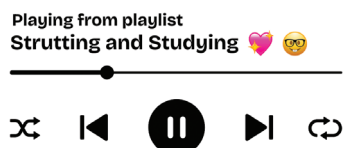


How to

Learn how to create the perfect playlist for any mood. Page 8



Sports

Women's basketball clinch playoff berth Page 12



NORTHWESTERN NEWS

PRSRT. STD.
Permit # 5
Alva, OK 73717

Address Service Requested

Volume No. 86, Issue 19

Northwestern Oklahoma State University, Alva, Oklahoma

February 27, 2025

Visit us online at northwesternnews.rangerpulse.com

Follow us on:

How can America be healthy again?

By **INGRID MALDONADO**
Senior Reporter

In a country plagued by obesity, chronic illness and a broken healthcare system, one man declares, "It's time to make America healthy again."

Robert F. Kennedy Jr. was sworn in as secretary of Health and Human Services on February 13. He has made a pledge to "make America healthy again," which is his slogan.

Kennedy advocates for the elimination of ultra-processed foods, added sugars, food dyes, seed oils and other additives banned in many countries.

According to the Centers for Disease Control and Prevention, more than 944,800 Americans die of heart disease or stroke every year.

Ninety-eight million adults in the U.S. have prediabetes. As for obesity, just over 1 in 3 young adults are too heavy to join the U.S. military.

Many people are skeptical of him becoming health secretary due to many of his past health claims.

Some of these claims being vaccines cause autism, wireless technology causes cancer and many more.

Him speaking out on reforming the Food and Drug Administration, removing food dyes and food additives, has helped him get support.

"It's about dang time," said Amelia Bushman, when asked how she feels about Kennedy trying to take a stand on America's health.

Amelia Bushman and her husband, Brandon Bushman, are both passionate about having healthier foods with less toxins.

Brandon Bushman owns Bushman Heat and Air, while his wife, Amelia, owns a home day-care and is the children's pastor at Alva Wesleyan Church.

They have 6 kids and are careful about making sure they are not ingesting foods with food dyes and ultra processed foods.

The Bushmans started reading labels to avoid certain foods. Amelia said they began with the soda, Dr. Pepper, as they would drink 2 to 3 a day. Brandon stopped drinking it for weight loss.

Around six months later without soda, he drank one and then went to work, which then he worked in the oil field.

He woke up the next day and had bad allergy symptoms, which was abnormal for him.

Two weeks later he tried Dr. Pepper again and the same symptoms appeared.

Brandon then explained he researched the ingredient, sodium benzoate, that is a preservative in Dr. Pepper.

He concluded that ingredient is what caused all the symptoms to flare up.

Since then, he has switched from Dr. Pepper to Pepsi which does not have the ingredient sodium benzoate.

Although Kennedy wants to make America healthy again, many are skeptical if he is spreading misinformation.

One of his main targets are seed oils. Many claim it causes inflammation, that leads to other health risks such as obesity, and type 2 diabetes.

Bianca Stephens, a psychotherapist in Alva said the idea of seed oils being toxic is inconclusive.

She said that certain people may have allergies but even if you look seed oils on Google, it will tell you it is inconclusive.



Photo by Alli Schieber

Information from prevention.com

Four foods and drinks that you should stay away from

- SODA**
It is no secret that soda can lead to a variety of health problems
- BREAKFAST CEREAL**
Foods with processed flours, such as cereal, can raise your blood sugar
- PROCESS MEATS**
Lunch meat, bacon and hot dogs can cause harm to your heart health
- SPORTS DRINKS**
Although they can replenish electrolytes sports drinks often have tons of sugar in them.

Seed oils do not have as much impact as deli meats which the World Health Organization has released are carcinogenic, explained Stephens.

Shravya Dharambhat, a doctor in southern California, said there is not enough evidence to prove seed oils cause inflammation.

As with food dyes, she said there are studies that show they are harmful.

Dharambhat said ultra-processed foods are more of an issue in America.

"I work like 80 hours a week, it's hard to, you know, cook my own meals, so a lot of the times frozen or packaged are easier to obtain and its cheaper." Dharambhat said, "So I think that ends up causing a lot of the health issues that we see here compared to other countries."

Norah Scarbrough, a sophomore biology major at NWOSU, plans to become a nutritionist after she graduates.

Scarbrough understands there's a generalizing that America does not have the best diet, especially with the many ultra-processed foods. She believes balance is key.

"I think, partially, just in moderation, because I do enjoy a good sour patch kids pack," Scarbrough said. "Overall, I think our bodies are designed to eat whole foods, natural foods because our bodies

break them down the best."

Dharambhat explained that even though she is vegetarian for religious purposes she knows that a diet should be balanced with meats and vegetables.

Dharambhat said that if she were to eat meat, she would avoid processed meats and balance meat with vegetables and whole grains.

She also tries to avoid canned vegetables as they contain many preservatives.

To make smarter choices on what foods to eat, Amelia Bushman recommends people should start slow, take baby steps.

Rather than eat many processed foods, instead choose whole foods. She explains that people should make it work within their budget.

"We went clean for a while and then we went to unclean back, because of the cost of it," Amelia said.

While it can be easier said than done, choosing to buy better foods can be more expensive.

Many families in the U.S. can only afford the ultra-processed foods.

Then there is the saying that the diet of a college student consists of ninety-nine cent ramen which is an ultra-processed food.

"That's hopefully what new administration would help, is we don't have to decide are we going

to pay rent this month or feed our kids healthy food," Amelia said.

Stephens explained accessibility is an issue when trying to be healthy.

Many unhealthy people are those who do not have access to food, Stephens said.

Alva has a few restaurants and then the rest are fast food places and Stephens said that is a lot of how America looks like.

Dharambhat deals with more of the lower income population and explained how it is not easily accessible for them to choose to eat healthier.

She said if she were to tell her patients to eat more vegetables, they couldn't because they're homeless, they cannot make a homecooked meal and it's easier to get fast food. Even if they are not homeless, they are working to make ends meet and do not have time to cook meals.

"You're thinking of today not twenty years from now when you start having a stroke or heart disease because you're just living day to day," Dharambhat said.

Although many are uncertain if Kennedy has the means or is qualified to "make America healthy again," many are hopeful that he will improve America's food and accessibility.

"It does give me a little bit of hope in that my kids may be able to live a healthy life," Brandon said.

NEWS

Pages 2 & 3

OPINION

Pages 4 & 5

PHOTOS

Pages 6 & 7

FEATURE

Pages 8 & 9

SPORTS

Pages 10, 11 & 12

NEWS

What's Up?

Feb 28- March 6

28

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

1

- Spring Showcase
10:00 a.m - 1:00 p.m

3

- PLC Applications Due
- Art Show @ J.W.
Martin Library

4

- Graceful Arts After
School Beginner's
Draw to paint Class
- 523 Barnes St
- Alva, OK
- 3:30p.m -5:30 p.m.

5

- OSSAA Band Contest
- Graceful Arts After School
Advance Youth Acrylics
523 Barnes St Alva, Ok
3:30 p.m - 5:30 p.m



"You cannot find peace by avoiding life." -Virginia Woolf

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

6

- Comprehensive Exam For Graduate Students
1:00 p.m EC 109
- Mr. Northwestern/ Rangers Got Talent Fellers Family
Auditorium 7:00 p.m - 9:00 p.m
- Graceful Arts After School Intermediate Art Class 523 Barnes St
Alva, Ok 3:30 p.m - 5:30 p.m

MR.NORTHWESTERN AND RANGERS GOT TALENT

The Stage is Waiting for You!



