

Happy Valentine's Day

Need a gift or date idea?
Check out page 9



Sports

Ranger Basketball win one
lose one.
See page 11



NORTHWESTERN NEWS

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Honoring alumni for their successful careers

By **ALLI SCHIEBER**
Editor-in-Chief

The Northwestern Sports Hall of Fame is an honored tradition.

Every year new members are inducted for their hard work both at Northwestern as a student and what they accomplish after they graduated. Saturday four new members were inducted during halftime of the boy's basketball game. While members in attendance were recognized during halftime of the girls game.

Shannon Frascht was inducted this year for his accomplishments with the Northwestern Rodeo Team. Frascht was not only successful with the Northwestern Rodeo Team but also professionally as a member of the Professional Rodeo Cowboys Association where he won several awards.

Selina Lamar-White also got inducted this year for her time as a defender for the Lady Rangers Soccer team. Lamar-White was on the team from 2001-2004 and won many awards as a defender. She went on to be an assistant coach of the team from 2005-2009.

Tom McDaniel was the third alumni to be inducted this year. McDaniel was the starting quarterback for the football team as well as the team captain for the basketball team. After graduating in 1960 he went on to be Northwestern's president from 2001-2011.

The last of the four inductees was Fred Slaughter. Slaughter was also a two-sport athlete who played football from 1990-1993 and did track and field from 1991-1992. Slaughter also came back to Northwestern as the head football coach from 2005-2007.



Above: Left to right Shannon Frascht, Selina Lamar-White, Tom McDaniel and Fred Slaughter get inducted into the Northwestern Sports Hall of Fame for what they accomplished in both their time at Northwestern and after they graduated. The induction was during halftime of the men's basketball game on Saturday.

Right: Members who had been inducted in the Sports Hall of Fame in past years get recognized again during halftime of the girl's basketball game on Saturday afternoon.



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SPORTS

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NEWS

What's Up?

Feb 14-20

14

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

15

Foundation/ Department
scholarship applications due
Blue Thumb Volunteer Training
Science Building Room 208
8:00 a.m- 5:00 p.m
NWOSU Campus Cabinet Food
Pantry Drive
1:00 p.m- 5:30 p.m

16

Blue Thumb Volunteer Training
Science Building Room 208 8:00 a.m- 5:00 p.m

17

City Council Meeting
6:30 p.m.

18

Summer Enrollment Opens
WINGO
Student Center Ranger Room
6:00p.m-8:00 p.m
Psychology Program/ Graduate
Seminar Night Education Center 109
6:00 p.m- 7:30 p.m

19

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

OBI Blood Drive
Student Center 10:00 a.m- 4:00 p.m
Graceful Arts After School
Advance Youth Acrylics 523 Barnes St
Alva, OK 73717 3:30 p.m- 5:00p.m

20

OBI Blood Drive
Student Center 10:00 a.m- 4:00 p.m
"The Cave" Theater Production
Doors open at 6:30 p.m.

Mental Health

Dealing with stress as a college student

By OZGE YAVUZ
Guest Columnist

According to a 2023 study conducted by the American College Health Association, approximately 45% of students reported experiencing above-average or high levels of stress over the past 12 months.

Additionally, 56% of students stated that stress negatively impacted their academic performance.

Stress can have both short-term and long-term adverse effects on the body and mind. Common physical symptoms of stress include headaches, rapid heartbeat, high blood pressure, stomach discomfort and chronic pain.

Some individuals may resort to unhealthy habits such as alcohol, smoking, drug use, or overeating as a way of coping with stress.

However, these habits provide only temporary relief and lead to more stress and health problems in the long run.

It is important to explore healthy ways to manage stress. First, attention should be given to our nutritional habits. Proper nutrition has a significant impact on stress and mental health.

Our diet directly affects brain chemistry, hormones, and energy levels, which in turn influence our mood and ability to cope with stress. Therefore, it is essential to reduce the intake of high-sugar

and high-fat foods and be mindful of caffeine consumption.

Secondly, exercise plays a key role in combating stress and improving mental health.

Exercise reduces stress hormones while increasing happiness hormones, relieves anxiety, strengthens brain functions, and improves sleep quality, supporting overall mental well-being.

You can exercise at the Wellness Center on campus and participate in the yoga classes they offer. Detailed information can be found on the center's website.

Taking time for yourself is also crucial. Engaging in new hobbies or joining campus clubs based on your interests can be beneficial in managing stress. Additionally, journaling helps express emotions, organize thoughts, and understand the sources of stress, leading to mental relaxation.

If the stress level becomes overwhelming and difficult to manage alone, it is advisable to seek support from the campus counseling services.

It is recommended to contact the relevant center to schedule an appointment. If you feel that the situation is critical, do not hesitate to reach out for help immediately. For urgent assistance, you can contact the National Suicide Prevention Lifeline at 988 or call 911 for emergency situations.

Your well-being matters, and taking steps to manage stress can significantly improve your quality of life and mental health.

HOLDER DRUG
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580.327.3332 1.800.458.5349 Fax: 327.1848

Zorro Pecans

Just in time for Valentine's day, So Sneaky Good!

NEWS

Theater prepares for 'The Cave' performance

By **HADLEY WEATHERS**
Student Reporter

The NWOSU Theater presents "The Cave" at the fellers Family Auditorium Feb. 20-22 at 7 p.m. and Feb. 22 at 2 p.m.

"The Cave" is a thought-provoking play that explores the themes of reality and delusion, while also challenging the audience to make their own conclusions.

The play follows characters that are confronted with the truth and must learn how to redefine their views on reality and their understanding of the world.

The play will be led by Professor Kimberly Weast and Mickey Jordon, with a unique seating arrangement, this play will encourage the audience to question the reality the actors are presenting.

The audience will be seated on stage in a thrust formation. Which has proven to be a challenge.

"Keeping our actors moving and understanding that they have to address all three sides has been the challenge," Weast said.

Professors from different departments will be at the play to talk to the audience about what they interpret.

