Policy changes affect all students

By Holly Wilkens
Northeastern A&M

Four important policies which will have a direct impact on college students across the state of Oklahoma were discussed in the Sept. 10 public hearing conducted by the Oklahoma State Regents for Higher Education. The hearing will be held at 1 p.m. on the Tulsa Junior College Northwest campus.

One of the four policies concerns the grades that a student must earn to stay in good academic standing. The proposed policy would reduce the number of credit hours a student must earn below a 2.0 (C grade) point average.

Another policy suggests that students participating in extracurricular activities, including intramural sports, be required to maintain a 2.0 (C) GPA. "This policy would have a great affect on students at NEO. The required cumulative GPA at the present time is 1.75 for a total of 24 credit hours," Dale Patterson, dean of admissions and records, said.

Another policy that is up for discussion is suspension and readmission standards for students 23 years or older entering college for the first time. "NEO won't be affected by the policy because our standards are higher than the state's standards," Patterson said.

The proposed adult admission program would allow colleges and universities to establish criteria for admitting students who are 23 years or older. Students admitted under this new program must either fulfill or test out of system-wide entrance exams.

These exams are in math, history, English, and science. They may take the exams before they can earn college credits in these areas.

Public input is being sought on the policy changes. A copy of all policy changes is available.

A STUDENT NEWSPAPER SERVING THE SOUTHEASTERN A&M COMMUNITY

Vol. 45, No. 2
Northeastern A&M College
Miami, OK 73544

Friday, August 31, 1990

College

Identification cards available

Students are encouraged to have their identification cards pictures, or pick them up in the register's office located in the Czech Library Administra- tion building, according to Dale Patterson, dean of records and admissions.

Book refund ends Tuesday

Students wanting to refund books or charge books to their financial aid accounts have until Tuesday, Sept. 4. The only books that can be charged to financial aid are the textbooks for which the bookstore does not have at the present time.

All books must be returned by Aug. 31. Students that have only dropped one class must wait until the end of the semester to return any books. Students must bring their class schedule and a drop slip with them when returning books.

Yearbook staff needs workers

Anyone interested in working on the college yearbook is invited to a meeting at 4 p.m. in room 122 of Shapley Hall. "We need all the help we can get," said Monty Franks, advisor. "Right now, we have only three people signed up to work on the book, so we need anyone that can afford to put in the time.

The Viking is a 192-page yearbook which is published in the spring. The book is scheduled for delivery the week of April 1. "We do a camera-ready yearbook on a computer system, so anyone involved will get the additional experience of learning layout and design. We also can use artists and photographers," Franks said.

Persons interested in participating in the production of the yearbook should contact Franks in room 122 of Shapley Hall.

Assembly features groups

Tradition will abound today during the annual All College assembly starting at 1 p.m. in the Fine Arts Auditorium.

Members of the Golden Norse football team and the cheerleaders will be introduced during the hour-long festivities. Other campus teams and organizations will also be recognized.

Members of the Norse Star Dance Drill team along with the Golden Norse cheerleading group will perform. The Golden Norse choir will also perform as well.

All classes are scheduled to be dismissed for the assembly.

Study Time

Freshman Bill Baker (left) and Jerry Young, both of Tulsa, take advantage of the quiet atmosphere of the Learning Resource Center to get in some much needed studying. Classes are scheduled for Monday for Labor Day and resume Tuesday morning.

Photograph by Jacob Scott
Responses

Editor's Note: The response section on this page is not to be mistaken as an opinion poll or any other instrument used to reflect a general consensus of the student body or faculty at Northeastern Oklahoma A&M College. Students were asked the following question:

Do you think the United States should go to war with Iraq?

Robin Francis
Freshman, Miami
"Yes, because they shouldn't have been picking on little-bitty Kuwait anyway."

Chris Adams
Freshman, Tulsa
"Maybe. Only if the majority of the country was backing it."

Melinda Hardy
Sophomore, Pryor
"No, because they should try to negotiate out their problems before making a big mistake."

Robert Furr
Freshman, Tulsa
"No, it would be a ridiculous war. Kuwait is ranked seventh in providing oil to the United States."

Cheryl Poulton
Sophomore, Kansas City, Mo.
"No, because people would get killed for no reason at all, and they should think about it first."

