the experiment, the psychologist interrupted some of the tasks and asked the participants to move on to others. At the end of the study, participants were asked which activities they remembered best.

The results showed that unfinished activities were remembered twice as well as completed ones. This is the same reason why TV shows end on a cliffhanger and why certain songs get stuck in your head all day. In short, when you see unfinished tasks, your mind stays busy with them,

making it impossible to focus on what you are doing in the moment.

These are the pros and cons of making a to-do list. The choice is yours.

If you are looking to gain a new hobby D.I.Y could be your start! Saving money and making my own stuff however I want to do them? Sign me up!

Pros	Cons
<p><b>Prioritization:</b> You can rank tasks by importance and finish the most urgent ones first.</p>	<p><b>Overwhelming:</b> You may feel more stressed as the list gets longer.</p>
<p><b>Mental Clarity:</b> Once you write things down, you can stop worrying about them and clear your mind.</p>	<p><b>Confusion:</b> Not knowing how to prioritize can lead to leaving important tasks unfinished.</p>

## What benefits aromatherapy has

By **ECE OZDEMIR**  
*Opinion Editor*

Think about the scents that bring you peace. The smell of freshly brewed coffee in the morning, the first breath of fresh air after opening a window following a rainstorm, or even the scent of your shower gel can sometimes be enough to relax you. It is undeniable that scents trigger our emotions. Let’s take a closer look at these scents that have been working with our subconscious for years.

Aromatherapy is the use of essential oils—obtained by distilling different parts of plants such as bark, leaves, fruit, flowers, seeds, stems, and roots—for physical, emotional, and spiritual health. They contribute to our overall balance by stimulating our body and mind.

While some essential oils create energizing effects, others are more soothing. In this way, essential oils can have

small but holistic effects on the body.

**Lavender Essential Oil:** Relaxes the mind, provides relaxation, and increases sleep quality.

**Ylang Essential Oil:** It has an exotic aroma that brings out feminine feelings. The scent of Ylang oil helps relax the body and calm the mind. At the same time, its fresh, floral scent helps raise your energy.

**Lemon Essential Oil:** It is very rich in Vitamin C. You can use it to create your own peeling products. It also has skin moisturizing and repairing properties.

**Thyme Essential Oil:** Its strong organic components have a cleansing and purifying effect on the skin. It is also an effective oil for reducing stress, tension, and the pain of severe migraines.

These essential oils can be diluted with carrier oils produced by cold pressing and applied to the skin through massage (shiatsu), or they can be inhaled using a diffuser.

**Rosehip Seed Oil:** This cold-pressed oil provides an-

ti-aging and anti-spot care. It tones, nourishes, and softens the skin.

**Raspberry Seed Oil:** With its structure rich in Vitamin E, it protects the skin against the signs of aging caused by the sun and the environment. It also supports collagen and elastin production.

**Jobba Oil:** By acting like the natural oils (sebum) in the skin, it prevents excess oil production. It nourishes, moisturizes, and strengthens the skin barrier.

**Castor Oil:** Castor oil has various properties that can reduce acne. Since the root cause of acne is often inflammation, castor oil is a very good solution for acne because it can clear inflammation.

If you do not want to make your own mixture, you can browse through special essential oil blends!

If you are struggling with going to sleep my personal recommendation is the lavender oil; put a few drop on your pillowcase and sleep like a baby!

## Picture of sadness: Ingrid Maldonado’s goodbye

By **INGRID MALDONADO**  
*Senior Reporter*

Photography, writing, taking a class on photography where I thought I knew all that I needed to know but ended up being one of my favorite classes where I learned the most.

I was asked by Armstrong to be the photo editor for Northwestern News, and I gladly accepted.

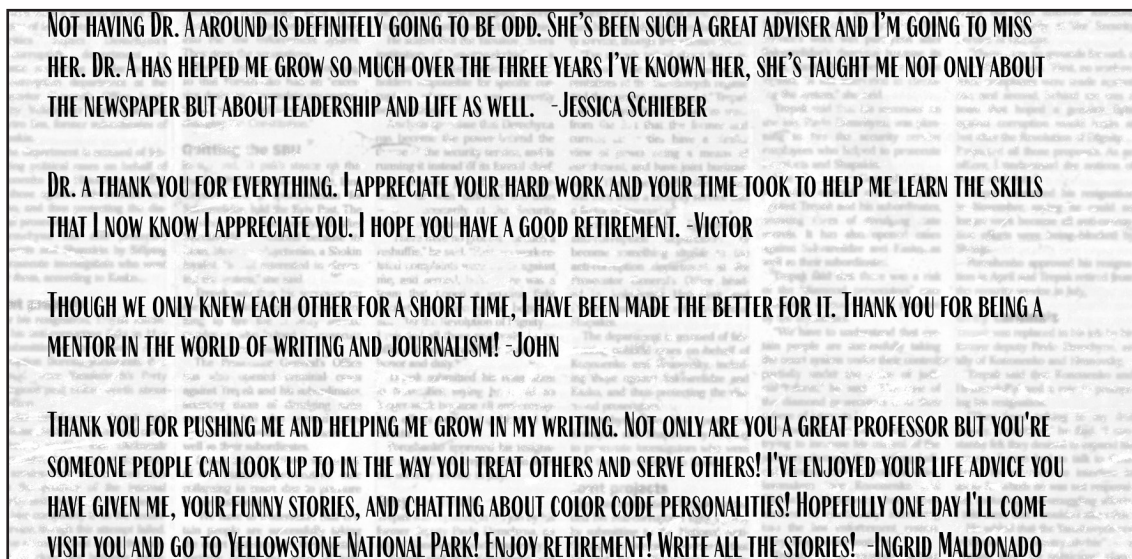
I looked forward to Wednesday night’s newspaper meetings. Armstrong would always bring food or desserts.

Through the newspaper I worked with people I would not have met if it weren’t for me being photo editor.

Some of my favorite memories are our end of our year newspaper staff party or the Christmas party.

Armstrong made the most delicious food, and the conversations were often interesting, silly and fun.

Before coming to Northwestern, I often read the newspaper



whenever I’d get my hands on one, often reading the most interesting stories.

