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Coach T's journey to becoming a champion
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Sports

Baseball and softball open seasons last weekend
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Students enjoy warm weekend



Jason McCarty uses the warm weather as an opportunity to play a game of pickleball on the courts behind the Wellness Center with Brogan Winston who is not pictured on Sunday evening.

Wondering what's with the wacky February weather? It might not be so unusual after all. Wild February weather does occur in Oklahoma, according to KOCO 5 meteorologist Michael Armstrong. Fourteen years ago, a blizzard dumped almost 12 inches of snow on Oklahoma City on the first day of February, which was followed by an arctic blast that dropped temperatures to minus 31 in some areas of the state. Two years later, northwestern Oklahoma had 18 inches of snow in February. An arctic blast in February 2021 sent temperatures dipping into the negatives, with a low of minus 21 reported. On Feb. 26, 2023, the state saw a record-breaking outbreak of tornadoes. Generally, Oklahoma sees lows around 26 degrees at the beginning of February, with a high of about 51. Of course, it has been higher than these temps this week. A temperature of almost 87 just before 1 p.m. on Monday in Alva was just another wacky weather fact to add to February's history.

Four alumni to be inducted into NWOSU Sports Hall of Fame




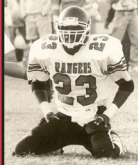
By ALLI SCHIEBER
Editor-in-Chief

Saturday four new Northwestern alums will be inducted into the NWOSU sports hall of fame during the halftime of the men's basketball game at Percefull fieldhouse.

The four new inductees consist of Shannon Frascht, Tom McDaniel, Fred Slaughter and Selina Lamar-White. At halftime of the girls' basketball game Saturday there will be a recognition of previously inducted hall of famers there will also be a sports hall of fame luncheon at 11 a.m. in the Student Center Ballroom.

Frascht is being inducted into the sports hall of fame for being a member of the Northwestern Rodeo Team from 1985-1989. After graduating from Northwestern Frascht went on to be successful in professional rodeo before he returned to Northwestern in 2011 as a rodeo coach. Frascht has qualified for the Professional Rodeo Cowboys Association Prairie Circuit finals over 20 times from 1990-2024.

McDaniel was a leader while at Northwestern he was the start-

 Shannon Frascht Rodeo Team 1985-1989	 Selina Lamar-White Women's Soccer 2001-2004
NWOSU Sports Hall of Fame Class of 2025	
 Tom McDaniel Football and Basketball	 Fred Slaughter Football and Track 1990-1993, 1991-1992

ing quarterback for football as well as a team captain for the Ranger basketball team. As starting quarterback McDaniel led the 1957 football team, including hall of famer J.C. Rickenberg, to win the championship.

Slaughter was also a two-sport athlete and played football from 1990-1993 as a cornerback.

Slaughter also ran track in 1991 and 1992 where he ran the 400 meter.

Slaughter was the Northwest-

ern head football coach from 2005-2007.

Lamar-White played Women's Soccer at Northwestern. She was a defender for the Rangers from 2001-2004. She then became and assistant coach from 2005-2009 for the Rangers.

She played in all 80 games in her collegiate career as a defender and tied Northwesterns career record for most games played as a defender and matches the single season record of 21 games.



Don Cunningham

Northwestern receives largest single donor endowment in campus history

By ALLI SCHIEBER
Editor-in-Chief

Donald Merel Cunningham established a new nursing scholarship at NWOSU.

The scholarship is the D.M. and "Roxanne" Cunningham Endowed Memorial Scholarship.

Cunningham grew up in Alva as his family moved there when he was 5 years old and he attended NWOSU for a few semesters before moving to Oklahoma City.

Although he moved to the City his friends said that he was always an Alva boy and often told stories about Alva's work ethic and integrity.

Cunningham had a lot of re-

spect for nurses but his respect for nurses grew when he watched the care provided to his ailing parents.

The endowment was around \$2 million and will help nursing students for years to come.

Each year the recipient will receive \$3000.

The scholarship is named after him and his dog, Roxanne, Cunningham attributed the man he was to his dog.

Cunningham died on Sept. 14, 2024 and wanted his life's work to make a difference when he was gone.

Cunningham believed in paying it forward did a lot of philanthropy through out his life both volunteering and donating.

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NEWS

What's Up?

Feb 7- 13

7

O.I.L Meeting
Education Center 109
12 p.m. - 1:30 p.m.

8

Sports Hall of Fame
Student Ballroom
11:00 a.m.

10

SGA meeting
SGA Senate Room
6:00 p.m.



11

W or F issued on dropped
1st eight-week classes



13

Free Lunches
11:30 a.m. - 1:00 p.m.
Tuesday at Bible Chair
Wednesday at BCM
Thursday at Wesley House

Writer's Roundtable Meeting
Vinson Hall 200
5:00 p.m - 6:00 p.m.



Stained-glass pieces created by Debbie Schwerdtfeger and Newanta Kilmer. They will showcase their talents Feb. 7 First Friday Art Walk in Downtown Alva.

5 tips to help you relax and unstress for college

By MEGAN SPRAY
 Student Reporter

- A study conducted by psychologists from the southwest-ern.org claims that an organized and clutter-free room can allow students to think better, sleep better and decrease stress levels.

Alana Shotpouch, a junior from Jay, said that she doesn't want to be trapped in a messy room because it results in a messy mind. Shotpouch also said having a messy room can intensify her stress levels, but once her room is clean she "feels good inside and am more productive."
- Another way to densify stress is by listening to music. The counseling services at the University of Nevada mention how a slower tempo of music can quiet your mind and relax you muscles to sooth and unwind from any stress that you may be feeling.

"Because, one, it kind of helps me clear my mind and I think it helps you take your mind off of other things. Like, if you just wanted to clear your mind for a little bit," said Allison Williams a freshman from Cushing.
- Research shows that shopping can reduce anxiety and stress by giving a sense of control over your own choices and environment which results in a better feeling, according to amahahealth.com.

"Online shopping and shopping at the boutiques around town just makes me feel good. I get to spend my hard earned money that I use to treat myself with," said Brinley Buchanan, an undeclared freshman from Drummond.
- While working out can not only be beneficial for your overall health, it can also be tool to help unwind, relax, and destress. The Mayo Clinic encourages physical activity and its ability to release feel-good neurotransmitters, also known as endorphins, to help the production of your brain.

Eric Hunter, a senior psychology major from Houston, TX, says that working out can help him blow off steam. Hunter is a student athlete, so finding a way to destress is important to him. He also says that he enjoys working out with his friends and teammates because it allows him to speak his true thoughts.
- Having a reward system in place can increase student motivation to complete assignments and tasks, according to hmhco.com. By implementing a reward system, students can feel more apt to accomplish their to-do lists, knowing that there's a reward at the end. By improving motivation, students can unwind after completing their tasks.

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NEWS

Students share their favorite workouts

By **EMMA GOTT**
Student Reporter

Working out is one way people stay fit and healthy.

According to the Mayo Clinic there are several benefits to working out regularly. Exercising can help control weight, combat health issues, improve your mood, boosts energy, help you sleep better and can be fun.

Exercise can help you keep off weight or prevent you from gain excess amounts of weight. Cardio and more intense activity tend to burn more calories. High Intensity Interval training or HIIT workouts is a great way to burn calories.

