Seminar focuses on disorders concerning eating problems

By JoNell McCard
Northeastern A&M College
Miami, OK 74354

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Nurse
Nurse

NO PROBLEM

Even though Clint Allford, a freshman from McAlester, doesn’t have an eating problem, many people do. That problem will be discussed during an Eating Disorders Seminar Tuesday, at page 2.

Photos by Wes Hoke

Seminar focuses on disorders concerning eating problems

By JoNell McCard
Journal News

Eating Disorders. What many believe was simply a behavior habit years ago has now escalated to a major health problem. Due to the serious nature of the problem, the Eating Disorders Seminar will be offered Tuesday, November 18, in the Moore Hall located in the Old Gym. Adonna Heltad, coordinator of the college counseling guidance center and Nancy Bishop, physical education instructor, will conduct the seminar.

In a Gallup Poll, it was noted that 1 in 8 teenage girls and 2.1 million women under the age of 40 have had symptoms of anorexia or bulimia. Although eating disorders are seen primarily among females, the numbers of men and children who seek treatment is increasing, said Heltad.

People with eating disorders live in a constant fear of lived and fat, often struggling with eating patterns they can’t control,” said Bishop.

Obesity, bulimia, and anorexia have become epidemics, and wonder, in a society that usually spends billions on diets where “thin is in.”

Obesity can result from binge eating (also called overeating). This disease can be identified by common failed attempts at dieting, shortness of breath following mild exertion, an obese eating style, and large bites, fast, and without pleasure, high blood pressure, high cholesterol, and perhaps social isolation and lack of activity.

Bulimia results from purging (getting rid of food, often by vomiting or taking laxatives), and can often be identified by recurrent episodes of binge eating, followed by purging, and the fear that the person can never be replaced — said Bishop.

For further information on eating disorders or if you are concerned about yourself or someone you think you may have an eating disorder, contact Bishop, ext. 272, at Heltad, ext. 356.

Students vote for name change

By A.B. Chavis
Northeastern A&M

By a vote of 84-42 last Thursday, the name of the Student Senate was changed to Student Body Government.

The change took place at a booth set up in the lobby of the Bruce G. Carter Student Union and concerned several amendments of the present constitution. The first amendment was in article I of the constitution which involved changing the name from Student Senate to Student Body Government.

The members of the student body government felt this change in name better describes the organization as representing the student body, said Molly Frazier, student body government president.

"Government was added to student body to show affiliation with the Oklahoma Student Government Association," said Frazier.

The second amendment was made by 18% in favor of changing article V, clause II of the constitution. The members changed it to read: "Electors shall be elected by secret ballot the third week before the end of the spring semester and serve for the entire school year. The student body government shall hold the change from a semester officer’s term to a yearly officer term was necessary to benefit the student body as a whole," said Frazier.

"The semester term didn’t give the officers enough time to learn how the student body government operates. By the time the officers are becoming familiar with their duties and responsibilities, their term is up. This change to a yearly term also benefits the student body," said Frazier.

The third amendment passed by a 38 vote involving article IV, section B, clause I, II, and III. Wording was removed as follows: "members in good standing of student senate at time of holding or election.”

"We feel this change is necessary to free officers with leadership qualities the chance to run for an office," said Frazier.

"An example of the previous regulations would be if someone who was president of a specific club or organization, he would not be able to run for a student body government office, because he was not a member of the organization," said Frazier.

"This change in turn would give the student body a better opportunity to utilize the leaders of their club or organization," said Frazier.

"We would also like to thank each of you for taking time out to vote, your opinions were greatly appreciated. I would personally like to thank those who worked the voting booth," said Frazier.
Opinion

Abortion issue creates havoc

Abortion seems to be one of the main issues in America these days. Each woman has the right to her own opinion on abortion. Men just happen to be against abortion.

