

# Basketball season comes to an end

By **OAKLEE FIELDER**  
*Sports Editor*

This weekend marked the end of the 2025 NWOSU Basketball season.

Both the men and women's teams made it to the GAC Play-offs.

The Rangers were seeded seventh and were set to play the No. 2 Ouachita Baptist Tigers.

The Rangers lost in the quarter finals and headed home.

The women's team was seeded No. 5 and faced off against the No. 3 seeded Oklahoma Baptist University.

They defeated the Bison 69-65 and won their first GAC playoff game in school history.

The Lady Rangers headed to the semi-finals to play against the No.2 seeded Harding Bison. They lost 57-70 to the eventual GAC champions and left Fort Smith, Arkansas with a win.

Northwestern earned nineteen awards at the GAC Basketball Banquet.

Cameron McDowell was selected to be part of the All-GAC first team, he led the GAC in scoring and was second in all of DII basketball with 736 points. McDowell was also second in steals with 53 this season.

Max Alexander was selected to be part of the All-GAC second team, he was the leader in free throws and fifth in the GAC for assists.

Alexander also had the second most minutes played in the GAC with 1057 minutes in 29 games.

Liam Canty and Jake LaSpisa were apart of the GAC Academic honor roll.

Carly Craig, Payton Jones and Kira Bass were honorable mentions in conference accolades.

Jones led the team in scoring with 12.7 points per game.

Bass was the best defensive player for the Lady Rangers, with 24 blocks and 34 steals throughout the 2025 season.

Craig, Bass, Payton Jones, Keely Hussey, Tegan Jones, Chelsea Lindsey, Lilly Mahy, Ella Porter, Mattie Rich, Jailyynn Schmalts, Jaida Shipp and Camille Thomas were all on the Academic honor roll.

Summya Adigun was one of six players in the GAC to be names as an elite scholar athlete.

The men's team finished off



Lady Rangers meet in a huddle during a game at GAC Tournament last weekend. The Lady Rangers made it to semi finals but lost against Harding.

with a 14-15 overall record and 11-11 in the GAC conference. The women's team was 15-15 overall and also had an 11-11 record.

McDowell and Alexander combined to have the six highest scoring games in the GAC.

McDowell had seven of the ten highest scoring performances.

The men had the sixth best offense in the conference, scoring

75.1 points per game on average.

Although their offense wasn't bad, the men had the second worst defense in the conference, with allowing an average of 78 points per game against.

The women had the fourth best offense in the conference, scoring an average of 65.8 points per game.

They did not have the greatest defensive, finishing in seventh

with an average of 62.5 points per game against.

Carly Craig had the most minutes in the GAC, having 1114 total minutes on the court played. She was also second in assists for the GAC and had the second most 3-points per game.

This year was a dip in performance for both teams.

Last year the men's team finished third with a record of 25-7

winning 14 more games than this year.

The women also finished third last year finishing with a 24-7 record, 13 more than this year.

Although this year did not go as well as the previous, with the momentum of making the GAC playoffs and winning big games at the end of the regular season, next year will hopefully be a jump in performance.

See more pictures from the GAC Tournament on page 6 and read more about the games on page 11

Record breaker



Carly Craig

Accomplishments this season:

- Broke NWOSU record for most 3-pointers with 248
- Second in assists for GAC
- All-GAC Honorable Mention third consecutive year
- GAC Academic Honor Roll
- Broke NWOSU all-time assist leader previously 382, Craig now has 487
- Joined the 1000 point club



# NEWS

## What's Up?

March 14-21

14

- O.I.L Meeting Education Center 109  
12 p.m. - 1:30 p.m.
- Last day to drop 2nd 8-week classes without a grade or charges

15

- W required on dropped 2nd 8-week classes
- O.I.L Hotdog sale @ Atwoods 10:00 AM - 2:00 PM
- Academic Scholarship deadline for continuing students

17

- City Council Meeting at 6:30 PM

20

- Late payment penalty in effect

21

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

- OML Community Leadership Development in the Ranger Room 9:00 AM- 4:00 PM

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



Photo by Sarah Brashears  
The just baked kiosk is outside the Ranger Market by the Ranger Room.

## Is just baked's hot food worth the cost?

By Hadley Weathers  
Student Reporter

A new food option has just opened up for NWOSU students, workers, and the general public.

Chartwell's food service recently put in the Just Baked kiosk that serves hot, fresh food in the student center.

The kiosk is available 24 hours a day and has a wide variety of options, such as sausage breakfast burritos, glazed donuts and hot pockets.

The kiosk accepts credit/debit cards, Google Pay, Samsung Pay and Apple pay.

The just baked kiosk gives NWOSU students more ready-to-go options for late nights studying in the student center.

The kiosk is a great idea, but some may say the prices are kind of high. Just baked doesn't accept flex bucks which can be frustrating for some who don't have enough money, and only have their flex.

Some students have expressed their thoughts on the kiosk. "The food is really good, but it's not something I would use everyday." Saul Espinoza, a social work major, said.

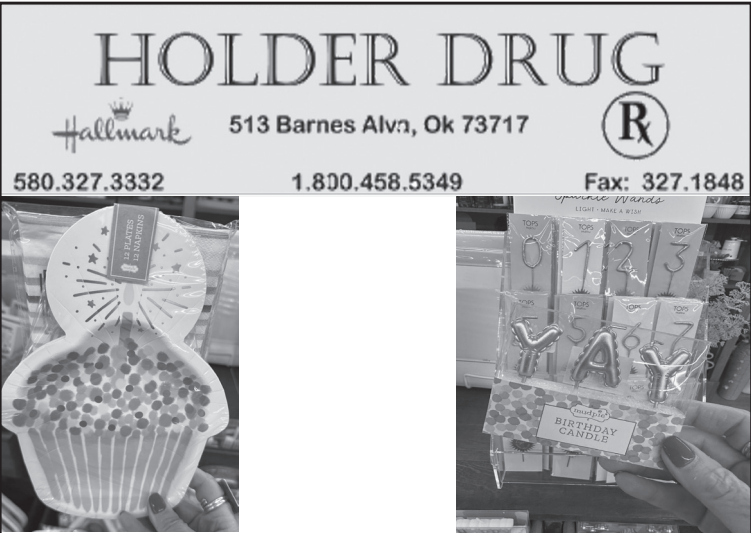
Jess Brown, a music vocal performance major, said "it's such a great resource to get relatively fresh hot food."

The just baked kiosk offers White Castle sliders, doughnuts, Hot Pockets, macaroni and cheese, breakfast burritos and cheddar cheese filled pretzels.

There is also an app that students can access to order ahead and have thier food ready for them when they arrive.

Overall the just baked kiosk is a way for students to get in a warm meal on days when it seems that they don't have access to the cafeteria.

On busy days this just gives students another way to make sure they get food in their systems. However, it doesn't seem like many students enjoy the kiosk and many don't use it at all.



Hip-Hip Horray its  
your birthday. We can  
make it special!!