Often times when people think of HIIT workouts they think of burpees and other workouts that are hard.

HIIT workouts do not have to be like that though, there are several HIIT workouts that are easier as well as low impact.

If you search HIIT workouts on YouTube you may find some that are more fun such as dance workouts, of course you will also find ones that are burpees or really intense as well.

Exercise also helps prevent heart disease, high blood pressure and many other health issues.

Exercising does not have to be miserable as it is often portrayed as but there are fun workouts as well.

Attending a class, playing a sport such as tennis, basketball or pickleball are some fun ways to stay active while not running a mile or lifting a bunch of weights.

Aerobic exercise and strength training both have their own benefits and it is important to listen to your body and do workouts that best suit you.



“Since soccer just recently ended for me, I have been getting into a consistent workout routine. I like to do upper body and lower body workouts twice a week. On Mondays I’ll do a leg workout, mostly quad focused. Tuesday I like to train my back and arms. Wednesday I do chest and arms. and then Thursday I will do legs and lower body again. On Fridays I like to do a light full body workout. I usually take Saturday completely off and then Sunday I’ll do active recovery, maybe go for a walk or sometimes I like to play pickle ball.”

Rachel Brown senior biology health science from Pomona, CA



Davan Smith, senior health and sports science major from Dodge City KS

“Push, Pull, Legs is the best workout routine for me. Staying consistent, implementing the progressive overload principle, and eating a proper diet helps me stay in the best shape I can be in.”



“The best routine for me depends on what my goals are. For a while I was a powerlifter so I followed the conjugate system which is Dynamic effort and max effort. Then I became an athlete and began to worry about functionality. That being said, incorporating jumps, sprints, plyos, etc. but a good basic routine that anyone can follow is 4 days a week, a max effort lower and upper, and a dynamic lower and upper. You need 72 hours rest between max effort workouts, while dynamics can be done every 12-24 hours.”

Jerod Payne senior health sports and science education major from Valley Center, KS



Maddox Sanders freshman health and sports science major from Perry

“For me, definitely a lot of core workouts because as a pitcher you need a strong core. Also, doing a lot of leg workouts helps a lot and just a lot of band mobility work and plyometrics as well is definitely what my go to would be.”

“The best workout routine for me is to alternate between strength training and cardio. I think that building muscle is important when it comes to preventing injuries, and I also enjoy doing it. I also think that cardio is beneficial and helps reduce some of the soreness you get from lifting. This also benefits me a lot with soccer.”

Kylee Jones junior psychology major from Colorado Springs, CO



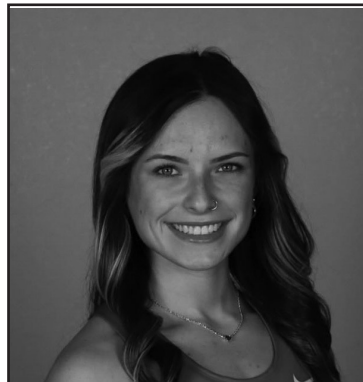
“My favorite workout outside of running is going to spin class at Cyclebar. Cyclebar pushes you physically because you spin and do arm exercises, but it also pushes you to be a better version of yourself.”

Cadence Long-Torres sophomore psychology major from Moore



Katy Jo Werner, sophomore biology major from Greeley, CO

“For me personally, I like to workout in the afternoon. This is a perfect time to get my brain back functioning when I get tired throughout the day from class. I workout 5 days a week including lifting and some cardio. I switch off lifting between legs, back and biceps, and triceps and shoulders. I also like to do some core each day along with these things.”



Fine arts faculty performs second annual faculty recital



Kimberly Weast singing Send in The Clowns by Stephen Sandheim at the faculty recital on Jan 30. The recital was held at Alva Presbyterian Church.

Photo by Ingrid Maldono

SGA hosts board game cafe night



Photo by Victor Kinzie

Students play Connect four at SGA board game cafe night that was held in J.W. Martin Library on Tuesday. SGA provided drinks, snacks, and board games which included Ticket to Ride, Twister, and Heads up. SGA will host a carnival later in the semester along with Bahama Breakaway to celebrate the end of the school year.

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LETTERS TO THE EDITOR

Letters to the editor shall bear the author's handwritten signature, hometown, classification, title, etc., address and phone number for verification and shall be kept on file. Unsigned letters to the editor will not be published.

Letters must be turned in by noon on Monday to the News office in JDA232. Letters via e-mail are acceptable as long as they follow the rules stated above and can be sent to nwnews@nwsu.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

OPINION

In Trump do we trust?

By **CHRISTIAN FRANKLIN**
Opinion editor

Students recently voiced their opinions about what they think of President Donald Trump's performance so far.

A wide range of people offered their opinions on the president's policies, leadership and general influence on the United States.



"I don't think he is doing a good job he has people worried about being taken out of the country by force."

—Reina Gonzales, Sophomore, Undecided



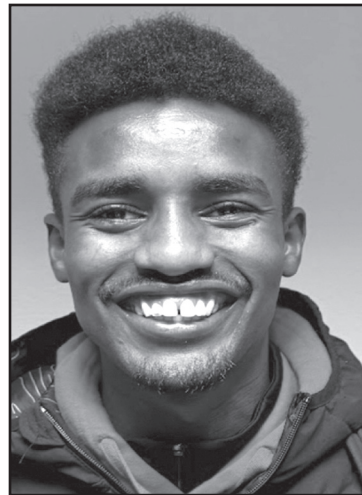
"I was impressed by the first day—how many executive orders he signed and how he got to work. It's been kind of promising to see, but it will be interesting to see how things unfold."

—Andrew Chavez, Freshman, Health/Sports



"I mean, he's not doing a great job removing immigrants because I have Latino friends back home in Arizona. Imagine if your friends' parents were deported out of nowhere, and that's all they had left. For me, FAFSA is crucial. I need it to go to school, and my siblings need it too. That's all I've got."

—Salat Ibrahim, Senior, General Studies



"I feel good about Trump. I feel like he is doing good with getting rid of immigrants that are contributing to drug trafficking and human trafficking. It's contributing to US crimes."

—Demarque Chambers, Sophomore, Health/Sports



"I think Trump is doing a bad job. I need my FAFSA, and he took it away. That's why I don't like him."

—Caleb Morgan, Sophomore Undecided major



"I feel like he is not doing a good job. It's specifically affecting my community right now. A lot of people are living in fear, and that resonates with me deeply. It's heartbreaking. The whole FAFSA situation is tough because that's how many people can attend college. It's a right to further your education, and taking that away from people is heartbreaking."

—Emily Flores, Graduate Assistant



"Right now, I think he's moving in the right direction with stuff because Biden regressed with things like rising gas prices and the war in Ukraine. I'm hoping the prices go lower."

—Jordan Pierce, Freshman, Health and Sports Science Education



"I feel like everything is going down for real for real, and I don't feel like he's doing a good job for me and I'm not a political man."

—Jewel Chambers, Sophomore, Health/Sports



"I was impressed by the first day—how many executive orders he signed and how he got to work. It's been kind of promising to see, but it will be interesting to see how things unfold."

