

## How To...

Learn how to enjoy the spring time while being in the dorms.  
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## Spring Forward

Set clocks forward on Sunday.



# NORTHWESTERN NEWS

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## Basketball teams make GAC Tournament

By **OAKLEE FIELDER**  
*Sports Editor*

After the nail biting wins over Southeastern Oklahoma State, the men's and women's teams have qualified for the Great American Conference basketball championship. Both teams have had a hard-fought season. The women's team finished the season off with a record of 14-14 and a conference record of 11-11. The men's team ended with the same exact record of 14-14 and a conference record of 11-11.

The women's team spent most of the season jockeying for the fifth position in the rankings against Southwestern Oklahoma State.

The Lady Rangers finished off in sixth position in the GAC rankings. SWOSU finished ahead of the Lady Rangers, only having a better record than them by one win. The Lady Rangers finished on top of Southern Arkansas University, who had a conference record of 9-13.

The women's team finished in fifth when it comes to an average points per game in the GAC. They averaged 66 points per game and scored a total of 1849 points as a team. When it comes to defense, the Lady Rangers finished seventh in the conference, allowing a total of 1739 points scored against them, averaging out to 62.1 points against them throughout the season.

Payton Jones was the highest

scorer for the team, having a total of 107 field goals made, 23 three pointers, and 105 free throws. Which comes out to a total of 342 points this season. She averaged 12.7 points per game. Kira Bass had the highest field goal made percentage, scorings 113 and attempting 245, with a percentage of .461 field goals made. Bass also had the most blocks and steals for the Lady Rangers, having a total of 24 and .9 per game. Carly Craig played the most minutes in the team and the league. She had 1024 minutes played throughout the season with an average of 36.6 minutes per game.

The Lady Rangers will start the tournament on Friday, March 7 at 2:15 p.m. They will play against the number three Oklahoma Baptist University Lady Bison. The Lady Rangers were defeated twice by the Bison in the regular season, one away ending 83-70, and one at home ending 67-51. It will be a hard fight for the Lady Rangers, but momentum after a large win over Southeastern, they may be able to pull it off against the Bison.

Most of the men's season was spent battling SWOSU, Arkansas Tech and later in the season, Henderson State.

The four teams were fighting for fifth place in the GAC rankings. Henderson State and SWOSU finished with the same record of 12-10, NWOSU had a record of 11-11, and Arkansas Tech fell off towards the end and finished with a record of 9-13.

Northwestern had scored 2117



Photo by Victor Kinzie

Carly Craig gets ready to pass the ball against Southeastern Oklahoma State University on Saturday.

points in the season, averaging out to 75.6 points per game which puts them in fifth. The Rangers had one of the worst defenses in the conference ending up in eleventh out of twelve teams.

The Rangers allowed 2183 points scored against them, averaging out to 78 points against per game. Camron McDowell led the league in scoring shooting 237 field goals, 78 three pointers, and 157 free throws, equaling out to 709 points in total and an average of 27.3 points per game.

Although he led the conference in scoring, he was not the most accurate, only making 237 of the 458 he shot.

He was accurate with his free throws though. He made 157 of the 187 he shot.

Max Alexander was not far behind on free throw accuracy, making 175 of the 209 he shot. Kabeya Tshibangu was the best defensive player for the Rangers. He stole and blocked 25 shots an averaged 1 per game.

The Rangers will play on the

first day of the tournament. Thursday, March 6 at 2:15, the Rangers will face off against the Ouachita Baptist University Tigers.

The Rangers were not able to topple the Tigers this year in the regular season, losing once away 81-70 and one time at home 79-78.

After an intense and adrenaline rushing win over Southeastern, and with the last game against the Tigers so close, the Rangers do stand a chance against Ouachita Baptist.

## Do energy drinks boost energy or lead to burnout?

By **KAROLINA JURESIUTE**  
*Senior Reporter*

The pop of a can opening has taken on a new, more concerning sound in recent years: the fizz of energy drinks.

Many teenagers and young adults rely on energy more and more every day. A quick fix for late night study sessions, long nights of gaming, social gatherings and even used as pre-workout before practices has been concerning the health professionals.

The sugary, caffeine beverages

pose significant risks to developing bodies.

"A cup of coffee has between 80-100 mg of caffeine per eight ounces, and if we look at the energy drink having anywhere from 200-400 mg and plus the additives," said Keith Wear, assistant athletic director for student-athlete health services and nutrition professor at NWOSU. "We see it more and more on sidelines throughout athletic competitions, we see them through college campuses just people walking between class having energy drinks."

Caffeine is pretty well studied in terms of what it does, so it's going to increase our heart rate, increase our response for a short period of time.

Wear said it takes about six to eight hours to metabolize the caffeine in an adults' body, while younger bodies metabolize everything quicker.

Energy drinks have a big impact on sleep. The recommendation is anywhere from seven to nine hours especially for growing teenagers.

"Taking an energy drink in the evening can play a big role and

interrupt our circadian rhythms," Wear said.

The temporary energy boost comes with lots of potential health problems. The high sugar adds to tooth decay, weight gain and an increased risk of type 2 diabetes.

A couple of students on NWOSU campus shared their knowledge and experience of energy drinks.

A freshman from Turpin, majoring in political science, Brenda Lezama said she usually drinks a couple of energy drinks a week, sometimes she will have more

than one a day, one for fun and one before she goes to work out.

"I drink one to get more energy," Lezama said, "I think that's all fake, but in my mind it's like oh its an energy drink so like it has to make me feel better and it tastes good."

She said she used to drink two to three cans in high school daily, but then she had some heart problems this past year, so her energy drink consumption has drastically decreased. But it hasn't stopped her consuming them now.

Another student, a sophomore  
**See Energy Drinks, Page 10**

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**SPORTS**

Pages 11 & 12

# NEWS

## What's Up?

March 7-13

# 7

- O.I.L Meeting Education Center 109  
12 p.m. - 1:30 p.m.
- First Friday Art Walk 6 p.m. - 8 p.m. Graceful Arts Studio Downtown Alva

# 10

- SGA Meeting in the Senate room 6 p.m. - 7 p.m.
- W or F issued on dropped courses for week - 16

# 11

- Delta zeta Book Swap 6 p.m. - 7:30 p.m. JD 107

# 13



- Writer's Round Table meeting 5 p.m. - 6 p.m
- Jazz Ensemble Concert 6 p.m. - 9 p.m. Fellers Family Auditorium

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



NSA Art Show March 3 - April 1  
in J.W. Martin Library

## WINGO



Photos by Victor Kinzie

Students play BINGO last Wednesday in the Student Center Ballroom to win prizes including T-shirts, gift cards and other items. SGA hosted their yearly WINGO event last Wednesday and students were able to eat free chicken wings, play bingo and win a variety of prizes from NWSU athletic teams and local businesses.

