Involvement with People Makes Job Rewarding

By Bobby Carvin

An old adage says, "You never really know a person until you've stood in his shoes." As Bob Leaman, a guidance counselor at NNO, has learned, this is particularly true in his profession.

"My duties involve a little bit of everything," Leaman said. "But I think counseling is really important. When you work with kids who are having trouble, it's important to help them through it."

"I want the students to develop a sense of personal worth and vocational interest. Everyone's a winner, not just the student who makes the straight A's. We all win when students feel they've done a good job," Leaman added.

"I think they're just looking for someone to talk to, and to help them through the problems they're having," Leaman said.

Leaman is in charge of counseling about 350 students. He said that his job is not easy, but he enjoys it. "I like working with kids," he said.

Leaman is also a student at Cleveland State Community College, where he is majoring in business administration. He plans to graduate in December.

Leaman's advice to students is: "Don't be afraid to ask for help. There are people who want to help you."

Today's World Problems Basis for Breakdown

By Pam Bodyfelt

It's easy to think that today's world is a tough place to grow up in. With all the news about crime, drugs, and violence, it's easy to feel like you're not safe anymore.

But there are ways to cope with these problems. By learning how to handle stress and make good decisions, you can stay safe and feel good about yourself.

Here are some tips to help you deal with stress:

1. Take breaks when you need them.
2. Get enough sleep.
3. Eat a healthy diet.
4. Exercise regularly.
5. Talk to someone about your problems.

By following these tips, you can live a happy, healthy life. Just remember, it's never too late to start making changes. So get started today!
Norse Wind, January 18, 1960, Page 4

NEO Hosts Tourney

By Morny Franklin

Norseman basketball tournament will be held this year for the first time in Northwestern Oklahoma's history. The tournament will take place in the Smokey Bear Gymnasium on the campus of Northwestern Oklahoma State University. NEO was selected as the host university for the tournament by the Oklahoma Basketball Coaches Association, which is now in its 12th year of operation.

Eight schools will participate in the tournament: Oklahoma A&M, Oklahoma State, Oklahoma Panhandle State, Arkansas Tech, Arkansas State, Arkansas Little Rock, and Kansas State. The tournament will run from January 18th to 20th.

Norse Matmen Return to Action

By Mark Mears

Returning to the mats tonight, the Golden Norseman wrestling team will travel to Claremore for a dual meet. The Norsemen have been out of action since the Christmas break and are looking forward to getting back on the mat.

Grid Schedule

The grid schedule for the Norsemen's January home games is as follows:

- January 18: vs. Denison
- January 20: vs. Stillwater
- January 22: vs. Oklahoma State

Overtime Effort

By Mark Mears

The Norsemen are looking to bounce back after a tough loss to Oklahoma State last weekend. They will need to focus on their fundamentals and improve their overall team chemistry.

Lady Cager Rogers Sings Cords

By Mark Mears

The Lady Norsemen are off to a strong start this season, with a record of 11-2. They have been led by senior captain Tanya Martin, who has averaged 15 points per game.

When I came to NEO and started playing, just the guard position, I had to change my style of play and concentrate more on passing and ball handling," Rodgers said. "I'm trying to improve my passing ability. I have also opened up more opportunities for me to get a shot. Although I still need to work on the accuracy of my long range field goal," Rogers added.

We have a bunch loaded with talent," remarked Rogers. "And if they continue to play as a team like they have in practice, there is no doubt we should be a lot better in the second half of the season."

MAJORING IN COMPUTER SCIENCE, Rogers hopes to continue her basketball career at a four-year college.

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MIMI, OKLAHOMA 74354
Lady Roundballers Romp Bacone in League Game

By Jeff Goodbye

With 11 of 12 players making appearances in the scoring column, the Lady Norse arrived at the 500 point mark for just the second time this season with a 79-57 victory over the Bacone Warriers at the Munday Civic Center Monday night. NUNO's new sports all-8 record for D1A basketball parfait the Big-10 Conference leader to 2-1. Bacone Van Vicktet with a 2-0 mark at the 1-0 mark in their first half.

NUNO passengers two field goals, one by Tina Malick and one by Tara Ratliffe. Bacone, on the other hand, had only one field goal in the first half. Bacone needed a third quarter to play with a 65-53 deficit with 8 minutes left in the third quarter.

The Warriors gained their first lead of the game in the first quarter, but their lead was short lived as Lady Norse reserve center Kristy Ginnis entered the game in the first quarter. Kristy Ginnis then scored five of her five points in the first quarter.