—Joseph Killarney, Sophomore, Business Administration



"I feel like Trump is doing what he wants to do. He's a man about business, and that's what he's turning the presidency into. He's replacing high-level officials with people who don't know much about politics but know how to make money. He's not catering toward minorities like me."

—Assistant Linebackers Coach Bryce Mack

OPINION

Wellness Center adds more class times

Students balancing work and classes should still be able to workout

By **CHRISTIAN FRANKLIN**
Opinion Editor

The NWOSU Wellness Center provides a variety of fitness courses aimed at assisting people in achieving their wellness and health objectives.

For individuals looking for a strenuous workout, spin classes are a fantastic choice because they offer a high-energy aerobic workout that targets endurance and fat burning.

The goals of yoga sessions are to increase flexibility, lower stress levels, and encourage relaxation so that participants can relax both mentally and physically.

Sit & Be Fit is the best alternative for anyone who wants to increase their strength and mobility with low-impact exercises because it's more accessible.

Building leg strength and endurance while improving cardiovascular fitness can be accomplished in an enjoyable and demanding way with cycling sessions.

Strength training and high-intensity interval workouts are combined in Body Burn to provide a full-body workout that improves metabolism and tones muscles.

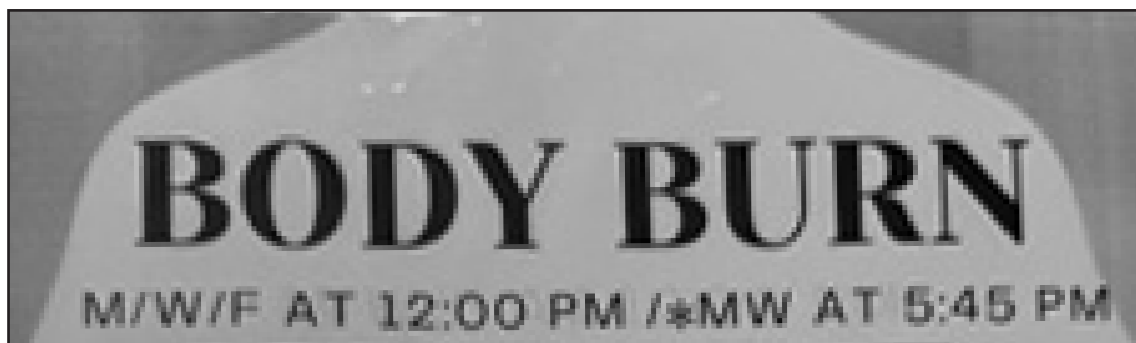
There is something for everyone in these classes, which accommodate a broad range of fitness levels.

The Wellness Center offers the tools you need to be successful in your fitness journey, whether your goals are endurance, relaxation, or a full-body challenge. In addition to individualized support from qualified instructors who can help people reach their own health objectives. The center's sessions are made to accommodate all fitness levels, whether your goal is to increase your strength, flexibility, or endurance.



Photo by Christian Franklin

Olivia Yandel, Wellness Center director poses behind the welcome desk ready to welcome new students into their weekly classes.



To best students, the Wellness Center is making a little change to the Body Burn and Cycling class schedule. Body Burn, which was formerly scheduled for 12:00 p.m. on Mondays, Wednesdays and Fridays, will now take place at 5:45 p.m. starting this week. This modification increases flexibility and provides an extra choice for an evening workout. In order to give more chances to fit a thrilling ride into your day, cycling lessons will also be offered Tuesday through Thursday at both 12:00 p.m. and 5:15 p.m..



What makes a champion? hardwork, determination and revenge

By Piper Gallagher
Student Reporter

It was the conference championship track meet, and Our Lady of the Lake University was looking for revenge.

Tomaj Gordon, a senior jumper on the team, stood at the back of the runway. Only, it wasn't his typical long jump approach. He was getting ready to throw the javelin.

The previous year an NCAA Division I team dropped down to the National Association of Intercollegiate Athletics and ended up in the same conference as Our Lady of the Lake.

They blew the competition out of the water and took home the title during Gordon's junior year.

"My junior year, they beat the breaks out of us bad, really bad," Gordon said.

After day one of competition, the reigning champions had over 100 points on the rest of the com-

petition.

But little did they know, the fire in Gordon was just starting to burn, and he was ready to redeem himself and his team from the year before.

Day two was lights out for Gordon and his team. Even though he had never thrown the javelin before, he did it so his team could earn as many points as possible.

He also competed in the 4x100 meter relay, the 4x400 meter relay, long jump, and triple jump.

"To see the look on the other teams' faces when they lost, I think that filled me with so much joy," Gordon said. "I never threw javelin until my senior year, and I did it at conference just for points."

Getting to win the first conference championship in school history for the men's track team is one of Gordon's fondest memories.

Growing up in San Antonio, Texas, Gordon was always involved in sports as he went through his middle school and high school years where he described himself as an "athletic" and "springy" kid.

**"Coming from another school, I've had experiences with other coaches outside of NWOSU and he is as good as they come."
— Connor Miers**

"Seventh grade was my first year ever doing sports," Gordon said.

Here, at Pease Middle School, was when he began to get involved in football, basketball and track.

He figured out very quickly that football wasn't for him and focused on his other two sports.

At Stevens High School, he also dropped basketball during his junior year.

"I wanted to go to college for sports," Gordon said. "From there I got more serious with track my se-

nior year."

He received his first athletic scholarship offer during his junior year, but that didn't make him slow down any.

After working hard and deciding he wanted to stay close to home, he ended up committing to Our Lady of the Lake University.

"Overall, that was probably the best decision I made," he said. "I feel like, for me, where I went to college at, that shaped me how I am today."

After he finished his athletic career, he was able to take on a part time coaching role at Our Lady of the Lake University.

After budgeting issues, he was forced to look elsewhere for work opportunities.

"Never been to Oklahoma a day in my life, so it was my first time," Gordon said. "Honestly, I love it. Even when I was in San Antonio in a bigger city, I really didn't do much besides go out to eat. I think coming from San Antonio to Alva, the transition too crazy. I think the hardest thing for me is not having a Wingstop and a Chipotle."

Men's head coach track Derrick Young Jr. And women's head track coach Jill Lancaster were both involved in his hiring process here at Northwestern.

"He was very youthful and energetic," Lancaster said, "This is not a job for the weary."

His past experiences also spoke volumes about his character during his interview for the job.

Going to a conference meet and

**"We can see the improvement in the athletes and he's doing a great job."
— Derrick Young Jr.**

doing an event you've never done spoke volumes to Lancaster and showed her that he was a real team player.

Young said that his ability to learn and pay attention to details makes him trustworthy and dependable.

"I trust that he does everything he needs to do to get everything done," Young said, "We can see the improvement in the athletes and he's doing a great job."

Since coming to Northwestern last February, Gordon has affirmed his calling to coaching.

"I want to give back to athletes who didn't know as much as they do now," Gordon said.

This reflects how his experiences in track were, as during high school and college, he saw lots of coaching changes and never quite understood the reasoning behind his workouts until his late career.

He often takes inspiration in his coaching from his old head coach in college, Patrick Torres.

He came to Our Lady of the Lake University during Gordon's sophomore year, and made a huge impact on his career, even convincing him not to quit at one point.

