

LEARNING TO FLY



Spirit Aerosystems workers discuss production restart of Boeing 737-MAX in Wichita

LOSS AT A COST

People love the keto diet. But do their bodies like it?

Smile of the Week



Photo by Leah Darnell

Senior history major Madi Wilson is smiling because spring break is right around the corner.

Officials discuss safety from COVID-19

By MICHELLE WILLSON
Feature Editor

Caleb Mosburg, dean of student affairs, sent out an email Tuesday making students aware of the coronavirus so they can help prevent the spread of the virus. In the email, he outlined some ways you can avoid getting the virus.

- 1) Avoid close contact with people who are sick.
- 2) Avoid touching your eyes, nose, and mouth.

3) Stay home when you are sick.

4) Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

5) Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

6) Follow the CDC's recommendations for using a face mask.

7) Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

“With all the media publicity, I think it is important for students to be aware of prevention methods and not be overly panicked about it.”

— Caleb Mosburg
dean of student affairs

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Photo by Devyn Landser

Jacob Steckbeck and Peyton Lucas play saxophones during the NWOSU Symphony Band's winter concert held March 5.

Community band now open for all interested

By MEGAN BROWN
Student Reporter

Northwestern Oklahoma State University would like to invite community members to join in the Community Band that meets Tuesday evenings after spring break. The first practice is scheduled for 7 p.m. March 31.

Community Band is put on through the NWOSU Band and allows musically talented individuals in the community to break out their instruments. The band was put together to promote community involvement and to allow band members and community members alike to showcase their talents.

This is an opportunity for alumni to come see how the band is doing. It gives students, whose schedules do not have the allotted time to be full-time band members, a chance to participate.

Timothy Maharry, mathematics and computer science department chair, has participated in the band in past years along with other NWOSU faculty and staff. It is free for anyone who would like to participate in the practices, and the final performance is free for anyone who would like to watch.

“We would rehearse five or six times and then have a short concert,” Maharry said.

While Maharry mentioned that he had not participated in the past couple of years due to other com-

mitments, he does have an interest in being a part of the band again. April Shultz, a tuba player in the NWOSU student band, said she highly encourages all community members to take advantage of this opportunity.

“Once you're out of school, you no longer have easy access to group activities,” Shultz said. “So it is awesome to be able to join a group of people who all share a love for music. Northwestern giving this opportunity is a good way to keep ties in the musical community.”

Anyone who is interested in joining the band may show up to the scheduled practices or contact the Director of Bands Michael Cudd with further questions.

Rehearsal dates and times:
Tuesdays at 7 p.m.
March 31
April 7
April 14
April 21
April 28
Concert:
Sunday, May 3
at 3 p.m.

News

LIVING WELL

What you need to know about the Wellness Center



News File Photo

The J.R. Holder Wellness Center is shown in this photo. The Wellness Center currently offers five exercise classes that are included with the cost of a membership.

By **EMMA SPORLEDER**
Student Reporter

Students, it's never too late to get active.

The J.R. Holder Wellness Center is a 42,000 square-foot facility full of many features, including Cybex resistance equipment, 15 pieces of cardiovascular equipment, an indoor track, racquetball courts and a four-lane, 25-meter lap pool and hot tub.

The Wellness Center includes locker rooms with ventilated lockers, showers and a steam sauna. Other benefits offered at the Wellness Center include massage therapy, swim lessons, pool parties, daily exercise classes and personal training.

To be eligible for a membership at the Wellness Center, you must be one of the following: a Northwestern full-time student that has filled out paperwork and who holds a current student ID; a full-time employee

of Northwestern, a valid employee ID; any person 16 years of age or older; or any person ages 11-16 who is accompanied by their parent.

The parent must have a family membership. A family is defined as spouses, natural and adopted children under the age of 18, or 25 if currently enrolled in college and living in the same household; any person who is referred to the Wellness Center by a physician for rehabilitation purposes and has a medical prescription; or a member of the community.

The Wellness Center currently offers five different exercise classes that are included with any membership: Body Blast, Pilates, Spin/Cycle, yoga and water aerobics.

For more information on membership, contact Richard Burdick or Olivia Yandel at (580) 327-8100. Be sure to "like" the J.R. Holder Wellness Center on Facebook.

CLASS SCHEDULE:

- **Body Blast:** Monday - Friday from 12:15-1 p.m.
- **Pilates:** Monday - Thursday at 8:30 a.m.
- **Spin with Liv:** Tuesday and Thursday at noon and 5:15 p.m. and every other Saturday at 9:30 a.m.
- **Yoga:** Monday at 5:15-6 p.m. and Wednesday from 4:45 to 5:30 p.m.
- **Water aerobics:** Tuesday and Thursday at 5:30 p.m.

HOURS:

- **Monday - Friday:** 6 a.m. - 9 p.m.
- **Saturday:** 9 a.m. - 3 p.m.
- **Sunday:** 4 p.m. - 8 p.m.

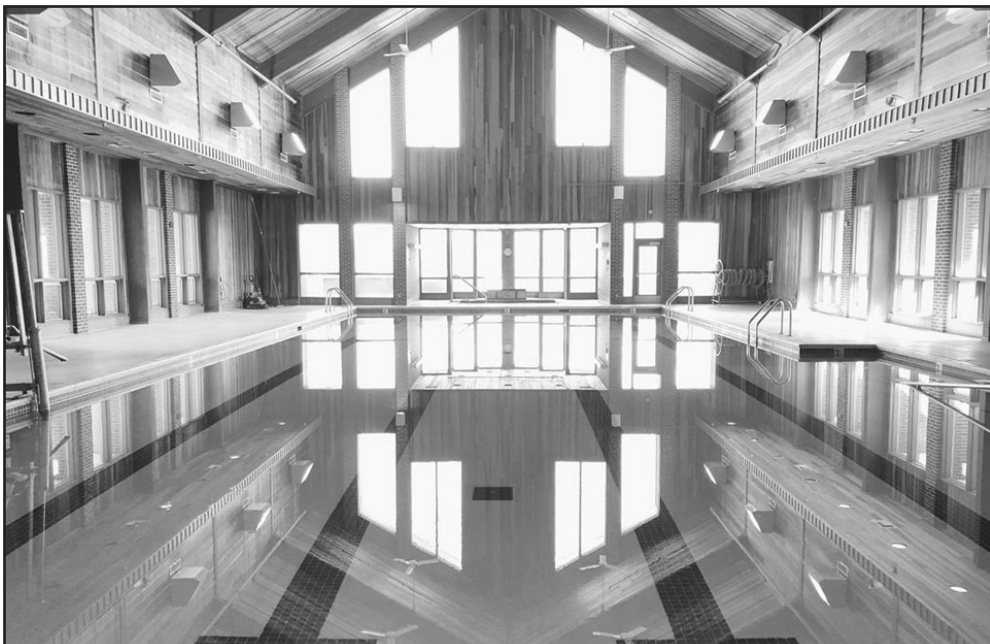
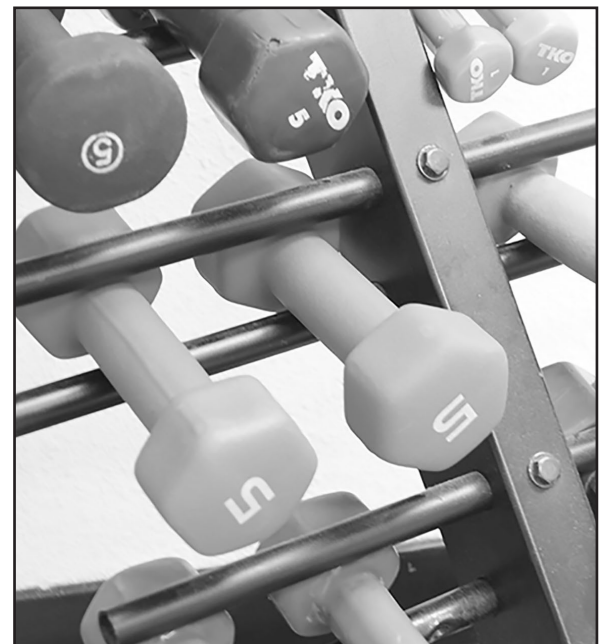


Photo by Olivia Yandel

LEFT; The heated pool in the The J.R. Holder Wellness Center.

