



MHS exPRESS

Cross country starts off on the right foot

Chloe Brooks
Writer

Going the extra mile to reach new success, the Marlow High School Cross Country team started the season off making a statement.

Beginning the two-month journey with the annual Marlow Outlaw Cross Country Invitational, the Outlaws clinched 3rd place as a team and multiple exceptional individual placings.

Giving the Outlaws a huge advantage in the competitive meet, junior Noah Davis placed 1st, freshman Kyah Blundell placed 4th, and junior Tyler McKinley placed 8th.

The huge win Davis earned was the fruition of the preparation he and his teammates have poured into cross country that will now boost the team's confidence for the rest of the season.

"Being pushed by my teammates and competitors and wanting to do my best was what it took for me to get first place," Davis said. "I think my placing pushes everyone to get better."

Along with Davis, Blundell's 4th place run helped the team's ratings and fortitude strengthen amidst a muddy course.

"I think my placing helped the girls behind me to keep pushing so that they could catch up to me," Blundell said.

The encouragement and self-motivation each runner offers to the team's shared mentality propels them to the success they are in pursuit of.



Pictured above is Noah Davis taking his last strides to the finish line.

Photo taken by Luke Davis

suit of.

Throughout the daily practices and the amount of bonding the team has gained thus far, the team has attained a type of resilience and passion that is unmatched.

Junior Grace Banks noticed the skills that gave the team an advantage were not necessarily physical, but primarily mental.

"I saw determination and hard-work paying off," Banks described. "Running in the heat has been hard and we have all been struggling, but we worked hard and endured, and it showed. I think the hard work will show how well we can do at state and how much we can grow between now and then."

The Marlow Outlaw Cross Country Invitational has always been a way for the Outlaws to showcase their abilities and gain perspective for what the season may bring.

Doing exceptionally well at the invitational, the Outlaws are expectant of reaching the goal they sought after year in and year out: qualifying for the 3-A state meet.

Senior Malachi Eveland deeply believes that if the team progressively performs the way they are capable of performing, the Outlaws could be competing for the glorious state championship trophy.

"The team's expectation is that everyone gives it their all," Eveland described. "Our goal is to win state, and I think if we stay focused and continue to make ourselves better, we have a serious shot at it."

Making a great stride to more success, the Outlaws will be continuing their run towards their end goal on Friday, September 13 at Cameron University at 9:00 a.m.

Senior has a passion for golf

Madison Contreras and
Caleb Kimbro
Writers

As senior Allison Riddle encounters her final year at Marlow High School, she finds that it was not the hole-in-one's that have taught her the greatest lessons in life.

After playing on the Marlow golf team since 7th grade, Riddle's personality has greatly developed through the things she has learned during her time playing.

"When playing golf, you have to take everything with a grain of salt. You can't get mad. You have to let it roll off the back of your shoulder," said Riddle. "When it's done, it's done, and you can't change that. You just have to move on."

Seeing how she has developed over the years, sophomore Miranda Martinez describes Riddle's growth during their time golfing together.

"When I first met Alli, she



ALLISON RIDDLE

would help the team with little things, like our swing or aim. As time went on, she started helping us with harder things; things outside of golf," Martinez said. "She's growing, and we're growing with her."

Even senior Abby Kelly, a close friend of Riddle's who is not on the team, has seen Alli's growth since her time being involved in golf.

"Since I met Alli, she has become a little more outgoing and friendlier," said Kelly. "She has also become more of a leader through stagecraft and progress-

ing in the golf team."

Agreeing with Martinez' and Kelly's statements, head girls golf coach Mikey Eaves has seen Riddle's personality spread amongst fellow team members.

"Alli is the leader of the team," Eaves said. "Her love for the sport is contagious, and it really helps each of her teammates to want to get better daily."

Through the course of Riddle's golf history, she has learned many important lessons that will stay with her throughout her life and assist her in future endeavors.

"When you play golf and go to all of these tournaments, you develop good leadership skills, such as how to talk to people and work well with others," said Riddle. "Also, you learn to forget about the bad things in life, just like when I have to forget about a bad hole I putt."

After high school, Riddle plans to attend Northwestern Oklahoma State University on a golf scholarship.

FCCLA spreads kindness

Bralyn Stallons and
Chelsea Strutton
Writers

To kick off the 2019-20 school year, Family, Career and Community Leaders of America (FCCLA) organized Be Kind Week, a week that encouraged the student body to be nice to one another.

Each day represented a certain group in the high school that people were motivated to show kindness to.

Monday through Thursday were designated to freshmen through seniors, and when arriving to their English classes they received different types of sweets.

On Friday, there were papers and pens left on a table in the main building of the high school for students to write letters to faculty and staff.

Tamra May, FCCLA supervisor, described what she hoped would be the result of Be Kind Week.

"Just kindness on campus, especially to people that you don't know," said May. "Maybe we can get past judgments off other people. Just be kind, whether it's walking passed them in the hall



Photo taken by Brianna Reed

with a smile or talking to someone that you don't know."