# NEWS

## Windmill propeller snarls traffic



Photos by Alli Schieber  
Semi-truck gets directed to turn onto Oklahoma Boulevard stopping traffic workers surrounded the truck ensuring that nothing was hit.



March 10 a semi-truck carrying a windmill propeller on it's back drove through Alva. Because of the way the truck entered Alva and turned there were workers out stopping traffic. One sign on College Boulevard was taken down to allow the semi to turn. While turning the propeller almost hit a nearby building. This building holds Northwest Nutrition. The semi cleared farely quickly, but definately rose some eye brows as it made its way through town. Nothing was damaged in the act of getting the truck to turn.



Worker slows down traffic on Oklahoma Boulevard.

## Nursing

On Feburary 28 Katie White , a senior nursing major off of the Woodward campus, coordinat-ed and preformed volunteer hours at Mooreland elementry school. She educated multiple classes on several different things which included energy drinks, CPR, and hands-on training. Katie White custom-ized each lesson to fit the age group of the students she was with. She did this by having coloring pages of what happens to a brain on energy drinks, hosting a jeoprady game about being a nurse and being in the medical field, and having a medical emergancy sheet for the kids to fill out.



Photos provided  
Katie White teaches Mooreland student how to do CPR in class.



Nursing major, Katie White, from Woodward talks with students in Mooreland about what it takes to be a part of the medical field.

## Interesting News



- Wedge-shaped ‘pie house’ sells for \$350,000 in Chicago
- 4-year-old boy from Wisconsin calls 911 on his mom for eating his ice cream
- Pennsylvania firefighters save a cat from a car engine
- Man was found with a live turtle in his pants by TSA in New Jersey
- Cat and owner are reunited after LA wildfires



Info by UPI and AP News

## Mr. Northwestern



Photo by Victor Kinzie  
Last year’s Mr. Northwestern winner crowning Nathan Hall as the winner of Mr. Northwestern, he also won Talent and Question.

Mr. Nothwester winner Nathan Hall gets crowned by last year’s winner Jameson Hale. Nathan Hall also recieved the judges bote for Talent and Question Winner. Mr. Northwestern People’s Choice winner was Lucas Wood.Last year SGA brought back the Mr.Northwestern competition. Since the bringing back of the competition and including the Rangers Got Talent show with it SGA has got a possitive feedback of the event. Going on at the same time as Mr. Northwestern there was the Rangers Got Talent show.In this Alaina Pierce recieved first place. Ash Crites recieved second place and most entertaining. These events were held in the Feller family Auditorium on March 6.

## Staying in Alva over break, be adventurous head to these state parks to escape campus life

- 1.) Go to Alabaster Caverns State Park and hike with some friends.
- 2.) Go to the Salt Plains State Park and dig for crystals, this is a fun thing to do alone or with others.
- 3.) Head out to he Little Sahara State Park and watch people ride around, this is more fun to do if you have a ride yourself.
- 4.) Take a drive out to gloss Mountain State Park near Fairview, Oklahoma can really be beautiful if you search for it.
- 5.) If you like to drive you can head out to Watonga and go to Roman Nose State Park, this state park is beautiful and you can visit the springs to see a waterfall, or to dip your toes in the water.



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OPINION

Google: DOJ must rethink changes

By CHRISTIAN FRANKLIN  
Opinion Editor

In a significant development, Google has reportedly begun lob-  
bying the Trump administration's Department of Justice (DOJ) to  
reconsider its controversial plan to support a potential backup  
search engine alternative.

This comes amid increasing scrutiny over the tech giant's  
dominance in the digital search market and concerns over anti-  
trust violations.

Google's legal and policy teams have initiated discussions  
with DOJ officials, arguing that any action to back a competitor  
could severely impact innovation and the quality of search results  
for American users.

Sources close to the matter suggest that Google is making its  
case by emphasizing the economic and technological implications  
of forcing users to rely on a second-tier search engine.

The company has also argued that government intervention  
could undermine the effectiveness of search technologies that  
have been developed over the years.

Google's representatives have expressed concern that this move  
could set a dangerous precedent, potentially leading to more gov-  
ernment-backed alternatives in other tech sectors.



Photo from Pixabay

The DOJ, under the Trump ad-  
ministration, has faced increasing  
pressure to address concerns of  
monopolistic practices in Silicon  
Valley, with Google being one of  
the primary targets of antitrust in-  
vestigations.

While no official decision  
has been made, the ongoing dis-  
cussions could have significant  
consequences not only for Goo-  
gle but also for the future of tech  
industry regulation in the United

States.

Google has also pointed to the  
potential risks of fragmenting the  
search market, which could lead  
to a decline in user experience  
and reliability.

The company has highlighted  
how competition already exists  
within the search engine land-  
scape, with alternatives like Bing  
and DuckDuckGo, but contends  
that forcing government-backed  
support for another competitor

would distort natural market dy-  
namics.

As the DOJ deliberates, the  
outcome could reshape the land-  
scape of digital services and  
influence future regulatory ap-  
proaches to big tech. Google has  
also raised concerns about the  
potential for increased costs to  
consumers and businesses if a  
government-backed alternative  
were to be supported, fearing that  
it could result in lower-quality.

US products gone from Canadian shelves

By CHRISTIAN FRANKLIN  
Opinion Editor

Several major American prod-  
ucts have been removed from  
Canadian store shelves, sparking  
concern among consumers and  
retailers alike.

This development follows es-  
calating tensions between the two  
countries over trade policies and  
tariff disputes.

Brands ranging from house-  
hold names in food and beverages  
to cosmetics and electronics have  
suddenly disappeared from Cana-  
dian retailers, leaving shoppers  
frustrated and wondering if this is  
a temporary setback or the start of  
a broader trend.

While both governments have  
not officially commented on the  
situation, industry experts spec-  
ulate that Canadian suppliers are  
facing pressure from new import  
restrictions or higher tariffs on  
U.S. goods.

Some retailers have resorted  
to sourcing alternative products  
from domestic or other inter-  
national markets in an effort to  
avoid supply chain disruptions.

The move could significant-  
ly impact consumers who have  
long relied on American-made

products for quality and price,  
prompting some to worry about  
rising costs and limited options  
moving forward.

As Canada and the U.S. con-  
tinue to navigate their complex  
trade relationship, experts are  
keeping a close eye on how this  
situation unfolds.

With no clear resolution in  
sight, both Canadian consumers  
and American manufacturers are  
left in uncertainty, hoping that the  
dispute will be resolved before  
the absence of popular products  
becomes a permanent issue.

Some consumers have already  
begun to express their frustra-  
tion on social media, with many  
questioning the long-term effects  
on product availability and prices.

Retailers are scrambling to re-  
assure their customers that they  
are working to find alternative  
solutions, but some worry that  
these efforts may not be enough  
to prevent a significant disruption  
in supply.

In response, several advoca-  
cy groups have called on both  
governments to engage in urgent  
talks to resolve the trade tensions  
before further damage is done.

