

SPOOKY AFFAIR

See some photos of scary students and creepy costumes from the Student Government Association's SpookFest. PAGE 8



CHRISTMAS CONUNDRUM

Is it OK to decorate for Christmas before Thanksgiving? Find out what one editor has to say. PAGE 5



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2020 ELECTION



Photo by Jordan Green

Voting booths were set up at the Woods County Fairgrounds on Tuesday. Woods County voters passed a property tax increase.

Woods Co. voters hike taxes to fund EMS services

By JORDAN GREEN
News Editor

Woods County voters on Tuesday passed a proposal increasing their property tax rates to fund emergency medical services across the county.

Statewide, voters rejected two state questions and overwhelmingly voted to reelect Republican President Donald Trump, though the results of the presidential election may not be decided nationwide for days or weeks.

Woods County residents voted 2,089 to 1,523 to increase their property taxes by 3 mills on the dollar of a property's assessed valuation. The new tax levy will never expire unless a future ballot proposition to lower or eliminate it is passed.

County officials expect to collect about \$645,000 per year from the proposal to fund a new EMS district, which local medical officials say will provide a steady revenue stream for ambulance services in Alva, Freedom and Waynoka.

See VOTE, Page 3

FOR LOVE OF COUNTRY



1. Sadie Bier fires a rifle on a firing range in Afghanistan during a deployment from January 2011 to May 2012.



2. Shannon Leaper is shown in her Air Force uniform in this photo.



3. The insignia of the 325th Medical Group is shown in this photo.

4. Bier is pictured with another team leader in this photo taken during pre-deployment training at Camp Shelby in Mississippi.

Photos provided
Design by Jordan Green



In advance of Veterans Day, female NWOSU employees reflect on military service

By NICK DILL
Student Reporter

Northwestern Oklahoma State University has two female faculty members who are veterans.

Sadie Bier, comptroller at Northwestern, served in the Oklahoma National Guard. She was in the Brigade Special Troops Battalion, based out of Norman, and they were the Thunderbirds. Bier served for six years from 2007 to 2013.

Bier said she always wanted to join the military.

"I always wanted to join when I was in high school, but I didn't," Bier said. "My senior year of high school, I met my husband, and he had just got back from his first deployment in Iraq.

"I was hanging out with all his military buddies, and they were based out of here in Alva. Being around them all the time kind of made me take the plunge, and my really good friend joined the military police unit out of – at that time, it was Kingfisher. After she had gone through, she kind of sparked my interest again. Everybody told me I couldn't do it, so I had to do it."

Bier said Veterans Day, celebrated annually on Nov. 11, means a lot to her.

"I've lost several friends through PTSD from our deployment with suicide," Bier said. "To me, it's a way we can honor them and the living. I don't

expect anything for myself, but for those that fought in World War II and Vietnam, it's a way we can honor them for the sacrifices they gave up. See VETS, Page 2

News

VETS: 'There is a different kind of struggle when you come home, especially for those types of wars'

Continued from Page 1

They gave up their family and normalcy."

Bier said veterans face challenges when their deployments end.

"There is a different kind of struggle when you come home, especially for those types of wars," she said. "My deployment wasn't half as bad as some people have gone through. I think everyone should respect it and, if you see a veteran, tell them 'Thank you.' The elderly did so much, and I want them to feel good."

She said her favorite part about Veterans Day is celebrating American pride. Students at the local middle school do a great job of honoring veterans with an annual assembly, she said. Students write a report about the holiday, and they interview local veterans.

Bier said she participates in the Veterans Day events that are hosted around town. She said she has been invited to eat lunch with students at the school on Veterans Day.

Shannon Leaper, director of library services at Northwestern, served in the Air Force from 1995 to 2004.

For a time, she was in the 325th Medical Command Group at Tyndall Air Force Base in Florida.

Leaper said she joined the military because it provided her with money for college and gave her the opportunity to travel. She said serving in the military provided training for her career because everyone goes through technical

training for some type of job.

She said Veterans Day is an opportunity to thank individuals who have served and are still serving.

Both women said they were not discriminated against because of their gender.

"I never felt like there wasn't an opportunity for me to excel and ... to grow as both a person and a military member."

— Shannon Leaper

"For the most part, it was the same," Bier said. "We kept up with [men], and we did just as well as they did, and some of our females did better than some of those males. My unit was very good and very equal. We had female squad leaders and a couple of female platoon sergeants. My experience was very good."

Leaper agreed, saying she never felt like she was treated differently.

"I worked with a wonderful group of individuals in several different places, and I never felt like there wasn't an opportunity for me to excel and for me to grow as both a person and a military member," Leaper said. "I never felt singled out because I was a female."



Sadie Bier, right, poses with members of her team in this undated photo taken during her deployment.

Photo provided



Sadie Bier poses for a photo in front of an abandoned building near Kabul, Afghanistan in this undated photo.

Photo provided



Photo provided

The 325th Medical Command Group headquarters at Tyndall Air Force Base in Florida is shown in this photo. Leaper was stationed at Tyndall.

News

VOTE: State questions fail by wide margins

Continued from Page 1

Woods County commissioners will appoint three members from each EMS station to serve on a board overseeing the money collected by the tax levy.

While the funds will be split between the EMS services in the three cities, each of the three EMS stations will continue to operate independently.

“It’ll have to be a joint venture between the cities and this board,” Randy McMurphy, chair of the Woods County Commissioners, told the Northwestern News in a recent interview. “I’m not on this board. It’s just an oversight to see that the funds are spent right where they need to be spent.”

Julie Dennis, director of Alva EMS, told the News in a previous interview that the tax will allow county ambulance services to buy new equipment.

“It will ensure more effective coverage for our service,” Dennis said. “With the current trend of the state regulations increasing the needs and requirements to be met to maintain current license ... this would produce and provide a mechanism in which we could potentially purchase that equipment that we need.”

STATE QUESTIONS FAIL

Oklahoma voters overwhelmingly rejected a state question that



Photo by Michelle Willson

Woods County voters on Tuesday passed a tax increase funding emergency medical services in the county.

could have kept prison sentences lower for people convicted of certain non-violent offenses and a question that could have helped fund the state’s expanded Medicaid program.

Voters rejected State Question 805, which would end the use of sentence enhancements for peo-

ple convicted of certain non-violent crimes, by a vote of 807,225 to 517,685, unofficial election results showed as of 11 p.m. Tuesday night.

Under Oklahoma law, non-violent offenses include speeding, stealing, larceny, some drug crimes, and some forms of do-

mestic violence.

Numerous state and local officials spoke out against the measure, including both candidates for the Oklahoma County Sheriff’s Office. Oklahoma County is the state’s largest.

State Question 814 would have taken some payments toward the

state’s Tobacco Settlement Endowment Trust, better known as TSET, and given that money to the State Legislature.

If the proposition had passed, legislators would have had millions of dollars more per year to use at their discretion.

While some lawmakers pitched the state question as a way to fund Medicaid expansion, the question didn’t mandate that the money had to be used for Medicaid costs.