## Primp for Prom



Provided by University Relations

Students from Oklahoma, Kansas and Texas received more than 350 dresses during the 11th annual Primp for Prom event sponsored by the Northwestern Department of Social Work and Woodward High School.

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# NEWS

## Acts of kindness lead to scholarship

By **EMMA GOTT**  
Student Reporter

This Ranger went above and beyond embodying what it means to be a ranger, earning the Deserving Ranger Award for their passion, dedication and impact.

Every spring since 2015, the Deserving Ranger Award is given to a student who consistently serves their community and showcases great leadership skills.

The award is sponsored by the SL/CE (Service Learning and Civic Engagement) committee and faculty are asked to nominate students they think are deserving of this award.

“At NWOSU we value service as it is a part of our mission,” said Kaylyn Hansen, director of assessment and institutional effectiveness and lead of the service-learning and civic engagement program. “We are committed to teaching students the importance of service and we like to recognize our students service efforts through this award.”

This year’s award recipient is Krystan Pierce, a senior social work major from Fargo. Pierce has completed more than 200 hours in volunteer opportunities including the Angel Tree Drive, Compassion in Action Dignity Drive, Primp for Prom, Campus Cabinet Food Drive and many other events.

She is also an active volunteer at her church and assisted in the creation of an educational video for the Northwestern Social Work Departments new infant and Childhood mental health minor and micro-credential program.

Pierce has also served with the Hope Center, Traditions Hospice, Western Plains Youth and Family Services along with various other events in Alva, Enid and Woodward communities.

“When doing community service, one often sees how grateful others are for the service,” Pierce said. “So, seeing someone be appreciative and thankful because I am able to help others makes community service easy.”

Pierce also said that winning this award is an honor.

“It’s not so much about the award itself but rather the people and communities I have been able to serve,” Pierce said. “The award encourages me to continue to participate in even more community service.”

She said she was nominated by Dr. Kylee Rehder, who is her professor and advisor for the social work program.

“Her ability to engage with local organizations, addresses real-world challenges and inspire peers to take action reflects her commitment to making a meaningful impact,” Rehder said.

Pierce has also served as the president of Northwestern’s Social Workers of Tomorrow (SWAT) chapter since the 2024 spring semester and serves on the Woodward Leadership Advisory Board.

Pierce said when she first found out she was nominated for this award it brought tears to her eyes.

“To be honored for doing something I love is incredibly humbling and inspiring to continue to make a difference where I can,” Pierce said.

### Spring Showcase



Photos by Ingrid Maldonado

Parents speak with chair of the mathematics and computer science department Dr. Tim Maharry at Spring Showcase in the Student Center Ballroom on Saturday.

**Tara Owen speaks to two perspective NWOSU students about being a Northwestern Scholarship Ambassador at the Spring Showcase on Saturday morning.**



## Relocating dumpsters, inconvenience for students

By **Megan Spray**  
Student Reporter

The trash service in Alva has been replaced by a new vendor causing the university dumpsters to change locations and size.

On December 2, 2024, the city’s new trash service went into effect.

The city’s previous trash service was changed to a privatized service which accounted for new bins, locations, and pickup days.

The new trash service has received a lot of hate from the Alva community. However, it also affects the students specifically students staying in the dorms.

All the dumpsters that were owned by Northwestern were then replaced by the new vendor.

The new trash service has required a change in scheduling and dumpster locations for Northwestern.

“When the city changed their trash service and privatized the



Photo by Alli Schieber

One of the new dumpsters in the back parking lot of Cunningham Hall.

service, all of the trash dumpsters that were owned by NWOSU were replaced by the new ven-

дор,” said Executive Vice President Dr. David Pecha.

With the new service, the

routes have changed to accommodate the accessibility of the larger trucks.

The original dumpster locations on campus have been altered to accommodate the larger trash truck and the larger sizing of the dumpsters.

The new trash truck has an overhead lift, which requires the dumpsters’ location to be adjusted so it’s easily accessible.

“They’re a little bit larger in size than what our old roll off dumpsters were...,” said Assistant Dean of Student Affairs, Matt Adair. “In order to be able to create the space needed to do that we’ve had to reposition some of the campus dumpsters.”

One of the biggest areas impacted was Cunningham Hall.

The Cunningham Hall dumpsters have been moved to the back of the South parking lot. The dumpsters used to be easily accessible next to the dorm.

Now, students have to walk the length of the parking lot to

dispose of their trash which is out of the way of what they were normally walk. However, there is more room to park closer to the building now.

“I think the dumpster moving farther is okay,” said Savannah Mingus, a junior Health and Sports Science major. “It’s more of a pain to take out my trash but it also opened up some more room for parking. And with the weather warming up, I don’t mind the walk as much but when it was cold and snowy out I wasn’t a big fan of the move.”

Adair said the biggest area of concern he is dealing with is the dumpster location change at Cunningham Hall.

He also said it’s a temporary measure and that they’re working with the maintenance department, the city and the trash collection company to find a better space. “...We are optimistic that we’re going to find optimal locations for all of the dumpster spots very, very soon,” Adair said.

## NORTHWESTERN NEWS

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# OPINION

## Oscars showcase more diversity

By **CHRISTIAN FRANKLIN**  
*Opinion Editor*

The 2025 Academy Awards stood out for its celebration of indie cinema and its focus on diversity and inclusivity.

This year, films that might have once been overlooked by the mainstream gained the spotlight, with "Anora" taking home multiple awards, including Best Picture and Best Director.

The night was marked by a fresh wave of talent, with Mikey Madison winning Best Actress for her role in "Anora," a performance that captivated audiences including critics.

What made this ceremony especially significant was the recognition of Karla Sofia Gascón, who made history as the first openly transgender performer to be nominated for an Oscar.

This marked a major milestone in the Academy's ongoing efforts to promote greater diversity within the industry.

Additionally, "No Other Land," a documentary co-directed by Israeli and Palestinian filmmakers, won Best Documentary Feature, sending a powerful message about unity and peace in the world through cinema.







The ceremony was also special for its unique tone and atmosphere.

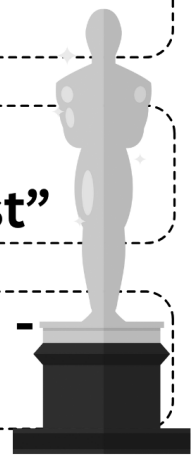
Hosted by Conan O'Brien, the event had a lighthearted, yet meaningful, approach, with very few political references, allowing the night to focus more on the films and their impact.

The range of films recognized, from the powerful performances in "The Brutalist" to the groundbreaking documentaries, showcased the Academy's commitment to supporting diverse voices and stories.