RIGHT; Weights available for use in the Wellness Center's gymnasium are stacked on a shelf.



News File Photo

News

CAMPUS BRIEFS

STUDENTS ENCOURAGED TO VISIT NWOSU ART SHOW

More than 360 pieces of art are now on display in the J.W. Martin Library at Northwestern Oklahoma State University-Alva for the 17th annual NWOSU Art Society Art Show that will remain open to the public until March 27 during the library's regular business hours.

The library will be closed during Spring Break March 16-18 but will be open that week from 8 a.m. to 5 p.m. on March 19-20 and will open again for regular hours at 1 p.m. on March 22.

A wide variety of art is on display from current students and employees, retired employees and alumni including paintings, drawings, photographs and crocheted items.

The club also offered a special category to depict "food" in any medium the art show has a category for. Each food entry was required to provide a non-perishable food item that would benefit the Campus Cabinet food pantry at Northwestern.

A box for additional non-perishable food items is available in the library next to the food art display, and the art society members welcome all visitors to the show to consider bringing items to donate to the food pantry.

"This seems like a really big show this year, and it may be one of our largest," Angelia Case, art society sponsor, said. "We borrowed a few panels from the Runnymede to go with ours so we would have enough display space for all the entries."

This year, 35 of 42 registered Northwestern students entered 204 items for the show along with 16 non-students bringing in 160 pieces.

All artwork that earns an award in this show will be moved to the Winners' Show that will take place in downtown Alva during the First Friday Art Walk April 3 from 6 to 8 p.m. at the

Runnymede.

Non-placing art from the campus show should be picked up at the library on Monday, March 30, by 5:30 p.m. Artwork from the Winners' Show at the Runnymede may be picked up at the end of that show at 8 p.m. or from Ryerson Hall 211 on Monday, April 6, by 5:30 p.m.

For additional information about the art show or the art society, visit the NAS website at www.nwosu.edu/art, join the club's Facebook group or fan page or contact Case at arcase@nwosu.edu or (580) 327-8577. For more information on classes within the Visual Arts program, please contact Kyle Larson, assistant professor of art, at (580) 327-8108 or krlarson@nwosu.edu.

INDIAN TACO FUNDRAISER TO BE HELD

The NWOSU Native American Student Association will have an Indian taco fundraiser Mar. 11. Tacos cost \$5.

The event begins at 6:00 p.m. in the Ranger Room.

CHOIR PERFORMANCE HELD

The NWOSU Chorale welcomed guest conductor, lecturer and music activist Dr. Alexander Lloyd Blake and a guest string quintet for a concert about social justice. The choir presented a masterwork called "To The Hands" about refugees. The concert was in the Herod Hall Auditorium.

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.

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

CORONAVIRUS: HOW TO STAY SAFE

PREPARING FOR THE SPREAD OF COVID-19

TAKE EVERYDAY PRECAUTIONS

- WASH YOUR HANDS
- DON'T TOUCH FACE
- AVOID SICK PEOPLE

KNOW THE SYMPTOMS OF COVID-19

- FEVER
- COUGH
- SHORTNESS OF BREATH

SPREADS THROUGH CLOSE CONTACT

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
 CALL CENTER: 877-215-8336

Graphic provided by OSDH

This graphic provided by the Oklahoma State Department of Health shows ways to stay safe.

Reusable cups will be shelved in cafeteria

FROM STAFF REPORTS
Northwestern News

The company responsible for operating the Northwestern Oklahoma State University Cafeteria has temporarily suspended the use of individual, reusable cups in the wake of the coronavirus.

Chartwells Director of Dining Services Charles Craddock said in an email sent to students Wednesday that the company will temporarily pause the use of "personal reusable cups at all dining locations in care of our customers and associates."

"In addition to an increased frequency in sanitizing procedures, this is one more step we can all take to prevent the spread of the Coronavirus in our dining halls," he said.

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Old Orchard 64oz. juice \$2.00	Keebler chips deluxe cookies \$2.49

NORTHWESTERN NEWS

Official Newspaper
Northwestern Oklahoma
State University

Published weekly throughout the school year except during examination periods and holidays and distributed to students and staff.

Spring 2020 Staff

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The News is printed by the Alva Review-Courier

The opinions and comments contained in the Northwestern News are those of the writers and do not necessarily reflect the policies or beliefs of the university administration, Board of Regents of Oklahoma Colleges or the editorial staff. The News gladly accepts submissions but does not promise they will be used.

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Inquiries concerning the application of these programs should be made to Caleb Mosburg, Director of Student Affairs, Northwestern Oklahoma State University, 709 Oklahoma Boulevard, Alva, OK 73717, (580) 327-8415.

This publication, printed by Northwestern Oklahoma State University, is issued by the University as authorized by the Regional University System of Oklahoma. 1,600 copies have been prepared and distributed at a cost to the taxpayers of the State of Oklahoma of \$368.00.

LETTERS TO THE EDITOR

Letters to the editor shall bear the author's handwritten signature, hometown, classification, title, etc., address and phone number for verification and shall be kept on file. Unsigned letters to the editor will not be published.

Letters must be turned in by noon on Monday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to nwnews@nwosu.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

SUBSCRIPTIONS

Yearly subscriptions to the News are \$20.

Editorial

Picking boogers

By **JORDAN GREEN**
News Editor

In life, there are quite a few things we can't control.

The weather. The economy. Traffic. The past. Sometimes, the words that fly out of our mouths.

That's why, over the years, I've grown fond of the little friend who is always by my side – or hanging down the front of my face. He's always there when I need a shoulder to cry on; he usually sticks to the other person's shirt. Anytime I'm in a picture, he's surely visible – front and center in the shot.

The little friend for whom I have such great affection is the booger. Why? Because I can pick him!

Picking boogers is a choice. In a world where we don't get to make many choices, it's important to savor the ones we do get to make. Of all the things we get to choose, the people we call our family members are the most important.

I'm fortunate to have a number of people whom I'm blessed to call my family. I've got a hard-working father, a strong mother, a genius of a sister, and grandparents, aunts, and uncles who love me more than I could ever imagine.

And I've got a number of other people whom I call my family. We don't share a bloodline, and we didn't hatch from the same family tree. But we're kin just the same. I call them my "adopted" family.

When I think of my adopted family, I think of people like Wheeler and Betty Cobb. Wheeler was the first man who ever taught me how to work on old tractors, a skill that I've put to use a lot in my life – probably more so than my bank account would like me to. Wheeler and Betty have always treated me like their own, and they give me a hard time when I need one.

I think of people like Dayle and Janie McGaha. Dayle was the publisher of the Blackwell Journal-Tribune for many a year, and he is a real role-model to me in the field of newspapering. A good talk with Dayle lends lots of wisdom to this youngin'. Janie's delicious cherry pies and sassy comebacks make every trip to their house worth the visit.

I think of Elmore Bathurst, who taught me how to agree to disagree with others. He's spent a lot of his

life in the political arena, advocating courageously for the rights of farmers and rural Americans. Though some of our other political views don't always align, we learn things from one another. And we have a great time conversing, by golly!

I think of Jack and Linda Day. Jack gave me a .22 rifle for my 16th birthday, and it's one of the best gifts I've ever received. And Linda – one of my many loves – has done some beautiful seamstress work for me. But I don't go to their house to have buttons sewn on my coat. I go for the laughter and hugs.

I think of Jim and Randa Corbin. My first boss, Jim hired me as an eighth-grader to help mow lawns in the summer. He taught me the value of having a good work ethic, and he always has a great sense of humor. He was in college once, and now that I'm there, he's got great ideas about activities rowdy college kids should do. Kudos to Randa; she's a bold woman for putting up with him all day.

And last – but certainly not least – I think of Uncle Bob Lynch. We met at a tractor show in Pawnee three years ago, and since then, we've been family. Trips to his farm are filled with fun work on old tractors, good old-fashioned

gospel singing, and laughs loud enough to be heard 'round the world.

Those are just a handful of the people I call my adopted family.

I've got so many more people in my life who fit into that category, and I know I'll add to that list as the years go on. I'm excited about that. A family can never be too big. Parents agree with me on this; kids are great tax breaks!