TRUMP WINS OKLAHOMA; NATIONAL RESULTS STILL UNKNOWN

No one knows when the results of the presidential race will be finalized nationwide because of the high number of mail-in ballots cast in the wake of the coronavirus pandemic. But in deep-red Oklahoma, voters left little room for doubt as to whom their favored candidate is.

President Donald Trump won all seven of Oklahoma’s electoral votes and the state’s popular vote in Tuesday’s election, beating Democratic challenger Joe Biden in the state by nearly 30%.

Trump won 893,138 to 441,748 over Biden statewide.

In Woods County, Trump won 2,989 to 590 over Biden, unofficial Tuesday night results from the state election board showed.

Making their voices heard



Photos by Jordan Green

Voters in Woods County’s 3rd and 5th precincts cast their ballots in the November 2020 presidential election on Tuesday at the Woods County Fairgrounds. President Donald Trump overwhelmingly won the county, where voters also passed a tax increase funding emergency medical services. Two state questions on the ballot failed.

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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@nwsu.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.

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Yearly subscriptions to the News are \$20.

Editorial

Is COVID depriving us of physical connection?

By MCKAYLA HOLSON
Editorial Editor

I read a CNN article by Bianca Nobilo called "Coronavirus has stolen our most meaningful ways to connect" in hopes of finding something to write about. I have also been discussing this topic in my nonverbal communications class.

In a graph that went along with the article, Nobilo showed that humans express emotions in certain percentages.

Humans express emotion 55% nonverbally, 38% vocally (which she explained as tone, pace, inflection) and 7% verbally.

"The coronavirus pandemic has deprived us of the closeness we are biologically programmed to seek when we are vulnerable, lonely or fearful -- exactly when we need it the most," Nobilo said. "Face masks, video chats and personal protective equipment make it harder to see facial expressions and body movements, while social distancing forces us to be unnaturally apart and the invisible presence of a virus has infused touch with a sense of danger."

I agree that we have been deprived of these connections. No longer can we make determinations based on smiles. Video chats prevent us from seeing the entire image of someone, leaving nonverbal cues unseen.

Social distancing does have an unnatural feel to it as well. Standing apart from others and taking precautionary measures is something I have had to train myself to think about. Like we talked about in my class, we have to reevaluate what is deemed "appropriate" when it comes to distance and social interactions.

With COVID, we're often not able to be with our loved ones when they need us most. If a loved one is in the hospital, usually people are not allowed with them or allowed to visit.

I have had friends and family members who have given birth during this confusing time and only the husbands were allowed in the hospital with them.

Their parents, grandparents and other family members and friends had to wait at home to receive updates and pictures of the newborn. I know several people who were injured or needed surgery as well.

My mom and my grandma both had surgery recently and they had to sit in the hospital all alone. Phone calls, messages and video chats were their only connection to us. They were not able to be comforted. No encouraging pats on the back, no hugs, just blank walls.

In the article I read, Nobilo said that healthcare workers' nonverbal cues aid patients in the healing process.

Positive nonverbal cues result in confidence and trust instilled in the patients and Nobilo said that leads to decreased anxiety and better healing outcomes.

"Even with pain, patients who get high non-verbal support from their physicians show increased tolerance," Nobilo said. "Doctors' detachment and distancing behavior -- such as the absence of smiling and direct eye-gaze -- has the opposite effect and is linked to worse patient outcomes."

"A recent study of 719 patients with the common cold found that the more empathic they perceived their doctor to be -- the faster they recovered. Each patient was asked to score the doctor for empathy shown to them on a 1-10 scale. Those who scored the doctor a perfect 10 (around a third of patients) had reduced severity of symptoms, recovered faster and also had higher immune function, about 50% better than others."

It's not just the healthcare field that is impacted by the COVID guidelines, everyday life is impacted as well.

Social distancing means people don't get out and interact as much. People have to find new ways to interact. Whether the interactions are by Zoom dinners or game nights, socially-distanced picnics or other creative ways people are coming up with, people are adapting to new ways to fill the void of interaction.

It's hard to read what people are thinking during interactions as well.

If a person isn't good at emoting through their eyes, it's next to impossible to understand their emotions with a mask on. It's like we're reading text messages with no emotions basically.

It's like we're reading text messages with no emotions basically.

When talking with someone new, or even interacting with someone you have a prior connection with, keep the virus in mind when translating non-verbal cues. Evaluate those cues and ask any questions if you're reading or picking up on something that is confusing.

One day, we'll return back to normal. I don't know when that will be, but we will just have to bear with the new way until then.

Remain patient and stay safe. Soon this will be over and we will be able to smile and shake hands again. Until then, laugh hard and communicate as clearly as possible.

EDITOR'S RANT OF THE WEEK

By MICHELLE WILLSON
Editor-in-Chief

Why is it that no one cares about Halloween?

Halloween is and will always be my holiday, but Christmas was being forced down our throats before Halloween was over with this year. Walmart had started pushing the Halloween stuff into the center aisle and started to replace it with Christmas early last week.

Starting Nov. 1, you can celebrate Christmas all you want but I don't want your Christmas lights shining on my Halloween decorations on Oct. 31. I know there will be someone complaining that Christmas is happening before Thanksgiving but in my mind, Thanksgiving is a fake holiday. By now everyone should realize that the real reason, we are out of school is for Black Friday, The superior holiday in November.

Because of the lack of spirit this Halloween, my friends and I will be celebrating Halloween 2.0 on December 25. We don't know exactly what all that will encompass but There will be costumes and candy so that's all that matters.

I am slowly coming to the realization that most of our holidays are supported by the lies we are told as a kid. But I don't think society is ready to address that problem.

So, as you are sitting by the fire with your hot cocoa, just remember that traditions are best when they are unique to you. Don't just settle for a tradition that every family does. My family has ham on thanksgiving, Sparkling cider on New Year's while we watch the ball drop at 11 and then head to bed. Normally, we don't even stay awake until midnight. Any time we are together we play "Super Mario Bros 3" or "Doctor Mario" on the Nintendo NES or "Mario Kart" on the Wii. These things are special to me because they are unique to my family.

I hope everyone remembers that during the Holiday season it doesn't matter what's under the tree; it matters who you are with.

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

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Editorial

Is it OK to decorate for Christmas early?

Decorate if you want. Don't decorate if you don't want to. Stop complaining about people who have a view different from yours.

By **MCKAYLA HOLSON**
Editorial Editor

Yes. I don't care. People can do what they want. I personally don't decorate my house for anything. No holiday decorations, no festivity, no comfortable home decor. Call me the unfun aunt (I'm not actually an aunt) if you want, but I just can't bring myself to spend time, energy and money on it.

I love looking at what other people do, so go ahead and decorate early and I'll enjoy it for a bit longer myself. If you get upset with people decorating early, get over yourself and let people have their fun. Someone slapping some stickers on their windows, lights on their house, decorations around their place and other decorative options doesn't harm you in any way.

