


NORTHWESTERN NEWS

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WHAT'S UP, DOC?

Alva's Share Medical Center is shown in this March 2 photo. When Dr. Philip Self received a 9-month deployment to Iraq late last year, that left Alva with a problem: Who will be the town's doctor? For patients in Alva, hope is on the horizon. But drawing healthcare providers to rural areas is a challenge. See our special report on Page 2.

Photo by Jordan Green

Inside:
Smile of the Week



Photo by Leah Darnell

Adriana Guel Cortez is smiling because she has always loved smiling — and because she enjoys making people's days better.

EDITORIAL

- Everyone makes mistakes. How do you learn from them?
- How a struggling bottle-calf was nursed to health

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- Brown named GAC Player of the Week

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SHOOTING FOR THE STARS

SHE WON'T BACK DOWN



Total points: 1,563

By EMMA SPORLEDER
Student Reporter

In 2019, Kalea King became the twelfth Lady Ranger Basketball player to score 1,000 points in the program's history during her junior season.

On Feb. 22, King scored her 1,500-point against Great American Conference opponent Henderson State University in Arkadelphia, Ark.

King, a redshirt senior from Pflugerville, Texas, began playing basketball in the seventh grade. She played on an AAU basketball team that was sponsored by NFL running back Adrian Peterson. The team traveled to more than 20 different states and three different countries.

King has been a successful basketball player at the high school and collegiate levels. She won the world basketball games in Austria, only lost three games in her entire high school career, and went on to become a record-breaking collegiate player.

King decided to attend Northwestern Oklahoma State University and become

See KING, Page 3

Editor's Note: This story is the second in a series, "Shooting for the Stars," which features NWOSU basketball players who have scored 1,000 or more points during their current collegiate careers.



Photo by Alejandro Aaron

WOMEN'S DAY

Women make a difference at NWOSU

By ASHLEY STREHL
Editor-in-Chief

Behind every successful woman is a tribe of other successful women who have her back.

Tomorrow is International Women's Day, a global holiday recognizing the social, economic, cultural and political achievements of women. Northwestern Oklahoma State University has reason to celebrate women of its own, as the campus has significant landmarks inspired by women.

Shockley Hall, the current math and computer science building on campus, is named after Minnie Shockley. She began her career in higher education 1910.

She eventually became the dean of women and an instructor in the English department.

Fryer Hall, a girl's dormitory, is named after Agnes Fryer and her husband, James T. Fryer. They were donors to the original site of the college.

University President Dr. Janet Cunningham is the first female

See DAY, Page 3

SPRING FORWARD



Don't forget to set your clocks forward by one hour on Sunday.

News

SPECIAL REPORT: HEALTHCARE

‘I don’t think anyone realizes our challenges’

Luring providers to rural areas is difficult, local health officials say

By NICK DILL
Student Reporter

Until July, Alva will be without a full-time private-practice doctor.

But starting July 13, Dr. Bryce Galbraith, DO, will arrive in Alva. Galbraith specializes in family practice.

The only full-time doctor in town, Dr. Philip Self, has deployed for nine months serving in the Navy in Afghanistan. Self’s office is located in the Professional Building downtown on the Square.

The shortage of doctors in rural communities like Alva is a common problem.

As of December 2018, more than 7,000 areas in the U.S. had health professional shortages, nearly 60% of which were in rural areas, according to npr.org.

Recruiting more doctors is a challenge.

CHALLENGES

“One of the biggest challenges is our location. Being two to three hours from an airport seems to be a big deal,” Kandice Allen, CEO of Share Medical Center, said. “Typically, when we interview a male candidate, it’s not typically about him; it’s usually about the wife. What she’s going to do in her time off? How is she going to be able to spend that? And being in a small rural town like this, it’s a challenge.”

Another main challenge is the competitive job market.

“For every family practice physician that comes out, by the time they leave their residency, they have been offered over 900 positions,” Allen said. “You can imagine what we’re competing for.”

Small town life isn’t for everyone, said Alva Mayor Kelly Parker. The city owns the hospital.

Parker also said it is a challenge to recruit physicians. He said the hospital is established as a public trust to benefit the City of Alva, and visiting providers often praise it for the service it provides in such a remote and rural community.

The lack of doctors makes Share Medical Center limited in what it can do.

“I feel the biggest challenge would be specialties,” said Paige Kruckenberg, a physician assistant at Share Medical Center. “The problem here is you’re not going to get a cardiologist and dermatologist to be here all the time. So really getting people who need those special needs,



Photos by Jordan Green

Share Medical Center, home to Alva’s hospital and a clinic, is shown in this March 2 photo.

[the challenge is] getting them to that. The closest thing is usually about an hour away, and if they’re low-income and can’t drive, then that’s a challenge.”

Allen said recruiting is another challenge.

“I don’t think anyone realizes our challenges,” Allen said. “We’re trying. We’ve had a recruiting firm retained for over a year. We’ve been through networking trying to recruit a physician, and it’s a huge challenge.”

DOES ALVA HAVE ENOUGH HELP?

“I feel, for most basic medical needs, we are medically covered in Alva, at least as well as many towns our size,” Parker said.

Parker said Alva has seven mid-level providers between the hospital clinic, urgent care, emergency room, and Self’s downtown clinic. Self has Steve Madrid, a physician assistant, covering his practice while he is gone.

“Dr. Michael Lawrence serves Alva as chief of staff at Share Medical Center,” Parker said. Parker said Lawrence is in Alva eight days a month and works 24-hour shifts.

Several doctors have practices elsewhere but come to Alva to see patients.

“Dr. Dean Vaughan and Dr. Elizabeth Kinzie work in Alva, serving the nursing homes. Dr. Donald Ransom provides general surgery, and Dr. Chris Hummel offers eye surgery,” Parker said.

Vaughan works in Oklahoma City and specializes in family medicine. Kinzie works in Wynoka and specializes in internal medicine and psychiatry. Hummel works in Oklahoma City and is an ophthalmology specialist. Ransom, who practices in Medicine Lodge, Kansas, specializes



A sign listing the names of medical providers who work at the Share Medical Center Physicians’ Clinic has only two names on it. Blank spots are seen where names have been removed. Lawrence no longer works at the physicians’ clinic.

in general surgery and does surgery at Share weekly.

Parker said Vaughan and Kinzie are at Share as needed for the nursing home residents.

Kruckenberg said she agrees that there is enough medical care to support the community of Alva.

“There’s three primary care providers: me and two nurse practitioners in our clinic,” Kruckenberg said. “Also, there’s the urgent care, and two providers over there, and the ER. I think with the population of our area ... I do

think we can provide that primary care easily.”

Kruckenberg said that, as far as family practice goes, Share is “set.” She said she and two others do family practice at the Share clinic.

Flu season is one of the busiest times for PAs, as they’re seeing 15 to 20 patients a day. But during the summer and breaks, it is a lot slower, Kruckenberg said.

As far as providers, Alva is covered, Allen said.

“I feel like we have enough

mid-level providers, but some people want to see a doctor,” Allen said.

Allen said Self’s office is still open. Madrid is covering his practice until he gets back, so his patients are taken care of, she said.

WHAT CAN A PA DO WITHOUT A DOCTOR IN TOWN?

“For me as a PA, I can’t write a schedule II drug, for example, like a narcotic, but other than that prescriptive authority, we’re free-range,” Kruckenberg said.

Kruckenberg said, as far as physician oversight goes, she does have to have a supervising physician, but they don’t have to be on-site when she does her practice.

“My supervising physician works in an ER, so I rarely see him,” she said. “The big thing that has to happen is that I have to be able to call him if I have a question. I text or call him anytime I’m concerned, like if I don’t know what’s going on or if I need some advice.”

Allen said it is crucial to recruit more doctors.

“The spin-off revenue from every physician that you get is over a million dollars,” Allen said. She said with Self leaving, the difference between physician practice and a mid-level practice is the way they practice. It does impact the bottom line.

Parker said the best way to get good doctors here is to raise them in Alva, send them off for their education, and then bring them back to a community which they are already fond of.

Some benefits with healthcare in Alva occur with the hospital being in a town with a university, Allen said.

Share is a clinical rotation site for Northwestern Oklahoma State University nursing students and for students at Northwest Career Tech. Share hosts LPN clinic rotations, and hires students from those programs.