After these issues are so carefree, they don’t have time to evaluate a situation before plunging into it headfirst. I have done a lot of research on abortion and I have found that there are many things about the word abortion that are never mentioned by those who are pro-choice.

Abortion Syndrome is a term that is being used to describe the set of symptoms some women experience after an abortion: heart palpitations, vomiting, and diarrhea, for their moral codes. For the person who has come to believe, at some point after the abortion, that she is{now} killed in the killing of her unborn child, the burden of guilt is relentless.

There is little correlation to offer the woman who has transgressed one of nature’s strongest instincts: the protection mother extends to her child.

Anxiety is another experience that a lot of women have to deal with after an abortion.

Postabortal women with anxiety experience any of the following: tension, inability to relax, irritability, physical reactions (dizziness, pounding heart, upset stomach, headaches) worry about the future, difficulty concentrating, and disturbed sleep.

Very often she will not release her anxiety with past abortion, and yet she will en masse begin to avoid anything having to do with babies.

When a person experiences anxiety because of an intense inner conflict, and there is no end in sight, the mind will take whatever course of action is necessary to regain emotional equilibrium. Some such defense mechanism is repression, a sort of "motorized forgetting" that simply pushed the unbearable emotions away from the conscious line of thinking.

Denial is often equated with repression, but actually it is a more thorough mechanism in which one not only pushes down unacceptable emotions surrounding a painful event, but also part of all of the whole event itself.

A person who has experienced a highly painful loss will develop an attitude toward guarding against future situations which might bring that much pain again.

My singing is a popular means of maintaining an unthreatening vow that they will never again allow themselves to be put in such a vulnerable position.

All of us are acquainted with depression. It is a mood filled with sadness, guilt and feelings of hopelessness. In some cases the person blames and beats herself so much that she simply wishes she were dead.

Some of the depression means that women go through are:

Sad mood, sudden and uncurable crying, deterioration of self-concept, sleep, appetite and sexual disturbances.

There is no information available on abortion, I just can’t seem to find any reasons to be for abortion.

Maybe some people are just hard-core and have no feelings about a child or anything else that by morals they should. If having an abortion is your way of birth control, then maybe you might find it cheaper to result in a better control pill or contraceptive.

Women face tough choices concerning life

With abortion being forced back into the political arena, it is clear that the threat to Roe v. Wade has raised the pro-choice movement back into life once again.

With the American public, about 40 percent believe abortion should be available for any reason that a woman chooses.

Only a slightly higher percentage believe it should be available only in cases of rape, incest or in cases to protect the health of the mother.

Abortion has caused many to take the stand and decide if it is a moral, morally and private, the right to life and the right to choose for themselves.

Sixteen years after Roe obligated all 50 states to legalize abortion, the nation is on a political collision course that has seriously weakened Roe.

For the last fifteen years women have had the right of privacy to choose if they would carry a full-term pregnancy.

Should a court, being forced by a moral issue by pro-life activists, change what has been set up for all women.

About one-fifth of American women around the age of 15 have had an abortion. Of all those, 81 percent were unmarried, and 62 percent under the age of 25 and one-fourth being 19.

If these women were forced to have unwanted pregnancies it could have caused more child neglect to our nation.

Women who have had to make the decision of bringing a child into this world have to face the responsibility of supporting that child.

More than two-thirds of those who had abortions say they could not afford the child or felt unfairly for motherhood.

With scientists being closer to reading the entire genetic message, who is to decide when life begins and when the right of the fetus is to start.

If abortion is made illegal it will not stop a woman from endangering her life to terminate her unwanted pregnancy.

Rhonda Thomas

Drunk driving laws vary

Do you think our laws are tough enough?

The following are some of the penalties handed down in other countries for being convicted of drunk driving.

Australia: The names of drunk drivers are sent to their local newspaper. This newspaper is then sent under the heading "drunk and jail."

Malaysia: The drunk driver is jailed. If married, the spouse is jailed.

South Africa: The drunk driver receives a 1-year sentence or a financial fine of $8000.