Never did I think I would work for a newspaper or that my major would have a big role in one.

When I first started taking classes at Northwestern, interviewing people for stories seemed quite scary but now it is one of the things I enjoy the most.

I love getting to talk to all sorts

of people and hear their stories like a professor making another professor samosas and giving her the recipe for when he retires.

It’s not a big surprise, I enjoy it, it is one of the main reasons I enjoy photography.

With my photography business, I get to meet many people because during those sessions there are stories.

Stories of their grandpa, of

their wedding day, and that connection I truly value.

I’m grateful for what I have learned and taken from the media and communication program but as well as the professors and faculty.

One especially, who at first intimidated me.

The first class I had with Armstrong was photography and I learned a lot in that class.

Her teaching style, I thought at first, felt very strict, but it ultimately helped me grow in my writing.

I recall feeling overwhelmed with multiple stories, but those stories are the ones I am most proud of now.

I know I’m not the best writer, but I am a much better writer than I was two years ago, thanks to Armstrong.

Although I didn’t begin my college career here, I’m grateful I was able to finish it here at Northwestern.

I am grateful for my time here, but I’m especially grateful for this program and the chance to be part of the Northwestern News staff.

The editor-in-chief for NWNNews Jessica Schieber said, “It’s going to be weird not having Dr. Armstrong or Ingrid around. I’ve gotten so used to seeing them as I’m doing my own work in the newsroom. I’ve shared so many laughs with Ingrid this semester and I have relied on Dr. A a lot over this semester on the paper.”

# DORM SERVICES fill needs

Continued from Page 1

can be difficult to navigate with friends.

"You learn a lot about professionalism in the classroom, but there is a completely different side of it when it comes to owning your own business," she said. "If I'm not professional and communicative with friends on the XOthreads account then I'm not going to be as professional with anyone else."

She encourages more people to start their own business, even if they begin as just a hobby, like her own.

"I love seeing nails and hair [businesses] and all of that because it really makes our small community big," Robinette said.

While Robinette focuses on textiles, other students are filling different gaps in the Alva market — specifically in beauty.

Temi Michaels, from Broken Arrow, is a thrower on the track team, and offers multiple beauty services, including nails, hair and henna.

Michaels started her business, TemsBeauty, at the beginning of her college career and did not originally plan for success. She began by doing her own hair and nails.

"Freshman year, I had people asking me who did my nails or my hair, and I kept saying 'myself'," Michaels said.

Her friends encouraged her to start the business, and she began doing hair on the side. Michaels recalled being surprised when her clientele grew from one person to multiple people reaching out within a week.

"I didn't even know what I wanted to name it," Michaels said. "But it is something that I am good at, so why not expand it and explore the different aspects?"

What started as a hobby quickly turned into a necessary service for the community. Michaels emphasized the importance of her business in a town with a lack of access to hair care for women of color.

"There's no hair salons here for us, so it helped people who wanted to get their hair done while they're away from their hometown stylist," Michaels said.

She introduced henna last year as a way to bring her Nigerian culture to campus, but mentioned it is also enjoyable for clients.

"People that want tattoos can test out the design before getting it," Michaels said.

She noted, like Robinette, the lack of resources in Alva makes it more difficult and expensive for her to access the supplies she needs to run her business.

"In bigger towns, there are hair stores that you can get hair supplies



Photo provided

Kerr'Yelle Carter said her business Melted by KC provides services with wigs that are not available at salons in Alva.

at or nail stores that you can get nail stuff from, but I have to buy everything online," Michaels said.

Despite these obstacles, Michaels remains focused on her work rather than the competition.

"I admire anyone starting a business in college and wanting to make money so I've never been the jealous type," Michaels said. "I know my work and prices, so if they like it then they do, but if they're not able to afford it then I will refer them to someone more affordable."

Michaels explained that she charges what she feels her work is worth, which allows her to continue investing in her business while making a profit.

Balancing life as an athlete, executive club member, business owner and student is challenging, she added.

"I'm majoring in biology and minoring in chemistry, so I have a lot of homework to do," Michaels said. "When your schedule is changing weekly with meetings, practice, meets and homework, it is not easy, but whenever you enjoy it, it's easier."

She said her social life has been affected as she prioritizes academics and business.

"I won't cancel on somebody at the last minute, so if I have to forfeit a hangout or stay up until 2 in the morning studying because I have a client, I will," Michaels said. "The sacrifice is worth it."

The head chair of the business department, Dr. Garrett Lahr agrees with Michael's approach.

"Prioritize what is important," Lahr said. "If you're really trying to

grow that business and be successful academically, then you probably won't be spending a lot of time at the bar or going to concerts. It won't be on your schedule."

Michaels said the campus community is what makes running her business so rewarding, noting that support extends beyond students. She said staff and faculty have also supported her business and that she has even done a professor's nails.

She said the biggest challenges are the limited clientele and resources, but the biggest advantage

talent. Let your work speak for itself"

That is exactly what hairstylist Kerr'Yelle Carter is doing. Carter is a freshman from Houston, Texas and is a sprinter on the track team. She is the first hairstylist in Alva to offer wig installs, feed-in braids and re-twists at an affordable price.

Carter said she knew that she had to bring her business to Alva.

"I know that I'm good at doing wigs, and I saw that nobody does wigs here," she said. "That's when I knew I could bring something to

Carter said offering the services she does doesn't just fill a gap on campus; it fills something inside the client.

"Sometimes it is their first wig, or they had it done by someone else and they didn't like it," Carter said. "But then I installed it and they love it and post it. That makes me really happy."

Carter has been doing hair for more than a year and takes pride in her work, but she highlighted the challenges that come with starting a business with pre-established businesses in the area.

"A lot of people were going to the upperclassmen [who do hair] at the start of the year," Carter said.

She explained that what sets her apart is her price, and clients notice it.

"I charge \$45 for feed-in braids, which is more affordable than anyone at the school," Carter said. "We give the same quality of work but people are just going to go to the one that is cheaper."

She added that pricing plays a huge part in her business.

"We are in college and everybody is going through certain things," Carter said. "So I am not going to be charging the prices that I would be at home"

Moving a business from Dallas to Alva is difficult, but she gave credit to the campus culture for building her clientele.