Parker agrees with Allen and said being in a school community is actually a benefit to the medical center. Allen said she believes the university would say the same about being in a community with a hospital.

An example of this is Kruckenberg. She graduated from NWOSU with a bachelor’s degree in biology and health sciences in 2015, and she earned her PA degree at the University of Oklahoma in Oklahoma City at the Health Sciences Center. She then returned to Alva to work.

“I love my job because I get to help people every day, and just seeing someone get better, and feel better, and seeing them smile is one of the big things for me,” Kruckenberg said.

News

What’s up?

TONIGHT:

A winter band concert will take place in the Herod Hall Auditorium tonight at 6:00 p.m.

The performance will last approximatley one hour. It is free and open to the public.

MARCH 10:

The NWOSU Chorale welcomes guest conductor, lecturer and music activist Dr. Alexander Lloyd Blake and a guest string quintet for a concert about social justice. The choir will present a masterwork called “To The Hands” about refugees. The concert will be in the Herod Hall Auditorium.

Admission is free, but donations are accepted. Doors open at 6:30 p.m.

Dr. Alexander Lloyd Blake works as a conductor, composer/arranger, vocal contractor, singer, and speaker. Blake is the conductor of Tonality, a new choral ensemble focused on spreading a message of unity, peace, and social justice.



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MARCH 8:

The 17th annual NWOSU Art Society Art Show will begin March 8. The show ends March 27.

Works from a number of NWOSU students will be on display in the library.

Art society members hope that students will be involved in the show. In a statement, the art society said: “We work hard through the year to make this show happen for you.”

The NWOSU Art Society was officially welcomed to Northwestern in the Fall of 2004. The purpose of NAS is to encourage, stimulate, and maintain an excellence in the field of art at Northwestern Oklahoma State University. Our goal is to heighten awareness both on campus and in the community of the many cultural backgrounds and talents of the students, through which all will foster a synthesis of the appreciation, knowledge, and awareness or art in all styles and mediums.

Got news? Send your stories and information to nwnews@nwosu.edu. Please include all relevant information.

KING: After going under the knife, player returns

Continued from Page 1
a Lady Ranger basketball player in 2014. Throughout her career as a Lady Ranger, she faced trial and injury and even had to stop playing for two seasons.

In 2015, what started out as shin splints turned into a stress fracture. The fracture was so serious that King had to undergo surgery. She now has screws and a metal rod in her left tibia. A month after the surgery, King had surgery again due to the development of a MRSA staff infection in her right knee.

During Christmas break in 2015, the infection came back, and she went under for another surgery. In the summer of 2017, King found out that she was developing early signs of stress fractures in her other leg. Instead of having surgery again, she decided to take time away from basketball so that her body could heal.

Despite the hardships for King’s basketball career, she never let the injuries stop her from becoming a force to be reckoned with on the court.

Although King’s collegiate basketball career ended last Saturday against conference opponent Harding, she has climbed her way into the record books and become one of Northwestern’s most decorated athletes.

She earned several accolades, including: Great American Conference Freshman of the Year, Female Athlete of the Year, Second Team All-American, and Second Team All-GAC. She currently sits fifth in the Lady Ranger All-Time Scoring record books. She scored 1,563 points during her collegiate career and ended her career averaging 14.9 points per game. She played 915 minutes this season.

King graduated with a bachelor’s degree in criminal justice in Dec. 2019, and she is currently working on a master’s degree in adult education. She plans to teach at an elementary school.

DAY: Women of NWOSU have impacted education

Continued from Page 1
president of NWOSU.

Assistant Professor of Education Dr. Jennifer Oswald said women inspired her to be who she is today, and said she is passionate about women in leadership.

“More than that, I just love women,” Dr. Oswald said. “I think life is hard, and we need our tribes. I have my best friend tribe, my work tribe, and my community tribe.”

Oswald is a member of the One Women’s Ministry group at Faith Center in Alva.

“I love this group because it doesn’t matter what you do, we are going to support you,” she said.

As a professor of education, Oswald thinks women go into education because they are naturally nurturing, and because

they know they can make a difference. That is what she thinks pushes women into education and other leadership positions as well.

“I think there is still a lot of pressure on women in society to do it all,” Oswald said. “If you choose to be a stay-at-home mom, it’s like ... what value do you add? And if you choose to be a working mom ... then it’s like, what value do you add at home? So, it seems that no matter what we choose, there is always judgment.”

“It’s important for women to support each other,” Oswald said. “No matter what we choose to do, celebrate each other. I think that’s what International Women’s Day is all about.”

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Editorial

Learning from your mistakes

By JORDAN GREEN
News Editor

Let's get something straight:
We all make mistakes, and we can
learn from them.

A few weeks ago, I was work-
ing late into the night on the next
edition of my college newspaper.
As the news editor of the paper,
I wear many different hats: I'm
responsible for writing stories,
assigning stories to reporters, and
then editing those very stories.
Add designing newspaper pages
and taking photos to the list.

Usually, I design a few interior
pages of the paper. That week,
however, I had the honor of de-
signing the front page – the very
front page. I was excited; it was
something I had wanted to do
since I started working there.

I made a list of my stories,
thought about how I wanted the
page to look, and sketched out a
plan. Then, I got to work.

I started working on the page
on Monday. I probably spent an
hour or two on it. The next day,
I spent another three on it. When
all was said and done, I thought
it was a good page. I felt honored
that my editor and newspaper ad-
viser allowed me to design it, and
I wanted to show my family and
friends the product of my work;
after all, I did work hard on it, and
it meant a lot to me.

So, like anyone else, I posted
pictures of it on Facebook and
tagged a few people in my post.

They saw it.
So did others.

Just minutes after I posted it,
someone brought an error to my
attention: I had a misspelled word
in a headline – and it was a word
that I should have known how to
spell. It was only off by a letter,
but nevertheless, it was incorrect.

Then someone pointed out
that someone's title was wrong
in a story. It said "president." It
should have said "vice president."

Both of the people who cri-
tiqued my work are professional
writers. I would expect them to
find flaws in my work. But the
person who pointed out the most
significant error I made was none
other than my dad, who said that
one of my headlines was mislead-
ing.

I'll not recount the particulars
of that mistake. My face is still a
little blushed.

When I realized what I had
done, I marched right back to
newsroom. I logged back onto the
computer, opened up the page,
and made the changes I needed
to. Voila!

I breathed a sigh of relief. I
knew then that I could take pride
in my work. I was able to fix my
mistakes long before we went to
press. However, I didn't get those
errors fixed on my own.

No one likes having his or her
mistakes pointed out by others.
Why? Because no one likes mak-
ing mistakes in the first place. As
a journalist, mistakes can be espe-
cially embarrassing. But in spite
of our best attempts to prevent
them from happening, those of us
in journalism do make mistakes
– because we're human, too, de-
spite what some politicians would

like you to think.

Even though I don't enjoy
finding out about my goof-ups, I
know they have to be corrected so
that I can grow and improve as a
professional – and as a person. I
know that I'm human, and I know
I'll never be perfect.

But here's the caveat: Sim-
ply accepting the fact that we're
not perfect is not OK. Failure is
an important part of the learning
process, yes – but only if we actu-
ally do learn from our mistakes.
I know one thing: I won't mis-
spell that word again. We have to
apply that same principle to the
other things we screw up in life,
and opportunities to do that are
ample.

As I go throughout my days,
I'll continue to listen to people
when they point out my mistakes.
I know that some will be nicer
about finding my flaws than others
will. But no matter the situation,
I'll keep my mind open. Instead
of being defensive when someone
tells me where I'm wrong, I'll try
to be receptive of their criticisms.
Even if they're being overbear-
ing or nit-picky, I'll do my best to
hear them out.

No one likes making mistakes,
but we all do. I'd rather swallow
my pride and fix my mistakes
than live with them.

The next time I make one, I
hope someone will point it out –
and I'll look forward to making it
right.

The next time you make a mis-
take, own it, fix it, and learn from
it. That's how you grow – and if
you're not growing, you're dying.
Isn't this the truth?

EDITOR'S
RANT
OF THE
WEEK

By ASHLEY STREHL
Editor-in-Chief

Being kind is one of the
most important things you
can do in this life.

When you pass on, don't
you want to be remembered
as someone who was kind
above all else?

I was, as usual, strug-
gling with coming up with
an idea to write about in my
column this week last night.
This year, one of my resolu-
tions was to be more posi-
tive, and I hope you all have
noticed that theme in all of
my columns thus far.