You might be wondering why I chose to write this column today. No, it isn't very newsy. But it is timely: In two days, I'll be celebrating my 20th birthday. I know I'll get some gifts and all, and those will be nice. But they'll only be so nice for so long.

Today, I'm celebrating the gifts that I'll have forever: Those special people who make my life happier, and who love me and support me each and every day. They're always there for me, and I can count on them in all I do.

The best part is that I'm able to choose who those people are.

As I turn 20, I'll put down the tissue and be thankful that I can get up every day and pick those wonderful boogers – the loving people who make up my adopted family.

EDITOR'S RANT OF THE WEEK

By **ASHLEY STREHL**
Editor-in-Chief

Next week is spring break and I just wanna say that I am so excited!

However that is not at all what my column is about, but that is how I wanted to start it because that is just what is on my mind right now.

My column this week is about growth.

In the summer of 2017 singer/songwriter Dua Lipa released the song: "New Rules." Which is a catchy song about how to deal with an ex and how to get over said ex.

In the summer of 2017 my first boyfriend broke up with me and I somewhat could relate to her song. I listened to it all the time and it kept me motivated.

The lyrics read, "One: Don't pick up the phone

You know he's only callin' 'cause he's drunk and alone

Two: Don't let him in You'll have to kick him out again

Three: Don't be his friend

You know you're gonna wake up in his bed in the morning

And if you're under him, you ain't gettin' over him

I got new rules, I count 'em"

Three years later and here I am in a happy relationship. I have grown a lot I am a much different person now.

Coincidentally enough, Dua Lipa came out with a song last year called "Don't Start Now," that is about how much she has grown. You may have heard it on TikTok. The lyrics read,

"Did a full 180, crazy Thinking 'bout the way I was

Did the heartbreak change me? Maybe

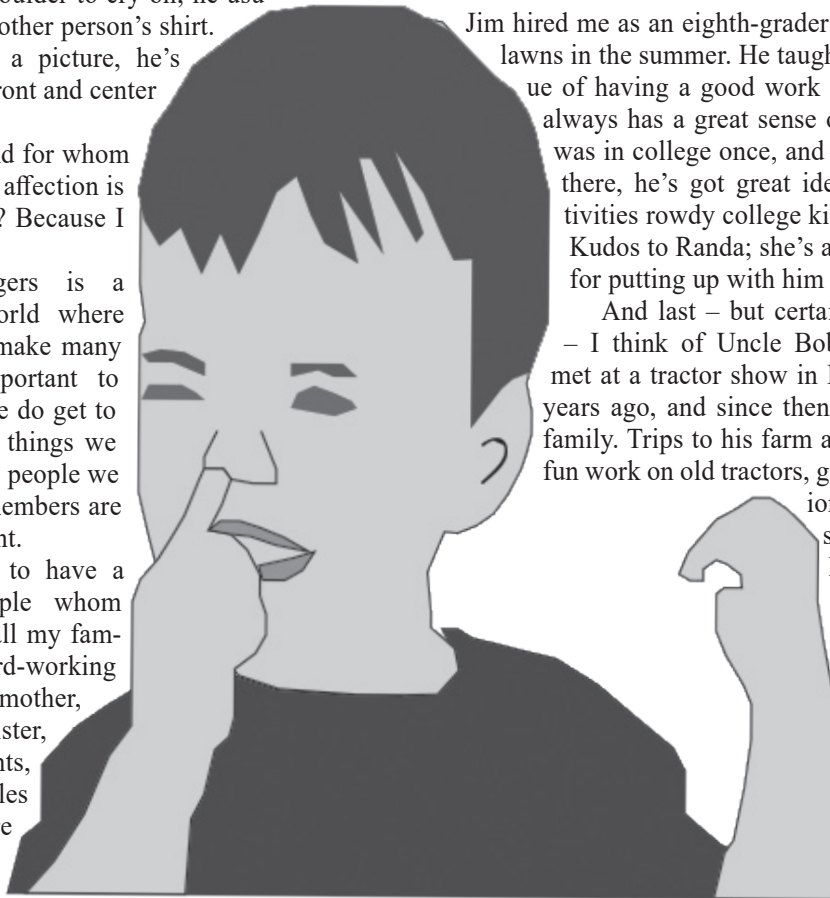
But look at where I ended up

I'm all good already

So moved on, it's scary

I'm not where you left me at all."

So there it is, Dua Lipa and I grew together. I think that is actually really cool. I love how you can always relate to music. Anyway my message is: you have always grown from where you once were.



**Interested in writing?
Share your opinions!
Contact McKayla Holson**

mrholson30@rangers.nwosu.edu

Editorial

Not expressing opinions

By MCKAYLA HOLSON
Editorial Editor

Hello, it's me, the unopinionated editorial/opinions editor.

Thinking of something to write about can be hard sometimes. I don't go on grand adventures often and my life isn't totally exciting. I could write a book over things I've seen and heard at Little Sahara State Park where I work, but I'm not sure many of them are fit for print.

I also don't really like to voice my opinion on things. Rarely do I speak up, voice my thoughts and give people my two cents. I'm getting better about it, it's a work in progress, but it's a constant battle.

I oftentimes think my opinion doesn't really even matter anyway, so what's the point in spending the energy to express my thoughts? Yes, I realize that's a poor outlook on the situation, but I hate the thought of wasting someone's time.

I could write about topics I enjoy, like interesting bee facts I learn, my favorite games or my fails in the kitchen, but I'm not sure what people want to hear about.

I could also go off on rants, and I have started writing those pieces before, but I usually just end up scrapping them. There's so much negative in the world, why should I add to it? I sometimes just write blurbs of articles to get my feelings out and trash them as my own personal therapy session. You should see the notes on my phone, it's where my feelings go to be expressed and then die.

I don't do politics, that's a big 'ol can of worms I do not wish to open. Plus, every day people have politics shoved down their throats and there's no reason for me to contribute to that waterboarding session.

Back to the not expressing my opinions. I'm what the kids might call a people pleaser. I try not to stir the pot and upset people. Expressing opinions can do that. I express my opinion when necessary, but I've learned to pick and choose my battles. Some people just don't want to listen to what you have to say.

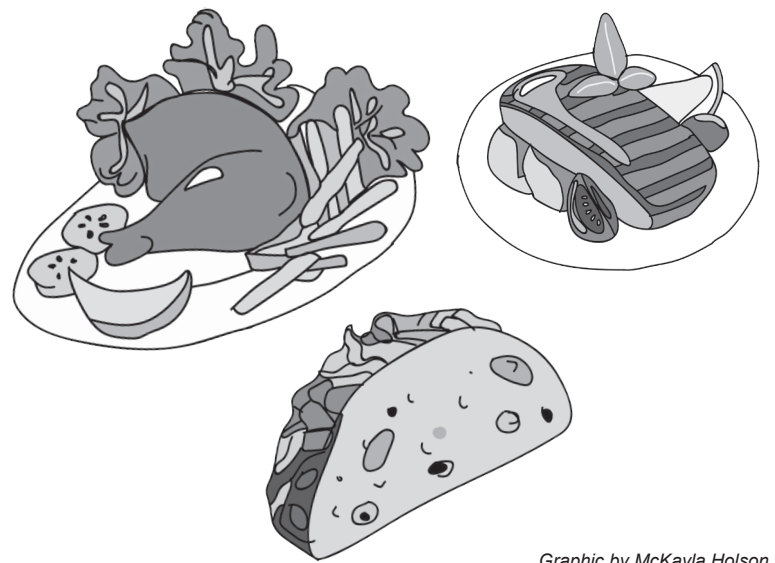
I feel like I was notorious in high school for writing opinionated essays in a way that pleased both sides, I never actually fully picked one or the other. I even did that for a scholarship essay once. It was back when the "build the

wall" topic was in full force and we had to write about the wall and Liberty Island. I didn't really have an opinion formed about it, and I didn't know what the judge's opinions were, so I just wrote in a neutral tone. I knew what my English teacher wanted to read, so I did my best to please her and the opposing side. After all, you're supposed to write to the likings of your teacher otherwise you might suffer a bad grade. Or so they say. I guess it worked out though because I ended up winning a scholarship for that essay.

Do I wish I was more vocal about my opinions? Sure. But I also feel that there should be a balance of opinionated and neutral people in the world and I'm just trying to play my role as a neutral person.