"Everybody knows everybody, so you know that if one hairstylist is booked up, then you can go to someone else, and that someone else is me!" Carter said.

She added that the small-town dynamic and support from other sports teams encourage growth.

"In the beginning of the year, it was hard to build up clientele because nobody really knows me," Carter said. "But then the football players started needing their hair done and that started to get my name out there."

As her business continues to grow, Carter continues to learn. She shared that gaining a better understanding of people is the biggest thing her business has taught her.

"If someone doesn't have the money or is having a bad day I try to make it work," Carter said. "And I don't like to sit in silence so I try to make it as comfortable as possible, especially since it is in my dorm. I try to work with people."

The services offered on campus don't stop there. Other students are offering barber services, wedding media, photography and more.

"Whether you are the CEO of Walmart or you're running something here in town," Lahr said. "A need in the local area or in society that needs to be filled."

***"I admire anyone starting a business in college and wanting to make money so I've never been the jealous type. I know my work and prices, so if they like it then they do, but if they're not able to afford it then I will refer them to someone more affordable."***

— Temi Michaels

is community support.

"Even people at church know my business and it is easier to advertise in a small town where people talk a lot," Michaels said.

As student-run businesses continue to grow in popularity, Michaels encourages people to start their own.

"Keep going and keep doing it," Michaels said. "Just do you and don't let other businesses phase you. Don't be jealous of other businesses and be confident in your own

the school, so nobody will have to go far or simply not have their hair done."

Lahr said Carter has the first step down. He added, entrepreneurship is something that can't be taught through theory. You have to find a demographic and space for your services.

"The first thing they always say in entrepreneurship is that you have to identify a need," Lahr said. "A need in the local area or in society that needs to be filled."



Photo by Allison Ruwalit

Lazy Coyote, located on the Downtown Square in Alva, features products from home-based businesses.

## HOME business can offer items no one else provides

Continued from Page 1

Buying from a person rather than a corporation offers many advantages, such as supporting local community members and knowing where the product comes from.

This also helps consumers to know what goes into making, producing and marketing a product. Airelle Jones, the owner of Sugar Belle Candy Co., mentioned that this was her favorite part of Alva and talked about how she often gets orders from people looking for a homemade touch.

Jones came to Alva from North Carolina, looking for a fresh start. She said she noticed no one local was making the treats she makes, so she started her business. She also spoke about the efforts she put into researching ways to make her company different from others in Alva.

Customers are drawn to places like hers because it brings something unique. She said that she puts an emphasis on quality as well as aesthetics, to make sure her customers have traits that taste and look good.

Home business owners, like Jones and Kovat, can focus more on feedback and filling community needs rather than corporate needs.

Sugar Belle Candy Co. emphasizes ensuring its treats are exactly what customers want and works hard to add more trendy food items.

The Lazy Coyote always listens to what its customers feel like they are missing and does things like offer customizable scents and car air fresheners to help fulfill more personalized needs.

Businesses like Wild Paint Jewelry make fully custom pieces and countless home bakeries do fully custom treats, such as Chloe's Kitchen or Shay's Treats.

These businesses and the people running them are

one of the supporting beams of Alva's economy. That is a big reason stores like the Lazy Coyote have become so successful. The store operates similar to a flea market, showcasing the wares of multiple vendors. Home business owners can contact the owners and possibly get a booth in the building to sell their products year-round. This allows the store owner to promote their own products as well as others.

Amanda Ramirez, who owns the Lazy Coyote, had her start as a vendor in a similar style store in 2019. In 2021, she was able to get her building and help other people get their start, while also being able to continue doing what she loves.

"I used to go to shops like this all the time with my mom ... so I do still try to keep thrift things inside and help other small businesses grow," Ramirez said. "Even if they start out with a shelf, they can expand, and we can help that way."

Right now the shop sells all kinds of clothes, trinkets, soaps and more that are all supplied by other small business owners. Businesses like this create a way for trends to come into rural towns.

The Lazy Coyote has vendors that keep up with selling things like Labubu's, NeeDohs, squishy dumplings and other internet trends, while Sugar Belle Candy Co. is bringing treats like dirty sodas, candied fruit and Dubai chocolate to Alva.

Without business owners like these making an effort to keep up with trending food and products, community members would have to order them online or drive long distances. Ramirez and Jones saw the need for more urban trends in Alva, and they are capitalizing on bringing them here, once again contributing significantly to the local economy and providing people with a reason to shop local.

## Bahama Breakaway



Photo by Victor Kinzie

Students prepare to play mid-air four square as part of the Bahama Breakaway event sponsored in the evening on April 23 near the cafeteria. The annual event takes place before the mad rush of finals descends on the campus.

## Mural Fest



Photo by Victor Kinzie

A mural takes shape on the west wall of the Alva Beer Co. located on the corner of Barnes and 4th Street in downtown Alva. The creation was part of the annual Mural Fest on April 24 and 25. A second mural was added on the north side of the Sanctuary Day Spa and Massage School, which is located a block south of this mural. The Alva Mural Society has been adding murals around town every year for several years. The city now boasts dozen of murals.

## Music concerts set

By JOHN STOWERS  
Student Reporter

The Northwestern Oklahoma State University Fine Arts department will be holding two performances this weekend as the end of the semester approaches.

The instrumental music program will present its final concert, "Podium Perspectives," on Sunday at 2 p.m. in the Fellers Family Auditorium in Herod Hall and will be free and open to the public.

This concert will showcase six undergraduate instrumental music education majors as they take the podium to conduct the Symphonic Band as part of their final project in the Instrumental Conducting class.

Featured student conductors include Jade Campbell, Woodward senior; Chancie Davidson, Alva senior; Samantha Grimes, Enid junior; Kacie Setzer, Fairview senior; Johnathon Snyder, Oklahoma City senior; and Rosa Vargas, Lahoma senior.

"These folks will be graduating next year after their student teaching this fall so this is a unique and

very special concert," said Alexander Perkins, instructor of instrumental music and director of bands. "For many of them, this is one of their final performances before student teaching and graduation."