Because of this, my op-
tions as to what to write
about can seem scarce at
times.

Anyway, last night I was
at Walmart and I was load-
ing my groceries from my
cart into my car. As I fin-
ished, I went to put my cart
away in the corral. A lady
came up behind me and of-
fered to take my cart to the
corral because her car was
parked next to it anyway.

I did not know this wom-
an and she did not know me.
She was simply doing me
that favor because she was
being kind.

I really appreciated that.
It is comforting to know that
there are still kind people in
the world.

When you turn on the
news all that seems to be
airing is bad news. Not to
hate on my own people, but
the media can be so crude
some times.

When someone is kind
towards you, just take a
moment to appreciate that.
Then, pay it forward, be
kind towards someone else.

I often ponder how dif-
ferent the world would be
if everyone passed on the
kindness that was shown to
them.

Paying it forward
doesn't have to be elaborate.
I mean, the lady I met in the
Walmart parking lot just
took my cart, and that meant
a lot to me.

Open the door for some-
one, tell them they look nice
today or just say hello with
a smile. Little things can
make a big difference.

I hope you all take
something away from this
column and spread the mes-
sage. Be kind and generous
and see how it can change
your life.

The Sucking Dilemma:
Story of a Struggling Bottle-Calf

By LAURA REED
NWOSU Student

As long as I can remember, I have lived with
animals. Starting with bottle-calves, then getting a
herd of cattle, and eventually raising my own sheep.
However, never, in all of my 25 years of living have
I run into a problem quite like the one my family and
I found ourselves in one Friday afternoon.

Recently, my father added to our menagerie of
livestock, by purchasing nine Brahman heifers (fe-
male that has not given birth before; I.E. girl) and
a bull. Four of the heifers were pregnant when we
purchased them.

Now that I've set the scene, here is the story:

One of the Brahmans gave birth on a cold Friday
morning. Most calves have an instinct to suckle at
the teat of the cow, but this little girl had no clue
what she was doing. After some research, my fam-
ily decided she has Dummy Calf Syndrome (not the
real name, but one of the common names for the dis-
order) which means that she has no sucking instinct,
or that she suckles at inappropriate things, like ears
or tails.

So, we have a stupid calf, and we cannot figure
out how we are going to keep her alive. Move to
my parents shower. It has all tile walls and floors,

so a good place to keep a pooping and peeing baby
that's freezing and starving to death. Now, we tried
to let her drink naturally from her mother, but she
wouldn't take the teat. Then we tried a calf bottle. To
no avail. Now, you'll remember that I said we had
bottle-calves before. What happens when they won't
take the bottle (most of the time because they are
too sick or weak) is that they get tubed. An unpleas-
ant experience for all parties. The only good thing
that can happen is that the calf gets a full belly. The
worst danger is of course drowning the calf in milk
by going down the wrong "tube."

Finally, it's the next Monday, and my mom and I
are home alone. Neither one of us wants to tube this
baby girl, so we get a bottle ready, and one of my
Chemistry classmates gave me some things to try.
While I was getting the bottle ready though, the calf
started to actually suckle on my mom's hoodie. Of
course, when she wouldn't take the bottle, we knew
one thing we could try. I went to the laundry room,
and grabbed a rag sock. Which I then put over the
nipple of the bottle. The calf, affectionately named
Cotton, drank the whole bottle, and has been doing
so successfully (as long as it is covered by a sock)
ever since.

In short, if you ever find yourself in a similar situ-
ation, don't give up hope. The solution may be odd,
but dollars to donuts it's out there.

Editorial

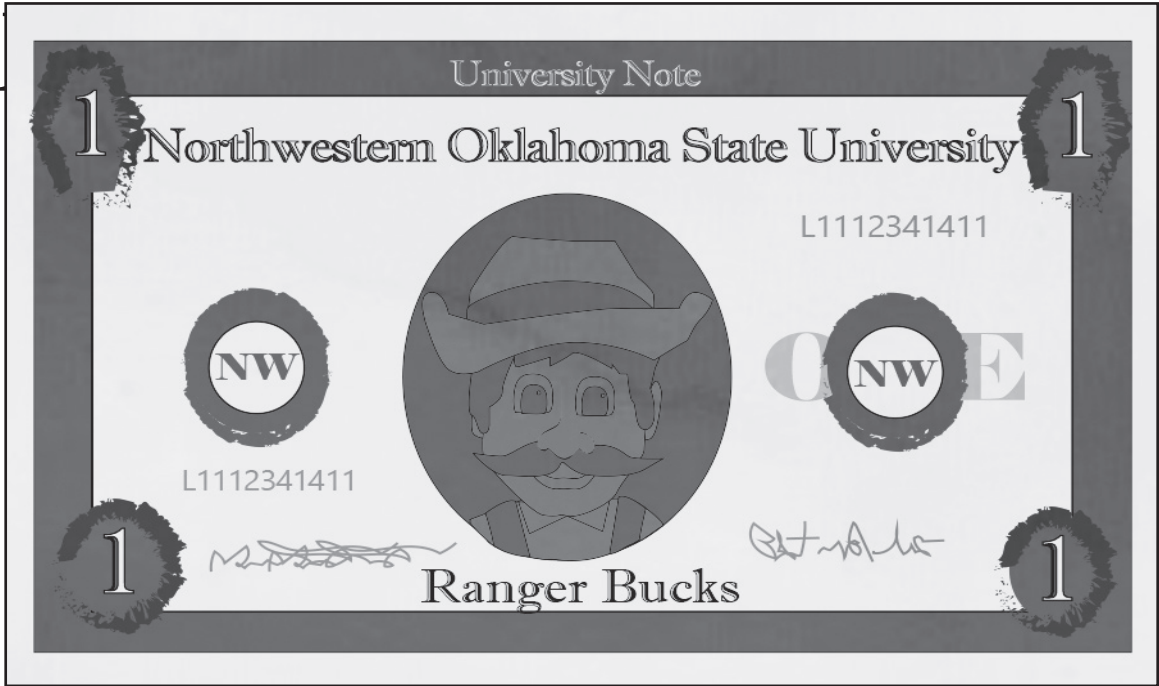


Illustration by Michelle Willson

There's a problem with meal plans

The meal plan system should be changed to benefit the students and allow them to still use what they pay for.

By **MICHELLE WILLSON**
Feature/Entertainment Editor

If you are a student that lives on campus, you have dealt with a meal plan and flex dollars. For those who are not familiar, each meal plan comes with flex dollars that can only be spent in the student center Ranger Market. I love the flex dollars because it gives students the ability to grab something to eat when their schedules do not allow them enough time to make it to the café for lunch.

I have no problem with the flex dollars. The problem comes with the meal plans. On our campus, you can choose between eight, 12 or 17 meals a week which gives students many options but if they do not use those meals throughout the week they disappear into an empty void and the student cannot retrieve them losing the money that they spent.

I used to be on the 12-meal plan but my schedule did not allow me enough time to get lunch

any day. Therefore, I could only eat nine meals a week. Most people would say, "Just move down a meal plan" but by the time, you realize you that you're wasting that many meals the time to switch meal plans has closed. I lost three meals a week for a whole semester because I missed the deadline.

There are many stories like mine. I know students who waste almost all their entire meal plan every week while they juggle work, school and clubs. The university should implement a way that some of the money goes back to the student.

The deadline to change your meal plan for spring semesters in January 24 but classes take the first week for the semester to get into the groove of things. Class might end earlier that week than it will the rest of the semester, allowing enough time to eat between classes that you will not get further in the year.

My idea is that at the end of the week the meals missed could change into Flex dollars that could

still be used by the student. The flex dollars could still expire at the end of the year, or they could change that so the flex dollars did not expire until you graduated or dropped out.

When talking with a friend about our meal plans they suggested that we should be able to swipe more than once for a meal. At this point, it is set up so a student can only swipe themselves in.

My friend said that we should make it so we can swipe other people in to use up our meals for the week. We pay for our meal plan we should be able to use it.

We need to completely change the system we use but there are ways that we could change the system to benefit the students. Changing the system would allow students to eat a snack or sandwich between classes when they don't have time for a real meal. The students not using their meals are most likely the ones who need the flex dollars the most.

OK is not okay

One way is bold and aggressive, the other is soft and conversational.

