

TURN BACK TIME

Daylight Saving Time ends Sunday at 2 a.m. Don't forget to set clocks back by one hour before heading off to bed.



CROWN JEWELS

The annual Miss Northwestern and Miss Northwestern Outstanding Teen pageant was Sunday. See photos here. PAGE 9



2020 BETTER NEWSPAPER CONTEST

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MENTAL HEALTH

Training the mind and body



Northwestern student athletes listen to Jill Lancaster, Northwestern's track and cross country coach, in Percefull Fieldhouse on Oct. 1. Northwestern coaching staff speak to players about mental health challenges they may face, and how their performance is tied to those challenges.

Photo by Devyn Lansden

Student athletes face additional mental health challenges

By **DEVYN LANSDEN**
Editorial Editor

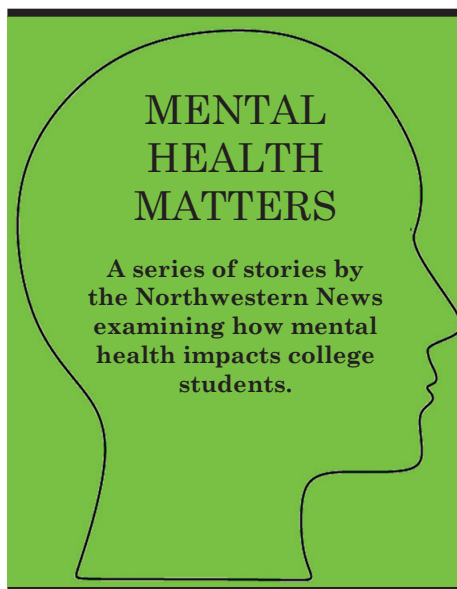
Classes.
Grades.
Teachers.
Coaches.
Anxiety.
Stress.

These are some of the pressures traditional students and student athletes face, and they can take a toll on a person's mental health.

Mental health is a topic that is becoming more mainstream rather than stigmatized, and students are learning about the importance of caring for their mental health.

Coaches say they understand the importance of mental health and encourage their players to use Northwestern's counseling services if they need them.

Taylor Wilson, director of counseling and career services for the university, says she is someone in whom Northwestern students can confide.



Wilson said students are becoming more open to talking about their mental health and reaching out for help. In part, that's because celebrities are talking about and sharing their stories.

Wilson said students' anxiety can in-

crease when they come to college because they are faced with new stresses, and they are transitioning to being on their own.

CORONAVIRUS PANDEMIC AFFECTS MENTAL HEALTH

The coronavirus pandemic has affected students' mental health.

One Northwestern student who contracted the coronavirus and was put in quarantine in the dorms later went to her doctor for what she thought to be heart problems.

It turned out to be anxiety. The student, who asked to remain anonymous, was diagnosed with anxiety in December 2020.

Her symptoms included heart palpitations and low blood sugar.

According to the Cleveland Clinic, experiencing heart palpitations is normal when someone is anxious, and the condition can be easily mistaken as having heart problems.

See MENTAL HEALTH, Page 2



Taylor Wilson



Dr. Jason Ferrell

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NEWS

MENTAL HEALTH: Having an 'outlet' important

Continued from Page 1

People can have low blood sugar because they take short breaths when they feel anxious, causing blood vessels to widen and leading to a drop in blood pressure, according to Medical News Today.

The student said she thinks people need to recognize mental health as a normal topic to discuss.

"I think a lot of people see it as almost being weak, or it's not a real issue and you just need to get over it," she said.

MENTAL HEALTH AFFECTS PHYSICAL HEALTH

Dr. Jason Ferrell, chair of the Northwestern psychology department, said he covers all topics of mental health in his classes and teaches about every aspect of it. He said he discusses how students can get help with their mental health if needed.

"We dive into really trying to understand a holistic view of human behavior," Ferrell said. "What is it that drives the way people think, the way people feel and the way people behave, both as individuals and as bigger groups of people."

Ferrell said a large focus of the psychology program is training students to become effective counselors in practice. He said students have to become trained professionals in treating mental health.

For some students, Ferrell said, coming to college and changing their environment can increase anxiety levels. He said they could have doubts about fitting in. They are in a new place without their friends and family, and they might not feel smart enough to perform well in classes.

"It [college] is an unpredictable and uncertain environment when you come," Ferrell said. "Humans, in general, don't function well in unpredictable and uncertain environments."

Ferrell said having some anxiety is normal and healthy because it makes people pay attention to what is going on around them. Some students' living environments away from college might be more anxiety-prone, and coming to college will cause their anxiety to diminish.

Whenever students are in a place that is more predictable, their anxiety levels will go down, he said.

"We have students that come from very challenging and traumatic environments," Ferrell said. "And when they come to Northwestern, it is for the first time in their life a safe place, a quiet place, and that causes their anxiety levels to go way down."

STUDENT ATHLETES FACE PRESSURE

Students and student athletes are all faced with different challenges, Ferrell said. Student athletes are required to miss class for games. They have to catch up on assignments and might not get to interact with their teachers as much as other students.

"It requires them [student athletes] extra effort, extra load, extra planning to be just as successful as someone that can just come to class every day," Ferrell said.

Northwestern football player Stephen McCluskey, who is from Scotland, is a graduate student at Northwestern and is a resident assistant in Ament Hall. He said he knows people who struggle with mental

health, and he said he helps them in any way he can.

The last student he knew who was struggling was working to pay for school and was stressed about school work, McCluskey said.

"I helped them out with money, but once it got out of my hands, I called people for help," McCluskey said.

In a meeting each year, Northwestern athletes discuss mental health and the support systems available to them.

McCluskey said the jump from high school to college is a big transition to get used to when playing a sport.

"People may tell you, 'You were the best athlete in high school,'" McCluskey said. "But then you are just average in college. It hits you hard."

Athletes have to practice, lift weights and go to meetings on top of going to classes and doing homework. McCluskey said this places a lot of pressure on athletes to keep up with their work. They must also maintain good grades because, if they don't, they won't be able to practice.

