

WATCH THE CLOCK

Set clocks forward by one hour on March 14. Stay safe on spring break.



A YEAR OF COVID-19

Almost one year has passed since Northwestern students found out they wouldn't return to school after spring break. See the March 25 edition for our special report.



NORTHWESTERN NEWS

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'AVOID JAIL, CALL GAYLE'

Reed's taxi service available for local students, residents

By JACOB COMP
Student Reporter

If you're walking around the downtown square in Alva, you won't see a yellow car with a sign that says "taxi" on the top. But you might see a copper-colored Kia Soul driven by Gayle Reed.

Reed, an Alva resident, started local taxi company Happy Wheels in March 2016.

"I just one day decided to do it," Reed said.

Reed said she drives for a wide range of people. She has a group of retired people around town that she gives rides to regularly, she said.

She also provides rides for those who have chosen to enjoy a night out and think they can't safely drive home afterward.

Reed's business slogan is "Avoid jail, call Gayle."

Reed charges a flat rate of \$5 per hour for in-town driving. She offers university students a \$1 discount.

Anything within a nine- to 10-mile radius of Alva is considered in-town, she said.

"I'll tell you what's a good deal," she said. "I take you to Enid and back for \$50. That



Photo by Jara Reeder

Gayle Reed, a local taxi driver, poses for a photo in front of her copper-colored Kia Soul in Alva on Monday.

doesn't matter how many people are in the car."

Reed tries to help out the community in any way possible, she said. She'll drive people to the local food bank for free if they're donating supplies to it.

She has also helped people who can't afford to have their clothes cleaned, she said.

Before she started her taxi

service, Reed drove an ambulance. She also served in the U.S. Marine Corps during the Vietnam War. She served from 1967 to 1970, attaining the rank of sergeant.

Alva resident Marian Hanna said she is grateful for Reed.

"I met Gayle because I was without a car for a couple years, and she gave me rides to and

from work every day," Hanna said. "She's a very caring woman, and she's very helpful. If I needed a ride, I would definitely call her, for sure. She became like another mom to me. I love Gayle."

Reed may be contacted via phone by calling 918-809-5385.

"I enjoy doing the taxi service," Reed said.



Photo provided

Cards used by the Bored Gamers Club are shown in this photo.

Bored? New club invites you to play board games

By CADE KENNEDY
Student Reporter

A new club has appeared on campus, and it is receiving attention from students.

The Bored Gamers Club's first meeting was March 3, and 12 students showed up to spend their evening playing board games. Erick Livingston, the founder of the club, welcomed the students into the Student Center, and the games began a few minutes later.

"Over the course of the pandemic, I got tired of watching the same shows over and over, so I felt it was necessary that I made

See CLUB, Page 2

COVID-19

For these female entrepreneurs, pandemic provides opportunity

By DEVYN LANSDEN
Editorial Editor

BEAVER — While many small businesses across the United States have shuttered during the COVID-19 pandemic, some women from rural Beaver County have started new businesses and kept them open despite economic

challenges in the region.

Two businesses were formed and run by three women from the Panhandle. Beck's Body Care, a company that makes hand lotions, body scrubs and other skincare products, is run by Yadira Castillo. Klei Bella, a handmade jewelry company, is run by Bentleigh Albert, Kayla Ratliff and Tori Hale. Albert and Ratliff are from

Forgan, with their business located in Oklahoma City.

In the year 2020, 55 announcements were made for new and expanding businesses, according to the Oklahoma Department of Commerce.

The agency said it expected 8,000 new jobs to be created as a result.

See BUSINESS, Page 2



Photo provided

Tori Hale, Kayla Ratliff and Bentleigh Albert from Beaver started Klei Bella, a jewelry company now based out of Oklahoma City, in 2020.

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BUSINESS: Women marketed products through pandemic

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According to the U.S. Bureau of Labor Statistics, 25% of new businesses last 15 years or more, and 20% fail in the first two years.

Inexperience is the No. 1 reason small businesses fail, the organization said. This is because of poor planning. There are many steps when starting a business, and planning is the most important. A business has to be able to know whom to reach out to and what its competition is. The business must also have a steady and consistent revenue stream, the organization said.

Klei Bella's owners said they used the pandemic to their advantage.

Ratliff and Albert said they started making jewelry for fun because other people were doing it. In January 2020, they set off to Hobby Lobby to get clay and see what they could create. What started off as a fun, creative outlet from their jobs turned into a business idea.

Then they had to pick a name.

Albert and Ratliff said they had to select a name that would make them different from other companies. Ratliff said they looked up the word "clay" and the way to pronounce the word. "Klei" was how they would spell it in their business name. The word "bella" means beautiful. They wanted this word in their name because they took clay and made it into something beautiful, Ratliff said.

'A BLESSING IN DISGUISE'

The owners started making jewelry in January 2020. April 1 was the original day they planned to announce their new business. When the pandemic started, however, they decided to postpone it, Albert said.

"It was a big blessing in disguise," Albert said.

They used the extra time to plan more, they said. They said the business would not have survived if they had released their products in April. Using that time, they improved on their skills and learned more so they were better prepared for their new business to open, they said.

Since many people work together in the business, brainstorming ideas is easier and more fun, they said. The roles in their business are equal, and they know their strengths and weaknesses. The spare bedroom in Ratliff's apartment is where the creative work happens, she said.

It started in Albert's kitchen, Albert said. But she had two roommates at the time, and the room got too cluttered, so they relocated, she said.

WORK-LIFE BALANCE AT HOME

Having a workspace in her house is how Castillo makes products and raises her baby, Beckham. Castillo started Beck's Body Care, named after her daughter, when she was eight months pregnant with Beckham. Castillo wanted to provide for her baby without being away because of work, she said.

Castillo said she reached out to a mentor for help on making body butter. Castillo's company worked well locally, she said. It eventually picked up the pace. Now, she ships products to 27 states. She has created multiple scents with her products, she said. Castillo makes body butter, body scrub, chapstick and hand cream. She also makes candles.

Castillo makes her own all-natural, preservative-free products. She also makes handmade accessories that people can customize, and she has her own merchandise line of shirts and sweatshirts.

Vaccines available to college students

FROM STAFF REPORTS
Northwestern News

Students and teachers across Oklahoma are now eligible to take the coronavirus vaccine, health officials said Monday.

The coronavirus vaccine is available to Oklahomans in Phase 3 of the state's distribution plan, officials said. This phase includes "staff and students in educational settings outside of PreK-12 and critical infrastructure personnel."

"Thanks to increasing vaccine supply and the fluidity of our state distribution plan, we're excited to open vaccine appointments to our next major priority groups," Keith Reed, the state's deputy commissioner of health, said in a news release. "We worked quickly through our teachers and beat by over a week our goal to have every teacher have the opportunity to be vaccinated by Spring Break. That is giving us an opportunity to open to additional groups quicker than anticipated."

Most Oklahomans are now eligible to take the vaccine.

"If you're currently eligible, we are encouraging you to

Phase 3 Priority Groups
Eligible for Vaccine as of 3/8/21

- Teachers, students (18 and older), residents and administrative staff in educational settings outside PreK-12
- Critical infrastructure personnel at high risk of exposure to COVID-19

The vaccine will continue to be available to Phase 1 and 2 priority groups.