6 March, 2025 | 7:00 pm - 9:00pm
Contact Kaylea Brown at [krcbrown@nwosu.edu](mailto:krbrown@nwosu.edu) to enter.
Applications due by Feb 28.
Held at Fellers Family Auditorium.

FREE AND OPEN TO PUBLIC

HOLDER DRUG



513 Barnes Alva, Ok 73717



580.327.3332

1.800.458.5349

Fax: 327.1848



Let's Do Lunch!

NEWS

Psychology Professors share information on the department

By **HADLEY WEATHERS**
Student Reporter

Many of Northwestern's psychology professors held a seminar from 6 p.m. to 7 p.m. Tuesday evening going over scholarship and job opportunities, as well as requirements for certifications.

Key Speakers included Bailey Trammell, Taylor Randolph, Natile Adams, and Taylor Philips.

Trammell started the lecture off going over requirements for graduation as well as showcasing the minors and introducing a new one. The trauma-informed minor will be available in the fall of 2025.

Scholarship information was presented as well, highlighting the Enid Friends of Psychology scholarship, which requires a minimum of 3.0 GPA or higher. The deadline for incoming freshmen is May 15, and for transfer students, it is July 15. This applies to all psychology scholarships.

Philips talked about clubs and organizations involved with psychology. These include the Psychology Club, which has clubs in

Alva and Enid, and Psi Chi. Psi Chi is organized by Misty Cline, who is a Psychology professor at Northwestern.

Adams went on to discuss job opportunities that are offered to psychology majors looking to get their masters.

Some examples include Youth and Family Services in Alva and Enid, as well as Integress and Medowlake hospital. Youth and Family services tailor to what field the student plans to go into in order to help students get experience in the fields they need.

A major change happened to MCP-LADC and the MCP-LCP/LADC dual track, licensing will now be transferred over to other states. Which is major news for anyone who can't get their degree in the state they want to live in.

Adams Also showed students how to apply for licensing through the Oklahoma State Board alcohol and drug abuse counselors, and the Oklahoma board of behavioral health licensure.

Ashlein Richmon, a psychology major, expressed how she plans to get her Bachelor's, Master's and LPC then become a private practice therapist.



Photo by Victor Kenzie

Students meet in Education Center 109 to listen to faculty share information about the psychology department.

NEWS

Supreme Court orders new trial for Oklahoma death row inmate, Richard Glossip.

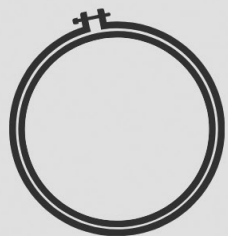
Wind turbine collapses in Kildare.

Man arrested after blowing up mailbox in Tulsa to get back at his ex.

Senate advances bill to ban use of corporal punishment on disabled children

Info by The Kansas City Star, USA Today, KOCO, and Oklahoma Voice

Interesting hobbies to try



Embroidery



Scrapbook



Photography



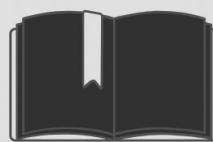
Hiking



Write



Learn a language



Read

NORTHWESTERN NEWS

Official Newspaper
Northwestern Oklahoma State
University

709 Oklahoma Blvd.
Alva, OK 73717

Published weekly throughout the school year except during examination periods and holidays and distributed to students and staff.

Spring 2025 Staff

Editor-in-Chief
Alli Schieber

News Editor
Jessica Schieber

Editorial Editor
Christian Franklin

Sports Editor
Oaklee Fielder

Features Editor
Sarah Brashears

Assistant Editor
Kevin Kaumans

Photo Editor
Ingrid Maldonado

Photographer
Victor Kinzie

Advertising Manager
Victor Kinzie

Circulation Manager
Dalen Jensen

Online Manager
Maryam Dianka

Adviser
Dr. Kaylene Armstrong

News office: Jesse Dunn Annex 232
Telephone: 327-8479; Fax: 327-8127
E-mail: nwnews@nwosu.edu
The News is printed by
Alva Review-Courier

The opinions and comments contained in the Northwestern News are those of the writers and do not necessarily reflect the policies or beliefs of the university administration, Board of Regents of Oklahoma Colleges or the editorial staff. The News gladly accepts submissions but does not promise they will be used.

AFFIRMATIVE ACTION COMPLIANCE STATEMENT

This institution, in compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act Amendments Act of 2008, and other applicable federal laws and regulations, and to the extent required by law, does not discriminate on the basis of race, color, national origin, sex, age, religion, genetic information, physical or mental disability, or status as a veteran in any of its policies, practices, or procedures. This includes, but is not limited to, admissions, employment, financial aid, and educational services.

Inquiries concerning the application of these programs should be made to Caleb Mosburg, Director of Student Affairs, Northwestern Oklahoma State University, 709 Oklahoma Boulevard, Alva, OK 73717, (580) 327-8415.

This publication, printed by Northwestern Oklahoma State University, is issued by the University as authorized by the Regional University System of Oklahoma. Four hundred copies have been prepared and distributed at a cost to the taxpayers of the State of Oklahoma of \$368.00.

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@nwosu.edu. Please limit submissions to no more than 250 words. The editors reserve the right to condense or edit any letter for grammar, libel and space limitations. All letters submitted may not be used.

All letters represent the views of the author.

OPINION

A Move to Combat Overpriced iPhones

By **CHRISTIAN FRANKLIN**
Opinion Editor

In a bold move that is shaking up the mobile app landscape, TikTok has officially been released for download on both the Apple App Store and Google Play Store.

This marks a significant step towards addressing the recent trend where individuals were selling iPhones pre-installed with the viral video app for as much as \$10,000.

The inflated prices had raised eyebrows and prompted concerns from consumers, but now, TikTok's free availability on both major platforms ensures that anyone can access the app without the need for exorbitantly priced devices.

Previously, a select number of sellers had been capitalizing on demand by offering iPhones with TikTok already installed, branding these devices as exclusive or "special edition" models.

The high price tags, sometimes reaching as much as \$10,000, caused frustration among those who were left with the impression that they needed to pay a premium just to enjoy the popular social media platform.

Now, with TikTok's official release, the app is accessible to all users with compatible devices, putting an end to this practice



and ensuring that the platform remains open to anyone.

The move not only helps prevent price-gouging but also emphasizes TikTok's commitment to making its content accessible to as many people as possible.

As TikTok continues to dominate the social media scene, the availability of the app on both the Apple App Store and Google Play Store is expected to solidify its position and provide users

with the accessibility they deserve without the steep price tag.

This strategic release signals TikTok's intent to remain a major player in the social media landscape, competing with platforms like Instagram and YouTube without creating barriers for entry.

By eliminating the need for a pre-installed version on expensive devices, TikTok is leveling the playing field for users world-

wide.

The move also highlights the company's awareness of the growing concerns over app exclusivity and the ethics of inflated pricing in the tech industry.

Going forward, TikTok's broad availability could open the door to even more growth and engagement, ensuring that the app remains as inclusive and user-friendly as possible.