PREPARING FOR GAMES AND LIFE

McCluskey starts preparing for a game the night before game day. That night, he watches the movie "Brave Heart." The next morning, he walks his dog and listens to calm music all day. About an hour before the game, he will listen to more upbeat music to get him energized.

On the day of the game, he's constantly checking his plays, making sure he knows his job for the game, he said.

He prepares the same way for a test. He makes his own study guides and will continually look over them until he knows the answers, he said.

FINDING AN OUTLET

Getting involved on campus as a student athlete is important, McCluskey said. He said meeting new people can help him reduce stress.

Being involved on campus is something Jill Lancaster, Northwestern's cross country and track coach, encourages her athletes to do.

"If they don't have an outlet in the community, whether it be student government or the Spanish Club, I think there is a huge amount of burden and knowing where to turn," Lancaster said. "You need that outlet. You need to develop as a person and know what you like and dislike."

She said her athletes do not have much trouble balancing class, homework and their sports. She said both the men's and women's teams have high academics. As runners, they are high achievers, she said.

"In that sport, you're used to doing a lot of work on your own, and you're not depending on anyone else to help you compete, so you hold yourself to a pretty high standard," Lancaster said.

The problem of burnout or feeling overworked can be solved quickly, Lancaster said, so she encourages her athletes to communicate with her. She said she strongly recommends they talk to Wilson, the university's counselor, if the problem builds up over time. She said she is willing to give her athletes time off if they need it.

"Nothing is to be taken lightly," Lancaster said.



Photo by Devyn Lansden

Stephen "Scotty" McCluskey, a student athlete, poses for a portrait on campus Monday.

Risk factors for depression in student athletes

1. Psychological response to injury
2. Psychological response to an end of an athletic career
3. Psychological response to Overtraining
4. Psychological response to criticism

Risk factors for anxiety in student athletes

1. Elevated stress
2. Athletic pressures
3. Coaching style

Source: NCAA

Graphic by: Devyn Lansden

NEWS

Survey: Students hope tennis courts will be replaced with basketball court

By GAVIN MENDOZA
Student Reporter

Students who participated in a recent survey said they hope the university replaces some of its tennis court space with a full-size basketball court.

Olivia Yandel, director the J.R. Holder Wellness Center, sent a survey to students Oct. 20 asking what they'd like to see done with the tennis courts. Some of the courts may be removed during an upcoming renovation project.

Students rarely use the tennis courts, and many say they would prefer to have more basketball courts or sand volleyball courts.

Yandel said she sent the survey to get feedback from students on the courts and to ask what they'd like to see the university do with

the space.

"So, the whole purpose of it, really, is just to see ... what students actually want," Yandel said.

Officials will use the survey results to write grants for the renovation project. Most students who responded to the survey said they want more space to play basketball.

"The main thing was basketball – adding more full-length basketball courts because obviously we only have two 'half' ones right now," Yandel said. "So, we're looking at turning one of the tennis courts over on the west end into a full-length basketball court."

The survey was important because it gives students a way to voice their opinions, Yandel said. The survey had about 160 responses in the first two days,

which Yandel said she was surprised by.

Ken Yamakoshi, a freshman business administration major from Coppell, Texas, said he thinks the university should keep some of the courts and build a basketball court.

"Having that many courts while not many people use them is a waste of space," Yamakoshi said. "By downsizing the tennis courts, it would make room to build a full court for basketball instead of a half court."

Yamakoshi said that, when people use the inside courts, it makes it harder for the basketball players to get extra shots up. By building a full-length court outside, it will make more people want to play outside and give the players more time to get extra work in.

IN BRIEF

Cafeteria hosting food drive, other events in November

Food items will be donated to the Campus Cabinet

FROM STAFF REPORTS
Northwestern News

The Coronado Cafeteria is hosting a food drive this month, with all the proceeds going to the Campus Cabinet.

Students and faculty are encouraged to donate non-perishable food items, officials said in a news release. Cafeteria workers are setting a goal of having 100 food items donated. Donations will be accepted during regular business hours. If the cafeteria doors are locked, those who wish to donate may call 580-327-8622.

Cafeteria workers have also posted signs where students and faculty can write "thank

you" notes to cafeteria workers or workers in the Ranger Mart. Sticky notes and pens are available on tables near the signs. People can write a note and hang it up for workers to see.

In preparation for Thanksgiving, cafeteria workers will also allow students to put sticky notes on the four pillars in the dining hall. The notes will say what students are thankful for.

On Nov. 18 during lunch, the cafeteria will serve Thanksgiving food with a twist, an event called "Twist-giving." Menu items include: a loaded Thanksgiving turkey sandwich, sweet potato tots with Korean BBQ cauliflower, apple pie cinnamon rolls, pumpkin bread biscotti and chocolate cake with pumpkin icing.

For more information and updates, follow the Ranger Dining pages on Instagram and Facebook.

Students encouraged to sign up for Northwestern mentor program

Alumni offer connections that will 'last for a lifetime'

By KAYLEE JO NEELEY
Student Reporter

About 135 people are participating in a mentorship program that brings together students from various majors and alumni from diverse career paths.

The Northwestern Foundation & Alumni Association's growing "Ranger2Ranger" program began in August, serving as a way for alumni to offer advice and for students to gain knowledge about their desired fields of study.

"There are alumni that are highly successful in their careers, and their experience in their field is invaluable," said John Allen, director of alumni relations.

"And to be able to share that with students, we figured it would give a leg up for students and provide important opportunities."



Allen

Allen said he hopes more students will sign up for the program. Allen said the board is looking at this program mainly for the next three years to see if it is helpful.

Students and alumni can be a part of "Ranger2Ranger" by going to the foundation's website and signing up. After creating an online profile and having it approved, students will be matched with a mentor.

"Students will gain experience from the alumni."
— John Allen

Skeeter Bird, the foundation's CEO, said mentors and students will be matched based on a variety of criteria, including shared professional interests and location preferences. While a match may not be available right away, mentor and student profiles will be stored in a database for future

matching.