As the situation develops,  
it remains to be seen whether  
the trade dispute will have last-



Photo from Pixabay

ing consequences for the North  
American market or if a compro-

mise can be reached to restore the  
flow of goods.



# OPINION

## March Madness brace for brackets

By Aaron Medrano  
Student Reporter

This is the time of year where all the big Division 1 schools get ready for the biggest tournament in the month of March. Everyone is filling up their brackets and making sure that it remains perfect throughout tournament.

Right now, teams are still finishing up their conference tournaments. Once that's over, the NCAA committee will announce which teams will be seeded and March Madness will start with 64 teams.

They'll have the first four rounds, and the winner of the two teams playing each round will be in round one of the tournament.

32 teams remain as round two begins, but there's a twist. We will get updates through social media on how many perfect brackets are left due to upsets and Cinderella stories.



Photo from Pixabay

That's what is so great about this tournament Cinderella stories, where the underdog school can make it far in the tournament.

Next will be the Sweet 16 rounds, where sixteen teams are left trying to advance to the next round.

We have the Elite 8, where teams fight for the final four spot. This year San Antonio will be hosting the Final Four tournament, where four teams fight to

get into the championship game. The last round holds the championship game, where the final 2 teams fight for a chance to be a national champion and represent their respective school.

Make sure you fill up your brackets and have fun during the March Madness Tournament. Make the tournament interesting with your friends. Create bets, such as if you win, your friend must buy you food for you after the tournament is over. But, if you lose your friend will choose a funny dare for you to do.

While the conference tournament is going on, my favorite team is in the Big 12 conference: the Baylor Bears. I'm hoping they make it to the big dance and the Sweet Sixteen, or at least the Elite Eight. I'm rooting for them to make it to the NCAA tournament

this year.

This is the time to enjoy some college hoops and get your tournament brackets ready. Hopefully, you have a perfect bracket this year. However, there's a slight chance that will never happen. Choose wisely, because this year teams are hungry for that national title. Speculations even make it look like UConn make win a three-peat. Can you imagine three

straight national titles? It would be the biggest talk ever if UConn gets it done!

This is the time to get ready for some college games. Every day is going to be full of college hoops. It'll get to the point where the game will be scheduled, and everybody will be mad if their brackets get broken.

So, like I said choose your teams wisely.

## New AI technology could transform internet

By CHRISTIAN FRANKLIN  
Opinion Editor

In a groundbreaking announcement, Google has introduced its latest AI technology, Google AI+, promising to transform the way people interact with digital services and the internet.

The new platform leverages deep learning and natural language processing to create more personalized, intuitive user experiences.

At a press event in Mountain View, California, Sundar Pichai, CEO of Google's parent company Alphabet, emphasized that this AI system would change how users engage with technology, offering tailored services across Google's vast ecosystem.

AI+ has the ability to learn from user behavior, anticipate needs, and provide smarter recommendations, all while offering more effective and adaptive responses than traditional AI tools.

The platform will be integrated into Google's existing devices, including smartphones, smart speakers and home automation systems, making it a seamless part of users' daily lives.

Google AI+ aims to bridge the gap between human and machine interaction, making advanced AI more accessible and impactful.

This technology's capabilities are designed to not only enhance everyday tasks but also to drive innovation across industries,

from healthcare to entertainment.

By using its expansive data infrastructure, Google is positioning AI+ to lead in predictive analysis and intelligent automation, empowering businesses to offer personalized services to consumers.

As the tech giant integrates AI into more of its products, it could reshape everything from search results to advertising strategies, making AI a key driver in the digital transformation of the modern world.

With AI+ leading the charge, Google is setting the stage for a future where artificial intelligence becomes an essential part of everyday life.

The potential for AI+ to revolutionize industries is vast, with Google envisioning its platform as a core tool for businesses looking to enhance efficiency and customer engagement.

Healthcare providers could use AI+ to analyze patient data more effectively, offering personalized treatment recommendations and improving patient care.

In the realm of entertainment, streaming platforms could deliver even more tailored content suggestions, revolutionizing the user experience and keeping viewers

engaged longer.

Google also highlighted how AI+ could help drive advancements in education, with AI-driven tutoring and personalized learning pathways for students.

Moreover, AI+ is designed to adapt to various languages and cultural nuances, making it more accessible to users globally.

The system can seamlessly integrate with Google's suite of productivity tools, such as Gmail, Google Drive and Google Calendar, making daily tasks more efficient by automating routine actions and suggesting smarter workflows.

However, as Google expands the reach of AI+, there are growing concerns about data privacy and the ethical implications of such advanced technologies.

Google has assured users that it is committed to maintaining high standards of transparency and security, incorporating user consent as a central element in the platform's functionality.

As AI+ continues to evolve, it could further strengthen Google's dominance in the tech world, positioning the company as a leader not just in search engines but in shaping the future of AI-driven technology.



Photo provided by Pixabay



# Basketball finishes season at GAC Tournament

Right: Kira Bass No. 21, jumps for the tip off at the beginning of the game against Oklahoma Baptist University in the quarter finals of the GAC Tournament on Friday. Below left: Payton Jones dribbles the ball down the court against OBU in the GAC Tournament on Friday. Below right: Max Alexander dribbles the ball down the court on Thursday against Ouachita Baptist University in the GAC Tournament quarter finals.



## COLLEGE BASKETBALL Fun Facts

1. The first time the term “March Madness” was used was for a high school game in 1939 and was not associated with the NCAA Tournament until 1982
2. The lowest seed to win NCAA Men’s Tournament was No. 8
3. Corporations lose roughly \$1.9 billion per hour due to productivity while games are on during March Madness, according to WalletHub
4. While Canada is known for hockey, basketball was invented in Canada and hockey was not.



Information from NCAA.com and omnimilitaryloans.com

## Five years ago: How COVID changed basketball

By ALLI SCHIEBER  
Editor-in-Chief

March 11, 2020 a day that changed basketball forever.

On that day five years ago the NBA shutdown in OKC. The OKC Thunder were supposed to play a game against the Utah Jazz that night.

Players, coaches, fans and referees were all there ready to begin and everyone was waiting as they saw guys in suits talking to referees.

Finally, the Announcer told fans to go home as the game was postponed. Later it was confirmed that Rudy Gobert, a then player for the Utah Jazz, tested positive for COVID-19.

A lot of NBA fans blamed Gobert for the outbreak of COVID in the NBA at the time.

The main reason for fans blaming him was because a few days before he was in an interview that appeared to be somewhat socially distanced, Gobert touched all the mics to show that he wasn't worried about being around the media. However, after he tested positive many fans saw it as reckless behavior.

People looking back now see this as the beginning of society shutting down. Shortly after that game was postponed the NBA shut down for a total of 141 days before picking back up at Disney World in “the bubble.”

The bubble hosted 22 of the 32 NBA teams as well as journalists and referees.

The bubble was odd for everyone and had several challenges as did COVID as a whole.

One unique thing about the bubble was that the players were being isolated from friends and family.

People who were inside of the

bubble were also getting tested all the time.