How to Overcome Procrastination in College: Tips for Success

By **CHRISTIAN FRANKLIN**
Opinion Editor

Procrastination is a common struggle for many college students, often leading to last-minute cramming, missed deadlines, and unnecessary stress.

However, overcoming procrastination is possible with the right strategies.

Here are some practical tips that can help students stay on track and boost productivity.

Break Tasks Into Smaller Chunks

Large assignments or projects can feel overwhelming, which often leads to putting them off. Instead of focusing on the big picture, break tasks into smaller, manageable steps.

For example, if you have a 10-page research paper due, set goals to write 1-2 pages a day or research one section at a time.

This makes the task feel less daunting and allows for steady progress.

Create a Schedule or To-Do List

One of the easiest ways to avoid procrastination is to plan

ahead.

Use a planner or a digital calendar to set deadlines for assignments and exams.

Break down your study schedule into daily or weekly tasks, ensuring that you are staying on top of all of your coursework.

By checking off tasks as you complete them, you'll feel a sense of accomplishment that keeps you motivated.

Eliminate Distractions

Social media, texting, and other distractions are some of the biggest culprits in procrastination. To improve focus, create a study environment free from distractions.

Consider using apps like "Focus@Will" for background concentration music or "Forest" to limit phone usage. If possible, find a quiet spot in the library or a study room where you can concentrate.

Set Realistic Goals

Avoid the trap of setting overly ambitious goals that can be discouraging when unmet. Instead, set smaller, realistic goals that you can achieve in a short time. For instance, instead of aiming to



study for an entire afternoon, plan for a focused 30-minute session followed by a short break.

These manageable intervals can keep you from feeling burned out and help you stay on track.

Use the "5-Minute Rule"

Sometimes, the hardest part of overcoming procrastination is simply starting.

The "5-minute rule" encourages you to commit to working for just five minutes.

Once you get started, you'll often find that you want to continue working.

This simple trick can make it easier to tackle larger tasks without feeling overwhelmed.

Hold Yourself Accountable

It can be easy to put things off when there is no one holding you accountable. Try studying with a friend or sharing your goals with a classmate.

Alternatively, consider using an online study group or a productivity buddy to check in with.

Accountability can create a sense of responsibility and provide the motivation to stay committed to your tasks.

OPINION

Never Too Late: The Journey of an Older College Graduate

By **CRYSTAL HOOTEN**
Guest Columnist

Graduating from college at 44 is not the norm.

By this age, most people are settled into their careers, raising families or watching their own children prepare for college.

For me, this degree was never just about the career opportunities it might bring—because, let's be honest, those are slim at my age.

Instead, it was about something bigger: honoring my past, my family, and proving to myself that I could finish what I started.

This journey was never just mine.

It belonged to the people who came before me.

It belonged to my mother, who once had to watch her niece graduate while knowing that her own daughter had quit high school in the middle of senior year. I robbed her of that moment.

When I walked across the stage at my high school graduation, she should have been there, clapping, feeling the pride she de-

served to feel. But I wasn't there. I had given up.

Now, my mother is gone, and she won't physically be there to watch me graduate from college.

But I know she will be there in spirit.

I know she would be proud. And I know this moment is about so much more than just a diploma—it's about redemption, fulfillment, and proving that it's never too late to chase something that matters.

She was the sweetest mother with the best intentions. She had the biggest heart but was a bit of a dingbat.

But one thing I can say with certainty—my brother and I never doubted her love for us. When our children, her grandchildren, were born, it was like a love we had never known but were lucky enough to witness in them.

On my father's side, no one has ever graduated from college. But now, here I am, standing on that stage, showing my family that it's possible.

Their pride means the world to me, and knowing that I get to

be that example is something I'll cherish forever.

My grandfather, my dad's dad, was my hero.

He would watch TV on a tiny screen just so I could enjoy my Care Bears on the big 65-inch.

Everything he did reflected his love for me. And then there was his wife, my grandmother.

She always scared me a little, but the way she beamed with pride when bringing me into the local diner amongst her friends spoke volumes.

She is still alive, in her 80s, and will get to see me graduate in May.

I truly feel like that will be her greatest accomplishment. I can already feel her love and pride swelling up for me.

Then, there is my uncle—my dad's brother. I struggle to put into words just how much admiration I have for him.

A military veteran who actively fought in combat, he then dedicated his life to being a firefighter. He got married and raised a child who wasn't his by blood, but you would never be able to tell.

He was always there, alongside my grandfather, picking up the broken pieces left behind. His strength and unwavering love have shaped me more than I can say.

For so many of us who return to college later in life, the reasons go beyond careers and salaries.

Some of us do it to check an item off our bucket list.

Others do it to fulfill a dream for our parents, for our children, or for the people who never got the chance.

Sometimes, we do it just to remind ourselves that we are still here—that we are not standing on the brink of irrelevance.

That even with student loans and late-night studying, this moment, this validation, is worth it.

College is often seen as a young person's game, but for those of us in our 40s, it's an entirely different experience.

We don't always fit in with our classmates.

We're juggling responsibilities they can't yet imagine.

But we push through anyway, because we know that finishing

something—really finishing it—means more than just a piece of paper.

I've always been the person who starts things and doesn't finish. I've always lived in the past, letting regrets and what-ifs take up too much space in my life.

But this time, I am finishing. And I want future students—young and old—to know that they can finish, too. Life is unpredictable. It doesn't come with a handbook. The people you think will always be there eventually fade away.

In the end, what really matters is the impact you leave behind.

One day, I hope people will look back and say, "You know, Crystal was a good person. She loved with all her heart. She wasn't a thief or a liar. And I am so glad we were friends." Because in the end, that's what truly matters.

To anyone out there thinking it's too late, that the window has closed, that the time has passed—hear me when I say this: It is never too late to do the impossible. If I can do it, so can you.



5 Ways to Survive an 8 a.m.

By **Christian Franklin**
Opinion Editor

Waking up early for an 8 a.m. class can feel like a monumental task, especially if you're not a morning person.

But fear not—there are ways to stay awake, alert, and focused throughout your early morning lectures. Here are five strategies to help you survive that dreaded 8 A.M. class without nodding off:

1. Get Moving Before Class

Start your morning by getting your blood flowing. Whether it's a quick walk around campus, a few stretches, or a light workout, physical activity boosts energy levels and helps shake off the sleepiness. If you're short on time, even a few minutes of stretching or a brisk walk to class can wake you up and get you

mentally prepared for the day.

2. Hydrate and Eat a Balanced Breakfast

Skipping breakfast can lead to sluggishness and low energy.

Start your day with a healthy, balanced meal that includes protein, fiber, and some healthy fats—like eggs, oatmeal, or a smoothie. Drinking water or a cup of coffee can also help you stay hydrated and focused. Avoid sugary cereals or energy drinks, as they may cause a crash later on.

3. Bring Snacks to Class

If you find yourself struggling to stay awake, a healthy snack can be a game-changer. Choose something that provides steady energy, like almonds, granola bars, or fruit. A quick snack can keep your energy levels stable and prevent that mid-morning

slump from hitting.

4. Sit at the Front and Stay Engaged

The farther back you sit, the easier it is to zone out and start dozing. Sitting at the front will keep you more engaged and make it harder to lose focus. Participate in class discussions, take notes or ask questions—anything to keep your brain alert. This will help keep you on your toes and reduce the temptation to drift off.