"If we get a chance to talk to someone who is working in our field of study, that gives us a chance to better understand their position and their career," Bird said.



Bird

Once a connection is formed, students and alumni have networking possibilities based on the shared interests of the mentee and mentor. Mentoring can occur through phone conversations, Zoom sessions, emails, text messaging and in-person meetings.

"Students will gain experience from the alumni and the mentor they visit," Allen said. "They will have an opportunity to perhaps job-shadow or intern where they will get advice on the occupation they have chosen to go into, and that will last for a lifetime."

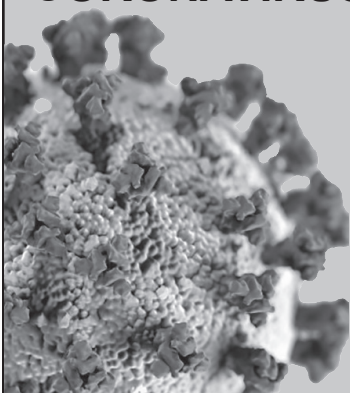
To learn more, visit <https://ranger2ranger.ournorthwestern.org/page/about>.

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CUDDLE UP!!!

CORONAVIRUS UPDATE: CASE NUMBERS ON CAMPUS AND AROUND THE AREA



STUDENT CASES:

4

active as of Oct. 29. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

EMPLOYEE CASES:

0

active as of Oct. 29. This number includes cases at Northwestern's Alva, Enid and Woodward campuses.

IN ALVA:

23

active as of Oct. 27. Alva has had a total of 1,375 cases.

IN OKLAHOMA:

7,865

active as of Oct. 27. Oklahoma has had a total of 641,051 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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Inquiries concerning the application
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ters via e-mail are acceptable as long as they
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letters submitted may not be used.

All letters represent the views of the
author.

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Yearly subscriptions to the News are \$20.

OPINION

Help society by helping children

By **WILLIE SPEARS**
Guest Columnist

Most children spend more time
at school than they do at home.

Therefore, winning at home
for young students could be win-
ning at school.

I believe the best way to help
our country and to help society is
to help our children.

This is the best way to win at
home.

In 2002, I realized boys were
failing in school at an alarming
rate. I thought I could change this
epidemic by becoming a head
football coach and athletic direc-
tor.

The challenge is fatherless
homes, and I believed the answer
was coaching. Coaches have had
a tremendous impact on my life,
and I wanted to be that father fig-
ure and a good example for so
many fatherless athletes.

I believe coaches have more
influence than pastors, politicians
or parents.

Chapter six of my book "Cul-
ture Creators" is titled "What
Teachers Can Learn from Coach-
es."

This chapter is about the pow-
er of building relationships.

Research shows boys are fall-
ing behind girls in the classroom.

One example is a growing gen-
der gap in high school graduation
rates. The Brookings Institution
reported that, in 2018, about 88%
of girls graduated on time, com-
pared with 82% of boys.

The gap is larger in terms of
college enrollment, with women
ahead of men in higher education
at record levels.

Last year, six out of 10 women
were enrolled as college students,
while men accounted for only
four out of 10, according to the

National Student Clearinghouse
statistics.

College enrollment in the
United States has declined by 1.5
million students over the past five
years, with men accounting for
more than 70% of that decline.

I believe it is easier to teach
someone with whom you identify
on several levels.

Race and gender are a huge
part of my thought process.

I have worked in more than
10 different schools, and in each
school, there were far fewer male
teachers than females.

A direct correlation is the poor
test scores, graduation rates and
high discrepancy in discipline re-
ferrals.

We live in a society that does
not honor or understand men.

If a man and a woman are in a
relationship and the woman gets
pregnant, the man has no rights to
the child.

The woman can abort the fe-
tus, give the child up for adop-
tion, deny the man rights to the
child and put the man on child
support.

A man would not be taken se-
riously in a work environment if
he accused a woman of sexual
harassment, whereas the reverse
is not true.

Like society, schools do not
know how to relate to, understand
or deal with male students' issues.

A report from the American
Sociological Association tells us
the way teachers respond to boys'
behaviors shapes the future of
their educational outcomes.

The study found that elemen-
tary school boys had much great-
er exposure to negative school en-
vironments compared with girls.

And in high school, boys re-
ported significantly higher rates
of grade repetition and lower ed-
ucational expectations.



Photo provided

Willie Spears is a motivational speaker and an NWOSU alumnus.

Some teachers have an uncon-
scious bias regarding boys, which
often translates into a self-fulfill-
ing prophecy.

Boys hear things like, "You're
smart for a boy" or "Girls are
more mature than boys" or "Boys
are strong, and girls are smart."

Society has created a culture
where being dumb is a sign of
toughness for boys, while intelli-
gence is a sign of being inferior,
soft or non-masculine.

Imagine a young man growing
up in a house full of edification
from a loving father. Imagine
growing up in a home that values
school, intelligence, good grades
and good behavior.

Single mothers can raise suc-
cessful men, but statistics show
boys whom men do not raise rarely
meet educational standards.

This problem affects us all.
Former presidents Ronald Rea-
gan and Barack Obama both grew

up with poor examples for fathers
and managed to have successful
lives.

One could argue every presi-
dent has been a male who obvi-
ously had great teachers.

We all have a role to play in
educating the future men of our
society.

Three ways to Win at Home:

1. Fight for couples to stay
together.
2. Mentor boys.
3. Speak words of edifica-
tion to young men when you see
them.

*Win At Home is a series of
opinion articles written by au-
thor and keynote speaker Willie
Spears, an NWOSU alumnus. Be
sure to catch the Win At Home
Podcast in January 2022 and or-
der the Win at Home devotional
for leaders now at [www.willie-
spears.com](http://www.willie-spears.com).*

We have the decision to choose freedom

By **BRAEDEN COOK**
Guest Columnist

"Freedom is never more than one
generation away from extinction,"
former President Ronald Reagan
said to the Phoenix Chamber of
Commerce in 1961. This quote —
one of Reagan's most famous — I
have found to be true all the way
down to the individual level.