Poland: The drunk driver is jailed. A fine and forced to attend political lectures.

Bulgaria: The second conviction of drunk driving results in execution.

El Salvador: First offense is the drunk driver is executed by firing squad.

The drunk driver is executed by firing squad.

Some Form a Good Friend to Remember that maybe our priorities aren’t in the right place. Now would be a good time for you to ask yourself if your priorities for future friendships and dating relationships are in the right order.

If you are placing an emphasis on the wrong qualities (hair color, style, type of car), you may never see the idea, at least make an effort to change some of them.

You might even get to see a person who doesn’t drive a red car (OK, can you even imagine it)?

It wouldn’t happen, others who are different, what you are saying is that you are too good for them. That they could never fit into your little group. Now if you look like you just stepped out of Vogue doesn’t mean you are going to notice these things with someone who looks like you they just stepped out of an army surplus catalog.

Giving people a chance, regardless of what they look like. You can’t judge a book by it’s cover. You can’t be surprised at just how good a friend you may make.

Homecoming enhances spirit

This weekend, as you will know, is the homecoming game and with it comes all of the festivities. Some of the organizations are adding some last minute touches to their finals which will appear Saturday’s parade.

The queen candidates may be having second thoughts about whether they should go ahead with their idea or not. They may even be worrying that their dress may be exactly like one of the other candidates, or maybe the car they have chosen to ride in is not as attractive as some of the others.

Even though there may be some confusion involved for some, there are also many things to look forward to as homecoming draws near.

Some students may go to visit with parents that have never seen quite a while who have decided to come to the game this weekend. Then there is the announcement of the homecoming queen for the candidates to look forward to.

Also on campus for the homecoming festivities is a great time to get together with friends and have a good time. See you all at the homecoming football game with high spirits to boost our team.

Norse Wind

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QUEEN CANDIDATES
Thirty-one contestants will compete for the title of 1989 Homecoming queen during the traditional pageant in the Fine Arts Center, tonight, at 7 o'clock. Contestants are:

First row, left to right: Nicole Massa, freshman, Chickasha; Stephanie Baer, sophomore, Lenexa; Lisa Bolin, freshman, Tulsa; Tamara Hartman, sophomore, Miami; Robin Houser, sophomore, Wesley; Jennifer Lumbard, sophomore, Bartlesville; Michelle Will, freshman, Sand Springs; Tracy Allenby, sophomore, Pawhuska; Sandy Knight, sophomore, Miami; Michelle Blatt, sophomore, Chickasha; Virginia Campbell, sophomore, Bartlesville; Michelle Ward, freshman, Sand Springs; Tracy Allenby, sophomore, Pawhuska; Stephanie Sisson, freshman, White; Terri Robertson, sophomore, Grove; Sandy Reetz, freshman, Miami; Cindy Walker, sophomore, Anderson; Ms. Loretta Kenley, sophomore, Miami; Third row, left to right: Tony Ford, freshman, Miami; Linda Locke, sophomore, Bartlesville; Christy Rodden, sophomore, Miami; Salvador; Carrie Shertz, sophomore, Miami; Mandy O'Bannon, sophomore, Jay; Mary Neal, sophomore, Miami; Brenda Nigh, sophomore, Ketchum; Shanna Weaver, sophomore, Sapulpa.

New organization discusses legal system

By Donald Painter
For the Tulsa Tribune
Pre-law and criminal justice majors are in the preliminary stages of forming the Career Club.

"Every first and third Monday of the month we listen to different guest speakers talk about their roles in the legal system," said Carter Williams, club vice-president.

These speakers not only educate us in the field of law enforcement, but they also help us decide on a specific background within that field," Williams said.

The speakers have ranged from police officers, and faculty to attorneys.

Future speakers include: District Court Judge, Deputy Attorney General, District Attorney, and Federal Game Warden.

Officers from the Oklahoma Highway Patrol and the Tulsa Police Department will be on hand, as well.