5. Take Short Breaks if Possible

If your 8 a.m. class is long, taking small breaks to stretch or breathe deeply can help refresh your mind. Focus on staying active in your seat by occasionally adjusting your posture, stretching your legs, or clenching and relaxing your fists.

These movements can promote circulation and keep your energy up throughout the lecture.

Lock in before spring break

By **Christian Franklin**
Opinion Editor

As spring break approaches, students are encouraged to stay focused and complete their assignments before taking a well-deserved break.

The final weeks before the break are critical for staying on top of coursework and ensuring that there are no lingering tasks to worry about during time off especially with midterms being just before break.

By prioritizing homework now, students can take full advantage of the break without the stress of unfinished work, setting themselves up for a smoother transition back into school once the break is over.

Staying disciplined during this period can also help reduce anxiety and allow students to return to their studies with a clear mind. When students stay consistent with their assignments, they're able to truly relax during the break, knowing they have handled their responsibilities.

This downtime becomes more rejuvenating, allowing for a mental reset that leads to a more productive second half of the semester.

With a bit of planning and structure, students can easily stay on track and finish their homework ahead of the break.

By staying locked in and getting all their work done before



Spring break is quickly approaching which means it is time to plan for mid terms, prioritize homework and stay focused.

break students may even be able to work ahead and get prepared for the last half of the semester.

Utilizing study sessions, organizing tasks into manageable chunks, and sticking to a schedule can make all the difference.

By locking in on homework before spring break, students will be able to enjoy their break and return to campus refreshed and ready to tackle the final stretch of the semester with renewed focus and energy.

Looking back at the past winter snowy days



Photo by Arturo Diaz

NWOSU is covered in a beautiful blanket of snow in early January.



Photo by Ingrid Maldonado

Snow covered every inch of Alva and turned the town into a winter wonderland in December. Trees were completely covered in soft snow, as well as the ground and roads.

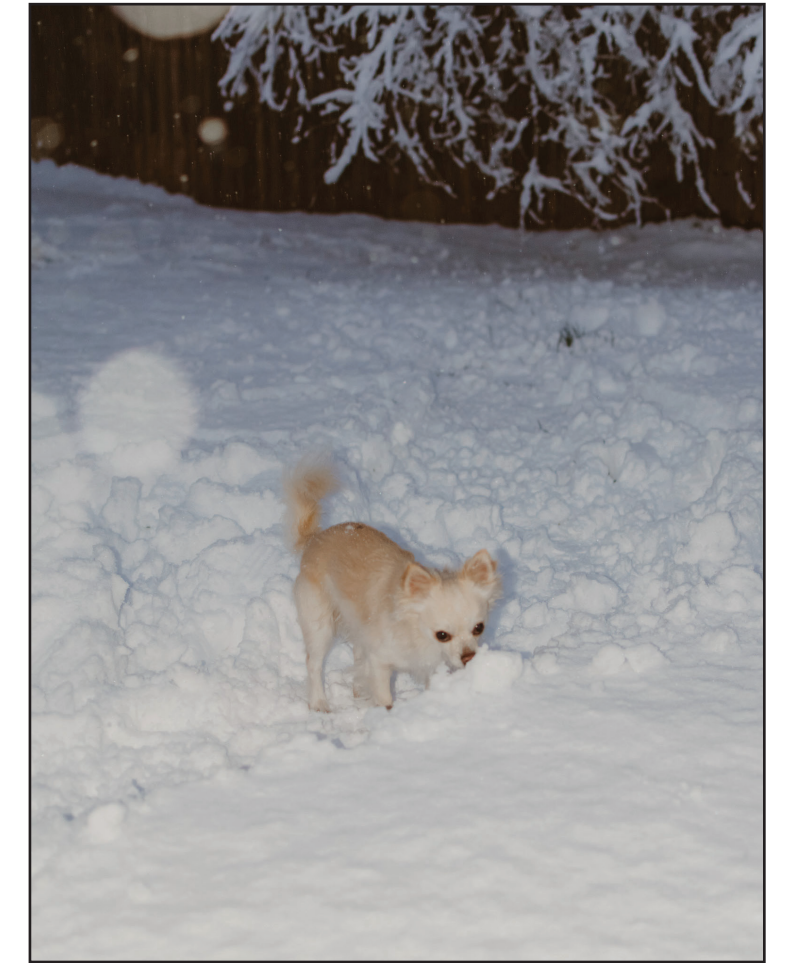


Photo by Ingrid Maldonado

A little dog braves the coldness and adventures outside.



Photo by Victor Kinzie

Horses enjoy the cold weather and play in the snow.



Photo by Ingrid Maldonado



Photo by Ingrid Maldonado

Marielena Rios, an Alva citizen, is layered up and admires the beautiful snow.



Photo by Ingrid Maldonado



Photo by Ingrid Maldonado

FEATURE

How to...

Create a playlist for any mood

By SARAH BRASHEARS
Features Editor

Music has the incredible power to set the tone for any situation. Whether you're looking to boost your energy, unwind after a long day, or dive deep into emotions, a well-curated playlist can enhance your mood and make any experience more immersive. The right tunes can elevate the atmosphere, turning an ordinary moment into something memorable. Here's how to craft the perfect playlist for any vibe!

Identify the Mood

You Want to Capture Before you begin adding songs, take a moment to define the mood you're aiming for. The mood of your playlist will determine the type of music you choose. Common playlist themes include:

Upbeat and energetic: Perfect for workouts, morning motivation, or boosting your energy when you need it most.
Chill and relaxing: Ideal for winding down, studying, or just lounging after a long day.

Sad and reflective: For deep thinking, emotional moments, or when you want to connect with your feelings.

Happy and feel-good: These playlists are designed to lift your spirits and add a positive vibe to your day.

Focused and productive: Great for helping with concentration, creativity, or getting into the flow of work.

By pinpointing the mood, you'll set the foundation for your playlist and ensure it resonates with the vibe you're trying to create.

Choose a Core Set of Songs

Start by selecting a handful of songs that truly embody the

mood you're going for. If you're unsure where to begin, think about songs that have evoked a similar mood for you in the past. Alternatively, you can turn to music apps like Spotify, Apple Music, or YouTube for suggestions based on your preferred genre or mood. Going through your own music library is also a fantastic way to start! Remember, these initial tracks will serve as the backbone for your playlist.

Consider Tempo and Energy Levels

The rhythm and speed of a song can significantly affect how it makes you feel. For example: High-energy playlists benefit from fast tempos, typically around 120+ BPM, with lively melodies that keep you moving. Chill playlists tend to work best with slower tempos, softer vocals, and smooth instrumentals that help you relax and unwind. For mood-driven playlists, balance is key—start slow, build up to a peak, and ease out for a seamless journey-like experience. Paying attention to tempo ensures that your playlist flows naturally and keeps the desired vibe intact.

Add Variety, But Keep It Cohesive

While mixing genres and artists can make your playlist more interesting, ensure there is a common thread tying the songs together.

Whether it's a certain genre, mood, or instrumental style, consistency is key to making sure the playlist feels cohesive. This will prevent it from feeling disjointed and ensure it delivers the desired emotional impact.

Arrange the Flow Thoughtfully

The order of your songs is just as important as the songs them-

selves! Organizing your playlist with intention means you won't need to constantly hit shuffle or skip tracks.