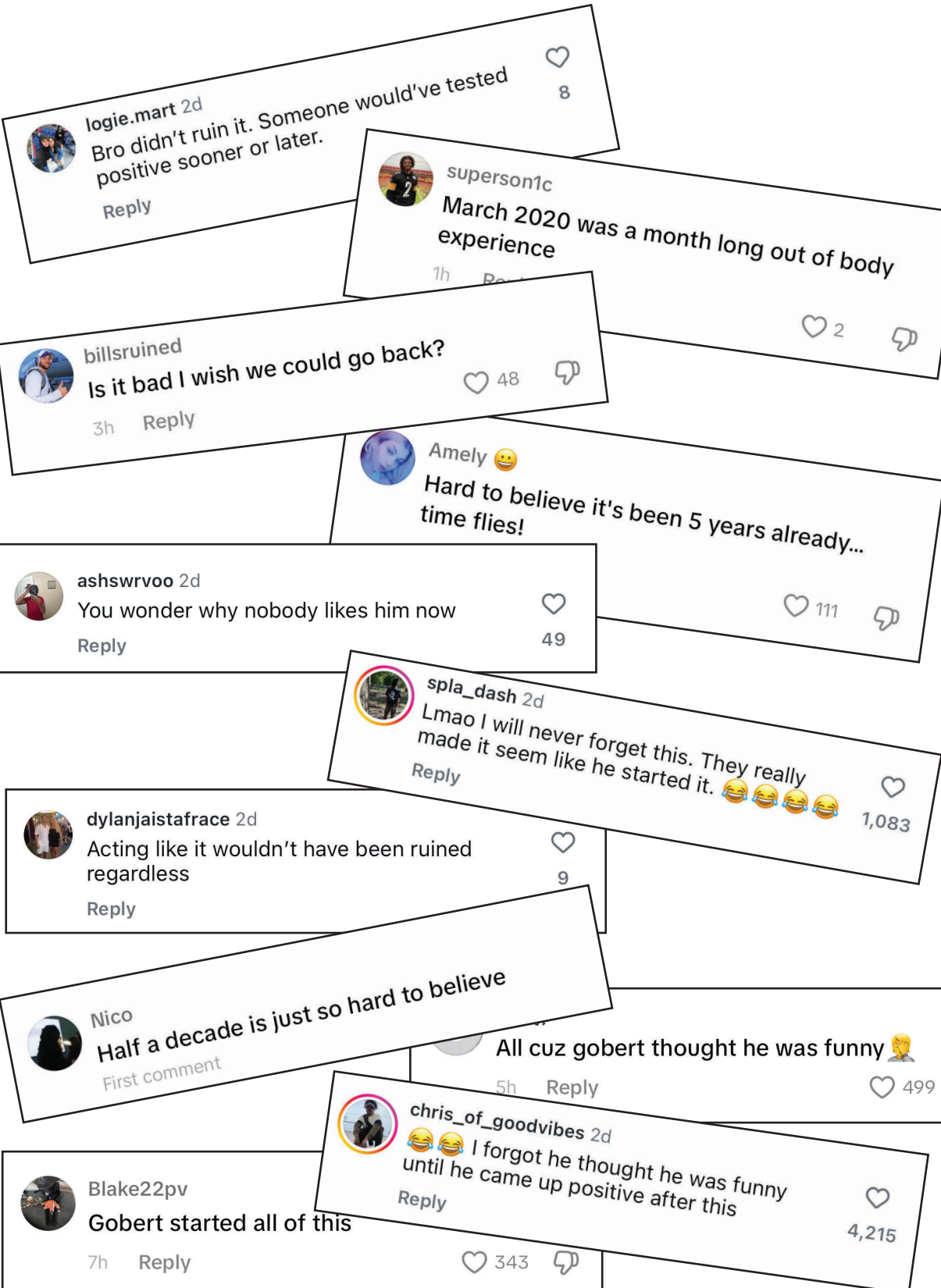
There was a limit of what people could do outside of practices and games. This looked differently for players, coaches and managers then it did for reporters.

For example, Dan Woike, a reporter for the New York Times, said, in an article he wrote, about his time in the bubble, he asked Rob Pelinka, the Lakers general manager, at one of the first practices he was able to go to for advice on the bubble. Pelinka said eating at Three Bridges Bar & Grill, an outdoor restaurant located inside the bubble, always made him happier.

However, according to Woike journalists were not allowed there. Except for one night towards the end and he agreed it was a great time.

“For the first time in NBA history, reporters, league staff, officials, coaches and players all shared the same spaces, Woike said in his article with New York Times. “It was an incredible accomplishment, with only basketball tying them together.”

Now being five years after the NBA was first shut down people have been taking a look back at when it was first shutdown.





# FEATURE

## THE POETRY CORNER

BY ROSE NEGELEIN  
Guest Columnist

*Empathy across time and space*

Why do I read so many poems about grief  
About longing  
About every hard to name emotion  
That you can only pin down in memories  
Or in moments  
They are so real  
So human  
And they are not meant to be felt alone  
I hope the authors know  
That We feel it too

*Houses*

Under the water of the tub  
I can hear the heartbeat of the house  
Water circulating through pipes  
And vents breathing in and out  
We created brand new beasts to live inside We use the fluid flowing through them to sustain ourselves  
And they hold us beside their organs  
With no complaint  
Everything inside can be changed on a whim  
Replaced and restored  
Torn down and thrown out  
Parasites to our own design

## Why celebrate St. Patrick’s Day?

By SARAH BRASHEARS  
Features Editor

St. Patrick’s Day has become a holiday that the US celebrates in large amounts of green, parades, activities, and fun games. This holiday, happening annually on March 17th, celebrates Irish culture, heritage, and religion. Thus, demonstrating the holiday is an immigrant of Ireland in honor of St. Patrick.

St. Patrick was originally born in Britain around 385 AD. While in Britain, he became ordained as a priest. Although he is affiliated with the Catholic denomination, St. Patrick was never canonized into the Catholic church. Later in life, he was led into missionary, where he ended up settling in Ireland. This brought Christianity into the country, proclaiming St. Patrick as a saint for his missionaries. After his death in 461 AD, March 17th became the celebration of his honors each year on the anniversary of his passing.

Many years later, in 1737, the United States celebrated their first St. Patrick’s Day, hosted by the Charitable Irish Society of Boston. However, this event was not particularly large and did not gain much attention. It wasn’t until 1762, when Irish soldiers were located in the United States, that St. Patrick’s Day became a large celebration. Later, as immigration

increased in the 19th and 20th centuries, this day became an annual celebration across the United States. Today, the area with large celebrations are descendants of large Irish populations through settlement in the earlier centuries.

We honor the Irish holiday in commemoration of Irish heritage, religion, and culture. A vast amount of people wear green on this day, claiming it will bring them good luck. However, green is simply just a way to show Irish pride, as the colors most commonly associated with Ireland are green, white, and orange.