Bryan Oestmann, club secretary, is in the process of outlining plans for a mock crime scene that hopes to involve faculty and students.

"We hope to conduct this project sometime before Christmas break," Oestmann said.

"We are going through this crime scene from the investigation to the jury's decision as to the mistakes we might make," Oestmann said.

The organization has ten active members so far and would welcome more.

"This club is open to anyone, regardless of their major," said Williams.

Sponsored by Leon Manning and George Largent, the club meets every first and third Monday of the month at 8:30 p.m. in Room 214 in Shelmerdine Hall.

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The spring semester of 1939 alone proved to be an astounding period of growth for this sport of the mind that is no longer offered here.

The speech department had just suffered a critically low enrollment during the previous fall semester. When spring semester arrived, however, enrollment had inflated to an unbelieveable 96 students.

Chio Armstrong was the department chairperson the entire year.

In a matter of weeks, she had taken a relatively incoordinated group of public speakers and developed one of the most respectable programs in the country.

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Group salutes free enterprise

By Donna Barker

During the spring semester of last year, NDSU's Students In Free Enterprise (SIFE) group conducted a survey on campus to see how much money the students attending NDSU put into the local community. The group found that students generate approximately $2.5 million annually in revenue for Miami businesses.

This year, SIFE is sponsoring Students In Free Enterprise Week. "Our captialist system is primarily ly created by the ability of the in- dividual to own and operate his own business without government control," said Shawn Johnson, SIFE faculty sponsor. "We want to make students and the entire com munity aware of the free enterprise system and how it works."

NDSU's SIFE group has been made possible by grants from the Old-McArt Corporation, who is the main sponsor of the group's activities, competitions, and expenses. "We feel very fortunate to have this grant from Old-McArt," Johnson said. "We are one of the few junior colleges that have been awarded this.

SIFE has asked area merchants to help accomplish this goal by displaying their slogan, "Free Enterprise: Sometimes We Forget How We'll Be." The highlight of the week will be a merchant's fair on Friday in front of the Old-McArt Corporation building. Students will be able to browse through various merchandise and learn about the local businesses.

The leaves change from their many shades of green to shades of red, yellow, and brown, and a different atmosphere encompasses the campus.

It's fall, and with fall comes the many activities not experienced during other months. Among these problems are the dirty little tricks of mother nature. Such as all our mornings are cold but our afternoons are pleasantly warm. However, we don't get to enjoy these few warm afternoons very long because before you know it, it's dark. Short days, another little dirty trick, but we cannot lay the blame on mother nature for that one. If memory serves we correctly, Benjamin Franklin is the man redid with the original idea of daylight savings time and the method of turning the clocks back in the spring and back forward in the fall. Think about it, wasn't Franklin the one who coined the phrase "early to bed, early to rise, makes a man healthy, wealthy, and wise" or something like that.

Regardless, we have every right to be grateful for every minute of time we gain up earlier by making the sunset and sunrise earlier.

Non-morning people should check with the school police for any legal penalties. As you can well imagine, morning people are completely helpless without their sleep and do not need to be disturbed in the morning.

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Tritons invade Robertson Field

By Ernie Morgan

Finishing up the regular season at home, the Golden Noon field hosted a tilt with Iowa Central Community College in a 2 p.m. contest, Saturday, at Robertson Field.

Coming into the game currently ranked sixth in the weekly National Junior College Athletic Association football poll, the Noonies stood at 7-1 on the season. Under the guidance of five-year head coach Dennis Heinicke, the Noonies have posted a 21-0 record and a 6-1 mark in the Iowa Junior College Conference. Iowa Central enter the game coming off a 21-6 win over the North Dakota State College of Science in Ft. Dodge, Iowa.

"Iowa Central is not a bad team. They are the type of team that can jump up and beat you if you aren’t prepared," said head coach Glen Wolfe.