As the industry continues to evolve, the 2025 Oscars demon-

## And the Oscar goes to...

-  **Best Picture - "Anora"**
-  **Best Actor (Leading Role) - Adrien Brody, "The Brutalist"**
-  **Best Actress (Leading Role) - Mikey Madison, "Anora"**
-  **Best Actor (Supporting role) - Kieran Culkin, "A Real Pain"**
-  **Best Actress (Supporting Role) - Zoe Saldana, "Emilia Pérez"**
-  **Best Director - Sean Baker, "Anora"**



strated that films from all back-  
grounds—whether big-budget  
blockbusters or small indie proj-  
ects—have the power to resonate  
with audiences and leave a lasting  
impact.

The night wasn't just about  
awards; it was about celebrating  
change, representation and the  
power of storytelling in all its  
forms.

The celebration of indie cin-  
ema was not just about recog-  
nition, but also about breaking  
down barriers for emerging film-  
makers who often struggle to get  
their stories told.

The success of "Anora" and  
"No Other Land" demonst-  
rated the Academy's shift towards  
recognizing diverse perspectives  
that challenge traditional norms

in both narrative and documenta-  
ry filmmaking.

Moreover, the inclusion of  
more underrepresented voices  
in the nominees and winners list  
pointed to a promising future for  
the Oscars, where stories from  
around the world and from all  
walks of life can thrive. a pivotal  
moment in the evolution of Hol-  
lywood's awards landscape.

## Canada vs USA, Tariff war

By **CHRISTIAN FRANKLIN**  
*Opinion Editor*

The trade tensions between the  
United States and Canada have  
escalated into a full-scale tariff  
war, significantly impacting the  
North American economy. On  
February 1, 2025, President Don-  
ald Trump imposed 25% tariffs on  
all imports from Canada, with en-  
ergy imports facing a lower tariff  
of 10%.

This action was justified by the  
administration as a measure to ad-  
dress illegal immigration, combat  
the flow of fentanyl, and reduce  
the U.S. trade deficit.

In retaliation, Canadian Prime  
Minister Justin Trudeau an-  
nounced immediate 25% tariffs  
on \$30 billion worth of American  
goods, including consumer items  
like orange juice and wine.

Further tariffs are planned,  
affecting a broader range of  
products. The conflict has led to  
significant shifts in business op-  
erations. Swiss chocolate manufac-  
turer Lindt & Spruengli, aiming  
to circumvent Canadian tariffs,  
plans to relocate some of its U.S.  
production to Europe.

This move seeks to mitigate  
the impact of the tariffs and main-  
tain competitiveness in the Can-  
adian market. The trade dispute

has also strained diplomatic re-  
lations, with both nations accus-  
ing each other of violating trade  
agreements. Economists warn of  
potential disruptions to supply  
chains and increased consumer  
prices across North America if the  
conflict persists.

The situation remains fluid,  
with both countries evaluating  
further measures in response to  
the evolving trade landscape. As  
the tariff war continues to unfold,  
other countries and businesses  
are closely monitoring the situa-  
tion, with some considering how  
they might benefit from the trade  
tensions between the U.S. and  
Canada.

Nations with strong trade ties  
to both countries, such as Mexi-  
co and China, may look to fill the  
gaps left by shifting supply chains  
or seek opportunities to increase  
their exports to North America.  
Moreover, the escalating tariffs  
could prompt U.S. and Canadi-  
an businesses to seek alternative  
markets, diversifying their trade  
partnerships to reduce reliance on  
one another.

However, the longer the dis-  
pute persists, the greater the risk  
of long-term economic damage to  
both economies, with the poten-  
tial for lower growth, job losses,  
and increased costs for consum-  
ers on both sides of the border.

# OPINION

## Merchants face storms of boycott

By **CHRISTIAN FRANKLIN**  
*Opinion Editor*

In recent weeks, major retailers like Walmart and Target have been facing mounting calls for boycotts due to changes in their diversity, equity and inclusion (DEI) initiatives.

These companies have scaled back their support for LGBTQ+ rights and other progressive causes, prompting backlash from both consumers and advocacy groups.

Walmart's decision to cut back on DEI programs, including removing LGBTQ+ merchandise from children's sections has sparked outrage, especially among LGBTQ+ advocates who view it as a step backward.

Target has also faced similar criticism, with many protesting its decision to reduce participation in DEI-related initiatives. The controversy escalated when The People's Union USA launched a 24-hour "economic blackout" on February 28, urging customers to abstain from shopping at ma-

| Web and App Traffic on Feb. 28 compared to previous Friday |           |            |
|--|-----------|------------|
| Store  | Web       | App        |
| Target   | Down 1%   | Down 10.9% |
| Walmart  | Down 6.5% | Down 2.5%  |
| Amazon   | Down 4.6% | Down 1.7%  |
| Costco   | Up 8.3%   | Down 6.9%  |

Information from USA Today via Similarweb

major retailers. Protesters argue that these companies are prioritizing political pressure over their responsibilities to foster inclusivity.

They believe that such corporate decisions reflect a broader

shift in corporate values that may undermine progress made toward equality and civil rights.

In response, the boycotts have garnered national attention, highlighting a growing trend of val-

ue-driven consumerism in which people are more willing to align their purchasing habits with their personal beliefs.

Despite the economic impact of these boycotts being uncertain,

they reflect a rising movement of consumers who are increasingly holding companies accountable for their stances on social issues.

Some analysts believe that these protests, though brief, serve as a reminder of the growing power of consumer influence, especially in an era of heightened political and social awareness.

The movement is particularly notable as it brings attention to the tensions between corporations and the public when it comes to social responsibility and political involvement. Retailers, who have historically remained neutral on sensitive issues, are now finding themselves caught between diverse consumer expectations and the pressure from political forces.

While some may view these boycotts as temporary, others argue they are part of a larger cultural shift where consumers are demanding more ethical practices from the businesses they support.

With the rise of social media, these boycotts can gain traction quickly, turning a localized protest into a national conversation.

### Ways to get out of mid-semester slump

By **CHRISTIAN FRANKLIN**  
*Opinion Editor*

As students reach the middle of the semester, many find themselves battling the dreaded mid-semester slump.

This is the time when motivation starts to wane, deadlines seem endless and burnout looms large. To stay on track, experts recommend breaking tasks into smaller, more manageable goals. By focusing on one assignment or project at a time, students can avoid feeling overwhelmed.

Additionally, establishing a routine that includes short breaks and plenty of rest can help prevent mental fatigue.

Incorporating activities that refresh the mind, like going for a walk or engaging in a hobby, can also provide much-needed energy and clarity.

Staying connected with peers and professors can provide the necessary support during this challenging period.

Study groups can be particularly effective, as they offer both accountability and the opportunity for collaborative learning. Another key to overcoming the mid-semester slump is maintaining a positive mindset.

