

I Love You

New restaurant serves Skid Row with vegan menu.
Read more on page 8



Men's Basketball

Players trying to rally after coach takes leave.
Read more on Page 11



NORTHWESTERN NEWS

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Volume No. 83, Issue 14

Northwestern Oklahoma State University, Alva, Oklahoma

January 22, 2026

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Lady Rangers ranked 25th in D2

Guard Summya Adigun, a junior from Hugoton, Kansas, majoring in psychology, runs down court, hoping to add to the five points she scored in the 68-47 win over Henderson State on Jan. 10 at home.

The Lady Rangers sit at third in the Great American Conference behind Harding (first) and Arkansas Tech (second). The Rangers have beaten both teams this year.

This week, after time at 15th and 19th, the team fell to 25th among all D2 schools across the country. Losses to Ouachita Baptist on Jan. 8 at home and Southern Arkansas on Jan. 17 on the road are responsible for the ranking dips.

The team has a chance to redeem those losses when they face both teams again in the last 12 games of the season. The game with Ouachita Baptist will be in Arkansas on Feb. 7, and Southern Arkansas comes to Alva on Feb. 19.

In the meantime, the women take on Southwestern Oklahoma State for the first time this season on Thursday in Alva. Then, also at home, the Lady Rangers meet Southeastern Oklahoma State on Saturday for the second time this season. The Rangers beat Southeastern 64-55 during the first match-up on Dec. 10 in Durant.

The game Thursday starts at 5:30 p.m. with Saturday's beginning at 1 p.m.



NWOSU Athletics Photo

What needs fixing on campus?

By **EMILY WRIGHT**
Student Reporter

What issues do students think campus officials need to address?

Several students said housing was the No. 1 issue they would like addressed on campus.

"I think they need to improve the housing, especially Fryer and Ament Hall," said Kaetlyn Clark, a sociology major from Grinnell, Iowa.



Kaetlyn Clark

Another student recounted a time when vomit went uncleaned on the stairs of one of the men's dorms for a period of time.

"If I could fix one thing it would be making all the dorms be cleaned more regularly," said Evan Silva, a senior nursing major from Ringwood.

While cleanliness and overall dorm improvements were a concern for some, one student said

See ISSUES on Page 2

Want to succeed? Do what your profs say

By **ALLISON RUWALDT**
Student Reporter

Students' key to success is confidence, time management and taking their education seriously, according to some of Northwestern's faculty.

This week, professors around campus were asked about what gets in students' way when they are trying to succeed. The most important seemed to be a lack of confidence and getting caught up in one's own head about high-pressure assignments.

"Most of the time they can do what they need to do; they just aren't confident enough in themselves to feel like they can be successful," said Dr. Jen Oswald, who is the chair of the Division of Education.

Dr. Adam Alber, assistant chemistry professor, suggested that students should participate in office hours and ask questions about what he or she is unsure about. Most students get overwhelmed at one point or another, but with a school as small as Northwestern, it's easy to get help from the professors if it's needed.

"Too frequently, students are struggling

or not using those resources, and it's like I'm not scary," Alber said.

Another important issue brought up by many was time management. Some professors, such as the Dr. Roxie James, chair of the English, Foreign Language and Humanities Department, and history professor, Dr. Rodger Hardaway, noted that for students transitioning from high school or junior colleges, it is difficult to be prepared and adjust to harder level classes.

In the transition to college or even just to new professors, it is important to be able to adapt to the workload that is expected.

Yesenia Buckhaults, instructor of education, pointed out that she understands students are busy or may not be used to the routine, but in order to succeed academically, they have to prioritize classes.

"If I were to generalize it, I would say just underestimating how much time things take," chemistry professor Dr. Jason Whickham said about what students do that can negatively impact success.

For many professors, the answer came back to simply trying: showing up to class, doing the work on time and being open with professors about what students need.

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NEWS

ISSUES: Students share fix ideas

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she was concerned about dorm management.

“I have a friend who, her roommate didn’t show up at the beginning of the semester, and because of that they are making her pay for a private,” said Hannah Betts, a sophomore health and sports science major from Farmdale, Ohio. “She has to find her own roommate, like they didn’t pair her with anyone. They didn’t request for her to move. They’re saying if she doesn’t find her own roommate then she has to pay like the private price, which I don’t think that’s fair to her.”

In the classroom, other students’ concern lies with accessibility. Livia Bwakali, a sophomore psychology major from Fort Worth, Texas, said out-of-date desks in the classrooms of Vinson Hall and Jesse Dunn can make it difficult for students to navigate through the classrooms.

Another student, Melissa Harrison, a sophomore English major from Booker, Texas, said while she knows the college cannot do much work to it, the many stairs in Jesse Dunn are a continuing accessibility issue. Harrison added that some buildings on campus need updated infrastructure, such as new heating systems.

Jayden Chancey, a junior psychology major from Mooreland, suggested fixing online accessibility with a focus on Blackboard’s navigation.



Hannah Betts



Livia Bwakali



Jayden Chancey



Jackeline Bautista

“I would probably fix the Blackboard situation,” Chancey said. “Our professors and our students always have trouble with it, I think that’s probably the biggest one.” Chancey also said she would like to see more resources on campus for substance abuse prevention.

Jackeline Bautista, a nursing major from Alva, said she thinks adding to the Student Center with items like bookstands and new products in the campus store would be a good improvement.

Another student, LeAnn Wood, a freshmen nursing major from Hennessey, said they would like to see the college work more with clubs.

“I feel like Northwestern could do a better job of actually, like advocating for clubs and such,



LeAnn Wood

because I feel like a lot of people don’t know that clubs actually ex-



Rose Vargas

ist,” Wood said.

Finally, Rosa Vargas, a senior

instrumental music education major from Lahoma, said she would focus on professors and staff’s treatment at NWOSU.

“I feel like we have a lot of teachers who leave after not staying for so long,” she said. “I think having inconsistent professors kind of hurts a program. ... I feel like, I know it’s kind of a lot to ask, but I think we need to give better benefits and raises to our faculty and staff... I feel like if you want to improve you have to start with the teachers.”

Vargas also said she had concerns with the college staff’s maternity leave because its length and benefits are not enough.

[Editor’s note: Campus is preparing to use a new learning management system next year that replaces Blackboard.]

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NEWS

WHAT'S UP

- Last day for 100% refund on complete withdrawals
- Last day to drop-no grade required- 16 week classes
- SGA meeting 6 pm Student Center

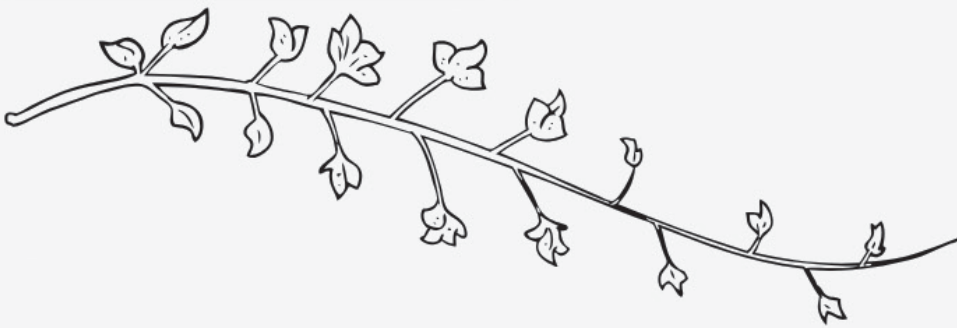
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- W required for dropped courses- 16 week classes
- Chi Alpha Night 6 pm Student Center Ranger Room

MUHAMMAD ALI

"Even the greatest was once a beginner. So don't be afraid to take the first step."