Another common “lucky” activity of St. Patrick’s Day is decorating with 3-leaf Shamrocks. These are actually an associated religious symbol with pagan Ireland, and have nothing to do with luck.

Growing up, you hear the story of the Leprechaun with the pot of gold at the end of the rainbow. This is originally an old Irish fable! Leprechauns are believed to be fairies that represent the soldiers of war. Thus, the freedoms are the gold and they are protecting the rights of the citizens of Ireland.

Many celebrate St. Patrick’s Day with Irish food and drinks. Some common meals may include corned beef and cabbage. Those of age may choose to drink Guinness, which is a stout beer imported from Ireland. Others



Graphic by SARAH BRASHEARS

simply drink sodas and other beverages of Irish origin.

While St. Patrick’s Day is not an American holiday originally, it is common to celebrate in commemoration and honor of the Irish Americans that immigrated to the United States in the 19th and 20th centuries. Today, you will see this holiday celebrated across the United States of America to honor those that helped fight for our freedoms and make our country a better land. Although it is not truly our day, don’t forget to celebrate and wear your green!

### Fun Facts about St. Patrick:

- He was kidnapped at 16 and sold into slavery in Ireland.
- His birth name is actually Succoth.
- The shamrock is a representation of the Holy Trinity
- There are no Female Leprechauns.

## Enjoying springtime, peaceful weather

The days are officially longer, the sun sets later than five, there are people out and about and everyone seems a little bit happier.

Chats  
with  
Ingrid



INGRID  
MALDONADO

Spring is near and that means summer is just around the corner.

Spring really reminds me of new beginnings. Everything starts to bloom and start over.

The trees begin to get full of the color green, flowers start to pop up with beautiful varieties of colors and there is this freshness in the air. The sky begins to look bluer with more birds.

You wake up with the sound of birds chirping ready to start their day.

I did not think weather really affected me, but I feel like I’m always writing about the weather so maybe it does.

I’m excited for the many

things to come. I’m excited to just sit outside in my rocking chair, reading and soaking up some sun.

I recently was doing long hours of homework and just studying. Staring at a screen too long had started to make me anxious, so I took a break and went outside. I took my two dogs with me.

I instantly felt better. I stretched in the sun while my dogs did their thing. I walked around barefoot and enjoyed being grounded with the earth, which sounds weird, but it really works.

My favorite time of the year is here. The time to start planting flowers is here, which means getting to play with soil and dirt, which then means being more in the sun. It means beautiful mornings of getting to water my plants.

It’s the time to go on bike rides with friends. The time to go on walks and enjoy the sun. The time where you can hold an iced coffee outside and not have your hand shivering.

This is your reminder to go outside, ride a bike, go on a walk, plant a garden, do all of the fun outdoorsy things, to fully enjoy this new beginning.

## TALK ABOUT IT THURSDAY

Eleanor Roosevelt was famous for her influence among people across the nation. One of her well-known lines is, “I am who I am today because of the choices I made yesterday.”

Every day we make choices: What shoes should I wear? Dress comfy or professional? Go to class or take an off day? Do homework today or wait until tomorrow? Study now or wing it? Be disciplined or do the easy thing? The choices we make now define who we are for the next 5, 10, 15, 20 years.

As we look at our successes and those of the people we look

up to, as well as what it means to be “Successful,” there are 7 principles I have adapted from the book *The Traveler’s Gift* by Andy Andrews I want to share:

1. The buck stops here. I am responsible for my past and future.
2. I will seek wisdom. I will be a servant to others.
3. I am a person of action. I seize the moment. I choose now.
4. I have a decided heart. My destiny is assured.
5. Today I will choose to be happy. I am the possessor of a grateful spirit.
6. I will greet this day with

a forgiving spirit. I will forgive myself and those around me.

7. I will persist without exception. I am a person of great faith.

Over the next few weeks, we will take a closer look at these 7 principles. But today, I encourage you to reflect on what success and excellence means to you. What makes your role model successful? What do you define as success for yourself? How are the choices you are making defining your future?

Everyday is a choice. It is up to you to decide how that choice will impact your next step.

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# ENTERTAINMENT

## How to... Maximize college before summer

By SARAH BRASHEARS  
Features Editor

Preventing burnout during the last 9 weeks of the semester is crucial for college students who want to finish strong without compromising their mental and physical health. Here’s a step-by-step guide to help manage stress, stay focused, and avoid burnout as the semester wraps up:

**Prioritize Sleep**

Sleep is essential for memory consolidation, cognitive function, and overall well-being. Lack of sleep can lead to irritability, poor concentration, and decreased productivity.

Aim for 7-8 hours of sleep every night. Avoid all-nighters or cramming, as it can be counter-productive.

If you’re struggling with sleep, try establishing a relaxing nighttime routine and avoid caffeine late in the day.

**Create a Balanced Schedule**

A well-organized schedule can help you manage your workload and avoid last-minute stress. Without structure, it’s easy to feel overwhelmed and burnt out.

Break your schedule into manageable chunks, focusing on one task at a time. Set realistic goals for each day or week. Prioritize high-stakes assignments or exams

while allowing some flexibility for unexpected tasks.

Include time for breaks and self-care, not just academic work. Don’t overload your schedule.

**Take Regular Breaks**

Working for long hours without breaks can reduce focus and increase feelings of stress and burnout. Breaks are essential for recharging and staying productive.

Follow the Pomodoro Technique (25 minutes of work, followed by a 5-minute break). After a few sessions, take a longer break (15-30 minutes). Use this time to stretch, walk around, grab a snack, or do something relaxing.

Get away from your study space during breaks. It helps you reset mentally.

**Maintain a Healthy Lifestyle**

Exercise, nutrition, and hydration all play a major role in managing stress and preventing burnout.

Incorporate exercise into your routine—aim for at least 30 minutes of physical activity a few times a week. Choose activities you enjoy, like walking, yoga, or a team sport. Eat nutritious foods to fuel your brain, and stay hydrated by drinking plenty of water.

Avoid excessive caffeine or junk food, which can cause ener-

gy crashes and mood swings.

**Set Realistic Expectations and Boundaries**

Taking on too many responsibilities can quickly lead to burnout.

Learning to say no and setting boundaries is key to maintaining your mental health.

Be honest about what you can realistically achieve in the final weeks of the semester. If you’re overwhelmed, it’s okay to ask for help or to turn down additional commitments.

Talk to professors about areas you’re struggling with in completing assignments or while studying material, and don’t hesitate to reach out to campus resources (e.g., counseling or academic support services) for help.

**Stay Social (But Don’t Overdo It)**

Social connections help relieve stress and combat feelings of isolation, but overcommitting to social events can drain your energy.

Maintain a healthy social life by scheduling regular hangouts with friends, but be selective about which events you attend. Balance social activities with alone time to recharge.

Plan short, meaningful interactions like lunch with friends, a study group, or a brief coffee break to keep your energy up.

**Practice Stress-Relieving Techniques**

Stress is a natural part of the last weeks of the semester, but too much stress can contribute to burnout if not managed properly.