Celebrating small victories, such as finishing a difficult assignment or sticking to a study

schedule, can boost morale and create momentum for the weeks ahead. By practicing self-compassion and adjusting expectations, students can push through the slump and finish the semester strong.

In addition to breaking tasks into manageable pieces, it's important to prioritize self-care during this time.

Regular exercise, healthy eating and staying hydrated can have a significant impact on both physical and mental well-being, boosting energy levels. Scheduling time for rest and relaxation, such as watching a favorite show or reading a book, can help recharge your batteries and reduce stress.

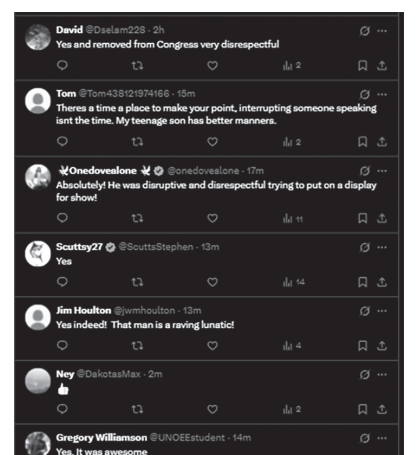
Setting realistic goals for the rest of the semester, including deadlines for assignments and exams, allows students to focus on what's most important without becoming too distracted by minor tasks.

Students can also seek inspiration from others by revisiting motivational speeches, books or podcasts that help reignite their passion for their studies.

Ultimately, acknowledging that mid-semester slumps are a normal part of the academic experience can ease feelings of guilt and frustration, allowing students to approach the rest of the semester with renewed focus and determination.

### Responses on X

## Trump addresses Congress



# The annual NWOSU art show is here



Photo by Victor Kinzie

- Above: Owen Girls, non-student entry.
- 1. Puppies, non-student entry.
- 2. Willows bread, non-student entry.
- 3. Rosas Vargas, a NWOSU student from Lahoma hangs up art pieces.
- 4. A student looks at all the art at the NWOSU art show.



Photo by Ingrid Maldonado

Oz, The Great and Powerful, artwork by a student hangs in the school library where students can walk in and see the artwork right away in the annual art show. It runs through March.



Photo by Ingrid Maldonado

Thomas Cornell and NWOSU student, Jade Campbell, look at the Cactus artwork of a student entry.



Photo by Ingrid Maldonado



Photo by Victor Kinzie



Photo by Victor Kinzie



Photo by Victor Kinzie



Photo by Ingrid Maldonado

Lady in Red artwork entry by a non-student.

# FEATURE

## From campus friends to forever together

By **INGRID MALDONADO**  
Student Reporter

The sparkle stopped people in their tracks, but the story behind it stayed with them.

Once people saw the beautiful shiny diamond ring, it was hard to overlook.

Her eyes shined as she spoke about how she came to wear it.

The ring may have been the starting topic, but overall it became a bigger story of love, patience and a future they are building together.

Edna Garcia is from Beaver and is a junior studying psychology at NWOSU.

She is quite active on campus with Northwestern Scholar Ambassadors and being in leadership at the NWOSU's Baptist Colle-

giate Ministry.

Many see Garcia as bright and cheerful and now she wears something bright on her ring finger.

Garcia met Daniel Riojas her freshman year at NWOSU. She had a class with him her freshman year, had mutual friends and the BCM helped their relationship grow further.

They officially started dating her sophomore year and a year later he proposed.

November 2, 2024, Riojas and Garcia became fiancés. They were in Oklahoma City for the Oklahoma BCM volleyball tournament.

Riojas has a cousin who is a photographer, and she captured the entire thing while it was raining.

"He was like 'aw you look

so cute, let me take a picture of you,'" Garcia said, "and so I'm facing that way and then he turns around and is on one knee."

They were in a park somewhere near downtown Oklahoma City, explained Garcia.

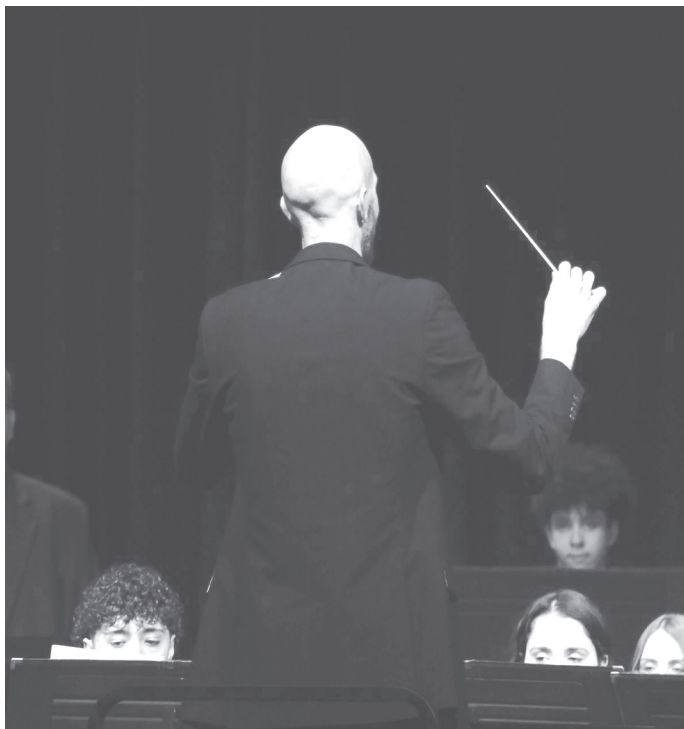
She said she felt like it was coming so she made sure to look nice. From meeting him her freshman year, becoming official her sophomore year, then being proposed to her junior year, they are now preparing for their future together.

"So, I would just say get to know them really, really well, not necessarily become friends first, but definitely fall in love with their personality and who they are before the looks and everything because that's, you know, that's going to go away," Garcia explained.



Edna Garcia poses with her ring after getting engaged to Daniel Riojas. *Photo provided*

### BAND CONCERT



Director Xan Perkins directs his first concert at NWOSU. *Photo by Victor Kenzie*

## Does the influence of death scare you?

Do you fear death? I know, ominous way to start a column. But just hear me out, yeah? Whenever you're watching a show or movie about an evil wizard, what is the most stereotypical motive they can have? Some of you may

**WORDS  
WITH MR.  
KAUMANS**



**KEVIN  
KAUMANS**

read this and say "That's obvious: Power." Others might say "It's love, right?" About one-third of every fantasy book I heard of has a villain that becomes evil due to a broken heart." And the person reading this who has never seen media from the fantasy genre will say "I dunno...the wizard wanted to bring his dead dog back?"

While all of these are valid

answers, the one I am gonna be focusing on today is this: The wizard wants to become immortal because he fears death.