OKLAHOMA REGISTER TODAY
VACCINATE.OK.GO

Graphic provided

This graphic shows the population groups now eligible for COVID-19 vaccinations in Oklahoma. University students and teachers statewide are now eligible for immunization.

sign up for the first available and convenient appointment for you," Reed said. "Getting a vaccine will not only protect you and others, but it will also help us slow the rate of communal transmission and bring

us one step closer to being together again."

Vaccines are available at no cost to eligible groups, officials said. To schedule an appointment, visit <https://vaccinate.oklahoma.gov/>.

SPREADING THE MESSAGE

Castillo uses Instagram and Facebook to advertise her company. She is working on a website. For now, she continues to stay swamped, she said. Her direct messages are filled with people wanting to order more Beck's products, she said.

Castillo said she believes supporting other small businesses is

important. She likes collaborating with other businesses around the area, she said. She has worked with a few companies and used her scents to make car fresheners.

She displayed her products at a hair salon in Beaver and a new business that recently opened in Beaver.

She posts about other businesses she works with on her social media and some businesses

she may not work with. Castillo said she enjoys supporting people and their ideas.

Castillo is a licensed esthetician and said she makes sure her products are clean and natural. Her body scrubs exfoliate the skin and work with the body butter to better penetrate and hydrate the skin. Castillo is a massage therapist, and self-care is her main priority for her customers, she said.

CLUB: New organization provides fun and friendship, members say

Continued from Page 1

a club that people would enjoy," Livingston said.

He also said the club was originally going to be about the game

Dungeons & Dragons before COVID-19 shut down the university in 2020.

Dungeons & Dragons still has a place in the club, as every Sun-

day will be devoted to playing the game. The club will meet at the Ranger Perk on Wednesday evenings from 6 p.m. to 9 p.m. and on Sunday afternoons from 1 p.m. to 4 p.m.

"Why not come play a board game for a little while?" Livingston asked. "You don't have to stay the entire time, but why not

try it out?"

One of the students that decided to try out the club was Kendall Melton, who said he wanted to join the club because of his love of board games.

"Erick told me about the club, and I signed the petition to start the club," Melton said.

Melton said he is looking

forward to playing Dungeons & Dragons, which was one of the more popular games that was brought up at the meeting Wednesday night.

The university's Student Government Association sanctioned the club during a meeting Feb. 22.

SGA President Ethan Sacket said the club will be a great networking opportunity for students with similar interests, and that it will be good to have a club where students can connect with others while taking a break.

When asked about advice to give to people considering the club, Sacket said: "I would tell them to check it out. It's in an area close to the dorms, and you might meet great people there."

EDITOR'S NOTE: Erick Livingston is a reporter for the Northwestern News. He did not contribute to or review this story.

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News

Female staff members reflect on service to NWOSU

By LANEY COOK
Student Reporter

Northwestern's Alva campus has held onto some longtime female staff members since the 1980s.

Working in different departments on campus and meeting new friends and students, these women include: Myra Davison, administrative assistant to the president; Diane Penner, records coordinator of the registry office; and Valarie Case, university relations specialist. All have been on the Alva campus for at least 32 years.

Davison has been working at NWOSU full-time for 37 years.

She graduated from Northwestern in May 1984, majoring in both business as well as office and secretary work.

"I was working at Alva State Bank when a lady who worked on campus came in and said, 'Myra, you should go see about working at the college. I think you'd like working there.'" Davison said. "So, I applied to work in admissions, but didn't get the job."

She said she continued to work at the bank, waiting until a new position opened up at NWOSU.

Women's History Month



Honoring the women who make a difference at Northwestern

Davison said she applied for a split job, working part-time as a secretary in the Fine Arts Department and part-time as a division secretary for the Science Department. She got that job in the summer of 1984.

After her split job, she moved to the registry office and then to the business office. She began working in the university's accounts payable department before settling into her current job.

In 2020, Davison received the Thelma Crouch Staff Employee of the Year Award for her exceptional performance and service by showing dedication to Northwestern and its students, university officials said in a news release.

Penner has been working at NWOSU for 34 years. She took a three-year break between 1994 and 1997.

"I graduated in May of 1984, got married a week later, then started full-time for Northwestern," Penner said. "So, this is the only full-time job I've ever had."

Penner started in the financial aid office on June 1, 1984, and worked there until 1994 because she and her family moved to Kingfisher for three years.

In 1997, Penner and her family moved back to Alva.

She decided to go back to work at NWOSU as a secretary to the dean of nursing for a year.

She moved to the registry office in September 1998 and has worked in the same position ever since.

Penner received the Thelma Crouch Staff Employee of the Year Award in 2018. She said it was a sweet and exciting time when she heard the news.

"I love working here with all the different faculty and students," Penner said. "It's fun when a student from a while ago calls and asks about professors they've had or if people are still in the same places as when they were going to school here."

"It's fun getting to work with so many different people."

— Myra Davison

Case has worked at NWOSU for 32 years.

She said she started school here in 1981 and graduated in May 1985. After she graduated, she worked for the local newspaper for a few years before she started working at Northwestern.

In August 1989, Case started working in the public relations office on the Alva campus.

Case said she loved her time here as a student, so when she saw the position open up in an area she knew, she applied and got the job.

"I've pretty much stayed in the same department," Case said. "We've undergone a few name changes – from public relations to university relations – but the same position."

Case said she got the oppor-

tunity to photograph the winning season of the Ranger football team in 1999, the year the team won the national championship.

In 2000, Case graduated with her master's degree while still working on campus.

Between 2002 and 2004, Case was an instructor in the mass communication program and the adviser for the Northwestern News.

She said she primarily taught students in print journalism classes. She taught courses such as news reporting, feature writing and news editing. She also taught classes on public relations.

After being an instructor, Case went back to work as a public relations specialist.

Davison said she loves working on campus and getting to see all the friendly faces around.

"It's fun getting to work with so many different people," Davison said. "You think you know someone, but when you work with them, you find out they're much friendlier and much more relaxed, so it's a fun environment to work in."

Northwestern student struck by car



Photo provided

Northwestern student Violet McGuire was struck by a car Friday morning at the intersection of Oklahoma Boulevard and Eighth Street, students told the News. McGuire was transported to Share Medical Center for treatment and was later released. No additional information was available as of press time.

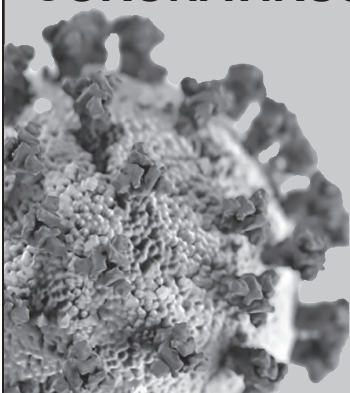
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CORONAVIRUS UPDATE: CASE NUMBERS ON CAMPUS AND AROUND THE AREA



STUDENT CASES:

0

active as of March 5. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

EMPLOYEE CASES:

0

active as of March 5. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

IN ALVA:

11

active as of March 8. Alva has had a total of 992 cases.