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Wednesday: BCM 11:30 AM- 1:00 PM East of Carter Hall

Thursday: Wesley House 11:30 AM-1:00 PM West of Shockley Hall

FOOD!!!

Briefs

'26 Hall of Fame inductees named

NWOSU announced it's 2026 hall of fame inductees for sports.

This year's class consists of four new members, who include, Greg Johnson who was in football and track from 1979-1983, Melvin Swift who played basketball from 1987-1989, Mario Woodson who played basketball from 2000-2002 and Jeff Allen who played baseball from 1983-1987.

The induction will happen

Jan. 31 in the Student Center Ballroom at 11:30 a.m.

The luncheon is open to the public but it requires a reservation that cost \$25 to reserve a spot at the luncheon.

They will be formally inducted during halftime of the men's basketball game against Arkansas Tech Univeristy of Jan. 31.

The game will begin at 3 p.m. at Percefull Fieldhouse.

Campus hosting spring showcase

February 21 the campus will host Spring showcase.

During this event NWOSU offers a \$500 scholarship to upcoming freshmen and college transfers. The event will start at 10 a.m.

They will also recieve a free Northwestern T-shirt.

Students will be able to tour the campus, meet faculty and student organization where they could get any questions about life at NWOSU answered by multiple different people.

This invites possible students to learn about the campus before making the decision to join.

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Market was Amazing!!



Can't wait for you to see the NEW FUN THINGS!

NORTHWESTERN NEWS

Official Newspaper
Northwestern Oklahoma State
University

709 Oklahoma Blvd.
Alva, OK 73717

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

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The News is printed by the Alva
Review-Courier.

The opinions and comments contained
in the Northwestern News are those of the
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This publication, printed by Northwest-
ern Oklahoma State University, is issued by
the University as authorized by the Regional
University System of Oklahoma. 1,600 copies
have been prepared and distributed at a cost
to the taxpayers of the State of Oklahoma
of \$368.00.

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

Letters must be turned in by noon on
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ters via e-mail are acceptable as long as they
follow the rules stated above and can be sent
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sions to no more than 250 words. The editors
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for grammar, libel and space limitations. All
letters submitted may not be used.

All letters represent the views of the
author.

OPINION

Keep supporting women

By ECE OZDEMIR
Opinion Editor

This season, the NWOSU women's basket-
ball team is making a storm on the court.

The Lady Rangers at one time were ranked
in the top 15 nationally. They are in third in
the GAC though they have the same 8-2 re-
cords as the two teams ranked above them.

Clearly, success is coming to life at Perce-
full Fieldhouse.

One of the standout games was the pre-con-
ference match against Cameron University
last November. The Lady Rangers secured an

83-56 victory, overcoming an opponent they
had struggled against since 1997. Throughout
the game, the team impressed with their field
goal percentage and rebounding dominance,
showcasing their effectiveness on the court
with a balanced offensive performance.

But the team didn't stop there.

The team's statistics throughout the season
are also quite impressive: an average of 73.7
points per game, an average point difference
of 19.7 against opponents, a total of 617 re-
bounds, and a 44.4% field goal percentage.

This achievement is not limited to the
playing field; it represents NWOSU's aca-
demic and cultural identity on the court. The

women's basketball team's outstanding per-
formance this season truly comes to life when
supported with awareness and appreciation
from the community.

As a community, supporting success on
the field is a small but meaningful step. Be-
ing in the stands, contributing our energy with
cheers, and celebrating the season together is
part of the NWOSU culture. The Lady Rang-
ers are making waves on the field; we can car-
ry that momentum to the stands by showing
them the support they deserve.

Lady Rangers will be back at Percefull
Fieldhouse on Jan. 22 against Southwestern
Oklahoma State at 5:30 p.m.

Other voices

Thoughts on one year of Trump

Inside Higher Ed

4 takeaways from first year

Excerpts from piece written by Jessi-
ca Blake and Sara Weissman.

Here's what sources tell us they've
learned about higher ed under Trump 2.0
and some key takeaways from the year.

**1. The federal government-higher ed
relationship is not sacrosanct.**

Some higher ed leaders described the
past year as a fracturing of the once-strong
relationship between the federal govern-
ment and higher education. ... In contrast,
Brian Mueller, president of Grand Canyon
University, said his institution's relation-
ship with the federal government has vast-
ly improved since Trump retook the White
House. ...

**2. Trump followed through on his
campaign pledges.**

Washington policy experts agreed that
the Trump administration has made good
on its campaign promises—particularly
those related to culture war topics.

Throughout the first year, the adminis-
tration used executive orders, civil rights
investigations and grant cuts to crack down
on diversity, equity and inclusion practices
and policies that, among other things, al-

lowed the participation of transgender ath-
letes in women's sports.

For some, Trump's swift follow-through
was a relief. ... But for Ted Mitchell at ACE
and others, that same interest and the sub-
sequent actions were "incredibly disrupt-
ive" and "very destructive." ...

**3. Colleges have felt the impact of
Trump's policies and reconsidered their
approach. ...**

As policy changes rained down on insti-
tutions, campus leaders had to make diffi-
cult choices on if or how to react publicly.
Some higher ed leaders argued the age of
public statements is over and that presi-
dents did the right thing by keeping quiet
to avoid the government targeting their
campuses and students. ...

**4. Higher ed is bracing for fundamen-
tal change.**

Now, as the Trump administration en-
ters its second year, the midterm elections
loom. Early polling and public approval
ratings suggest that the Republicans could
lose their majority in the House, raising
questions about what that could mean for
higher education institutions. ...

Read more at insidehighered.com

Ag Sec.: President keeping promise

U.S. Secretary of Agriculture Brooke L.
Rollins published an opinion piece in Fox
News highlighting how President Trump is
delivering on his promise to put the welfare
of American farmers and children first by
signing the Whole Milk for Healthy Kids Act.

"The childhood health crisis currently fac-
ing our nation is nothing less than an exist-
ential threat. Over 75% of kids in America
struggle with obesity, poor physical fitness,
or related health challenges. These rising
rates of chronic disease are influenced by
several factors, but diet plays a central role,"
said Secretary Rollins. "The absence of
whole milk from schools has long been over-
looked by countless public officials, but Pres-
ident Trump noticed and has done something
about it. This administration understands that
the national health crisis cannot be overcome
without reorienting federal nutrition policy
around science and real-world outcomes."