"Part of our directors' concept is the fact that the play itself does not know what time and space it's in," Weast said. "We are working really hard to make sure that the time and space is ambiguous so the audience can try and figure it out on their own."

It's a very abstract play, and we want it to be abstract. We want the audience to have to do a lot of thinking and figuring out on their own."

Ticket prices will be \$3 and seating will be limited because of the unique seating arrangement and arriving early is recommended.

If you have accessibility issues, please let Weast or Jordan know as soon as possible so arrangements can be made.

Should NWOSU get an indoor track facility?

By **AJ MEDRANO**
Student Reporter

Having an indoor track facility would not only affect NWOSU but also affect Alva.

With an indoor facility NWOSU would be able to host indoor track meets that are typically a weekend long.

This would bring in several

schools coming to Alva for the weekend and they would eat at local restaurants and stay in our hotels. Which would benefit Alva.

It would also be good for NWOSU track athletes as they would be able to practice indoors in bad weather.

It would also give the community a chance to watch them compete as most of their meets are an hour or two away.



Johnathan Conwell, junior sprinter and business administration major from San Antonio, TX

"It also be beneficial for the whole community and really all of Oklahoma sports cause not to many places have a indoor track besides I think just OU so that would bring in more revenue for the town and other sports would have a place to workout also."



Trevor Montayne, sophomore sprinter and health and sports science major from Prosper, TX

"Well I mean I would say in Oklahoma is pretty cold so we really don't get to practice outside during the winter time and that would be beneficial for us track athletes and I mean other athletes to go inside and have a place to be able to fully open up and run."



Harmonie Hughes, freshman hurdler and jumper and elementary education major from Blue Springs MO

"The weather here is actually pretty bad but also for the fact that everyone can be able to practice also we don't have everything that we need to be able to as good as we can be we have the people, we have the talent, we have the skills but we don't have equipment and like with the proper equipment I think we can be really, really, really good and the fact we do have people ranked nationally and also our competitiveness in the conference it would be even better and not only to show the teams that we're good but also to show other people like we're worthy and like able to be like good competitors."



Mikell Hamilton, sophomore sprinter and hurdler psychology major from Wichita, KS

"For to be more prepared for track meets have better adequate training less injuries and I feel like the whole school can benefit from it for the track team, football team, soccer team, indoor sprints for them and just indoor buildings for everybody to go to and run during the cold months."



Temi Michaels, junior thrower and biology major from Broken Arrow

"I think we need a indoor track facility because it gets very cold out here especially when we get the cold fronts from like Kansas and Nebraska and stuff so I think we should get a indoor facility and it helps also we can hold indoor meets as well to make more money for the school as well."

HOW TO MANAGE TIME

Planner

Having a planner allows you to see exactly when you have things going on.

To Do List

Having a to do list keeps you focused on your tasks.

SMART Goals

Your goals should be Specific, Measurable, Attainable, Relevant, and Timely

Pomodoro Technique

Have a timer and work for 25 minutes then take a 5 minute break and keep it up until your task is complete

Graphic by Wardy Joubert

NWOSU regional science fair



Photos by Ingrid Maldonado

Many high school students from surrounding towns at the fair. Which took place in the little gym inside of the Health and Sports Science building.



High school students explain their research on grimeology during the science fair hosted by the NWOSU Science Department.

The NWOSU Science Department hosted students from surrounding towns to the campus on Feb 6. While the students were here they were able to showcase their studies and share their discoveries to everyone who walked by. This event went on from 8 a.m to 5 p.m.

Snow Day!

Ice, snow closes campus

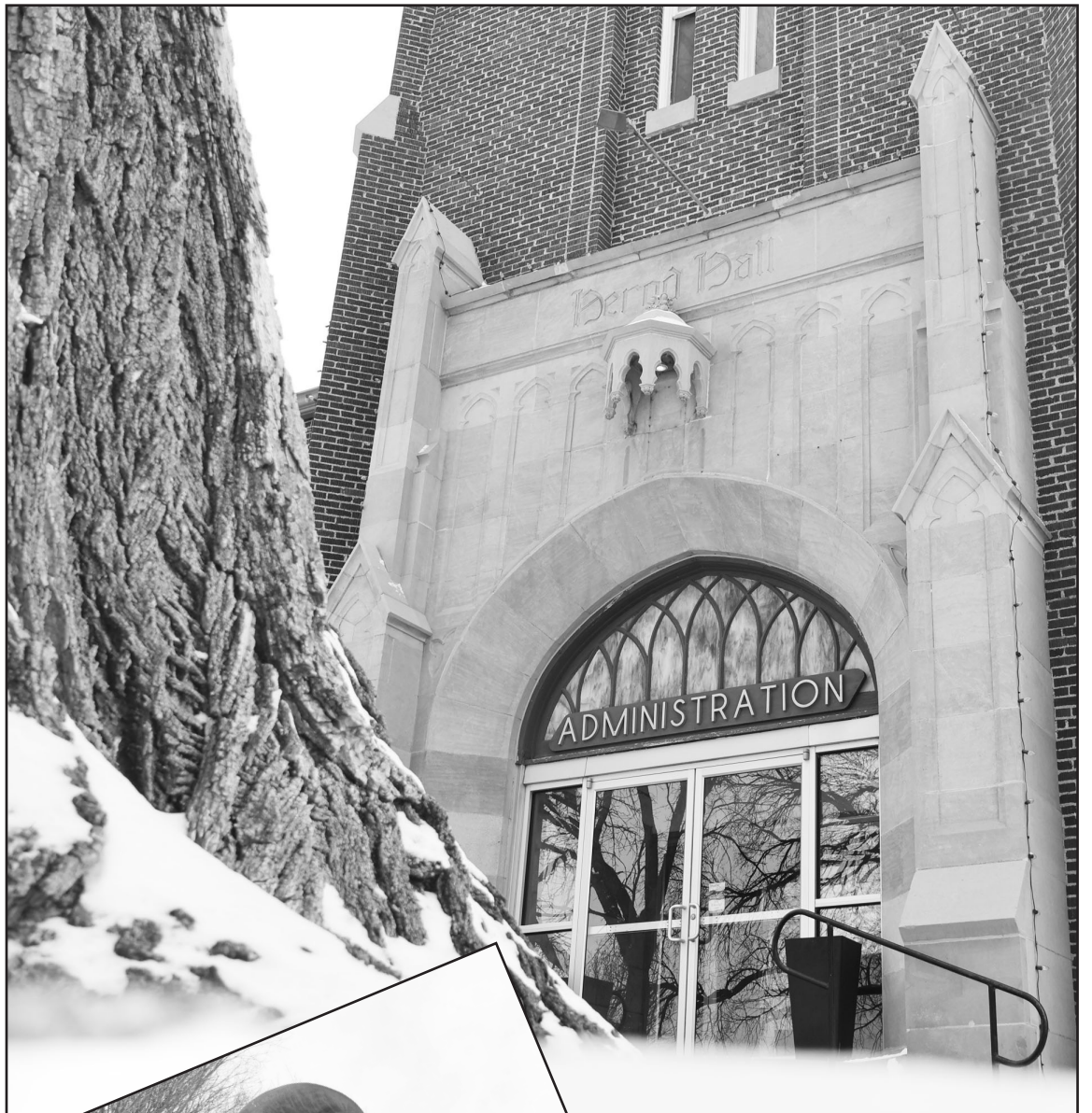
Much of the snow that blanketed Alva and closed Northwestern Oklahoma State University Wednesday was gone by mid afternoon the same day.