"BuT wHaT aBoUt ThAnKsGiViNg?" Cool, decorate for Thanksgiving if you want, have hybrid decorations if you want, have only Christmas decorations up or have no decorations like me. It doesn't matter. Thanksgiving, believe it or not, will still occur if someone has their Christmas tree up and ready. I know, crazy concept, a holiday continues even when people are decorated and ready for the next one.

I've watched two people I know have friendly debates about the subject matter. Both of their opinions are valid, and they can decorate whenever they want.

Why is it always Christmas that people complain about? There are people who literally have Halloween decorations up all year and nobody bats an eye, but throw a candy cane out on the lawn a second too early and it generates a war of sorts.

I read a 2019 blog post called "I Decorate For Christmas Early & I Don't Care What You Think" by Larissa Marulli as a little bit of research for this topic.

"Christmas is the best so why not start decorating early?" Marulli said. "It's good for your mental health and you have time to enjoy your decorations!"

Is it actually good for your mental health?

Marulli said Christmas is safe and comforting to

her.

"Christmas is about joy and family," Marulli said. "It's comfort and fun. It's lights and magic, and I want it to last longer than one month. Life is hard, the world is scary and Christmas is an escape from it all."

Especially with all the COVID stuff going around, just let people like Marulli have their fun. If the decorations make them feel happier in their environment, don't be a Grinch about their decorations.

Marulli goes on to say that she wants to make Christmas special and full of memories for her children. More time to celebrate means more memories made.

Again, let people have their happiness.

"There was something indescribable about our small living room littered with toys lit up with snowmen and white lights," Marulli said. "And if that happens to be in the middle of November, so be it. It makes me happy."

Marulli said there is science that backs up her comment about decorating for Christmas making people happy.

"According to psychologists, people who decorate earlier for Christmas are happier and less stressed," Marulli said. "The bright colors and lights on decorations naturally improve your mood and increase energy." She also said, "the holidays also evoke feelings of nostalgia and childhood."

For many, Christmas really was a time of innocence and happiness. These memories improve moods and help break up the monotony of daily life."

I can see how memories, lights and general atmosphere can make people feel good.

Some people have their peppermint drinks and eggnog, some people have lights or whatever it is that people like to do for the holidays.

If you see someone with their decorations up "early" and you don't like it, keep on moving. Keep your mouth shut and let people do their thing. If you want to keep your cobwebs and pumpkins out all year, you do that, but don't try to tell people when they can and can't decorate for a holiday.

Get inspired!

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"
– Bob Hope

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."
– Calvin Coolidge

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime."
– Laura Ingalls Wilder

Christmas Music

- | | |
|---|---|
|  The Temptations
Rudolph The Red-Nosed Reindeer |  Wham!
Last Christmas |
|  Otis Redding
White Christmas |  Mariah Carey
All I Want for Christmas
Is You |
|  Lou Rawls
Santa Claus Is Comin' to Town |  'Merry Christmas (I Don't Want To Fight Tonight)' – The Ramones |

Have a poem you would like to share? An opinion in need of expressing? A topic you find interesting and think more people should know about? Send it in!

If you would like your work to be shown in the pages of the Northwestern newspaper, don't be afraid to send it in. We'd love to hear what you have to say!

If you would like your work to be shown, email me at mrholson30@rangers.nwsu.edu or the newspaper at nwnews@nwsu.edu.

Recycling programs cost money but can reduce waste on campuses

Experts say recycling yields economic benefits Professor says program once existed on Alva's campus

By NICK DILL
Student Reporter

Ida Hershey goes to campus every day at Oklahoma State University with one goal: make the campus cleaner by recycling.

Hershey is the sustainability coordinator at OSU and is in charge of the recycling programs on campus.

Recycling bins are all over the OSU campus and in every residence hall. This is what Hershey observes every day as she walks around campus.

She said she takes pride in her work and loves seeing the impact of recycling on campus.

"I think it's created a culture of good stewardship of resources, and stewardship is one of the values of Oklahoma State University," Hershey said. "I think having the bins and having the program shows the culture and awareness for people to start understanding that there is this circular economy, and they can contribute to it."

Many colleges are trying to make recycling important.

"It's most important to reduce, not generate the waste, so generate less waste overall," Hershey said. "That's why it's in that order because it's more sustainable."

WHY SHOULD PEOPLE RECYCLE?

So why should people recycle? Julie Muir, Zero Waste Systems manager at Stanford University, said she believes recycling is important.

Muir said waste reduction is the first step and universities should prioritize creating less waste. She said people should also recycle for future generations to generate business, create jobs and improve the economy.

Muir said people should also recycle to protect the environment and preserve land.

Hershey said individuals should recycle at the university or the city level because people are diverting material from the landfill, and they don't have to pay to bury it.

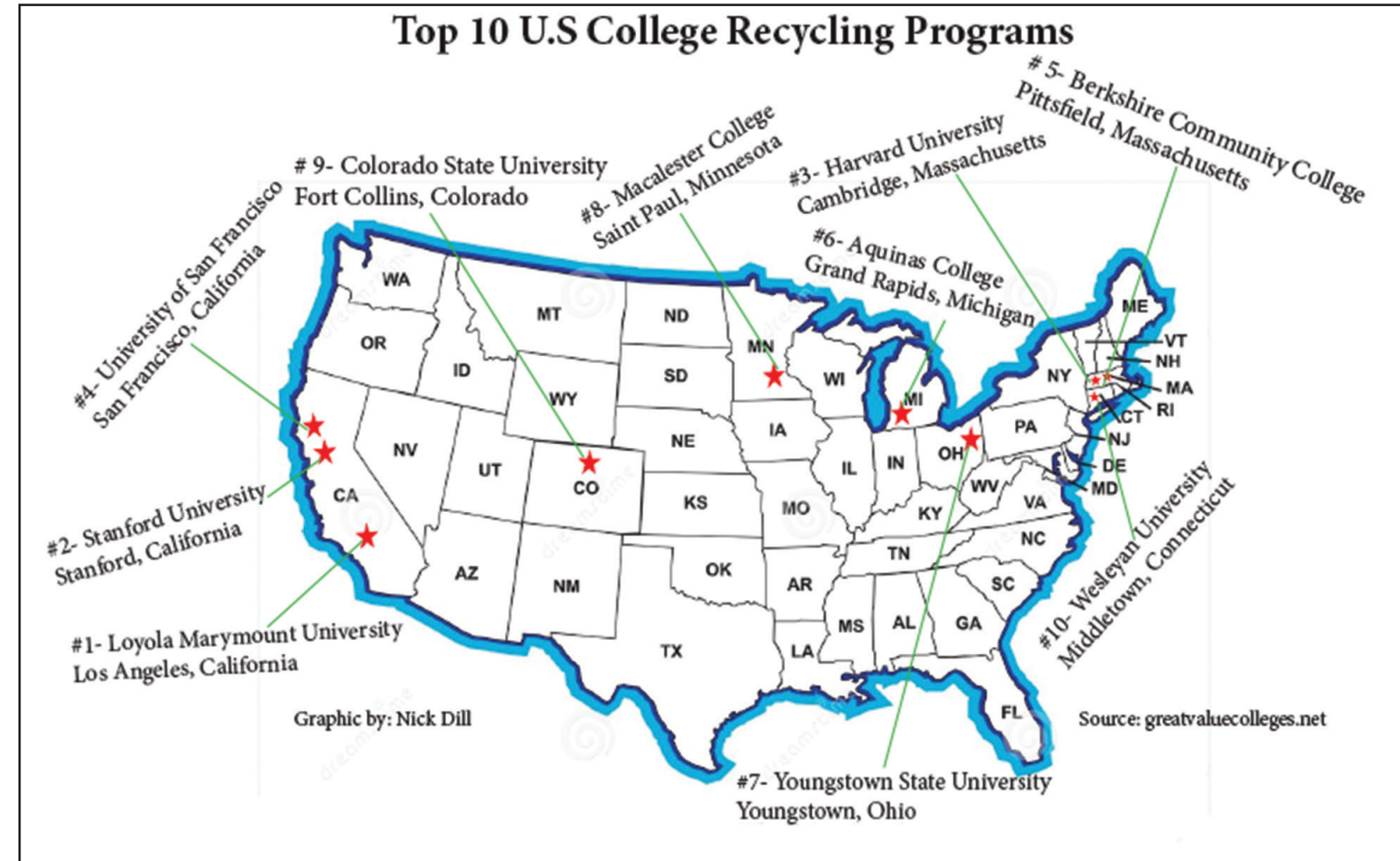
Hershey said recycling is seen in everyday things like Amazon boxes.