Read more at usda.gov.

A year into Trump's second term, Democracy is still ours to defend

Excerpts from piece pub-
lished Jan. 20 in the *Boston
Globe*. Written by Rep. Ayanna
Pressley, D-Mass.

One year into Donald Trump's
second term, I am thinking of our
neighbors who have turned to-
ward one another in the face of
profound inhumanity. Everyday
people who have chosen commu-
nity and stood in the gap. Mothers
and fathers who have held their
ground. Teachers who have shel-
tered babies through family sep-
aration and devastating violence.

I won't enumerate all the harm
caused by Trump over the past
year. You don't need me to ex-
plain how Trump has gutted your
bank account with higher grocery

ills, housing costs, and health
care premiums — or how your
livelihood became a casualty of
his mass firing frenzy. You are
living it. You are trying to survive
it.

There is nothing normal about
the blatant violation of our fun-
damental rights to free speech,
bodily autonomy, and due pro-
cess. There is nothing normal
about the militarization of our
cities and the deployment of fed-
eral troops against its own people.
There is nothing normal about
masked federal agents abducting
hard-working community mem-
bers, separating families, and kill-
ing our neighbors on the street in
cold blood. There is nothing nor-

mal about enduring the longest
government shutdown in Ameri-
can history because Republicans
didn't want to extend critical
health care subsidies.

Trump and Republican mem-
bers of Congress want Americans
to believe that this status quo is
inevitable. They want a citizenry
that is ignorant and uninformed.
They want a citizenry that is in-
different to the suffering of neigh-
bors. They want a citizenry that is
inactive in the face of injustice.

But one year into the current
Trump administration, and on
the heels of a day dedicated to
the life and legacy of Martin Lu-
ther King Jr., we must remember
his challenge to us all: to remain

active, engaged, and relent-
less in our pursuit of justice. As
King warned in a prophetic 1965
speech at Oberlin College, we
must "remain awake through a
great revolution." That may ex-
plain why Trump and his allies
are so hostile to the idea of being
"woke" — they want Americans
asleep while they act lawlessly
and heartlessly.

That is why we, the people,
must reject this draconian vision
of Trump's America as an inevi-
tability. We cannot submit to a
dictator who displays contempt
for every person who calls this
country home.

Read more at pressley.house.gov.

This week in quotes

Trump on Greenland:

"We probably won't get anything unless I decide to use excessive strength and force where we would be, frankly, unstoppable. But I won't do that"

"Now everyone's saying, 'Oh, good.' That's probably the biggest statement I made, because people thought I would use force," Trump said. "I don't have to use force. I don't want to use force. I won't use force."

"I have tremendous respect for both the people of Greenland and the people of Denmark, tremendous respect. But every NATO ally has an obligation to be able to defend their own territory, and the fact is, no nation or group of nations is in any position to be able to secure Greenland other than the United States. We're a great power."

Speaking at World Economic Forum in Davos, Switzerland on Wednesday.

Canada PM after new tariffs aim for Greenland support

"We are in the midst of a rupture, not a transition. Over the past two decades a series of crises in finance, health, energy, and geopolitics have laid bare the risks of extreme global integration. But more recently, great powers have begun using economic integration as weapons, tariffs as leverage, financial infrastructure as coercion, supply chains as vulnerabilities

to be exploited. You cannot live within the lie of mutual benefit through integration when integration becomes the source of your subordination. ... We stand firmly with Greenland and Denmark and fully support their unique right to determine Greenland's future."

Canadian Prime Minister Mark Carney speaking at World Economic forum in Davos, Switzerland, on Tuesday.

Storms coming this week

"I think people are underestimating just how bad it's going to be."

— former National Oceanic and Atmospheric Administration chief scientist Ryan Maue, now a private meteorologist

"Usha and the baby are doing well."

—Social media post announcing Usha Vance, wife of Vice President JD Vance, is expecting her fourth child in late July.

Newsom to world leaders

"It's time to stand tall and firm and have a backbone. I can't take this complicity of people rolling over. I should have brought a bunch of knee pads for all the world leaders. ... Trump is a T-Rex. You mate with him or he devours you, one or the other. You need to stand up to it."

—California Gov. Gavin Newsom talking to reporters at the World Economic Forum in Davos, Switzerland.

ICE raid in St. Paul

"ICE is not doing what they say they're doing. They're not going after hardened criminals. They're going after anyone and everyone in their path. It is unacceptable and un-American."

— St. Paul Mayor Kaohly Her, a Hmong American, in a statement about the arrest of ChongLy "Scott" Thao, who said he was taken at gunpoint by masked agents who led him into the street in his underwear in subfreezing conditions.

The Great British Bake Off

"After nine series and judging more than 400 challenges, I have decided to step down as a judge on The Great British Bake Off."

— Dame Prue Leith announcement on Instagram.

Trump text to Norway PM

Dear Jonas [Gahr Store]: Considering your Country decided not to give me the Nobel Peace Prize for having stopped 8 Wars PLUS, I no longer feel an obligation to think purely of Peace, although it will always be predominant, but can now think about what is good and proper for the United States of America. Denmark cannot protect that land from Russia or China, and why do they have a 'right of ownership' anyway? There are no written documents, it's only that a boat landed there hundreds of years ago, but we had boats landing there, also. I have done more for NATO than any other person since its founding, and now, NATO should do something for the United States. The World is not secure unless we have Complete and Total Control of Greenland. Thank you! President DJT

— Trump released texts sent between him and several European leaders

It started with TikTok

TikToker Romeo to the company that owns Dr. Pepper in a caption on her TikTok video of her jingle for Dr. Pepper, which got 42 million views in less than a month:

"Please get back to me with a proposition, we can make thousands together."

Company reply:

"hold on. ... you might be onto something"

The jingle aired Monday in a new Dr. Pepper commercial.