If there's ever a topic you want people to know about, you can write and send in an article about it and I can publish it for others to read and learn about it. Or you could send me topic ideas and I'll research them and maybe even write an article about it myself.

My email is on page four in the box at the bottom of the page if you would like to send anything in.



Graphic by McKayla Holson

Here's a fun fact!

By MCKAYLA HOLSON
Editorial Editor

This weekend, a handful of us mass comm students had the opportunity to visit the Dallas Morning News. While there, we got to sit in on their 1:45 meeting and then they gave us a tour of their facility. The reporters, photographers and others were extremely gracious with their time and gave us an in depth view into their average workdays. They also provided us with some great tips for bettering our skills and on how to get our foot into the career world!

Now, on to the fun fact.

While touring the facility, we visited with photographers and one had finished a photoshoot earlier that morning. We were taken to the floor where the main kitchen is located, the place where photoshoot occurred, and we visited with the chef. She was just finishing up the cleaning process and told us about the duck she had just prepared.

Finally getting back on track with the fact, all the food they make is completely real. It's a policy that the newspaper has to show real things. So they didn't doctor the food like you may have seen in the popular 5-Minute Craft videos online.

And they eat it all too! None of it goes to waste. Other employees are invited down to the kitchen and they eat together. It's nice to know the food doesn't go to waste and that what you see is what it actually says it is.



What happens after death?

A theory about death and multiple realities

By MCKAYLA HOLSON
Editorial Editor

I have this theory and I like it.

Have you ever had that weird feeling where your entire body gets hot and it's almost like your soul leaves your body? And you snap back and feel like a piece of you left? I hope it's not just me who has that.

Some might think it's weird, but I like to think that feeling is one of my lives dying and my consciousness moving forward in a continuing timeline.

Basically, you die in one reality and continue in another.

I don't know if I've read or seen this before, but I've felt this way for years. I tend to stick to SyFy/Fantasy works so there's a decently good chance this is the plot to some movie or book out in the world.

If you know of one like it, please let me know about it because I'd like to see or read it. You can find my email on page four in a box at the bottom of the

page. thanks in advance!

I just like the idea that people don't just end. They can die and end up food for worms, continue on in a different timeline or they can be in the sky somewhere, but I love thinking that people are continuing on in their own special world. Who knows what really happens. I'll find out eventually.

I personally think it's a nicer image seeing someone's life continue.

Even though we can't see them, they're still walking alongside us and spending time with us, they're just doing it in a different reality. There's just a thin veil between the two realities.

That could explain when people can feel the presence of their loved ones. I like that idea too. The idea that ghosts and spirits are the loved ones living their lives out and are not just leftover energy.

There could even be little glitches in the system that other realities have figured out. Like how many people say a red cardinal is a visitor from Heaven. Maybe they're a visitor from another reality.

Anyway, this is just a midnight ramble of mine, though much later than midnight, and it might not make sense to most. And that's OK. Everyone has their own thoughts and desires, and this is just one of mine. It seems peaceful to me and it makes for an interesting tale to tell.

Comic Corner

Baby cries privilege Michelle Willson



TAKING FLIGHT

Spirit Aerosystems restarts production of Boeing 737-MAX

Photo provided by Boeing

By LEAH DARNELL
Photo Editor

Conner Enderud's life changed once he received a notice from Spirit in Wichita, Kansas.

After 10 months working for the Spirit Crew Floor Shear Ties (cockpit), also known as assembly mechanic, Enderud was laid off 12 days before his one year at Spirit. The company had halted production of the prominent airplane Boeing 737-MAX.

Spirit Aerosystems manufactures airplanes and is the leading commercial aircraft company in Wichita, Kansas.

"I'm not mad at Spirit," Enderud said. "I believe they were a victim in the current situation as well. We're not as big of a company as Boeing and they had no choice, despite not wanting to lose workers."

News articles and stations everywhere in and around Kansas are talking about the grounding of the Boeing 737-MAX, which led to layoffs at Spirit in Wichita, Kansas, McAlester and Tulsa as well as DB Schenker, a Wichita business and the logistics provider for Spirit Aerosystems.

The employees at Spirit received a warning notice Jan. 10, to prepare the employees who would be laid off. Hourly employees were laid off Jan. 2-24 and salary employees on February 7. After 22 years, Enderud's friend, who is another employee at Spirit, got laid off for the third time.

"The impact goes beyond Spirit," Scott Hamilton, managing director of Leeham Company and aviation expert, said.

Days after the production stopped, 2,800 employees just like Enderud had received a notice. A majority of the workers were those in sheet metal, an entry-level position at Spirit. In addition to Spirit, 18 other companies felt the effects of the production coming to a halt. DB Schenker dismissed a third of the overall workforce after the news of production being stopped.

During these times, the Wichita Workforce Alliance is stepping in to help those in need of a job. Some decided to stay in the current industry while others are leaving and finding a different path.

"I prefer to stay in the industry, as Spirit is my first aircraft job, but I am willing to find something else



Photo provided by Spirit Aerosystems Inc.

Aircraft are shown in this photo at the Spirit Aerosystems building in Wichita, Kansas.

for the time being," Enderud said.

After two deadly crashes, the realization of the Boeing 737-MAX causing problems settled in, but production at both Spirit and Boeing continued for 10 months after the crashes. The crashes on Lion Air Flight 610 and Ethiopian Airlines Flight 302 claimed the lives of 346 passengers.

Malfunctions before take-off of Flight 610 are still unknown for the pilots onboard the aircraft. 189 passengers on the aircraft felt uneasy within the first 12 minutes of the plane crash landing.

According to nytimes.com, "The first signal that something was wrong, was the control column started shaking loudly, warning that the plane was in danger of stalling and could crash."

Shortly after the numerous issues and attempts from the pilots on October 29, 2018, Flight 610 plunged at the rate of 450 mph into the Java Sea in Indonesia.

The second crash of the aircraft, Ethiopian Airlines 302, claimed the life of 157 individuals, including children. After taking off, within six minutes, the plane crashed into the ground. Reports indicate the crash could have been avoidable.

Five months earlier, the first crash of the Boeing 737-MAX raised concerns, but after a second crash, an investigation of the airplane eventually led to stopping production.

According to nymag.com, "Its destruction raised the shocking

possibility that the latest model from the world's most venerable jet manufacturer might be fundamentally unsafe."

IMPACT ON KANSAS

In addition to the media dis-

cussing production stopping, other reports of job loss, the firing of Boeing's CEO Dennis Muilenburg, 40 airlines being out of the aircraft and news about the economics in Kansas taking a hit surfaced.

"Boeing of course, is the largest U.S. exporter, and the 737 represents about the 80% of the production," Hamilton said. "The federal government has said that the grounding will be depression of the Gross Domestic Product by about half of a point a year."

PRODUCTION RESUMES

As reported in recent news articles, production of the Boeing 737-MAX is starting up at Spirit again, but this time at a slower rate and with lower numbers.

"Spirit said that it will take them until the year 2022 to return to rate 52, which is the rate that they were at before the MAX was grounded, and that is 52 [planes] a month when I say rate," Hamilton said.

At Boeing, production is also starting slow.

"Boeing hopes to restart production, beginning in April at a very low rate," Hamilton said. "They don't want to add to the inventory of 400 airplanes that have been produced, but now in storage in Washington and San Antonio." Hamilton has production predictions until 2023, and the rate would be at 57, which was where the company wanted to be before the grounding of the popular aircraft.

"Spirit announced that they have planned to deliver 216 new fuselages to Boeing this year," Hamilton said. "Those are in addition to the 130-116 that they already produced which are in shrink wrap at their facility in Wichita."

The future for the 2,800 employees laid off at Spirit is unknown, yet resources are available. Wichita State University Technology is offering free tuition, and Wichita Workforce Alliance is setting up job fairs to help the personnel affected.

"I'm searching on Indeed for pretty much anything willing to pay me a livable wage, which is even more difficult," Enderud said.

During this time, Enderud is trying to remain positive and staying busy with friends, family and hobbies. He is waiting to hear if he gets called back once production ramps up.

"I am hoping for a call back, but my personal prediction and expectation is I will most likely get a call back in a year," Enderud said. "If I do get a call back, I will more than likely go back to work for Spirit. I enjoyed my job and miss my co-workers."