"So the question is, would we rather cut down trees to make these boxes or would we rather gather everyone's old boxes and make new boxes?" Hershey asked.

Hershey said it makes sense to recycle in Oklahoma because the state has places that take recyclable materials.

Hershey said in Oklahoma and in surrounding states it does make sense because there are paper mills that take used paper of any type to make new paper cardboard products. She also said metal smelters will take scrap metal, aluminum cans and food cans.

Hershey said some plastic pro-



This graphic shows the top 10 colleges in the United States that have recycling programs on their campuses. Several of the colleges are on the coasts.

cessors in the state of Oklahoma make plastic lumber, which is one of the plastics that is recycled.

Dr. Steven Mackie is an associate professor of education and co-faculty sponsor of the student organization CORE — Conserving Our Ranger Environment — at the Northwestern Oklahoma State University's campus in Enid.

'YOU RECYCLED EVERYTHING'

Mackie said recycling is not a new idea, and one that has always been around.

"I mean, if you were living on a farm, in the '20s, '30s, '40s, '50s, you recycled everything," Mackie said. "You used that pickle jar for canning purposes or a water glass or a cereal bowl. You use newspapers to wash your windows, and you didn't buy paper towels. The whole idea of recycling is kind of not new. People have been doing it for thousands of years."

Mackie said some short term economic impacts occur from recycling.

"It may cost the city or the campus a little bit upfront to get a recycling program going and started, but in the long run, if the community actively recycles, then 50% of less landfill waste goes into the landfill," Mackie said.

Mackie said recycling is a good first step to get people to really think about how they use the products that they buy.

"When you start recycling, I think it opens up your thinking about maybe not consuming so much," he said.

Mackie said recycling has gotten people to think about their use

of single-use containers.

"Whether it be aluminum cans or plastic bottles or a box from Amazon," Mackie said, "I think it just raises awareness, but it also makes the janitor's jobs a lot easier because there's half the trash in the trash cans."

Lorenzo Macaluso, the director of client services at The Center for Ecotechnology, said recycling on campus impacts a university culturally, and that sends a message to students and faculty about the importance of sustainability.

Macaluso said a couple of important things about recycling is the quality and organization of materials when recycling. He said if you have the wrong things mixed in there, then it really wreaks havoc on the recycling system.

"One of the main things that the industry has focused on is good quality recycling, separating the right things and making sure that the specs are aligned with where they're going," Macaluso said.

IS RECYCLING AN ECONOMIC FORCE?

Barry Sparks, facilities management outreach and desk-side recycling program manager at The University of Colorado Boulder, agrees that people should recycle.

Sparks said recycling is one piece of the sustainability puzzle. "Sustainability encompasses a broad range of issues, including social justice, climate change, and environmental stewardship," Sparks said. "In a consumer-driven society, creating a robust circular economy can be the alternative to the wasteful linear economy consumerism fosters."



This photo of compost, recycling and trash bins at RecyclingWorks, a Massachusetts company, shows how recyclable materials are separated.

Sparks said he believes people should recycle on campus, too.

"We should recycle everywhere," Sparks said, "but as students taking leadership roles in the society they will be pursuing careers in, having an on-campus recycling program is one avenue to engage in and practice leadership skills while learning more about the social and environmental benefits of sustainable practices."

He said a successful program

will attract students who are environmentally engaged and will help solve the problems of climate change and social injustice.

Muir said one important thing about recycling that most people don't realize is that it has many economic benefits, not just environmental benefits.

She said people don't realize that the job creation caused by recycling is incredible.

The Alva campus does collect cardboard boxes, Pecha said.

By KEVIN FORD
Assistant Editor

The morning rises fast as students yawn on their way to 8 a.m. classes. Claire Theis walks to her classes each morning, although her walks do not go without detecting the sight of littered trash on campus.

This, a senior pre-med biology major at Northwestern, said people litter all over campus. This helps the campus stay clean, though she finds it hard to raise awareness from students.

"People lose interest over time," she said.

Theis attended the fall club fair on campus to raise awareness about trash and recycling. The low turnout of students at the club fair did not help the cause, she said.

How can Northwestern implement a recycling program on campus to reduce waste?

Almost a decade ago, a campus recycling program was enacted on the Alva campus. Dr. Steven Mackie, professor of education at Northwestern, used to teach on the Alva campus back in 2011 before he moved his office to Enid. Mackie said students ran the recycling program on campus.

"Recycling is not as profitable, but good for the long-term," Mackie said.

The students used to collect material in a cattle trailer, he said. It became expensive and intense. The primary focus was on aluminum; however, with the consumption of plastic increasing throughout the last 10 years, therefore the focus shifted toward gathering plastic waste items instead of aluminum.

The program on the Alva campus did not last because the student volunteers needed more help from administration to help fund the shipping and handling of the waste gathered, Mackie said.

Today, Mackie helps guide students of CORE, a student-led organization with the goal to "Conserve Our Ranger Environment."

He has been a part of CORE since it was founded in 2009. CORE runs the recycling on campus in Enid. The program has been able to manage the waste gathered by students and faculty, he said.

"Back in February, CORE approached Dr. Bo Hannaford about getting a recycling program going in Alva again," Mackie said. "But then COVID hit, and the idea kind of died on the vine."

The biggest obstacle facing the Alva campus is the question of where to take all of the collected waste. Dr. David Pecha, vice president for administration, acknowledged CORE's efforts to run a recycling program.

"The problem in Alva is that there is nowhere to take the recyclables," Pecha said.