IN OKLAHOMA:

12,038

active as of March 8. Oklahoma has had a total of 429,162 cases.

EDITOR'S NOTE: NWOSU reports new active student and employee cases weekly on Fridays at <https://www.nwosu.edu/coronavirus/active-covid-19-cases-nwosu>.

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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

Luckily for me, family members are like boogers — they can be picked

JORDAN GREEN SAYS



JORDAN GREEN

There's a lot we can't control in life.

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. Any time

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, no matter how salty they may be. And luckily, the decision to shove our fingers up our nostrils in search of gold isn't the only choice we can make.

Some of us can control whom we consider to be our family.

I've got an awesome family: 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.

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 taught me how to work on old farm tractors. As a result, I've spent a lot of money on them. My bank account proves it. Wheeler and Betty have always treated me like their own kid, and they give me a hard time when I need one.

I think of Dayle and Janie McGaha. Dayle was the publisher of The Blackwell Journal-Tribune for many years, and he is a 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 witty remarks make every trip to their house worth the visit.

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

lot of his life in the "political arena," as he calls it, advocating courageously for the rights of farmers and rural Americans. We learn from one another, and we have a great time talking, 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 four 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

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; mine always remind me that my sister and I are great tax breaks.

You might be wondering why I chose to write this column. No, it isn't newsy. But it is timely: In a few days, I'll be celebrating my 21st birthday. I know I'll get some gifts, and those will be nice. But they'll only be so nice for so long.

On my birthday, I'll be celebrating the gifts that I'll have forever: Memories of those special moments with people who make my life happier, and who love and support me.

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. They're my boogers because I picked 'em.

When I turn 21 years old Sunday, 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.



Graphic by McKayla Holson

Above is an accurate visual representation of the author digging for gold.

Editor's rant of the week

By MICHELLE WILLSON
Features Editor

So, it's going to be a "not-so" rant this week. After last week's rant, I had a lot of people check up on me, and thank you for that but I am doing OK. Because I was able to see the signs in advance, I was able to minimize the stress on me, and I basically went "dormant" for week. I only went to things I had to be at. I didn't cut off complete contact, but I told my suitemate in advance of what I was doing. We held each other accountable for doing our homework.

It's taken me a long time to get to where I am with my mental health. And I know it's a hard journey.

That being said, we do have mental health outlets on campus and in Alva. Taylor Wilson is the director of counseling and career services on the Alva campus. She is a licensed professional counselor and behavioral health wellness coach. Her service is free to students. You can make an appointment online or call 580-327-8547. You can also email her at tawilson@nwosu.edu.

If you struggle with mental health, I would also look into the mental health club on campus, Shyft. It is a great source for questions and coping skills.

Mental health is important, and I'm glad we're finally ending the stigma of it. I like to be as open as I can about my mental health because I'm aware that it could help the people around me — or at least make them feel less alone in the situation.

I can't stress it enough that, if you're struggling, you should get help.

I've never been one to like medicine or taking pills, but my anxiety and depression medicine have really helped me this past year. I've even gone to the cafe and Walmart by myself a couple times, which is leaps from where I was in past years.

The biggest piece of advice I can give you is this: Don't be afraid to say "no."

That's something I still struggle with. Do what's best for you, even if it kind of makes you feel bad.

Be honest. You don't have to tell your whole life story. Most people will not only understand, but will even offer a helping hand if you say, "Hey, can we just not today? I need to take a 'me' day."

Have a good week.

Have a happy spring break, Rangers!

Editorial

Spring break is here

Students share their plans for break and still plan to follow COVID-19 protocols

By ALIYAH BIDWELL
Student Reporter

Students are ready for some fun as they prepare for their last week of class before spring break.

Emily Pray, a freshman undecided major and minor, said she is planning to go with the BCM on a mission trip. Other than that, she plans to go home and spend time with her family.



Pray

“The BCM is doing a missions trip, so we are going to be at a camp, and we will be helping people all while spreading the gospel,” Pray said. “I plan to wear a mask when I am on the trip, and I will also wash my hands and social distance, of course. Other than the BCM trip, I look forward to helping plan my sister’s wedding.”

Alyssa Donaldson is a sophomore social work major. She said she plans to go home and spend time with friends and family.

“I am going back home to Elk City, and I plan to spend time with various family members and hanging out with my friends,” Donaldson said. “I don’t plan to be a part of



Donaldson

any big gatherings, and I do plan to wear a mask. I am looking forward to getting some rest.”

Carys Delaplane, a junior nursing major, said she plans to spend time with family, get some rest and work on homework.

“I am traveling to my house in Enid to spend time with my family, and I might go to Oklahoma City to go shopping,” Delaplane said. “I have already gotten my COVID vaccine, so I am confident in that, and I will continue to wear my mask and washing my hands. I am looking forward to the opportunity to sleep in.”

Britni Stewart, a junior agriculture education major, said she is going to Oklahoma City to join her family at the Oklahoma Youth Expo.

The youth expo is the largest livestock show in the world, and she will be showing cattle and goats over the next two weeks.

“I will be traveling to Oklahoma City, and I will be going to the stock show, being with family and showing,” Stewart said. “I will be wearing a face mask and social distancing and taking my precautions. I am looking forward to being where I love to be most. That is at the stock show and spending time with my family.”



Delaplane



Stewart

By ERICK LIVINGSTON
Student Reporter

It is the time of the year that all college students (and even professors) look forward to: spring break.

It is a week full of good times, debauchery and lifelong memories.

However, everything changed when COVID-19 attacked. It is a safe bet that the impact that COVID has had on the world will not be forgotten.

Cases are going down worldwide, but it is still a dangerous virus, more so with recently discovered strands of COVID. So, stay vigilant on spring break if you choose to travel.

If you want to travel but are unsure how to do so safely, here are some tips.

If you choose to travel out-of-state, whether it be to vacation or go home for the break, there is one essential tool you will need.

Face masks have been proven to help stop the transmission of COVID and other illnesses.

When traveling, bring multiple masks with you in case you have to wash a mask (If it’s fabric or cloth, wash it regularly.)

If you simply lose or misplace one, personally, I bring two masks when I travel.

You must wear masks whenever you enter any sort of public space: gas stations, bathrooms, airports, even a porta-potty.

Wash your hands regularly. Don’t just splash water and soap on your hands. Practice proper hygienic washing for at

least 20 seconds.

It is also a good idea to bring wipes and hand sanitizer.

If you have recently been exposed to COVID-19, then you must quarantine yourself for 14 days and be tested until you can go anywhere.

This is a serious thing to remember. Do not think that you are a special case or exception to this rule.

Do not think, “Oh, if I wear my mask, I will be fine” and then, when you go to a gas station, you are wearing your face-mask to your chin.

If you are traveling, avoid hotspots such as California, Texas, New York and Florida.

COVID-19 has affected all of us.

And for that reason, we are all in this together and should be responsible together.

So, no going to clubs without a mask, saying it’s safe since you’re wearing a chin diaper.

No more getting into contact with a sick person and not telling anyone.

We all must work together so that COVID-19 will just be a memory and everything will be back to normal once again.

Be safe this break when you are travelling, and have fun. We all deserve that much at least.

Happy spring break.