The many hands of life at Northwestern

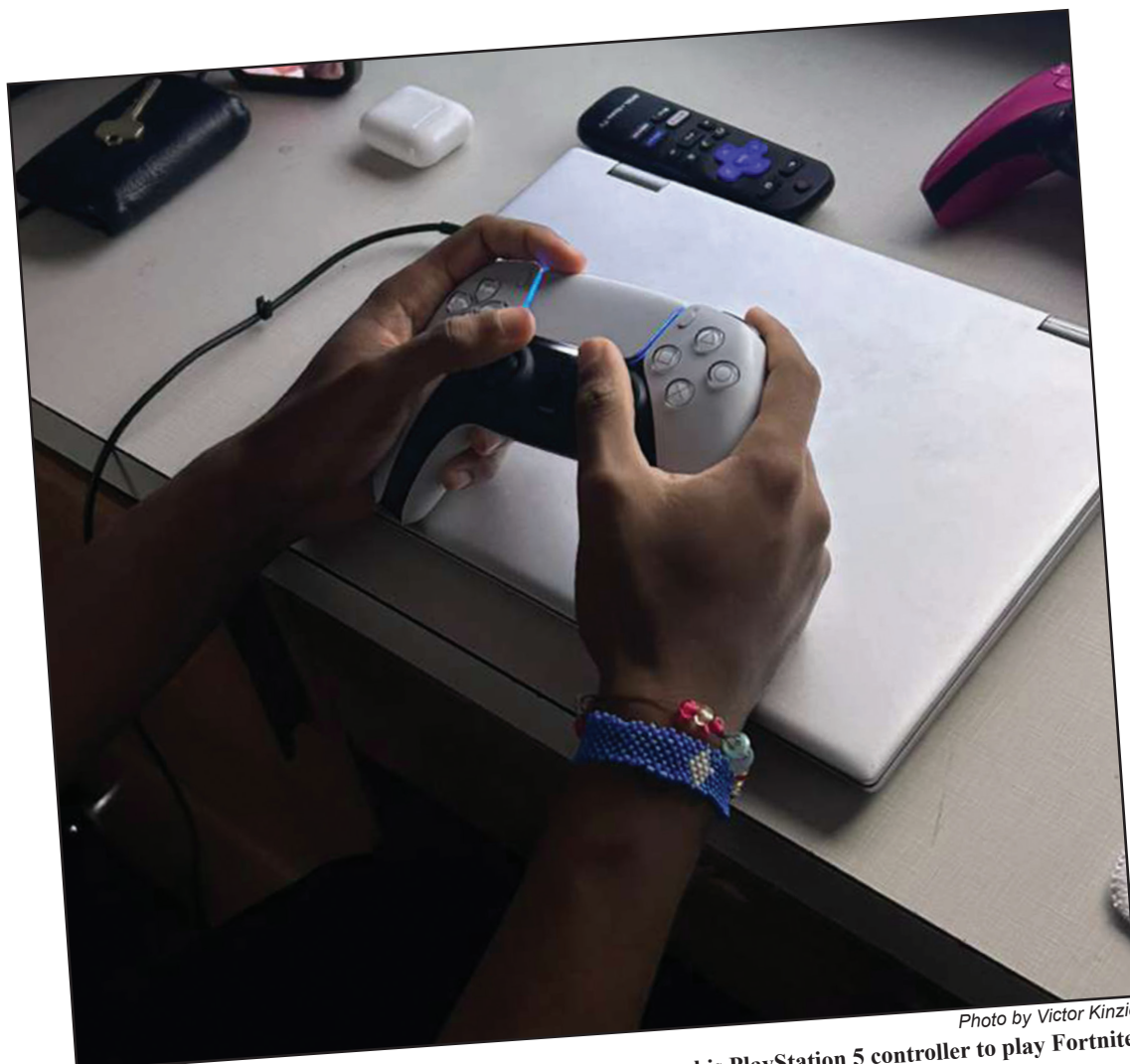


Photo by Victor Kinzie

Subeyyb Mohammed, a junior computer science major, uses his PlayStation 5 controller to play Fortnite.



Photo by Ingrid Maldonado

Kate McClure, an agricultural education major, enjoys her drink while studying in the student center.



Photo by Ingrid Maldonado

Storm Raiche, a freshman nursing major, uses her hands to scroll on her phone in the student center while waiting for her class to start.

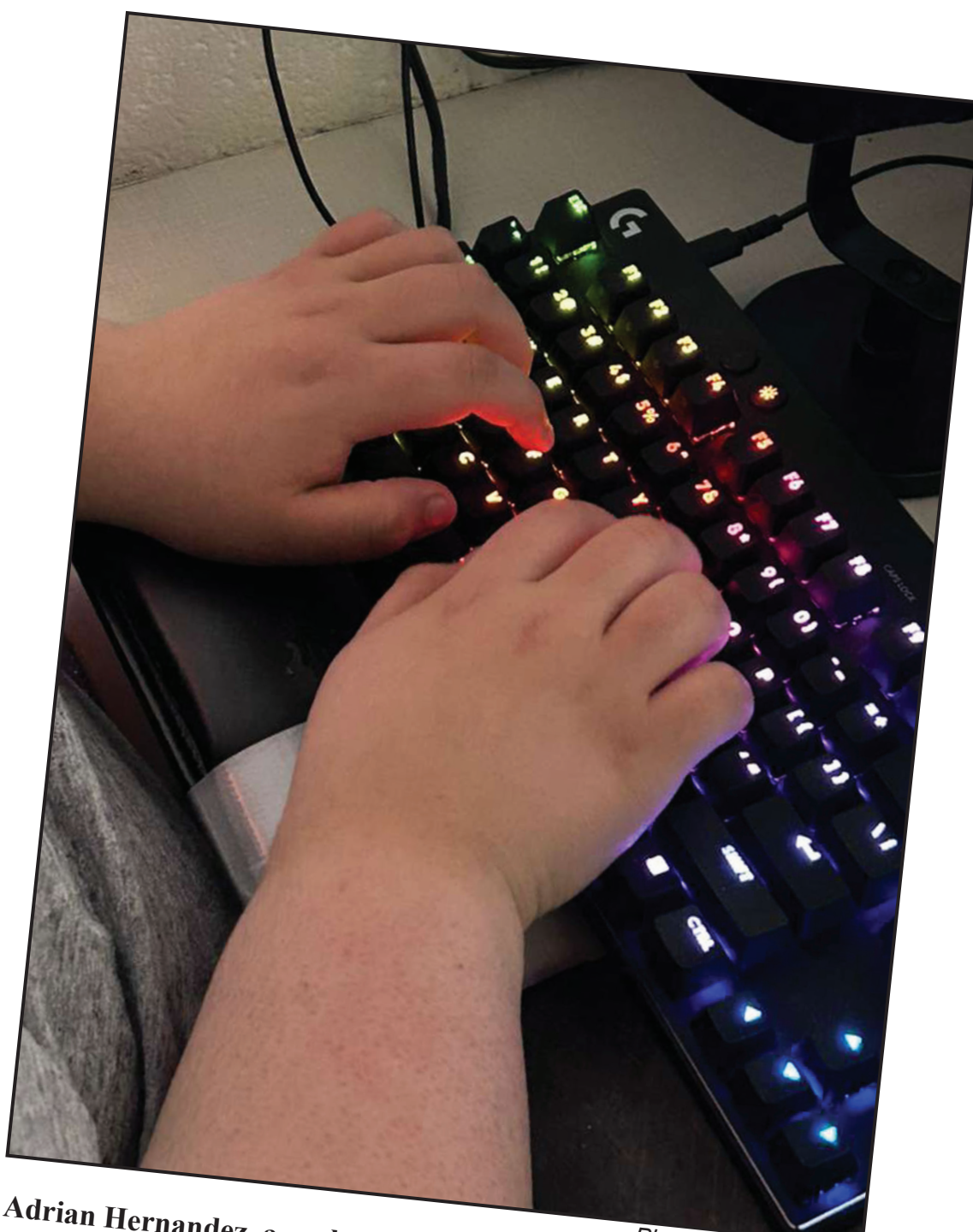


Photo by Victor Kinzie

Adrian Hernandez, a sophomore computer science major, uses his keyboard to work on homework.



