VICTORY - FINALLY

For the first time this season, the Northwestern Rangers won a football game.

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MENTAL HEALTH

'Changing the mindset'

Students and professors say stigmas on mental health are evolving, but more work is needed

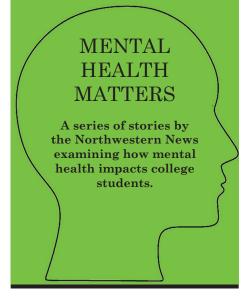
By **KAYLEA BROWN**Student Reporter

elby Jones was think-

ing of what would end if her life ended.

She was tired and stressed about all the things that were going on in her daily life. Then something happened that made her mind start racing.

She was alone at home, and the only sound she could hear was the constant ringing of her phone. Jones could hear a voice in her head that said: "Just do it. You won't have to deal with this anymore if you just do it."



Jones' thoughts were so overwhelming that she tried to take her own life.

The phone was still ringing, but the only person Jones wanted to talk to was her mother. In a flustered state, Jones called her. After getting off the phone with her calm-sounding mother, Jones started having a panic attack.

The next day, Jones' family took her to the hospital. She was finally able to talk to someone about the feelings she had been holding onto. This was the day Jones received her diagnosis.

On April 26, Jones was diagnosed with



Photo provided

ABOVE: Violet McGuire, center, is shown with her family. McGuire said she believes that having a support system is important for a person's mental health. BELOW: Northwestern counselor Taylor Wil-

severe depression and general anxiety disorder.

One in 25 Americans have a serious mental illness, including depression, according to the Centers for Disease Control and Prevention.

Mental health is an issue that affects every aspect of a person's life, and stigmas about mental health can complicate the lives of people with mental health disorders

Jones' story is that of a real student at Northwestern. The Northwestern News has changed her name in this story to protect her privacy.

Experiences with mental health disorders vary from person to person. Jones is one of many people who struggled to receive a diagnosis.

Jones said that, before she was diagnosed, she did not discuss her mental health with her family, especially her parents, because she thought they would not understand.

See MENTAL HEALTH, Page 2

son speaks with a Northwestern student in her office. This photo was staged, as the Northwestern News does not take photos of students in actual medical appointments to protect privacy.



Photo by Kaylea Brown

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NEWS

MENTAL HEALTH: Numerous barriers to treatment exist

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"They were raised differently," Jones said. "One of them didn't go to school, and the other was a popular kid. I wasn't like that in high school."

SOME LACK ACCESS TO TREATMENT

Jones is from a town in northwest Oklahoma with a population of roughly 700. Her hometown does not have a hospital, and the closest counseling center is 20 minutes away. The distance from a counseling center is one of the barriers people face in getting treatment.

Dr. Jason Ferrell, an assistant professor and chair of psychology at Northwestern, said two major barriers to getting treatment for mental health exist: the cost of counseling services and medicine as well as the distance to access those services.

"We have millions of people in this country that aren't insured and can't afford it," Ferrell said. "Often, the help people need is out there. They just can't get to it or pay for it."

MENTAL HEALTH STIGMAS AFFECT SELF-IMAGE

The physical and financial barriers are not the only problems people with mental health disorders must overcome. They also deal with stigmas, labels of disgrace society has placed on mental health.

Stigmas about mental health can sometimes keep people from seeking treatment.

"In our society ... if we break our leg, we don't have much stigma," Ferrell said. "But if we have a broken heart, it's not the same. To be mentally healthy, we have to be physically healthy. Those things work in conjunction."

Stigmas have an impact on a national, state and regional level, whether people are expressing their concerns with their mental health before receiving a diagnosis or dealing with a mental disorder after a diagnosis.

Taylor Wilson, director of counseling and career services at Northwestern, said she believes stigmas have an impact on the way society views individuals with mental health disorders and the way individuals with mental illnesses view themselves. Many people with mental health disorders, like anxiety and depression, struggle with their self-image and talking to others, Wilson said.

Another student at Northwestern, who will be referred to as Susan Thomas for privacy reasons, is diagnosed with anxiety and depression. The illnesses cause her to struggle in both her social and academic life.

"With my academics, I get worried that I'm not going to do well," Thomas said. "It brings me down a little bit. ... I'm so worried about one thing that I don't worry about the others."

Thomas received her diagnosis after her mother scheduled a doctor's appointment because she noticed Thomas was fidgeting.

Restlessness is a common symptom of anxiety, according to the Mayo Clinic. However, it can also be a symptom of other illnesses.

When Thomas received her diagnosis, she said she worried that people would judge her because of it. She said people in her hometown had a tendency to look down on those who were not like everybody else.

STIGMAS DECREASING, SOME SAY

Some people believe this tendency to look down on those with mental disorders is decreasing.

Violet McGuire, a 20-year-old junior agriculture major from Owasso, said she believes that to be true.

McGuire said that, if this topic were brought up a few years ago, it would not be possible to discuss mental health the way it is discussed today.

"Our generation is growing up, and we're teaching the younger generations that it's not weird," McGuire said. "I think our generation is changing the mindset on it because we're so comfortable talking about everything."

The generation McGuire is referring to is Generation Z, which includes people born between the late 1990s and the early 2010s. Previous generations looked at mental health as a taboo topic, but younger generations are making it easier to discuss, she said.

See MENTAL HEALTH, Page 3

From the editor: Why we're writing about mental health

We hear about mental health a lot. But we don't hear about it enough.

That's something we at the Northwestern News hope to change.

In this week's edition of the News, we're kicking off a series of stories talking about mental health as it relates to you, a college student.

For this week's story, reporter Kaylea Brown interviewed a number of people to find out how mental health affects college students and how the stigmas surrounding mental health are changing.

The purpose of this story is simple: to show that mental health issues can affect anyone and everyone. Every day, we're likely to interact with someone who has battled – or is battling – a mental health issue. These issues are more prevalent than

we know, and we need to be more cognizant of them.

It's also a reminder to be kind to everyone around you. We don't always know what other people are dealing with, and we should all try to be people who make other folks' days better.

I'd also like to take a moment to explain the practices the News used to ethically and accurately report this story.

Brown worked on this story for nearly two months. She took the time to research the issues, conduct interviews and synthesize that information in a way that's easy to read, understand and relate to.

The News also chose to conceal the names of two students in this story, one of

See NOTE, Page 3

America's History with Mental Health: A Timeline

1903

Clifford Beers established the Connecticut Society for Mental Hygiene, which in 1909 became the National Mental Health Association.

1920

Mental Health America produced a set of commitment laws that many states adopted for a standard of when to mandate treatment.

1947

The National Mental Health Act is passed. This called for the creation of the National Institute of Mental Health.