The storm dumped 2.7 inches of white fluff overnight Tuesday. Along with the rain that preceded it and the freezing temperatures, conditions were dangerous for driving Wednesday morning, so officials made the decision to close campus.

This won't be the last storm either. Weather.com is forecasting more snow for Tuesday. In the meantime, expect a high of 32 on Thursday before it soars to 50 on Friday and 40 on Saturday.

Weather facts

- Coldest day ever recorded in Oklahoma? minus 31 on Feb.10, 2011 in Nowata.
- Most snowfall in Alva? About three feet fell on Feb. 21-24, 1971. Known as the Blizzard of 1971, this storm was one of the Top 10 weather events for the Great Plains.
- Alva averages about 4.1 inches of snow in February, according to the Western Regional Climate Center.

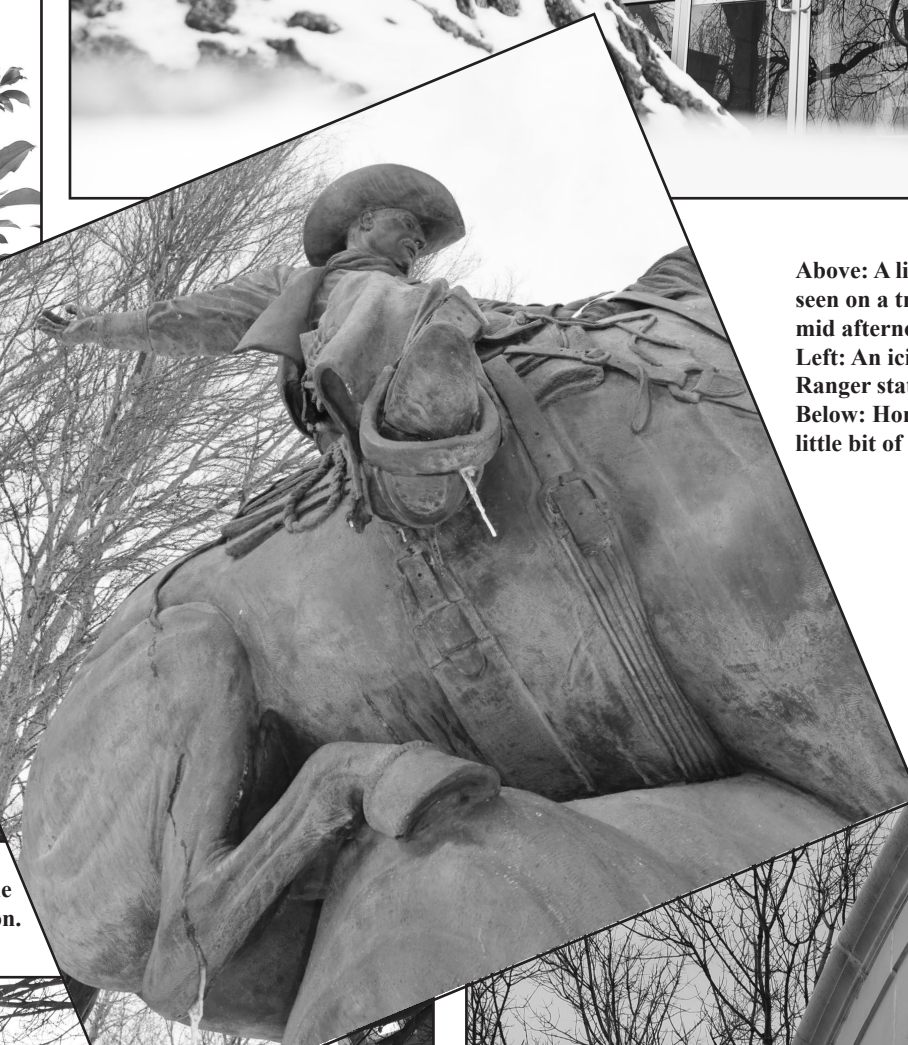


Photos by Alli Schieber

Above: A little bit of snow could still be seen on a tree in front of Herod Hall by mid afternoon
 Left: An icicle hangs from a boot of the Ranger statue at the front of campus
 Below: Home of the Rangers sign with a little bit of snow on it.



Lamp post by the Green Space that is surrounded by leaves with some snow still on them, however the snow was mostly gone in the afternoon.



No snow appeared on Ryerson Hall by mid afternoon however, there was a little bit of snow on the ground in front of the building, you can see the grass poking through the snow on the ground.



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Yearly subscriptions to the News are \$20.