Is a common fact that death is one of the most widespread phobias of all time. Which makes sense, I suppose. No one wants to die (at least I hope no one reading this does, as I don't have the therapeutic skills nor the maturity necessary to deal with something like that). It is because of this that the topic of death and mortality has become just an often-used topic in the media.

For the protagonists, whenever the topic of death is brought up, it is usually either when someone close to the protagonist dies or when they themselves are on the verge of death, only to be saved at the last minute.

These moments are often meant for the protagonists to either reflect on themselves or to motivate them to get closer to their goal.

For the readers, though, it can be used as a learning lesson: No one is untouchable. No one is immune to death, whether it is our world or a fictional one.

Why is this? I mean, shouldn't this statement be obvious?

Last time I checked, there's no record of anyone achieving immortality.

Maybe it's because, with our these distractions that plague our world, with our obsession with what's new and our insistence on worshipping those we see as intelligent or more morally righteous than the average person, we forget that, no matter what we purchase or accomplish, you, me and your idol is only mortal.

None of us are immune to death, none of us are more goldy than anyone else. When we acknowledge this, I believe we can all learn to be more respectful to one-another. This is Kevin Kaumans, your beloved columnist, signing off.

## Janie Rempel's peaceful ritual on NWOSU Campus

By **KAROLINA JURESIUTE**  
Senior Reporter

As the late afternoon sun casts long shadows across Northwestern Oklahoma State University's campus, Janie Rempel begins her daily ritual: a walk around campus.

She makes a circle around campus once, and then once again. It takes two circles around campus to walk almost two miles.

Rempel, a sophomore education major from Forgan, can finally go on the walks outside with the weather being much warmer than last week.

The nicer weather has been the inspiration for her to go walking outside.

Janie's favorite time to go on a walk is right before sunset so that it is not too hot or too cold and she gets to watch the sunset, Rempel said.

"I like to go walking after I'm done with classes, so that I don't have to worry about going to an-



Ryerson hall in full bloom during the autumn season. *Photo by Alli Schieber*

other class," Rempel said. "I use it as a time to clear my head and just not think about homework or the things I have to do but just focus on the nature and things around me."

Rempel likes walking on the north side of campus in front of Ryerson and Herod by the green space because she thinks all the buildings are so pretty.

"My favorite thing to see is all the squirrels just running around,

climbing up the trees and stuff," she said. "Listen to birds chirping."

Rempel also remembers about going on walks every night, when it is nice out, with her mother back home.

Before she gets on her journey around campus, she sends her mother a walking emoji to let her know she's thinking of her and wishes she could be walking by her side.

### TALK ABOUT IT THURSDAY

Being a champion is not about winning, but rather it is a walk of life. You have to be a champion in everything you do, from going to class, studying, what you put into your body, how you speak to others, and how you hold yourself

accountable in private. Do you prioritize homework before social media? Do you pass up water for soda? How are you carrying your self confidence? Who you are to yourself matters. Choose to act like a champion every day!

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# ENTERTAINMENT

## Friendship with mac and cheese: comfort, always there when needed most

What does friendship and mac and cheese have in common? They both refresh the soul.

Just like how we all have our own comfort foods like biscuits and gravy, mashed potatoes, we have friends that are like comfort food for us.

Friends and best friends are important in our lives, they brighten our days and they make life easier.

Many people consider many people to be their friends. There are friends you see once in a while, perhaps you wave at them when you walk by them and you ask how they're doing. Then there are your close friends and then your best friend.

Close friends are those you can be yourself around. They are the ones you ask to hang out with, the ones you make spontaneous plans with, the ones you can relate to. Close friends are like the little sweet treat you need after you have dinner, while best friends are like mashed potatoes, a staple, always reliable, and one of the main parts of the meal.

Neither close friends nor best friends are more important than the other; both are essential for different reasons.

Best friends are a blessing and I hope everyone has a person they instantly think of when they think of their best friend. They are the ones who have been with you

through thick and thin. When I think of my best friend, I am instantly and insanely grateful for her.

I met my best friend in the year of 2007 and I thank God he put us in the same kindergarten class. Although we are remarkably close now, it was not always that way. We simply drifted through high school, but we always knew if one of us needed one another, we would be there for each other.

Now, we text each other every day, whether we talk about her eating chicken in her car, or a difficult situation we are going through, we chat daily. She saw me at my worst and was always there for me and even once drove from Tulsa straight to Alva when I needed her the most.

If there were to be a verse that reminds me of our friendship it would be Corinthians 13:4-7.

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

That is how our friendship is, we are kind and patient with each other. We are not jealous of each other, nor do we keep a record of what each other has done wrong. We trust each other and challenge each other to be the best that we can be.

Our friendship has not always been this way and I believe Christ is what truly changed who we are and how we treat our friendship. I hope everyone has a best friend like this and experiences a friendship like this.

## What is fashion future in 2025?

By SARAH BRASHEARS  
Features Editor

As the world steps into 2025, the fashion industry is undergoing a dynamic transformation, blending nostalgia with innovation, sustainability with high-tech advancements, and comfort with bold self-expression.

This year's trends reflect the growing desire for individuality, ethical fashion, and futuristic design. Whether you prefer classic elegance, streetwear, or cutting-edge digital fashion, 2025 offers a wide range of styles for everyone.

Fashion has always drawn inspiration from the past, and 2025 is no different. This year, styles from the '70s, '80s, and '90s are making a strong comeback. Flared jeans, disco-inspired metallics, oversized blazers, and vintage floral prints are taking center stage.

The '90s minimalism trend is also returning, with slip dresses, muted tones, and sleek silhouettes dominating wardrobes. Brands

are putting a modern spin on these classic looks by incorporating sustainable fabrics and innovative tailoring techniques, proving that what's old can always be made new again.

Neutrals have dominated fashion for years, but 2025 is bringing a fresh burst of color. Vibrant shades of red, electric blue, neon green, and sunshine yellow are taking over, offering a bold contrast to muted wardrobes.

Whether through monochrome outfits, statement coats, or color-blocking combinations, these eye-catching hues are injecting energy and confidence into everyday dressing.

Pastels remain a staple, but this year, they're being mixed with bolder tones to create striking contrasts.

Athleisure remains a dominant force in 2025, but with a more refined touch. Gone are the days of purely casual workout wear—this year, activewear is merging with high fashion to create polished yet comfortable looks.

Tailored joggers, sleek sneakers, cropped hoodies, and struc-

ured sports jackets are being styled with elevated pieces like tailored trousers or sophisticated handbags.

This trend highlights the continued demand for comfort without compromising on elegance, making sporty-chic a go-to style for many.

Sneakers continue to dominate the footwear market, but 2025 is seeing a rise in futuristic designs. Chunky soles, sculptural heels, and 3D-printed footwear are making statements on the streets. Comfort remains a priority, with brands developing ergonomic designs and smart materials that adapt to the wearer's movement.