Photo by Ingrid Maldonado

Taylor Annen, a sophomore business administration major, works on homework in the student center in her free time.



Photo by Ingrid Maldonado

Mayrin Luna, a nursing major, and Hadley Bohlen, accounting major, grab a coffee together at the student center.



Photo by Ingrid Maldonado

Cara Bradt, the Alva High School librarian, pays for her two coffees during Grumpy Hour at the student center.

FEATURE

Olympic roster announcement sparks up emotions

By **JESSICA SCHIEBER**
Co Editor-in-Chief

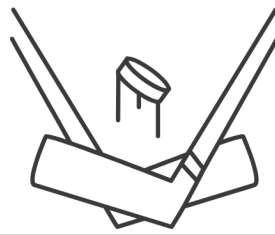
The Olympic Games are happening next month and team rosters for some of the sports have been released. The two teams that will be discussed here are the figure skating team and the hockey team. These two sports are by far my favorite to watch in the Olympics.

The USA hockey team has caused some rise in the hockey world because of the choices made on who all has made the roster and who has got snubbed. The roster consists of all NHL players.

These players are Matt Boldy for the Minnesota Wild, Kyle Connor for the Winnipeg Jets, Jack Eichel for the Vegas Golden Knights, Brock Faber for the Minnesota Wild, Jake Guentzel for the Tampa Bay Lightning, Noah Hanifin for the Vegas Golden Knights, Connor Hellebuyck for the Winnipeg Jets, Jack Hughes for the New Jersey Devils, Quinn Hughes for the Minnesota Wild, Seth Jones for the Florida Panthers, Clayton Keller for the Utah Mammoth, Dylan Larkin for the Detroit Red Wings, Auston Matthews for the Toron-

Snubbed US hockey players

- Jason Robertson for the Dallas Stars
- Lane Hutson for the Montreal Canadiens
- Adam Fox for the New York Rangers
- Alex Debrincat for the Detroit Red Wings
- Cole Caufield for the Montreal Canadiens
- Cutter Gauthier for the Anaheim Ducks
- Matthew Knies for the Toronto Maple Leafs



to Maple Leafs, Charlie McAvoy for the Boston Bruins, J.T. Miller for the New York Rangers, Brock Nelson for the Colorado Avalanche, Jake Oettinger for the Dallas Stars, Jake Sanderson for the Ottawa Senators, Jaccob Slavin for the Carolina Hurricanes, Jeremy Swayman for the Boston Bruins, Tage Thompson for the Buffalo Sabers, Brady Tk-

achuk for the Ottawa Senators, Matthew Tkacuk for the Florida Panthers, Vincent Trocheck for the New York Rangers and Zach Werenski for the Columbus Blue Jackets.

Now this team seems like a solid line up, but there are players that everyone believes should be in rather than some of the players that were chosen. Jason Rob-

ertson is the top American goal scorer in the game currently, so many are confused why he has not made the team for the Olympic games.

Many people have come up with their own speculations on the case. Another player that was not on the roster that had many fans scratching their heads was Luke Hughes, although he is young,

a lot of people expected him to make the roster with his two older brothers. When he wasn't announced many got confused.

There is an entire roster made by fans that they are calling the snubbed roster, many great players are on that list and not the official roster. A lot of fans are believing that because there are not that many changes to this roster compared to last year's four nation face off roster that team USA is going to get beat by team Canada once more.

On the other hand, I couldn't be happier with the team USA figure skating team.

The announcement for this team happened not too long ago and I am so excited to watch these skaters and their performances.

The three women for this team are Amber Gleen, Isabeau Levito and Alysa Liu.

The three men are Ilia Malinin, who has been nicknamed the quad god for his insane talent, Maxim Naumov and Andrew Torgashev.

The two pairs are Emily Chan and Spencer Akira Howe and Elie Kam and Danny O'Shea.

The Ice dance pairs are Christina Carreira and Anthony Ponomarenko, Madison Chock and Evan Bates and Emilea Zingas and Vadym Kolesnik.

Company founders help the hungry

Jaden Smith has founded a restaurant called I Love You. This company is a Los Angeles based non-profit dedicated to serving free vegan meals on wheels and donating clothing to the community of Skid Row, California.

They serve up to 500 hot meals and bottles of water and an assortment of donated clothes during every activation.

The choice of serving vegan meals came from Jaden Smith himself who believes that everyone deserves access to the healthiest food options, no matter their financial situation.

The menu was created with Tabitha Leeper, a world-class chef and co-founder, to bring that vision to life.

Dr. Emoto demonstrated that putting the words I love you onto organic matter makes a positive change in the molecules and psychologists have proven hearing the words I love you has a positive impact on the brain.

When Jaden Smith learned this, he decided to call the company I Love You to spread peace, happiness and food to Skid Row.

The big vision for this company is to create the I Love You headquarters where they can serve three free meals a day every day.

They want to eventually have them all over the country and the world.

This idea of serving those who others hardly glance at has created a great idea for Jaden

Food insecurity in 2023



- The 2023 prevalence of low food security was statistically significantly higher than 7.7 percent (10.2 million) in 2022.
- 8.4 percent (11.2 million) of U.S. households had low food security in 2023

According to USDA

Smith.

Smith saw an issue around his life and made plans to act and change that issue.

Due to his idea, many who have food insecurity can trust that they can at least get a meal.

Smith has grown up able to see just how harsh reality is around him.

He grew up in Malibu and, being the son of Will Smith, he witnessed first-hand what it felt like to live without worrying over things.

Although he never had to worry, he saw many people who did, seeing this was likely a part of why he founded I Love You.

Jaden Smith is a famous rapper and singer, he is now 27 years old. With being a rapper he is also a model, songwriter, composer, entrepreneur, dancer, film actor and martial artist.

He has no shortage in what he has done but founding I Love You has had the most impact on his surrounding area.

Smith was born into wealth, his father is a successful man on his own, but Jaden saw something that needed to be done around his own home.

Like many he could have ignored this and never batted an eye at these serious issues, he instead decided that enough was enough and gets help that people need.

According to the USDA 13.5 percent, 18 million, U.S. households were food insecure at some time during 2023.

That was three years ago, now there could be more.

The creation of I Love You happened on his 21st birthday with a dream and a food truck.

While anyone is welcome to come in and enjoy a meal if you are not homeless and can pay you will be expected to.

This will pay for the person who is and it is a great way for the company to balance paying off produce used to make the meals.

Smith's goal of reaching the world is coming closer to reality.

Hobbies to

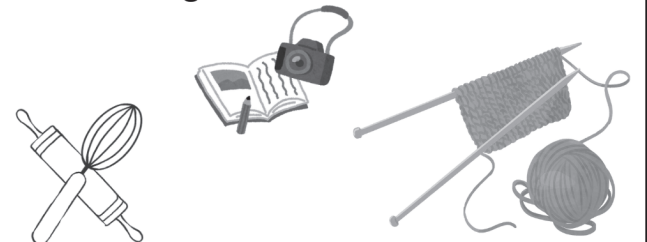
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- Knitting
- Reading
- Journaling
- Drawing

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ENTERTAINMENT

Freedom of literacy has its problems

By KEVIN KAUMANS
Entertainment Editor

I was sitting in my bed, pondering what I should write about for my first week back at Northwestern for my second semester of my junior year. Now, I am by no means saying that being a columnist is the hardest job in the world.