May organized Be Kind Week in 2018, and because of the large success of the first year, she and students involved in FCCLA decided to make it a tradition on the MHS campus.

Sophomore Alexis King stated what she wanted to come from the week.

"I hope that kids will be more aware that some people don't always receive kindness," said King. "Some people will need it more than others because they don't have that kind of positivity in their life."

The Outlaws aspire to achieve the goal of making the school environment more friendly and

less judgmental between not only students but staff as well. Chloe Brooks, Senior, FCCLA Chapter President, expressed her goals for Be Kind Week.

"I hope the result of Be Kind Week is that students feel empowered to always show kindness through their everyday actions and words," said Brooks. "I also hope that this week leaves a positive impact on our student body and on our teachers."

With a school-wide objective of becoming better individuals, MHS is starting the year with encouraging the simplicity of spreading kindness on campus, not just during Be Kind Week, but every day of the 2019-20 school year.

Marlow High School students save lives

Tamara McConnell and
Kearsten Ball
Writers

Dedicated to saving lives, the Oklahoma Blood Institution (OBI) held their annual blood drive at Marlow High School on Wednesday, Aug. 28.

Previously, in the month of May, OBI underwent a severe blood shortage and called upon emergency blood donations - on average, almost a quarter of their supply comes from schools.

Tina Wedel, the mobile supervisor of OBI, explained why donations are very much appreciated.

"The purpose behind the event is to get volunteers to come in and donate blood for our hospitals to save patients in need of blood transplants," said Wedel. "There were a lot of participants this year, but we could always use more."

In order to be eligible to donate, the person must have been



Photo taken by Luke Davis

at least 16 years old and weighed at least 125 pounds or 18 years or older and 110 pounds.

Eager to participate in the event, junior Mikaylee Ribble described her experience of donating blood.

"This was my first year giving blood and I was super nervous, but the people were so kind and helpful," Ribble said. "I have always wanted to save lives, and giving blood was a simple way of doing that."

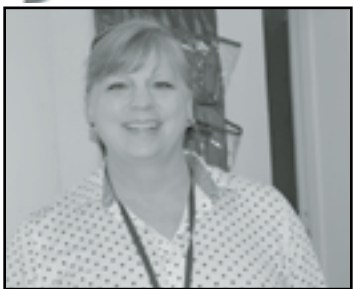
With just one person's donation, the amount of blood drawn

has enough power to save up to three lives.

Students were encouraged to give blood with gifts and prizes, such as receiving a free limited edition Bigfoot t-shirt and either a free side at Whataburger, an entry ticket to Frontier City, the Oklahoma Science Museum or Safari Joe's H20 waterpark.

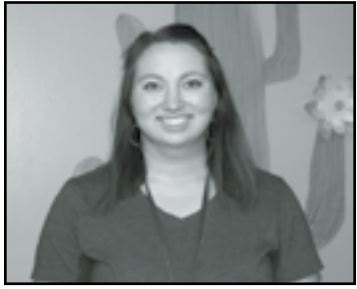
Marlow's students and faculty's willingness to donate ended in a success, and the OBI hopes to continue their tradition of holding blood drives with the school in order to help save lives.

Outlaw Spotlight



KRYSTAL MCMAINS

Krystal McMains attended Eastern Oklahoma State College and the University of Central Oklahoma. McMains taught at two schools before applying to Marlow. McMains recognized the staff's love for the students. "Marlow is unique in that the administration, and staff genuinely care for the students' well being and future," McMains said. "There is a kind attitude around campus that I appreciate." McMains serves as the MHS Physical Science and Biology teacher.



WHITNEY BROUSSARD

Whitney Broussard attended Oklahoma State University. After graduating, Broussard taught at three different schools previous to fulfilling the position at Marlow. While teaching at Marlow, Broussard described the welcoming atmosphere within the school. "Marlow has such a sense of community," Broussard said. "Our students have amazing hearts and incredible talents." Broussard is currently teaching as the Marlow High School Spanish 1 and 2 teacher.



FREDDIE CROWSON

Freddie Crowson attended East Central University. After graduating, Crowson taught at three different schools before transitioning to Marlow. Crowson has taken note of how well the Marlow High School staff works together. "The willingness of the staff working together for the benefit of the students is very unique," Crowson said. "Also, the support of the community shines within the school." Crowson currently serves as the MHS Algebra 1 teacher.

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The MHS express is the student newspaper of Marlow High School. It is published every Thursday during the fall and spring semesters, except during holidays.

The MHS exPRESS encourages comments from the student body, faculty, and administration in the form of letters to the editor. All letters must include a name for consideration; however, the name may be withheld upon request. Letters should be sent to Room 105 at MHS.

The opinions expressed within the signed editorials are the opinions of the writers; the opinions expressed in unsigned, boxed editorials are the opinions of the staff. Neither is necessarily the opinion of the high school administration, staff, or faculty.