OPINION

Breaking down tariffs as prices rise

By CRYSTAL HOOTEN
Guest Columnist

In the wake of recent policy shifts, the
United States has implemented mass deporta-
tions of illegal immigrants while also raising
tariffs on Canada, China and Mexico.

These measures have sparked widespread
protests, with demonstrators taking to the
streets, waving the flags of their home coun-
tries.

This raises an important question: If indi-
viduals are so deeply connected to their coun-
try of origin, why are they not residing there?

Unlike the U.S., most nations do not per-
mit illegal immigrants to protest government
policies openly.

Furthermore, it is important to recognize
that illegal immigrants, by definition, have
broken the law simply by entering and re-
maining in the country unlawfully.

No other nation would tolerate such open
defiance of its sovereignty or the disrespect of
its national symbols.

The American government is not responsi-
ble for providing illegal immigrants with the
luxuries and freedoms they would not fight for
in their own countries, such as Mexico.

In Mexico and many other nations, such
protests would not only be suppressed but
could result in severe legal consequences.
The expectation that the U.S. should bear the
burden of providing these individuals with
opportunities unavailable in their homeland is
an unfair demand on American taxpayers and
resources.

Beyond immigration, the issue of tariffs
has ignited concerns over potential economic
instability, rising prices and job losses.

Critics argue that imposing tariffs leads to
inflation, reduces purchasing power and exac-

erbates economic pressures that could result
in further deportations. However, a deeper
analysis reveals that tariffs can be a strategic
tool rather than an outright economic threat.

When discussing tariffs, it is crucial to ac-
knowledge the economic leverage the United
States holds over its trading partners, particu-
larly Canada and Mexico.

While these nations are retaliating with tar-
iffs of their own, the reality is that their econo-
mies are far more dependent on the U.S. than
vice versa.

The United States remains the largest mar-
ket for both countries, absorbing a significant
percentage of their exports. Meanwhile, the
U.S. benefits from a diversified economy with
alternative sourcing options, making it less
susceptible to retaliatory measures.

This strategic advantage means that while
tariffs may create short-term disruptions, they
also serve as a negotiation tool to secure better
trade agreements for the United States.

History has shown that trade negotiations
require leverage, and the U.S. economy pro-
vides that in abundance.

Policymakers must recognize this dynam-
ic and approach trade disputes with a long-
term perspective, understanding that Canada
and Mexico have more at stake in preserving
strong economic ties with the U.S. than the
other way around.

Ultimately, while tariffs may raise imme-
diate economic concerns, they should not be
perceived solely as a liability. Instead, they
can be a calculated instrument to promote fair
trade practices and policies that benefit the
U.S. in the long run.

The challenge lies in managing these strat-
egies effectively to maximize advantages
while minimizing disruptions to businesses
and consumers alike.

Tariffs: Who suffers most?

How much do countries make from exporting steel and aluminum to the U.S.?

1. Canada – **\$25.26 billion**
 2. China – **\$13.86 billion**
 3. Mexico – **\$13.28 billion**
 4. S. Korea – **\$5.71 billion**
 5. Brazil – **\$4.87 billion**
 6. Germany – **\$4.49 billion**
 7. Taiwan – **\$4.38 billion**
 8. India – **\$4 billion**
 9. Japan – **\$3.22 billion**
 10. Italy – **\$2.73 billion**
- Source: Financial Times

Super Bowl 2025

Halftime show full of symbolism

Did you notice?

By JESSICA SCHIEBER
News Editor

- **Lamar's varsity jacket had the name Gloria emblazoned on it, the title of the final track on his 2024 "GNX" album.**
- **The lowercase "a" necklace he wore probably stands for his company logo that uses a lowercase "a."**
- **Lamar's Drake-directed song "Not Like Us" omitted some of the lyrics.**
- **Serena Williams' cameo during the same song was another jab at Drake.**
- **DJ Mustard, who produced "Not Like Us" topped off the performance.**

Source: Business Insider

black and white and ignore the
gray. When a person gives up
the willingness to compromise it
leads to more people to be even
more divided than before. This
is what Lamar was calling out
during this part of his perfor-
mance.

Another big symbol was that
the stage represented a controller
for a video game. Many speculate
that this was a call out to how we
as Americans are just players in
the rat race of a capitalist society.
Others see it to represent how we
as humans are a part of the game
of life.

This stage was one of the
best planned ones that I have
witnessed in terms of the Super
Bowl. Not only did it showcase
a controller, but at the end of his
performance, lights spelled out
the words "Game Over," which
is a direct reference to when you
may lose a video game.

While the "Game Over" sig-
nal could have been because his
performance had ended, I am
not inclined to believe that. All
throughout the performance, La-
mar had shown his incredible
ability of using symbolism. I am

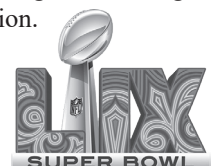
inclined to believe that it is to rep-
resent that we as Americans have
already lost in a sense.

If we go back to the begin-
ning of his performance and think
back to the question of could we
be an united nation when we are
divided, then the "Game Over"
could mean that we have already
lost what America was supposed
to be.

If we use the stage as a con-
nection to this sign then we can
say that the game is over because
we are already so involved with
the capitalist society, and there is
no way that we could escape it.

Lamar's performance has been
one of my favorite ones I have
seen in the last few years, and
while I am not big on rap, I can
appreciate the symbols that he
showcased.

Lamar is a creative artist and it
was shown in his halftime show.
He is not only skilled with how
he comes up with lyrics, but also
how to get a message across to
a nation.



Valentine's Shout Outs

To Alli:
 You're the best roommate and sister I could ask for!
 Love you bunches of grapes

From J

To Katelyn:
 Thank you for always being the most supportive person and having the most positive energy.
 love you lots!