The Alva campus does collect cardboard boxes, Pecha said.

The maintenance shed on campus is where the cardboard boxes get stored. The material only gets shipped out a couple times each semester, he said.

"If we tried to recycle newspapers or tried to recycle cans, where would student groups or employees be able to take it?" Pecha asked. "I think there would be interest for both employees and students if there was some way to recycle items."

Waste management is hard in Alva, Mackie said. For a recycling program to come to fruition on the Alva campus, the area of waste management might require help from administration and "the higher ups" in Alva, Mackie said.

But how might an on-campus cleaning and restoring program operate accordingly? What criteria needs to be met to successfully maintain a campus waste and recycling program in Alva?

LARGER UNIVERSITIES

The University of Colorado at Boulder runs a recycling program. The university works in collaboration with the partnership of stakeholders on its campus, as well as the City of Boulder for necessary infrastructure.

University officials said the most crucial parts of their program are partnerships with stakeholders on campus. Some of these departments include the facilities management, the environmental center and the green labs.

The program began in the mid-1970s with students getting funding from student government, officials said.

As the program grew, the partnerships between stakeholders grew and solidified, officials said.

The University of Georgia office of sustainability conducted a study in spring 2019 to measure the impact of placing special signage above centralized trash and recycling bins.

Three different types of messaging were tested on bins in three different academic buildings.

Each sign was to either inform students or motivate them and do a product transformation.

The results showed that, regardless of the message, on average, the three sign messages decreased contamination in recycling by 13.83% and reduced the amount of recyclable items in the landfill bins by 18.31%.

Photographs with simple words are recommended as the strongest options to guide sorting behavior, the university's office of sustainability said.

Waste audits, consulting and case studies are a part of Michelle Dunn's college-hopping duties. Dunn, a business development manager and an expert for Busch Systems, said the universities are typically at the forefront of community recycling.



A maintenance shed on campus next to the Student Center has scattered cardboard boxes lying around inside.

University towns tend to gravitate to a well-learned student body on campus, and the impact spreads to the rest of the community. This has also proven to improve the local economy, according to Busch Systems, because of the reduction in overall waste.

Most recycling programs that have been developed on campus grounds have ultimately rubbed off and created strong stewardship with the surrounding community and people, Dunn said.

POSSIBLE BENEFITS

Alva is already a strong community, according to Luis Mendoza III. The ties between community members and students grow stronger each day, he said. Mendoza, an admissions counselor with the recruitment office, liked the idea of incorporating a student recycling program on campus.

"We could create a social media page where we show students walking around campus collecting plastic," Mendoza said, "and feature students who choose to participate on the social media page."

"Placing blue bins around the buildings and hallways gives the university a clean look and would also help attract new students onto Northwestern campus."

Recycling is only one piece of the sustainability puzzle, Mackie said. The ultimate goal is to reduce consumption.

Waste reduction can be a huge benefit for the local economy, as much as it could impact the health of the community, according to Busch Systems.

Families are more willing to go out into the parks and recreation-

al complexes if they consistently stayed clean.

The idea of recycling does not only display good community health, but also creates a positive image for the school in general, Mendoza said. Showcasing great leadership and civil duty are fundamental ways in building a sustainable community, he added.

During the first couple of weeks of school, some students have pointed out large amounts of trash and have voiced their opinions about it. Chris Ortiz, a junior health and sports science major from Jay, said students on campus tend to litter on the lawn near Coronado Hall.

"I see the janitors and the custodians busting their tails, picking up the trash that students left playing volleyball on the lawn," Ortiz said. "I wish people were a little more respectful and just picked up their trash."

A Ranger recycling program would be a great opportunity for students to educate themselves and network with the surrounding community, Mendoza said.

It would certainly be a promising site for everyone on campus to see less trash in general, Ortiz said. In addition, maybe even a surplus of bins around campus, giving people the chance to make a difference, he added.

What can we recycle?

YES

↓

Items you can recycle

- PLASTIC BOTTLES
- CARDBOARD
- ALUMINUM
- PAPER

NO

↓

Items you cannot recycle

- PLASTIC BAGS
- BATTERIES
- STYROFOAM
- CLOTHING

Graphics created by Kevin Ford

Source: <https://www.insider.com/things-that-dont-belong-in-recycling-2018-4>

Feature

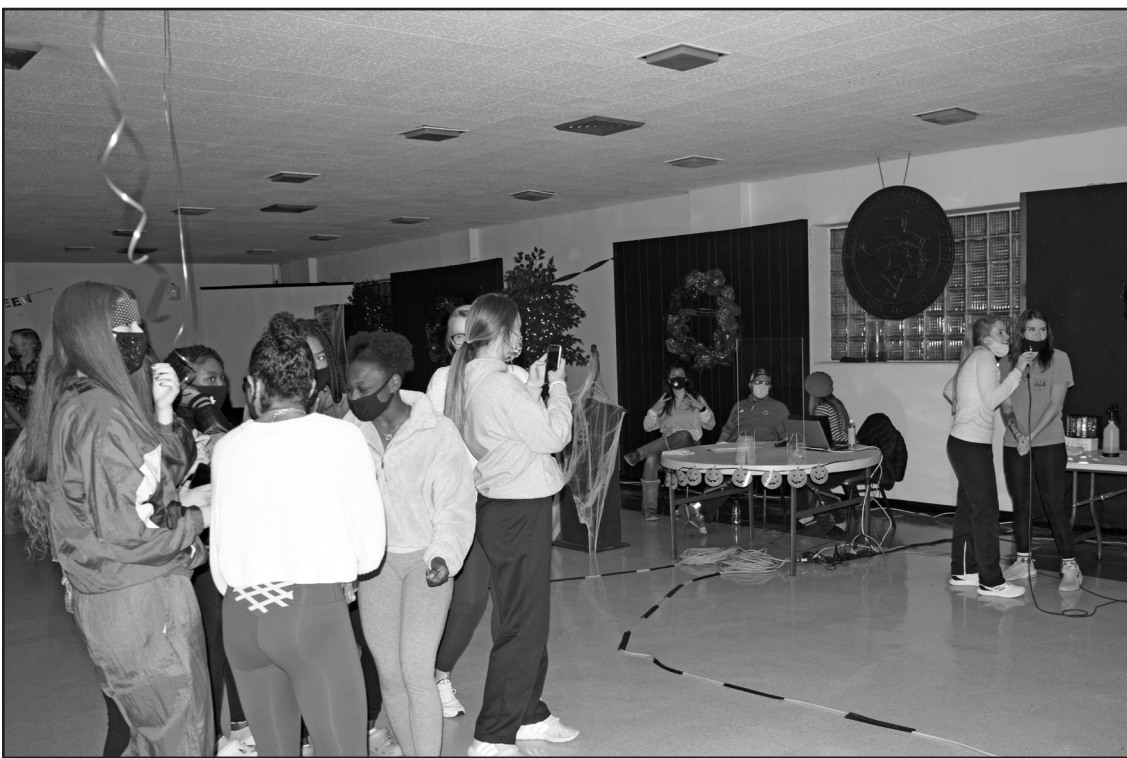


Northwestern students dance as the Cha Cha Slide is played at NWOSU's Spook Party on Oct. 29.