By **MCKAYLA HOLSON**
Editorial Editor

It's probably a dumb thing to be bothered by, but I just can't stand having to use "OK."

The AP Stylebook, basically a journalist's bible, has an entry for the use of the word. It just says "OK, OK'd, OK'ing, Oks- Do not use okay." Is that not weird? And so incredibly uncomfortable to look at?

Arika Okrent, in her metalfloss.com article "What's the real origin of 'OK'," says the word came about in 1839. Okrent lists a number of possible origins of the word, but she quotes a section of a book by Allan Metcalf as being "the truth." According to Okrent, Metcalf said the word was "born as a lame joke perpetrated by a newspaper editor in 1839." Okrent says Metcalf's statement is based off of research done by Allen Walker Read, a Columbia professor. Read published his research in journal articles in 1963 and 1964.

The "lame joke" is from the Boston Morning Post editor in 1839. Okrent said the editor published a humorous article about the Anti-Bell Ringing Society. The joke is: "The 'Chairman of the Committee on Charity Lecture Bells,' is one of the deputation, and perhaps if he should return to Boston, via Providence, he of the Journal, and his train-band, would have his 'contribution box,' et ceteras, o.k.—all correct—and cause the corks to fly, like sparks, upward."

Okrent says most abbreviations didn't stick, but OK probably stuck around because Martin Van Buren, whose nickname was "Old Kinderhook," used "vote for OK!" as a campaign slogan.

Old Kinderhook lost, it's just unfortunate the abbreviation wasn't lost with it.

The joke is that "o.k." stands for "all correct." Okrent says this stems from a trend of the time of using misspellings or alternate spellings to create abbreviations. She gives "no go" as an example. Its abbreviation was k.g. for "know go."

It's fitting that it started as a joke. Because it still is a joke to me.

Grammarly.com says the spelling "okay" came around a few years after the abbreviation came into creation, so I guess something good came from it.

I spoke with my friend about this and she said OK is more of a conversation ender, but she's still not one hundred percent comfortable with okay.

I agree that OK is a conversation ender. It's just so blunt and aggressive, it screams at you. I'm more comfortable with the use of okay. Okay is soft, gentle and is more like what I would typically use the word for.

I sound pretty hateful of OK, but it just seems so rude to type. Like I said previously, it's just so aggressive. It's bold and in your face.

While I don't like it, I will still be using OK for the near future. But only for educational purposes. Afterall, I have to do what my professor prefers. If I work somewhere that requires OK instead of okay, I will use OK, but personal use will just be okay.

OK
VS.
Okay

**Interested in writing?
Share your opinions!**

Contact McKayla Holson

mrholson30@rangers.nwosu.edu



Liberty Lyon, center, is shown with her grandparents.

Photo provided



Lyon's son, Blake (center), is shown at a family event with Gary McNeil (left) and his wife (right).

Photo provided



Clockwise from left: Lyon, Blake, Travis and Liberty are seen at a school event.

Photo provided

Charity Lyon - achievements in life and education

By ANGEL PEREZ
Student Reporter

Charity Lyon used to have students write where they hoped to be and what they wanted to do when they were older.

When they had been out of school for five years, she wrote them to tell them she was proud of them and sent them that letter they wrote when they were freshmen.

It reminded them of who they wanted to be, showed them what they had accomplished and helped them realize how much more there was to life than what they once believed.

Several of them wrote back or called to let her know what was going on.

She said with social media, it is so much easier to keep up, and it is so rewarding to share in her students' adult lives.

"The most satisfying thing as a teacher is when your students go on to become who they were meant to be and dreamed of," Lyon said.

Lyon is an adjunct instructor in the communication department on the Alva NWOSU campus. Lyon has taught speech at NWOSU for eight years.

She said her mom and dad taught her a strong work ethic, to love God, which is the most important thing in her life, and to be

a person of character and be a person of her word. Her mom taught her the power of love. She always told her; "Love what you do and do what you love. Value and respect the people you treat and take care of yourself and others with love." Her mom and dad are the biggest influence because she always thinks about what her parents would do in the situations or what would they think about things.

Lyon says she wants to be more compassionate, caring, gracious and loving like them.

"She is the best thing that has ever existed in my life," said Keith Dellenbach, her dad. "I will never complain about her. She has always done things well and followed God's way."

In Lyon's professional career, all the professors had made a big impact on her. Michelle Bores was her television teacher when she came to NWOSU as a student, and she encouraged Lyon so that she continued to be better every day. Sherrill Evans was the dean of the Enid Campus and now is the president at Northern Oklahoma College. She is one of Lyon's mentors.

"I admire her as a person, character, her personal life and with her family," Lyon said of Evans.

Now as a teacher at NWOSU, Lyon said her duties include teaching speech classes and supporting teachers and staff.

Another part of being a teacher

is helping students and educating them on how to express themselves in front of people. Lyon said her biggest failure is when the students leave and she feels they didn't understand the material that day.

"A student is the most important person ever in this school," Lyon said.

To overcome this feeling of failure, Lyon said she tries to express herself in a way that students can understand and share the right information that may be beneficial to them. She also tries to make sure that the next class gets the same information.

Lyon said she then starts thinking about students who might be looking for the same education and don't have it. She has gained the students' confidence to choose her as a teacher to educate them.

Devan Dellenbach, her sister-in-law and best friend, said the most admirable quality she finds in Lyon is easily given away by her own name, Charity, which means "love."

"She embodies countless great qualities as a mother, wife and friend," Dellenbach said, but as a servant of Christ she most radiantly emits her generous mercy for all those she encounters."

To have a friend like Lyon when in the darkest dark, can only be a tangible expression of God's scandalous and reckless love, she said.

"She is a treasure, imperfect



Lyon's kids, Liberty and Blake, are shown at Blake's football game.

Photo provided

and beautifully broken and poured out to all of us who get to call her friend," Dellenbach said.

Lyon became a speech instructor in August 2012. She said she has been blessed by the staff because they accepted her because she worked hard to get what she wanted.

The NWOSU staff is truly happy and ready to work. She also said the university has tremendous teachers to educate students.

Lyon grew up in Greensburg,



Kansas. She attended Northwestern Oklahoma State University for her bachelors and master's degrees, and then went to Oklahoma State University for a doctorate in speech/

mass communication.

Lyon has two children that, according to her, are her greatest achievements: her 16-year-old son Blake Lyon, who is in high school and is participating on the football team; and her 14-year-old daughter Liberty Lyon who was born with disabilities and requires a lot of care.

Lyon is married to Travis Lyon, a man she said is her personal hero and is amazing and fascinating. She said he is her best friend, and she admires his morality, his sense of good and evil. When she sees how good he is to her and with everyone around him, it compels her to be a better person too, she said.

"My wife is one of the most important blessings in my life," Travis Lyon said.

Charity Lyon did not start as

**"Be kind," Lyon said.
"It doesn't cost anything to be kind."**

a teacher. She started working at Northwestern Sports Information in Alva. After she graduated with a bachelors, she narrated all the athletic programs, and updated all the games on the Internet.

NWOSU then helped her pay for her master's degree. When she finished her master's degree, she began teaching mass communications and helped students in the television room. Then she had children and changed to being a speech instructor.