"I think he was the first coach to actually truly believe in me," Gordon said, "He saw what I can do, how talented I could be, and I



Tomaj Gordon throws the javelin for Our Lady of the Lake University at a conference meet, having not competed in javelin before. Gordon is now an assistant coach for the Northwestern Rangers mens and womens track teams..



Photos provided

Tomaj Gordon gets ready to compete in a race at Texas State as he runs for Our Lady of the Lake. He ran track while attending college and his team won a National Association of Intercollegiate Athletics championship

think he worked in me a lot to get to where I'm at now."

After facing a stubborn injury in his foot, Gordon had convinced himself it was time to hang up the spikes. He walked into Torres' office with the intention of walking away, and he came out of the office with a newfound sense of encouragement from someone Gordon felt truly believed in him.

Now, being a coach himself, he has impacted



Tomaj Gordon sits in a classroom at John Paul Stevens High School at 16 years old.

athletes just as Torres did him. "His coaching has impacted me greatly at Northwestern," Connor

Blanchard said. "Coming from another school, I've had experiences with other coaches outside of NWOSU and he is as good as they come."

A big approach to his coaching style is understanding that all athletes and people are different.

"I want everybody to be better than they were this time last year, last month, last week, ath-

letically, academically, emotionally, mentally, any aspect," Gordon said.

"No matter what, if you're a long jumper, a high jumper or a pole vaulter he's going to make your workouts for you specifically, because he knows that different athletes need different things even if we're all technically jumpers,"

Said Olivia Saner, a junior pole vaulter from Dawson, Nebraska. During his time coaching here so far, not only has Gordon made meaningful contributions to the program and to his athletes, but he's also begun to learn how to put himself out there more, something he has previously struggled with.

numerous people as energetic, enthusiastic and has even been compared to the Energizer Bunny by Lancaster.

One of Mier's favorite memories with Gordon, or "Coach T" as he is

**"I want everybody to be better than they were this time last year, last month, last week, athletically, academically, emotionally, mentally, any aspect."
— Tomaj Gordon**

commonly referred to by the athletes as, was when they were in the weight room and had just finished a workout.

Miers and a few of his other teammates noticed Gordon dancing along with the music and they proceeded to restart the song and make him dance to the whole thing.

They all ended up dancing, laughing and having a good time.

"It was a cool bonding moment to have as a team, small, but impactful in team chemistry," Miers said.

If there's a place in the Health and Sports Science Building to hangout in, it would be Gordon's office.

At any time during the morning hours of the day, his office will be packed with athletes from all different events laughing with each other, studying, or just waiting in between classes.

Gordon aims to constantly better himself, whether that be on the track coaching, or outside of sports.

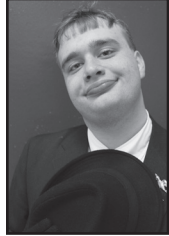
"For me, what I'm doing now, I'm doing a lot better than I was last year," Gordon said, "Finding success and being passionate about what I do, I think that's something I can live on each and every day. . . It's a great day to be great."

FEATURE

21 century stands true **One game, One man takes all**

I don't know if I already said this in an earlier article, but I consider myself a big fan of older movies from the late to early

WORDS WITH MR. KAUMANS



KEVIN KAUMANS

1900s. I dunno why, I suppose there's a certain charm to those old black-and-white movies. I've seen it all, from "Psycho", "Citizen Kane", "Vertigo", even "It's A Wonderful Life". And while I may not have enough experience in the film industry to know every small detail that goes into filmmaking, I would like to tell you just why I like these old films so much.

The dialogue of these older movies is both the funniest and serious I've ever heard. I can't really explain why the way people talked over sixty years ago, all I can say is that you would have to watch these movies on a regular basis to understand what it is I'm saying. Now, I'm not laughing at the way these people are speaking because I think they are moronic and weird, I simply find it amusing the way people talked back then.

Another thing I like about these older movies is the way these directors worked with what little technology they had at the time. Nowadays, we can look at these movies and laugh at how it's obvious that the floating object in the frame is being held up by a wire, but we have to keep in mind that something like this would be considered impressive in the early-to-mid 1900s. Same can be said about the skeleton who is seemingly walking on two legs, or the vampire baring his fangs before sucking the blood out of the woman who caught his eye.

I know not all movies from that time period were perfect; just like the modern day. Many of the movies from the 1900s were either mediocre if not terribly written. But when it comes to the minority, the ones that were nearly perfect in terms of the story they were trying to tell, you can't tell me that a lot of those can't be found in that century. If you ever get the free time, fellow reader, I would encourage you to watch some of these classics.



By **DERRICK GALINDO**
Senior Reporter

A test run, a massacre, a card game.

A single game of Commander, a way to play a game of Magic: The Gathering. A simple table serving as their battleground. A set of printed cards, sleeved in green card protectors, a proxy deck, owned by Zayne Hunter, a sophomore computer science major from Woodward; and his opponent, Dawson DeFoor, a freshman speech and theater major from Erick.

Hunter, who wanted to test out a blue element counter themed deck, rapidly set up cards during his turn, leaving the field open for DeFoor to think and make moves. DeFoor, using an incomplete landfall deck, placed a land card and ended their turn. Hunter, after drawing, counters the card placed by his opponent, and starts accumulating points to his commander and ends his turn.

DeFoor attempts to pivot af-

ter losing their card to a counter spell. Placing a new card in the playing field and ending their phase. Hunter, after drawing, countered the card placed by DeFoor. His commander gained more strength. This tango continued for many turns, before Hunter decided to up the ante.

One, he played a card to remove the traditional rule of seven cards in a player's hand for himself; two, he set up "telepathy." He knows DeFoor's hand for the rest of the game; three, he does a favor for DeFoor after he complained about his current hand, and resets the cards in both players' hands.

Between these plays by Hunter, DeFoor attempted to recover by placing cards, but Hunter countered back with the ample number of cards in his hand and placed more points on his commanding card. At this point, the card was covered in dice, serving as a reminder to the number of points, and Hunter had a hand size of 18 cards.

This led to Hunter's final set of

moves before victory. He reset the players' hands, redrawing to his hand size, doubling it and drawing an extra set of cards based on his commander's energy.

Placing one last card, ending the game in Hunter's victory, despite no damage taken by either side. He was holding nearly his

entire draw pile - almost 80 cards - in his hand which satisfied the conditions of the card. Hunter said he planned on making this counter deck in order to counter the more skilled players in his group of Magic: The Gathering players, and he was satisfied with testing it out.



Photo by Derrick Galindo

Zayne, after resetting the players' decks, redrawing 18 cards instead of the traditional seven, places another card in order to draw 38 cards. This play ends with him receiving 55 cards.