1949

The National Mental Health Association launched Mental Health Week.

1963

Congress passed the Community Mental Health Centers Act. This act called for the de-institutionalization of mental health facilities.

1972

President Richard Nixon seized money set to go toward the National Institute of Mental Health. A year later, after a lawsuit, a federal judge ordered the release of the \$52 million Nixon seized.

1985

Congress passed the Protection and Advocacy for the Mentally III Act. This act gives federally-funded protection and advocacy systems authority to investigate possible abuse or neglect occurring in the community.

1996

The National Mental Health Association helped secure the passage of the Mental Health Parity Act. This act states that large group health plans cannot limit benefits for mental health to be less than benefits of medical and surgical health.

2005

Advocacy by the National Mental Health Association led to a Supreme Court ruling that declared the death penalty for juveniles unconstitutional. This resulted in 73 individuals being removed from death row.

2006

The National Mental Health Association changed its name to Mental Health America. This is still the name today.

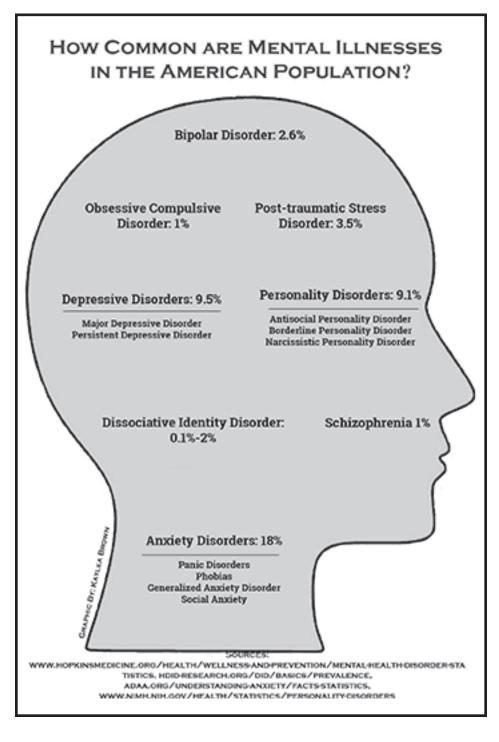
Graphic By: Kaylea Brown

Source: www.mhanational.org/our-history,

https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea_factsheet, https://www.justice.gov/archives/opa/blog/protection-and-advocacy-individuals-mental-illness

NEWS

MENTAL HEALTH: Dialogue about topic is changing



Continued from Page 2

MEDIA PORTRAYAL NOT ALWAYS ACCURATE

Today, people can be heard talking about mental health in a number of diverse ways.

People with mental health issues are portrayed in movies and popular shows on TV, showing what it is like for people with disorders in a dramatized way. McGuire said the discussion of mental health in TV shows is both good and bad.

Some shows allow people to see what some of the characteristics of mental illnesses are, while others show people with severe cases and make them seem crazy, McGuire said.

In addition to mental health being talked about on TV, it is also possible to hear people talking about their experience of having a mental disorder. Others, like Mc-Guire, say they have become advocates for people in their lives who have struggled with their mental health.

McGuire said she has seen the struggles of a friend who is on medication to help with depression. She sees the differences between when the friend is taking her medicine and when she is not.

McGuire said she believes talking about mental health should be normalized to prevent people from dealing with those issues in silence.

"I don't think anybody should have to go through that," McGuire said.

McGuire said she believes being around people who make you feel happy and safe is helpful, as they become a support system. She also said mental health should be talked about more in school, as talking about it could help change stigmas surrounding the topic.

Ferrell, the professor, said the lack of knowledge about mental health in society — how to help those who are struggling and how to manage mental health issues is because most people do not have to look at mental health unless they are a psychology major. It is easier for people to look at physical health because most people know a little about basic health.

"What we know is that mental health is physical health, and physical health is mental health," Ferrell said. "Our physical and psychological processes work together for our holistic health ... and so to be physically healthy, we have to be mentally healthy."

NOTE: More on how we reported this

Continued from Page 2

whom contemplated suicide. We chose to keep their identities hidden to protect their privacy and their personal health informa-

Some may question why we chose to make up names rather than allow them to simply remain anonymous. There are two reasons for this. First, having two anonymous sources in the same story would be confusing. Second, we want to show you, the reader, that these sources of information are still human – just like you.

We hope that you appreciate this story and the stories to come.

Mental health is important, especially to college students. Let's talk about it more.

– Jordan Green, Editor-in-Chief

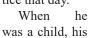
Students talk about Halloween plans

By COLLIN ZINK Student Reporter

Halloween is just a few days away, and some students say they have fun plans for the holiday.

But not all students say they plan to celebrate it.

Chase Orrock said he does not know what he plans to do on Halloween. He said he might have baseball practice that day.



favorite part of the holiday was trick-or-treating and "getting a bunch of candy.'

Orrock

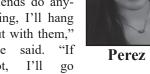
He said his costume from last year, based on a character from a Disney movie, is his favorite.

"I went to Walmart and created my own costume," he said. "I was the kid from 'Up."

Halloween is in fourth place on Orrock's list of favorite holidays, following Thanksgiving, Christmas and Easter.

Melissa Perez said she has some plans for the holiday.

"If friends do anything, I'll hang out with them," she said. "If not, I'll go home and hand



out candy to kids in my neighbor-

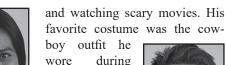
Perez's favorite part of Halloween is giving candy to trickor-treaters. When she was growing up, her family didn't celebrate the holiday, she said. However, she plans to dress up as Cleopatra this year.

She said Halloween is her favorite holiday because she likes the atmosphere.

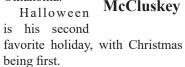
Stephen "Scotty" McCluskey said he has a lot going on for Hal-

"The first thing I'll be doing is going to the Spanish Club Halloween party," he said. "I am also planning on going to a haunted house, dress up and go party."

McCluskey's favorite parts of the holiday are getting candy



during freshman year of college. A Scotland native, he wore the costume because he's in Oklahoma.



Krys Johnson said he has no plans to celebrate Halloween.

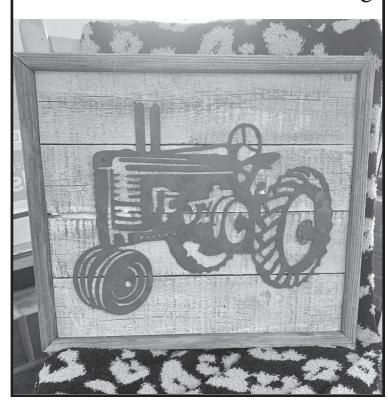
"I try to stay busy during the day," he said.