I believe it gives us some insight
into life in general, and it might ex-
plain why we are having so much
trouble in this country today.

Just as it is the job of each prior
generation to instill the values of
freedom within their progeny, it be-
comes the responsibility of the cur-
rent generation to do the same.

That was the message Reagan
was trying to convey. In many ways,
this translates to everyone's every-
day life. People's decisions will
affect their futures. They choose to

take the high road or the low road.
To break the law or to obey it. To lie
or not to lie. To buckle down and fin-
ish the assignment or to push it off,
doing it last minute and not doing it
well.

In all those cases, there is a poten-
tial loss to be taken, a consequence, a
loss of freedom.

The law, for instance. Even
breaking a traffic law might result
in a ticket, which means a loss of
money and a loss to anything else
on which a person might have spent
that money. A minor loss of financial
freedom. Another example: lying.
When people lie, they make them-
selves slaves to those lies, lest they
get caught.

If caught, the liar, at best, loses
some of the trust others had in him.
And at worst, people never fully trust
the liar again. With the assignments,
it limits where you can go.

With the lower grade in the class,
the opportunities you have are less-

ened. It may not be in a major way;
it might be hardly anything.

But if you do it again and again,
the damage, the loss of opportuni-
ty and the loss of freedom adds up.
This is not to say that for freedom
we must be perfect. No. Far from it.

We all make bad decisions some-
times and choose the easy way out.

But for freedom to reign — at
least freedom in this country — we
must choose the right, good decision
over the easy decision more often
than not.

With good decisions come more
opportunities to live better lives.
This is the freedom of America, and
yes, it is definitely not easy, nor is it
perfect.

But every generation of Amer-
icans has chosen, at least in some
sense, to follow this way of life. Now
we must decide if it will continue.

*Braeden Cook is the chairman of
the Northwestern College Republi-
cans Club.*

OPINION

What the Sanctus Club is all about

By COLLIN ZINK
Student Reporter

Imagine worshipping God in the highest way possible.

Imagine being in the same place worshipping, where Heaven and Earth come together.

That is what the Sanctus Club does every week.

“Sanctus,” which means “Holy” in Latin, is a Catholic Club here on campus that meets every Thursday in the fall 2021 semester. Club members meet at 1 p.m. in the chapel upstairs in the Student Center across from the ballroom.

Before we celebrate Mass, we pray the Rosary. We pray the Rosary to intercede to our spiritual mother, Mary, to her son Jesus.

It’s important to know that we do not worship Mary. We honor our mother and ask her to intercede for us.

The beginning of the Mass has three readings from the Bible: a reading from the Old Testament, a reading from the Book of Psalms and a reading from one of the Gospels.

The priest gives a little sermon. Then, we get ready for the most important part of the Mass: the second part, in which Jesus becomes present.

Jesus is literally present in the chapel in the Eucharist, the bread and wine that



The university chapel, where the Sanctus Club meets, is shown in this photo on Tuesday.

Photo by Jordan Green

is brought to the altar. The bread and wine is turned into the body and blood of Jesus Christ.

In other words, Jesus is on the Northwestern campus every week.

If someone is not Catholic but comes to Mass on Thursdays, they cannot re-

ceive the Eucharist, but they can receive a blessing from the priest.

Holy Mass is very important. In the words of Saint Padre Pio: “The Earth could exist more easily without the sun than without the holy sacrifice of the Mass.”

The Mass is important because our souls are fed with the body, blood, soul and divinity of Jesus Christ, and we receive life within us.

Collin Zink, a Northwestern News reporter, is the president of the Sanctus Club.

Supply chain woes strike North Pole?

JORDAN GREEN SAYS



JORDAN GREEN

Christmas may be coming to town, but could Santa’s sleigh be nearly empty this year?

We’ve all heard about how supply chain delays could put a damper on Christmas gift-giving.

But what happens if those issues spread to the North Pole? Let’s take a satirical look.

If you’re like me, you’re probably not too concerned about Santa anyway this year, nor were you in a pre-pandemic year.

Because if you’ve spent your own money buying Christmas gifts for other folks, you know that nothing winds up under the tree for free.

And the price to put stuff there is getting even further from “free.” The stack of gifts your toy train will have to make laps around will likely be smaller and more expensive than it was last year. If the cat knocks the train off the tracks, the Christmas gift supply chain will officially be derailed.

With all that’s happening, it’d be easy to feel a little “bah-humbug” this year. But for those of you who don’t celebrate Christmas because it’s been too commercialized in the past, you have no excuse to be negative this year – because there is nothing to be commercialized. Everything is sold out. Nobody has anything to advertise. Even the guy who could sell an icebox to an Eskimo, as the old joke goes, is probably glad he has plenty of ice

around him, because he certainly has no boxes.

Maybe this is the Christmas we just say “screw it” to gifts. Or “Scrooge it.” That geezer certainly didn’t give any gifts. At least, not until he realized there’s more to life than being greedy. That’s a point for another day.

Hopefully you’ve already learned that lesson – or will at least learn it without being visited by three spirits. I hope the only spirits you see this Christmas come in a bottle. (And if you do get those spirited visits, stay home. There was no room at the inn for Mary, Joseph and Jesus, and thanks to COVID, there is no room at the hospital for you.)

But by the same token, remember not to bottle anything up this Christmas. Maybe this is the year we’ll have meaningful conversations and develop close connections with others rather than prioritizing materialism.

We may not have physical gifts this year, so hopefully we can focus on spending quality time with our loved ones. And our fives, tens, twenties, fifties and all the other cash we’ll save by forgoing gifts.

The idea of giving gifts this Christmas? Figuratively speaking, that ship has sailed. Because literally speaking, the ship those gifts are on won’t be at port until November – next November.

Boats are backed up off the coast of California and are frozen in place at the North Pole.

At least we have the Ghost of Christmas Past to remind us of when we could all swap stockings full of great stuff. Thrilling gifts like chicken-shaped

marshmallows, which may not taste good at all, but at least they never go out of date because they’re completely artificial. They’re the gifts that keep on giving.