Livingston

Make the changes to better yourself

By DEVYN LANSDEN
Editorial Editor

I am a big believer in self-care.

I think everyone needs time to be with themselves to relax and think. I am talking about having no phones and no TV.

I know. Sounds rough. However, it helps and feels so nice.

I have been trying to find new hobbies that get me off my phone. I have been reading a lot. I have read two books and I am almost done with my third.

I try to get as many things done before the weekend so I have some time for myself.

Self-care does not have to be just sitting in a room by yourself.

There are many things you can do that give you a chance to be alone with your thoughts. Exercise is always the first thing that comes to my mind. Being able to work out after a long, stressful day feels so good.

Another good idea is meditating. If you have time before class and you’re sitting in your car, you can look up a five-minute meditation video.

That will let you be with your-

self, and I promise, you will feel more Zen.

Go outside for a walk. My favorite thing has been sitting outside, especially after the cold weather we had.

Any chance I get, I am outside soaking it all in and enjoying the nice weather. That always puts me in a good mood.

Sleeping is always the answer, right? Sleeping will definitely help if you have a bad day.

If you have a dog or a cat, then take some time to cuddle with them and hang out with them. They will be happy — and they will make sure you are happy, too.

Be around people that make you happy. You can rant to them about what made you stress or what made you mad.

After talking about it, you will feel better right after. That is what friends are for. I try to surround myself with positive people because that makes me a happy person. If you notice someone close to you is not being themselves, then help them out. Knowing that you helped a friend out is a good feeling.

They will return the favor in the future when you are struggling a little more than usual.

I mentioned this already, but get off your phone for a little bit.

Social media can be a toxic place at times, and you might not notice if it is affecting you. When you go outside, leave your phone inside. Having a little time to yourself without a phone is self-care.

Does anyone else feel like they have their life together after they clean? Well, I do. Cleaning makes me more productive. Once I start, I will not stop until everything is clean.

Remember that taking a little time out of the day to be with yourself is not a selfish or pointless act. You are simply making sure your needs are met. Life is precious, so we need to enjoy it. Having a good relationship with yourself will lead to a positive attitude.

You will be someone who everyone wants to have in their presence. If you have a good relationship with yourself, then you will be able to help others.

I hope this story gave you some ideas to help ground yourself. Remember to prioritize yourself, especially when you are having more bad days than good.



Photo provided

Devyn Lansden takes a walk with her boyfriend, Elijah, in Colorado.

Walter lives life of family, fishing and football

By **ETHAN EVERSON**
Student Reporter

Some say he is the man that can do it all. He set records as an athlete and now spends his time coaching and being a father.

Matt Walter, the current head football coach at Northwestern Oklahoma State University Head, has had a life that few would expect.

Walter is from a small town called Azle, Texas, just south of Fort Worth. That's where he grew up and became the man he is today, he said.

One thing that some people may not know about Walter is that he was adopted and never knew who his real parents were.

"It was really hard to deal with because I never met them," he said. "But it was something that was meant to be, and I'm very blessed."

A TOUGH CALL

Walter said he has always had a passion for sports, mainly football and baseball. Going to Azle High School from 1992 to 1996, he played both sports and received offers from Midwestern State University, Southwestern Oklahoma State University and Northwestern Oklahoma State University to play at the collegiate level.

Walter grew up being an Eagle Scout. Attaining the rank of Eagle Scout is the highest achievement a Boy Scout can earn for performing community service.

"Being an Eagle Scout was an honor because I felt like it changed me to be a better man, and I get to show my kids things like hiking and building fires," he said.

In high school, Walter was a member of the National Honor Society, which is based on four criteria:

scholarship, leadership, service and character.

After high school, Walter had to decide where he would be going to play college athletics and get his degree. Walter said he knew Northwestern was the best choice.

"I felt at home when I visited, and I could make a difference when it came to football and my academics," he said.

THE COLLEGE EXPERIENCE

During his freshman year, Walter was red-shirted for the football team. That means he sat out a full football season without losing a year of eligibility. By his sophomore year, he still could play four years of football.

By Walter's sophomore year, he earned the starting job as running back and never looked back, he said.

Walter was a part of the best Northwestern football team in history. In 1999, the team won the national championship with him as the running back.

After winning the national championship, Walter wanted to play baseball again. That spring, he played for the university's baseball team and was the back-up outfielder.

During his career as a student athlete, Walter broke the rushing record with 2,548 yards.

A LONG JOURNEY IN COACHING

After attending Northwestern for five years, Walter graduated in 2001 with a bachelor of science degree and a master's degree in education.

He was hired as a graduate assistant to coach for Northwestern. In 2001, he was the assistant strength and conditioning coach.



Walter is the head football coach at Northwestern Oklahoma State University.

In 2003, he got a job offer to be the assistant strength and conditioning coach for Louisiana Tech University in 2003.

He was only there for a year because he got a head strength and conditioning coaching job for Southern Louisiana University in 2004.

In 2005, Walter took the same job as the strength coach at New Mexico State University, where he spent four years.

His life isn't just about football, though. At the end of the day, he goes home to his two sons: Rowan, 12, and Torin, 9.

He said he spends time with his sons every chance he gets. He takes them hiking, fishing and target shooting. He also likes to play laser tag with them.

"During football season, I don't get to see them as much," he said. "But when it's off-season, I spend all the time I can and try to be a

good dad and role model."

NEW OPPORTUNITIES

In 2010, Garin Higgins, the head coach for Emporia State University, called Walter and wanted him to be the university's head strength coach, special teams coordinator and wide receiver coach.

"I knew he [Walter] was a good coach, and I wanted him to be a part of my staff," Higgins said.

Walter accepted the offer. He packed his bags and moved to Kansas, where he learned from Higgins. "Coach Higgins, in my opinion, is one of the best coaches," Walter said. "He's taught me so many things about being a coach."

Along the way, Walter met T.J. Andrade, who would become his best friend. Andrade was a student assistant at Emporia the same year as Walter was hired. Andrade followed Walter to learn what it was like to coach.

"Being an 18-year-old, I was scared of doing things wrong as a coach," Andrade said. "Matt took me into his arms and taught me what I know now, and I'm so thankful for him."

In 2012, Higgins promoted Walter to being the offensive coordinator and offensive-line coach.

That year, Walter helped Emporia get its first 10-win season in history, and the university won the Kanza Bowl.

Walter worked hard to help the team, Andrade said.

"He [Walter] was in the office from 7 a.m. to 12 a.m. every day to make sure they were ready, and it showed everyone how bad he wanted to win," Andrade said.

During his time in Emporia, Walter met his soon-to-be defensive coordinator, Ken Gordon.

Gordon created a bond with Walter that made them close friends, he said.

Gordon and Walter worked out together every day. They talked about their families and football.

Gordon recalled his favorite memory with Walter: "He asked



Walter, No. 24, played fullback on the NWOSU 1999 National Championship Team. Walter holds the NWOSU all-time rushing record with 2,548 yards.

"He (Matt Walter) was in the office from 7 a.m. to 12 a.m. every day to make sure they were ready, and it showed everyone how bad he wanted to win."
— T.J. Andrade

if I wanted to do a good workout, and of course I said 'Yes.' He had us pushing trucks back and forth to each other, which felt like forever, but we had such a good time doing it."