For steady playlists—like those for studying or sleeping—keep the pace consistent to maintain focus. For dynamic playlists, like those for workouts or road trips, gradually build up energy, hit the peak, and end on a satisfying note.

Don't be afraid to experiment with transitions by selecting songs with similar keys or tempos to create smooth shifts between tracks.

Update and Refine Over Time

A great playlist evolves. As you discover new music, consider adding songs that fit the vibe you're going for. Likewise, remove tracks that no longer resonate with you.

Personally, I tend to move older favorites to a nostalgia playlist, so I can still enjoy them, but without overplaying them in my current playlists. It's also fun to create multiple versions of the same playlist with subtle variations of the mood, allowing you to switch things up when needed.

Personalize It with a Unique Name and Cover

Give your playlist a name that reflects its essence. A creative name can add a fun, personal touch that helps you instantly recognize the vibe.

For example, I named my playlist full of long-drive favorites "That's so sb coded" to reflect my personal style and taste. You can also get creative with names like "Study & Chill" (and throw in some emojis for fun).

Consider adding a custom cover image as well to enhance the overall experience—this extra touch will make your playlist feel truly unique and tailored to you.

MUSIC TRENDING IN 2025

- "Revolving Door" by Tate McRae
- "Die With a Smile" by Lady Gaga and Bruno Mars
- "Luther" By kendrick Lamar featuring SZA
- "APT." by ROSE and Bruno Mars
- "Active" by Asake featuring Travis Scott
- "Flowers" by Miley Cyrus
- "Vampire" by Olivia Rodrigo
- "Anti-Hero" by Taylor Swift
- "Kill Bill" by SZA
- "As It Was" by Harry Styles
- "Creepin" by Metro Boomin, The Weeknd, 21 Savage
- "Snooze" by SZA
- "Escapism" by Raye featuring 070 Shake
- "The Loneliest Time" by Carly Rae Jepsen
- "Sicko Mose 2" by Travis Scott
- "Last night" by Morgan Wallen
- "You Didn't" by Luke Combs
- "Wasted on You" by Kane Brown
- "Heart like a Truck" by Lainley Wilson
- "She Got It from Me" by Chris Lane

TALK ABOUT IT THURSDAY

No matter how tough things get, remember that every step forward, no matter how small, is still progress. Challenges are not roadblocks; they are opportunities in disguise, designed to push you to grow and uncover strengths you didn't even know you had.

Life's obstacles, though difficult, are shaping you into a stronger, more capable version of yourself. Even on the days when the weight feels heavy and you're unsure of the path ahead, know that you're not alone in this jour-

ney.

Keep moving forward, even if it's just one small step at a time. Trust the process, embrace the ups and downs, and remember that each setback is simply a lesson in resilience. Setbacks are not failures; they are setups for comebacks, and they teach you how to bounce back even stronger.

The road to success may not always be smooth, but it's built on the foundation of persistence, belief, and determination. You are brighter than you can imagine!

Board games create tension through foreshadowing in film

Depending on how you were raised, you either grew up knowing every board game in existence or know one or two at most.



KEVIN KAUMANS

Me personally, I grew up keeping myself occupied with all types of games, from ones that have you roll the dice to get from point A to point B, to ones that require you to have a bachelor's in mathematics to understand the rules.

You're probably wondering where I'm going with this, and if not you can already guess what this week's column is about, which is how board games can add tension or foreshadowing in a film.

Some may find what I am about to talk about boring and/or nonsensical, but I would ask that you hear me out before coming to that conclusion fully.

Take chess, for instance. In episode fourteen of season five of "Breaking Bad", we see a scene at the fire station where we see the white king literally back into a corner, an example of foreshadowing the situation Walter is in.

Remember the chess scene in "Sherlock Holmes: A Game of Shadows" where Sherlock and Moriarty play a friendly game of

chess.

Notice how the ballroom is black and white and checkered-shape. I could go on and on about the brilliance of this scene, but a youtuber by the name Lord Ravenscraft has a video where he explains it better than I ever could.

What about poker? Sure, it is an intense game whether it's on television or in real life, games that involve gambling usually are.

When you watch, "John Wick: Chapter 4", do you not feel the tension within the scene as all four men at the table wait in anticipation for the five cards to be placed on the table?

I understand that most people only watch those type of movies for the action, but the argument still stands.

Thinking of moving?

Think Hi-Lo Apartments, LLC
636 Linden St.

- 2-bedroom apartments available
- Within walking distance of campus
- School semester leases
- Laundromat on site
- No smoking and no pets allowed

Call 580-748-0157

ENTERTAINMENT

Recognizing Student Press Freedom Day

By ALLI SCHIEBER
Editor-in-Chief

Student newspapers all over the United States celebrate student press Freedom Day on Feb. 27.

This day is for newspapers to recognize their rights and realize what their student lead newspaper can or cannot be shut down for or what they can be fired for.

In September 2024 The Mercury which was the student newspaper at the University of Texas at Dallas went on strike.

This strike was the staff show-



ing their support for their editor in chief that was removed from the staff.

Editor in chief, Olivares Guit-

ierrez, was removed from his position by the campus's student media director, Lydia Lum, who claimed that he had violated the student media bylaws.

The staff however, said the editor's removal was retaliation for coverage that was done for a pro-Palestinian student encampment. While that protest took place in May 2024 by September the

former advisor of The Mercury was demoted, travel to conferences was paused and newspa-

pers had been removed from newsstands according to KERA News.

Since then, the staff did not get Guitierrez reinstated so instead they have an independent newspaper called the Retrograde.

This is example is exactly why we recognize Student Press Freedom Day. Ways to get involved, according to studentpressfreedom.org, whether you write for a student paper or not, is to learn about your community and what student journalism looks like there, if you are reading this, we will assume you have already done that.

Another way to get involved is to talk with your school and learn about policies they have in place for student freedom and what you can do in order to change them if they are outdated.

Writing an opinion piece or sharing a story about a time your work was censored as a student journalist are also great ways to show your support for student press freedom.

The last two things you can do is stay informed about student press freedom and what changes are being made as well as, sharing the news about student press freedom.

From winter blues to spring joy: embracing warm, new beginnings

Sunshine, warmth, shorts, ice coffee, sandals.

The weather is gorgeous, it's in the seventies, people are outside enjoying the sun and all of a sudden, I feel alive again.

This weather is quite shocking because just last week I wrote about winter.

School got canceled twice due

to snow and the freezing cold temperatures. Now this week everyone and their dog is outside.

It is crazy how winter can really affect people's mental health. In the winter, I feel more down, less joyful, and less grateful.

Once winter is ending and people can wear shorts, I feel like myself again.

Being able to walk outside without shivering, running to my car is so nice.

Being able to not have to plan to wear multiple layers is nice. Being able to enjoy the outdoors is nice.

Somehow all my favorite memories that I can remember off the top of my head come from warmer seasons and never winter.

From going to the Philbrook Museum in Tulsa and enjoying the luscious garden outdoors. To then go and grab an iced latte and enjoy a walk.

As a photographer, I am always so excited for warm weather. That is when you can enjoy taking photos, rather than when you are shivering.

I absolutely cannot wait until all the greens appear.

When fall begins I start getting sad because I know all of the beautiful trees are going to lose their green leaves.