The program will begin with a performance by the jazz ensemble and conclude with a performance by the symphonic band playing selections chosen by the student conductors, featuring band literature written within the past decade.

The Northwestern vocal music program will also be present "Love's Embrace: Music of Comfort, Compassion and Connection" on Friday at 7 p.m. at the First Presbyterian Church.

The University Singers will open the program with a selection of contemporary and traditional works, featuring music by artists such as Pentatonix, Sinéad O'Connor and Billy Joel, as well as spiritual and classical music.

Following a brief intermission, the University Chorale and Concert Choir will perform with a full orchestra to present Mozart's Vespers Solennes de Confessore, K. 339.

## Home business facts

- 55% of small business are home-based
- 40 million: U.S. businesses are home-based
- \$430 billion to \$500 billion in revenue generated by home business
- Every 12 second, a new business starts at home
- Less than \$5,000: how much most people pay to start home business
- 81-85.8% are run by one person with no other employees
- 61% say they are more productive working at home

Sources: Internet

# FEATURE

## Thunder sweep out Phoenix Suns

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

The Oklahoma City Thunder have made it to round two of the NBA finals on a series sweep against the Phoenix Suns, I guess you could say that storms were in the area, bad joke sorry.

People can say what they want about the Thunder team, but this team has beaten the Suns by at least 10 points every game.

This series was the first step to Thunder's ultimate goal, bringing Oklahoma another championship win.

The Thunder won the championship last season and they have only grown a closer bond between each other this season.

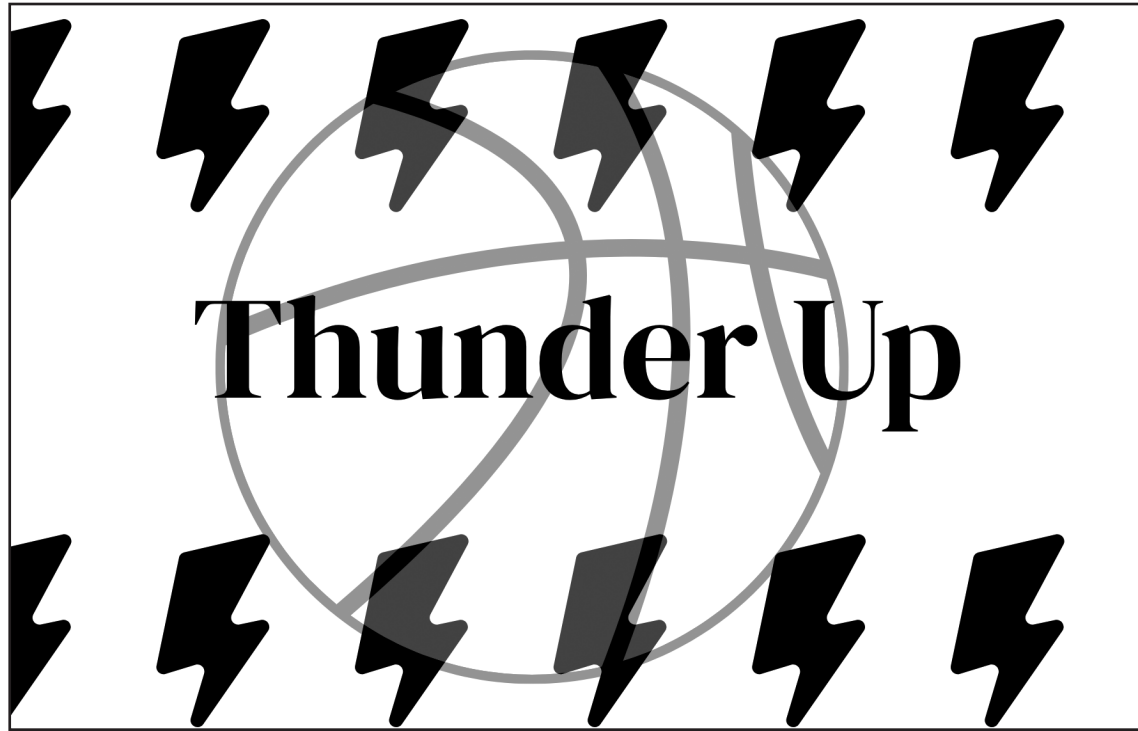
The team stats from game 4 are in favor of the Thunder, only four stats had Suns receive more than the Thunder.

In field goals Thunder had 44/82 and the Suns had 48/90.

In field goal % the Thunder was 53.7 and the Suns had 53.3.

3-pointers had Thunder with 17/34 and the Suns with 14/39. 3-point % had Thunder at an even 50 and the Suns at 35.9.

Everyone's favorite stat



against Thunder is the free throw stats.

The Thunder had 26/30 and the Suns had 12/16. The free throw % was 86.7 for the Thunder and an even 75% for the Suns.

The Thunder had 39 total rebounds and the Suns had 33, out of those rebounds 13 were offensive for the Thunder and 10 were offensive for the Suns. 26 were

defensive for the Thunder and 23 were defensive for the Suns.

The Thunder had 28 assists and the Suns had 24.

The Suns took over with block, steals and turnovers, however with six blocks, ten steals and 12 turnovers.

The Thunder had four blocks, five steals and 16 turnovers.

The Thunder made 18 points

from turnovers and the Suns made 16.

The Thunder made eight fast break points and the Suns made six.

The Suns had more points in the paint however with a total of 54 to the Thunders 50.

Points per possession the Thunder had 1.32 and the Suns had 1.23.

In personal fouls the Thunder had 20 and the Suns had 25.

The largest lead in this game from the Thunder was 16 and the largest lead by the Suns was 7.

Thunder players who had the most points this game were Shai Gilgeous-Alexander with 31, Chet Holmgren with 24, Ajay Mitchell with 22, Isaiah Hartenstein with 18 and Alex Caruso with 14.

Suns players who had the most points this game were Devin Booker with 24, Jalen Green with 23, Dillon Brooks with 23, Collin Gillespie with 20 and Grayson Allen with 12.

In a postgame interview Gilgeous-Alexander said "We just played the right way. Nothing out of the usual like guys were out there making aggressive plays and playing for each other."