Holidays of the week

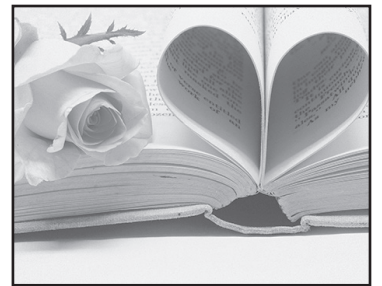
Feb. 6 Thursday Ronald Reagan Day	Feb. 15 Saturday Susan B. Anthony's Birthday
Feb. 7 Friday Lunar New Year National Wear Red Day	Feb. 16 Sunday Elizabeth Peratrovich Day
Feb. 9 Sunday Super Bowl	Feb. 17 Monday Presidents' Day Daisy Gatson Bates Day
Feb. 12 Wednesday Lincoln's Birthday Georgia Day	Feb. 25 Tuesday Maha Shivaratri African-American Scientist and Inventor Day George Rogers Clark Day
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Dad joke of the week

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FEATURE

Slow and steady wins morning race

Wake up, breakfast, coffee, sunrise. The beauty of slow mornings. You wake up without an alarm clock because your body has gotten used to waking up early.

You check outside and it's still dark out. So, you check your phone to make sure it's not 3 a.m. You read the clock and it's 6:30 in the morning. Perfect, you woke up right in time, well rested to start your day.

Chat with Ingrid



INGRID MALDONADO

That was exactly how my morning on Tuesday started.

Call me grandma but I believe in starting your day great and slow, not in a rush.

Many people wake up, rush to get ready and get out the door to start their day. I used to be that way a long time ago.

I absolutely love mornings. I love everything about mornings. From the coffee, breakfast, sunrise, the peacefulness, it is my favorite part of the day. Everything about mornings I love.

Let me tell you my exact morning routine.

I wake up around 6:30 in the morning. I wake up, brush my teeth, wash my face, you know, all the hygiene stuff. I then prepare my breakfast. I have the

same breakfast every morning.

I turn on the stove, put some oil on it and grab two eggs. I then put a slice of whole wheat bread in the toaster machine, while I'm cooking the eggs medium over easy. I take the bread out of the toaster, put some shredded cheese on top and there you have it, avocado toast without avocado.

While I'm eating my breakfast, I have some YouTube videos playing. Then I make and drink my coffee after I've finished my breakfast. I cannot go a day without my morning coffee.

Then I try to get into my Bible, read the word a little bit and as well with some of my devotional books. Afterwards, I relax a little bit, check my phone, or continue watching YouTube. I then get ready for school and head out for class.

Consistency is key here and making sure you go to sleep early is important. Sometimes life happens and boom, you wake up late and feel like you ruined your sleep schedule. Giving yourself grace is also important.

There are so many benefits of having a slow morning. In today's culture, we are always on the go, grinding and always told to hustle. It is important to rest and have mindful mornings.

Every morning, I put on my warm, cozy robe and prepare to have a beautiful start to my day. At night, I go to sleep ready to wake up and do my morning routine all over again.

Northwestern News Presents:

Valentine's Shout Outs



Thank you for amazing!
From:katelyn

Email requests to nwnews@nwosu.edu

Request must be sent by noon on Friday Feb.7 shout out will run on Feb.13



How to make White Chocolate Pistachio Truffles

by Wildwildwisk.com

Ingredients

- 4 oz homemade pistachio butter (1/2 cup, 113 g)
- 10 oz white chocolate melting wafers (283g, divided)
- Ground pistachio

Instructions

- Add pistachio butter and 4 oz of white chocolate to a heat proof bowl.
- Place the bowl over a simmering pot of water to melt the chocolate, stir to mix the chocolate and pistachio butter well.
- Refrigerate for 45 minutes to 1 hour to let the truffle filling harden but still workable.
- Use a small ice cream scoop to portion the truffle filling into 13 pieces.
- Place them on a parchment lined baking sheet and refrigerate for 1 hour.
- Melt the rest of the white chocolate in a heat proof bowl over a simmering pot of water.
- Dip the bottom of a truffle into the melted chocolate and place it on the tip of a fork.
- Use a spoon to drizzle melted chocolate over the top to cover it completely.
- Allow the excess to drip off before placing it back on the parchment lined baking sheet.
- Sprinkle some ground pistachio over the top of the truffle.
- Continue with the rest of the truffles.
- Place the baking sheet back into the refrigerator for 30 minutes to 1 hour to allow the chocolate to harden completely.

Consistency leads to victory

By ALLI SCHIEBER
Editor-in-Chief

Consistency.

It takes a lot for someone to be consistent but for sophomore, psychology major from Moore, Cadence Long-Torres it is just her way of preparing for a meet.

"I'm very particular about what I do with the night before a meet," she said. "I've always had the same like pre meet ritual."

Long-Torres starts preparing days before the meet happens by carbo-loading and hydrating. Then the night before the meet she always eats sushi, braids her hair, stretches, takes a warm soak to help with muscle tightness, drinks electrolytes and always sleeps in her uniform the night before a meet.

"I've just been doing it for so long, nothing goes wrong if I wear my uniform to bed," Long-Torres said. "I wake up feeling prepared and ready."

Long-Torres isn't just consistent in her routine but also on the track.

With the 2025 indoor track season being just three weeks in Long-Torres has consistently broken the school record in both

the mile and 3k run in all three meets. Twice while being sick.

Two weeks ago, while at Pitt Long-Torres felt as though she was ready to stop running the 3k but after this past week finally being fully healthy that it is not so bad it was just the "Pitt curse." Last year when she ran at Pitt, she was also sick so she says she is cursed by Pitt.

As a female athlete Long-Torres said she feels like she has been overlooked for her accomplishments.

"I'm finally getting that recognition because it's being put out, but last year when I broke my records, it was just like, okay, good job," Long-Torres said.

She said she did not get recognition when she broke her outdoor 1500 continuously but there are male athletes who pr and it is crazy and everyone congratulates him.

Now people are starting to realize she keeps getting better every meet and she is starting to get recognition.

Long-Torres has a certain moment in her life that motivates her the most and helps her to remember why she runs.

Her freshman year of high school three of her teammates

were hit by a drunk driver while they were doing their 10-minute cool down after a run. The driver hit them at 80 mph while in a school zone and all three of her team mates died.

"I felt like I lost myself when that happened," Long-Torres said "I lost my love for running."

Long-Torres now uses that as motivation and any time she posts on Instagram about her accomplishments she uses the #R4RYK which stands for run for Rachel, Yuridia and Kolby.

"They are my why I continue running," she said. "They are my driving motivation."

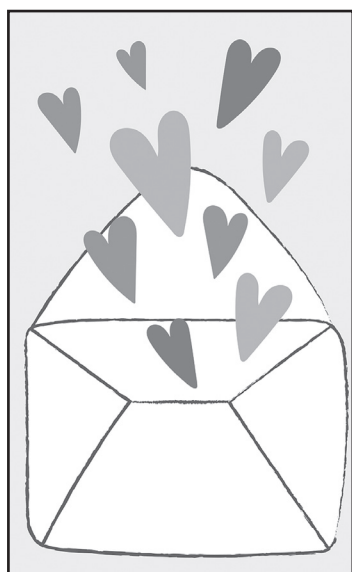


Photo by Symone Wright Flowers

Cadence Long-Torres is runs at a meet for NWOSU cross country.

10 visual Artist 2025

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SPORTS

Women win one, lose one

By **OAKLEE FIELDER**
Sports Editor

The Lady Rangers' basketball team had two away games last week. One against the Harding Bison, and one against the Arkansas Tech Golden Suns.