Source: KWCH

BOEING 737-MAX TIMELINE

OCT. 2018: Lion Air Flight 610 crashed.

MARCH 2019: Ethiopian Airlines Flight 302 crashed.

MARCH 2019: The 737-MAX was grounded worldwide.

DEC. 16, 2019: Boeing announces that production of the aircraft will come to a halt in January.

DEC. 20, 2019: Spirit Aerosystems announces that production will stop at the Wichita plant.

JAN. 10, 2020: Spirit outlines its plan to lay off 2,800 employees. Layoffs began 12 days later.

What are you losing?

The keto diet is a popular way to lose weight, but experts say it can harm your health

By JACOB COMP
Student Reporter

With all these different diets to choose from, why would people choose the Keto diet? The answer for some is simple.

Jennifer Polk is an avid user of the keto diet. "The keto diet definitely works for me and my body type. I've seen and felt amazing results," Polk said.

The diet has led to many people dropping pounds, seeing improvement with their blood pressure as well as reducing hunger overall, but as with anything, there are drawbacks.

The keto diet is based on the idea that if someone's diet consists of mainly fat, then the body will begin to use the fat stores to get energy instead of from the carbohydrates we eat daily. However, the keto diet is not just a low-carb diet. It is almost a no-carb diet.

The keto diet entails that around 70% of your daily caloric intake should come from fats and less than 10% should come from carbs.

The biggest question with any diet is: Does it work?

A *New York Times* article refers to a new literary review of low-carb diets by the National Lipid Association, which states that an extreme low-carb diet can help you lose more weight than a typical high-carb, low-fat diet.

ADVANTAGES LESSEN

However, the same review states that by 12 months, the advantage of the low-carb diet is essentially gone. After the 12-month period, the weight loss equalizes between the two diets.

Ian Dukehart is the Northwestern Oklahoma State University strength and conditioning coach. He has a bachelor's degree in kinesiology and exercise science with a master's in sports performance. He doesn't believe the keto diet has a use for losing weight.

"A balanced diet is going to help you lose weight," Dukehart said. "Ketones is essentially what is created, so if you are creating ketones, then your body is missing something. We don't want our body to miss something. If it works for you to lose weight, then that's great, but you can't maintain that diet for your whole life. Whereas, if you have a balanced diet and you're able to lose weight that way, then you can maintain that forever."

The keto diet itself is not a new thing. The keto diet is nearly a century old. It has been used to treat children with epilepsy and has been used as a way to help people with diabetes.



Photo by Ashley Strehl

Cheese, lunch meat, summer sausage, celery and spinach artichoke dip is an example of a keto snack or meal.

The diet can be a replacement to the typical treatment for those with diabetes. Carbohydrates are the biggest driver of blood sugar, so by transitioning to the keto diet, blood sugar levels will lower.

In a study by the *Journal of the American Medical Association Internal Medicine* of 263 adults with type-2 diabetes, half of the group was given medication that helps with the control of blood sugar levels. The other half of the group received weight management counseling while undergoing a low-carb diet.

After a 48-week period, both groups experienced a lower level of blood sugar, but the weight management group slimmed down more, required less medication and had fewer problematic low blood sugar episodes.

In a study, nearly two-thirds of patients suffered half the amount of seizures as they previously experienced.

An article from Harvard Health referred to a registered dietitian, Kathy McManus, the director of Nutrition at Harvard-affiliated Brigham and Women's Hospital.

"The keto diet is primarily used to help reduce the frequency of epileptic seizures in children," McManus said. "While it also has been tried for weight loss, only short-term results have been studied, and the results have been mixed. We don't know if it works in the long term, nor whether it's safe."

The first issue that many run into with the keto diet is determining what to eat. With such a restriction on carbs, it is difficult to find food that fits the diet and tastes good.

"I eat all kinds of stuff, nothing too different than before, except I stay away from flour, sugars and high carbohydrate foods. There's a ton of low-carb recipes online, which is where I get a lot of my ideas. I make keto protein shakes quite often as well," Polk said.

Foods like cheese, butter, eggs, nuts, salmon, bacon, olive oil and non-starchy vegetables such as broccoli, cauliflower, greens and spinach are staples of the keto diet.

HEALTH CONCERNS

While there is a shortage of food choices for the keto diet, there is no shortage of health risks while doing the diet.

"If you're not eating a wide variety of vegetables, fruits, and grains, you may be at risk for deficiencies in micronutrients, including selenium, magnesium, phosphorus, and vitamins B and C," McManus said.

Another major issue with the keto diet is the big amount of fats that the body then takes in. This diet could put more stress on the liver.

Dr. Neil J. Stone, a preventive cardiologist at Northwestern University's Feinberg School of Medicine in Illinois, is referred to in an article by the *New York Times*. He has seen the bad cholesterol levels of some of his patients on the keto diet increase drastically.

"Any diet that raises major risk factors for coronary heart disease puts patients at risk over the long term," Stone said.

Along with these increased risks on your body from the keto diet, there are some side effects that come along with the diet.

The first that may come are stomach issues and gastrointestinal distress. The shock to the body that comes along with the high fat intake causes many people who begin keto to have some type of distress to their stomachs.

Another side effect of the keto diet is called the keto flu. The keto flu is something that comes with the lack of carbohydrates in your diet. McManus says that the brain needs sugar to cooperate effectively. These sugars come from healthy carbohydrates, so these low-carb diets such as the keto diet will often lead to confusion and irritability. The keto flu can often include symptoms of dizziness, poor sleep and fatigue.

With all of these different symptoms that come along with the keto diet, the thought would be that this diet is drastically better than other diets. However, this is not necessarily true. A *New York Times* article refers to a study conducted that followed 609 overweight adults.

The group was separated, with part of the group using a low-fat diet and the other group using a low-carb diet. In the end, the results were nearly even. Both groups lost an average of 12 to 13 pounds per person. In the end, there has been success in all different diets, and what has worked for some hasn't worked for others.

While the keto diet did not originate as a way to lose weight, some people have seen weight loss occur while on the keto diet.

"It may not be the best thing for everyone. Do I recommend it? Definitely," Polk said.

KETO LIFE

Here are some foods you can eat while on the keto diet:

- Seafood
- Arugula
- Spinach
- Eggplant
- Mushrooms
- Broccoli
- Zucchini
- Bell peppers
- Fennel
- Cabbage
- Celery
- Spinach
- Tomatoes
- Avocados
- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Coconut
- Lemons
- Chicken
- Turkey
- Beef
- Venison
- Pork
- Lamb
- Sausage
- cheese
- Chia seeds
- Walnuts
- Pecans
- Hemp seeds
- Hazelnuts
- Sesame seeds
- Pumpkin seeds
- Almonds

Source: Health Magazine

Feature

Oh, the places baseball takes you

Alva's small-town feel kept Burdick at Northwestern

By **LOGAN MERIWETHER**
Student Reporter

Never let the fear of striking out keep you from playing the game.

That's how J.R. Holder Wellness Center Director Richard Burdick has concluded that baseball has taken him a lot of places in life.

Burdick went to Enid High where he played on the baseball and football team and always stayed busy keeping good grades and playing sports.

Burdick was recruited by Joe Philips to play baseball at Northwestern. He first met Philips when Burdick moved to Enid and was playing on the Enid EGRT little league team. Burdick's little league team beat Alva in the Little League World Series and then won the Little League World Championship.



After the game Burdick met Philips and kept in contact with him throughout high school.

Burdick felt like Northwestern was perfect for him when he first moved on campus. He enjoyed the small-town feel.

"My favorite thing about Alva was how welcoming and supportive the community was, and you never met a stranger," Burdick said.

When he wasn't busy with baseball Burdick enjoys fishing and getting to golf in his free time. Now that he is graduated and is the director of the Wellness

Center his hobbies have changed to taking care of his two sons. The most recent son is 8 weeks old and the oldest is three years old. They keep him busy and take up most of his time outside of work.

When Burdick can get away in the summer he loves to go to the beach with his family. He loves Mexico and if he could go anywhere he hasn't been, it would be somewhere in the Pacific Northwest.

"You can't beat the beaches and the warm temperatures," Burdick said.