This bond between the team is what attracts so many fans to them in the first place, what they do on and off the court together proves that they all have a deep care for each other and the game that has become their lives.

They continue to show up because they need each other to show up, not because its what coach said to do.

### Sidenote:

## Make the most out of life

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

What does make the most of it mean? Why do we always say, "oh you know I'm just making the most out of it?"

Are we really making the most out of things?

Maybe we're not, maybe we just say it because we don't know what else to say.

Let's make the most of these moments. Let us enjoy every second of our lives.

How do we make the most of things though?

See everything as a privilege, not a chore. You get to wake up this morning, you get to have an education, you get to change the course of your lives and you get the chance to meet so many amazing people.

It's not a matter of I have to do this reading, I have to finish this quiz or I have to push through to this exam, you get the privilege of doing this stuff.

You could be in a country that doesn't allow you to get an education. You get to be in a country that allows you freedom of education.

We take too many things for granted as Americans and making the most of your life is realizing that these things are a guarantee for everyone.

The friends you have in your life can also help you make the most out of your life.

Go on wild and reckless road trips, spend sleepless nights laughing with each other, enjoy the company of your friends and live life to the fullest with them.

Even if you are just sitting in a dorm room doing homework together before finals, take the moment to truly appreciate these people.

Find something that you enjoy doing, for me that is writing, and do it over the summer, maybe even pick up a new hobby.

Don't forget about the friends you had back in college as you go back home, call or text them weekly, it will build a deeper bond between you all.

Celebrate big events with family and friends.

Go to a firework show with them, go to a concert or make a picnic trip.

Making the most out of it is living it to the fullest.

Don't forget friends from back home, but don't let them hold you back. Have those late-night talks.

Go on those drives. Take it all in.

Life is only what you make it, so make the most of it.

If you have summer courses to do then don't push it off, get things done on time prepare yourself for the fall.

It is easy to feel underprepared when you come back to classes, don't let that stop you from making the most of this life.

We let so many things control how we view life, let us take back that control.

Let's not live online anymore. Let us ignore what people think of us and live the way we want to live.

What good is life if you don't enjoy it?

Live life to the fullest, make the most out of it and see where it takes you.

When you take the opportunities that come you live a totally different life than when you are too cautious or waiting for something better you end up missing out on something beautiful.

You have a choice in your life, you always have and you made one decision to come to college, you make many more throughout your years here. It's beautiful, you can tell just how different you've become because of your time here.

You're not as nervous, you talk more, you have new friends, you have new expectations on life and you have made it this far.

What steps you take are up to you, but now you have a different guidance than you did years ago. You are different, life is different.

Make the most of that difference and change for you.

## Music for final studies

- "Vienna" by Billy Joel
- "Dear Reader" by Taylor Swift
- "Unwritten" by Natasha Bedingfield
- "Ceilings" by Lizzy McAlpine
- "Pretty Baby" by Alex Sampson
- "Idea 10" by Gibran Alcocer

### Expect Fentanyl & Test First

#### What is fentanyl?

- Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine.
- It is a major contributor to fatal and nonfatal overdoses in the U.S.

#### What is a fentanyl test strip?

Fentanyl test strips are small strips of paper that can detect the presence of fentanyl in all different kinds of drugs (cocaine, methamphetamine, heroin, etc.) and drug forms (pills, powder and injectables).



Order free  
Fentanyl test strips

[www.okimready.org/overdose](http://www.okimready.org/overdose)



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# ENTERTAINMENT

## Editor Kevin Kaumans' final say

By KEVIN KAUMANS  
Entertainment Editor

Well, here we are. It is going to be Final's week soon. Everyone's cramming for their homework and studies, professors are planning their final exams, the board is allocating their budget for next year, everyone is busy. But if you can spare a moment, I have something I want to say to you, fellow reader.

Thank you, for everything. Thank you

for your support over the years. Thank you for humoring me by reading my stories every time they came out. Thank you for all the feedback you have given me.

I will not lie; it has been a rough year for me. As someone who is going to become a senior next semester, I have been extremely busy with both my job at the newspaper as well as my assignments.

However, it has not stopped me from putting my best effort into what you read. I know my stories are far from being like the greats that are hundreds of years old, and

I'm nowhere near experienced enough to make that claim.

Still, the fact that you took the time out of your day to read it is more than enough to make me feel like I won a Pulitzer.

I am honored to have so many people in my life who encourage me to do what it is I do for a living. I hope to continue into next year as your entertainment editor.

Also, since a lot of people on campus seem unaware, the series of short stories I have written since "A Glass Elegy" are part of an overarching story I am writing.

Every short story takes place in the same small, fictional town of Odsburg. The events of these stories are told out of chronological order, and are up to the reader to figure out what is happening.

The story you are about to see below is the latest installment in said series, and will be the last one until I come back in the Fall.

Thank you all. I hope you find the time to read me next year. I know this year has not been perfect, but maybe next year will be better.

Kevin Kaumans ;;;

### A Short Story

## 'A Visit in Oxford & The Fun of Constant Drinking'

By KEVIN KAUMANS  
Entertainment Editor

Humans, by their very nature, are awful. You might disagree, might say "What are you on about? I'm not awful. In fact, I'm the kindest, most patient person I know." But that's just the thing, isn't it? No one wants to think of themselves as a bad person. Why would they? Our society teaches us that being a good person reflects on our value as a human being.

Last time I checked, most people don't want others thinking less of them. Not that I blame them. I don't have any right to. Before my brother died, I was one of these blind goats wobbling through the world thinking I was above the average man. I thought myself a Leonardo, not realizing I'm just another fallen Icarus.

I remember seeing it, seeing myself as a student of Oxford, admiring myself in my dorm room mirror. I had gotten it off of eBay. It was one of those standing mirrors, with those ornaments of fake gold to make it look sophisticated.

I remember how proud I was to have my brother come see me in England. I took him to the best restaurants in the city, paid for him to eat the most expensive food, and went to the most overpriced monuments with him. When we got back to my apartment it was almost ten. I took out the cheap bottle of whiskey I got from the store on the way home and offered it to him.

He turned it down at first, but I managed to get him to sit down on the couch and have a few glasses with me. This quickly turned into us drinking until midnight and me helping him into my bed.