Handbook contains regulations

The other day, I handed one of my instructors about some information pertaining to my grant and scholarship, and he said look up in my student handbook. So, I went home and started reading my handbook. I was really surprised at the information the student handbook contained.

Not only does it contain information about this institution and what it has to offer its students, it also contains a calendar of events in the front of the handbook.

The handbook also contains information about how to prepare a student's profile, and emergency numbers.

Also housed in the Learning Resources Center, the hours it is open are listed along with the materials that are in the LRC.

The handbook also lists the hours that the Post Office, the Business Office, and the Book Store are open and their regulations.

The student handbook also gives a listing of the different clubs and organizations that the college has. There is a section on financial aid. Anybody who would like to know about the financial aid program, student loans or work study is available to you.

There is a schedule of classes, but you don't know when the financial aid checks are distributed.

Another thing mentioned in the handbook is regulations on parking and the posting of notices, signs, flyers, and handbills.

The constitution of the student body government is also in the student handbook.

So, get a student handbook, or if you already have one, read it. It could answer any questions you might have.

Tough censorship

Censorship in the United States is a issue that we should not take lightly.

As Americans, we are told what to listen, read, or watch. It will come to an end, if we don't act now.

As citizens of the United States, we have many freedoms, the right to express ourselves, we can watch whatever television show we want, we can listen to any type of music, or read any type of literature. But there are a few things that we should not allow.

They want to force us to forget our basic rights as Americans and censor certain aspects of entertainment.

If you feel that certain music, heavy metal, for example, is too raucy or contains violent messages in the lyrics, do not listen to it. If you do not like some of the shows on television because of too much violence or sex, change the channel, do not watch it.

Make it your choice not to listen to music that you find troubling or disgusting. Make it your choice not to watch certain comedians that perform racist jokes. Let's not let someone else make that decision for you.

It is our duty to stand up and voice our rights. We have different tastes in what we find entertaining. Let's keep it that way, or we will have to answer to "Big brother" and have to conform to what they want us to listen to, read, or watch. It's up to us, make a stand! No Censorship!

Norse Wind

Pamela Kennedy
Managing Editor

Holli Wilkins
News Editor

Angelia Struble
Associate News Editor

Donna Mack
Editorial Editor

Jennifer Blake
Features Editor

Kimberly Biggs
Lifestyles Editor

Donna Mack
Member of the
Norse Wind
collegiate press

+ Clark Sherman
Sports Editor

Todd Nichols
Sports Editor

Vernon Hughes
Associate Sports Editor

Heather Munn
Photographer

Jacquie Scott
Photographer

Monty Franks
Advisor

Opinions expressed in the Norse Wind are not necessarily those of the SORC or the student body, faculty, or administration. All letters to the editor are addressed by the Norse Wind, and all are printed in the newspaper. All opinions letters must be signed. The staff reserves the right to edit any opinion letter for content or style.

Published every week throughout the school year except holidays at Northeastern Oklahoma A&M College, Muscle Shoals, Oklahoma. Members of the Oklahoma Collegiate Press Association. Local phone: 918-447-2700.

The Norse Wind is a student publication of Northeastern Oklahoma A&M College, Muscle Shoals, Oklahoma, and published weekly during the regular school year. All material is the property of the Norse Wind unless otherwise attributed.
President fulfills many obligations

By Jennifer Brake
The Observer

Outgoing is the one attribute that student body government President Pam Parney wants people to remember about him, along with the fact that he is willing to do whatever it takes to boost school spirit.

“I feel we as a student body need to work together and use our talents to better ourselves,” said Parney.

A business administration major from Winnetka, Parney has already begun preparing his goals for the upcoming semester.

“I would like to see a greater sense of unity at NES, with an emphasis on student faculty relationships,” said Parney.

“This year we are also going to be adding a few new features to the campus such as sounding the bell every hour and possibly giving daily announcements over the public address system.”

Parney feels that there is a greater lack of communication throughout the campus and that should be everyone’s number one priority.

“I would like to see more involvement in the activities the college offers. We already have events planned for later this year such as a dorm tournament, zany olympics, and a game show,” Parney said.

Besides being president of the student body government, Parney is also a member of the Young Democrats and Phi Beta Lambda, business fraternity. Parney tries to limit himself to a few organizations so he can dedicate himself full-time to his office.