I mean, I don't speak from experience, but I doubt I would want to switch places with a child coal miner in the Middle East.

But when you constantly have to come up with a minimum of two new articles every week, on top of still having to do your homework for your classes, it can easily become stressful.

That is where my idea for this week's main title comes in; As many of you already know, fellow reader, I'm an English literature major.

In a few of my classes, we often discuss the ethics of free speech. The main flaw

against it is that, if anyone can write about whatever they feel like, that means anyone with a computer can publish their "works."

This may sound a little cruel, but do you ever feel like there are people out there who shouldn't be allowed anywhere near a writing utensil. Think about it: How many books have you read over the years that made you think, "Who in God's name gave the greenlight for this to be published?"

Self-publishing has only made it to where something like this is doomed to happen more often. Some of you may think I'm being a hypocrite here, seeing as how my own books were published through Kindle Direct Publishing (KDP).

However, understand that I am saying this because I myself remember how many flaws my first book had. Maybe I'm being too harsh on myself; no one's first work is perfect after all.

But when you are a young man seeing how many grammatical errors, weird jump cuts, and poor worldbuilding are in your

novel, it is easy to feel like the worst author in the world.

The point is: If an ignorant 17-year-old can easily release his poorly edited work of art out into the world, what is stopping Greg the Flat-Earther from publishing his 800-page essay on why everyone else is dumb and he is the next Sir Isaac Newton?

What is stopping Bethenny the Repressed Cat Lady from writing her spicy romance novel with the most depraved "love scenes" known to man?

What is stopping your local neighborhood sex offender from writing a book about a man who...you get where I'm going with this.

I get it, truly. If we start censoring people because they are bad writers, what is stopping us or the authors I love from getting the same treatment?

To be honest, this argument is the only thing preventing me from solely supporting the idea that some people shouldn't be allowed to write. Because even if some-

one's work is hateful, ignorant or arguably worse of all, badly written, that's still their right to publish out into the world.

Let us say, for example, you write an essay on race. You do not include anything hateful, just factual. If we start censoring people on what they write, who is to say your essay will not get flagged or banned for "hate speech" or something similar?

I would rather have a hundred Amanda McKittrick Roses running amuck in the literacy world as long as it allows for the next Tolkien to shine in the world.

Is it so wrong to risk letting the degenerates near a laptop if it allows genuises the same thing?

I want to live in a world where my descendants all have an equal chance of success. I want to live in a world where all humans have a chance to create art.

Perhaps that is a philosophy we should all live by...or maybe I'm just being a literacy snob, whichever answer you like better.

Dear Diary, I want to meet this girl

By KEVIN KAUMANS
Entertainment Editor

October 20

I met a girl today in my anatomy class. She's a foreign exchange student from Daegu.... at least, that's what I overheard the other girls in my class say. Her name is Sa-rang. She has this beautiful, black hair that hangs just below her shoulders, eyes the color of hazel, perfect-looking skin, and the greatest perfume known to man. I know I probably sound like a creep saying that, and if so, I'm sorry. It's

just that....I've never had all that much experience with girls.

Don't get me wrong, I'm not a shut-in. Quite the opposite actually: I like to see myself as an extrovert. Hell, one of my favorite things to do is to go to house parties and live concerts, so it's not like I have trouble putting myself out there.

No, my problem is more so that I haven't really been surrounded by the opposite sex most of my life. My mom died when I was very young, so I don't remember her all that much. My dad was a bit of a lady's man and wasn't home all that much. Even when

he would come home, he would be more interested in spending time with his new girlfriend than with me.

You think him bringing his date home would mean I get to have at least some interaction with women. Unfortunately, my dad's relationships wouldn't last very long. So even when I did start forming a bond with one of them, there was really no point, since I would end up never seeing them again anyway.

I didn't have any aunts, and my grandma on both my mom's and dad's sides died before I was born. Sure, I had some cousins who were girls, but they were decades older than me and had no interest in hanging out with a little kid. I have an older sister, but we haven't really spoken since she moved out. It's difficult to explain why.

I suppose we were never really close. I can't say this with a hundred-percent certainty, but I got the impression that she never liked me all that much.

Damn, I should probably stop writing and go to bed now. I have a test tomorrow, and I heard Dr. Aldred's exams are notorious for how ridiculously hard they are.



October 27

I overheard one of the girls in my class talk about this new indie metal band called Glass Rocks. Apparently, they're having a concert in town this Saturday. I then overheard this same girl talking to Sa-rang.

From what I heard, Sa-Rang's a fan of the band, and is going to be attending the concert. Now, I know this next part might sound creepy, but I decided to purchase the tickets to their concert that very night. Hear me out: I like this girl, I really do. I swear, I'm not doing this to stalk her.

I get that it sounds crazy, but I really think she and I have a connection. Every time I see her in class, I get this light feeling in my stomach, as if all my insecurities go away. I wouldn't call it love at first sight, I'm not sure if she's what people call "the one." If I were to put it into words, I guess you could say this is the first time in my life I've ever felt affection for another human being.

November 1

I hate myself. I have hated myself since I was a teenager. I always was a stupid, awkward kid with no social awareness. When I got to college, I thought I could ignore all that by pretending to be some chill party animal, but it turns out some things never changed. I learned that tonight.

It was all going well at first; I showed up to the concert, chugged down a couple drinks and began looking around for Sa-rang. After about an hour, I finally saw her in the front row. She was wearing this cute, sparkling black skirt, thigh-highs, and this adorable brown sweater that was two sizes too big, making her look like a little kid trying on her mom's clothes.

I approached her after a while, offering her a drink. She was nice, but turned down my offer. Looking back on it, I don't really know what I expected. After all, if a random guy you've never met-walked up to you and extended a drink to you, you'd have to be an idiot not to assume he has a less than noble intention.

Realizing how much of weirdo I was making myself out to be, I put the drink down and introduced myself. I knew I had to be careful with my wording here, as I didn't want her to give her the impression that I had been showing up to class just to stare at her. I told her that I found her pretty and would like to get to know her more. I'll admit, I may have gotten a little excited. I may have stepped a little bit too closed to her. And sure, maybe I got a bit too erratic with my hands.

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To be continued.....

CAMPUS

New prof joins nursing staff

By **CORKY HALL**
Senior Reporter

Ryan Sand, a veteran emergency care provider with nearly 20 years experience, has joined Northwestern Oklahoma State University's nursing faculty this semester.

Sand has started teaching graduate nursing courses. As an assistant professor of nursing, he is teaching theory for advanced nursing practice and advanced research methods.