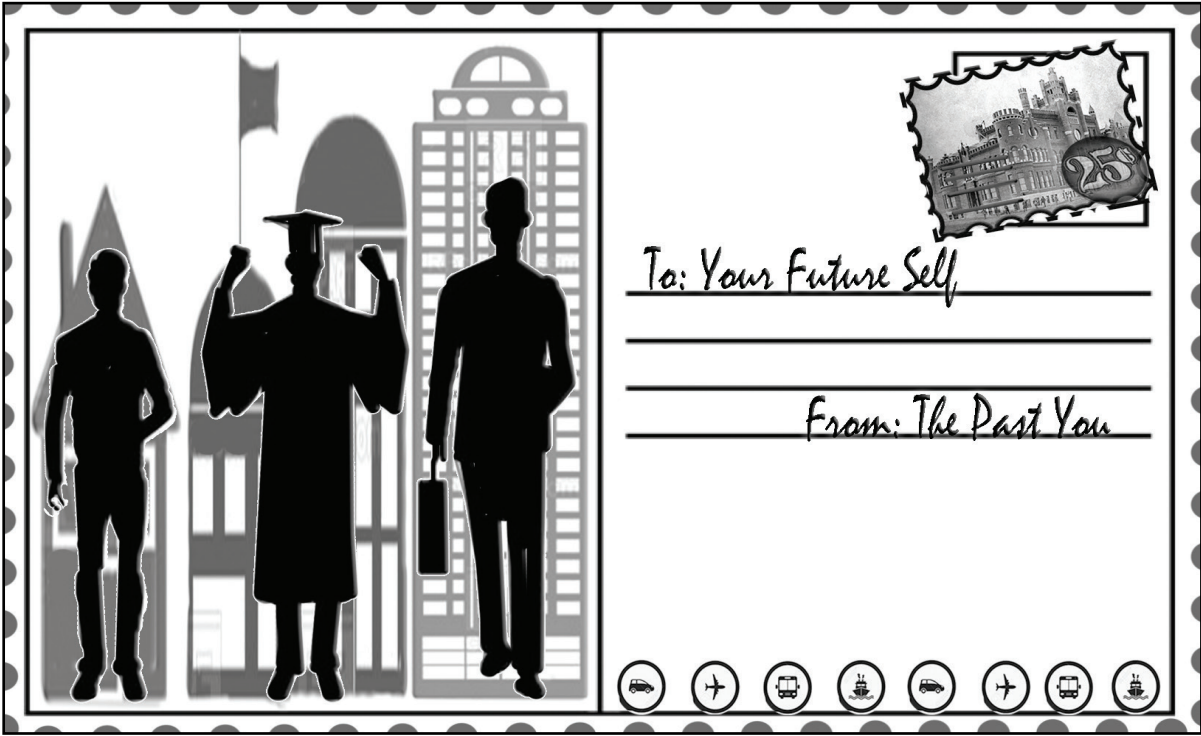
Lyon described herself as a happy, optimistic person. She said she tries to make those around her feel happy also. She said if someone is going to infect another with an attitude, why not make it a good one?

"Be kind," Lyon said. "It doesn't cost anything to be kind."

Garry McNeill, Lyon's pastor, said she is an extremely humble, goal-oriented person and a world traveler. He said she always puts God first over all things.

Her best quality and greatest weakness are trying to see the good in every situation and person. She tries to include people in her friend groups and always she looks for the best in people. People may be surprised that she is a good volleyball player, he said.

McNeill said every time she is with groups and relatives, her personality demonstrates the woman she is and people see how she interacts with others, helps the church



Graphic By Capri H. Gahr

Lyon used to have students write letters to themselves explaining what they wanted to do when they were older.

and has always been a person who, no matter what, goes forward.

"She has a really high level of intelligence and acts professionally in what she is doing," McNeill said.

He said Lyon's love for knowledge is something he admires about her. "She has been in college, in the church and she has always worked hard and wants to learn more in and out of school," McNeill said.

Lyon said she aims to be the best she can be in her work. She learns from her job every day. She said a possible future goal is to travel the world with her family, but now she is focused on becoming the best teacher so that she can give and enjoy her children.

Getting up in the morning to teach and do the best she can is what motivates Lyon to educate others.

Lyon's hobbies include reading books, spending time with her family, going to church and watching football but hearing the word of God is the most she likes.

"Only God knows my way. Only he knows my destiny and in his hands is my future," Lyon said.

"She embodies countless great qualities as a mother, wife and friend," Dellenbach said.

Feature

Seven languages: One NWOSU speaks them all

By LEAH DARNELL

Student Reporter

Hello. Bonjour. Hola. Ojeko. Wuhu to sen. How you dey do?

The words above are different ways to say hello.

Forty percent of the world’s population only knows one language, 43% are fluent in two and only 13% can speak three. Edwin Yemoh speaks seven.

Learning a new language can be difficult for anyone, but for transfer student, Edwin Yemoh speaking seven different languages is part of who he is.

The seven different languages includes: English, French, Spanish, Ga, Twi, Waa la and Pigeon.

“I always focused on the English language, but I always try and remember I can speak these languages,” Yemoh said.

Yemoh is from Ghana, West Africa, and is a transfer student from Seward County Community College in Liberal, Kan. studying computer science. When looking at the variety of majors to choose



Edwin Yemoh

from he found the profession computer science.

“I look at the whole broad spectrum of professions and computer science seems to be something that will never go out of business, so that’s why I chose computer science,” Yemoh said.

Finding the right school at an affordable rate is impossible to find. For international students, scholarships are available to help offset costs at Northwestern.

“I was able to talk to Mr. [Caleb] Mosburg and he said that there was scholarships for international students and we



Yemoh sang and played the drums at SGA’s Singing and Sundaes.

[international students] need scholarships,” Yemoh said. “I heard about that and I took his word for it.”

Working three different jobs back in Seward, everyone assuming and thought Yemoh is sociable, but everyone didn’t know he is in all actuality an introvert.

“I try to be nice to people when I see them,” Yemoh said. I am reclusive so I protect myself, so I protect myself; I don’t get hurt or anything.”



Patience pays off

How football brought Escalante from California to Northwestern

By KEVIN FORD

Student Reporter

Nothing is more challenging than staying prepared when their number is rarely called.

For Sebastian Escalante, patience, hard work and respect brought him his long awaited opportunity.

Originally from Fresno, California, Escalante came to Alva for his official football visit back in the spring of 2015. Now, he is working as a graduate assistant for Northwestern football, Escalante said he is thrilled to work with young men who were once in his shoes.

Football has been a life enjoyment, Escalante said.

“My dad pushed me and guided me to be great in everything I do,” Escalante said.

This was a big reason why Escalante was a part of a league championship in eighth grade, following an undefeated season.

“We were down going into half and opened up the second

half with a kickoff return for a touchdown,” Escalante said. “It was a special moment for me and my dad, who was coaching me at the time.”

Escalante experienced some hardship through his years playing football at Northwestern. Two herniated disks plagued Escalante during his redshirt sophomore year.

“I could barely lift any weights or participate in any team workouts,” he said. “I entered two and a half months of rehab with a chiropractor as a result of this injury.”

His back injury shifted his inspiration into sticking with biology and learning the functions of the body to help others gain a better understanding of taking care of it.

Escalante is no stranger to building networks, as he has maintained a high GPA throughout his years as a student athlete.

No matter what life throws at him, he strives to overcome adversity, Escalante said.

Escalante continues building personal relationships with people.

“Every day, every moment presents a new opportunity,” he said. “Appreciate what you have now.”

Making a difference for LGBTQ youth nationwide

Peyton Lucas picked for the Trevor Project

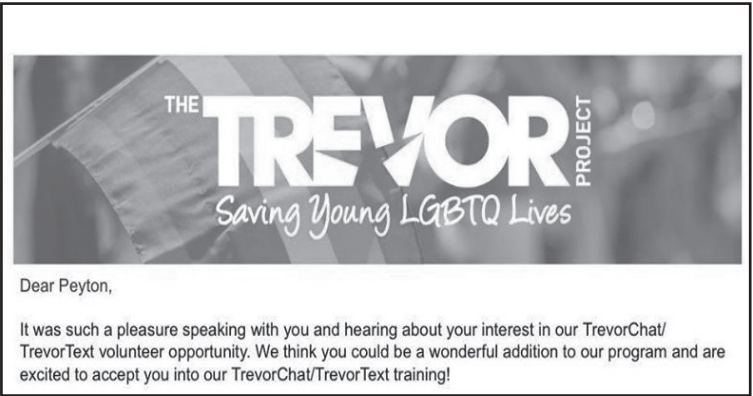
By MICHELLE WILLSON

Feature/Entertainment Editor

One day while working in the theatre on October 3, an email notification popped up on Junior Peyton Lucas’s phone that caught his attention. It simply read “Congratulations”. Upon further inspection, it was from The Trevor Project, an American non-profit organization founded in 1998 focused on suicide prevention efforts among LGBTQ+ youth.

Payton had applied to be apart of the program months prior and was told he was on a waiting list. He quickly told everyone he was working with and sent a screen shot of the email to the NWOSU Gay-Straight Alliance group chat where he received congratulations from his fellow club members.

“I applied for the Trevor Project because I wanted another opportunity to volunteer and I saw they were looking for volunteers for this new opportunity that you could literally do from anywhere. I figured I should go ahead and apply for it since its something I eventually want to do with my



One of the emails Peyton Lucas received from the Trevor Project

career.”