Their offense relies mainly on the run. They pride the ball up the middle with fullback and they have an experienced quarterback," Wolfe said.

"Iowa Central can give a defense fits because they run a hurry-up offense. They look like they are in motion on every snap because they come up to the line and as soon as their linemen’s hands hit the turf, they’re off to the races," said defensive coordinator, Paul Peterson.

During back to its inception in 1990, the Golden Noon kicked off the season in a 56-31 victory over the Noonies in 1990. The Noonies returned off three straight victories before the series was discontinued after the 1997 season. After a nine-year layoff, the Noonies returned to the Noonies in 1997. The Noonies again lost to the Noonies in 1997 with a 20-0 shutout of the Noonies. Traveling to Fort Dodge last year, the Noonies came back from a 9-10 halftime deficit and a 16-14 margin after the third quarter, to win 28-16.

Quarterback Austin "Bubba" Jones looks at the Noonies on top 200 yards to become Noonies all-time single-season passing leader.

Hood has compiled 67 of 145 passes for 1,326 yards and eight touchdowns with seven interceptions. Hood has a completion percentage of 45.8 and 110 carries with six touchdowns.

Fullback Eldorado-Cochran has carried the ball 52 times and has 138 yards on the ground and 22 receptions for 275 yards and two touchdowns.

"Their type of Bama-five offense creates problems because it makes it more difficult for me to react to various sets," said Patterson.

Another problem that it creates is that it takes away any stunts and blitzes that you might call based on a particular formation that they are in," Patterson said.

Linebackers Kevin Keith and Dewan Simmons along with defensive end Chuck Smith lead the Noonies defense.

Keith and Simmons both have 46 tackles with Keith having 39 and Simmons having 23.

Football team accepts bid

Playing in their fifth straight post season bowl game, the Golden Noon will meet the Golden Noon to win the Dixie Bowl at 1 p.m. on Saturday, Dec. 2. Dixie College, ranked at number seven in the final regular season poll by the National Junior College Athletic Association, will represent the Western States Football League.

"In our league, the teams throw the ball probably 40-50 times a game," Dixie head coach Greg Grosholz. "It’s not for us...we’re kind of a multi-mover league."

"We’re more run-oriented this year. We run the ball pretty well, and we haven’t thrown the ball worth a damn until the last couple of games," Grosholz said.

Dixie will close out their regular season schedule by playing at Phoenix, Ariz., on Saturday.

Dixie sports an awesome defensive unit this year. Fullbacks Teddy James and Zed Robinson have rushed for a total of 375 yards so far this year.

James, with 800, and Robinson, with 750, are joined in the backfield by freshman fullback Wilson Kasuka, 6-6, 250.

"He’s kind of a guard lining up in the backfield," Grosholz said. "He blocks at the point of attack and gets in front of the ball just enough to keep him happy...so that he doesn’t come after the coach."

"We’re really excited to participate in the bowl," Grosholz said.

Gridders remain same in final poll

Head coach Glen Wolfe seems to have a bit of a surprise in the recent National Junior College Athletic Association rankings. From number one in the recent football poll released by the Noonies, the Noonies moved down from number five to number six, being replaced by Garden City, Kansas, at the number two spot.

"It’s ridiculous...It’s hilarious to be honest," Wolfe said.

"There’s no justification for this type of thing. Our regional director, Ed Hamilton, of Community College apparently not doing his job when it comes to representing those in his district," said Wolfe.

What has Wolfe upset is that Garden City is the team that NCC beat 2-0 in the opening game of the season.

"We’re not beat up by who’s better or who’s worse, but by politics. Maybe we haven’t performed," Wolfe said.

Number one Nassau, Texas, retained their spot on the poll, followed by number two Elkhorn, Iowa, and Nassau, N.Y.

It is expected that Nassau and Elkhorn will vie for the national championship in the Coca-Cola Mid-America Bowl at Tulsa Union High School on Dec. 2. Elkhorn doesn’t lose in Iowa state playoffs.