Then during the winter all the trees look like sad skeletons, lifeless without their leaves. But then right before winter is about to end, I get excited about all the colors that are going to start popping up.

The beautiful colors of spring are near, and I cannot wait. Spring gives me hope because I know life will be beautiful all over again. It is an endless cycle of different seasons, just like life.

As the weather warms, my passions for photography and gardening also begin to bloom.

I cannot wait to start gardening, putting my hands in soil.

I cannot wait to go grab an iced latte and sit outside and chat with a friend. I cannot wait until my photos are full of colors of green.

Another season of life is coming and I could not be any more happier.



Celebrate nostalgic, timeless trends

By SARAH BRASHEARS
Features Editor

National Retro Day, celebrated every year on February 27, is a special occasion for those who love to indulge in the charm of the past.

It's a day dedicated to all things retro—whether it's fashion, music, movies or technology—inviting people to take a trip down memory lane and rediscover the beloved trends of previous decades.

In a world that's often obsessed with the new, National Retro Day gives people the chance to pause and celebrate the classics that continue to shape our culture.

The celebration of retro culture has seen a resurgence in recent years, as people look back on the past with fondness and appreciation. From the 1950s rock 'n' roll to 1980s neon fashion, National Retro Day encourages individuals to relive the styles, sounds and experiences that once defined different eras.

Whether it's listening to vinyl records, watching classic films or pulling out old-school gadgets, the day is about connecting with

the memories and trends that shaped our past. There's something universally comforting about revisiting items that were once a staple in our lives, and National Retro Day gives us the opportunity to do just that.

For many, National Retro Day brings a sense of nostalgia. People might dig out old video games, wear vintage clothes or even recreate retro-inspired meals. Social media platforms come alive with people sharing their throwback photos and favorite retro moments. It's a day to celebrate how the past continues to influence present-day trends and bring people together, whether through shared memories or rediscovered interests.

Moreover, National Retro Day highlights the lasting impact of vintage culture on today's world. Many retro elements have been revived in modern fashion, music and design. From the return of vinyl records to the rise of retro-inspired clothing brands, the influence of previous generations is evident in today's trends.

It's clear, while times change, the appeal of the past remains strong. Retro-inspired items are often seen in the latest fashion

collections, in the designs of modern gadgets and even in the resurgence of old-school games and media platforms.

What was once old is now new again, and that cyclical nature of style and culture is part of what makes National Retro Day so meaningful.

By celebrating retro culture, we acknowledge the people, moments, and innovations that have left their mark on us. Whether it's the influence of classic rock bands from the '70s or the bright colors and bold patterns of '90s fashion, we recognize how these cultural touchstones continue to influence our tastes and choices.

National Retro Day is more than just about looking back; it's about appreciating the value of the things that continue to inspire us and shape our modern world. So, whether you're reminiscing over an old album, revisiting a favorite childhood TV show or pulling out a classic film, take a moment on National Retro Day to appreciate the timeless trends that have shaped your life.

After all, retro isn't just a style—it's a feeling, a connection to the past that continues to influence the present and future.

ALVA VISION CLINIC

Large selection of polarized sunglasses, daily / monthly contacts with multifocal and astigmatism.

Dr. Scott McEachern

Pre- and post-op lasik and cataract surgery.



Bring in your student ID and receive 20% off of sunglasses.

Monday, 8:00 am - 5:30 pm
Tuesday, 7:30 am - 5:30 pm
Wednesday, 7:30 am - 5:30 pm
Thursday, 8:00 am - 5:30 pm
Closed from 12:00pm - 1:00pm
CLOSED FRIDAYS
FOR AN APPOINTMENT CALL
(580)-327-2393
AFTER HOURS CALL
(580)-829-2026
504 College Ave.

ACCEPTED INSURANCE:
VSP, PVCS, Medicare, Vision Care Direct, Aetna, SoonerCare, BCBS, Eyemed, Healthchoice, and ask about others.

Mastercard, Visa, Discover, American Express, and Care Credit and checks accepted.

SPORTS

Softball wins one out of three

By **OAKLEE FIELDER**
Sports Editor

This past weekend, NWOSU's softball team had their conference and home opener. They played a three-game series against the Arkansas Tech University Golden Suns.

Game 1 NWOSU 12-ATU 5

The first game was on Saturday the 22. It started with two runs for the Golden Suns.

In the bottom of the first, Kaitlyn Corn hit a homerun to send her and Macy Spearman home and tie the game 2-2 heading into the second inning.

The second and third inning were both scoreless for both teams, staying 2-2 headed into the top of the fourth.

In the fourth inning, Arkansas Tech was able to get a run against the Lady Rangers to take the lead by one. The Lady Rangers were not able to get any runs in the bottom of the inning.

In the fifth inning, the Golden Suns were able to get two more runs to increase their lead and make it 2-5 game. In the bottom of the fifth, Kennedy Caine was hit by a pitch, Corn was then walked, Rachel Sherwood was also hit by a pitch, and Kirby Van Haren was walked all with the bases loaded. Rosemary Rivera hit a single down the left field line to send



Chloe Brown, No. 11, throws a pitch against Arkansas Tech on Saturday.

Sherwood and Ashley Low home to make it an 8-4 ballgame for the Lady Rangers.

Arkansas Tech went scoreless in the top of the sixth. Van Haren hit a single to center field and sent Corn home. Rivera also hit a single, sending Van Haren and

Avery Clark home to extend the Lady Rangers' lead to seven.

The Lady Rangers won their home opener 12-5.

Game 2 NWOSU 11-ATU 15

The second game was on Saturday the 22.

In the top of the first, the Golden Suns had seven RBI's, four of them being a grand slam home run.

The Lady Rangers responded with a sacrifice out from Sherwood sending Spearman home. Clark hit a single that send Caine home to shrink the Golden Suns' lead.

In the top of the second, Arkansas Tech scored six runs to make their lead eleven over the Lady Rangers. NWOSU did not score in the bottom of the second.

The Lady Rangers had a lot of work to do if they were going to come back in this game.

In the third, Van Haren hit a double to center field and send Clark and Sherwood running home.

In the fourth, Spearman hit a double to right center field, and Rivera made it home to make the difference eight.

In the fifth, Clark made it to first on a bunt and an error from the Golden Suns, which allowed Low to go home.

Makenalei Lopera hit a double to right field and sent Rivera and Jady Nuns home to make the game 13-8.

In the sixth, Clark hit a single to left center field which allowed Corn and Caine to go home and make it a three-run game. Nuns hit a double to left field and sent Kacie Graves home.

Unfortunately, that was all

the Lady Rangers had in them. They were not able to complete the huge comeback in game two against the Golden Suns and lost 13-11.

Game 3 NWOSU 1-ATU 3

The third game was on Sunday the 23.

The third game of the series was a slow, low scoring game compared to the previous two.

The Golden Suns opened the game with a run in the top of the first.

The second inning was scoreless, Arkansas Tech leaving two on base.

In the third, Arkansas Tech hit another run to extend their lead.

The fourth inning was scoreless, NWOSU leaving one on base.

In the fifth, the Golden Suns extended their lead with another run with a sacrifice fly.

The sixth inning was scoreless.

In the seventh, Sherwood hit a single to the middle and sent Devynn Raile home to score the Lady Rangers' first point of the game.

The Lady Rangers had nothing left and lost the game 1-3.