Lucas is currently going through 40 hours of virtual training to be a TrevorChat/TrevorText volunteer.

Lucas said he has done eight modules so far. It consists of harm reduction as well as specific like self-harm, bullying and child abuse.

“Instead of having to call the hotline, they can just text or chat online and talk that way.”

The Trevor Project website states that virtual training including webinar lectures, roleplays, and monitored shifts. Throughout this training, volunteers will learn about gender identity, suicidology, risk factors for LGBTQ young people, and Trevor’s Crisis Support Model to prepare them to speak with youth in crisis.

May 4 is the due date of his last training it will be a monitored shift. Where he will interact with someone but be watched to make sure he is saying the right things.

“I’m extremely excited and happy that I can be apart of this wonderful thing they are doing,” Lucas said. “They are doing a lot of good work and I am proud to be a part of it.”

Lucas said that he hopes that he not only gets career experience but also he wants to make a difference in a lot of young people’s lives.

“This is something that I have experienced once before and I want to help other people who are going through similar things that I went through,” Lucas said. “I want to help them deal with it and make it though as okay as possible.”

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Feature



A teen discovers
her true potential

*‘I Am Not Okay
With This’ keeps
audience wishing
for more episodes*

By MICHELLE WILLSON
Feature/Entertainment Editor

“I am not OK with this“ is a comedy-drama that premiered on Netflix on February 26, 2020. The series has eight episodes ranging from 20 to 30 minutes long. Sophia Lillis plays Sydney Nova The movie is main character. Lillis is known for her role as Beverly and it Nancy in the 2019 Nancy Drew and the hidden staircase and young Camille in Sharp Objects.

Wyatt Oleff please Stanley Barber Sydney’s “a boy that lives down the street” from nova in the movie. You can quickly see that Stanley Barber is probably going to be the main love interest in the series. He is known for his portrayal of Stanley Uris in it young rumple still skin in once upon a time and young Peter Quill in the guardians in the galaxy series.

“I am not OK with this“ starts out with The first episode “dear diary“ the main character Sydney nova walking down the

street covered in blood with the voiceover of her writing in her diary. So you can see it caught my attention right from the beginning.

Nova claims she’s just your average right girl. She’s new to the school, her dad just died and her best friend hates the head jock. She goes through the same high school experience as everyone else health class drama and awkward experiences.

Less than halfway into the first episode you start to get a feeling that something is off but they try to cover it up as “Normal high school experiences.”

I really like the way they use voiceover to explain what’s going on in nova’s head. It helps Watchers follow along with what’s happening in the movie.

The soundtrack for the series really matches the atmosphere that the producers were going with. The movie kind of has a vintage stranger things feel. The movie helps give this vintage per trail through the lighting, costumes and set designs

You get to see your “average teenager“ cope with her emotions and everything else that has thrown her way.

I gave this movie a four out of five stars because though it starts out slow it really catches up. It makes his real-life experiences with a little bit of supernatural abilities.

‘Sonic’ is a strong leader in
video games and movies

*Popular video
game character’s
new movie is a hit*

By PHILLIP HUDSON
Feature/Entertainment Editor

The movie is comedic for the most part, but it has a few heartfelt moments. Schwartz’s voice for sonic is perfect. It has that teen kid vibe without being an annoying teen kid. It is playful at times, but in the serious moments you feel the weight of the emotions.

Sonic is the story of an alien hedgehog named Sonic (Ben Schwartz) who runs at super speeds. The hedgehog hides from the world so nobody will hunt him to steal his powers, and he was instructed by his owl mother to use his golden rings to teleport to other planets if ever discovered.

Sonic is discovered and plans to do that, but local sheriff Tom Wachowski (James Marsden) tranquilizes him and the rings are teleported to San Francisco. Sonic and Tom then go on a road trip to get the rings, and build a friendship with being chased by Dr. Robotnik (Jim Carrey) who wants Sonic’s powers.

The design of Sonic spot on and only helps to add to Schwartz’s performance. This is not the original design they had for the film. The first design would have possibly wrecked the performance, even for non-Sonic game or television fans. James Marsden does excellent in the role.

The title of the film could have actually been called Sonic



and Tom. They both have equal development throughout the film.

Marsden is not the straightest of the straight man found in most comedic films, like Desi Arnes in I Love Lucy or Jim Parson in The Big Bang Theory, because sometimes he is the comedian and Sonic is the straight man. Dr. Robotnix is also a character that switches from straight man to comedian, depending on who he is interacting with.

Jim Carrey’s character is the antagonist in the film. The role is pretty much Jim Carrey doing his Jim Carrey route. He screams randomly, he makes jokes at other character’s expense; he waves his arms around, and even dances. Audiences that love Carrey’s route will love this film. True, his dance comes out of nowhere and adds nothing plot wise for the film, or even character development. This works for the film though.

Again, sometimes he is the comedian in the scene. He has an assistance that interrupts his dancing and awkwardly offers him a beverage, making Carrey the comedian in the scene. When Carrey’s character meets

Marsden’s, he is the straight man reacting to Marseden’s jokes.

He never gets a real deeply emotional moment like the other two stars, but the film is not about him and he does not grow as a character. It still works though because he is pushing the plot along.

The only issues with the film are from a video game of television show fan’s standpoint.

Sonic is the lead in both medias, but he has an ensemble in both and people love them. Characters like Knuckles, Tails, and Rouge would have been nice to see, but the film is probably better without the ensemble because it allowed the film to focus on the lead characters the film needed to focus on.

Otherwise these characters would have been like The Hobbit where you have a collection of dwarves that really do nothing, have no development, no real point in existing, and completely forgettable. If the film gets a sequel--which what films in Hollywood are not looking for trilogy/franchise films(?)--then they could appear and fans won’t call Espio “the purple one.”

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Wicked Tuna
Wicked Tuna: Outer Banks
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Available March 15
G-Force

Sports

Track breaks eight records at GAC

By **ATHLETIC COMMUNICATIONS**

The Northwestern Oklahoma State track and field team wrapped up the Great American Conference Championships inside of the Mosier Indoor Facility Saturday, breaking eight school records, setting 35 new personal best and collecting 15 all-GAC finishers.

“Obviously we rose to the occasion for the GAC Championships,” head coach Jill Lancaster said. “I cannot count the number of personal best and school records we had; they were numerous. Every race we were in, we competed hard and put up quite a few PRs.”

Northwestern finished in sixth place as a team, beating Arkansas Tech, while did not score a single point. The Rangers finished with 32 points, three points less than East Central, 3.5 behind Southern Nazarene and 8.5 points fewer than Southwestern. Oklahoma Baptist took the overall team crown.

In the running events, there was a new record set in the 400-meters, the 800-meters, the one-mile run, the 3,000-meter and the 4x400-meter relay. During the field events, records were set

in the high jump, weight throw and the shot put. All finishers in the top-eight secured an all-GAC honor Saturday.

The all-conference honorees are the distance medley team, the 4x400m relay team, in the pentathlon Gina Wilson, in the weight throw Jenny Martinez, apart of the triple jump was Raven Pridgen-Spearman, Destiny Chew and Rosaria Milton claimed the honor in the shot put, Wilson, claimed her second honor in the long jump and in the high jump Selena McDonald,

McDonald continues to best her own school record in the high jump, this time jumping 1.57m, while Destiny Gardner matched her third-best jump in school history at 1.47m and Hayden Duvall joined Gardner to tie for third best. In the conference meet, McDonald placed fourth, while Gardner and Duvall tied for seventh place.

Martinez takes over the top spot in the weight throw gaining a distance of 12.55m, to finish in seventh place, while Kelsey Swindle placed ninth with a distance of 10.65m and Milton threw for 10.23m to place 10th.

During the shot put event, Chew placed fifth with a record-setting throw of 11.83m. Milton, moved into the second

spot in the record books with a throw of 11.77m, she finished in seventh place and Martinez threw 10.48m to finish in 10th place.

In the long jump Wilson finished in eighth place with a leap of 4.86m, Rebecca Wasson climbed to the fourth spot in the record books with a jump of 4.68m, Pridgen-Spearman took over the fifth slot reaching 4.50m, while Zarin Goodrich now holds the sixth spot with a 4.47m, Natasha Stocks jumped 4.46m to take over the seventh spot, Duvall jumped 4.33m and Rachel Wilson moved into 10th place with a finish of 4.18m.