Johnson's favorite part about Halloween is trickor-treating, and he said he enjoys being outside with his friends.



Dressing up as a werewolf in elementary school was his favorite Halloween costume. Halloween falls in the middle on his list of favorite holidays.





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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@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

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OPINION

Appreciate your loved ones

By WILLIE SPEARS

Guest Columnist

How important is a home-field advantage?

Over a large sample size, it is documented that the home team wins the average NFL game by a score just below three points.

What is even more telling is that home teams usually win between 55 and 60 percent of the time in the NFL.

Do you have a home-field advantage?

We should have a significant advantage on our home turf. However, we often take the people closest to us for

When we do this, we are losing at home instead of winning. The truth is it is easy to win away from home.

We can put on a face of gratitude, respect and humility when running errands, working or at school.

At home, we do not put on a face. We are real and sometimes not so nice or pleasant.

When I was a football coach, I enjoyed playing on the road more than playing at home.

When we played home games, there was too much time and space to fill before the game. There was also a lot of work to prepare for the arrival of our opponent.

For home games, we often had a pep rally. Pep rallies are fun, but they have nothing to do with the game, and immature teams can not handle the excitement and attention that comes with a pep rally.

The rally is over at 3 p.m., but the game does not start until 7 p.m. What are we supposed to do for four hours?

Should we watch more film, put on a movie, let them relax, use the restroom, tape, warm-up, or review the scouting report?

All these are good ideas; however, our players are in familiar surroundings, which can cause them to let their guard down and lose their focus.

I would have moms bringing food and Gatorade to their spoiled sons. I would have players trying to say goodbye to their girlfriends and get a hug before the

Some players would sneak off and walk around campus looking for something to get into.

I needed each player to focus on the game, not all the

The same is true in our residential homes. It is easy to lose focus and get distracted by our jobs, television, cell phones, social media, and other forms of entertainment. Our focus should be on serving those in our household.

When was the last time you showed your appreciation to your spouse, children, parents and loved ones?

Have you folded the clothes, washed the dishes, swept, vacuumed or mopped the floor? When was the last time you cleaned out the tub or changed the linen?

My team's focus was the game; our focus should be to serve one another at home. As a coach, I realized there was much more work to do when we played at home than on the road.

We would get on the bus at 3 p.m. and ride to the game when we played away. It was easy and convenient.

The same is true when we are outside our home; we do not have to show much effort.

When we are home, we have to work hard at not taking our family for granted.

If you are married, single, have children or live alone, I believe you can win at home by having a house of hope and joy. A dwelling place where people feel loved and appreciated. A place where visitors leave and feel the love your house provides.

Three ways to Win At Home:

- 1. Be intentional about not taking those in your
- 2. Create an environment of joy and love in your
- 3. Do not treat the people outside your home better than you treat the people inside your home.

"Win At home" is a series of opinion articles written by author and NWOSU alumnus Willie Spears. Be sure to catch the "Win At Home" podcast in January 2022 and order the "Win at Home" devotional for leaders now at www.williespears.com.

'Andy Griffith Show' lessons live on

JORDAN GREEN SAYS



JORDAN GREEN

Where do you turn for good advice?

That question seems harder and harder to answer these days.

But a few decades ago, vou could have turned on the TV for some of the

Show" was, and still is, one of the greatest long-running productions

ever to grace the screen.

The main character was Andy Taylor, a humble country sheriff who kept law and order in the quaint country town of May-

He was joined by a host of other kind-hearted, small-town folk.

Mayberry was a fictional world. The most violence one could find here was perhaps when a couple of swindlers came into town off the highway with a fruit truck to sell goods without a license.

The real world wasn't so peaceful or serene then. It certainly isn't now. But the values we can glean from this show, no matter how made-up the episode was, have real-world applications, especially today.

In the make-believe world of Mayberry, Andy was a lawman, a family man and a community leader. In our world, Andy was - and still is - a teacher.

A widowed father, Andy gave his son, Opie, a lot of wisdom about being a good friend, student and neighbor in their small

Luckily, we got to hear that wisdom, too. Take, for example, this lesson from the episode "A Medal for Opie." After losing a race, Opie is distraught. Here are Andy's prophetic words: "It doesn't take courage "The Andy Griffith to be a winner. It does take courage to be a good loser. ... Now, you wanna be a good loser, you'll be proud of your friends that did win, and you'll congratulate them for

That's the kind of sportsmanship we need more of in this world.

Andy's financial advice was sound, too, because he despised greed. In the episode "Opie's Fortune," Opie found a \$50 bill in a lost wallet.

Andy advised Opie that he could keep the money if no one tried to find it for a week. But an ad in the newspaper revealed that the man who lost it was looking for it - and Andy made Opie give it back, even though no one else would have ever known it was missing.

It was just the right thing to do. Simple as that.

Andy knew his fatherly instincts might not be perfect, but he did the best he could. He admitted this in the episode "Opie's Allowance." He said: "There are no rules for pas and sons. Each mother or father raises his boy or girl, as the case may be, the way that he thinks is best."

If this next lesson is any proof, I'd say he did the job the right way.

In the episode "Opie's Rival," Andy reminds Opie: "Nothin' or nobody will ever change things between me and you because you're my son, and we're buddies."

As always, the message was heartwarming, and Andy's love for his family was unchanging.

As a kid, I watched the show quite a bit with my family. When I'm home, I still try to block out some time in my schedule to sit down and enjoy it all over again. The same episodes I've seen a couple dozen times grow sweeter with each viewing.

One can still find reruns out there. The show airs weeknights on the cable channel MeTV, and it's available on several streaming platforms. PlutoTV runs episodes 24/7. It's also on Amazon Prime. Many episodes are available on YouTube for a small fee, and you can still buy DVD sets online.

This world seems to keep spinning faster and faster. But in Mayberry, things still move at a slower pace. Each episode, whether happy or sad, funny or serious, ends with a valuable lesson.

We need the advice of honest, caring folks like Andy Griffith more and more.

Luckily, we know where to turn for it. We can still turn on "The Andy Griffith Show."

OPINION

MUST SEE MOVIES

"SCARY MOVIE"

"MALLOWEEN"

"FRIDAY THE ISTH"

"CHILD'S PLAY"

"NICHTMARE ON ELM STREET"

THE CONJURING"

WANNABELLE¹⁰



Oh my gourd-ness! It's finally Halloween

By **DEVYN LANSDEN**

Editorial Editor

The best time of the year is Halloween.

It is "spooky season." That means it is the best time of the year to watch all the classic scary movies.