Filling the fourth-place spot in the rankings is Mesa, Ariz., followed by Garden City and Noonies.

The noonies next spot in is held by Dixie College of St. George, Utah. Dixie also comes in Noonies at the number six-spot in the Dixie Rotory Bowl in St. George on Oct. 23.

NW Miss. takes the eighth spot followed by Rich. Idaho, N. Greeneville, S.C., Butler County, Kan., Copiah-Lincoln, Miss., Normandale, Minn. with the 9-8 spots, respectively. Harper, Ill., and Lee-McRae, N.C.

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Golden Norse stick fork in Red Devils

Fighting back a determined rally by host Allen County Community College, the defending national champion Golden Norse opened the 1989-90 basketball season with a 92-86 victory Tuesday night before a partisan crowd at Red Devil Fieldhouse.

Creating the last 14 games of last year, the golden Norsemen fell 15 points and sophomore guard Philip Edmonds scored 10 points for NED.

Center J.R. Riner led the Red Devil offense with 28 points. Guard Buddy Johnson sank 6-9 three-pointers to contribute 21 points for Allen County.

During the first four minutes of the opening half, the Red Devils' shooting was exceptional, scoring 12-18 with an 8-8 record on the field. The Norsemen's shooting was 8-18 with two points on the field.

Three-point field goals by Deon Carter and Buddy Johnson along with a basket by Jack Forcum propelled the Norsemen to a 14-4 lead with 14:20 left in the first half.

Four points each by Brown and Forcum along with three points each by Jones and Tony Johnson carried the Norsemen to a 33-18 margin with 15:15 left in the first half.

Bob Bennett knocked down two short jump shots as the Norsemen opened a 42-36 lead with 2:00 before halftime.

Consecutive field goals by Brown, Jones and Bennett lifted the Golden Norsemen to a 49-41 cushion at halftime.

During the first three minutes of the second half, the Golden Norsemen scored 12 points.

Bennett tallied eight points and Jones added five points to enable the Norsemen to lead by 88 points. Brown sank two short jump shots and Greg Gay hit a three-pointer and a regular field goal as NED opened up a 76-63 lead with 7:30 left in the game.

Trailing 88-75, the Red Devils staged a valiant comeback, reeling off nine straight points.

Five points by Riner, baskets by Buddy Johnson and Rusty Johnson trimmed the deficit to 88-84 with just 12 seconds left on the clock.

Two free throws by Brown and a steal and a leapy Brown gave the Golden Norse the margin of victory.

"Menlo showed a lot of guts standing there and hitting those free throws with the game on the line," said Gibson.

The Norse are 0-1 after being defeated by Allen County 92-86 with the Norsemen's margin of victory.

"This is a good game, to be a part of this. We are happy to be here," said Gibson.

Allen County connected on 4 of 6 from the line with 86-90 in the first half.

"We are a young club. The only way we can learn to play together is to get experience by playing games," said Gibson.

"It's good to go into the game and win," said Gibson.

Allen County's margin of victory was 92-86 over the Norsemen.

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Editor asaids national rankings

In the last poll released by the National Junior College Athletic Association, the Garden City Komboators moved up to the number one spot, knocking NED to third place in the rankings.

This makes no sense to me because the Golden Norsemen shutout the Komboators 20-0 in the opening game of the season! I'm not saying that Garden City is a good team, but just the fact that NED has suffered a loss is a big blow to the national rankings.

What they need to do is focus on the next game and get their minds back on the court.

In my opinion, in order to move down the polls you would have to lose and the Norsemen have not done that since Sept. 19 at Nashv.
8Sports

Wrestlers win season opener

Several place at Labette Open tourney

While wrestling as the Nortonon wrestling club, 14 of the 26 Norton wrestlers placed at the Labette Community College Turnips Round tourney last Saturday in Parsons.