Pridgen-Spearman used her triple jump to take over the third spot with a jump of 10.28m, placing seventh. Duvall turned in a ninth-place finish jumping 10.08m, while Stocks turned in a finish of 9.23m to move into the sixth spot and Wasson jumped to the seventh spot with a jump of 9.03m.

“This team has grown over the last year and we are excited about what level we can get to in the outdoor part of the season,” said Lancaster. “The coaching staff is excited about the progress our team is making, but we left some points handing. I am really happy about the efforts that our coaching staff and athletes put forth in

the competition.”

In the 4x400-meter relay, Ladasheray Bell, Jaya Barnes, Abrianna Orona and IceLei Duke placed third with a time of four minutes and 11.82 seconds to set the new Northwestern record.

Camille Lear beat her old personal best time by 4.26 seconds, finishing with a new record time of 11:41.41 in the 3,000-meter race. In the one mile run Kayla Gourley set the new Ranger record with a finish of 5:52.07, taking over the top spot by 0.70 seconds better than the previous record-holder Jasmin Garcia. Garcia finished with a time of 5:53.66 in the GAC Championships Saturday and Zoe Moorman moved into fifth in the record books with a time of 6:12.81.

In the 800-meter race, Briley Yunker improved her school-record time by 1.28 seconds. She placed 10th in the event with a time of 2:27.11, Mariah Malloy moves up to fifth with a time of 2:36.85, Madison Meyer had a time of 2:44.02 to climb into the ninth spot and Jean Dodds turned in a personal best time of 3:03.71.

Barnes set the new time to beat in the 400-meters, with a finish of 1:03.28. She improved her PR by 2.89 seconds on Saturday. Duke improves her PR in fourth place in the record books with a

new time of 1:04.59. Abigail Cole improved her time to 1:09.38 to hold the ninth spot in the ranks and Angel Marshall had a time of 1:11.21.

Both Northwestern runners in the 200-meters run improved their PR and made a move in the record book. Jasmine Bowen climbed to third with a time of 27.84 seconds, while Kianna Dickey had a finish of 28.99 seconds to move into ninth.

During the 60-meter hurdles Gina Wilson turned in a time of 10.07 seconds, not able to better her school record she set on Friday and Elizabeth McMahan moved into second place with a time of 10.44 seconds, 0.02 better than her previous best time.

During the 60-meter race Orona used a finish of 8.29seconds to score the second-best time in NWOSU history and Dickey’s time of 8.67 seconds, is good enough for eighth.

“We saw a lot of progress, with this group this winter,” stated assistant head coach Craig Binkley. “There are greater expectations with what can be done during the outdoor season. We can see the progress during each meet so far. Obviously, we want to carry that momentum over to the last couple of months we have left.”

Men’s b-ball beats Harding

By **ASHLEY WATTS**
Sports Editor

Northwestern Oklahoma State University basketball took down Harding Saturday during senior day.

Before the start of the game the seniors were recognized at half court. The seniors included: Eric Andres Jr., Bryshon Bryant, Bryce Cashman, Hayden Graham, A.J. Jones, David Thornton and Jaedon Whitfield.

Four plays put up double digit scores for the win over Harding, 78-68.

Whitfield led the Rangers with a double-double. Whitfield had 21 pions and 13 rebounds for the game. Thornton wasn’t far behind with 18 points and six rebounds. Parrish Hewitt and Cole Jones each put up 12 points on the board.

To start the first half A.J. Jones scored the first basket of the game after NWOSU won the tipoff. From then it was a back and forth battle for the fist half. At the 10 minute mark, Harding was up 16-14 until a turnover by Harding that resulted in a three pointer.

The battle between the Bison and the Rangers continued until the Rangers went on a 9-0 run right before halftime. Northwestern headed into the half leading



Photo by Ashley Strehl

Northwestern will host Arkansas Tech on Feb. 27.

Harding 34-29.

Straight into the seconf half, the Bisons answered with a made three-pointer to put the score 34-32 with the Rangers still on top. After a foul and another basket Harding took the lead away from the Rangers. With 17 minutes left of the game the Rangers still trailed the Bison. The second half went back and forth with lead changes.

It wasn’t until the 13 minute when the Rangers went on scoring run that put them into the lead by eight points. Throughout the

rest of the second half, the Rangers led the Bison by as much as 13 points.

With one minute remaining in the Rangers season finale, Hewitt splashed a three-pointer followed by two made free-throws from A.J. Jones that scored teh final points of the season and secured the 10 point win over the Harding Bison for the final game of the season in Percefull Fieldhouse.

The Rangers finished the 2019-2020 season 10-18 overall and 7-15 in the Great American Conference.

Brown named GAC Player of the Week



Photo by Ashley Strehl

Junior Bailey Brown was named the Great American Conference women’s basetball player of the week. Brown is the first Lady Ranger to win this award for this season, and this is her third time winning this award in her career. Brown helped the Lady Rangers to a win over Arkansas Tech this week. For the two combined games she had 56 points and 28 rebounds.

Sports

SAU sweeps baseball

By **ATHLETIC COMMUNICATIONS**

The Rangers looked to steal the series victory on the road in Magnolia after splitting the doubleheader on Saturday. The rubber match was set for Sunday afternoon. Muleriders would rally behind eight homeruns throughout the game to take control. Those homeruns would create multiple big run innings which included two four-run innings and a nine-run inning to break the game open. The Muleriders would defeat the Rangers 19-7 in seven innings.

The Red-and-Black finished the game with seven hits on the day. Marques Paige led the team with three hits, two runs, five runs batted in, from two homeruns. Jake Darrow had one hit and two runs scored. Daschal Johnson finished the game with one hit and two RBI. Tyler Garcia and Brock Randels had the final two hits of the afternoon.

Blake Hoffman got the start for the Rangers. He lasted three innings allowing seven runs on six hits and three walks. Brody Shook came in relief in the fourth pitched one inning giving up 10 runs on seven hits and two walks. Beau Britton pitched one inning allowing two runs in the frame. Koby Spicer finished the game for the Rangers throwing one scoreless inning while striking out two.

The game started in the Rang-

ers favor getting the first two runners of the game on base followed by an RBI single up the middle for Johnson giving the Rangers the early 1-0 lead. Southern Arkansas would find their way out of the inning by only allowing the one run.

The Muleriders used the momentum from the end of the first to carry over to their offense. With runners on first and third, Kobe Morris stepped up and hit a 3-run homerun to right-center field to give SAU the 3-1 advantage. He was followed by a solo homerun as the Muleriders went back-to-back giving SAU a 4-1 lead.

Both pitchers would bounce back nicely with Hoffman retiring Southern Arkansas in order in the 2nd inning.

The third inning Johnson would strike again this time with Darrow on third, Johnson would hit a line drive to right field and was robbed of a hit off of a diving catch. On the play, Darrow did take home though for Johnson's second RBI on the day.

Muleriders once again had the answer though from the long ball. Ty Manning stepped up with a runner on first and hit a two-run homerun to left field to widen the Ranger deficit to 6-2 on the day.

Rangers would not get all of the runs back but Paige did damage by hitting a homerun to right-center giving the Rangers one back. Rangers trailed 6-3.

The Muleriders though were there for the call, as they answered back with four more runs

this time coming from a Chris Lyles homer driving in three runs. Later in the inning, Brett McGee would hit a solo home run and put Southern Arkansas on top 10-3 after four innings.

After holding the Rangers scoreless in the fourth, the Muleriders would break the game open. They would rally behind a nine-run inning extending the lead to 19-3. The first run came from an RBI single. Then the bases were loaded for Martinez to step up and hit a grand slam to left field. Following a pitching change, Morris would hit his second homerun of the inning bringing their lead to 19-3.

Paige would continue his hot day at the plate as he picked up his third hit of the afternoon in the sixth with a grand slam to left field scoring Brock Randels, Colton Whitehouse, and Bryce Donovan. This would bring the game to 19-7.

Rangers tried to rally in the seventh but Southern Arkansas stopped that with back-to-back strikeouts to end the game in seven innings.

The Rangers dropped the series in Magnolia dropping two of the three games. Rangers will be back in action Tuesday against Northeastern at 2 PM. The Red-and-Black will return home for conference play for three games against Arkansas Monticello this upcoming weekend March 6-7th. Rangers are now 7-12 on the season along with 4-5 in conference play.