As 2025 unfolds, the fashion industry is striking a balance between nostalgia and innovation, sustainability and technology, comfort and boldness.

The rise of AI, digital clothing, and eco-friendly materials is transforming the way fashion is created and consumed. Meanwhile, classic trends are being reinterpreted for the modern world, ensuring that style remains both timeless and fresh.

### Chats with Ingrid



INGRID MALDONADO

### How to...

## Enjoy springtime from your dorm

By SARAH BRASHEARS  
Features Editor

I have been waiting on the gorgeous weather of spring to arrive for months. The feeling of the warm sun on my skin, longer days to enjoy outside, and a fresh start of every cool, breezy morning. While spring is mostly enjoyed in your home and familiar back yard, dorm life during spring can be just as unique as an experience! It is a time of transition through exams, spring break, and beautiful outdoor weather activities. Let's take a look at how one can embrace the spring season fresh from your home away from home.

### Refresh your dorm space

Spring is the perfect time to refresh your living space and create an environment that boosts your mood! Now is the perfect time for freshening up your living space. Here are a few ideas:

Swap out your warm, cozy, heavy blankets for light, colorful ones!

Go get fresh flowers or plants that are running spring time sales! Succulents are my favorite, mainly because they are easy to care for.

Organize your desk or shelves to create a clean, clutter-free environment! Add some new photos or your new plants to make it feel new and fresh.

Hang up new posters or artwork that represent the energy of spring! Bring the exciting feeling of outside, inside.

### Maximize outdoor time

With warmer weather, it is important to take advantage of

outdoor spaces to recharge and socialize! Here are some of my favorite spring time activities:

Go to the park or open grassy area on campus to study, relax, or hang out with friends.

Plan a picnic with your suite-mates. Grab your favorite snacks, drinks, and a blanket and go outside to enjoy the cool breeze.

Join the intramural sports, take a group of friends on a walk or to play pickleball, or play various other outdoor games like frisbee or volleyball!

Host an outdoor movie night with a projector on the lawn!

### Get ready for spring cleaning

Spring cleaning isn't just for your house – it can give your dorm room a fresh, organized vibe. Let's look at a few ideas to spring clean your dorm to come back to after spring break!

Clean out and clean up around your desk, closet, and under-bed storage.

Donate the items you no longer need or wear, from old clothes to unused school supplies!

Deep clean your entire space! Wipe down all surfaces (even the ones you don't often see, such as the top of the closet), vacuum, do all your laundry, and change your bed sheets.

Set up a cleaning schedule to keep your space tidy throughout the second half of the semester!

### Spring activities from the dorms

Dorm communities are important in the last semester of the year! Be the one to help host events and activities during the spring to keep things lively.

Host or join spring themed movie nights or game nights in

the dorm lounge.

Have a DIY night – decorate flower pots, make bracelets, or create spring themed decorations with your roommates.

Plan a spring-themed potluck with your roommates and try new recipes together!

### Take advantage of spring break

Spring break is a chance to recharge, whether you're staying on campus or travelling! If you are staying on campus, plan a staycation with friends – organize group activities or day trips to explore your city. Use the break to relax, catch up or get ahead on assignments, or enjoy a hobby you haven't had time for during the semester. Consider volunteering or getting involved in local events during break, making the most of time off!

### Celebrate spring with friends and roommates

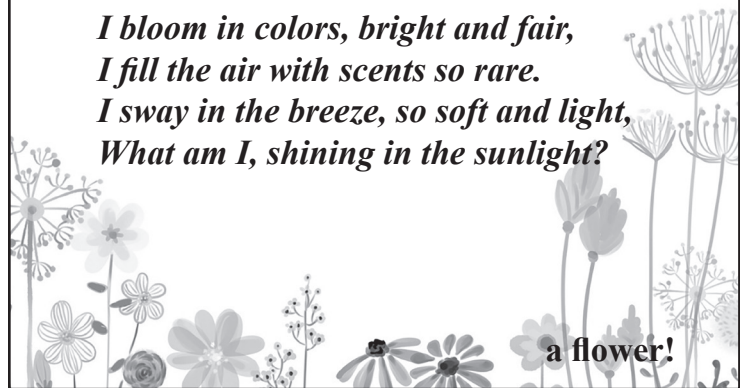
Spring is a popular time for socializing, and the dorm can be a great place to form lasting memories with your peers! Host a springtime dorm party with a light, festive theme (think floral, pastel colors, and fresh lemonade).

Take a group of photos together to capture the memories this time of year. Try cooking a seasonal recipe together, like a fruit salad, spring rolls, or a light pasta dish.

Springtime is a time of renewal and fun, and living in a dorm doesn't have to be confined to four walls. Take a part in the activities around you! If there aren't any, plan some. Take time to refresh your living space and yourself, and make lasting memories within your community!

### Riddle of the day...

*I bloom in colors, bright and fair,  
I fill the air with scents so rare.  
I sway in the breeze, so soft and light,  
What am I, shining in the sunlight?*



a flower!

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# News

## Energy Drinks

# Students share opinions on energy drinks

Continued from Page 1

from Buffalo, majoring in nursing, Ciarah Cenicerros said that she only drinks them one to two times a week.

“Usually, I drink one at like seven in the morning before I go to work or class if I’m really dragging,” Cenicerros said.

She said she likes to think that energy drinks wake her up but also doesn’t think it’s true.

Cenicerros also shared that she used to consume way more energy drinks when she was in high school.

“I think they are okay in moderation, but I think most high schoolers drink them to be cool so they’re not moderating them,” Cenicerros said.

Energy drink companies are using more vibrant packaging and targeting young audiences.

Celebrity endorsements and other sport related advertisements show that the energy drinks is what you need to succeed and that’s how they get the younger adults attention.

One of the students said she only drinks the energy drinks if she goes on long trips where she needs to drive. It could be early morning or late at night.

A senior from Vici, majoring in Psychology, Harlie Atland said she doesn’t like them and her mom growing up told her to not drink them or her heart will blow up. Ever since then she has been very careful with her energy drink intake.

She also said that the drinks don’t affect her, she will drink one and then 30 minutes to an hour later she will be even more tired.

Atland said she tries to avoid them as much as she can because her family has a history of heart problems and doesn’t want to risk anything.

“I don’t think its very healthy because my mom is also a nurse too and she says that’s how you mess up your heart,” Atland said.

Caffeine also plays a big role on anxiety and mental health. Wear said people are utilizing energy drinks because of certain things like if they’re anxious for a test and they are staying up late

studying.

Some people drink them for social gatherings, like hanging out with their friends.

“As parents educating your children on risks associated with that, educating them on other ways to maybe get not necessarily more energy, but be able to utilize that energy more effectively, getting up, going for a walk, doing some activity, eating breakfast has been one of the biggest things,” Wear said, “We see kids feel tired because they don’t eat anything in the morning, that’s when your body wants and needs that energy.”