RETURNING TO NWOSU

In 2015, Northwestern officials gave Walter a call and offered him the head coach's job. Walter said he didn't think twice and took the job. But he didn't want to come to Alva alone, so he asked Andrade and Gordon to come with him.

After settling in at Alva, Walter and the coaching staff went to Costa Rica for a fishing trip.

Walter said this was the best trip he has ever taken. He caught a 600-lb. sailfish.

Walter doesn't have much time off during football season. But

during the months of April, May and June, you can expect him to be out fishing.

"I will fish anything," he said. "I even made a trip to Colorado with my dad and went fly fishing, and made a trip to LBJ Lake to fish for whatever I can catch. I would fish everyday if I could."

Walter once made a trip down to Eagle Mountain Lake and caught more than 100 white sea bass. He said he never thought he would catch so many fish in his life.

Walter said he is proud that one of the players he got was Aharon Barnes, a cornerback from Texas that was an All-American player for the Rangers in 2019.

Walter said he went out of his way to get Barnes to play football for NWOSU.

"I had multiple Division I offers in track, but coach Walter called me and sold me to come here," Barnes said.

"Not even taking a visit, he was always texting and calling me showing how bad he wanted me."

Walter and Barnes share the same favorite memory with each other. When Barnes was a sophomore playing against Southern Nazarene University, he was waiting his turn the whole season to get a kick-off return.

He didn't get it until Walter told Barnes, "Earn my trust."

Barnes returned the kick-off for a touchdown.

OVERCOMING ADVERSITY

In the spring of 2016, Walter faced his biggest hardship he has ever had to deal with. His dad, David Walter, died.

"When his dad died, that was the saddest I've ever seen him," Andrade said. "We all saw how bad that affected him."

Walter missed two weeks of practice because of his father's death.

"My dad was my hero," Walter said. "He taught me how to play sports and got me into Boy Scouts. Every day, I try to be like my dad."

Walter said he is serious about students' academics. He puts athletes who are struggling in lockdown, where he is with them all day to make sure they get their school work done.

"I really think it is amazing he does that because I would never do that, and I've never seen another coach that's done that," Gordon said.

Walter has a way of creating lasting bonds with players and co-workers. He said he stays in touch with almost all of his former players and coaches.

"I've never seen a coach that has such strong bonds and makes them feel so welcomed," Barnes said.

"He gets so close with them, it makes him sad when they have to go because he gets so close," Gordon said.



Walter said he will fish anything. He said he would fish every day if he could.



Walter is pictured with his two sons on the university's football field. Walter said he tries to be a good father to them.

By the numbers:
1 National Championship
5 Schools he coached at
2,548- NWOSU
Rushing Yards
Record

Graphic by Nick Dill

Sources: riderangerside.com and enidnews.com

Feature

Students talk about their favorite female teachers

By **CARSON POLK**
Student Reporter

March is Women's History Month, and to show appreciation to female professors on campus, three Northwestern students talked with the News about their favorite female professors.

Peyton Lucas, a senior psychology major, said his favorite female professor is Dr. Mistie Kline, a psychology professor.

"Mistie Kline is my favorite," he said. "She's super caring and understanding of the stress college students have."

Caitlyn Pray, a senior agriculture major, said professor Kimberly Weast, a theater professor, is her favorite.

"Professor Weast ... has the most spontaneous, outgoing, fun personality," she said. "At the same time, she also has compassion for her students and is very personable and relatable."

Ella Freyman, a freshman nursing major, said her favorite female professor is Dr. Cornelia Mihai, a chemistry professor.

"She is so hard working and stuck out to me as one of the most informative and passionate professors for chemistry," Freyman said.

QUALITIES OF A GOOD EDUCATOR

Lucas said Kline's tests are different than other professors' tests, and they are helpful.

"Teaching-wise, her tests are super low-stress, no time limit and open-book, note and internet," Lucas said. "I know



Peyton Lucas



Caitlyn Pray



Ella Freyman

that she loves the subject matter she teaches on."

Pray said what makes Weast a good teacher is her excitement for education.

"She expresses it in every class, matched with her attention to detail and keen insight into where students are coming from and how to help them most – even when they don't realize it," she said.

Freyman said what makes Mihai a good teacher is how much she challenges her students.

"Dr. Mihai is a great professor because she pushes her students to work hard to get the grade they want," she said. "She teaches that being lazy will get you nowhere, and hard work is needed to achieve your career goals."

Students also talked about their fondest memories of being in class with their favorite professors.

Lucas said it was finding out about Kline's past.

"In general psychology, I found out she listened to Green Day, Korn, and used to be goth," he said.

Women's History Month

Honoring the women who make a difference at Northwestern

Pray said Weast's teaching technique of walking is her favorite memory.

"One of my favorite memories in class would have to be watching her animated demonstration of how people walk differently and then telling us we were going to do the same thing," Pray answered. "She can make even something like studying walking fun."

Freyman said her favorite memory is experiencing Mihai's humor.

"One of my favorite memories

in Dr. Mihai's class would be the jokes she makes during her lectures," she said. "She's always trying to make people laugh and keep them engaged in her class."

The students also talked about meaningful lessons their professors have taught them.

Lucas said Kline talked about failing classes and how she got to where she is today.

Kline told students that she failed 16 credit hours in college, and she's now able to overcome trying to be a perfectionist.

"Perfection is an impossibility," Lucas said.

Pray said Weast's relationship with God has stuck with Pray.

"Professor Weast taught me so many things, one being worth isn't greater on those who are the source of attention on center stage, but we all have roles God has given us to play in this world that genuinely stand out when we live them and don't try to copy someone else," she said.

Freyman said Mihai's idea that hard work is worth it means a lot.

"The thing that Dr. Mihai has taught that stuck with me

was that, with hard work and consistency toward your goals, it will always be rewarding in the end," Freyman said. "She also shares that, coming from Romania and having to learn in such a different way, she was still able to achieve her goals of becoming a chemistry professor with hard work and intelligence."

Lucas said Kline helped him realize he is where he was meant to be.

"Through her, I know that I have a unique perspective when it comes to psychology, and I know that I want to work with LGBTQ youth because of her," Lucas responded. "I am so thankful that, on the first day of general psychology my freshman year, she showed me that she was an ally, and from that day on, I knew that I was in the right place in life, and that she was going to help me succeed in any way that she could."

Pray said Weast has shown her how to be a better person.

"She has taught me what it means to be joyful in hope, patient in affliction and faithful in prayer," she responded. "She will always be a role model to me in these ways as a professor that showed all these virtues and inspires me to strive to love more like them every day."

Freyman said Mihai has impacted her life by being a good professor who makes her students work.

"Dr. Mihai impacted my life by providing material that was challenging and having us always be sure of our answers," she said. "Hard work is needed to pass her class, but it is always well deserved."

Double-majoring, running a business and being an intern: Baugh does it all

By **KAYLEA BROWN**
Student Reporter

What do you get when you mix a test tube, a horse and a jewelry business?

You get Kathryn Baugh and The Klassy Arrow.

Baugh, a 23-year-old Alva native, is a fourth-year Northwestern senior double-majoring in chemistry and biology with a pre-med option.