Harding 61-NWOSU 63

The Lady Rangers started off against the Harding Bison. The beginning of first quarter was all about the Bison. Within the first minute, Harding had a 0-5 lead against the Lady Rangers. The Lady Rangers woke up and started scoring.

The game continued and the first quarter became quarter for the Bison. They kept the lead throughout the quarter, although the Lady Rangers shrunk that lead down to two by the time the quarter ended.

The second quarter was more for the Lady Rangers. The two teams were able to keep the difference in the points less than 5 the whole quarter.

The Lady Rangers were never down more than four. The Bison and Lady Rangers traded the lead a couple times throughout the second quarter, although the Bison held the lead through most of the quarter.

In the final minute in the first half, the Lady Rangers went on a four-point run to tie the game with 7 seconds left with a layup from Payton Jones.

The third quarter was almost a mirror image of the first. The Bison took the lead and walked away with it for a while. Until in the fifth minute,

Lily Mahy tied the game with a three pointer. Harding defended against the Rangers and extended their lead once again to five. The Lady Rangers did fight back but Harding kept the difference at five.

The fourth quarter would have to be a hard fought one for whoever the winner would turn out to be. Harding had started to generate a bit of momentum, but the Lady Rangers fought hard and took the lead with three minutes left in the game.

The Lady Rangers went on a run to extend the lead to 4. With 55 seconds left, the Bison made a layup and then scored two free throws to tie the game at 61-61.

10 seconds left in the game, Carly Craig ran down the court and attempted a layup but missed.

Jaida Shipp grabbed the ball and scored with 2 seconds left to seal the game and take the win against Harding.

NWOSU 51-ART 64

The Lady Rangers' next stop was against the Arkansas Tech Golden Suns. The first quarter was a low scoring start to the game.

The Golden Suns started off with a good-sized lead that was made with ten points in the first 4 minutes. The Lady Rangers



Photo by Sports Information

Kennedy Height jukes out an Arkansas Tech player during the Dec. 5 win. She tore her ACL Jan. 30 against Harding and is now out for the season.

fought hard and shrank it to three. With a score of 9-12, the next 3 minutes of the first quarter stayed the exact same.

The second quarter was not very welcoming to the Lady

Rangers. Arkansas Tech extended their three-point lead to ten, and then fourteen, and then eighteen.

The Lady Rangers were not able to get into a steady rhythm to finish off the first half. The Gold-

en Suns kept the lead in the teens and the second quarter finished 19-34.

With a good-sized lead, and the home court advantage, Arkansas Tech went into the second half rolling and did not stop for anything.

The Lady Rangers struggled to keep up with the Golden Suns once again in the third quarter. Arkansas Tech continued their momentum and extended their lead further to twenty-one and then to twenty-three.

The Lady Rangers, in an attempt to stop the bleeding, cut the score down to eighteen at the end of the quarter.

The Lady Rangers entered the final quarter of the game down by a lot and having lots of work to do.

They started the quarter off on the right foot and started shrinking the Golden Sun's lead. They got the lead down to ten, with over half of the final quarter left.

The Golden Suns had to find a way to stop the Lady Rangers, and they found it.

The Lady Rangers stalled out with 5 min to go, and Arkansas Tech kept their lead above ten. The game ended with a three-pointer by Lily Mahy for NWOSU. The game ended 51-64 with an Arkansas Tech win.

NWOSU women's basketball continues to sit at fifth place in the GAC standings with a 7-7 record.

What are teams' strengths, challenges?



Natalie Ackenhausen
Softball first base
Freshman, nursing major from Owasso

I think our team's best strength is accountability. Most of us are very close so when something goes wrong, you can count on a teammate to lift you. The upperclassmen are also good leaders and will always push us to be our best.

I think a challenge we will have to face this year is overcoming adversity. Most teams look down on us so just trying to push through the negativity and proving people wrong will be our biggest challenge.



Avery Clark
Softball Center Field
Master's in Business Administration from Choctaw

One of our best strengths as a team is our work ethic. We show up every day no matter what and confidently give 100%. We know we work harder than any other team in the GAC.

A challenge this year will be everyone betting against us. Northwestern Softball has never made it to the GAC tournament and with that being one of our goals this year, sometimes it's hard when all your program has ever heard is negativity. ... Believe in us and our program.



Macy Cesq-Spearman
Softball Outfield
Master's Business Administration student from Chico, California.

Our team is very good at keeping everyone accountable and working hard. We always say we are going to outwork all of our competition whether that's at practice or not. We strive to be the best in whatever aspect we do.

One challenge we are going to face this year is just having our opponents respect us. Northwestern has never made it to the conference tournament for softball so that is our goal. We want to prove the entire conference wrong.



Maddox Sanders
Baseball LHP
Freshman from Perry

Strengths?

I think our team strengths this year is definitely our hitting we have a very good squad one through nine hitting wise and we have some backups that can hit the ball as well.

Challenges?

I think probably our pitching definitely needs to step up last year was very iffy and with this new group coming in I definitely feel like we can do better on our pitching on that.



Cade Clem
Baseball INF / RHP
Sophomore biology major from Leedey

Strengths?

Our strengths are our hitters, we returned all our hitters from last year an all our starters and we brought in new pitching staff we are going to be really solid we should be really good."

Challenges?

I haven't really notice much struggles, but our team looks really good, and we should win a lot games and win the conference for sure.

SPORTS

Men struggle in Arkansas

By **OAKLEE FIELDER**
Sports Editor

The NWOSU men's basketball team faced off against two teams while on the road last week. Their games were against the Harding University Bison and the Arkansas Tech Wonderboys.

NWOSU 58-Harding 63

They started the road trip against Harding University. It started off with Harding taking and extending the lead.

Once the Bison got to a cushioning lead, the half was a back and forth game. For most of the first half, the Rangers able to get close to the Bison, but never close enough.

NWOSU would get closer and Harding would extend the lead again. The entire first half went that way, with Harding getting to an eleven-point difference at one point, until the final minutes. With 3 minutes in the half, Dirin Birhiray and Max Alexander both made layups to make it a three-point game.

With a free throw, Harding extended the lead back to a two-score difference. The Rangers fought back and got two free throws with 25 seconds left in the half. With both made by Alexander, the half ended in a 2-point difference.

The second half started off the same. Harding started generating a lead but the Rangers fought back.