From Jocalynn

To Bethany:
 So sad you are graduating in May, love you Big!
 From Jessica

For the cutest roommate of all time, Lucas Stoll

To Dr. A:
 Thanks for helping us have the best college paper

From the Northwestern News Staff

To Allie Stoddard:
 Thanks for being a beautiful human
 -much love

From Katie

To Morgie:
 Thanks for being a great, funny and beautiful friend
 -much love

From Katie

To Jocalynn G.:
 Thanks for being a sassy, lovely human
 -much love

From Katie

To Sarah Tay:
 You're such an amazing friend love you always.

From Jess

To Jamie Su:
 Love you millions!
 The best suitemate.

From Jj

To My Cross Girlies:
 Thanks for being my besties!
 I love y'all, Keep running! LOL

From Jamie

To Sarah Decker:
 Thanks for being a great friend and a wonderful human
 -much love

From Katie

To Mas:
 Thanks for all you do and all you are.
 Love you more

From your love

To Fer:
 The road of life is a little smoother, a little brighter and a little cozier with you as a travel partner

FEATURE

Fun, Competition and High Energy

By **KAROLINA JURESIUTE**
Student Reporter

The squeak of the sneakers, yelling and shouting, the roar of the small crowd – it's Tuesday night at the Percefull Fieldhouse, and for Zach Volden, it's game time.

The other two teams are playing right before it is his team's Make-A-Swish time to shine. This isn't the NBA or even the NCAA - this is college basketball intramurals.

Volden and the team are watching the other game happening at the moment, stretching, trying to focus on their upcoming game.

This isn't just another intramural basketball game; it is a weekly ritual, a pressure release, embracing the pure joy of the game and releasing the stress of college.

"I play intramurals to get some much-needed exercise and also for the joy of the game," said Volden, sophomore agronomy major from Meade, Kansas. "I get to have fun with my friends, be competitive and enjoy my time in college."

The game started and Make-A-Swish scored the first basket. The game was intense and close. They ended the first half with a tie 14-14.

Make-A-Swish came out hot



Photo by Karolina Juresiute
Zach Volden shoots a three for his intramural basketball team.

in the second half of the game and was winning until the last couple of minutes, after making some turnovers. The team is now three points behind with five seconds left.

Make-A-Swish calls a time-out and goes over their last play to tie the game. It needs to be a three-pointer.

The clock is ticking, the pressure is on, the ball is in, and they are unable to score. The buzzer goes off.

"As of right now, the biggest challenge we face is conditioning and chemistry," Volden said. "I believe that as the season progresses, we are going to settle in nicely and get hot. I hope to win the whole thing this year."

Dad joke

What do you call a romance that starts at the aquarium?
Guppy Love



Top Ten Movies

1. Valentine's Day (2010)
2. An Affair to Remember (1957)
3. The Half of it (2020)
4. Moon Struck (1987)
5. Dirty Dancing (1987)
6. Sleepless in Seattle (1993)
7. Roman Holiday (1953)
8. Pretty Women (1990)
9. The Princess Bride (1987)
10. 10 Things I Hate About You (1999)

What Valentine's Day Means to NWOSU

By **DANIEL OATS**
Student Reporter

Valentine's day is a day that is cherished by many people in the U.S. and all around the world as well.

This is a day that you cherish people you love emotionally and physically. "Valentine's Day and the surrounding season is a time for rituals and romance in the U.S."

This holiday is worthy of study due to the unique consumption" this is a quote that has representation of what Valentines

day represents for any religion, culture and just who you are as a person. Valentine's is to show people you care about them.

I know that Valentine's day will stick with me this year because; I have a beautiful girlfriend who deserves the world.

I want to show her the true feelings of how it is to be a Valentine and on the other hand I also want to prove to myself that I have it in me to show someone true love emotions.

Here is what other students thought about the holiday and how they spend it with or without a boyfriend or girlfriend.

Mikayla White

health & sport science major, junior

Q: Do you have any plans for Valentine's Day?

A: "Going to texas."

Jemelh Chambers

health & sport science major

Q: What is your reasoning for celebrating valentines day?

A: "To cherish loved ones and spend time with the people you love; you can always do that but that day is specific to make your significant other understand "you feel me."

Ece Ozdemir

political science major, junior

Q: What do you plan to do on valentines day?

A: "I will make sure that me and my boyfriend have one of our best days, making cute and fun memories."

Bashu Delco II

health & sport science major, senior

Q: What do you plan to do on valentines day?

A: "Considering the fact that I am a little over a year out of my last relationship, Valentine's day is a sore spot for me since I don't have anyone to focus on. I plan to completely cherish my alone time."

Writing subtly, how it's used

A while back, I wrote an article on the importance of subtlety in literature and media. I stand by everything I say, I decided to go back on that topic and talk about examples where subtly should not be used.

A few days ago, I met an old friend of mine named Frederick, a retired economics professor here at Northwestern and a good friend of mine, who told me he read my article and thinks I should go back to this subject and mention times where one would need to be blunt to get their point across. Well Frederick, here's your requested article.

In the real world, subtlety isn't used as often as it is in fiction. Take your job, for example. If your boss wants you to do a certain thing, they tell you exactly what needs to be done and how. Same logic applies when the roles are reversed; if you want your employee to, let's say, put up the flyers, you wouldn't say it in a subtle way.

That wouldn't make sense, right? You would instead tell them what to do in a clear manner so they won't mess up.

All being subtle would do in that situation is make the job harder to do because the person working under you isn't quite sure what to do and knows things you're a tosser who thinks they're smart because they know a couple big words.

The same logic applies to media and literacy. If your protagonist is transported to a world that is nothing like the world we live in, it's only sensical that you would need to be blunt at certain times when trying to explain the functions or cultures of this new world.

If you are always wordy and archaic with the way you speak, readers, players, or the audience will be lost and have no better idea on how the world you're building works than if you had a meth head with splinters in his mouth come on stage and explain it.

So, while I still believe subtlety is very important when writing a good story, I also agree that there can be time when using it would actually downgrade what it is you're trying to say. Thanks again to Frederick for giving me an idea on what to write about this week.

Remember, if you have a movie, video game, or book you would like me to review, or just have a certain topic you would like for me to talk about, you can always send your request to me in person or at kevinkaumans@gmail.com.