Wear said we don’t need energy to sleep. Sleep will come and if you’re tired you will fall asleep. Just having energy drinks and not eating anything may make you feel energized for a little while, but it is not for a long term, and it is not steady, he said.

“I think caffeine is something that we’re gonna see continuing to be an issue with those sorts of things, but in long term we don’t know 100% what affects for extended use and extended use at levels that much higher than like coffee,” Wear said.

The alternative to energy drinks is making sure to take care of yourself.

Simply drinking enough water can significantly improve energy levels. Eating healthier and more fruits and vegetables can also



Cans of the energy drink Celsius for sale at the Ranger Market in the Student Center.

Photo by Ingrid Maldonado

boost those levels.

“The more active you are at the beginning of the day, so as

long as you getting good, restful sleeps, not staying up too late, the energy drinks are not necessari-

ly,” Wear said. “Activity really is what increases that and increases those thresholds.”

*Top 5 Energy Drinks*

- Red Bull
- Gatorade
- Monster
- Rockstar
- 5-hour Energy

Information from Statista

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# SPORTS

## Baseball gets first GAC wins

By **OAKLEE FIELDER**  
Sports Editor

Last weekend, the NWO-SU baseball had three conference games against ECU and a non-conference game against Rogers State University.

### ECU 10-NWOSU 11

The first game against ECU was on February 28 in Ada, Oklahoma.

In the top of the first inning, Barcello hit a double homerun to send him and Connor Green home and take an early lead. ECU did not respond in the bottom of the first.

NWOSU did not score in the top of the second, but ECU scored six runs and took the lead from the Rangers.

In the top of the third, Wright hit a double to left center and that send Sachen, Barcello, and Connor Green to go home and made it a one run game.

In the bottom of the fourth, the Tigers scored a run to extend their lead to two.

In the top of the fifth, Grace hit a single and made it to first on a fielder's choice and that allowed Gordon go home and make it a one run game. Connor Green hit a sacrifice fly to let Hamilton run home and tie the game.

In the sixth, Hamilton hit a single to right field to send Wright home.

In the seventh, Wright hit a double to right field and that sent Sachen and Connor Green home

and made the score 10-7.

In the eighth, ECU scored three runs to tie the game 10-10. A scoreless ninth inning would send the game to extra innings.

In the tenth, Bradford hit a sacrifice fly ball to centerfield to send Pittman home and win the Rangers' first conference game.

### ECU 4-NWOSU 6

The second game was later the same day.

It started with three runs for the Tigers in the bottom of the first.

The second and third innings were scoreless.

In the fourth, Gavin Mendoza hit a double to left field and sent Sachen home. Bradford hit a ground out to first base and allowed Wright to run home. Grace also hit a single to center field and let Hamilton and Mendoza to go home and take the lead 4-3.

The fifth, sixth, and seventh innings were scoreless.

In the eighth, Connor Green hit a single up the middle to let Bradford and Shaffer go home and extend their lead to three. ECU responded with a single run in the bottom of the inning.

Neither team scored in the ninth inning and the Rangers won the second game in a row against ECU.

### ECU 2-NWOSU 4

The third and final game in the series was on March 1

It started with a double to left field by Connor Green which sent Bradford home and they got the early lead. The Tigers responded



Photo by Megan Spray

Ranger No. 6, Paul Sachen, bats against East Central University. They played in on Feb 28-Mar 1.

with two runs in the bottom of the first.

The second, third, and fourth inning were scoreless.

In the fifth, Barcello hit a single to third base and allowed Grace to go home and tie the game.

The sixth inning was scoreless.

In the seventh, Barcello hit a double home run and took Saire with him and they made the game 4-2.

The Rangers swept the Tigers

in the three games they played them.

### RSU 7-NWOSU 5

The Rangers then went to Claremore to play against the Rogers State University Hillcats.

The Hillcats scored three runs in the first inning and they took the lead.

The second and third inning were scoreless.

In the fourth, Shaffer hit a triple homerun to tie the game. He,

Chad Green, and Barcello went home and it was 3-3.

In the fifth, Rogers State scored two runs to take the lead 5-3.

In the sixth, Chad Green hit a single homerun to make it a one run game. In the seventh, Bradford hit a single to center field and sent Vetel home to tie the game.

In the bottom of the seventh, Rogers State scored the game winning run and added onto it.

## Softball loses three to East Central last weekend

The Lady Rangers lost 6-10, 3-4 and 5-12, against East Central in a series over the weekend.

The first game was on Feb. 28. It started with a scoreless top of the first for the Tigers. In the bottom of the first, Jady Muns hit a double to center field and that send Macy Spearman home and she scored the first point of the game. Avery Clark then hit a double to right center field to send Muns home and extend the Lady Rangers' lead to two.

In the next inning, the Tigers responded and tied the game at

two. In the bottom of the second, Rosemary Rivera hit a single home run to take the lead again for the Lady Rangers 3-2.

In the third inning, the Tigers were not able to score. In the bottom, Rivera hit a single and sent Kaitlyn Corn home to extend the Lady Rangers' lead to two.

The fourth inning was scoreless for the Tigers again. In the bottom, Racheal Sherwood hit a double to left center sending Muns and Spearman home again to make the score 6-2.

Being down by four, the Tigers

fifth inning. NWOSU wasn't able to respond in the bottom of the fifth.

The next two innings were scoreless, and the game went into extra innings.

In the eighth inning, ECU left three runners on base getting close to winning the game quickly. NWOSU left nobody on base in the bottom of the eighth. In the ninth, ECU scored four runs to take a large lead over the Lady Rangers.

With lots of pressure and only one chance to get the win, NWO-

SU was up to bat. It started with Clark who hit a ball to shortstop and was thrown out. Kennedy Caine hit a ball to shortstop and was also thrown out. Rivera hit a single down the left field line to get their first hit in the final inning. Van Haren hit a ball to third base and was thrown out.

The next game was later that same day. It started with no runs for either team in the first as NWOSU left three on base. The second inning was also scoreless, ECU left two and NWOSU left one on base. The third inning also had no runs scored, as both teams left one runner on base.

In the bottom of the fourth, Makenalei Lopera hit a double down the right line and that sent Clark home to score first. Muns then hit a single to right field and allowed Spearman and Lopera to run home and extend the Lady Rangers' lead to three.

The fifth inning was scoreless.

In the sixth, the Tigers scored a run and cut the Lady Rangers' lead to two. NWOSU left nobody on base in the bottom of the sixth.

In the seventh, ECU scored two runs and tied the game. The

Lady Rangers did not score or leave anyone on base and the game went into extra innings just like the previous.