The two teams both went back and forth with going on scoring runs. The Bison got to an elev-

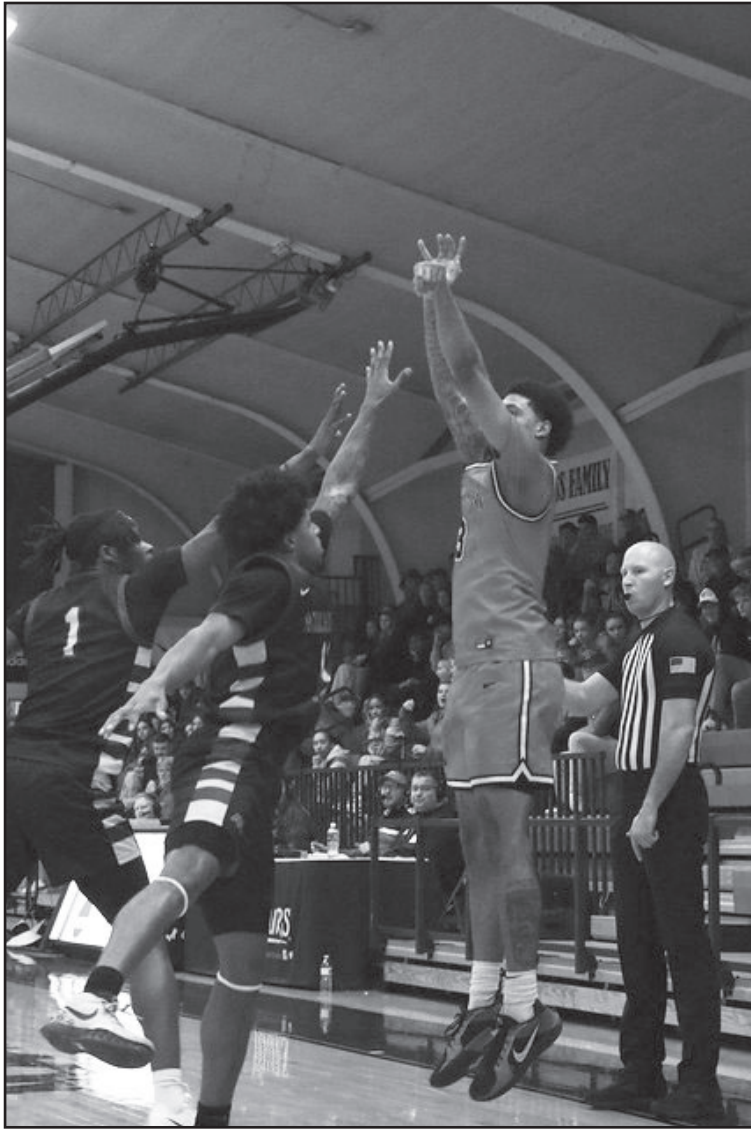


Photo by Sports Information

NWOSU's Cam McDowell after shooting a basket against Arkansas Tech on Feb. 1.

en-point difference, but the Rangers shrunk the lead to four.

The teams went back and forth with baskets. The score difference went from three to five multiple times, and then Justin Norris scored a three-pointer to make it a

two-point game.

Kabeya Tshibangu then fouled and the Bison took the chance to make it a three-point game.

The Rangers' Cam McDowell then made a dunk to make it a one-point game. With the pres-

sure on, the Rangers fouled and the difference went to three points again.

Max Alexander shot a three pointer to tie the game, but missed. The Rangers fouled again and Harding finished the game off with two free throws and the Rangers left Harding with a 58-63 loss.

On the way back home, the Rangers took a stop in Russellville, AR to play against Arkansas Tech.

NWOSU 71-ART 66

The Rangers got the first points in the game, but Arkansas Tech took the lead away and extended it to six.

The first half continued as a back and forth between the Rangers and the Wonderboys, until Justin Norris made a three-pointer and had the first multi-score lead for the Rangers.

The Wonderboys came back and took the lead from the Rangers. The half ended with a free throw for Arkansas Tech to make it a one-point game 30-31.

The final minute and a half of the first half went scoreless for both teams.

The final half of the game started a little rough for the Rangers.

The Wonderboys took the lead and had a little cushion. The Rangers didn't let a little difference stop them, and took the lead away from Arkansas Tech.

The next five minutes of the game was back and forth, exchanging the one-point lead between the two teams multiple times.

With free throws, the Wonderboys took the lead by five points. The Rangers did not give up, and once again took the lead by one point.

Logan Phillips and Cam McDowell extended the Rangers' lead with a three-pointer by Phillips and a dunk by McDowell. With nine minutes left in the game, Arkansas Tech had time to shrink NWOSU's lead.

Despite the Wonderboy's efforts, the Rangers kept their feet down and continued to lead in the later parts of the second half. With just 14 seconds in the game left, the desperate Wonderboys shrunk the Ranger's lead down to just one point.

In what to seems to be a re-occurring event, there was a late foul by the team that is down, and the Rangers extended their lead to three. With just three seconds left, Arkansas Tech went for a three throw and missed.

Cam McDowell with the help of Logan Phillips, put the finishing touches for the game and dunked the ball with 1 second left on the clock.

The Rangers took down the Wonderboys 71-66.

NWOSU left the state of Arkansas with one win and one loss. Cam McDowell was nominated for the Week 12 GAC Offensive Player of the Week but did not win.

The NWOSU Men's basketball still sits in sixth position in the GAC standings. They will face Henderson State University on Feb 6 and Ouachita Baptist on Feb 8. Both games will be home.

Softball starts with 2 wins, 2 losses

The NWOSU softball season started on Jan. 31 against Newman University in Branson, Missouri.

The Jets had the first points of the game in the top of the first but only lead by one. The second inning went scoreless.

In the third inning, Jadyn Muns hit a single homerun to tie the game 1-1. The fourth inning was the Lady Rangers' inning. Macy

Spearman hit a single to shortstop and brought Avery Clark home to take the lead 2-1.

Muns then hit a double into left field and brought Mankanalei Lopera and Kennedi Caine home to extend their lead. Kaitlyn Corn hit a sacrifice fly into right field and brought Muns and Spearman home to make it 6-1. In the sixth inning, Newman scored five runs in an attempt to get the game in

their control, but the Lady Rangers were too far out for them. NWOSU won their first softball game of the year 6-5.

The next game was against the Minnesota Crookston Golden Eagles. The first three innings went scoreless for the two teams. In the bottom of the fourth, the Golden Eagles scored the first run of the game to take the lead. In the fifth inning, Jadyn Muns hit a single to second base and Kennedi Caine

went home to tie the game. In the bottom of the seventh and final inning, the Golden Eagles scored a walkoff run to win the game 1-2.

The Lady Rangers faced off against the Maryville Saints. The first inning went well for the Saints and they scored a run to take the lead in the opening square.

They continued that momentum and scored three in the next inning. NWOSU scored their first points against Maryville in the bottom of the second with a single by Rachel Sherwood to bring Kennedi Caine home and make their score one.

Maryville kept the scoring going and scored two in the third inning and two in the fourth.

The Lady Rangers got to scoring in the bottom of the fourth and scored three points with a triple from Jadyn Muns to bring Macy Spearman and Sherwood home, and a single from Kaitlyn Corn to bring Muns in to make it 8-4. The Saints scored five in the fifth inning and that put the mer-

cy rule into effect and the game ended 13-4.

The Lady Rangers' final game in Branson was against the Truman University Bulldogs.

The first inning started with a Bulldog lead by one point. The second inning was scoreless for both teams.

In the top of the third, the Lady Rangers scored four points as Rosemary Rivera was walked as the bases were loaded, Avery Clark hit a sacrifice fly to center field to bring Jadyn Muns home, and Kennedi Caine hit a single to center field and brought Rivera and Kaitlyn Corn home to make the score 1-4. The Bulldogs scored one in the fifth inning and shrunk the Lady Rangers' lead to two.

In the sixth inning, Kaitlyn Corn was walked with the bases loaded and made the score 5-2. The Bulldogs scored one more point but failed to catch the Lady Rangers.