Photos by Dacoda McDowell-Wahpekeche

Rangers enjoy some spooky activities

SGA and Spanish Club host SpookFest for students



Mallory Paruszewski and Bailee Worlow (right side of photo) karaoke as their track teammates cheer and sing along with them.



Northwestern students line up to enter in the costume contest at the party.



Luis Mendoza and his girlfriend strike a pose as a Spanish song ended the events at the SpookFest party.

Entertainment

Do you believe in ghosts? 'American Murder' has proof that is hard to deny

By **MICHELLE WILLSON**
Editor-in-Chief

"American Murder: The Family Next door" follows the story of the 2018 Watts family murders that took place in Frederick, Colorado. "American Murder" is an American true crime documentary film directed by Jenny Poplewell.

I know the story. I was watching it as it appeared on the news so I knew what the ending would be. Unlike most real-life documentaries this one has a paranormal aspect if you look closely.

In scenes from the cop's investigation, you can see what appears to be the two girls coming down the stairs and playing in their room.

At one point they hear a giggle that they assume to be a doll they stepped on, but they are not able to recreate the noise. The laugh sounds like one of the girls and is almost identical to the laugh in one of their home movies and at one point you can hear what appears to be a whisper saying "I am with Cece" which was one of the girl's nicknames.

The scene that stood out the most to me was the scene in the neighbor's house. After the neighbor turns off the recording a commercial for "American Horror story" comes on and at first glance you like "Oh it is a commercial" but the Commercial starts with a fetus in a womb (His wife was pregnant) and then a skull in a puddle of oil (If you know the Watts story you know why that is relevant)

I honestly feel like the

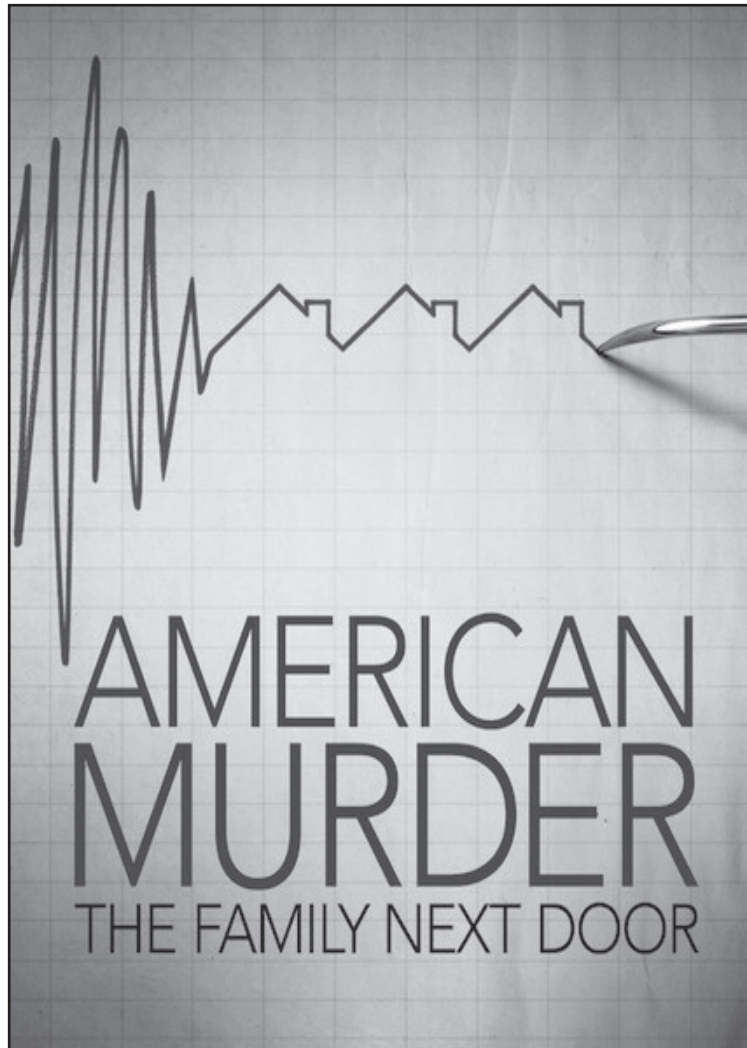


Photo from the Netflix Media Center

commercial was a little too relevant to the current situation and it was the reason that his wife's pregnancy got brought into the conversation.

I would honestly give this movie a 3 out of 5 stars.

It was a little drawn out, but I was not watching it for the storyline. I was watching it to catch the paranormal events.

I think it is an interesting watch and I would recommend everyone watches it... or watch YouTube

videos of the scenes in the movie where a Youtuber is pointing out the paranormal events because it is fascinating. You should watch this movie especially if you are on the edge of whether or not ghost exist because honestly I think this documentary has some hard hitting evidence that ghost can and do exist. That one more thing we can add to the "Weird things that happened in 2020 list" and we still got 2 more months to go.

Spotify playlists to try

- Hammoking jams
- Crying in the car
- Greek mythology
- Gifted kid burn out
- This is Blue October
- Numbness is a feeling I'm used to
- Sad nostalgia hours
- Playlist of all playlists
- A Slytherin but not a deatheater
- "I don't like country music"

What to watch on Netflix

1) Dick Johnson is Dead



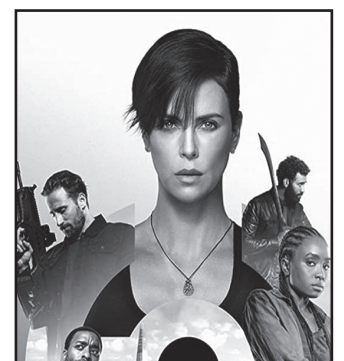
2) I'm Thinking of Ending Things



3) The Half of It



4) The Old Guard



5) Never Rarely Sometimes Always



Photos from the Netflix Media Center

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Sports

Fitness on campus

Northwestern's Wellness Center offers several fitness classes. These classes are available to people on the campus and in the community.

By **LOGAN MERIWETHER**
Student Reporter

Being fit is a great habit to start early in life, but having a fitness schedule no matter what age you are is important to a healthy lifestyle.

Northwestern has not only started new fitness classes at the J.R. Holder Wellness center, but they have a new teacher as well. Bailie Gooch is a student at Northwestern and is a fitness fanatic. Gooch said her and the rest of the staff in the Wellness Center wanted to start new classes to get more students, faculty and members of the community involved in fitness.

Gooch said they are starting two new classes a Body Burn class on Mondays. This is a hit class, which is high intensity interval training. Gooch said this class is great for getting your heart rate going, burning fat and gaining muscle just by using light workout weights or even just your body weight.

The Wednesday class, which is a Body Balance class. In this class Gooch is helping people with their balance, core strength and muscle stability. This is great for people who have very tight muscles and poor flexibility.

Gooch said it is also great to build muscle tone and definition.