"We got a really good look at a lot of our people," said wrestling coach Alan Laughner.

Wrestlers from all seven schools participating in the tournament were wrestling unmatched from their schools.

This tournament has a unique scoring system in that you only get points for takeowns. Also, the weight classes were different from regular competition," Laughner said.

Freshman Alen Karsiewicz finished third in the 125-weight class. Karsiewicz lost 3-0 to Rick Mosley, Garden City, Kan., in the consolation finals.

Ben Leggatt, also a freshman from Norton, placed third in the 142-weight class. Leggatt lost by injury default against Chris Burke, Labette, in the consolation finals.

Sophomore Doug Wiggin placed third in the 160-weight division by defeating Bob Cline, Norton, 3-0.

NHS freshman Heath Hooper and Davy Brown met in the finals of the 142-weight class with Hooper winning by injury default to claim the title.

NHS veteran K四er Booker lost 3-0 to Brad Simpson, Dodge City, in the finals of the 147-weight division.

Another NHS sophomore, Kurt Stephens, placed third in the 141-division. Stephens defeated Jake Wilson, Dodge City, 2-0, in the consolation match.

NHS freshman Shaun Colbert lost 3-2 to Tim O'Donnell, Fort Hayes State, in the consolation finals of the 152-division.

Lessing 15-9 in the consolation finals of the 157-weight class at the hands of the Decker, Labette, NHS freshman Shaun Jones finished at fourth place.

NHS freshman Shaun Dodson lost 4-0 to Bill Carter, Port Hayes State, in the consolation finals of the 146-division.

NHS freshman Robert Washington won the 200-weight class with a 7-2 victory over Rich Harris, Dodge City.

Freshman Scott Kinnaman lost 5-0 to Scott Phillips, Garden City, in the finals of the 225-division.

NHS' Clint Greenwell captured the heavyweight class with a 10-0 rout of Gerald Brown, Garden City. Greenwell, a freshman, pinned Mark Fuller of Dodge City and defeated Todd Vickers, Olivet, Ill., 5-0, before meeting Brown in the finals.

Freshman Bob Edson defeated Dave Simpson, Labette, 3-0, to finish fourth in the heavyweight class.

"We had some outstanding individual performances from people like Harper, Booker, Washington and Greenwell. If we keep improving, we should have several people rated high nationally," Laughner said.

On Friday, the Norton wrestling team won nine out of 10 matches to win the opening match with a 44-2 rout of Dodge City. Kansas.

Freshman Alen Karsiewicz opened the dual match for the Golden Norse by gaining a 13-2 major decision over Matt Park in the 113-weight class.

Sophomore Doug Wiggin gave the Norsemen a 9-0 lead by gaining a 4-0 decision over Chris Schaffer at 220 of the 152-pound match.

NHS freshman Heath Hooper won by a technical fall over Mark Dudley in the 157-pound division. Hooper was leading by the score of 8-1 before gaining a near-fall with 52 seconds remaining in the third period.

Veteran Kurt Stephens pinned Josh Bean at the 3-50 minute of the 142-pound match. Stephens pin gave the Norse 2-5 lead.

Freshman Shaun Colbern turned a 13-5 major decision for the Golden Norse over Jim Morgensen in the 150-pound class.

Golden Norse freshman Shaun Dodson pinned John Lassan at the 3-19 minute of the 185-pound match. Dodson's pin extended the Norse lead to 13-5.

Sophomore Bryan Reeser turned a hard-fought 8-7 decision over Chad Harris in the 167-weight class. Reeser scored two unknowns in the third period to gain the victory.

Veteran Reggie Hillard gained a 5-2 decision over Brandon Armbruster in the 177-pound division. The victory by Hillard widened NHS' lead to 19-0.

NHS freshman Robert Washington earned a 12-technical fall over Steven Raths in the 190-weight class.

Heavyweight Scott Kinnaman of NHS and Mark Fuller of Dodge City battled to a two-tie decision.

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