I remember when we were tykes. Whenever my brother would have a bad dream or suffer one of his episodes, Mum would have me go to his room to cuddle him until he fell asleep. I remember hating having to do it at first. As an adult though, I felt myself craving this.....mysterious sensation more and more.

I wrapped my arms around my brother as we passed out together. It brought me a kind of comfort that I would pay for, one that I even have.

I would go out at night, find a man or woman who looked enough like a whore that I felt comfortable approaching them, and offer them a couple hundred pounds to sleep in my bed with me the same way a child would with their stuffed teddy. They wouldn't have to do any work, just let me wrap my arms around them like I do with my brother.

Unlike those I pay, I woke up to see my brother still in my bed the next morning. I got up and headed to the kitchen. Normally, I would just heat up some ramen and be about my day. However, since I wanted to pamper my dear brother (And I didn't want him going home and telling Mum I was starving), I made some bacon and eggs I got the day before.

I looked over at my brother. He was still in the process of waking up. Despite being a fully grown man, my brother had this childish charm to him --while maybe putting everyone off to seeing him as a romantic partner-- many around him found lovely nonetheless.

I put the plate down in front of my brother. I stood behind him as he ate. It wasn't so much that he was completely helpless, far from it. Even with his disability, my brother was more than capable of doing things by himself. I just wanted to make sure that he

finished his plate.

My brother had started losing a lot of weight at the time. During our weekly call, Mum told me that he would sometimes go an entire day eating nothing but a small bowl of either nuts or seeds. She began tearing up a little over the phone, asking me to keep a close on him. Of course, this was nothing new; I had been helping to take care of my brother ever since I was little.

After my brother was done eating, we took a shower and went for a walk at my university's campus. As I showed him around the library, we ran into a professor I had for my freshman year, Dr. Something-Swedish (I can't be arsed to remember, he was quite the boring fellow). The bloke bid us hello and chatted with my brother for a few minutes. This irked me a bit; I had much I wanted to show my brother, and we had slept until midday.

Once Professor Blondie finally got the hint and sodded off, I took my brother to my favorite and unarguably best section of the library: The classical literature aisle.

I began my tour by explaining to him the importance of the literary canon, how our generation can no longer be bothered to remember the names of the greatest thinkers in human history because of our own sense of self-importance.

I made sure to put on a good show for my brother, being as theatrical as possible. This...."other", this dramatical side to me. I get this rush to me that makes my heart race whenever talking about things that drive me to get out of my bed in the morning.

My brother always smiles and giggles when I get this way. Of course, I have a tendency to desire attention when I get like this,

be it positive or mocking.

Eventually, a lot of students began as I got louder, so we left to explore the rest of the campus.

The cafeteria was serving processed fried chicken that both looked and tasted like it was made of twenty-percent rubber, so we decided to eat at the fast-food place across the street. There were loud noises in the stadium due to a basketball game that was taking place that evening, so my brother asked that we skipped it.

As the campus began to close, we went to my favorite pub. My brother really didn't want to go in, but I convinced him we were just gonna have a few drinks and go home. The night quickly turned into me partying with some guys my age and him throwing up behind a dumpster.

When we got home, it was past midnight. Once again, I had to help my brother into bed. I made sure to lay him on his side in case he ending up barfing again.

Instead of jumping in the bed with him right away, I decided to stay up so I can keep a watchful eye on him. I went to the couch and lit up a cigar I bought from a Cuban classmate of mine.

At the time, I thought I did everything right that day.

I mean, I kept an eye on my brother and made sure he had a fun time, what else could be asked of me? Now that his funeral is coming up soon, however, I've been spending a lot of time locked up in my old bedroom.

I've had a lot of time to think lately, and it was then I realized the truth.


I'm a blind goat. I always have been. No matter how much I had denied it in the past, I never changed.

You want to know the worst part? It's that, even if I had the energy to, I don't think I can.

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### Correction

Fine Arts Professor Kimberly Weast, who is retiring this summer after 24 years at NWOSU, has directed or produced 90 theatrical productions at Northwestern and more than 225 throughout her entire career.

A story that appeared April 26 included incorrect numbers.

Thanks for the memories! See you all next year!

# SPORTS

## The impact of sports at NWOSU

By **OAKLEE FIELDER**  
Student Reporter

Sports at universities have always been a thing. Everywhere you look, collegiate sports is making a name for itself in the world. With that said, how big of an impact does it have at a smaller level? Not on the nation or the state, but the campus itself, or even the town it's located in.

There's no question that the Rangers and Lady Rangers have an impact on Alva and NWOSU, but just how big is that impact? Northwestern is a small campus located in a small town, but despite that, the athletes create big ripples on the campus and even in the community.

The athletic department has a large impact on the very being of Northwestern. Out of the 1,425 students at Northwestern, about 618 of them are athletes. That makes the percentage of student-athletes to the total enrollment 43%. That means almost half of the students at Northwestern are athletes.

NWOSU's southern counterpart, Southwestern Oklahoma State University, has about 3,000 students and about 400 athletes.



NWOSU Athletics Photo

The Northwestern student section cheers during a basketball game against Oklahoma Baptist on February 26.

nation and some of the brightest students at Northwestern. Second to their sports, academics are what the Rangers and Lady Rangers do best. In 18 of the last 22 semesters, the athletic department had above a 3.0 GPA.

western's campus do more than just win games. They play big roles in the Alva community. They help out with local events like the pumpkin patch, they help move tables and chairs at events and even help residents move in

vides evidence that the sports at Northwestern have a large impact everywhere. The community service and the help they provide to the Alva community are what set Northwestern athletics apart from other schools.

"Some places all they do is win, but they don't help the community," Franz said. "They don't care about academics, so I think we keep everything in check."

The Northwestern athletic department is focused on more than just winning games, but also creating people who work for their communities and are overall outstanding individuals.

"I think we try to build a whole person and not just a person that focuses on winning and losing," Franz said.

Northwestern athletics also gives the school a sense of pride. It gives Northwestern something to be proud of and excited about. Multiple teams and individuals have done so well that they are among the best in the Great American Conference.