The NWOSU Softball leaves Branson, Missouri 2-2. in their overall record.

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SPORTS

Baseball starts with 4 wins

By **OAKLEE FIELDER**
Sports Editor

The NWOSU baseball season started this week on Jan. 31. They had a quadruple header against the Colorado Christian University Cougars and one game against the Newman University Jets.

Game 1: NWOSU 3, CCU 2

Their first game against CCU started off with Jacob Fuller on the mound. The Cougars got one hit off of him in the top of the first, with a single to the left. The Cougars hit a ground out and they went to the field. The Rangers got one hit in the first inning but nothing was able to come out of it. The second inning had no hits for either team.

The Cougars continued the trend of no hits in the top of the third. NWOSU's Jacob Wiltshire was walked and he then stole second base on a wild pitch.

Wiltshire was then brought home with the help from Carson Wright. The third inning ended with the first run of the game 0-1 NWOSU.

The fourth inning went with no hits for either team. In the top of the fifth, the Cougars scored a run to tie the game. Dawson Toborg also went onto the mound for NWOSU, replacing Fuller. The Rangers were not able to get any hits in the bottom of the fifth.

In the top of the sixth, the Cougars hit a single home run to take charge of the ball game. NWOSU did not get a hit in the bottom of the sixth.

The Cougars' momentum stopped and they did not have a hit in the top of the seventh. The Rangers got two runners on base in the top of the seventh, but were struck out looking and they had to go to the field leaving those runners on base.

In the eighth inning, the Cougars got no hits and the Rangers went to home plate. They got two runners on base and Hagen Barcello gave a sacrifice fly to let Dylan Bradford run home and tie the game 2-2. In the ninth inning, the pressure was on for the Cougars.

They were grounded out twice



NWOSU Outfielder Trevor Saire stands on second base after hitting a double. He would go on in this inning to run home to win the game against CCU on Jan 31. NWOSU won 3-2.

in a row, and then Elias Herrera went to the mound to relieve Toborg. Herrera struck out the next CCU batter and gave the Rangers the chance to win the game.

In the bottom of the ninth, with the chance to win the game, the Rangers got one out.

Trevor Saire hit a double to get on base and put the chance to win in sight. Colby Grace hit a double and let Saire run home to get walk off run and win the game for NWOSU 3-2.

Game 2: NWOSU 16, CCU 12

The next day, Feb. 1, the Cougars and Rangers played twice. The first two innings were scoreless for both teams. In the top of the third, CCU got a run in to take the lead 0-1. The Rangers left the field down by one. Dylan Bradford singled to right fiend and allowed Colby Grace to run home and get the run for NWOSU.

Carson Wright hit a single to the left and let Bradford run home. Hagen Barcello hit a double to center field and Carson Wright went home to make it a 3-1 game. With two on base, Paul Sachen hit a double to right field and Barcello and Wright scored



NWOSU pitcher Dawson Toborg on the mound gets ready to throw in the first game against CCU on Jan. 31. NWOSU won 3-2.

and it was 5-1.

Chad Green hit a homer to center field and made it 7-1. Chase Gordon hit a single to right center and Shaffer went home. At the end of the third inning, it was 8-1 NWOSU.

CCU took the third inning personally, and scored 10 unanswered runs throughout the fourth, fifth, and sixth innings to make it a 8-11 ball game.

Chad Green answered in the bottom of the sixth to let Paul Sachen run home. Harley Shaffer then hit a triple to right center field and Green ran home next to get within one.

The Cougars kept their scoring streak going in the seventh inning and hit a homerun into right field. NWOSU answered quicker than last time and got one home in the bottom of the seventh to make it a one run game again.

In the eighth inning, Hagen Barcello was up to bat after Carson Wright, Dylan Bradford, and Colby Grace got onto base. Barcello proceeded to hit a grand slam to take the lead and the game

ended 16-12.

Game 3: NWOSU 13, CCU 0

In the third game against CCU, and on the same day, the Rangers kept their momentum from earlier and kept it rolling into the next game. They started the game with a homerun by Carson Wright to take the early lead. Neither team scored in the second inning.

In the bottom of the third inning, Chad Green hit a homerun bringing Wright and Bradford home to make it 4-0. Next up was Connor Green, who is Chad Green's younger brother. Connor Green hit a single homerun right after his brother and made it 5-0.

Saire hit a sacrifice fly to center field and Porter Pittman ran home.

Dylan Bradford hit a double to right field and Zach Vetal went home and it was 7-0. Hagen Barcello hit a single to center field and let Bradford and Wiltshire run home to make it 9-0.

In the fourth inning, Bradford was walked with the bases loaded and Connor Green went home without any trouble. Porter Pitt-

man went home on a passed ball and it was a 11-0 ballgame. In the fifth inning, Pittman hit a single to left center field and Chase Hamilton went home. On an error, Connor Green went home and scored the thirteenth and final point of the game. The Rangers had been up by more than ten runs in the seventh inning, and the mercy rule was in effect. NWOSU beat CCU for a third time with a score of 13-0.

Game 4: CCU 12, NWOSU 7

On Feb 2, the fourth and final game in the quadruple header against CCU, the Rangers looked to sweep the Cougars. In the second inning, the Cougars started with an early lead. In the third inning, the Cougars added to that lead.

Chase Gordon answered with a single homer, followed by Bradford getting on base and Carson hitting a double homerun bringing Bradford home with him.

CCU scored two more in the fourth inning to keep their led. NWOSU's Wright hit a double and brought Bradford and Gordon home.

CCU answered back with two in the fifth and three in the eighth. Down by five, the Rangers had a lot to do if they were going to win this game.

Barcello hit a single into center field and Bradford went home to make it 6-12. Connor Green then hit a single to center field and Wright came home to make it 7-12. Unfortunately, that was all they could do. The Rangers were not able to complete the sweep against CCU.

Game 5: NWOSU 12, NU 5

The fifth and final game was against Newman University. The first inning was great for the Rangers. Connor Green hit a double to right center and brought Barcello, Wright, and Bradford home in one hit. Wiltshire was walked with the bases loaded and Bradford was hit by the pitch right after, making it 5-0 by the end of the opening inning.

The Jets responded with two runs in the top of the second.

The next three innings were scoreless. In the sixth, Newman University hit a homerun which brought two runners home and made it a 5-4 game.

NWOSU responded with five runs in the bottom. Barcello brought Bradford and Wiltshire home, an error brought Barcello and Wright home, and Saire hit a sacrifice fly to bring Connor Green home, making it 10-4.

In the 11th Connor Green hit a double and brought Barcello and Bradford home to make it 12-4. Newman got a run in the top of the ninth from an error.

The game ended 5-12 for a NWOSU win.

The Rangers leave this week 4-1 and at the top of the GAC.

Long-Torres sets 3rd school record in a row

Jan. 30-Feb. 1, NWOSU's track and field team went to Wichita, Kansas, to compete in the Wichita State Coach Wilson Invitational.

There, Cadence Long-Torres set yet another school record, making it three records broken in a row in three meets.

She set her personal, and school, record in the Women's 3000 Meters with a time of 11:05.19.

On Feb 14, track and field will go to Washburn University in Topeka, Kansas, for their next meet.