Sand started his medical career in 2005 as a paramedic. He later earned an associate degree from Rose State College and a bachelor's degree in nursing from Southwestern Oklahoma State University.

He continued his education with a master's degree from Rocky Mountain University of Health Professions in Provo, Utah, where he completed family nurse practitioner training and an emergency nurse practitioner certificate. Sand also earned a



Ryan Sand

DNP from Arkansas State University, and while finishing off his last year of school, he completed an adult gerontology acute nurse practitioner program through the University of Tulsa.

Sand said his decision to teach at Northwestern was influenced by his work at Share Med-

ical Center and professional ties to the Alva area. He previously worked with Survival Flight and served as a regional director when the helicopter service was established at the hospital.

"I really liked the Alva area, and I'm already frequently at the ER here," Sand said. "When they had a position open, and I knew a few of the people who teach here, I thought this might be a great fit."

Sand's primary goal as a new faculty member is ensuring students have everything they need to succeed and progress through their course work.

He said he is particularly interested in teaching nursing theory, noting how abstract concepts can lead to real-world improvement.

"It's fun to see how people can take a theory that's kind of an abstract concept and then turn that into process improvements in healthcare," Sand said.

In addition to classroom instruction, Sand is excited about teaching practical skills during

on-campus residency sessions in July, including suturing and other clinical procedures.

Outside of the classroom Sand balances his responsibilities with a large family that includes seven children and two grandchildren.

Sand noted that Northwestern's emphasis on rural health care aligns with his professional values and background.

"I really like the focus of the nursing department here, being focused on rural healthcare," Sand said. "With all of the healthcare shortages that we have, I think that's an incredibly valuable focus for a nurse practitioner program to have. The more good, well-trained nurse practitioners we can put into rural environments, I think the healthier we're going to have our small communities."

Sand said strengthening rural healthcare is especially meaningful because he grew up in a similar-sized community.

Contact Sand at rmsand@nwsu.edu.

Challenges you face this term?

By **OAKLEE FIELDER**
Sports Editor

What's the biggest challenges facing NWOSU students this semester?

Many students say they face difficult circumstances, while others will have it easy.

"Wednesdays, I have six back-to-back classes," said John Jones, a freshman from Arapaho. "I'll be going from 9-5."

Rylee Ott, a junior from Forgan, said her greatest challenges are "the sheer amount of classes I have and the classwork that I have."

Although many students struggle, one student is looking forward to the semester.

"I don't have many struggles," said Jenna Johnson, a freshman from Mustang. "I'm living my best life."

Some students said they have a lot on their plates in 2026.

Archie Diaz, a master's student from Hooker, noted several things he must juggle, including "being consistent in many areas of my life, such as my hobbies, faith, friends and mental health."

Other Rangers didn't have much say about the upcoming semester except that they expected the semester to be challenging.

Peter Gwinn, a sophomore from Helena, said "making time for my studies" is something he must tackle this semester.

Alek Holguin, a freshman from Meade, Kansas, said "just school and my classes in general" would be a challenge.

Students: Habitudes, finance most helpful classes

By **JOHN STOWERS**
Student Reporter

NWOSU students said habitudes and personal finance were the classes that have helped them the most.

Everyone has a favorite class, or a class that they enjoy the most, but there's a difference between favorite class and most helpful class.

Students determine helpfulness in varying ways. One student said that his professor helped him have a new outlook on life, while another student said his class helped him know more about his desired career.

Most students, however, judged helpfulness based on if their respective classes helped them learn new personal skills.

"My speech class has helped me a lot," said Mya Collins a freshman business major. "I have been, I guess, shy and I usually don't



Mya Collins



Ella Bowers

Sierra Caldwell

really like to talk in front of people, so I guess that helped me come out and do more speeches."

Another skill that some students learned was leadership. Ella Bowers, a senior psychology major, is one such student. Bowers said her habitudes class taught her how to be a good communicator, how to be a good leader and how to work well with others.

Sierra Caldwell, a classmate of Bowers' and junior psychology major, also said that habitudes was the class that has helped her the most.

"Habitudes... taught me a lot about leadership with myself and leadership with others," Caldwell said.



Antonio Lisenbee

Briana Lopez

NWOSU also offers a personal finance class that teaches students about the do's and don'ts of finance in the real world.

"I've been taking personal finance, and that's kind of been opening my eyes to how the world works, and what you can do, what you're not supposed to do, what's smart to do, what's dumb to do," said Antonio Lisenbee, a senior business major.

Other students, like Briana Lopez, said that Composition 1 helped them to write with confidence.

Habitudes, personal finance and composition 1 are general education requirements.

Just think: Only 7 more weeks to spring break

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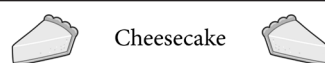
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SPORTS

Rangers rally around each other

By INGRID MALDONADO
Senior Reporter

The men's basketball team has spent the season navigating uncertainty, but despite this, they are confident and determined to close out the season on a strong note.

With a record of 6-8 overall and 4-8 in Great American Conference games, the team is staying strong by building more effective teamwork and striving to win one game at a time.

Max Alexander, No. 1, a junior from McPherson, Kansas, majoring in business, is the team's leading player.

Alexander has seen the challenges the team has faced during the season. One of the challenges is having to continue the season without their head coach, Robbie Harman, who has taken family medical leave.

"I think everybody's still a little bit shocked and kind of confused about the whole situation. We're trying to really rally around each other and give as much time and grace to our coaches that we do have on staff and understand that everybody's unsure of what their role is at this moment," Alexander said. "So, we're kind of trying to carve through that and get through that right now as a team."

While having to continue the season without Harman, Sam Casey, who is the assistant men's basketball coach, explained that Harman is still involved with the team and is in a group chat with the team. Casey said challenges are limited from his absence because of the foundation he's built and how others have been helpful, including Shane Hansen and director of athletics, Brad Franz.

"Coach Harman's laid an outstanding foundation and vision for our team, and so we've just tried to build off that and continue his vision," Casey said.

While there has been a lot of support from others, Casey explained that some teammates who have been with Harman for several years have been affected



NWOSU Athletics Photo

Forward for Northwestern, No. 23 Javion Langston, jumps into the air to make a dunk on Jan. 8 against Ouachita Baptist. The Rangers lost 78-63.

because of their connection to Harman and wanting to be there for him. He said many players want to be there for their coaches in these situations, but are limited to what they can do. While it has affected many players, they have managed it with support from others like Hansan and graduate assistant LJ Lampley.

Casey explained that there has been support from other team coaches and officials who send their best wishes and prayers to Harman. He said he has received many messages for the team from people whom he does not know.

"I know Coach Harman, the one thing I will speak for him, and say this, and that's a big thank

you to everyone, we feel that support," Casey said.

The team has experienced some uncertainty, Alexander said, but this has given teammates new leadership roles to fill in, he explained, himself being one, as this is his fourth year playing college basketball.

Skyler Kimberlin, No. 21, a junior majoring in health and sports science from Mountain View, said teamwork has been crucial to the team recently. He explained how putting others before oneself is one part of teamwork that they can work on. When asked who has taken charge of leadership, Kimberlin said Alexander has.