She will have a fifth year to finish out her second degree.

Baugh said a big goal in her life is to help people, and taking the pre-med route seemed like the way to do it, she said.

She is also employed by NWOSU as a teaching assistant



Baugh

and a learning assistant in addition to running the chemistry lab.

Baugh is interning at the Iofina Resources IO2 Plant to further her knowledge and skills in the science industry, she said.

Baugh is not all business, and she said she chooses to find thrills and fun through competing in

rodeos as a barrel racer. She is a member of the NWOSU rodeo team. The coronavirus and rodeo helped Baugh create one of her greatest passions: The Klassy Arrow.

The idea for The Klassy Arrow came to Baugh mid-quarantine because she needed a way to cure

her boredom, she said. Baugh said stress and staying busy keeps her wide awake, so The Klassy Arrow was a perfect addition to her life. Plans for expanding The Klassy Arrow include building a fully-functioning online boutique to sell affordable western jewelry, clothing and other accessories to

women.

"I love The Klassy Arrow because it helped me take my business side and my creative side and put them together," Baugh said. "People don't get to see a lot of me because I am on a pre-med route, so they just see my scientific side."

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Feature

Illustrations by Michelle Willson



International Women's Day

Oklahoma women have earned fame, inspired others

By **CAITLIN HOFEN**
Student Reporter

March 8 is International Women's Day, and many well-known women throughout history have called Oklahoma home. Here are five women from the Sooner State who left their mark on history and continue to be honored today.

REBA MCENTIRE

Reba Nell McEntire was born in McAlester on March 28, 1955, with four children. McEntire's parents raised her and her siblings on an 8,000-acre ranch in Chockie.

McEntire is an American country singer, songwriter, and actress. Her music career began in high school when she and her siblings formed their own group, according to her website. They performed at rodeos, clubs, and dance halls.

During her sophomore year at Southeastern Oklahoma State University, McEntire sang the National Anthem at the National Finals Rodeo in Oklahoma City. Her performance impressed Red Steagall, a country artist himself. He offered to help her record some demos in Nashville, Tennessee, which led to McEntire signing a record deal.

McEntire finally had a breakthrough in the 1980s when she released two number one singles: "How Blue" and "Somebody Should Leave." She has since recorded countless one-number hits and albums.

She continues to produce music and even tried her hand at acting in the 1990s and 2000s.

According to her website, McEntire is one of the most successful female recording artists in history. She has sold more than 56 million albums worldwide and is a member of the Country Music Hall of Fame and Hollywood Bowl Hall of Fame.

She has won 15 American Music Awards, 13 ACM Awards, nine People's Choice Awards, seven CMA awards, two Grammy Awards and an ACM Career Achievement Honor. She is one of only four entertainers in history to receive the National Artistic Achievement Award from the U.S. Congress.

ALICE MARY ROBERTSON

Alice Mary Robertson was born on Jan. 2, 1854, in the Tullahassee Mission in the Creek Nation Indian Territory, now

in Oklahoma. As far back as her grandfather, her family was committed to assisting displaced Cherokee and Creek Native Americans, according to her biography on the website of the history of Congressional members.

Robertson was an American educator, social worker, government official and politician. She became the second woman to serve in the United States Congress and the first to do so from Oklahoma.

Robertson was the first woman to defeat an incumbent congressman. She was known for her strong personality, anti-feminist stance and commitment to Native American issues.

In her campaign for the 2nd District of Oklahoma as a Republican Representative to the 67th Congress, she talked about her reason for running for office.

"There are already more lawyers and bankers in Congress than are needed," Robertson said. "The farmers need a farmer. I am a farmer. The women need a woman to look after their new responsibilities. The soldier boys need a proven friend. I promise few speeches, but faithful work. You can judge my past performances."

Robertson narrowly beat the Democratic candidate, who was holding the office, by 228 votes out of nearly 5,000 cast.

In the 67th Congress (1921-1923), Robertson was appointed to the Committee on Indian Affairs. She also received assignments on the Committee on Expenditures in the Interior Department and on the Committee on Woman Suffrage, as she was the only woman in Congress at the time.

Robertson died on July 1, 1931, after devoting her life to missionary work.

MARIA TALLCHIEF

Elizabeth Marie Tall Chief was born January 24, 1925, in Fairfax. Her father was a member of the Osage Nation. From a young age, Tallchief loved to dance, which led her to move to New York at the age of 17.

Many companies discriminated against her because of her Native American ancestry, according to information from the National Women's History Museum.

Rejection did not stop Tallchief, however. She continued working toward her goals and eventually became America's first prima ballerina. She was the first Native American to hold that title.

As her career began to take off, many tried to persuade Tallchief to change her

last name so that dance companies would not discriminate against her. She refused and continued to perform as Maria Tallchief.

"The women need a woman to look after their new responsibilities. The soldier boys need a proven friend. I promise few speeches, but faithful work. You can judge my past performances."
— Alice Mary Robertson

In 1947, she became the first American to dance with the Paris Opera. One of Tallchief's best-known roles was as the sugar plum fairy in "The Nutcracker." She also performed at the Bolshoi Theater in Moscow in 1960, making her the first American to do so.

After she retired from dancing, Tallchief and her sister opened the Chicago City Ballet, a ballet school and dance company.

Never forgetting her Native American ancestry, she spoke out against injustices and discrimination, according to information from the National Women's History Museum.

As a prima ballerina, Tallchief not only broke barriers for Native Americans, but also became one of the only Americans recognized in European ballet companies.

In December 2012, Tallchief broke her hip. She died on April 11, 2013, from complications of the injury.

SHANNON LUCID

Shannon Lucid was born in Shanghai, China. When Lucid was 6, her family decided to leave China because of rising communistic power. They settled in Bethany, Oklahoma, and Lucid graduated from Bethany High School in 1960, according to her biography. She attended the University of Oklahoma, obtaining her bachelor's degree in chemistry in 1963, her master's degree in biochemistry in 1970 and her Ph.D. in biochemistry in 1973.

She worked with the Oklahoma Medical Research Foundation in Oklahoma City until her 1978 selection as one of the first six women to train as astronaut candidates

for flights aboard a space shuttle.

Lucid first flew aboard the space shuttle in 1985 on a mission that deployed three communication satellites. She flew on three more space shuttle missions in 1989, 1991 and 1993.

In 1996, Lucid rode the shuttle to the Russian space station Mir, where she spent 188 days, a record for the longest-duration spaceflight by any U.S. astronaut at the time. In all, Lucid spent a total of 223 days in space, a record for the most time spent in space by a woman.

In 2002, Lucid was named chief scientist of NASA, where she was responsible for overseeing the scientific quality of all NASA programs and for external communication of NASA's research objectives. She held that position until 2003, when she returned to NASA's Johnson Space Center in Houston. She retired from NASA in 2012.

WILMA MANKILLER

Wilma Mankiller was born on November 18, 1945, in Tahlequah. The sixth of 11 children, Mankiller's family relocated to the bay area of California when she was 11.

Mankiller is often remembered as the first female principal chief of the Cherokee Nation.

Inspired by the social and political movements of the 1960s, Mankiller became involved in the Occupation of Alcatraz and later participated in the land and compensation struggles with the Pit River Tribe, according to the National Women's History Museum.