I am a big horror movie fan, but my boyfriend is an even bigger one. I got him a shirt with all the classic horror movie characters on it. Halloween is my favorite holiday, and I am going to talk about the best classic horror movies I like to watch for Halloween.

We have to start off with "Scream." This classic scary Halloween movie is about a person in a mask that goes around killing people. Although it is scary, there are a few parts that make me laugh. There is a parody that goes off of the "Scream" movie. It is called "Scary Movie."

This movie is funny because it is dumb. It is also so much like the original horror movie, so you have to watch "Scream" before you watch "Scary Movie."

"Nightmare On Elm Street" was the first scary movie I watched when I was young. I had to sleep in my sister's room for weeks. I did not watch this movie again until last year. Freddy Kreuger is the classic scary character.

It would not be Halloween without "Nightmare on Elm Street." Jason is one of the many characters who does not take that dang mask off

"Friday the 13th" is another gory movie, but it is not Halloween without it. There are 12 Jason movies, and the oldest one dates back to 1980. There is a collaboration with Jason and Freddy Kreuger in 2003, "Freddy vs. Jason." I always like it when two characters come together for one movie.

Unfortunately, one character had to die. I will not reveal who. But I will say not many

people can compete with Jason.

Who can forget about the nice, innocent doll, Chucky?

"Child's Play" is a fun movie to watch. I say "fun" because the movie is funny to me. Who lets a doll beat them up?

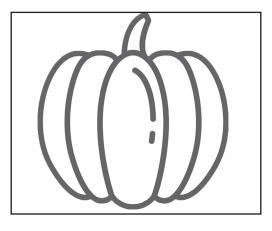
I guess I can't say anything because I wasn't there. But all I am saying is, if I had to choose to beat any of these horror characters, Chucky would be my choice.

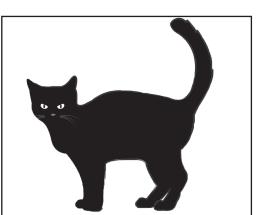
"Saw" is another gory movie series. They're almost too much for me to watch sometimes, but the storyline is great.

Another version of "Saw" came out this summer. It was called "Spiral," and the ending was the biggest plot twist I had ever seen. I have never not known an ending to a movie before. Usually, I can predict the ending, but with "Spiral," my mind was blown.

Other movie series I know a lot about are "Anabelle," "The Conjuring" and "The Nun." "Annabelle" and "The Conjuring" have three movies each. "The Nun" has only one. I watched the second Annabelle movie when I was a senior in high school, and that is what started my liking for horror movies.

All three of these movies tie into each other in many ways. The doll, Annabelle, is in the first Conjuring movie.





The movie starts off with two women who were scared of the doll. Throughout the movie, an event took place that was not covered in much detail but was mentioned many times. It turns out the event they were talking about took place in "The Nun." The first "Conjuring" movie came out in 2013. "The Nun" came out in 2018.

So, five years later, the event that the characters kept talking about in "The Conjuring" finally made sense in "The Nun." The third movie of "The Conjuring" came out this summer, and it was great. Those movies never disappoint. There is also a certain order to watch them in, too, so it will all make sense. And last but not least, we have Michael Meyers, my all-time favorite Halloween movie series. There are 12 of these movies and the thirteenth one is coming out next year. Let me just say I am excited about it. The most recent one came out this month, and I am ready for next year.

I won't spoil anything for anyone, but at this point, Michael Meyers is immortal.

I guess we will see what happens next year. All I know is that Laurie Strode is the one that is going to have to end Michael.

I am calling it right now: When the movie comes out next year, Laurie is going to be the one to end Michael. **NORTHWESTERN NEWS** October 28, 2021

In flight, finances and family,

f10ck

The CEO of the Northwestern Foundation &

Alumni Association is no fly-by-night guy.

By CAITLIN HOFEN | Features Editor

Birc

leads the

ne hot, Alabama sun beat down on the airstrip's asphalt. The young pilot was one of dozens of young men flying a Hughes TH-55 Osage helicopter for the first time.

He took a deep breath and walked through his pre-flight inspection step-by-step. He loaded his equipment and then climbed into the cockpit of the helicopter. After contacting the radio control tower, he was cleared for take-off.

He rose into the air and hovered over the airstrip, gazing across vast fields. Around him flew other youthful pilots. This was his first real taste of life in the air.

This was the fall of 1985, and the young pilot was Allen "Skeeter" Bird, now CEO of the Northwestern Foundation & Alumni Association.

"There were so many 22-yearolds on those small airstrips that day," Bird said. "None of us had very many flight hours. I'm surprised no one died with so many of us in the air at one time."

Bird served in the United States military for 20 years as a helicopter pilot in places such as Korea, Guatemala, Honduras and Haiti.

"In ninth grade, I read a book about four Air Force helicopter pilots," Bird said. "After reading that book, I decided I wanted to be a helicopter pilot, and going into the service was the best way to do

"The Army had the most helicopters, so I figured that my best shot at reaching my dream was to go where there were more of

Having found his dream career as a young man, Bird, then 17, attended basic training in Fort Jackson, South Carolina.

"It was the first time I had ever been away from home for more than a week," Bird said. "Eight weeks with a bunch of other boys who also had never been away from home, either. It was a growing-up period that shaped me into who I became. It created discipline, structure and commitment. My values and integrity were shaped and nurtured by the military."

ship from OSU. The guy who had interviewed me through that process was really ugly to me and said I was making a bad choice. That confirmed my decision. I came to Northwestern, and it worked out fabulously."

Bird graduated in 1985 from Northwestern with a bachelor's degree in history after changing his major four times.

Bird has lived all over the world during his time in the military. He said his favorite place was Alaska, where he and his family resided for 10 years.

"The summers in Alaska are beautiful," Bird said, "We would camp 10-12 weekends every summer, and we didn't even have air conditioning in the house. The darkness in the winter did wear on me, though.'

While on active military duty in Alaska, Bird continued his education, graduating from the University of Alaska with a master's degree in public administration.

"When I got my mas ter's, I was looking into city management," Bird said. "It was a great master's program up in Anchorage.

Almost every class period I would go, they'd give us a theory or a principle, and I'd go and apply it to my career. It really aligned with what I was

One of Bird's favorite hobbies is hunting, something he could regularly do in Alaska. "I love sheep

hunting," Bird said. "I had a friend, Steve Williams, who did

together.

"One of those trips was Bernard Glacier. We flew out on top of a glacier. It was 21 miles up the glacier. Then, because of the airstrip we landed on, we had to hike out. It was an incredibly miserable hunt. We managed to get off the glacier alive through the rain, which became our ultimate goal. Shooting a sheep wasn't even important anymore. We bonded

"I remember one day, Steve got really disgusted, and I had to pick him up emotionally. Then the next day, he had to do the same for me. We finally made it out, but it definitely tested us."