Giana Evans leading a calzone teaching kitchen in the cafe

The Coronado Cafe smile

Giana's passion shows thought in her cooking

By **NICK DILL**
Student Reporter

As students walk into the Coronado Café, one worker that always has a smile on her face, and brightens up everyone's day.

This worker is Giana Evans. She is unique, and you will most likely observe her making personal pizzas and special request orders for various students in Coronado Café.

Evans loves her job and said she is passionate about what she does.

"When you go to work, be happy and be positive," Evans said.

Evans interacts with students and makes Coronado Café a place where students can enjoy a break from classes, she said.

"It rubs off on people, and some people have a bad day until they see me," she said.

Evans's said her favorite part of working at Coronado Café is the students, and giving them a positive environment.

"Nobody wants to come into a place where they need to eat and everyone is grumpy," Evans said.

Evans was raised to always be positive, she said. Evans's role model, who is her father, always told her to be positive, she said.



Giana Evans

"My dad passed away junior year of college, and I was determined to finish college for him," Evans said.

The hard work paid off. Evans graduated from Northwestern Oklahoma State University in 2015 with a bachelor's degree in psychology.

Evans said she is passionate about her kids.

One thing people would not know about Evans is how multicultural she is, she said.

"People wouldn't know how many races I am," she said. "I'm very diverse."

"My parents are from the opposite ends of America," she said. "My Mom is from Hawaii, and my Dad is from New York."

Evans will continue to always care for others.

"I care too much, even whenever I shouldn't," she said.

Spring into break with a luau

Fryer Hall hosts Hawaiian-themed party before break



Kaylyn Maple and Victoria Lewis enjoy a Pina Colada mocktail made by head resident Derek Blow.



Photos by Leah Darnell

The three mocktail options include: Strawberry Daiquiri, Pina Colada and Margarita.



Reagan Allen and Clare Merrigan take a break and enjoy a mocktail.

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Older than Oklahoma

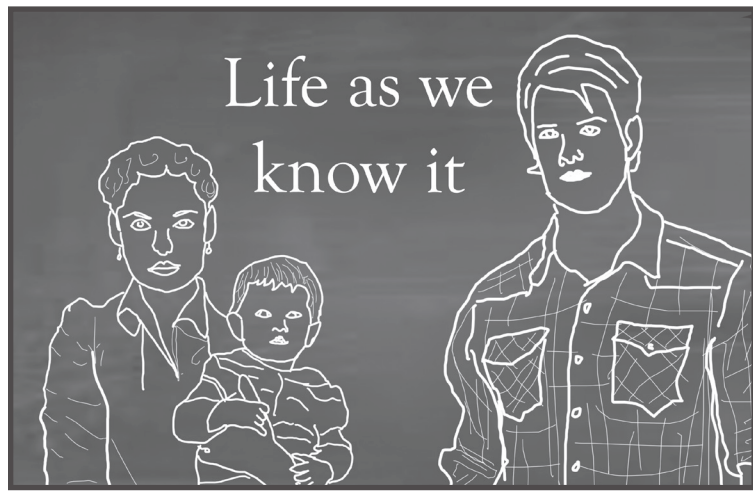


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Entertainment



'Life As We Know It' just a rom-com, feel-good movie

By **TIFFANY WILLSON**
Feature/Entertainment Editor

Trending on Netflix this last week, "Life as We Know It", a 2010 release directed by Robert Luketic, draws the eyes of audiences and future viewers. Just as it draws eyes of viewers everywhere, my roommate and I were sucked into their world of cheesy romantic comedies like everyone else.

The premise of the story is simple. Two people, Eric Messer (Josh Duhamel) and Holly Berenson (Katherine Heigl), become parents of a young 1 1/2 year old girl when their mutual friends die in an accident. What this movie very nicely sets up for viewers at the beginning of the movie is a look at the two several years before attempting a first date that goes rather poorly. The two do not hit it off and come out of this date with a pretty strong hatred for each other. With their best friends being married though, they see an obnoxious amount of each other at parties and get-togethers.

As with classic romantic comedies, the audience can tell at this point that the two will end up happily in love. However, this is a long time coming and they go through several challenges along the way with Messer eventually walking out. It is unsure at this point whether he would end up coming back, as Holly has found a nicer, more stable man to raise

Sophie with.

The acting in this movie showed a strong chemistry between Duhamel and Heigl. Their on-screen romance is fueled by goofy moments, deathly sarcasm, and feelings they chose to ignore early on. The pressure of raising a child that is not theirs, for their friends who have passed tragically, seem to be too much for the pair. Unable to understand their friends wishes for their daughter, the pair never consider that their best friends had their best interests at heart.

Throughout the movie we see several appearances of Janine Groff (Sarah Burns), Sophie's case worker, as she determines if the pair are fit to be parents. After the first visit, it is clear to the audience that Burns character is intended as a comedic piece to the commentary. With several obstacles standing in the way of their guardianship of Sophie, including pot brownies, the case worker, nonetheless, seems intent on helping the two become a family.

This movie is no more than a rom com, feel good movie, but it does a fabulous job of filling that roll. With great chemistry, hysterical dialogue, and quirky characters, I can see why "Life as We Know It" is trending ten years after it's release. My only advice to future viewers, do not watch this movie if you already have a case of baby fever! It will do nothing but fuel it!

'Gantz:0' showcases the growing popularity of CGI

By **ASHLEY STREHL**
Feature/Entertainment Editor

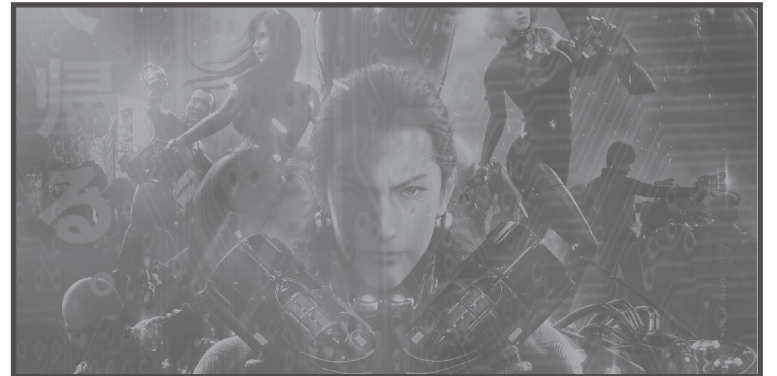
There is an interesting genre that is slowly, but surely making its way into the film industry and I am all here for it.

I first fell in love with the look when I watched the Netflix original series: "Love Death + Robots." CGI animation is a growing style that literally has no limit to what it can do.

Sunday night, I had the absolute pleasure of watching "Gantz:0" on Netflix. Originally released in 2016, "Gantz:0" shows the struggles of recently deceased people who are brought back to life and supplied with high-tech weapons in order to defeat an army of monsters in Tokyo and Osaka.

That is about as simple as I can put it, because it's very weird and very complicated. It mainly tells the story of Masaru Kato who lives in Tokyo and takes care of his little brother, both he and his little brother are orphans, but they look out for each other. On the eve of his brother's birthday, Kato is attacked in the subway and stabbed to death.

He awakes in a suite surrounded by an older man, Yoshikazu Suzuki, a girl, Reika Shimohira and Joichiro Nishi,



who are both about his age. He frantically asks what is going on, but before they can explain, the black orb in the front of the room announces that the game is about to begin.

The characters are then loaded into the streets of Osaka and right off the bat; they encounter one of the monsters that are running a muck throughout the cities.

Reika shoots a sonic ray gun at the monster, causing its head to explode and brains and blood to go everywhere. They focus on survival and as they walk to new locations, they try their best to explain the game to Kato.

The more monsters you kill, the more points you will get, the more points you get, the more likely you are to win. If you die in the game, whether it be by a monster or other opponents, you die for good.

If you get 100 points (which is

quite difficult to get) you are given three options; one, upgraded weaponry, two, resurrection of a fallen teammate, or three, freedom from the game.

Without going into much more detail, I will say that this film requires a lot of focus. That can be hard at times, because every five minutes something or someone is getting their head blown off. So, this movie is not for those who have a weak stomach.

The story line is what pulled me in. It's a story of bravery and hope. It's all about making the right decisions and choosing to be selfless above all else. The CGI is amazing and the monsters are well illustrated, I can say I have never seen any monsters like these ones.