“Nobody wants to show up to find out their lumps of coal beat them to the party.”
— Jordan Green

Or how about fruit cake? Same principle, and you could call the people who gave it to you “fruity” and “nutty.” (Which they are. Who would actually give that stuff in a situation outside of a Dirty Santa grab-bag? Re-used items are acceptable there, and fruit cake typically tastes like it’s been tasted and digested previously.)

The phrase “Dirty Santa” brings up another topic. Even if some folks were supposed to get gifts this year, I’d wager Santa will be covered in soot during this year’s deliveries. His sleigh will be filled with more lumps of coal than gifts. That’s because people haven’t been nearly as nice as they should be.

The anti-coal lobby could really put a strain on Christmas, too, because coal is about the only thing a lot of folks are going to get this year.

Of course, the coal industry has also

been affected by economic slowdowns, even though demand is at an all-time high. Miners are struggling to keep up with Santa’s last-minute requests for additional lumps. Just the other day, my dad got up in the middle of the night to get a cookie from the cookie jar, even though my mom told him the cookies were off-limits. Onto the naughty list he went.

And he was doing so well this year. Oh well. Opportunity knocks once, but temptation, like trick-or-treaters, will wear out your door.

Jokes aside, this Christmas sure will be different. If you’ve still got last year’s leftover turkey buried at the bottom of the deep-freeze because you forgot about your grand plan to make it into sandwiches, you might think about getting it back out. Because the price of a new turkey – if you can even find one – is nothing to gobble about.

But you know what? Who cares if we can’t give Christmas gifts this year? That’s not the real reason for the season. And the best gift we can have this year is spending time with good people, whether they’re our family or not.

Best of all, they’re a whole lot cheaper than stuff from Amazon, and you don’t have to worry about them being stuck in a cargo container. In most cases.

But if your family is anything like mine, you can bet they’ll still arrive late.

Let’s just hope they get there before Santa does. Nobody wants to show up to find out their lumps of coal beat them to the party.

God bless you all, and Merry Christmas!

'I did not think that I would get into education'

A Ford F-250 Super Duty 4x4 pick-up cruises around Alva every single morning.

The truck has enough sound in it to fill an entire campus. The sound is coming from one of three places: the two boys in the back, Logan and Grady, the mother taking them to school or the radio blasting either country or rock-and-roll. It's background noise for their conversation.

After the kids are dropped off at school, the truck loses some of its sound. Now it is just Dr. Jennifer Mahieu and the radio on the way to work.

As she enters Carter Hall on Northwestern's campus, where she's worked for 23 years, she is met with the usual sound of silence. She then walks down the hall to Room 101 and gets ready for a day of teaching.

This is not the path Mahieu thought she would take in life. But she's learned that nothing is predictable.

"I did not think that I would get into education," Mahieu said. "It was never on my radar."

OVERCOMING OBSTACLES

Mahieu is an associate professor of nursing at Northwestern, and she's a student success advisor. She knew she wanted to be a nurse from the time she graduated from Aline-Cleo High School. She attended Northwestern for a year and then switched to Northwest Technology Center in Alva.

After that, she worked at front offices in medical clinics across northwest Oklahoma, but she always found herself doing the same thing: sneaking off to see what the nurses were doing.

She decided to come back home and return to college at Northwestern, working toward her bachelor's degree in nursing. She had put in her application for the nursing program, and the 23-year-old was getting ready to go for a drive.

But on that day in 1992, she was injured in a car accident and suffered life-threatening injuries that still affect her.

"I remember thinking, 'Why me?'" Mahieu said. "'What did I do to deserve this?'"

Mahieu was able to stay positive during the recovery process following the accident, said Mistie Kline, a psychology professor at Northwestern and one of Mahieu's friends.

"Some people might have been disheartened and down about an accident like that and never go back to the person that they



Mahieu followed a dream of being a nurse. Then it led to the classroom.

By CADE KENNEDY | Sports Editor

once were, but Jennifer has a motivation that I admire," Kline said. "Jennifer is one of those people that seems to come out the other end better than she was before."

"Jennifer is always upbeat and has a positive attitude no matter the situation."
— Leeta Grimsley

Mahieu went back to school after months of recovery and was able to battle through her chronic pain to get her degree.

"I do believe that the accident happened for a reason," Mahieu said. "Without faith and family support, I would have never been able to recover from it. It did help make me the person that I am today."

CARING FOR KIDS

Mahieu is a tenderhearted person, Kline said. "Around 15 to 16 years ago, I had strug-

gled to have a kid, but I finally got pregnant," Kline said. "I would go to Jennifer's house, and she would give me shots that I needed and would check up on me and make sure that I was doing great."

Mahieu doesn't just have friends on campus. Her sister, Sheri Lahr, is the university registrar.

"One time, Jennifer came across a stray barn kitten that was foaming at the mouth, and against everyone's advice, she picked up the kitten and took it to the vet on a Sunday," Lahr said. "The vet found a sandbur lodged in its throat, and he took it out. After that, she took the kitten right back to its mother."

Another one of Mahieu's friends on campus is Leeta Grimsley, the assistant director of the IT department.

"Jennifer is always upbeat and has a positive attitude no matter the situation," Grimsley said.

One of those situations was particularly stressful.

VACATION ON ICE

At the end of 2004, Grimsley and Mahieu went down to Miami to watch their favorite team, the Oklahoma Sooners, play the



Trojans of USC in the Orange Bowl for the national championship. They arrived at the airport in Wichita, where they started their journey to Miami. There, they went to the Hard Rock Stadium for the Orange Bowl on January 4, 2005, to watch the Sooners play in front of a sold-out crowd of 77,912 people.

The Sooners were demolished by a score of 55-19, but that was not the only problem the two faced on their trip.

An ice storm had rolled into Wichita and left it as a frozen wasteland for a few days, meaning the airport was closed. Grimsley and Mahieu scrambled across the Miami air-

port as they tried to find a way back home. They eventually found a plane to Oklahoma City and decided it was their only option.