Williams has similar sentiments.

"We once went Dall Sheep hunting, and the ones we shot were miles away," Williams said. "We had to hike so far up to get them. We had to sleep on the side of a mountain without a tent or anything, freezing all night. It was raining and snowing so much that it took us almost two days to get back down the mountain.

made the best of it. We had movie "Once we finally got down and nights frequently, and we played soccer on Sundays with the Argentinian hospital personal. I couldn't have asked for a better final deployment because I love working with soldiers, and that was exactly what I got to do." Bird and his family moved back to

dies and goes to heaven, will they get what they didn't get on Earth?' And my wife answered, 'Well, yeah, what do you mean?' And

Another passion

Bird has outside of his

professional career is

"Over the last de-

cade, I've been pretty

heavy into horses,"

Bird said. "One day.

my youngest [daugh-

ter] was talking

to her mom, and I

overheard her ask, 'Mom, if someone

Libby goes, 'Well,

if I'll get a horse in

heaven if I don't get one on Earth.

And that just crushed me. I could

not go through life knowing that

she didn't have what she wanted.

So, that is kind of how I got back

SERVICE ABOVE SELF

Bird's final military deployment

"I had the opportunity to super-

vise a small detachment in Haiti,"

Port-au-Prince. At the time, Haiti's

government had been overturned,

and we were trying to provide

"I had a variety of military

Through the chaos of it all, we still

After his time in the service,

branches under my command.

humanitarian relief.

Bird said. "We had probably 35

people that were stationed in

I just wondered

into horses."

of Haiti.

caring for horses.

in Alaska. (Photo provided)

TOP: A Hughes TH-55 Osage Helicopter, similar to what Skeeter Bird flew, is shown in this 1966 photo. (Photo by U.S. Defense Imagery/via Wikipedia) LEFT: Skeeter Bird, center, is shown holding his daughter Madison while standing with his wife, Raye Lynn, while the family lived



doing and what I thought I was going to do."

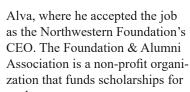
OUTDOOR PASTIMES

"We bonded over that — Skeeter Bird, talking about hunting

trip."

several hunts with me. Some were superb, and some were horrible, but we still enjoyed our time

crossed a river, I think we slept for two days before we even started skinning the sheep and cutting the meat out. We both had a lot of faith in each other, and we knew each other's skills. That was the only way we made it down with those sheep."



"We listen to people, our donors and our alums, and listen for their passions," Bird said. "At the same time, we're listening to the university and their needs. Then, we just try to broker those two. We try to bring people with capacity and passions

to people who also match those needs. "When someone makes

a gift here, we want them to be excited about it. We want them to be ready to

do it again, because they're so happy with the impact they made the first time."

Under Bird's leadership, the foundation has grown.

"When I started here, we had four employees, and now we have eight," Bird said. "We've also grown in financial capacity because we were right round \$10

Friends and colleagues praise Bird for his efforts as head of the

"Skeeter is very devoted to what he does and puts out a special effort to make things happen as Campbell, an associate and friend

> he does a great job in what he's doing."

An advocate for higher education, Bird said he stands firm in his support of giving back to the institutions

educating young people.

"Skeeter is very

devoted to what

he does."

— Don Campbell

"We, as a nation, have divested ourselves of higher education and education in general," Bird said. "We are not investing what we did probably 40 to 50 years ago, across the board. We don't invest in our teachers like we used to, and we don't invest in education like we used to.

LEFT: Skeeter Bird poses for a portrait with a helicopter he flew in this undated

TOP: The Bird fami-

ly poses for a portrait

in this undated

(Photos provided)

"When I was in Haiti in 2004. now, we're around \$33 million. their government was dissolved. So, the endowment has just about There were no police or public utiltripled, and what we deliver to ities. But teachers were showing up students has tripled." in schools, and children were going to learn. That country realized their only way for a better world was

FREE ADVICE

through education. We don't see

get better is to invest in education

that way anymore. The only way to

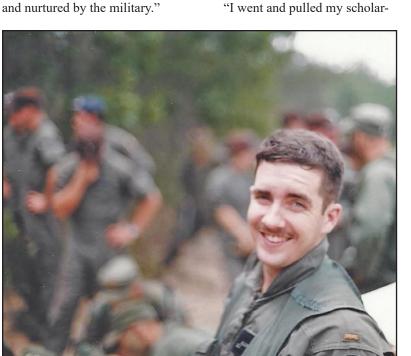
Bird is known for giving advice to people around him.

"Skeeter has helped a lot of people with encouragement and advice, but he's pretty reluctant to take praise," said John Allen, director of alumni relations and a close friend of Bird. "It's pretty hard for him to say 'You're welcome' because he just figures that's part of his purpose in life, to help other people. He doesn't want public accolades or applause for that."

During Bird's time at Northwestern, he met his wife, Raye

"My wife and I have been married 36 years," Bird said.

See BIRD, Page 8



CHOOSING

NORTHWESTERN

High School, Bird was set to attend

Oklahoma State University on a

his father's encouragement, Bird

toured Northwestern's campus two weeks before school was set to

start. He immediately felt at home.

"I drove over unannounced

and walked into the [then-active]

ROTC program," Bird said. "The

people were so incredibly nice

all across campus. They took me

around, and everybody I met was

phenomenally wonderful.

full-ride ROTC scholarship. At

Upon graduation from Tonkawa

Skeeter Bird smiles for the camera in this undated photo. (Photo provided)



CAMPUS

Pageants set for Sunday; Miss Oklahoma to speak

By **JASMINE BOWEN**Student Reporter

The Miss Northwestern and the Miss Northwestern Outstanding Teen competitions will take place at 4 p.m. in Herod Hall on Sunday.

Miss Oklahoma 2018 Ashley Thompson Baldwin will serve as the emcee for the events.

Nine young women are in the Miss Northwestern pageant this year, Northwestern officials said in a news release. Competing for the title are: Brianna Berryman, senior biology health science option major from Guthrie; Laura Blair, junior psychology major from Waynoka; Sydnie Lookingbill, sophomore early childhood ed-



Thompson Baldwin

ucation major from Shattuck; Mattie Pitts, freshman elementary education major from Waynoka; Carli Seabolt, sophomore business major from Perry; Cora Beth Taylor, freshman biology major from Kingfisher; Morgan Villarreal, senior early childhood education major from Burns Flat; Rebecca Wagner, sophomore biology major from Pawnee; and Taylor Winn, freshman biology major from Mooreland.