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SPORTS

Women win at home again

By **OAKLEE FIELDER**
Sports Editor

The NWOSU Women's basketball team had two games this week at home, one against Harding University and one against Ouachita Baptist University.

HEN 45-NWOSU 81

In the opening quarter, the Lady Rangers opened up a can in the first four minutes. They had the lead 0-12 with over half the quarter left to play. The Lady Rangers kept that lead high with a three-pointer by Lily Mahy and a layup by Camille Thomas, the quarter ended with a fourteen-point difference 9-23.

In the second quarter, the Lady Rangers kept the scoring going. They opened with two three pointers by Camille Thomas and Payton Jones.

With their lead up by eighteen, they did not stop piling on the points. They kept their foot down and got their lead up to twenty, but they didn't stop there.

They got their lead up to twenty-seven with a minute left in the first half. The second quarter ended 22-44.

In the third quarter, the Lady Rangers seemed to have no mercy upon the Reddies. With three pointers, jumpers, free throws, and layups everywhere you looked for NWOSU, they extended their lead to over thirty with four minutes left in the quarter.

The quarter ended with a thirty-one-point lead for the Lady Rangers with a score of 38-69.

Going into the fourth quarter, there was no question to how the quarter was going to go and the game was going to end.

The Rangers scored ten straight points without answer from the Reddies.

The fourth quarter was by far the least scoring quarter in the game, as the Reddies did not score until there was two and a half minutes left in the game.

The end of the game seemed to be mercy for the Reddies, as



Photo by Ingrid Maldonado

Lady Ranger Carly Craig with the ball against Ouachita Baptist University on February 7.

they lost by thirty-six points. The Rangers won the game 45-81.

It would be nice to say the next game against Ouachita Baptist was as easy for the Lady Rangers but that was not the case.

OCH 60-NWOSU 66

The game opened up with a foul against NWOSU and the lead got to three for the Tigers. The Lady Rangers fought back and tied it at six.

The two teams went back and forth and the game was tied at twelve.

Carly Craig broke the tie with two minutes left and the quarter ended 12-14 for NWOSU.

The same story of back and forth opened the second quarter.

It was a close start to the quarter, until the Tigers took and extended the lead.

With two minutes left in the half, the lead for the Tigers was up to nine.

Payton Jones shot a three pointer to shrink the lead to a two-score game.

In the opening minutes of the second half, the Lady Rangers reeled the Tigers into a one-point difference.

The game continued the back-and-forth narrative until the Lady Rangers took the lead with a minute left in the quarter.

With a three pointer, the Tigers took the lead right back.

The fourth and final quarter

opened with the Lady Rangers taking the lead and extending it to five.

The Tiger fought right back and shrunk it to three. They went back and forth once again and with one and a half minutes left, the game was tied at fifty-seven.

Payton Jones proceeded to score nine points in the final minutes of the game for NWOSU, although the Tigers attempted to stop her, they could not.

The game ended with a NWOSU win 60-66.

The Lady Rangers now sit at fifth in the GAC conference with a record of 9-7. Since the end of winter break, they have not lost a home game.



Photo by Victor Kinzie

Jaida Shipp in the game against Harding State University.

Softball only wins one out of four in Texas

By **OAKLEE FIELDER**
Sports Editor

Last week, the NWOSU Lady Rangers Softball team was in Wichita Falls, Texas to play against four teams.

FTH 2-NWOSU 3

Their first game was against the Fort Hayes State University Tigers. The first three innings were scoreless for the Lady Rangers and the Tigers. In the top of the fourth, Rachel Sherwood hit a double homerun to send her and Kennedy Caine home and took the lead with a one run cushion.

The Tigers responded with one run in the bottom of the fourth to put some pressure on the Lady Rangers.

In the bottom of the fifth, the Tigers hit a double home run to take the lead by one. The Lady Rangers didn't have anything for the Tigers at the end of the game,

and lost the game 2-3
SBU 3-NWOSU 2

The Lady Rangers' next game was against the Southern Baptist University Bearcats. The first inning was scoreless. In the bottom of the third, Southern Baptist hit a triple home run to take the lead 0-3. In the next inning, Kennedy Cain hit a double into right center field and brought Avery Clark home to cut the lead to two.

The next two innings were scoreless. In the top of the sixth, Jady Muns hit a single to left field and brought Rosemary Rivera home to cut the lead to one.

Unfortunately, the Lady Rangers gave all they had, and lost the game 2-3 to the Bearcats.

MSU 2-NWOSU 10

Their next game was against the Midwestern State University of Texas Mustangs. The opening inning started with a run for the Mustangs. The second inning was scoreless.

In the third, Chloe Prentiss went home on a wild pitch to tie the game. Kaitlyn Corn also hit a home run into right field to take the lead.

In the fourth inning, Prentiss got to first after third base threw an error which allowed Kirby Van Haren to go home to make the score 3-1. Rachel Sherwood then hit a single to center field which allowed Kennedy Caine and Macy Spearman to get home and extend their lead to 5-1.

In the fifth, Kirby Van Haren hit a triple down the right field line, letting Jady Muns run home. Makanalei Lopera hit a double to third base with Van Haren going home. Macy Spearman hit a single to right field which let Chloe Prentiss and Lopera go home. Kennedy Corn hit a single up the middle allowing Spearman to go home.

The Mustangs got one more run in the bottom of the fifth but

it was nowhere near enough to catch the Lady Rangers. NWOSU won the game against MSU 10-2 with a mercy rule.

CAM 6-NWOSU 4

The Lady Rangers' final game was against the Cameron University Aggies. The first inning was scoreless.

In the second inning, Cameron University scored three runs, one a homerun and one a base on balls.

The next two innings went scoreless. In the fifth, Kirby Van Haren hit a single to right field, allowing Kaitlyn Corn to run home.

The Aggies scored three more runs in the sixth inning to extend their lead to five.