Both of the classes are at noon, Gooch said this is great for a lunchtime workout. The classes both last 45 mins. Gooch said they have had a wide range of ages in the classes ranging from students all the way up to older individuals in the community.

"I just want to motivate and encourage other people to live a healthy and happy lifestyle," Gooch said.

Olivia Yandel, Assistant Director at the J.R. Holder Wellness Center and fitness instructor said she is very excited for the new classes and has seen a good number of individuals in the classes. Yandel teaches a rhythm cycling class at the Wellness Center. This is cycling where you go off of the beat of the music that Yandel plays in class. Yandel said she enjoys and wants to teach it because when she was a dancer the beat of the music came naturally to her making dance easy and enjoyable for her.

"Building great fitness habits now as a college student is important for when you are older," Yandel said. "If you start now it will help you later in life."

Yandel's classes are on Tuesday and Thursday at noon and at 5:15 both days. The classes last around 45 minutes, Yandel said. They start with a quick warm up,

then starting cycling to the music and finishing with a cool down session to slow everyone's heart rate back down. Yandel said she encourages people to join her rhythm cycling class. No matter if you are up off your seat cycling, or if you are sitting down the whole time while cycling. People are still going to get a great workout.

Richard Burdick, Director of the J.R. Holder Wellness Center said Gooch is the only student they have teaching a fitness class at the Wellness Center. He said he is impressed with how well she has taught the class and has gotten people involved. Burdick said they have revised and refreshed a lot of the fitness classes. They have been trying to get in more students, faculty and members of the community to come in and be fit.

Burdick said they have had a good amount of people in all of the classes even during the pandemic. He said they started virtual workout classes during the pandemic, and they are seeing more of those people coming back in and working out in person. Burdick said we do not have limits on how many people are in the classes. They have been able to keep everyone socially distanced and require that everyone wipe down the equipment before and after every use.



Photo provided

Northwestern baseball competes in intersquad scrimmages to allow players a more game-like environment that they cannot create during regular practice.

Creating a 'game-like environment' in COVID-19 times

By **DAVID THORNTON**
Photographer

During the past few months, the Northwestern baseball team has been running scrimmage games against each other. The team has played around 16 scrimmages.

"They are part of our practice where we separate our players into two teams and create a more game-type environment," Bowen said.

"I am really excited about this team and I can't wait to go compete with them this spring," Bowen said.

He plans to have five more scrimmages before the end of fall comes.

"The team loves to scrimmage. Any time we can create a game-like environment, they love it," Bowen said.

Senior outfielder Daschal Johnson said the scrimmages

bring great competition.

Each scrimmage they play with normal regulations and keep score. The idea is to keep the scrimmages game like.

"I want them to learn from game-like situations," Bowen said. "Things happen in a game that you can't simulate in practice and there's much to learn from these situations. Also, I love to see the players compete and deal with adversity."

"Growth through struggle," is the way Bowen describes the current situation the athletics world is in due to COVID-19 and the NCAA.

"I am really excited about this team and I can't wait to go compete with them this spring," Bowen said. "We have a lot of talented pitchers and players. We should be able to give many different looks to prevent other teams from scoring runs and we have many different types of ways to score runs on the offensive side of the ball."

Zanca joins softball staff

By **ATHLETIC COMMUNICATIONS**

Northwestern Oklahoma State Softball would like to announce the hiring of their new assistant softball coach in former Ranger first baseman Taylor Zanca.

The Sapulpa, Oklahoma native, will be staying in the Ranger family as she becomes the new assistant coach under Jill Devries.

Coach Devries on the hiring of Zanca, "I am truly so excited to be adding Taylor to the coaching staff."

In her time as a Ranger, Taylor was a big hitter, a pitcher, and a 1st baseman. She brings a wide range of knowledge, great NCAA DII experience, and GAC experience.

Taylor has an immense passion for the game and Northwestern Athletics. Northwestern softball is going to benefit greatly from having her on staff."

Zanca played collegiate softball for Butler Community College, and Oklahoma Baptist University, before transferring into the Ranger program in 2019. She played in her first game the past year during the 2020 season. In her 11 starts, she finished the season with a batting average of .310.

The former first baseman/pitcher will look to



Taylor Zanca

turn her playing experience into the next level as she starts the next chapter of the game in coaching, Zanca shares about taking the assistant position. "The opportunity to begin my career with this experience is so exciting! I have a true love for the game of softball and Northwestern as a whole. Coach Jill has been someone special in my life, and working for her has provided me with so much growth. These girls hold an incredible part of my heart. Ride Rangers Ride!"

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News

RECYCLING: Sustainability can be a marketing tool, experts say

Continued from Page 6

“What I try to tell people is, when you put that bottle or that can or that paper into the recycling bin, you start a chain of reactions,” Muir said. “A chain of businesses are going to come into play just because you did that.”

Recycling is a common sight anywhere that people might not even think about.

It does not have to be so complicated, she said.

For example, Muir said she had friends who were fishermen and supported recycling because they learned how harmful the plastic in the ocean is.

She said she was able to tell them how plastics in the ocean impacted fish.

“Even hunters were able to support the plastic bag ban that we had because they got tired of seeing bags in the trees when they’re hunting,” Muir said. “Also, the flooding that the bags can cause if they’re blocking a storm drain or something. So you always try to figure out how it goes back to why people should recycle.”

Hershey said generating less waste is a key tip when talking about why people should recycle.

“Reducing and reusing as much as possible is much more important than recycling,” Hershey said. “We want people to recycle at OSU on campus. I want your plastic water bottle, and I want to recycle it, but even more, I don’t want you to generate that plastic water bottle.”

Recycling on campus helps better market the university in a positive way. Muir said a lot of students want a sustainable university.



Photo by Kevin Ford

The landfill at Kiowa, Kansas, is shown in this Oct. 2 photo.

“Students want to know that their university is making good judgments on these things,” Muir said. “We do really well in the area of sustainability and waste, and that has been used as a marketing tool. We’re on the Green Schools list. We’re on the Sierra Club list. We’re on the Princeton Review list as being, you know, all these different things.”

Muir said recycling also affects the local community that surrounds the university.

“A lot of programs, the university started, and then the local government then got involved after they saw the stuff that was happening at the university,” Muir said. “I think universities are agents of change in their communities and are respected for that.”

Muir said recycling is important, and people are essential to the system.

“It’s not just a mindless thing

that you’re doing,” Muir said. “No matter where you are, you know, you’re at school, you’re at work, you’re at a football game, wherever you are. That decision really makes a difference to get good clean recyclables.”

Sarah Ballew, director of energy and sustainability services at The University of Oklahoma, said people should recycle to reduce emissions.

Bellew said recycling eliminates the need to source virgin materials and reduces emissions associated with the manufacturing processes that would mine and transport virgin materials.

She said the EPA has a WARM calculator that quantifies the emission reductions associated with recycling and waste reduction efforts.

Ballew said a finite amount of space is available on the planet for people to share and live on.