Paige Fischer, executive director of the pageant, said it is an opportunity for young women to earn scholarships. Candidates for Miss North-

western will be judged on their talent, among other topics. Candidates will participate in an interview, and they will discuss social issues they are passionate about.

"These ladies do make a huge difference in the community," Fischer said. "There's so many different events and businesses that they work directly with to help promote their social impact. It's just an awesome resume builder for them, as well as a once in a lifetime opportunity."

The teen competition is open to young women between the ages of 13 and 18 from across the state.

Olivia Yandel, who directs the teen pageant, said the event is a way for contestants to see the Northwestern campus and get to know people. It's also an opportunity for the contestants to practice their interview skills and build confidence.

"I just think it's a really empowering opportunity for young girls to get involved in," Yandel said

Thompson Baldwin is the cousin of the reigning Miss Northwestern's Outstanding Teen, Libby Williams, who was Thompson Baldwin's Miss Oklahoma Star for several years, university officials said in a news release.

Tickets are available in the business office or from candidates. General admission is \$8 in advance or \$10 at the door and \$3 for students with ID. Tickets also are available from Fischer, at (580) 327-8533 or plfischer@nwosu.edu or Yandel at (580) 327-8109 or oayandel@nwosu.edu.



Photo provide

This year's Miss Northwestern contestants are: (top row, left to right) Brianna Berryman of Guthrie; Laura Blair of Waynoka; Sydnie Lookingbill of Shattuck; (middle row, left to right) Mattie Pitts of Waynoka; Carli Seabolt of Perry; Cora Beth Taylor of Kingfisher; (bottom row, left to right) Morgan Villarreal of Burns Flat; Rebecca Wagner of Pawnee; and Taylor Winn of Mooreland.

BIRD: 'I wouldn't change ... the decisions I've made'

Continued from Page 7

"I met her right outside my current office, way back during my junior year of college. I asked her out about a week later, and we fell in love right here on campus."

A large part of Bird's life is supporting his daughters.

His eldest daughter, Madison, is pursuing a doctor of dental surgery degree at the University of Oklahoma College of Dentistry.

His second oldest daughter, Cheney, is a registered nurse at St. Mary's Regional Medical Center, working primarily in the labor and delivery area. Bird's youngest daughter, Liberty, is a sophomore business major at Northwestern.

"I could not be more proud of my girls," Bird said. "Each of them have attended Northwestern and done phenomenal. I have a great relationship with all three of them and a different connection with each one. Cheney and I went to a lot of concerts together, and she hunted with me. Libby and I had horses to bond over, and Madison and I do remodeling and home improvement together."

Liberty Bird said she thinks her father's military service influenced his parenting.

"With my dad being in the military and having three daughters, he raised us to be pretty independent," Liberty Bird said. "He always worries about us and is very protective. He got pretty nervous when we started to move out and grow up, but he always made sure we knew how to handle a gun and defend ourselves.

"I'm closer to him than I am my mom, so I feel like I can talk to him about stuff, and he doesn't give a judgmental perspective or a lecture. He tries to understand from your point of view."

Skeeter Bird has seen sights he never expected to – and if he could start life over, he'd live it the same way.

"I was in Honduras with another guy, and we had to bring a battalion down there," Bird said. "We drove past a sign giving directions to ruins down the road. We took off in that direction, and next thing I know, I'm standing in the Mayan ruins. I had watched these on National Geographic since I was a kid, but I never imagined seeing them for myself.

"I've been very blessed in the positions I've been in to experi-

ence the things I have. I wouldn't change a thing about the deci-

sions I've made to get where I am now."

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CORONAVIRUS UPDATE: CASE NUMBERS ON CAMPUS AND AROUND THE AREA

STUDENT CASES:

EMPLOYEE CASES:

IN ALVA:

30

9 7

9,714

IN OKLAHOMA:

active as of Oct. 22.
This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

active as of Oct. 22. This number includes cases at Northwestern's Alva, Enid and Woodward campuses. active as of Oct. 20. Alva has had a total of 1,364 cases. active as of Oct. 20. Oklahoma has had a total of 635,447 cases.

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

ENTERTAINMENT



They hay maze at Bradt's Menagerie, three miles west of Alva on Highway 64, is shown in this undated aerial photo. The Menagerie is also home to a petting zoo and other offerings.

Annual hay maze, including flashlight maze, open for fun

By CAITLIN HOFEN Features Editor

n a cool fall weekend, some Alva residents can be found three miles west of town, trying their hands at a scavenger hunt taking them through

Oklahoma's largest hay maze.

Bradt's Menagerie is an agri-tourism business featuring a petting zoo, laser tag, animal rides and more from mid-March through November. For October and November only, the hay maze is constructed and added to the experience.

"I make each maze up one bale at a time as I'm building it," said Jerad Bradt, co-owner of Bradt's Menagerie. "I don't even think about what I want to do until I have the hay on the property and

I'm ready to build. I originally tried to plot out our first maze on a piece of graph paper and got really frustrated not even 60 bales in. Now, I just build as I go"

This year, the maze has more than 720 bales of hay.

"It's like the Disneyland of Woods County," Bradt said.

Visitors can walk through the hay maze during the petting zoo operating hours Saturday from 10 a.m. to 5 p.m. and Sunday from 2 p.m. to 5 p.m. The Menagerie is three miles west of Alva on Highway 64 on the north side of the road between county roads 390

The Menagerie also opens for a flashlight maze from 8 p.m. to 11 p.m. on Thursday, Friday and Saturday. Visitors navigate the hay maze by using flashlights as they try to complete a scavenger hunt for a prize.

"We also do a 'scare maze' every year with the hay maze," Bradt said. "That will be Oct. 29, 30 and 31 this year since Halloween is on a Sunday. It's always a lot of fun and brings a large crowd."

The Menagerie started out as a way for Jerad and his wife, JoDe, to teach their sons responsibility on the farm. This idea expanded and grew into the petting zoo and all the other activities they pro-

"If you would've told JoDe or me we'd be doing this 15 years ago, we would've laughed at you," Jerad Bradt said.

See BRADT, Page 12

Area pumpkin patches prime for picking

By GAVIN MENDOZA Student Reporter

Alva is home to two pumpkin patches this year: the Alva Pumpkin Patch and Jackson Pumpkin

The Alva Pumpkin Patch is at 2129 College Blvd. Jackson Pumpkin Acres is two miles east and one mile north of Alva on County Road 470.

The Alva Pumpkin Patch has been around since 2003 and is owned by the Corr family. Paul and Dev Corr first started the patch at a church in downtown Alva. The patch is a fundraiser for the Navajo Indian reservation in Farmington, New Mexico.