Returning to Oklahoma in the fall of 1976, Mankiller was hired by the Cherokee Nation as an economic stimulus coordinator.

With expertise at preparing documentation, she became a successful grant writer, according to the National Women's History Museum. By the early 1980s, Mankiller was directing the Community Development Department of the Cherokee Nation.

Mankiller became deputy principal chief of the Cherokee Nation in 1983 because of her reputation as a community leader, according to the National Women's History Museum. When the principal chief resigned in 1985, Mankiller became the first female principal chief of the Cherokee Nation, the second largest tribe in the United States.

After a lifetime of activism, Mankiller died in 2010 of pancreatic cancer.

Sports

Dill to serve NCAA athletes on student advisory board

By **DACODA MCDOWELL-WAHPKECHE**
Sports Editor

Northwestern's Nicholas Dill has earned the opportunity to serve student athletes in the Great American Conference at the national level.

On March 4, Dill was appointed as a member of the NCAA Division II Student-Athlete Advisory Committee. He is a junior mass communication major at Northwestern from The Colony, Texas. He is also a kicker for Northwestern's football team.

Dill said the opportunity to serve on the Student-Athlete Advisory Committee will benefit the future of athletics in the Great American Conference.

"I am really excited to do some stuff with this position," Dill said. "Now that I have it, I am excited to work with people at the national level. I will meet some great people and try to make an impact."

Dill said he is appreciative of the opportunity to represent Northwestern in addition to representing the Great American Conference.

"Sadiaa [Jones] said that, since she has been here, they [Northwestern] haven't had a representative on the national level," Dill said. "I think for Northwestern,



Photo by Kat Lunn

Nick Dill was selected as the Great American Conference representative for the NCAA's Student-Athlete Advisory Committee on March 4.

it's great that we can get our name out there. ... I hope I can lead the conversation that Northwestern has good quality athletes and people."

Sadiaa Jones has served as the associate director of athletics for compliance and student services at Northwestern since August 2017. She also serves as the adviser of Northwestern's

Student-Athlete Advisory Committee.

Jones said Dill is the best person to represent the Great American Conference.

"He is a great representative of not only athletics, but being a student here at Northwestern," Jones said. "He is always involved in everything and is always willing to help out. Whether that be ath-

letically related or not, you see him all over campus."

Dill is a member of Northwestern's Student-Athlete Advisory Committee. He is also a member of several other clubs and organizations on campus.

"He is just a good person who is willing to get involved," Jones said. "He is a great student. He is a great ambassador for Northwestern."

Matt Walter, Northwestern's head football coach, has coached Northwestern's football team for five seasons. Dill has been a part of Walter's football program since the fall semester of 2018. Walter said having Dill representing the Great American Conference is beneficial to the conference and Northwestern.

"What people probably don't realize is how influential the Student-Athlete Advisory Committee is on the national level," Walter said. "They get to vote on legislation the NCAA puts out. It's huge to have somebody from our program and from our university that's representing us at the national level."

An example of that legislation is the adoption of the notification of transfer model. This piece of legislation allows student-athletes to notify their schools through a written request that they are transferring.

Rather than having to wait

for their current university to allow it, student-athletes can immediately start talking to other universities about transferring to their institutions. This is different from the old model that restricts student-athletes from talking with other universities until their current universities have permitted them to.

That is just one example of what Dill will see during his term. He will discuss, vote on and create legislation that will reshape the NCAA at the Division II level.

Dill will be able to go into that opportunity and make a difference with legislation and his character, Walter said.

"The guy is literally best friends with everyone on the team," Walter said. "The stereotype is that kickers are standoffish and set to the side in the sport of football. But Nick makes it like he is one of the guys. ... He's a unique person. I'm glad he's here."

"I am really going to put in the work to attend all the meetings and come well-prepared to the meetings," Dill said. "Whatever I need to relay back to Sadiaa or anyone else in our conference, I will make sure I have every detail right and accurate."

EDITOR'S NOTE: Nick Dill is a student in the mass communication program. He did not contribute to or review this story.

Students should go outdoors during break

Have you felt the uplift in attitude since the winter months have passed?

Springtime allows more people to enjoy beautiful weather. If you have not tried fishing, hiking or bicycling, then you should look into giving those activities a shot during spring break.

Three years ago, I was introduced to fishing. My cousin, Evan Wahpekeche, is one of the best fishermen I know. Although fishing may be difficult, it is one of the most rewarding feelings to catch a fish when it makes you struggle to reel it in.

He would take me out to the many lakes and rivers that he knew how to fish on. At those fishing spots, he would teach me how to read the fishing conditions and what to use during those times.

This time of the year is the best

RANGER REPORT



DACODA MCDOWELL-WAHPKECHE

time of the year to go buy a fishing pole and hit a lake, river or a pond. It does take time to learn how to fish, but it is a rewarding experience.

Hiking is also a great way to enjoy the outdoor beauty we have around us. Hiking can lead to seeing natural beauty.

During quarantine, I went on my first official hike in the Ozark National Forest. There, my family and I went through trees, streams and pastures.

We were on a quest to find a big waterfall. In our four-hour hike, we found the waterfall we desired. The waterfall's cool water was what we were looking forward to.

State parks like Alabaster Caverns in Freedom, Roman Nose in Watonga and the Gloss Mountains in Fairview are relatively close to Alva.

Beauty is subjective, and these places offer a sense of hiking while sightseeing.

Bicycling around the town you will be visiting for spring break is beneficial to your health.

Last fall, Briley Yunker ran

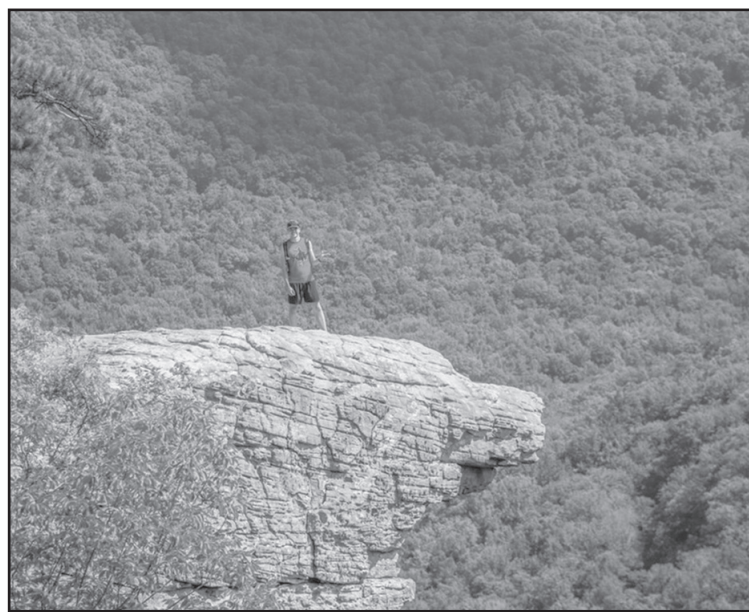


Photo by Marguerite Wahpekeche

Left: Dacoda McDowell-Wahpekeche poses during a hike on the Whitaker Point Trail (Hawksbill Crag) in Kingston, Arkansas, on Sept. 5, 2020. Right: McDowell-Wahpekeche's sister, Madyson, and mother, Marguerite, look at a waterfall found deep into the woods around Jasper, Arkansas, on April 26, 2020.