The women's basketball team won the GAC Tournament and went to the NCAA DII regional tournament, competing on a

national level. The soccer team made it to the GAC tournament after an amazing year, coming back from a rough 2024. Men's basketball just barely missed making the tournament. Baseball just recently clinched its berth in the GAC tournament. Five rodeo competitors are being sent to the nationals, and women's golf's Gracie Duke is headed to the regional DII competition.

With all that success, the Northwestern campus is bound to be proud and prideful of its athletic department. This makes for a happy and positive campus. With success in any department, whether athletic, music or even theater, any campus will be full of pride. Shane Hansen, the NCAA Faculty Athletic Representative at NWOSU, sees the pride on Northwestern's campus. Not only does he see pride, but a place for the community to put passion and have a good time.

"Our sports give the community and campus a sense of pride," Hansen said. "They give the community a place to put forth passion and be entertained, as well as giving a community to the students on campus."

Dr. Chandler Mead, a past defensive coordinator for the NWOSU football team and current NWOSU health and sports science instructor, says the sports help give Northwestern on a national level. Sports allow students around the nation to see Northwestern and consider it for their future education.

"Athletics bring awareness of the University, where we are, where we're located, our goals and our mission," Mead said. "A past president once said, 'Athletics are the front porch of this university,' and I agree with her."

After it's all said and done, the athletics at Northwestern have a large impact on the school in more ways than one.

The teams bring pride and notoriety to the university, the student-athletes bring academic success and help in the community, they represent almost half of the student population and provide ways for Northwestern to be a positive happy campus.



Photo by Victor Kinzie

The Northwestern Ranger football team battle against East Central University's team on September 27, 2025.

SWOSU's percentage of 13% is a staggering difference compared to Northwestern's percentage.

The athletes at Northwestern are not just half of the student population, but they are also some of the best student-athletes in the

"The impact of sports at Northwestern is a positive one," said Brad Franz, the athletic director at Northwestern. "I think we exemplify the word student-athlete here at Northwestern."

The student-athletes on North-

and out of their houses.

"The community is very welcoming," Franz said. "It's a win-win situation for both sides."

Just the fact that the Rangers and Lady Rangers are so involved in their communities pro-

### Quick facts

Student-athletes account for 43% of Northwestern's student population

Athletic department has had above a 3.0 GPA in 18 of the last 22 semesters

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# SPORTS

## Softball takes down Southwestern

By **OAKLEE FIELDER**  
Sports Editor

The Lady Rangers defeated the Southwestern Oklahoma State Bulldogs in the three-game series over the weekend, ending in a NWOSU victory two games to one.

### Game One SWOSU 3-4 NWOSU

The Lady Rangers scored the first runs of the game, but it took a bit for them to be scored. In the third, they scored three runs to take a large lead to start. Kaylee Madden hit a single through the right side, sending Kaitlyn Corn and Makanalei Lapera home to score the first runs of the game. Savannah Duran made it to third to put them in scoring position after the runs were scored. Jamie Molina made a hit and sent Duran home to score run number three.

Southwestern responded with two runs scored in the very next inning. They then scored once in the top of the sixth to tie it heading into the final inning. The Lady Rangers held them off at the top of the seventh, and put them in game-winning position. Molina made a hit that went up the middle, sending Madden home to win the game on a walk off run.

### Game Two SWOSU 0-1 NWOSU

Game two only had one run



Photo by Oaklee Fielder

Northwestern Lady Ranger pitcher Chloe Brown throws a pitch against the Newman University Jets on April 21.

scored by either team, and it wasn't off a hit. When Madden went up to the plate, Corn stole second base. The Bulldog catcher made an error, and Lapera was able to run home and score the only run in the game.

Despite it being a low scoring game, Corn was able to have three hits, the most on either team.

### Game Three SWOSU 7-5 NWOSU

The Bulldogs finished off the

series by winning game three, but the Lady Rangers won the series despite the game-three loss.

SWOSU scored first. The Bulldogs scored one run in the second. The Lady Rangers responded in the next inning with two runs from Duran and Madden, giving them the lead by one. The teams traded the lead again as Southwestern scored twice in the top of the fourth.

In the bottom, Lapera hit a

single up the middle sending Raelynn Sandlin home to tie the game. SWOSU scored thrice in the fifth. Northwestern responded with two from Duran and Madden making it a one-run game. The Bulldogs sealed game three with a run scored in the sixth, giving the win to Southwestern.

The Lady Rangers will face Harding University on Friday for Senior Day, and twice on Saturday to finish off the season.

## Five Rangers go to national rodeo qualifiers

By **OAKLEE FIELDER**  
Sports Editor

Northwestern will be sending five of its rodeo competitors to the College National Finals Rodeo Qualifiers after the final rodeo of the season at Fort Hayes.

Colter Snook, Nathan Duvall, Tydon Tsosie, Emmett Edler and Payton Dingman are the Rangers that are headed to Casper, Wyoming for the College National Finals Rodeo.

Snook will be team roping as the heel roper. Duvall, Tsosie and Edler are all competing in the steer wrestling event. Dingman will be goat tying at the CNFR Qualifiers.

In the latest rodeo for the Rangers, Edler finished 3rd in the steer wrestling event. Dingman finished 10th in the goat tying.

Although no Rangers or Lady Rangers finished at the top in Fort Hayes, the teams still finished high in the overall standings.

The women finished 4th in the standings with 1209.5 total points. The men finished 5th with 2665 total points.

Snook, Duvall, Tsosie, Edler and Dingman will be in Casper, Wyoming for the CNFR Qualifiers on June 14-20.

## 2025-26 was year of growth for track and field

By **MEGAN SPRAY**  
Senior Reporter

The 2026 track and field season at Northwestern Oklahoma State University has been a year of growth, resilience and rising expectations as the Rangers continue to build a competitive program.

After years of development, the team is now seeing progress translate into results across multiple events.

"The season has been really good, especially for the mid-dis-

tance and distance side," said Cadence Long-Torres, a junior psychology major from Moore, Oklahoma. "We've had a lot of success in the 5K, the mile and the 1500. From indoor to outdoor, everything has just continued to grow."