The patch is open everyday from 11 a.m. to 7 p.m. Hundreds of people attend the patch each

year, the owners said. It is free for everyone to get into the patch, which has a maze and other yard games. Pumpkins cost between \$1 and \$35.

The patch has experienced some pumpkin shortages this year because of a shortage of trucks that deliver the pumpkins, Paul

"In a normal year, there are 50 semi-loads everyday for six weeks," Corr said. "This year, however, there are far less trucks, and we are one of the farthest west locations, so we do not always get trucks coming in."

Corr said the lack of trucks has impacted the patch some. But at the end of the day, it is about the community coming out and having a great time, he said.

Jackson Pumpkin Acres is owned by Shelly and Haley Jackson and Cheyenne Ingram. The patch opens at 10 a.m. on weekends and 4 p.m. on weekdays. The patch started last year, but pumpkins were only sold in town. This year, the patch offers a large corn maze, yard games and, of course, pumpkins.

Admission to the corn maze costs \$3 per person. Pumpkin prices range between 50 cents

Shelly Jackson said she and her family wanted somewhere for parents to take their children and have fun. The patch has hosted local elementary students, and they loved the patch, she said.

"This is what it is all about," Jackson said. "I just want somewhere where kids can come hangout and run around and enjoy themselves."

Northwestern student Abby

McLaughlin, a sophomore biology major from Burleson, Texas, said she plans to try and attend both patches.

"Pumpkin patches are one of

my favorite things to go to when I am back home, and I can't wait to make it out to the patches in Alva," she said. "I am excited to

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SPORTS

FOOTBALL



A Northwestern offensive lineman pushes a defender out of the way during a game against the Southern Nazarene Crimson Storm on Oct. 23 at Ranger Field. The Rangers won, 47-27.

SWEET VICTORY

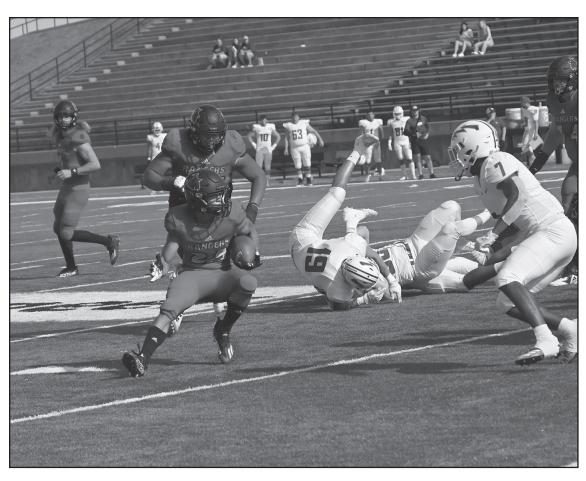
Rangers defeat Southern Nazarene, 47-27

One year, 11 months and seven days — 707 days to be exact.

That is how long it had been since Northwestern won a football game.

and the Rangers had the lead and the victory over the Crimson Storm of Southern Nazarene. This is the first win for the Rang-

On Oct. 23, the clock hit zero, ers since Nov. 16, 2019, when they defeated Southwestern. The Rangers improved to 1-7 on the year and will play Harding on Oct. 30 at 2 p.m. at Ranger Field.



A Northwestern running back makes a cut during a game against the Southern Nazarene Crimson Storm on Oct. 23 at Ranger Field. The Rangers won the game by a score of 47-27.



Devond Blair Jr. catches the ball in the game against Southern Nazarene.

SPORTS

Baseball losing grip over national pastime name

By GAVIN MENDOZA Student Reporter

Strike one, strike two, strike

Major League Baseball for many years was America's favorite pastime, helping shape the country into how it is today. However, the question most people ask is: Is baseball still the national pastime or have other sports taken its place?

Ryan Bowen, the head baseball coach at Northwestern, thinks baseball is a beautiful game, but does not know if it is the nation's favorite pastime.

"In America, I would say it's probably not," Bowen said. "I would say most people pay attention to football a little bit more, but I do think that there is something with the game that better draws people. It connects people more than football or basketball."

Baseball has a deep and rich history that dates all the way back to the spring of 1876. It existed long before any other major sports league, but that does not mean it has remained the most popular.

Football is the most popular sport in America because of the dominance in viewership in television. Although, like Bowen, many believe the history of baseball is one of the best things about it.

"I think the way the history, and the way the game is played, has a beauty to it," Bowen said. "It is such a field-driven sport that you have to work really hard at the skill to be able to play it at a high level. It takes all different body types. Anyone can play, and I think there is a ton of areas in the country that is it growing in popularity."

Some people across the country still believe baseball is the national pastime, and because of its history and the way the game is, it will forever be the pastime. In 2020, the MLB had a shortened season because of the pandemic. Viewership was skewed, and many teams saw increases and decreases. In 2021, baseball had its first full season since 2019, and the viewership compared to the last full season dropped dramatically.

Baseball viewership for the whole league may have decreased, but for big-name teams such as the Boston Red Sox and the Los Angeles Dodgers, viewership rose and brought baseball fans together during tough times.

Bowen said baseball is a great way to bring communities togeth-

"Just like here in Alva, it can be a rallying point for a community," Bowen said. "It is a beautiful game, and when it is played right at a high level, there is good pace, and there is a lot of action. You can have players from anywhere, and it does not matter what body structure you are. If you work hard enough, you can be a high-level baseball player."

Baseball receives criticism for its slower pace of play, and people may lack patience when watching a baseball game. Bowen said it is a game that requires lots of skills, some of which are not as appreciated by spectators.

"I think that the defense, how hard it is to play defense at a high level, is not appreciated enough," Bowen said. "I also think running the bases, there is a kind of art to running the bases that is not as appreciated."

Bowen said he thinks the timing and athleticism in baseball is overlooked. Along with that, little things that go unnoticed that speak to the sports connections to its history and the nation mean a big deal.

"The history and tradition of our uniforms have not really changed," Bowen said. "You know, it's the flag flying above center field. I mean, there are a lot of cool things that could be appreciated about our game that most people either do not see or take for granted."