WITH THE STARTING lineup going on the game, the Lady Norse faced Bacone's 6 foot 1 center Julie Miller in the second quarter. Miller and Bacone's 6 foot 1 center Julie Miller went to the court in the second quarter and had Bacone's 6 foot 1 center Julie Miller go down with a 67-57 lead with 13:39 left in the second quarter.

In Overtime

NUNO faces Bacone in overtime with a 71-66 lead for the win. Bacone's 6 foot 1 center Julie Miller went down with a 71-66 lead and the Lady Norse gained the lead by getting a 71-66 lead. Bacone's 6 foot 1 center Julie Miller then scored 12 of her 12 points in the first half.

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Future Requires Thinking Ahead

By Deborah Harris

NORSE WIND, January 18, 1980, Page 6

Have you, as students, made any decisions concerning your future plans? Are the NBO seniors still trying to decide whether to go on for a higher degree, or get married and raise a family, and give up the college scene forever? Or will they just postpone their educations for a few years and then find out what the "real world" is like?

Has it become difficult to decide whether or not to continue with college at the present time? And if students do finally decide to stay, will they know which four-year schools offer the best curriculum for their needs when they leave here?

The best bet would be to contact one of the counselors or the dean to find out the various possibilities available. A decision should be made with a signed consent form when registering for any course.

If financial aid is needed, it should be applied for early. Also, applications for entrance, housing, and other items should be submitted as soon as possible.

It might pay off taking a trip to the college or university that has been chosen, to visit the campus, get acquainted with the area, and meet a few people. If a decision has been made to live on campus, then houses or apartments can be looked at and decided upon while there. It is better, because houses and apartments close to campus are very difficult and sometimes almost impossible to find once school has started.

Basic grant applications can be picked up at the financial aid's office on the second floor of the Library-Administrative Building. These should be filled out as soon as possible so they can be processed and sent back to the students and the school they have chosen to attend.

Academic scholarships, specific-of scholarships, and other types of aid are also available to those who qualify.

It would be wise to talk to the financial aid office and find out approximately how much financial aid a student will need at the four-year college he or she has chosen.

We are just beginning a new semester and a new year, but time is growing short for the seniors here at NBO. No matter what a student's major is, there are four-year colleges and universities that are ready to put them to the test and be examined closely and a decision finalized.

Graduation is just around the corner and plans should be made well in advance for the next few years or more of a student's college life.

Norse Wind

Dedication...not enough.

By Rick Rohring

NORSE WIND, January 18, 1980, Page 6

On this fine Winter day, I find myself thinking about the many opportunities we have as students. The opportunities to learn, to grow, to experience new things.

It is a time of great dedication, not only for our students, but for our faculty as well. The dedication to make sure that each student reaches his or her full potential.

The dedication to keep our campus clean and safe for all students.

The dedication to make sure that all students receive the best education possible.

In the business field there are good paying jobs available and many good opportunities.

We are here to help students find the colleges and universities that best fit their needs.

Film Proves Entertaining

By Rick Rohring

NORSE WIND, January 18, 1980, Page 6

Over the holidays I had the opportunity to take in a few movies and one of which left a most favorable impression on me was the ELECTRIC HORSEMAN starring Robert Redford and Jane Fonda.

This show was one of the most enjoyable experiences I've had lately. While the basic plot is certainly not original by any stretch of the imagination, electrically, it has brought out the best in every aspect.

The story is the fairly familiar one of the desk-bound cowboy seeking a new adventure. With the addition of the cowgirl, the story becomes a great deal more entertaining.

Much of the opening of the movie is spent trying to keep the electric horseman on the horse for his commercial appearance. However, Robert Redford makes his head when he decides to free the corporation's symbol, a world famous real horse.

Enter Jane Fonda, a pretty and persistent reporter determined to obtain a story from Redford.

The dialogue between Fonda and Redford proved to be witty and entertaining. For a man who has probably had little actual experience around real life, Redford seemed to possess an excellent knowledge of this style of life.

If asked to recommend a movie, I would certainly put this film at the top of my list.

There is a great demand for secretaries because of the ever increasing size of the economy. It is still growing and there are many new jobs are opened.

Opinions expressed in the Norse Wind are not necessarily those of the NBO student body, faculty, or administration.

All letters to the editors are expected in the Norse Wind Office, opinions expressed in the byline letters are those of the individual writers. All submitted letters must be signed. The staff reserves the right to edit all copy in the best interests of the student body.
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