I give this movie a 5 star rating, not only are CGI movies visually appealing, they always have a great story line to go with them.

Netflix -NEW-

<p>Available March 13 100 Humans BEASTARS Bloodride Elite: Season 3 Go Karts Kingdom: Season 2 Lost Girls The Valhalla Murders Women of the Night Available March 15 Aftermath</p> <p>Available March 16 Search Party Silver Linings Playbook Tinker, Tailor, Soldier, Spy The Young Messiah</p>	<p>Available March 17 Bert Kreischer: Hey Big Boy Shaun the Sheep: Adventures from Mossy Bottom</p> <p>Available March 18 Lu Over the Wall</p> <p>Available March 19 Altered Carbon: Resleeved Feel Good</p> <p>Available March 20 A Life of Speed: The Juan Manuel Fangio Story Archibald's Next Big Thing:</p>	<p>Buddi Dino Girl Gauko Greenhouse Academy The Letter for the King The Platform Self Made: Inspired by the Life of Madam C.J. Walker Ultras Tiger King</p> <p>Available March 23 Sol Levante</p> <p>Available March 25 Crip Camp: A Disability Revolution Curtiz</p>
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Celebrating Mario day March 10

Sports

Golf competes in Arkansas and Edmond

By **ALEJANDRO AARON**
Student Reporter

The Northwestern Oklahoma State's golf teams both represented well Tuesday as they were competing as they were miles away from each other in El Dorado, Ark. (mens) and Edmond, Ok.(womens).

The Northwestern Oklahoma State women's golf team finished up the Diffie Ford Lincoln Invite on Tuesday, after shooting a 346-336, they took 16th and were 682 at the par-70, 5,821-yard Kickingbird Golf Course.

Northwestern Oklahoma State men's golf team finished the first round tied for sixth place on Monday in the Arkansas Collegiate. Colten Person holds a top-10 spot after day one on the par-72, 7,039 yards course.

Mackena Tennyson topped all other Lady Rangers tying for 64th place, after turning in a two-day total of 86-81—167. Tennyson jumped six places on day two.

Ashley Watts earned a score of 85-84—169. She finished tied for 68th place, Samantha Friday improved by seven strokes on the second day. Friday carded a 90-83—173 and Angela Egger shot an 86-90—176.

Madison Masch recorded a tournament score of 89-88—177, to round out the scoring for Northwestern.

The Red-and-Black will take a week break before traveling to Missouri to take part in the Midwest Intercollegiate Invitational hosted by Drury at the Silo Ridge Country Club.

On the men's side of the course the Red-and-Black finished seventh at the Arkansas Collegiate that was held at the Mystic Creek Golf Course.

Colten Person finished with the best score for The Rangers. He carded a 78-77-155 to tie for eleventh

place. Person also led the team in birdies with five.

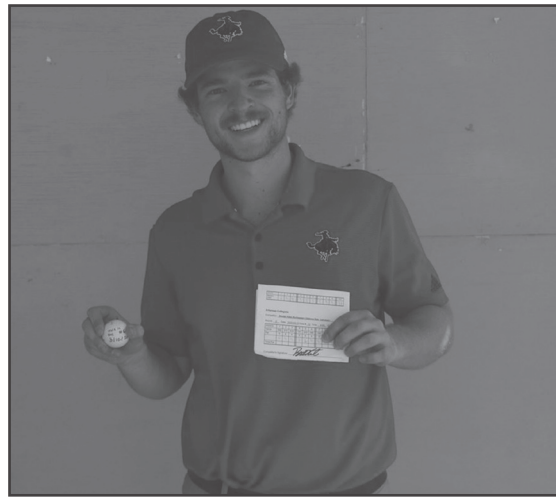
Tyler Berryhill placed 30th with a score of 79-83-162. Parker Rehorn carded an 82-85-167 to place 39th, while Ben Baker turned in an 87-85-172. Freshman Tanner Griffith finished out the team with a score of 92-95-187.

The Rangers also had four individuals at the tournament. Juan Gui Angarita carded an 83-82-165 to finish in a tie for 36th place.

Brendan Kates was the talk of the tournament as he sunk in a hole-in-one on the seventh hole. This was the lone eagle of tournament. Kates finish in a tie for 40th place with a two-day total of 88-80-168.

Joey Nix recorded a final score of 87-82-169 and Ben Huxtable was the final individual with a score of 106-104-210.

Northwestern men's golf will take a week break before the head to Trophy Club, Texas to compete in the Trophy Club Classic hosted by Texas A&M University-Commerce



Photos provided

Brendan Kates made a hole-in-one on the seventh hole.



Photos provided

Men's golf will play at the Trophy Club Invite on March 22-24.



Women's golf will travel to Missouri to compete in the Midwest Invite.

Baseball beats Rogers State

By **ATHLETIC COMMUNICATIONS**

Rangers were set to take the field Tuesday afternoon riding the momentum from the weekend series sweep over Arkansas- Monticello. The Red-and-Black wasted no time as they jumped out to an early 4-0 lead and rode the terrific start the rest of the game. The Rangers led the whole way, going on to win by a final score 9-4. Rangers improve to 11-13 on the season and remain 7-5 in conference play.

Rangers offense scored nine runs on 14 hits Tuesday afternoon in Claremore. The Red-and-Black offense was led by leadoff hitter Bryce Donovan and center fielder Daschal Johnson who led the team with three hits each. Marques Paige and Jose Rubalcava had two apiece on the day. Johnson, Brock Randels, and Parker Base had two RBIs each on the afternoon. Paige, Yugo Hamakawa, and Colton Whitehouse had the remaining runs batted in for the Rangers.

The Rangers pitching went with a "staff day" with Harry Park getting the first inning as a starter. He pitched a scoreless first inning working out of early trouble. Park picks up the win for the Rangers his first one on the season. Koby Spicer had two strikeouts in his inning of work. Jeremy Sawyer,

Sean Rydell, Rafael Lara, Beau Britton, Grant French, Kyle Rogers and Brody Shook all pitched in the game.

Northwestern's leadoff hitter Donovan led off with a double to lead a four-run inning off for the Rangers. Johnson drove in the first run of the game with an RBI infield single to the shortstop. Randels stepped up and extended the Ranger lead with a single into left field. The Red-and-Black's first-inning rally would not stop there as Base picked up a two-RBI double to give the Rangers a 4-0 start.

Rogers State looked like they were going to answer back with a few runs, as they had runners on first and third with nobody out. As the inning killing strikeout, throw him out double play gave the Rangers two quick outs finding a way to get out of the inning without allowing a run after getting the next hitter to pop out.

The Rangers and Hillcats pitching staff would keep the game at 4-0 through the second and third innings before the Rangers would get back on the board. With runners on first and second Hamakawa came to the plate and delivered an RBI single scoring Jake White while extending the Rangers lead to 5-0.

After a scoreless fifth inning, both offenses jumped on one another's pitching. In the Rangers sixth inning, Jose Rubalcava con-

tinued hitting by starting the inning off with a single. As Johnson stepped up with the bases loaded he produced an RBI single. The next two runs were scored by a Whitehouse fielder's choice, followed by Randels extending the inning by reaching on an error. This extended the lead to 9-0 in favor of the Red-and-Black.


Rogers State would answer back with three runs in the bottom of the sixth inning with the bases loaded and received an RBI single from Kapuras, giving the Hillcats their first runs of the game. Merriweather added another run with an RBI single cutting their deficit to 9-3 after six innings.

The Hillcats pitching staff would hold the Rangers scoreless the remainder of the game. Northwestern kept them scoreless in the seventh and eighth inning but Rogers State tried to comeback in the ninth. After loading the bases with nobody out they looked to be in business. After a walk drove in the fourth run, the Rangers escaped further damage with a pop fly followed by a double play ground out Randels stepped on third and threw to first to end the game.

The win extends the Rangers winning streak to four straight games. The Red-and-Black will be back in action Friday and Saturday this weekend returning to conference play taking on the Reddies of Henderson State.