The softball team was scheduled for a game against Newman University on the 25, but it was postponed. They will play against ECU this coming Friday and Saturday in a triple header against the Tigers.

Baseball has no GAC wins

By **OAKLEE FIELDER**
Sports Editor

Last weekend, the baseball team faced off in a triple header against the Arkansas Tech University Wonderboys.

Game 1 ATU 9-NWOSU 3

The first game of the weekend was on Sunday the 23.

The first two innings were scoreless for both teams.

In the top of the third, Hagen Barcello hit a single to right field to send Dylan Bradford and Chase Hamilton home to take the lead 0-2.

Arkansas Tech responded with a run in the next inning, and four runs in the fifth.

The sixth inning was scoreless.

In the seventh inning, the Wonderboys put two on the Rangers, and they did the same in the eighth.

In the top of the ninth, Dylan Bradford hit a single to first base and sent Carson Wright home, but it was nowhere near enough to catch Arkansas Tech.

Game 2 ATU 10-NWOSU 2



Aiden Faison, number 42, in the JV game against NOC Tonkawa on Tuesday afternoon at Glass Family Field at Meyers Stadium.

The second game was on Sunday after game 1.

In the first inning, Connor Green hit a sacrifice fly to center field to send Bradford home and make it 0-1. Arkansas responded with four runs and took a large lead over the Rangers early again.

The second inning was scoreless.

In the third, Wright grounded out which allowed Hamilton to run home and make it 4-2. Arkansas Tech shot right back and scored a run to equal the one the Rangers just made.

In the fourth inning, the Won-

derboys put a stomping on the Rangers and put up five runs to make their score ten.

The rest of the game was scoreless and the game ended in the seventh inning.

Game 3 ATU 7-NWOSU 4

The third game of the series was on Monday the 24.

The first three innings of the game was scoreless.

In the bottom of the fourth, Arkansas Tech scored a run to get the first point of the game.

The fifth inning was scoreless.

In the sixth, Wright hit a sin-

gle and made it to first base on a fielder's choice.

Sachen made it to second but there was an error and he made it to third.

Connor Green ran home on the error and scored, but Colby Grace was out at home base right after Green made it home.

After the chaos, Wright hit a single to left center which allowed Barcello to run home and take the lead for the Rangers.

In the seventh, the Wonderboys scored three times to take the lead back and get two runs ahead of Northwestern.

In the eighth, Arkansas Tech repeated their feat in the seventh, and increased their lead to five over the Rangers.

In the top of the ninth, with their final chance to win their first conference game, the Rangers had to figure something out to pull this win off.

Connor Green hit a ground out to sacrifice himself and that sent Hamilton home to make it a four-run game.

Sachen hit a sacrifice ball to right field and that sent Bradford home and made it a three-run game.

Unfortunately, that was all the

Rangers had in them.

Northwestern will face off against Rogers State University on February 26, play a triple header against ECU on February 28-March 1 in Ada, and play Rogers State again on March 4 in Claremore.

They have yet to win a GAC Conference game.

The Rangers currently sit in the last position in the Great American Conference baseball standings.

They sit in 12 out of 12, sitting under East Central University.

NWOSU has a conference record of 0-6.

Now Hiring!
Waiting Staff



Smok Shak

Highway 64 & 4th, Ingersoll, OK 73726
(580) 596-3584
Come In And Fill Out An Application

SPORTS

Men close to championship

By **OAKLEE FIELDER**
Sports Editor

Last week the NWOSU Rangers Men's Basketball team had two away games in Arkansas. One against Southern Arkansas University and the other at the University of Arkansas at Monticello.

NWOSU 65-SAU 79

Their first game was against the Southern Arkansas Muleriders on February 21.

As soon as the game started and the ball was tipped, the Muleriders had their foot on the gas. Within three minutes, NWOSU was down 1-12, their only point being a free throw from Cam McDowell.

The next couple of minutes went as the two teams went back and forth, with the score difference getting smaller and larger.

The Rangers were able to get the Muleriders' lead down to five, but Southern Arkansas shot right back up to a large difference, having the lead by thirteen with half of the first half gone.

The Rangers were able to keep up with Southern Arkansas, even getting in touching distance of tying the game, but the Muleriders would always find a way to get their large lead back.

In the final three minutes of the first half, the Rangers were able to shrink Southern Arkansas' lead from sixteen to just five by the end of the half, with three three-pointers to finish off the half.

Two for Justin Norris and one for Daraun Clark.

The second half started with the Rangers shrinking the lead to



Photo by Ingrid Maldonado
Camron McDowell, No. 3, looks to make a pass against Ouachita Baptist University on February 8 in Percefull Fieldhouse.

just two.

The Muleriders increased their lead to five, but the Rangers didn't quit. They shrunk the lead to three, then McDowell shot two free throws to make the difference one.

With sixteen minutes left in the second half, McDowell hit a field goal to allow the Rangers to take the lead for the first time in the game by one point.

The two teams went back and forth, with the score being very close for the middle portion of the

second half.

With seven minutes to go, the Muleriders were able to get the upper hand on the Rangers and got far into the lead. Being down by nine, Liam Canty got a layup and Daraun Clark shot a three pointer in an attempt to get back into the game.

Southern Arkansas responded with a nine-point run to increase their lead to fifteen with just two minutes left in the game.

Rangers gave an attempt with a three pointer by Dirin Birhiray,

but the Muleriders stalled them out there. The game ended 65-79 with a Ranger loss.

NWOSU 73-ARM 69

After a loss against Southern Arkansas, the Rangers traveled to Monticello, Arkansas to play against the University of Arkansas at Monticello Boll Weevils.

The game started with the two teams trading layups, Miley Hawkins then made two free throws to make the score 4-2 for the Rangers.

The Weevils responded and tied it again and then took the lead by two.

The Rangers came back at them with three straight free throws, one from Hawkins and two from McDowell.

McDowell then made two free throws to extend the Rangers' lead to six over the Weevils. They continued their momentum and increased their lead to twelve by the midpoint of the half.

With six minutes left in the half, the Weevils flipped the momentum and started taking bites out of the Rangers' lead.

With four minutes left, the Weevils were able to cut the lead down to four.

With a three pointer it was down to one with three minutes on the clock. Logan Phillips responded with a three pointer and brought it back to a four-point game.

Phillips, with the help of McDowell, increased the Rangers' lead to eight with forty-two second left in the half.

A field goal from Monticello brought it down to six. This was the first time since the home game against Henderson State on Feb-

ruary 6 that the Rangers were in the lead at the end of the first half.

The second half started with a layup from McDowell. The Weevils fought back with a field goal, but McDowell responded with a three pointer to make the lead nine.

After two three pointers by Daraun Clark, the lead was fifteen for the Rangers.

The Weevils responded and shrunk the Rangers' lead right back down to seven. A free throw by McDowell and a field goal by Miley Hawkins made the lead ten.

The two teams traded free throws, layups, three pointers, and field goals for a couple of minutes.

Then, the Weevils took the Rangers' lead and crushed it down to just one point with just two minutes left in the game.