Photo by Leah Darnell

Softball will play Arkansas Monticello on March 6 in Monticello, Ak.

Softball loses to SAU

By **ATHLETIC COMMUNICATIONS**

Northwestern Oklahoma State Rangers continued their four-game series against Southern Arkansas University Saturday afternoon.

The number six nationally ranked Lady Muleriders again showed off their offensive skills with 28 hits on the day while the Red-and-Black tallied nine.

They also tallied six homeruns on the afternoon with 25 RBI's. Northwestern now sits with a record of 3-12, with a Great American Conference mark of 0-8. Alexia Taylor played well in the first game from the circle, while Ariel Forsyth got the start in the second game.

Game 1

The Rangers defense rallied behind Taylor as she shut down the Lady Mulerider offense to start the game with a one, two, three-inning. Back-to-back singles in the top of the second gave Southern Arkansas their first lead of the game with a 1-0 lead. The Northwestern had a chance in the bottom of the second but ran themselves out of the inning.

A solo homerun I the top half of the third inning extended the SAU lead 2-0 and was followed by another later in the inning after an error by the Ranger defense.

The Lady Muleriders held a 3-0 lead, but stellar pitching from Taylor held them from scoring in the top of the fourth. This gave the Red-and-Black their opportunity and they jumped on it. Flowers singled to left followed by a Casey single to put baserunners on second and third. Detar earned an RBI after a fielder's choice allowed Flowers to score and cut the lead 3-1.

The Lady Muleriders earned that run back quickly however with two singles and took a 4-1 lead. The Red-and-Black continued their momentum into their half of the fifth inning with runners in scoring position but could not plate any runners.

Southern Arkansas pushed their lead out of reach of the Rangers in the top of the seventh inning as they added three more runs with four hits on two singles and two doubles. NWOSU went down in order in their half of the seventh and took their third loss of the weekend with a final score of 7-1.

Game 2

The Lady Muleriders carried their momentum into the second game as their bats caught fire and tallied 17 total hits. Their first run came in the top of the first after a double and single allowed a run to cross the plate.

The top of the second was when their offense exploded. Collecting seven hits, with a solo and three-run homerun, one of which was the first of Lady Mulerider Sarah Evan's two in the game. They tallied ten total runs to take an 11-0 lead through two innings.

The Red-and-Black answered with two runs of their own on three hits to cut the lead 11-2. Flowers was hit by a pitch to start the inning followed by back-to-back singles that led to a third two-RBI single from Detar.

Southern Arkansas answered back with Sarah Evan's second homerun of the game, a solo shot over the left-field to extend the lead 12-2. Unfortunately, for Northwestern the Lady Muleriders were just getting started as they tallied nine more runs in the top of the fourth on five hits and two Ranger errors. Back-to-back homeruns from SAU started the rally and created a 21-2 score.

The Rangers were unable to score any more runs through their last two half-innings and took their final loss of the season with a score of 21-2.

Northwestern's next game is Friday, March 6th against the University of Arkansas at Monticello. Northwestern will travel to Monticello, Ark., with the first doubleheader of the four-game series to be played at 1:00 and 3:00 p.m.

Basketball beats Ark-Tech

By **ASHLEY WATTS**
Sports Editor

Men's and women's basketball competed against Arkansas Tech on February 27. Both teams came out victorious in the match ups. The women's team won 76-92, while the men's team won 78-85.

The women's team started the night off with a win over Arkansas Tech. The 92 points scored by the Lady Rangers are the most points in a conference game since joining the Great American Conference.

The Lady Rangers were led by Bailey Brown who finished the game with a career-high 36 points. Kalea King followed behind with 22 points. Brown finished the game with 19 rebounds for her eighth double-double of the season.

The game was started with a 6-0 run by the Lady Rangers and

they never slowed down. The game was controlled all the way through by the Lady Rangers. At the half Brown hit a final shot that gave NWOSU a 10 point lead, 40-30.

After the half Arkansas Tech tried to make a come back, but they fell short as the lost the game by 16 points.

The men's basketball team played right after the women's game.

David Thornton was the high scorer for the game with a career-high 30 points. Jack Peck had 15 points while Parrish Hewitt and Cole Jones each had 10.

The Wonder Boys started the game out with a lead, but were unable to hold it.

The game was tied at 36 going into halftime. The second half was controlled by the Rangers. The Rangers led the entire half by at least nine points until the two minute mark when the Wonder

Boys brought the game within three points. Free-throws from A.J. Jones and Thornton and a lay-up from Peck solidified the win for the Rangers.

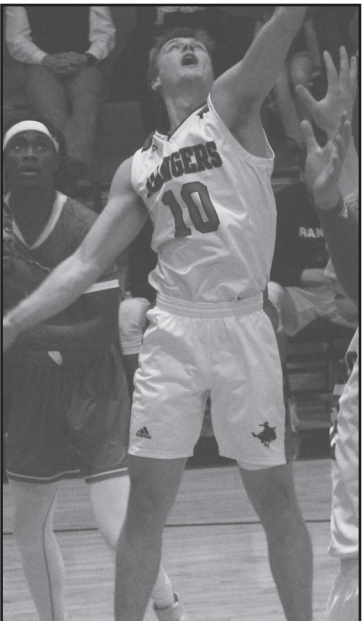


Photo by Leah Darnell

Both teams won against Ark-Tech.

Rodeo away:

Fort Scott College
March 13-15

Men's golf away:

The Arkansas Collegiate
El Dorado, Ark.
March 8-10

Softball away:

Arkansas Monticello
March 6-7

Baseball home:

Arkansas Monticello
March 6-7

Women's golf away:

Diffie Ford Lincoln Invite
Edmond
March 8-10

Raise your voice and be heard March 7

By MEGAN BROWN
Student Reporter

March 7 is known as “National Be Heard Day.” This day was set to encourage small businesses to make themselves known. The day is now used by many to voice their opinions on a wide range of topics. Northwestern students took the opportunity to give their insight on issues within society that they believe should be discussed.

Shelby Porter, a nursing major, voiced her opinion on the United States Foster Care System.

“One of the issues that isn’t talked about enough is the foster care system and how poorly structured it is,” Porter said. “There are children who are brought into the system and are moved from family to family.

Sometimes these families are not the best for these children who have never had a real family and a permanent place.”

According to KVC.org there are nearly 428,000 children within the foster care system everyday in the United States.

The decision to not vaccinate children came up with freshman student, Braylon Bradt. Bradt said he believes that the topic of parents choosing not to vaccinate their children should be discussed

more.
“Because more people are not vaccinated some disease are actually making a comeback,” Bradt

“One of the issues that isn’t talked about enough is the foster care system and how poorly structured it is.”

said.
Topics involving children and their well being were brought up by many students, including Mercedes Kirkhart, a senior education major, who has first hand experience with the topic of free school lunches.

“Something that we discuss in classes is Maslow’s hierarchy of needs not being met, specifically in early childhood aged children,” Kirkhart said.

“This means that their basic needs aren’t being met. Children aren’t going to focus on learning their ABC’s or what a plant needs to grow when they are thinking about where or when they will have their next meal.

Kirkhart said she strongly believes that it would be highly beneficial if all school systems of-



“I believe we are lacking in the discussion of mental health; not only is there an absence of emphasis on poor mental health but also the positive aspects.”

fered two fully free meals a day for children enrolled in the system.

“This would take away at least one of those needs children have and allow for more opportunity for learning in classes,” Kirkhart said.

TJ Andrade, NWOSU assistant head coach, weighed in on the topic of a decline in enrollment at trade schools. A trade school is a

form of education that is designed to teach students technical skills and train them in specific career fields.

Andrade said he believes that the decline in trade schools will begin to become more and more impactful as the fields they are training individuals in will start to lack professionals.

Many trade schools train future mechanics, CNA’s, web developers and more.

Mental health is a topic that is known across the United States but often not discussed in an appropriate manner. Many individuals believe that the general public is not fully educated on the topic.

Ashlie Wilhite, a NWOSU senior and local CNA said, “I believe

we are lacking in the discussion of mental health; not only is there an absence of emphasis on poor mental health but also the positive aspects.”

While there is a day set aside for voicing opinions, everyone is entitled to their own thoughts and ideas every day of the year.

Do you want your voice to be heard?

Email us what we should be reporting at:
nwnews@nwosu.edu