Brown, King receive GAC Honors Award

GAC ALL GAC TEAM



15.2 PPG
8.1 RPG
45.2 FGPCT

BAILEY BROWN



14.9 PPG
5.3 RPG
40.4 FGPCT

KALEA KING

Graphic by riderangerside.com

Bailey Brown and Kalea King both were honored last Wednesday at the annual Great American Conference awards banquet. Brown was awarded by being selected as a GAC second-team recipient. King was awarded as Honorable Mention All-GAC team. Brown averaged 15.2 points per game and 8.1 rebounds, while King averaged 14.9 points per game and 5.3 on rebounds.

Sports

Baseball sweeps Monticello

By ATHLETIC COMMUNICATIONS

Rangers were ready to return for a home series after playing eight of their last nine games on the road. Rangers trailed the Weevils by one game in the Great American Conference and changed that by sweeping the Friday afternoon doubleheader, first game 10-3 and the second game in walk-off fashion 5-4.

Game 1:

Rangers finished the game with 13 hits in game one. Yugo Hamakawa, Marques Paige and Colton Whitehouse led the team with three hits apiece. Whitehouse led game one with four RBIs, Donovan finished with two RBI's, Hamakawa and Jose Rubalcava each had one.

Jacob Uhing got his first start of the year going 4.2 innings allowing three runs on four hits with three walks. Uhing struck on three on the day. He was relieved by Kaleb Honea who threw 4.1 innings striking out five and allowing zero runs in his outing. Honea was the winning pitcher in game one.

After a scoreless first inning Randels made a diving stop to



Photo by Laney Cook

This is the first series win over Arkansas- Monticello for the Rangers since 2015.

end the inning and give the Rangers some momentum. Paige continued his hot hitting from last weekend with a solo homerun in the bottom of the 2nd inning.

Monticello evened the score in the top of the fourth on a homerun from Andrew Piraino to get the Weevils on the board. Rangers wasted no time answering back with a strong fourth inning scoring four runs on four hits. Johnson would get things started

Honea would come in with a 3-2 count and the bases loaded and would get strikeout the first batter he saw getting out of the jam. Rangers fired back in their

half of the fifth with two runners on. Donovan would hit a single to centerfield driving in two more runs to make it a 7-3 game.

After a scoreless top of the sixth inning, the Rangers offense stayed alive with three more runs building a 10-3 lead. Whitehouse came through with an RBI double. Rubalcava followed with an RBI single. Hamakawa would drive the final run in of the game with an RBI single bringing the game to 10-3.

Honea closed out the win forcing a groundout to shortstop for the Rangers to pick up the win in game 1. Honea improved to 2-1

on the season.

Game 2:

During game two, the Rangers won in comeback fashion after trailing 4-0 the Rangers would come back with five unanswered runs to walk off with a 5-4 win. Rangers would have nine hits on the day producing five runs.

Scott Creedon started game two for the Rangers, throwing a complete game for the second time this season. He went seven innings and allowed four runs on seven hits. He struck out 10 Monticello hitters.

After a scoreless opening inning, Monticello's offense struck

first in the second inning when they finished the inning with two homeruns one from Borman and the other from Shepherd.

The Weevils scored two more in the top of the fifth inning when Reyna tripled to center field driving in two runs opening a 4-0 lead. Northwestern would produce four hits through four innings but would not produce a run until they struck in the fifth.

Creedon would throw a scoreless sixth inning. Whitehouse would draw a leadoff walk to bring up Randels. Randels would deliver with a towering shot to straightaway centerfield to even the game at four runs apiece.

Creedon would pitch out of a jam in the top of the seventh to keep the game even at four. Rangers showed a lot of plate discipline in the bottom of the frame with four walks including the eventual walk-off walk drawn by Randels.

The sweep guarantees the first Rangers series win over Arkansas Monticello since 2015 and the first win against the Weevils since 2018. The Rangers will look to complete the series sweep Saturday afternoon at 1 PM in Glass Family Field at Myers Stadium.

Softball loses three, wins one against Blossoms

By ATHLETIC COMMUNICATIONS

Northwestern Oklahoma State Rangers split their second half of the four-game series against the University of Arkansas at Monticello Saturday afternoon. Northwestern now sits with a record of 4-15, with a Great American Conference mark of 1-11.

Freshman Hannah Howell tallied the most hits of the team as she went 4-for-6 on the day with four RBI's and one run scored. Senior Alexis Bailey showed off her ability to be patient at the plate and take advantage of any mistakes the UAM pitching staff made.

Morgan La Neve and Mesa Gann both tallied three hits apiece as La Neve went 3-for-8 with three RBI's with one run as she hit her fourth homerun of the season. Gann went 3-for-8 with one RBI and one run scored.

Game 1

Northwestern came out with a vengeance in the first game as they were able to take first blood

in the top half of the second inning. The Rangers scored five runs on three hits. Three walks and a hit-by-pitch were key parts of the inning and a two-run single from Howell extended the lead to 5-0.

The Blossoms answered with a run in the bottom half of the inning on a solo homerun to make the score 5-1. Three hits and three stolen bases helped to create the momentum change and make the score 5-4.

A pinch-hit single from Detar started the bats again for the Red-and-Black and allowed them to score four more runs in the top of the sixth inning.

A two-run singled from McElroy started the scoring followed quickly by a two-run homerun from Bailey, her second of the season, which gave Northwestern a 9-4 lead. Arkansas-Monticello could not score again, and the Rangers took their first conference win of the season.

Game 2

The Blossoms wanted revenge in the second game and were able to take game two. Scoring the

first two runs of the game in the bottom of the first inning. They tallied two runs on two hits, a walk and a double to left-center plated both runs. This gave the Blossoms an early 2-0 lead. A solo homerun in the bottom of the third inning extended the UAM lead to 3-0 before the Rangers could answer.

In the top of the fourth inning, a lead-off walk from Bailey followed by another given to Howell started the Ranger rally. Gann followed with a single to load the bases for Bushey who dropped one just passed the arms of the second baseman to score two runs and cut the lead to 3-2.

The top of the fifth inning was similar to the fourth and was when the Red-and-Black took their first lead of the game.

A single from Johnson and a walk from Bailey set the plate for the big-hitting La Neve who sent one deep over the left-field fence to extend the lead.

A final single from Bushey scratched another run across the board which made the score 6-3. Arkansas-Monticello quickly an-



Photo by Amber Scales

Softball will play Henderson State on March 13 at 3 p.m. and 5 p.m.

swered with their own three-run homerun to tie the game 6-6 through five innings.

Despite the comeback, the Red-and-Black refused to give up with and tallied two more runs in the top of the sixth inning.

Two hits from Bailey and Howell made the score 8-6. The blossoms refused to give up and earned three runs off two different Ranger pitchers on three hits and

an error.

This led to a final score of 9-8 as the Blossoms prevented any more scoring from the Northwestern offense.

Northwestern's next game is Friday, March 13th against GAC opponent Henderson State with their first half of the four-game series to be played at 3:00 and 5:00 p.m. back in Alva, Okla.

Rodeo away:

Men's golf away:

Softball home:

Baseball away:

Women's golf away:

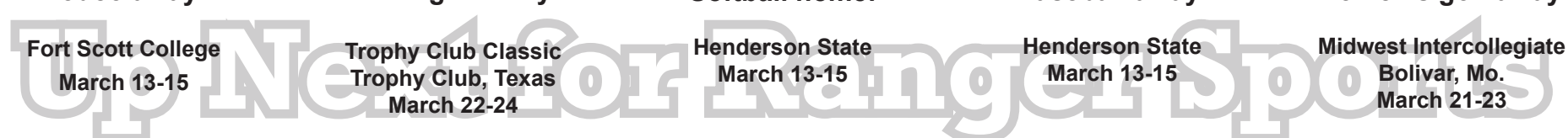
Fort Scott College
March 13-15

Trophy Club Classic
Trophy Club, Texas
March 22-24

Henderson State
March 13-15

Henderson State
March 13-15

Midwest Intercollegiate
Bolivar, Mo.
March 21-23



Mass Comm. students tour Dallas media



From left: Megan Brown, Ashley Watts, Ashley Strehl, McKayla Holson, Leah Darnell and Michelle Willson smile on the balcony of the Dallas Morning News.



The group smiles behind the anchor's desk at NBC 5 and Telemundo.



Michelle Willson is shown at the Kidd Kraddick studios in Dallas.



The group takes a selfie at the Kidd Kraddick Show studios.



Ashley Strehl and Ashley Watts were at Fox Sports studios.