On the plane, they talked to a man who was in the same situation they were in. The man said he could drive them from Oklahoma City to Wichita, and then they could get in



ABOVE: Nursing professor Dr. Jennifer Mahieu (center, back) poses for a portrait with her family. From left: husband Mitch, son Grady and son Logan. (Photo provided)

TOP LEFT: Nursing professor Dr. Jennifer Mahieu, center, talks with two junior nursing students during a lab exercise Monday. McKayla Monday, shown at right, was practicing giving an abdominal assessment to Allison Huffmaster, shown at left. (Photo by Jordan Green)

BELOW LEFT: Monday, Huffmaster and Mahieu prepare for the assessment. (Photo by Jordan Green)

their car and go home. They had to put their trust in the stranger they met on the plane, and it paid off, Mahieu said. They had a safe trip up to Wichita and back to Alva.

FAMILY VALUES

Those who know Mahieu best say she cares deeply for her family. Family is important to Mahieu; she said her children are her greatest accomplishments.

When she was looking for a daycare to put her son Logan in, she interviewed the people running the daycares. She looked around at different daycares, trying to find any problems they might have.

"Jennifer is not a person to just trust anyone with her boys," said Tammy Like, another one of Mahieu's friends. "She is one of those moms that you wish every child had. I never had to worry about her kids."

When Mahieu leaves Carter Hall each day to go pick up her sons, the sound slowly re-

turns to the truck. The radio springs back to life and blasts out more music.

"Jennifer is ... one of those moms that you wish every child had."
— Tammy Like

As her sons get back into the truck, their sound comes back as well. It is the sound of happiness, laughter and joy. As the crew rolls down the familiar road to home, the truck is just as vivacious as it was in the morning.

As the family arrives back at the house, a trio of barking dogs can be heard in the distance. In the house, the family is reunited once again with Mahieu's husband, Mitch. Soon, it is time for the family to go to sleep.

There'll be more sounds to hear the next day.

FEATURE



Workshop participants try their hands at ceramics using the techniques and tools Northwestern Artist-in-Residence Sophia Farmer taught during a workshop Oct. 20 in the Jesse Dunn building.

Artist-in-residence shares love for ceramic creations

By **BENJAMIN KIEWER**
Student Reporter

Unique shapes, colorful patterns and functionality are the reasons the Northwestern artist-in-residence chose ceramic artwork as a means of expression.

Sophia Farmer likes art that extends past the gallery and can be a part of people's lives.

"I really like it [ceramic art] because it is like a functional art form," Farmer said. "It's an art form that you can make things, and then eat out of them and use them."

Farmer entered the art field because art allows people to process difficult emotions.

Farmer started drawing as a child and took an art class in high school. After being raised in San Diego, California, and graduating high school, Farmer attended Reed College in Portland, Oregon.

That was where Farmer first tried ceramic art.

"I took a ceramics class at

Reed, and I really fell in love with it," Farmer said.

"I think, when a lot of people try out ceramics, they definitely fall in love with it because it is very therapeutic and cathartic, and kind of brings you back to childhood because it is like playing with the mud again."

To graduate with a Bachelor of Arts degree from Reed College, Farmer wrote a 70-page thesis and created a ceramic art show. Farmer said the paper and show addressed human relationships with coral reefs.

Farmer said inspiration for the ceramic artwork comes from many places, including pop culture, music videos, fancy baked goods and old magazines.

"For a long time, I have been really inspired by baked goods and crafty, fancy baked goods because I think they are really fun," Farmer said. "It is fun to look at those and see the dishes they are using to put the cakes and stuff on top of and just day-to-day stuff."

Farmer hosted a workshop at Northwestern on Oct. 20. Farm-

er said a couple reasons for the workshop were to help people learn new skills and expose them to new tools for self-expression.

Another opportunity to see many of Farmer's pieces will be Friday at the First Friday Art Walk in downtown Alva.

Farmer will have an exhibit displaying many of the works created during the residency from 6–8 p.m.

The artist-in-residence program at Northwestern provides artists with housing, an on-campus studio and the opportunity to participate in the art walk.

Artists are responsible for providing their own food, transportation and materials.

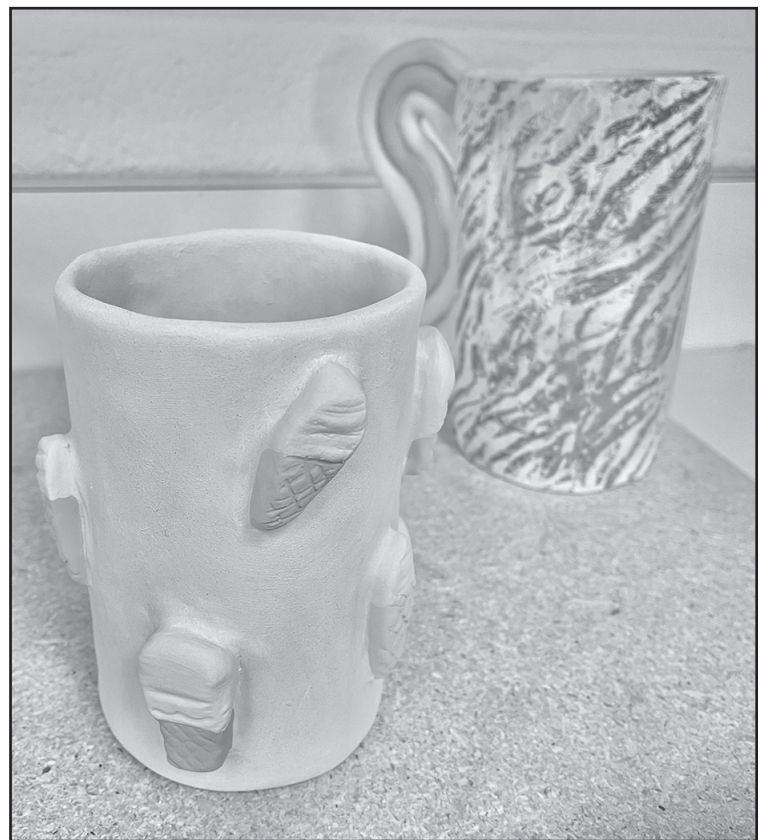
To apply, artists must send 10 images of their recent work, a curriculum vitae and a statement of how they would use their time at Northwestern.