In the seventh inning, the Lady Rangers fought to get the game under control. Sherwood hit a double into center field letting Caine run home, and Van Haren hit a single up the middle letting

Sherwood go home. Unfortunately, that is all they had left. The Aggies defeated NWOSU 6-4.

The Lady Rangers leave Texas losing three of their four games with a 3-5 record. They will not play any games this week and most of next week until February 21 at 1 in Alva for their conference opener against Arkansas Tech University in a triple header.

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Valentine's Day

Will you be mine Valentine?

Will you be my Valentine? From the heartbroken, the ones deep in love, and the ones who scream "capitalism!" What even is Valentine's Day and is it important?

Valentine's Day happens every year, February 14, when lovers express their affection for

think the holiday is a fraud and is built on capitalism.

I'm neither for nor against it, but I wonder, if we expect gifts on Valentine's Day, does it make it any more special?

Would people rather get flowers on Valentine's Day or a random Wednesday at work?

Valentine's Day is often about gifts, but it is truly about intention and, of course, love. Are you only getting your partner flowers because society and a holiday tells you to or because you genuinely want to and appreciate that person? The key to Valentine's Day is to do it all with intention.

Intention is the reason or motivation behind doing something. It involves being mindful and deliberate in your actions. Ask yourself "why" are you doing this?

When people participate in Valentine's Day without intention it seems like it was just a thing on their to-do list, they felt obligated to check off.

This special holiday is about

love and if you love someone put some meaning behind it. What is love without intention?

Love without intention lacks depth and effort. Love is a choice—a choice to invest, to nurture, and to show care. Without intention, love becomes an empty gesture.

If you were to ask me what exactly love is, I would give you 1 Corinthians 13:4-7.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

So, as Valentine's Day approaches, let's remember that love isn't just for one day, it's a daily choice. Whether for a partner or a friend, make every day an opportunity to show love with intention.

Ten date-night spots

1. Recreate your first date
2. Hiking
3. Picnic
4. Museum
5. Painting class
6. Cheese and wine tasting
7. Cook dinner together
8. Couples massages
9. A Comedy Show
10. Camping



Happy Valentine's Day



Chats with Ingrid



INGRID MALDONADO

every year there are people who proudly share their opinions on this romance holiday and how they despise it. While there are those who plan what they are going to get their partner. Then there are those who

each other with gifts. It is a holiday meant to honor love and romance. Stores deck out all the heart shaped candy and chocolates.

Gift ideas for someone you love

- The comfy oversized wearable blanket
- Couple map
- Rechargeable hand warmers
- Tennis bracelet
- Personalized date necklace
- Lego icons wildflower bouquet
- Colsen tabletop fireplace
- Man crates beef jerky heart box
- Valentines day fork
- Love is art canvas and paint kit
- Shiatsu massager
- 100 date scratch off poster
- Long distance touch bracelet set
- The big activity book for couples
- Flowjo the couple bucket list: 100 Date Night idea cards

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Valentine's Day
Friday February 14

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Dozen Red Roses	\$80.00
Dozen Mix Roses	\$80.00
1/2 Dozen Roses	\$40.00
1/2 Mix Roses	\$40.00
Mix Arrangement	\$45.00+
Snack Box	\$35.00
Bag of Candies	\$15.00

Favorite Candies for this special day

- Reese's Hearts
- Sour Patch Kids Message Hearts Candy
- Conversation Hearts
- Hershey's Kisses
- Brach's Conversation Hearts Tiny
- Hershey's hugs and Kisses
- Starburst Conversation Heart
- Dove Milk Chocolate Hearts
- Ferrero Rocher
- Heart-shaped Boxes Of Chocolates
- Lindt Lindor Strawberries & Cream Truffle
- Jelly Belly Sour Pucker Lips
- Chocolate Roses

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SPORTS

Men win and lose at home

By **OAKLEE FIELDER**
Sports Editor

Last week, the NWOSU Men's basketball team had two home games against the two schools from Arkadelphia, Arkansas. The Henderson State University Reddies on February 6, and the Ouachita Baptist University Tigers on February 8.

HEN 81-NWOSU 90

Neon night was the name of the game against the Reddies. The game against Henderson State started with a tip in by Kabeya Tshibangu.

The Reddies fought back and scored seven straight points. Down by five, the rangers came back and tied it at nine. The Rangers then ran away with the lead. First the difference was seven, then nine, then ten, then fifteen.

The Rangers stalled out after that and their lead stayed under fifteen for the rest of the half.

The Reddies did cut the Rangers' lead, but not by much. The half ended with eleven points separating the two teams. The half ended 35-46 in favor for the home team.

The second half started exactly the same as the first. Max Alexander made a layup which was followed by a score by the Reddies.

The Rangers' momentum seemed to have sputtered out for a bit after halftime, and Henderson



Photo by Ingrid Maldonado

DaRaun Clark and Ouachita Baptist defender look towards a three-point shot Clark just let go.

State cut their lead to three.

The Rangers woke up and answered and extended their lead again to seven.

The two teams went back and forth for a while. Throughout the back and forth, the Rangers' lead

went up and down, with the score slowly extending with every minute going by.

Their lead reached fifteen multiple times during the back and forth. The Rangers kept the lead far enough away and the back and

forth going long enough to seal the win with time still left on the clock.

The Reddies shrunk the Rangers' lead to eight by the end of the game, but Camron McDowell scored a free throw to make it nine.

The Rangers defeated the Reddies 81-90.

OCH 79-NWOSU 78

Two days later, the Rangers faced off against the Ouachita Baptist Tigers.

The game started with five points for the Tigers. The Rangers fought back and got the difference to two, but the Tigers had other plans.

The Tigers' lead was extended to eight, and stayed more than three points away.

They really opened the scoring up and at one point got to the double digits in the score difference.

The Rangers fought back and brought the difference back down to five, but the Tigers went right back to scoring again.

The difference got to fourteen points until the Rangers shrunk it again. The half ended 36-27 with a lead for the away team.

The second half opened with points for the Tigers.

The two teams went back and forth throughout the opening minute of the half.