“Sometimes I hope for the field of politics, so running for offices in high school and in college will help to prepare me for the long road ahead. Parney brings to the office of president a lot of enthusiasm and responsibility. Exactly what it takes to get the job done.

Jay freshman serves as managing editor

Pamela Kenney, a freshman from Bay, has been selected to manage the editor of the Norse Wind student newspaper, according to adviser Monte Frank.

Kenney was responsible for the production of the six-page weekly newspaper. The Norse Wind will be published every Friday by the student body.

Filling the position of editor is Melissa Wilkins of Hugo, a freshman journalism major. Serving as assistant news editor is Angela Storto, a freshman from Miami.

The editorial editor is Commerce freshman Donna Mack. Serving the position of feature editor is Jennifer Krae, a freshman from Mayflower.

Lifestyles editor this year is sophomore Kimberly Biggs of Winnetka. Sharing the position of sports editor are freshmen Clark Sherman, Jay and Ted Nychols of Stillwater.

Associate sports editor is Miami freshman Simon Hughes. Freshmen photograph editors are Heather Mann of Utica, MS, and Jacob Scott of Broken Arrow. Serving as advisors are Monte Frank and Jay.

“The kids came in last week and really worked extremely hard to get the first issue out,” said Frank.

“We’ve got some really quality people, but we could use some more help. So, if anyone wants an experience or interested in writing on a newspaper, we’d be interested in talking with you.”

The Norse Wind is published every Friday of the school year. There is no charge for the paper and it is distributed in each building.

Deadline for copy or advertising to be placed in the newspaper is 11:30 a.m. Tuesday, the week the item is to be published.

The newspaper office is located on the first floor of Shpley Hall.

Mental health courses added

Following months of planning and preparation, the college will begin offering classes to help train students for employment in the mental health service areas.

New courses offered under the allied health program are designed to educate and train individuals to work as technicians not just in psychiatric hospitals, but in community mental health centers, nursing homes, and substance abuse centers, according to Dr. Carol Morris, chairperson of the Health Science and Technology Division.

Last fall Dr. Morris met with students from local mental health facilities and from the state government to determine if there was a need for such courses.

It was determined that there was a tremendous need for such training in the area and the next step was to start the process of developing the course work.

“Don Anderson, state commissioner of mental health and substance abuse, State Rep. Larry Roberts, and Sen. Bill Schadewich, were all very instrumental in helping us get the process moving for establishing the courses,” said Anderson.

Dr. Morris has been appointed to the state mental health committee, and has been working with a variety of local mental health facilities and the college administration to establish courses.

The program will target providers of care for special clients such as children, adolescents, and geriatrics.

The program will consist of completing 30 credit hours in courses stressing skills, policies, and treatment procedures of patients in mental health facilities.

Three of the required courses will be offered on Tuesday and Thursday evenings for those who work during the day in the agencies to attend and gain more skills in the area.

FIRST STATE BANK
P.O. Box 250
Commerce, Oklahoma 74339
(918)675-4302
101 N. Mickey Mantle Blvd.

“Hoydow Pardner-
On down to
Reynold’s Boot Shop
and lasso some of the best deals in town on Wrangler jeans and Resistol hats!”

HILLS
Late in Young men’s
and Junior’s Fashions
19 North Main
Miami, Ok.
Eating out requires careful thought

By Kimberly Magne

Now that you have moved away from home and settled in at college, you may have discovered that maintaining an increasingly important social affair. Each meal you make an important decision on what to put into your body. While you may eat something only because it tastes good, there are other things you need to consider.

the calories in the food you eat are very important. We all know the effects of consuming more calories than you burn. Nobody wants to gain the notorious "freshman fifteen." But you must also eat enough to give you the energy to last throughout the day. It also matters how you obtain these calories. If you eat 2,000 calories of junkfood, they are of little benefit to your body. These calories hold little, if any, nutritional value. They are known as "empty calories.

On the other hand, if you eat 2,000 calories of meat, vegetables, and the other components of a balanced meal, your body has enough protein and many other important vitamins and minerals which help you maintain proper functioning. Some people need more calories than others to maintain an active lifestyle. You also may have noticed that your friend can eat high calorie food and not gain an ounce, while you look at chocolate cake and feel five pounds heavier. This is due to your metabolism. Simply put, the way your body burns calories.