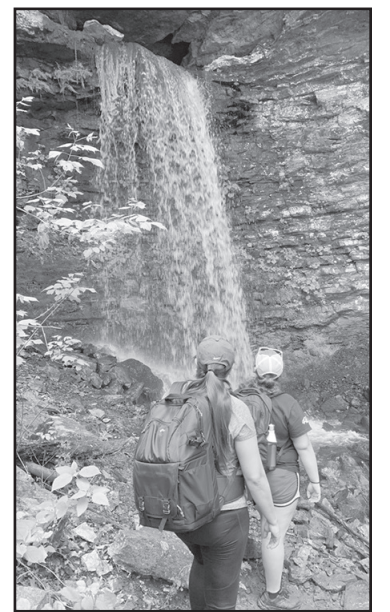


Photo provided

around Alva, and I followed her on her cruiser bicycle. After that, I realized that bicycling is fun. To be able to get exercise without feeling dead afterward is what I needed. For Christmas, she got me a bicycle.

This past week has been the best weather for cycling, so she

and I hopped on our bikes and rode around Alva. We completed six miles in 40 minutes.

It felt good to exercise and be able to enjoy the weather we are experiencing.

If you have a bicycle, then ride it. The weather is the perfect temperature for going around town.

If a bicycle is not accessible, then just take a walk because the weather is beautiful this time of the year.

Spring is the best time of the year. Enjoy this weather during spring break because these activities could make some of the best memories for years to come.

Sports

Football plays joint practice

By CONNOR GRAY
Student Reporter

The cancellation of the spring football season left Northwestern's football team with only one scheduled event for the semester.

Northwestern's football team traveled to Fort Hays State University in Fort Hays, Kansas, on March 6 to compete in a joint practice against the Tigers. As of press time, the team does not have any more plans to compete against another team.

The News reported in an earlier issue that the season was canceled, and a joint practice against Fort Hays would still be played as scheduled.

Head coach Matt Walter said playing a team that has made the playoffs five out of the last seven years was a test for the Rangers.

"Just the opportunity to play someone different instead of typically playing each other in the spring all the time," Walter said prior to the joint practice with Fort Hays on March 6. "I wanted to see us against someone outside of the conference. In the GAC, you don't play outside of the conference. You only play conference games. It's a unique situation that we hope our players take advantage of."

For Walter and his coaching staff, this practice gave the team an opportunity to play a non-conference opponent. Their opponent



Photo by Rayne Wherritt

Dax Benway and Nick Louis celebrate together after disrupting a pass during a joint practice against Fort Hays State University on March 6.

for the joint practice, Fort Hays, is a member of the Mid-American Intercollegiate Athletic Association.

Redshirt-junior linebacker Xavier Woodkins said he was disappointed after the spring season was canceled, leaving only one event for team during the semester.

"For me, I was looking forward to it because I'm trying to get on the field as soon as possible," Woodkins said. "I'm just itching, but I understood why we had to do it. I just told myself, 'We have to use the time to get better and train every day.'"

Woodkins said he looked forward

to getting back on the field for the joint practice after missing two seasons because of an injury.

"I got a lot to look forward to and a lot to prove," Woodkins said. "I have never gone without football, but it has been three years now. So, like, getting back into it, training my muscles to be back to how they were. Injuries are real tough. A lot of people don't know."

Injuries like his shoulder and Achilles injuries have kept him off the field for the Rangers. He has played eight games over his three-season career.

He said the team played well against Fort Hays and did not



Photo by Rayne Wherritt

Torrence Stevens runs against Fort Hays State University on March 6.

give up too many big plays on defense.

Stephen McCluskey, a junior wide receiver, said he was looking forward to showing what the offense's new playbook can do against opponents.

"I'm looking forward to wearing uniforms again," McCluskey said prior to Saturday's joint practice. "I like getting all dressed up and hitting someone else other than my teammates. That can get

pretty boring."

McCluskey said the team did well with the new playbook and that the plays helped them score touchdowns against Fort Hays' defense during the joint practice.

The joint practice was the first football event for the Rangers in more than 15 months. As of press time, the Rangers' next scheduled football event will be against Southern Arkansas University on Sept. 4 in Alva.

Northwestern rodeo season begins after hosting opener for the Central Plains Region of CNFR

By DACODA MCDOWELL-
WAHPEKECHE
Sports Editor

Northwestern hosted the first rodeo in the College National Finals Rodeo's Central Plains Region on March 2. The men took fourth place while the women tied for seventh.

Northwestern was supposed to host the rodeo beginning on Feb. 18, but it was postponed to March 2 because of inclement weather.

Head coach Stockton Graves led the Rangers at the home event. The Rangers scored 361.50 points.

The team finished in front of Southeastern Oklahoma State University, Northeastern Oklahoma A&M College, Connors State College, Oklahoma State University and Kansas State University.

Northwestern's Ricky "Bo" Yaussi and Denton Oestmann scored nine points each after finishing and tying for fourth place in the tie-down roping event.

Jace Rutledge and Bridger Anderson added to the teams' points after the steer-wrestling



Photo by Cade Madsen

Courtney Larson competes in the barrel racing event at the Woods County Fairgrounds on March 2.

event concluded. Rutledge's fastest time was 4.6 seconds, while Anderson's fastest time was 4.7 seconds.

Colton Kropf and Zane Thompson scored as headers in

team-roping. Kropf roped the front end of a steer in 5.4 seconds. Thompson roped the front end of a steer in 5.7 seconds.

Levi Walter scored for the Rangers in the team-roping event

as well. He roped the back end of a steer in 5.7 seconds.

The Rangers finished behind Fort Scott Community College, Southwestern Oklahoma State University and Oklahoma Pan-

handle State University. Oklahoma Panhandle State University won the rodeo after its team raked in 759.83 points.

The Lady Rangers did not score in the top eight places of the barrel racing, breakaway roping and goat-tying events.

Southeastern Oklahoma State University won the women's side of the rodeo. The team gathered 321.00 points. The Lady Rangers scored 6.50 points, tying with Connors State College for seventh place.

The College National Finals Rodeo organization puts out daily results from the rodeos across the country. To view the results, visit the College National Finals Rodeo's website.

Northwestern will travel to Fort Scott, Kansas, to compete in the second rodeo of the College National Finals Rodeo's Central Plains Region.

Northwestern's rodeo teams will compete in the Central Plains Region rodeos in hopes of qualifying for the College National Finals Rodeo in Casper, Wyoming beginning on June 14.

SMILE BECAUSE IT HAPPENED



Northwestern students took pictures of the most wonderful stuff — themselves — during Hats Off to Reading Week in early March. The J.W. Martin Library assembled a Dr. Seuss-themed photo booth for students to take pictures in. Left: Danielle Soliz takes a photo of Jerika Coon (left) and Jean Dodds (right) on Friday. Below: Darian “Piggy” Anderson Jr. and Tavonyia “Deja” Lacy pose for a portrait on Friday.

Photos by Jara Reeder