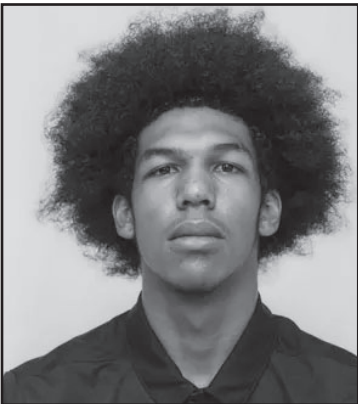
The two teams fought hard for the win in the final minutes of the game, but with just one second left, McDowell made two free throws in the final second of the game to seal the win against the Boll Weevils.

This week will be the end of the regular season for basketball. The Rangers travel to Bethany to play against the Southern Nazarene University Storm on the 27.

This Saturday, March 1 at 3p.m., the Rangers will play the final game of the regular season at home against the Southeastern Oklahoma State University Savage Storm.

The Rangers sit seventh in the GAC standings. They have not yet clinched a birth into the GAC Championships, but winning the two final games will seal a birth into the championship.

How football players are preparing for next season



Jayden Cervantes

Business Administration

Houston, Texas

"I look forward to being better mentally prepared, and also to see a change of leadership within the team."



Jelh Chambers

Health & Sport Science

Dallas, Texas

"Making good grades working harder."



Bashu Delco II

Health & Sport Science
Physiology Minor

South Phoenix, Arizona

"Besides healing my body and getting surgery on my shoulder, the goal is to do some form of working out 6-7 days a week, if we're talking physical."



Eli Mack

Business Administration

Houston, Texas

"Becoming a better person on and off the field, becoming better mentally, and holding myself to higher standards."

Alva State Bank & Trust Company

Older than Oklahoma

<p>Alva Main Office 518 College Ave. Alva, Ok 73717 580-327-3300</p>	<p>Burlington Branch PO Box 80 Burlington, Ok 73722 580-431-3300</p>	
<p>Enid-Chisholm Branch 801 W. Broadway Enid, Ok 73701 580-234-4201</p>	<p>Bank of Freedom Branch 1085 Main St. Freedom, Ok 73842 580-621-3276</p>	
<p>First State Bank of Kiowa Branch 546 Main St. Kiowa, Ks 67070 620-825-4147</p>		

Member Federal Deposit Insurance Corporation 1-800-259-2582

SPORTS

Ladies in GAC championship

By **OAKLEE FIELDER**
Sports Editor

Last week, the Women's basketball team had two away games. One against the Southern Arkansas University Muleriders, and the other against the University of Arkansas at Monticello Cotton Blossoms.

NWOSU 72-SAU 67

The first game against the Muleriders started with a free throw by Jaida Shipp, but the Muleriders responded and ran away. They were up by five when the two teams started going back and forth. In the final minute, the Muleriders extended their lead to eight to end the quarter.

The first two minutes of the second quarter was scoreless until Lily Mahy shot a three pointer. Kira Bass then hit two layups to make the score difference one.

A couple free throws for the Muleriders extended their lead to four. Payton Jones made a layup and Tegan Jones shot two but made one free throw to make the difference two again.

With two minutes left in the quarter, Kira Bass made a layup to take the lead for the Lady Rangers. NWOSU continued their momentum and ended the half up by six after a three pointer by Mahy.

The second half started with a field goal by the Muleriders, but NWOSU's momentum was very strong.

The Lady Rangers' lead was nine points just three minutes into the quarter. They continued their momentum and charged up to have thirteen points over Southern Arkansas.

The Muleriders did fight back towards the end of the quarter, shrinking the Lady Rangers' lead to nine, but a layup by Carly Craig made it eleven at the end of the quarter.

The beginning of the fourth quarter started a lot like the end of the third, the two teams were going back and forth with the Lady Rangers' lead shrinking and growing.

The Muleriders did start to get the upper hand on Northwestern,



Photo by Ingrid Maldonado

Payton Jones, No.11, makes a basket against Ouachita Baptist University, February 8 in Percefull Fieldhouse.

shrinking their lead smaller and smaller until there were only two points separating them with two minutes left in the game.

In the final moments of the game, the Lady Rangers locked in and made a cushion of five points against Southern Arkansas.

The Muleriders didn't go down without a fight and made the difference three again.

With two free throws by Payton Jones, the Lady Rangers

sealed the win over Southern Arkansas.

NWOSU 52-UAM 57

The second game for the Lady Rangers was against the University of Arkansas at Monticello Cotton Blossoms.

It started with a layup by Camille Thomas to take the early lead for Northwestern.

The Cotton Blossoms responded with seven points to be five up on the Lady Rangers. A

three pointer by Craig shrank it to just two. The next minute and a half were scoreless.

A three pointer by Mahy broke the scoreless streak, which was responded by a three pointer from Monticello, which was responded with another three pointer by Mahy.

The two teams traded the lead a few times, but the Cotton Blossoms hit a buzzer beater three pointer to hold the lead at the end

of the quarter.

To start the second quarter, the two teams went back and forth, until with six minutes left, the Cotton Blossoms bettered Northwestern and were up by five.

The Lady Rangers responded and took the lead just two minutes later. Monticello was able to get the best of Northwestern again, but the Lady Rangers came right back. With eight seconds left on the clock, Bass made a layup with an assist from Craig and the Lady Rangers had the lead entering the second half.

Northwestern kept their momentum into the second half and were up by five in two minutes. Monticello responded and shrunk their lead to only two.

The Lady Rangers were able to get back to five in front after a three pointer by Jones. The next and final three minutes were scoreless until a layup by Bass with twenty-three seconds left in the quarter.

The final quarter started off in favor of the Cotton Blossoms. Northwestern responded with a three pointer by Craig.

The Lady Rangers seemed to have stalled out after the three quarters ended, as they could not get anything going.

Monticello was able to shrink the Lady Rangers' lead and tied it with two and a half minutes left in the game. Two free throws by Thomas increased Northwestern's lead back to two, but it was quickly responded and the game was tied once again with just two minutes left.

The Cotton Blossoms continued to score on Northwestern and they eventually had the lead by three with twenty seconds left.

With a chance to tie and send the game to overtime, Craig tried two three pointers with the help of Bass, but they were not able to score.

The Lady Rangers sit in sixth position in the GAC standings and have clinched a berth into the GAC Women's Basketball Championships. They will play one last away game against Southern Nazarene and their final game will be home against Southeastern Oklahoma State University.

Women's golf starts off slow

By **OAKLEE FIELDER**
Sports Editor

On Tuesday, Feb. 25, the NWOSU women's golf team started their spring season at the Women's Rattler Invitational at St. Mary's University in Texas.

The Lady Rangers did not do as well as hoped, placing in 14th out of the sixteen teams there.

They sat under Washburn and placed above Southern Arkansas. They finished off with a total score of 978, which was +114 over par.

Tess Linden was Northwestern's highest placing individual in the invitational. She ended it off with a score of 237 in 34th place.

Linden also received the GAC golfer of the week.

Romane Lacoste was North-

westerns' second highest finisher, ending off with a score of 240 in 46th place. Agathe Lacoste finished off in 58th with a score of 243.

Sofia McElroy ended up in 81st with a score of 264.

Kelsey Hoy-Pollard finished in 83rd place with a score of 267.

The women's golf will travel to SNU to compete in the Duffie Ford Lincoln Invitational on Mar



Tess Linden GAC golfer of the week

Linden a sophomore from Orebro, Sweden placed T34th overall. She scored a total of 237 (84-74-79) Linden also had 29 pars and four birdies throughout the three rounds.