The Rangers' got as close to as one point away from the Tigers more than once, but Ouachi-

ta Baptist extend their lead both times. With twelve minutes left in the game, the score was tied at forty-nine and then fifty-one.

In the next minute, the Rangers took the lead for the first time in the game, and the sight of victory was finally seen.

The Tigers tried to shut the door by taking the lead away and extending it but the Rangers came right back and opened the door again.

With over two minutes left in the game, the Rangers had the lead by six. In the final minute, the Tigers shrunk the lead to one, and they went back and forth for the remaining seconds they had left.

With just five seconds left in the game, Ouachita Baptist took the lead by one. After a timeout by the Rangers, Max Alexander tried for a buzzer beater but missed. The Rangers lost by one point 79-78.

This is the first loss for the Rangers at home since winter break. They continue to sit sixth in the GAC standings with a record of 9-7.

They will travel to Weatherford to play against the SWOSU Bulldogs on February 13, and will play at home on Saturday against Oklahoma Baptist University.

Camron McDowell was announced as the GAC Offensive Player of the Week for week thirteen.

GAC Women's Basketball Standings

1. Southern Nazarene University
2. Harding University
3. Southeastern OK State
4. Oklahoma Baptist University
5. Northwestern OK State
6. Southwestern OK State
7. Henderson State University
8. Southern Arkansas University
9. East Central University
10. Arkansas-Monticello
11. Ouachita Baptist University
12. Arkansas Tech University

GAC Men's Basketball Standings

- | | |
|---------------------------------|----------------------------------|
| 1. Southern Nazarene University | 7. Southwestern OK State |
| 2. Oklahoma Baptist University | 8. Arkansas Tech University |
| 3. Ouachita Baptist University | 9. East Central University |
| 4. Harding University | 10. Southern Arkansas University |
| 5. Henderson State University | 11. Southeastern OK State |
| 6. Northwestern OK State | 12. Arkansas-Monticello |

Upcoming Basketball Schedule

- | | |
|-------------|--------------------------------|
| February 13 | @ Southwestern OK State |
| February 15 | vs Oklahoma Baptist University |
| February 20 | @ Southern Arkansas University |
| February 22 | @ Arkansas-Monticello |
| February 27 | @ Southern Nazarene University |
| March 1 | vs Southeastern OK State |

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SPORTS

Baseball mercy rules twice

By **OAKLEE FIELDER**
Sports Editor

Last week, the NWOSU baseball team traveled to Las Vegas, New Mexico to play against the New Mexico Highlands University Cowboys in a four-game series on Feb 7-9.

These games were the final games they had until the conference opener.

NMH 4-NWOSU 7

The first game against the Cowboys started with three quick runs for the both the Rangers and the Cowboys. Hagen Barcello hit a double with an error from the Cowboys that brought Dylan Bradford home to score the first point of the game.

Connor Green then hit a home run to bring Barcello and himself home to make it a three-run game over the Cowboys. Unfortunately, the Cowboys scored three runs in the bottom of the first to tie the game.

The next five innings were scoreless for both teams, although they both left multiple runners on base many times throughout the second through sixth innings.

In the top of the seventh, Connor Green hit a sacrifice fly ball into right field bringing Dylan



Photos by Megan Spray

Carson Wright swinging during an at bat against the New Mexico Highlands University Cowboys

and brought Paul Sachen home. Bradford then hit a sacrifice ball into right field and brought Shaffer home to extend their lead.

In the ninth, Chad Green hit a single to bring Connor Green home and made it a 7-3 game. The Cowboys did respond in the bottom of the ninth with a double, but it was not enough to take the lead away from the Rangers. The game ended 7-4.

NMH 4-NWOSU 21

The next game against the

and extend their lead. The next inning, Colby Jarnagin hit a sacrifice fly to allow Gavin Mendoza to get home.

Porter Pittman was hit by a pitch with the bases loaded and that put Jason McCarty at home. Colby Grace got to first on an error by the Cowboy's third baseman and that let David Cronister go home and score the final points in the game. The Rangers defeated the Cowboys 21-4 with a mercy rule.

NMH 3-NWOSU 17

Later in the day, they played the Cowboys again, fresh off of a huge win.

The first two innings in the game were scoreless for either team. In the bottom of the third, New Mexico hit a single home run to take charge of the ball game.

In the following inning, Porter Pittman hit a double which sent Harley Shaffer and Colby Grace home to take the lead away from the Cowboys.

Chase Gordon hit a home run which took him and Pittman home to extend the lead. At the end of the top of the fourth, it was 4-1 for the Rangers. Chad Green hit a double and sent Hagen Barcello home. Colby Grace hit a single which sent the Green brothers home. Pittman then hit a homerun



NWOSU celebrates after Chad Green hits a homerun against the New Mexico Highlands University Cowboys.

Bradford home taking the lead and making it a one-run ball game.

In the top of the eighth, Harley Shaffer hit a double into right field

Cowboys was the next day on the eighth.

It started off with a double homerun by Carson Wright bringing him and Dylan Bradford

home to bring Barcello home

NWOSU Great American Conference Players of the Week

By **OAKLEE FIELDER**
Sports Editor

This week, two NWOSU athletes were chosen as Great American Conference Players of the week.

Connor Green was chosen as the GAC Baseball Player of the week.

Camron McDowell was chosen as the GAC Offensive Player of the Week



Connor Green

Green currently has a batting average of .563 with 32 at bats.

He has scored 12 runs and had 18 hits.

With 3 home runs and 13 RBIs he is one of NWOSU's strongest hitters on the team.

He currently has a field percentage of .889%.

He has 18 total chances and 6 put-outs.

He has 10 assists.



Camron McDowell

McDowell has started in every game that the Rangers have played, with 706 total minutes played so far this season.

He has 178 field goals made out of 344 attempted making a field goal percentage of .517.

59 three pointers made. out of 152 attempted which made a three point percentage of .388.

He has made 85% of the free throws he's thrown, and a 25.9 average throughout the season.