Integrate relaxation techniques into your routine, such as deep breathing exercises, meditation, or journaling.

Apps like Headspace or Calm can guide you through mindfulness exercises.

Try to incorporate 5–10 minutes of mindfulness or meditation during your breaks or before bed to lower your stress levels.

**Avoid Perfectionism**

Striving for perfection in every assignment or task can lead to unnecessary pressure and stress, which can quickly result in burnout.

Focus on doing your best rather than aiming for perfection. Accept that mistakes are part of learning and growth.

Celebrate small victories along the way (completing an assignment, acing a quiz) rather than only focusing on the final outcome.

**Stay Connected to Your “Why”**

Maintaining a sense of purpose can help you stay motivated and prevent burnout. When things feel tough, remembering why you’re putting in the effort can

provide the energy to keep going.

Remind yourself of your long-term goals and the reasons you’re in college in the first place. Whether it’s to achieve a certain career, finish a degree, or learn something new, reconnecting with your motivation can help you stay focused.

Write down your goals and keep them visible as a reminder of what you’re working toward.

**Seek Support When Needed**

It’s okay to ask for help when you’re feeling overwhelmed. College can be tough, and you don’t have to do it all on your own.

Reach out to friends, family, counselors, or academic advisors if you need support.

Northwestern Oklahoma State University offers mental health services, tutoring, and peer counseling. Talking to others can help you get perspective and feel less isolated.

If you need a mental health break, take it. It’s better to rest and come back refreshed than to push yourself to the point of exhaustion.

By following these tips, you can manage your workload, reduce stress, and avoid burnout as they approach the final stretch of the semester.

It’s all about finding balance, staying organized, and taking care of both your mind and body.



## Dr. Stephen’s excited to teach a new class next semester

Last week, I interviewed Dr. Brendan Stephens about his new class that’s coming next semester: Creative Writing for Poetry and Drama. In this class, students will be doing similar things that are done in the other English classes.

However, instead of just reading the classics writing a paper about what they read, Dr. Stephens will have his class read more contemporary writers, whose work is relevant to the present day, often addressing today’s social and political issues, such as Dorothy Chan and John Patrick Shanley.

Dr. Stephens will also have his students write their own poetry and plays before having them read by their peers so they can give each other advice.

When asked about his favorite poem and play, Dr. Stephens had said: “My favorite poem, the one that truly inspired me when I first started my own writing career, is “The Waste Land” by T.S. Elliot. I found his themes of religion and loss very intriguing. As for my favorite play, I would have to go



Dr. brendan Stephens, assistant Professor of English.

for “Sweat” by the beguiling and endlessly talented Lynn Nottage. I love how she uses her themes of the working-class and the many issues they face in American society.”

Dr. Stephens has also voiced his excitement for having his students react to these contemporary authors assigned hearing their

own thoughts and views on them.

Like most English professors, Dr. Stephens loves to read and write in his free time. On top of that, he enjoys reading comics and watching anime, his favorite being “Akira” by Katsuhiro Otomo. He especially enjoys reading comics by independent authors or companies.

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# SPORTS

## Baseball wins over weekend

By **OAKLEE FIELDER**  
*Sports Editor*

This weekend, the NWOSU Baseball team played at home in a three-game series against the Southeastern Oklahoma State University Savage Storm. They won the game on Friday 3-1 and split the two games on Saturday, first a loss of 5-1 and then a win of 7-1.

**SEOSU 1-NWOSU 3**

The first inning of the game was scoreless, although NWOSU left two men on base.

In the second, Hamilton hit a ground out to first base, but that allowed Wright to run home and score the first point of the game. In the next inning, Barcello hit a line drive down left field and sent Grace home to extend the Rangers' lead to two.

The fourth, fifth, and sixth innings were scoreless, with the Rangers leaving runners on base in those innings. In the seventh, the Savage Storm hit a single homerun and that made it a one run game. In the bottom of the seventh, Wright hit a single and allowed Saire to go home and make it a two-run game once again.

The eighth inning was scoreless, with the Rangers leaving three men on base. The final inning was a quick and easy one for the Rangers, getting three out with no hits and ended the first game of the weekend with a win.

**SEOSU 5-NWOSU 1**

The second game started on Saturday.

The first inning was scoreless, with Southeastern leaving two men on base and NWOSU one.

In the second, Southeastern scored two runs to take the lead with some cushion. NWOSU left one man on base again.

The third, fourth, and fifth innings were scoreless for both teams.

The Rangers were able to hold off the Savage Storm in the top of the sixth, and in the bottom, Bradford hit a ground out but that let Shaffer run home and make it a one run game.

The seventh and eighth innings were scoreless.

In the ninth, Southeastern scored three runs to make it a four-run game. NWOSU was unable to respond in the bottom half and lost 5-1.

**SEOSU 7-NWOSU 7**

The third game of the weekend was later the same day.

The first and second innings were scoreless.

In the third, Southeastern hit a single homerun and took the lead for the second game in a row.

In the fourth, Mendoza hit a single homerun of his own and tied the game. Grace also hit a sacrifice fly to send Connor Green home and take the



Photo by Megan Spray

No. 23 Harley Shaffer slides into third base before Southeastern Oklahoma State defenders get him out .

lead for the Rangers.

In the fifth, Bradford hit a ground out to second base and sent Gordon home. Mendoza hit a double to center field and that sent Wright home. Connor Green hit a single to right field and that allowed Mendoza to run home and extend the Rangers lead to

four.

In the sixth, Bradford hit a bunt and made it to first, that also let Grace run home and score. Wright hit a ground out and sent Gordon home to make the lead six.

**PHS 2-NWOSU 12**

On Tuesday, the Rangers faced

off in a non-conference game against the Panhandle State University Aggies.

The first inning was scoreless.

In the second, Hamilton hit a double to left field and sent Mendoza home to score the first points of the game. Bradford also hit a single up the middle and send

Hamilton home.

In the third, Mendoza hit a single to left field and sent Connor Green home. Grace made it to first on a fielder's choice, which got Mendoza out but allowed Barcello to go home. Grace made it to second on a wild pitch, Chad Green also went home during the chaos and scored.

In the fourth, Chad Green hit a single down the left field line and sent his brother Connor Green home. Grace made it to first on an error by centerfield which sent Barcello home.

The fifth and sixth innings were scoreless.

In the seventh, the Aggies scored two runs to make it a close 2-9 ballgame.

In the bottom of the seventh, Grace hit a sacrifice fly and sent Mendoza home. Bradford hit a double home run to send him and Trevor Stiles home and made it a ten-run game.

The game ended after the seventh inning as teh Rangers defeated the Aggies with a run rule being placed into effect.

The Rangers will play against the Southern Arkansas Muleriders at home this weekend on the 14 and 15.

After that they will play eight straight games away. Six of them will be GAC games. They will face the Aggies again on the 18.

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# SPORTS

## Women make semi-finals

By **OAKLEE FIELDER**  
*Sports Editor*

The women’s basketball qualified for the GAC championships and started against Oklahoma Baptist.