That growth reflects a shift in mindset. Instead of simply developing, athletes are now focused on maintaining a strong culture and raising expectations.

"I feel like this year we have more developed athletes who are ready to compete and win," Long-Torres said.

Success has also extended to the sprint and field events. For Gabriella Hall, a sophomore nursing major from Frisco, Texas, the season has brought personal improvement and a stronger sense of team unity.

"This season felt great," Hall said. "My freshman year, my sprints weren't as good as my jumps, and now that I've focused more on sprints, it feels a lot better to finally have success in that, as well as, all together."

Hall also pointed to the team's chemistry as a key factor in its improvement.

"It actually felt like a team this year," she said. "Everybody's getting a lot closer, and you feel like you can rely on one another more."

While the team has made clear strides, the season has not come without challenges. Trevon Hodge, a sophomore business major from Copperas Cove, Texas who competes in jumps, said the program has faced adversity, including changes within the coaching staff.

"Last year was slightly better, but we're going through a little adversity," Hodge said. "Our

coach left for a bigger job, so I've had to step up and help lead the group."

Despite those challenges, the Rangers are entering the conference with confidence and motivation. A projected sixth place finish has only added fuel to the team's mindset.

"We were predicted to finish sixth, and nobody's happy with that," Hodge said. "We feel like we have the potential to finish first, second or third."

Lone-Torres said the women's team is anticipating a fourth place finish, but competing for the number one spot.

"A lot of movement, a lot of moving parts, but all the work that has been put in since January to now is all coming together," Long-Torres said.

For Hodge, competing at Northwestern carries personal meaning beyond results.

"Coaches took a chance on me," he said. "I feel like I have to give back what they gave me."

As the Rangers head into the final stretch of the season, their focus remains on competing, trusting the process and continuing to prove how far the program has come. The Rangers are competing at the GAC track meet this Wednesday through Friday

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# SPORTS

## Rangers make GAC playoffs

By **OAKLEE FIELDER**  
*Sports Editor*

The Rangers punched their ticket the Great American Conference tournament to compete for the GAC championship in Hot Springs, Arkansas on Thursday.

The Rangers defeated Southwestern Oklahoma State University in all three of their games over the weekend, securing their spot in the GAC tournament. The Rangers finished off the season with a perfect sweep against the Bulldogs.

The head baseball coach Ryan Bowen is looking forward to the tournament and thinks they have a good chance on winning the tournament.

“It was a close race in the standings and I feel like the tournament is up for grabs,” Bowen said. “I think anybody can win the tournament, so we’re excited to go play.”

Bowen thinks as the season went on, the Rangers only got better. After losing their first three conference games of the season, the Rangers went 17-12 in conference play. Northwestern swept SWOSU and Southern Nazarene, while also defeating East Central, Southeastern Oklahoma State, Henderson State and Oklahoma Baptist in their three-game series throughout the year.

“I’m proud of our group,” Bowen said. “We played a lot

better in the second half that we did in the first and really played our way into the tournament. We fought through a lot of adversity this year with different things, and out guys just kept working hard and I feel like we got better as the season went on.”

The Rangers are set to face Harding University for the first round of the tournament. If the Rangers defeat Harding, they will either face the winner of the Ouachita Baptist vs Arkansas Tech game. If the Rangers lose game one, they face the loser of the OUA vs ATU matchup.

Bowen says the Rangers are strong all around, but resilience is their greatest strength.

“Our pitching staff was, without a doubt, a big strength of our club,” Bowen said. “I feel like we had a great year on the mound. We’re also really athletic and ran the bases really well all year, but the most was a really resilient and tough group. We went through a lot of ups and downs, and went through some tough times. Our group kept fighting and bouncing back, and I feel like the toughness and resiliency really showed up.”

Logan Sandoval and Will Kates were two of the best pitchers on the team. Sandoval had 61 strikeouts in 81 innings pitched while only having an impressive 3.21 ERA. ERA is an average of how many runs are scored against a pitcher in the innings he has pitched throughout the season.



NWOSU Athletics Photo

Logan Sandoval prepares to throw a pitch against SNU on March 28.

Kates had 48 strikeouts with 64 innings pitches and a 5.01 ERA.

Joel Lindahl had the best batting average with a .358 and the most hits with 64. Chase Gordon

and Cole Barton were almost equal as Gordon had a .331 and Barton had a .330. Alex Dabrowski was at the plate the most with 196 at bats and had the most

runs scored with 55. Dabrowski had a .301 batting average and 59 hits. Jailon Goodfellow had the most RBIs with 39.

Harding University was the first GAC team the Rangers played in 2026. They played the Bison all the way back in February on the 13th and 14th. The Bison swept the Rangers in all three games, but the first two games were only separated by one run. Harding won game one 4-3 and game two 2-1. In game three of the February matchup ended with a Harding win 12-4.

The two possible matchups for the Rangers in the playoffs, Arkansas Tech and Ouachita Baptist, also defeated the Rangers in the regular season. Arkansas Tech were the second conference team the Rangers played in the 2026 season. The Wonderboys swept the Rangers in close games. Game one was 6-4, game two was 8-5 and game three was 7-2. Ouachita Baptist was another series loss for the Rangers, but Northwestern won game one 11-6. The Tigers were the last matchup for the Rangers besides the season closing Southwestern series.

Northwestern is entering the tournament with momentum after defeating SWOSU on enemy territory, so there’s a good chance they take down the Bison. With the resiliency and athleticism that Bowen says the Rangers have, they have a good chance to make it far in the tournament.

### The Northwest's Winners



**Kira Bass**  
Player of the year  
Senior of the year



**Logan Sandoval**  
Player of the year  
Sophomore of the year



**Gracie Doke**  
Senior of the year



**Emmett Edler**  
Senior of the year



**Elie Dang**  
Junior of the year



**Mercedes Glover**  
Junior of the year



**Alex Dabrowski**  
Junior of the year



**Payton Dingman**  
Sophomore of the year



**Tydon Tsosie**  
Sophomore of the year



**Kamalei Kealoha**  
Freshman of the year



**Jeremiah Anderson**  
Freshman of the year



**Tasha Diesselhorst**  
NWOSU Coach  
of the year