“Landfills are typically placed

Colleges that recycle in Oklahoma

- NWOSU- Enid Campus
- Oklahoma Baptist University
- Oklahoma City University
- Oklahoma State University
- Rose State College
- Rogers State University
- Tulsa Community College
- University of Central Oklahoma
- University of Oklahoma
- University of Tulsa

Graphic by: Nick Dill

Source: Eric Hemphill
UCO Sustainability Director

in low-income areas,” Ballew said. “Landfills can also leach and pollute the environment.”

Ballew said recycling impacts the economy, too.

“While the market value of recycled materials has fluctuated (and dropped) greatly in the last two years, the cost of disposing waste has also increased and will continue to escalate,” she said.

Dana Kelly, program assistant and office manager at the University of Colorado Boulder Environmental Center, said college campuses have a responsibility to implement solutions reducing waste on their campuses.

“Recycling on campus is important because college is a place where students are learning how to be responsible – not only for themselves, but for the world they live in,” Kelly said. “When we start paying attention to the waste we create and how to avoid waste in the first place, we become better world citizens.”

She also said recycling curtails climate change, saves energy, conserves water, and creates jobs.

Mackie said the bottom line of recycling is not a new concept.

“People have been doing it for thousands of years,” Mackie said. “It’s just the right thing to do.”

Northwestern has 23 active COVID-19 cases

By JORDAN GREEN
News Editor

Northwestern Oklahoma State University has 23 active cases of the coronavirus, university officials said Oct. 30.

Nineteen students have the virus, and four university employees have the virus, officials said.

The total number of positive COVID-19 cases among Northwestern students and employees includes cases at all of the university’s campuses in Alva, Enid and Woodward.

Officials first reported on Aug. 28 the number of students who have COVID-19. At the time, six students had tested positive for it.

University officials report the number of COVID-19 cases each Friday on NWOSU’s website.

To see the number of cases on all campuses, visit <https://www.nwosu.edu/coronavirus/active-covid-19-cases-nwosu>.

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Oh Warmie Girl!
I've missed you so!

ROCKET MAN

Rocket club members hope key fob sales go as high as a kite by competition time

By **DACODA MCDOWELL-WAHPEKECHE**
Student Reporter

Northwestern's Rocketry Team is selling 3D-printed key fobs to raise money to compete in the Argonia Cup in Argonia, Kansas.

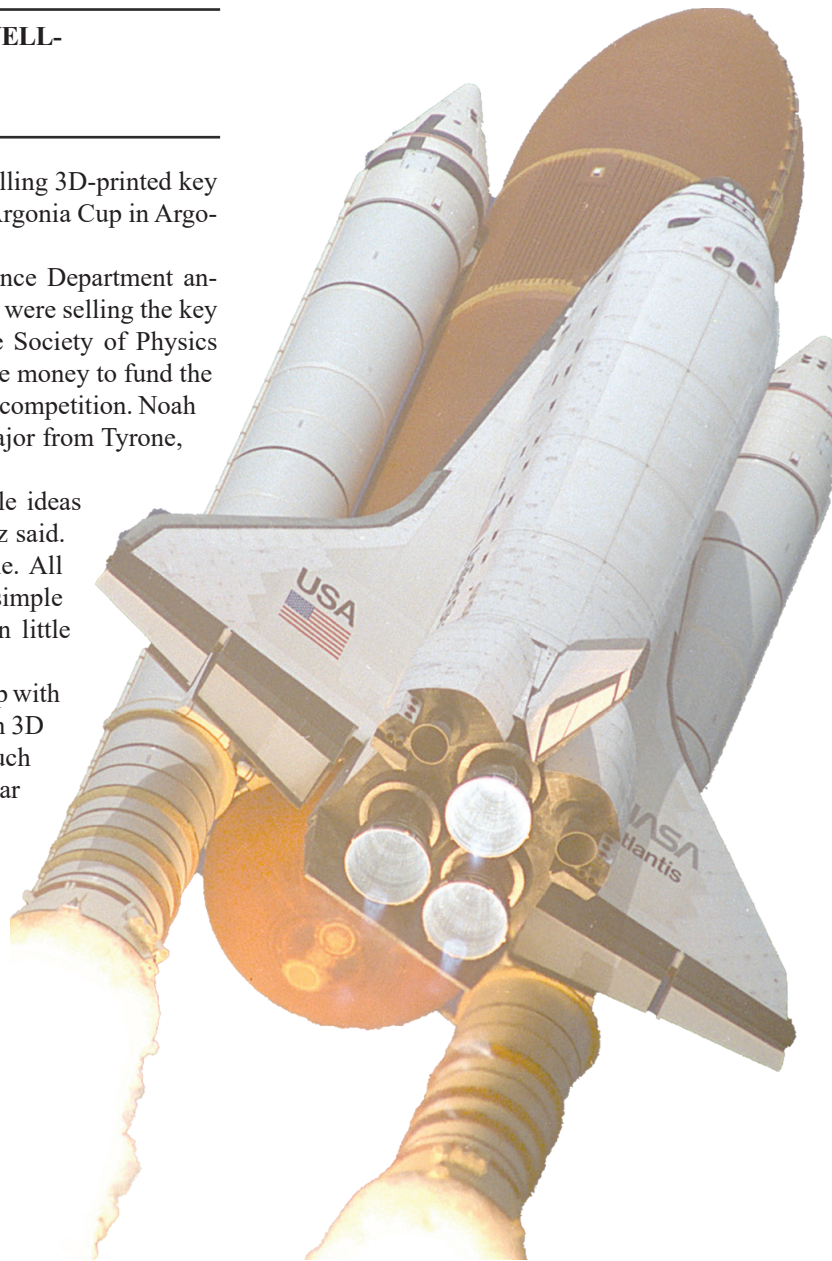
Members of the Northwestern Science Department announced in a tweet in October that they were selling the key fobs. The proceeds will go toward the Society of Physics Students. The rocketry team will use the money to fund the construction of a rocket for the Argonia competition. Noah Rodriguez, a petroleum engineering major from Tyrone, Oklahoma, came up with the idea.

"We were coming up with cool little ideas to sell for [the] rocket club," Rodriguez said. "A keychain would be nice and simple. All I did was make something nice and simple to where we could customize our own little words onto it."

It only took a couple hours to come up with the idea, he said. Rodriguez has his own 3D printer that he uses to make objects such as phone stands and toys, including a star destroyer from the Star Wars movies.

Pre-made key fobs with the words "NWOSU RANGERS" AND "NWOSU RRR" engraved upon them cost \$2 each. For \$3, customers can have a customized key fob made.

Dr. Steve Maier, the sponsor of the Northwestern Rocketry Team, said students can order a key fob by sending a direct message on Twitter to @NWOSU-science. Students may also email Maier at sjmaier@nwosu.edu.



At left: NASA STS-45 launches in March 1992. Above: A member of the Northwestern Rocketry Club uses a 3D printer to make key fobs. Right: Key fobs are shown in this photo.

From left: Photo provided by NASA/via Flickr; Photo by Dacoda McDowell-Wahpekeche; Photo by Dacoda McDowell-Wahpekeche