**NWOSU 69-OBU 65**

The first quarter of the game started slow with the first points being scored in the eighth minute by Bass with a layup. The Bison responded with two free throws and tied the game.

Jones hit a layup and took the lead by two. OBU made a three pointer and took the lead away from the Lady Rangers. Shipp made a tip-in and Jones made a three pointer to make it a four-point game with just over half the quarter to go.

The two teams competed hard and it was close as the quarter was closing. A three pointer by Craig opened the lead to seven for the Lady Rangers, but a layup from the Bison made it five.

The second quarter was slow

to start as well, but a pair of free throws from Bass started the scoring. The two teams traded layups and kept the difference seven.

The Bison shrunk the Lady Rangers’ lead to five, a free throw from Craig made it six. Two free throws from Shipp made it eight. The half ended with the Lady Rangers up by eight 28-20.

The third quarter started quickly with the two teams trading points and it was still an eight-point game.

The Bison shrunk Northwestern’s lead to five, but Shipp brought it up to ten. Jones made a free throw to make it eleven, but the Bison shrunk it to seven. The two teams fought hard to close the third quarter, and by the end of it the score difference was just five.

Jones opened the final quarter to increase the Lady Rangers’ lead to eight. The two teams traded three pointers, but then the Bison were able to reel the Lady Rangers in. With one minute left in regular time, OBU had the lead

by one. Two free throws from the Bison made the difference three with twelve seconds left.

With the pressure on and the game on the line, Carly Craig shot and made a three pointer to tie the game and send it to overtime.

The five-minute overtime started with a quick three pointer from Jones, which was responded with a tip-in from the Bison to make the difference one. The two teams traded layups with three minutes left. They then traded field goals and the Lady Rangers still led with two minutes left.

A layup from Jones seemed to have sealed the game, but there was a foul against NWOSU and that gave OBA a chance to tie the game, and that they did. The game was 57-57 and went to double overtime.

It started with two free pointers by Thomas which was responded by a layup from the Bison. Craig made a three pointer and that gave the Lady Rangers a chance with the lead in their hands. A layup and a pair of free

throws from OBU gave the Bison the lead. A layup from Shipp gave Northwestern the lead back but only by one.

Thomas shot two but only made one free throw and the Lady Rangers had the lead by two. The Bison missed a three pointer and gave the Lady Rangers to seal the game with less than a minute left. Thomas shot and made two free throws, which was responded with a field goal from OBU.

The Bison fouled and that game Carly Craig a chance to finish them off. She made the two free throws and that sent the Lady Rangers to the semi-finals of the GAC Championship.

**NWOSU 57-HAR 70**

After the Lady Rangers won their first GAC playoff game, they faced off against the Bison once again, but these Bison were the Arkansas variety from Harding University.

The first quarter started with four points for Northwestern, but Harding responded quickly and reeled them in to tie it just

halfway through the opening quarter. The Lady Rangers and Bison fought hard throughout the opening frame, but at the end of it, Harding was up by one 15-16.

The second quarter was where Northwestern really slipped and fell. They were only able to score seven points against Harding’s seventeen. The half ended 22-34.

The third quarter showed the Lady Rangers in their true selves again. They competed hard against the Bison, the two teams almost matching every point the other scored. Sadly, the Lady Rangers were not able to start to reel the Bison in much, ending the third down by fifteen and a hard final quarter to go.

The fourth started with the two teams trading points, keeping the difference at fifteen with five minutes left. The Lady Rangers had to pull something together to beat the Bison. They all fought hard and played tough, but unfortunately they were not able to come back and secure a birth into the finals.

## Men lose in GAC quarter-final

By **OAKLEE FIELDER**  
*Sports Editor*

As the men’s basketball team qualified for the GAC championship, they headed to Fort Smith, Arkansas to compete in the tournament. Their first challenger will be the Ouachita Baptist University Tigers. The Rangers had not defeated the Tigers once this season, losing to them 79-78 in their last game on February 8.

The quarter-finals game started off slow, as the first points weren’t scored until two minutes into the game. Cameron McDowell shot a three pointer to score the first points of the game. It was responded quickly with a layup for Ouachita Baptist. The two teams then traded three pointers. After that the Tigers shot two free throws and took the lead by one point. They extended their lead to four after that with a three pointer. The Rangers were able to take the lead a minute later and

led the game by one. The Tigers then took the lead right back from Northwestern and extended their lead to eight. Minutes later their lead was thirteen.

The Rangers were able to start to reel the Tigers in but once they got them down to only a nine-point lead, the Tigers opened up again. Ouachita Baptist increased their lead to fifteen with five minutes left in the half. The Rangers made an attempt to shrink the Tigers’ lead at the end of the half, but as soon as there was a sense of it happening, the Tigers opened up once again and increased their lead to 16 with 27 seconds left in the first half. A field goal from Justin Norris brought it down to 14 with just three seconds left and the half ended 42-28 for Ouachita Baptist.

At the start of the second half, the Rangers were able to start right out of the gate and scored two field goals to make it an eleven-point game. Once again, the Tigers started to slip and



No. 23 Kabeya Tshibangu in the opening tip-off of the quarter finals against Ouachita Baptist Univerisity.

caught themselves and got their lead right back up. The Rangers seemed to be able to catch the Tigers on the wrong foot, but their issue was keeping them down. They could never keep Ouachita

Baptist on the down side. At the eleven-minute mark, the game had been scoreless for three minutes. A series of free throws from McDowell broke the scoreless streak, but the Tigers responded almost immediately and the game was separated by 16 points.

Once again, with ten minutes left, McDowell hit a set of free throws and it was immediately responded with two points from the Tigers to keep the game at the same difference.

The next two minutes were scoreless until the two teams traded layups with eight minutes left. A free throw and a layup from McDowell started to shrink the Tigers lead, but Ouachita responded with a tip-in and the difference was once again fifteen. Two free throws from McDow-

ell and a layup from Alexander helped to generate some momentum for the Rangers. Alexander then hit two free throws to make it an eleven-point game with three minutes left, but it was responded with a three pointer for the Tigers.

Daraun Clark hit a pair of free throws and it was a fifteen-point game after a single free throw from the Tigers. With just two minutes left in the game and being down fifteen points, the Rangers could only play for pride as the dawn of the season was before them.

Unfortunately, pride wasn’t enough for the Rangers and the Tigers extended their lead to twenty. The Rangers’ season ended with a quarter final loss against the Ouachita Baptist Tigers 60-80.

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SPORTS

Rodeo does well at FSCC

By **OAKLEE FIELDER**  
*Sports Editor*

On March 7-9, the NWOSU Rodeo team traveled to Fort Scott, Kansas to partake in the FSCC Spring Rodeo.

The men’s team finished in fourth overall with 325 points out of the ten teams that competed. The women’s team finished third overall out of eight with 185 points scored.

Emmett Edler tied for fourth in the Men’s All-around with 60 points. In the Women’s All-around, Payton Dingman finished second with 60 points and Morgan Poust finished third with 15 points.