In the eighth, nobody scored any runs but the Lady Rangers left one on base. In the ninth, ECU scored a run to put pressure on the Lady Rangers. NWOSU was not able to respond in the bottom of the ninth and lost.

The third and final game of the series was on March 1. It started with two scoreless innings.

In the third, ECU hit two runs to start the scoring. In the bottom of the third, Clark hit a double down the left field line and sent Muns home. Corn then hit a single to right center and let Clark go home to tie the game.

In the fourth, ECU scored three runs to take the lead again. Lopera then hit a single and made it to first on an error by the short stop. Rivera and Van Haren went home throughout the chaos. Muns also hit a single to center field and sent Lopera home and the game was tied again.

In the top of the fifth, the Tigers had no mercy and scored seven runs. The Tigers won 12-5.

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# BASKETBALL

## Men win buzzer-beater at home

By **TRA'VON JOHNS**  
Student Reporter

Point guard Max Alexander hit the game-winning shot in overtime against Southeastern Oklahoma on Saturday, ending the game 101 to 99.

In overtime, the Savage Storm responded by making a three-point shot. Cameron McDowell blocked the shot, and Logan Phillips grabbed a defensive rebound, passed to McDowell, who got fouled. He made one of two free throws.

With 1:31 to go, the Rangers were down by one-point. Savage Storm hit what could be the game-winning shot and were up by four. After a timeout, Alexander made a 3-pointer, leaving the Rangers down by one point.

Savage Storm turned the ball out of bounds. McDowell passed the ball to Alexander, who hit the buzzer-beater, game-winning shot.

With the last regular season home game win against Southeastern Oklahoma State University, the Rangers made the Great American Conference playoffs in Fort Smith, Arkansas, against Ouachita Baptist University on Thursday at 2:15 p.m. The Rangers ended the season 14-14.

In the first half of Saturday's game, Alexander scored the first Ranger points on a fastbreak layup off his defensive rebound. In the first quarter, Rangers called a timeout. Cameron McDowell was



Max Alexander, No. 1, shoots the ball early on senior night Saturday in the final game of the season. Photo by Victor Kinzie

subbed in by Kenyon Holcombe in the first half, and he missed the first free throw but made a second free throw, putting Rangers down by one point.

DaRaun Clark got a steal. Then McDowell hit the good 3-pointer shot, assisted by Kenyon Holcombe.

At 14:45, Clark got another steal and passed the ball to McDowell for a fastbreak layup. The Rangers were playing good defense they were communicating with each other about who they had to guard.

Logan Phillips grabbed a defensive rebound and got a turnover by a Southeastern player who went

through a fastbreak and tried to make a layup but got a block by McDowell. Another rebound came from Phillips, who passed the ball to Alexander.

Rangers were able to keep up in the first half. Southeastern Oklahoma State was down by eight points. The savage storm came back in the first half down by eight points and led back, called a timeout they were up by four points. McDowell made a good dunk and made a shot of three-pointer corner.

In the second half, Norris subbed in by Phillips, and Savage Storm got the ball in the second

quarter and hit the three-point shot, led up by three at 19:41.

About halfway through the second half, the Rangers were down by 11 points but didn't give up and still kept fighting to get back into the game.

Southeastern Oklahoma State was up by five with 4:28 left, but the Rangers didn't quit and made a ball movement. Justin Norris hit the 3-pointer shot assist by Logan Phillips.

With 15 seconds left, McDowell passed to Dirin Birhiray, who made the three-pointer, sending the game into overtime.

## Rangers lose last road game

By **OAKLEE FIELDER**  
Sports Editor

The Ranger basketball team had one final away game against the No. 1 ranked Southern Nazarene University on Feb. 27 in Bethany.

It was going to be a hard fight for the Rangers against the Crimson Storm, as they lost to them earlier this year, 77-60. The second loss was 71-57.

The game started with a quick three-pointer for Camron McDowell to set the early tone of the game. It was responded by two layups from SNU.

The Rangers moved ahead by one point after 5 minutes of play but would never regain the lead again. At the half, SNU was ahead 33-24. In the second half, the two tied at 42 and again at 44. But SNU pulled ahead, finally leading by 17 points with 1 1/2 minutes to play.

### Highlights

- Red-shirt junior McDowell provided both the first and last scores of the game, both 3-pointers.
- Rangers made 17 points off turnovers while SNU had only 15.
- McDowell was the team high scorer with 24 points. Max Alexander turned in 16.

## Women topple SEOSU 76-68

By **OAKLEE FIELDER**  
Sports Editor

The women's basketball team had their final games last week. One away against SNU and one home against SEOSU. The Lady Rangers had already qualified for the GAC Championships before these games and were just playing for a better spot in the tournament.

The first game Feb. 27 was against the Crimson Storm at Southern Nazarene. SNU won that contest 45-40. Despite the loss, the Rangers had more fast break points, 13 to 2 for SNU, and more turnover points, 12-6.

Carly Craig, the only Lady Ranger to go into double digits, led the scoring with 18 points.

At home for the final game of the season on Saturday, the Lady Rangers beat Southeastern Oklahoma State University, 76-68.

Payton Jones scored the first points of the game with a layup to make it a two-point game. It was responded with a layup from the Savage Storm to tie it. A free throw and a three-pointer made it a four-point game for the Lady Rangers.

Southeastern then took the lead and increased it to four, but NWOSU fought back and made it two by the end of the first quarter. NWOSU tied it in the first seconds of the second quarter, then moved ahead and never relinquished the lead again.



Carly Craig, No. 1, works toward a shot against Southeastern Oklahoma on Saturday. The Lady Rangers won the contest, 76-68. Photo by Victor Kinzie

At one point in the fourth quarter, the Lady Rangers were 18 points ahead of the Savage Storm.

Southeastern came within one point of tying again in the second quarter but never was able to do so again.

### NWOSU vs. SEOSU Highlights

- Three Lady Rangers went into double digits in scoring: Jones and Camille Thomas both with 19 points, and Craig

with 10.

- Jaida Shipp and Thomas were the top rebounders with 7 each.
- The team shot 81% from the free-throw line.
- Craig, with 3, and Summya Adigun, with 2, both were 100% from the free-throw line.
- Rangers scored 40 points in the paint, 18 off turnovers and 14 as second-chance points.

## KUDOS

- For the 4th time, Camron McDowell was named GAC Player of the Week in men's basketball, this time as co-player.
- Runner Kareem Small was named GAC Track & Field Athlete of the Week for the second time on Feb. 26.

## GAC Tourney

No. 7 Rangers (11-11) vs. No. 2 Ouachita Baptist (16-6)  
Thursday, 2:15 p.m.  
Fort Smith, Arkansas

No. 6 Lady Rangers (11-11) vs. No. 3 Oklahoma Baptist (16-6)  
Friday, 2:15 p.m.  
Fort Smith, Arkansas