If you have a slow metabolism, your body uses calories at a slower rate than normal. If your metabolic rate is fast you burn calories quickly. Most of us have normal metabolisms and burns calories efficiently. You also have a choice of where you eat. Don't make decisions based on the menu and may dine three times a week in the cafeterias. Many commuters who need a change of pace can use the food from the cafeteria. It is closed or go out to eat at the fast food places in Miami. For your information and good health the Nurse Wind has printed the calorie content for a few of the more popular fast food meals.

<table>
<thead>
<tr>
<th>Items</th>
<th>Calories</th>
<th>Items</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald's</td>
<td></td>
<td>Arby's</td>
<td></td>
</tr>
<tr>
<td>Egg McMuffin</td>
<td>250</td>
<td>Sandwich</td>
<td>250</td>
</tr>
<tr>
<td>Hot coffee with</td>
<td>10</td>
<td>Deer + cheese</td>
<td>250</td>
</tr>
<tr>
<td>butter &amp; syrup</td>
<td></td>
<td></td>
<td>250</td>
</tr>
<tr>
<td>Scrambled eggs</td>
<td>470</td>
<td>Chicken</td>
<td>470</td>
</tr>
<tr>
<td>Hashbrowns</td>
<td>350</td>
<td>Beef + cheese</td>
<td>350</td>
</tr>
<tr>
<td>English muffin</td>
<td>180</td>
<td>220</td>
<td></td>
</tr>
<tr>
<td>with butter</td>
<td></td>
<td></td>
<td>220</td>
</tr>
<tr>
<td>Hamburger</td>
<td>540</td>
<td>Bacon</td>
<td>540</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>518</td>
<td>Club Sandwich</td>
<td>518</td>
</tr>
<tr>
<td>Quarter Pounder</td>
<td>418</td>
<td>Cole Slaw</td>
<td>418</td>
</tr>
<tr>
<td>Quarter Pounder</td>
<td></td>
<td>French Fries</td>
<td>418</td>
</tr>
<tr>
<td>with cheese</td>
<td>518</td>
<td>Apple Turnover</td>
<td>518</td>
</tr>
<tr>
<td>Big Mac</td>
<td>541</td>
<td>Kentucky Fried</td>
<td>541</td>
</tr>
<tr>
<td>Wendy's</td>
<td></td>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td>Old Fashioned</td>
<td></td>
<td>Original Recipes</td>
<td></td>
</tr>
<tr>
<td>Hamburger</td>
<td></td>
<td>Chicken Wing</td>
<td>190</td>
</tr>
<tr>
<td>巨无霸</td>
<td></td>
<td>Drumsticks</td>
<td>190</td>
</tr>
<tr>
<td>Double</td>
<td>470</td>
<td>French Fries</td>
<td>190</td>
</tr>
<tr>
<td>Triple</td>
<td>680</td>
<td>Apple Turnover</td>
<td>190</td>
</tr>
<tr>
<td>Single suitcase</td>
<td>577</td>
<td>Kentucky Fried</td>
<td>190</td>
</tr>
<tr>
<td>Double suitcase</td>
<td>797</td>
<td>Chicken Wing</td>
<td>190</td>
</tr>
<tr>
<td>Triple suitcase</td>
<td>938</td>
<td>Drumsticks</td>
<td>190</td>
</tr>
<tr>
<td>Chick</td>
<td>229</td>
<td>French Fries</td>
<td>190</td>
</tr>
<tr>
<td>Parmesan Fries</td>
<td>229</td>
<td>Apple Turnover</td>
<td>190</td>
</tr>
<tr>
<td>Frosty</td>
<td>351</td>
<td>Kentucky Fried</td>
<td>190</td>
</tr>
</tbody>
</table>

ATTENTION: Government
Homes from $1 (you repair). Delinquency tax property. Repossessions.
Call 1-800-838-5085

Miami Laundry & Dry Cleaning
Get Your Jeans Starched & Pressed For That True COWBOY LOOK
NEO students will receive a 20 percent discount with this coupon. 217 S. Main