"I definitely want to connect with the students more and learn more about the culture here and be able to show new things maybe you guys haven't seen before," Farmer said.



Photos provided

ABOVE: October Artist-in-Residence Sophia Farmer works with ceramics. BELOW: Some of the ceramic pieces created during the workshop.



Farmer addresses workshop participants on Oct. 20. The workshop centered around self-expression.

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ENTERTAINMENT



Photo by Devyn Landsen

Contestants begin the Miss Northwestern pageant with an opening number on Sunday. Contestants were judged on a variety of criteria including talent, interview and evening wear.

Pomp and pageantry

Nine women compete for the title of Miss Northwestern

BELOW: Miss Northwestern 2019 Liberty Bird crowns Carli Seabolt at Miss Northwestern. RIGHT: Miss Northwestern Outstanding Teen 2019 Libby Williams waves to the crowd on Sunday in Herod Hall.



Photo provided



Photo by Devyn Landsen

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SPORTS

SOCCER



Photos by Devyn Lansden

Callie Haneborg, right, dribbles the ball during Northwestern's game against Ouachita Baptist at the Ranger soccer field Oct. 30. The Rangers and Tigers settled for a 1-1 tie.

Rangers reach GAC tournament for first time



Taylor Songster kicks the ball during Northwestern's game against Ouachita Baptist on Oct. 30 in Alva. The Rangers tied Ouachita Baptist, 1-1, giving the Rangers a conference record of 5-3-2. The Rangers are currently third in the GAC standings, meaning they will play either Southwestern or Oklahoma Baptist in

the tournament. The GAC tournament will take place either in Shawnee or Weatherford, depending on the final standings. The Rangers will play Southern Nazarene on Nov. 4 at 6 p.m. at the Ranger soccer field. The SGA is hosting Pack the Pitch for the game against the Crimson Storm. Free pizza will be provided for fans.

By **CONNOR GRAY**
Assistant Editor

The Northwestern soccer team secured a spot in the GAC tournament with a win and a tie over its previous two opponents.

The Rangers played against Harding, which won 5-2 in its first match-up on Oct. 7, and the team was looking for revenge.

The team got payback in a 4-1 rout of the Bisons in a game where the wind was blowing more than 30 mph.

The Rangers got their first two goals in the first half from Kailani Kealoha, a senior midfielder.

Kealoha scored her first collegiate goal off a Ranger corner kick into the back of the net 15 minutes into the game.

Her second goal came six minutes later by using the wind to carry it past the goalie.

"I was just like, 'Get in the box, and hopefully the wind would take it in,'" Kealoha said.

The Rangers gave up a goal at the 32-minute mark, but that was all Harding would get as the Bisons struggled against the defense.

The Rangers dominated the second half offense and defense. The defense stopped Harding's strikers as they blocked, kicked and stole the ball at any opportunity and forced the Bisons to make tough goal attempts.

"I felt like we really connected in this game, and everybody was talking and communicating well, and we played great defense,"

said goalkeeper Reagan Allen.

The Rangers' counter attack caught the Bisons off guard as Reilly Marks and Isabella McMillan scored goals and pressured Harding.

"Scoring four goals is tough, but I was more impressed with our second half effort," Northwestern soccer coach Alex Piekarski said.

He said he is proud of his defensive players making things difficult for Harding, and that he could not be happier with them.

The Rangers' game against the Ouachita Baptist Tigers ended in a 1-1 tie with a goal scored in each half.

Ouachita Baptist struck first with a goal at the 36th minute of play in the first half after the Tigers shot past Allen.

After that goal, the Rangers' defense dug in and shut the Tigers down.

The Rangers answered back in the 74th minute of play with an assist from Sydne Edmiston and the goal by McMillan.

Despite outshooting the Tigers in the second half and both over-times, the Rangers did not get another goal.

The Rangers outshot the Tigers 32-20, with 18 shots being on goal. The Tigers had 20 shots, with 14 being on target and Allen saving 13 of them.

Northwestern's last two games will be Nov. 4 in Alva against Southern Nazarene and Nov. 6 in Shawnee against Oklahoma Baptist.

The game against Southern Nazarene will begin at 6 p.m.

SPORTS

Rangers blown out by Bisons, 73-14

By CADE KENNEDY
Sports Editor

The Northwestern football team lost to Harding, 73-14, on Oct. 30 at Ranger Field.

The Bisons ran past the Rangers, as the Bisons broke a school record with 685 rushing yards, with 412 yards coming in the first half.

"The defense struggled at times to adjust to what Harding was doing," said Matt Walter, the head coach of the Rangers. "Harding is a really good football team. They have national championship aspirations, and they played like it."

Harding scored on the opening drive of the game, as the Bisons continued to run the ball on a 10-play, 75-yard drive that took up the first six minutes of the game. The Bisons recovered an onside kick and would score again to take a 14-0 lead halfway through the first quarter. The Bisons continued to put points on the board and had a 45-0 lead at halftime.

The Bisons did not throw the ball the entire game, so they finished the game with a total of 685 yards. The Bisons had 63 carries, meaning that the Bisons ran for almost 11 yards per carry.

The Bisons had a trio of running backs that had most of the yards, as Jhalen Spicer ran for 146 yards and three touchdowns, Blake Delacruz had 136 yards

and one touchdown and Will Fitzhugh ran for 116 yards and one touchdown. All three of these running backs combined for 29 carries, which is less than half of the Bisons' total plays.

The Rangers were not able to keep up Harding's rushing attack, as the Rangers had only 70 rushing yards. The Rangers threw for 166 yards, giving them a total of 236 yards for the day.

There were some positives for the Rangers, as they only committed five penalties for 38 yards, and the offensive line only gave up one sack. The Rangers succeeded in preventing turnovers, as they did not fumble or throw an interception the entire game.