What's Next For Ranger Sports:

Date Sport	Team	Location	Time
10-28-21 WSO	C vs Harding University	Alva, OK	6:00 p.m.
10-28-21 WVE	at Oklahoma Baptist University	Shawnee, OK	7:00 p.m.
10-28/29/30-21	Northwestern Rodeo	Alva, OK	1
10-30-21 WSO	C vs Ouachita Baptist University	Alva, OK	11:00 a.m.
10-30-21 FB		Alva, OK	2:00 p.m.
11-2-21 WVB	vs Southern Nazarene University	Alva, OK	7:00 p.m.
11-4-21 WSO	C vs Southern Nazarene University	Alva, OK	6:00 p.m.
11-5-21 WVB	vs East Central University	Alva, OK	6:00 p.m.
11-5-21 WBB	•	Hillsboro, KS	7:00 p.m.
11-6-21 FB		Russellville, AF	2:00 p.m.
11-6-21 WSO	•	Shawnee, OK	
11-9-21 WVB	*	Durant, OK	6:00 p.m.
11-12-21 WBB	at University of Central Oklahoma	Edmond, OK	5:30 p.m.
11-12-21 WVB	vs SWOSU	Alva, OK	6:00 p.m.
11-12-21 MBB	at University of Central Oklahoma	Edmond, OK	7:30 p.m.
11-13-21 WBB	vs Northeastern State University	Edmond, OK	1:00 p.m.
11-13-21 MBB	vs Northeastern State University	Edmond, OK	3:00 p.m.
11-13-21 FB	vs SWOSU	Alva, OK	3:00 p.m.
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Ranger soccer team continues to improve, reaches 9-4-1 record

By CONNOR GRAY

Assistant Editor

The Northwestern soccer team went 2-2 in the last two weeks, putting the team at 9-4-1 on the season with the final stretch com-

In the last two weeks, the Rangers faced a variety of foes from the GAC.

The Rangers lost to Oklahoma Baptist, 2-1, at home after giving up two goals in the first period.

The team bounced back to get a win over Southern Nazarene with a 3-2 victory, with Tiara Campbell and Lily Anderson getting goals in the first half and Abby McLaughlin scoring in the second half.

The Rangers dropped the next game with a 3-2 loss to rival Southwestern as the teams traded goals in the first 22 minutes. Northwestern was unable to answer the Bulldogs' third goal.

Northwestern got a win over East Central, 2-0, with Campbell getting two goals.

Campbell, despite being a freshman, has been a spark for Northwestern's offense.

Her ability to make goals when needed makes her a valued player.

She leads the team in goals scored, with 17 and averages near 50% on her goals-to-shot ratio. She has played all 14 games.

"Tiara has been fantastic for us," said head coach Alex Piekarski. "She scores in a variety of ways for us using her right and left foot and head to score."

Campbell is not letting this get the better of her, as she knows the team is more important than she

"We're focusing on the simple things, like simple passes." — Caitlyn Bidart

"It's crazy. I didn't expect it," Campbell said. "I'm very grateful for the time I've gotten and the things I've been able to do with it, just working hard as I can."

Four games are left on the schedule, and they could be challenging: Harding, Ouachita Baptist, Southern Nazarene and Oklahoma Baptist University.

Caitlyn Bidart, a senior defender, said the team is looking forward to these last few games.

"We're focusing on the simple things, like simple passes," Bidart said. "If we set a bigger picture, it's harder to establish that than small, specific things to reach what we want."

The next game is Harding, which defeated the Rangers by a score of 5-2 on Oct. 7.

The Rangers have an aggressive mindset going into the game, team members say. They believe they were not aggressive enough in their first game.

"We've talked about how defending is a team concept. It's something we need to continue to do," Piekarski said.

Bidart reiterated Piekarski's point about stopping Harding, as it was the most goals the team has given up this season.

"Coming out with intensity and not start slow like we did against them the first time and start with what we should do," Bidart said.

The Rangers will have three home games in a row starting Oct. 28 at 6 p.m. against Harding. The Rangers will play Ouachita Baptist Oct. 30 at 11 a.m. and will play on Nov. 4 at 6 p.m. against Southern Nazarene.

The final regular season game will be on Nov. 6 in Shawnee versus Oklahoma Baptist.



Photo by Devyn Lansden

Kailani Kealoha dribbles the ball across the field during a game against Oklahoma Christian on Sept. 18 at the Ranger soccer field.



BRADT: A change in attitude made the Menagerie a reality

Continued from Page 9

"We were literally on our way home with a trailer full of llamas, a donkey and a goat when JoDe said, 'Jerad, this is ridiculous. We have a petting zoo."

All it took was a change in perspective.

"By changing my perspective on having a petting zoo, we found a way for the animals to pay for themselves," said JoDe Bradt, co-owner of the Menagerie. "We started with a few animals and realized we already had people asking to come out and see them. By September of 2012, we were open to the public."

The Bradts said they take time after every season to come up with new ideas for the new year.

"We came up with the idea of the hay maze during one of our brainstorming sessions," JoDe Bradt said.

"We sit down with our three sons – Braylon, Brickman and Breaker – to figure out what went well and what we can improve on. We came up with the idea for the hay maze in 2015, and we've had it ever since."



ABOVE: Animals like Gretchen the cow are ready to be petted at the Menagerie. BELOW: Members of the Bradt family play laser-tag.



HALLOWEEN

Trunk-or-treat events planned for weekend

By **BENJAMIN KLIEWER**Student Reporter

A community trunk-or-treat event will take place Thursday, providing students and families an alternative to door-to-door trick-or-treating.

The Alva Ministerial Alliance is hosting the event.

Trunk-or-treat will be along College Boulevard, and hot-dogs will be served at a booth on Church Street. The event will take place from $4-6~\rm p.m.$

Pastor Katie Hill of First United Methodist Church said she thinks the event can be safer than trick-or-treating. Streets will be closed to traffic, and many parents will be with their children during the event.

Attendance is expected to be higher than usual this year, said Pastor Nathan Hosier of Cedar Grove Wesleyan.

"It seems like it grows every time," Hosier said. "This year, they're expecting probably one of the biggest turnouts since we weren't able to do it in a normal way last year."

Pastor Chris Ruwaldt of the First Baptist Church said he thinks there is something nostalgic and good about the event, as it allows neighbors to enjoy time together.

Other church officials agree.

"I think, especially for our church, it's a chance that we get to welcome people and make parents and children feel like an important part of our community, which they are," said Madison Williams, religious education director at the Sacred Heart Catholic Church.

A couple of other events for Northwestern students are also on the calendar for the Halloween celebration.

"SPOOKFEST" PLANNED

Also on Thursday, the Northwestern Student Government Association will host a "Spookfest" at 7:30 p.m. in the Student Center Ballroom.

Games, a piñata, a scary movie, music, a sugar-skull decorating contest and a costume contest are among the event's offerings.

"Stop by and get your 'spook' on with us," said Olivia Yandel, SGA adviser.

NORTHWESTERN TRUNK-OR-TREAT EVENT PLANNED FOR FRIDAY

Dormitories will host a trunkor-treat for students Friday. The event begins at 5:30 p.m. in the parking lot between Fryer and Shockley halls on Eighth Street.

Students are invited to dress up in their costumers.