In the Tie Down Roping, Edler finished tenth with a score of 10.2.

In the Steer Wrestling, Jacob Haren finished first with time of

10.1. Edler tied for sixth with a time of 13.3.

In the Team Roping, Colter Snook placed first overall as the header with a time of 12.4.

In the Barrel Racing, Poust finished eighth with a time of 27.56.

In the Breakaway Roping, Savannah Greenfield finished second with a time of 5.4. Brylee Zook finished seventh with a time of 2.4, Dingman tied with Poust for eighth with a time of 15.6.

In Goat Tying, Dale Lee For-man tied for third with a time of 16.0. Dingman finished fifth with a time of 17.1.

After their good performance at the Fort Smith Community College Spring Rodeo, they will travel to Garden City, Kansas to compete in the Garden City Community College Annual Rodeo on April 4-6.



Chase Cooper jumps off his horse and catches the calf during practice before the first competition at Fort Scott. *Photo by Ingrid maldonado*

Softball gets swept by Southeastern State

This last weekend and Tuesday, the NWOSU Softball team had five games on their schedule.

They played three against the Southeastern Oklahoma State University Savage Storm and the Southwestern Oklahoma State University Bulldogs twice, all five games were away.

**NWOSU 1-SEOSU 6**

The first game was on Friday. The opening inning was scoreless for both teams.

In the second, Clark hit a single homerun to make the first points of the game and for NWO-SU. It was responded by a single homerun for Southeastern to tie the game at one.

The third and fourth innings were scoreless.

In the fifth, the Savage Storm hit a double homerun to make the game 1-3 and the Lady Rangers had a comeback on their hands.

NWOSU wasn’t able to make anything out of the top of the sixth, but Southeastern was able to score three runs and extend their lead to five.

With one shot to tie the game, the Lady Rangers headed to the top of the seventh inning with lots of work on their hands.

The Lady Rangers started off with being struck out to start the final inning. Clark hit a single to center field and got a hit for NWOSU.

Unfortunately, the Lady Rangers did not have anything left and lost the game.

**NWOSU 0-SEOSU 5**

The second game was later on Friday.

The first inning was scoreless for the Lady Rangers. Southeastern scored one run in the bottom of the first.

The second inning went the same for Northwestern with no runs scored. Southeastern hit a triple homerun and made the game 0-4.

In the third, NWOSU didn’t score any runs but Southeastern scored one run and it was 0-5.

The game ended with no more runs scored.

**NWOSU 3-SEOSU 5**

The third game against the Savage Storm was the next day on Saturday.

The Lady Rangers weren’t able to score any runs in the first, but Southeastern hit a single homerun and took the lead once again. The Savage Storm then scored another run and made it a two-run game.

The second inning was scoreless. In the third, Southeastern scored two runs to make the score 0-4.

In the fourth, Sherwood hit a single up the middle and sent Devynn Raile home to score the Lady Rangers’ first points in ten innings.

In the fifth, Corn hit a single to right field and allowed Muns to run home and make the game 2-4.

There was then a passed ball and Corn made it to second and Clark went home to make it a one run game.

In the sixth, the Lady Rangers were not able to score. Southeastern scored one run and made the difference two.

Northwestern was not able to score in the final inning and got swept by the Savage Storm.

**NWOSU 8-SWOSU 6**

The Lady Rangers then traveled to Weatherford on Tuesday to play against the SWOSU Bulldogs. The first, second and third innings were scoreless for both teams.

In the fourth, SWOSU scored two runs to take the lead and the Lady Rangers were down for the fourth game in a row.

In the fifth, the Bulldogs sored two more runs to make it 0-4.

In the sixth, Rivera hit a single to center field and sent Raile home to generate a comeback. Spearman was walked with the bases loaded and that forced Rivera to go home. Muns hit a double down the left field line and sent Caine and Esterly home. Clark then hit a triple homerun and that sent her, Muns, and Spearman home. The Lady Rangers left the sixth inning after scoring eight runs.

In the seventh, SWOSU scored two runs but were not able

to match the Lady Rangers’ eight runs.

**NWOSU 10-SWOSU 4**

The Lady Rangers had one more game to play and it was later on Tuesday. In the first inning, Muns hit a single homerun and took an early lead for Northwestern. SWOSU responded with a run and tied the game.

In the second, Lapera hit a single to left field and sent Sherwood home. In the third, the Bulldogs scored two runs to take the lead 2-3.

In the fourth, Muns hit a single down left field line and sent Ca-son and Lapera home to take the lead back for NWOSU. Corn hit a sacrifice fly to send Muns home. Rivera hit a homerun and sent her, Sherwood, and Clark home to make the game 8-3.

In the fifth, SWOSU scored one run.

The sixth was scoreless.

In the seventh, Corn hit a sacrifice fly and sent Spearman home. Sherwood then hit a double down right field and sent Muns home.

Upcoming game schedule

<b>March 14</b> <b>Baseball</b> 3 P.M., 6 P.M. vs Southern Arkansas <b>Softball</b> 4 P.M., 6 P.M. @ Southern Arkansas	<b>March 18</b> <b>Softball</b> 1 P.M., 3 P.M. @ Fort Hays State <b>Baseball</b> 2 P.M. @ Panhandle State	<b>March 22</b> <b>Men’s T&amp;F</b> @ Oxford, MS <b>Softball</b> 12 P.M. vs UAM <b>Baseball</b> 12 P.M. @ UAM
<b>March 15</b> <b>Men’s T&amp;F</b> @ Indianapolis <b>Softball</b> 12 P.M. @ Southern Arkansas <b>Baseball</b> 12 P.M. vs Southern Arkansas	<b>March 21</b> <b>Men’s T&amp;F</b> @ Oxford, MS <b>Softball</b> 2 P.M., 4 P.M. vs UAM <b>Baseball</b> 2 P.M. @ Panhandle State	<b>March 24</b> <b>Golf</b> @ Midwestern State <b>March 25</b> <b>Golf</b> @ Midwestern State <b>Baseball</b> 2 P.M. @ Newman University

Golf does OK over weekend

On March 10-11, the NWOSU golf team traveled to Owasso to compete in the Hillcat Classic.

The men’s team finished in seventh out of eight with a score of +43. Pierce Geminden finished in twenty-sixth with a score of +9. Mathieu Zerwin finished twenty-eighth with a score of +12. Max Courage and Max Garza tied for thirtieth with scores of +14. Alex Chenard tied for thirty-eighth with a score of +20. Caden Holmes tied for fortieth with a score of +21.

The women’s team finished in third out of seven with a combined score of +46.

Romane Lacoste tied for third with a score of +5. Sofia McElroy finished in twelfth with a score of +9. Agathe Lacoste tied for sixteenth with a score of +15. Heather Hunkle tied for nineteenth with a score of +17. Kentyn Clark tied for twenty-third with a score of +18. Kelsey Hoy-Pollard tied for thirty-first with a score of +27.