The Rangers will play Saturday against the Arkansas Tech Wonder Boys at 2 p.m. at Thone Stadium at Buerkle Field in Russellville, Arkansas.

The Rangers have maintained a 1-7 record against the Wonder Boys since 2012, with the previous meeting ending in a 21-14 Arkansas Tech victory over the Rangers.

The Rangers' only win over the Wonder Boys came on October 13, 2018, when the Rangers swept with a score of 21-0.

Arkansas Tech has a 3-6 record on the season, with wins over Southwestern, Southern Nazarene and Oklahoma Baptist. Three of the Wonder Boys' six losses have been by one possession.



Photo by Devyn Lansden

Tanner Clarkson throws the ball during Northwestern's game against Harding on Oct. 30 at Ranger Field.

Basketball season almost underway

By CONNOR GRAY
Assistant Editor

After a shortened season last year, the Northwestern Lady Rangers are ready to have a regular basketball season.

The Rangers will have a full 28-game schedule. Unlike in 2020, the Rangers will not play their conference opponents four times each.

The team went 6-14 last season. It didn't have much depth to work with because some players opted out.

Because of coronavirus restrictions last season, the players had to follow protocols practice and only prepared to play conference opponents.

"It's been a lot easier without the masks and having to social distance," said head coach Tasha Diesselhorst. "Things have flown a lot more fluently this year, and the girls are ready for a real home crowd."

Josena Frame, a sophomore guard, said she is also glad to have a normal season.

"It's great being able to travel,

and last year was tough because we played the same teams four times, so it was the same scouting report every week," Frame said.

Frame also said that, although the key goal is to win a championship, she and the team want to leave the program better than where they found it.

Carly Craig, a freshman guard, is a new teammate from Blanchard. Getting to experience college-level playing is new for her.

"The speed and the intensity, the game is a lot faster at the college level, and the players are a lot better," Craig said.

Craig has also embraced the team and enjoys being with her teammates.

She said it is a family atmosphere.

The team has five seniors, with Bailey Brown and Scout Frame returning this year. The team also has some experience from some of the underclassmen.

The season for the Rangers starts against the University of Central Oklahoma and Northeastern State University in Edmond Nov. 12 and 13.

Monkey see, monkey bite?

CADE'S
CALLS



CADE
KENNEDY

The World Series has ended, and the College Football Playoff rankings have been released. But there is still one question on my mind.

What in the world is going on at the University of Texas?

Over the past few days, people learned about how Halloween, a monkey, the Texas Longhorns and a stripper all came together to make one amazing story.

On Halloween night, a story was floating around that a child had allegedly been bitten by a monkey while the child was trick-or-treating. The story got even better, as it was revealed that the monkey belonged to a stripper named Pole Assassin. However, the final blow came when social media users found out that Pole Assassin is the girlfriend of Jeff Banks, who is the special teams coordinator at Texas.

I do not know why this keeps happening to Texas, but they find a new way to become the national

punchline every week.

COLLEGE FOOTBALL PLAYOFF RANKINGS

I cannot believe that the committee messed the rankings up this much. Alabama at No. 2, Cincinnati at No. 6, Oklahoma at No. 8 makes no sense to me.

I understand that the committee values quality wins, but you have to look at the loss column, too. If Cincinnati and Oklahoma are undefeated, they should be ranked higher.

GAMES OF THE WEEK

In college football, there are several games to watch this week. No. 9 Wake Forest at North Carolina is an upset waiting to happen. No. 13 Auburn at No. 14 Texas A&M will be fun as both try to stay alive in the SEC title race.

In the NFL, Cleveland at Cincinnati is the best game in the noon slot, while Green Bay at Kansas City, Arizona at San Francisco and Tennessee at the Los Angeles Rams will be entertaining. On Monday night, Chicago plays Pittsburgh in what should be a defensive battle.

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University construction projects underway

By **BENJAMIN KLIEWER**
Student Reporter

Several construction projects on Northwestern's campus are underway this semester, including sidewalk repairs and internet infrastructure improvements.

Fiber optic cables were installed earlier this year to improve internet connectivity throughout campus, and work on the wireless internet system continues, said Dr. David Pecha, the university's vice president of administration.

Previously, some university buildings did not have strong wireless access, especially buildings with heavy traffic like the Student Center and the J.R. Holder Wellness Center. The updates will improve both speed and access, Pecha said.

Students who lack internet connections at home need the university's internet to complete coursework, Pecha said.

"In the spring of 2020, there were some students that stayed in the dormitories because they had no technology at home, or some students didn't have a home environment where they could go back to," Pecha said. "They were dependent on staying in Alva and using the resources we had on campus for their education."

As normal classroom settings return, people have their laptops, phones and other devices to use for learning, Pecha said, increasing the need for strong internet signals.



The university's circle drive near Herod and Ryerson halls is shown under construction. The university has rebuilt sidewalks in the area, and more work on the circle drive is in store.

Photo by Benjamin Kliewer

The university is funding the internet infrastructure upgrades using CARES Act money. Officials hired Telco as the contractor, and another firm – UDT – is upgrading wireless internet.

SIDEWALKS, DRIVEWAYS REPAIRED

Another ongoing construction project is the rebuilding of side-

walks and the circle driveway on the north side of campus.

Pecha said Northwestern had many sidewalks that were in bad shape, and the main entrance was not attractive to visitors and prospective students.

"We have an extremely skilled maintenance person named Kevin Fields who is the man who has done all of the concrete work," Pecha said.

The university is also adding a new spot for UPS and FedEx drivers to park their delivery trucks.

This will prevent traffic from being stopped in the circle drive, and it will be safer for the drivers to step out of the vehicle.

Maintenance workers started the project by fixing the broken concrete in front of the Science Building. Then they built new

sidewalks and stairs leading into the west side of the Student Center.

Pecha said these renovations are just the start of a project to redo the university's mall, an area stretching from the Education Center to the Jesse Dunn building.

The university will depend on private donations to make the project work, Pecha said.