"I would say Max has really stepped up out of his little quiet role personality self," Kimber-

lin said. "Last night we all had a player meeting, and it was his idea, and he led it, and just him stepping out of his quiet self and becoming more of a leader, I would say, is really big for us on the team."

While the team was in Arkansas last week, they defeated Arkansas-Monticello 65-59 on Thursday and Southern Arkansas 69-64 on Saturday. Both games were competitive, but they came through in both second halves.

Alexander said one of the challenges the team has faced is putting together every minute of the games they play.

"I would say that just understanding to win a college basketball game, it takes a full forty minutes, and you can't start slow and you can't end slow," Alexan-

der said.

At Southern Arkansas, Casey said it was a tough environment, and the players responded to the challenge. There are 12 games left in the season and then the conference playoffs.

When asked about whether there are any changes or tweaks they are going to make in the next few games, Casey said their approach has always been one game at a time, and they are always looking to tweak defense and tighten it depending on the opponent.

"This is the toughest, not the best or most talented team in the conference, but the toughest team in the conference, and at the end of those 40 minutes, the toughest team is going to win this ball game," Casey said.

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Men's basketball upcoming schedule

Jan 22	vs SWOSU
Jan 24	vs SEOSU
Jan 29	vs Harding
Jan 31	vs Arkansas Tech
Feb 5	@ Henderson State
Feb 7	@ Ouachita Baptist
Feb 12	@ SWOSU
Feb 14	@ East Central
Feb 19	vs Southern Arkansas
Feb 21	vs Arkansas at Monticello
Feb 26	vs Oklahoma Baptist
Feb 28	@ SNU

SPORTS

Ladies continue season of greatness

By MEGAN SPRAY
Senior Reporter

Northwestern's Women's Basketball team is finding success this season from their strong defense and team chemistry to hold onto third in the Great American Conference (GAC) standings.

The Lady Rangers saw success early, winning some competitive nonconference games. Their start set the tone for their season as they went on a 9-0 win streak and climbed the conference standings after being picked seventh in the GAC women's basketball preseason poll.

Head Coach Tasha Diesselhorst said the most exciting part of this team is their defense and how they play together.

"This team has been the best defensive team that I've had here at Northwestern so far," Diesselhorst said.

The Lady Rangers continue to be ranked first in the GAC for defense, holding their opponents to an average of 54.3 points per game.

Conley Cayot, a freshman guard from Enid, said their versatility makes them great. "We have good posts, good guards and we can score in lots of different ways," she said. "I think that's what makes us really special."

Kira Bass, a senior center from Killeen, Texas, is leading the team in scoring, rebounds and blocks. She has had multiple standout performances this season, with a career-high 32-point game and



Lady Ranger guard, No. 20 Conley Cayoit, in possession of the ball in the game against Ouachita Baptist University on Jan 8. Northwestern lost 68-64. *NWOSU Athletics Photo*

earning GAC Offensive Player of the Week for week six of the season.

Junior guard Catyn Graham from Pittsburg, Oklahoma was the GAC Player of the week in week four of the season after a career high 23-point win in their upset over Harding, making seven three-pointers.

The team has seen a lot of recognition in conference and national rankings, with individual players receiving recognition for their performances, as well.

Madi Denison, a junior forward from Minneola, Kansas, said her favorite thing about this season is how close all of the girls are with each other.

"I think that really shows on the court," Denison said. "We just always want the best for each other, and I think that's why we're doing so well this season."

The Lady Rangers are heading into the second half of their season in a strong spot. They are 8-2 in conference play, 13-3 overall, ranked first in defense in the

GAC, ranked third in GAC standings and have been ranked in the top 25 WBCA NCAA Division II Coaches' Poll.

"I think that as the season goes on, we're just going to keep getting better and better as we keep playing with each other," Cayot said. "I feel like the best is yet to come."

Track and field sets records at Washburn University

By OAKLEE FIELDER
Sports Editor

The track and field teams competed in the Washburn Alumni Invite in Topeka, Kansas, where Jeremiah Anderson set two NWOSU records and earned a GAC award.

Anderson, a freshman from Columbia, Missouri, finished 13th in the men's long jump, with a distance of 6.79 meters. Ethan Burns also competed in the long jump and finished 44th with a distance of 4.90 meters.

Gabriella Hall, a sophomore from Frisco, Texas, finished 10th in the women's long jump with a distance of 5.41 meters. Hannah Betts finished 26th with 4.97 meters, and Jada White finished 29th with 4.90 meters.

In the men's high jump open, Anderson finished 1st with a height of 1.99 meters. Malakhi Strake also finished on the podium with 1.89 meters.

In the women's competition,

Monique Cook, a sophomore from Denton, Texas, finished 6th with 1.55 meters.

In the men's weight throw, Brock Bourgeois, a sophomore from Pratt, Kansas, finished 14th with a distance of 13.49 meters. Daniel Becerra finished 27th with a distance of 10.39 meters.

Mercedes Glover led the Lady Rangers in the women's weight throw, the event with the most Rangers or Lady Rangers competing. The junior from Wellington, Kansas threw for a distance of 15.30 meters, putting her in 6th. McKayla Kuplicki finished 11th with 13.93 meters. Brianna Behrendt was 17th with 12.61 meters. Reagan McReynolds had a distance of 11.23 meters, putting her in 30th. Addison Clark finished 39th with a distance of 9.05 meters.

In the men's shot put, Bourgeois finished 5th with a distance of 14.65 meters. Becerra finished 26th with a distance of 11.61 meters. Burns was 32nd with 9.98

meters.

Behrendt was 14th in the women's shot put. The junior from Turpin jumped a distance of 11.02 meters. McReynolds finished 22nd with 10.42 meters

Trevon Hodge, a sophomore from Copperas Cove, Texas, was the only Ranger to score in the men's triple jump with his distance of 13.89 meters.

Harmonie Hughes, a sophomore from Blue Springs, Missouri finished 3rd in the women's triple jump. She jumped for a distance of 11.84 meters and hit the NCAA D2 Provisional Standard. Amelia Nyambuka finished 12th with a distance of 10.89 meters. Jenesis Tomlinson finished 19th with 10.31 meters.

The next meet for the NWOSU track and field season is on Saturday at the Bob Teel Invitational in Columbia, Missouri. The meet is hosted by the University of Missouri. It will be the second competition for the indoor season out of the five on their schedule.

GAC Women's basketball standings

1st	Harding University	8-2
2nd	Arkansas Tech	8-2
3rd	NWOSU	8-2
4th	Henderson State	7-3
5th	Ouachita Baptist	6-4
6th	Southern Arkansas	5-5
7th	Southern Nazarene	5-5
8th	SWOSU	4-6
9th	East Central	3-7
10th	Oklahoma Baptist	3-7
11th	SEOSU	2-8

Upcoming Lady Ranger games

Jan 22	vs SWOSU
Jan 24	vs SEOSU
Jan 29	vs Harding
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