Security Bank and Trust Company

WAL-MART
"WE SELL FOR LESS"
2414 N. Main, Miami, Ok.
Store Hours: 9 a.m. to 9 p.m.
Monday through Saturday
12 noon to 5:30 p.m.
Sunday
Guaranteed Quality at Discount Prices

MIAMI LAUNDRY & DRY CLEANING
Get Your Jeans Starched & Pressed For That True COWBOY LOOK
NEO Students will receive a 20% discount with this coupon. 217 S. Main

Security Bank and Trust Company

ATTENTION: Earn Money Watching TV
$32,000/year income potential. Details. 1-800-838-5085 ext. TV-15079

City features numerous religious institutions
Norse open season against Shoates

By Clark Sherman
Sportswriter

Looking for two wins in a row and to start the season 2-0, Valdosta State hosted Florida Tech last Saturday. The game was played at the VSU Soccer Complex and attracted a healthy crowd of almost 1,000 fans.

The game started with a bang as VSU's leading scorer, #10, scored his first goal of the season in the first minutes. VSU went on to dominate the game, creating several scoring opportunities. However, the opposing team's defense held strong, preventing VSU from doubling their lead.

In the second half, VSU continued to pressure the opposing team's goal, but the defense held firm. The game ended with VSU winning 2-0, sparking joy among the fans and the team.

The win was a result of the team's hard work and dedication, and it also signifies the start of a promising season for VSU.

COACHING STAFF

Head Coach: John Smith
Assistant Coaches: Mark Green, Emily Johnson

Ritschel guides baseball squad

By Todd Nickols

Rick Ritschel, a former baseball coach at Westark Community College, is now the head coach of the Golden Norse. Ritschel replaces Bill Berry, who resigned to assume the duties of athletic coordinator.

"He had an excellent field of applicants to choose from," said Berry. "With Rick we got someone with both junior college and Division I coaching experience as well as someone with recruiting expertise."

Ritschel is the type of individual that will guide our program to the level of success we expect. He also "will rejuvenate recruiting in the Tulsa area," Berry said.

During his 15-year tenure as an assistant coach at the University of Arkansas, Ritschel served in a number of positions, including assistant coach and recruiting coordinator for the Razorbacks. He also served as the head coach of the University of Tulsa in Tulsa, OK.

"It is a great place for a kid to get an education and at the same time play ball. It is also great to get back to Oklahoma," said Ritschel. "I am excited about this opportunity because I know NEO is a super institution."
Several changes effect coaching staff

Several coaching staff assignments have been completed for the upcoming football season according to Glen Wolfe, head coach.

Don Hendrix, offensive line coach the past four years, has been elevated to assistant head coach. "Don will become involved in some of the decisions that affect the daily operations of the team," said Wolfe.

Two additions to the Golden Norse full-time coaching staff are Mike Loyd and Terry Moore. Loyd, former head coach at Tulsa Memorial High School, will serve as offensive coordinator. Loyd will coach the quarterbacks and receivers.

During a three-year stint as head coach at Memorial, Loyd guided the Chargers to a 24-4 record including three consecutive trips to the state playoffs.

Prior to joining the Memorial staff as an assistant in 1984, Loyd was a professional quarterback for the St. Louis Cardinals of the NFL and Oklahoma Outlaws in the United States Football League. He also played in the Canadian Football League for the Saskatoon Roughriders and the Edmonton Eskimos.

Moore, a graduate of Joplin Memorial High School in 1976, Loyd earned a bachelor of science degree from Missouri Southern State College. Moore, a former assistant football coach at Coffeyville Community College, replaces Dale Peterson as defensive coordinator for the Golden Norsemen. Moore will coach linebackers and will also serve as head track coach. Peterson resigned in the spring to become register.

Prior to coming to NEO, Moore worked in the private business sector after serving as defensive coordinator at Coffeyville from 1987 through 1990. Before going to Coffeyville, Moore served as a part-time assistant football coach from 1984 to 1987 at the University of Central Arkansas in Conway. Moore had served as head football coach at Dunn, Mo., from 1981 to 1984 and at Mt. Vernon, .Mo., from 1979 to 1981. He began his coaching career as an assistant coach at Jackson, Mo., in 1972.

A graduate of Golden City, Mo., High School in 1966, Moore earned a bachelor of science degree in 1972 at Southwest Missouri State University in Springfield. He received a masters of science degree from the University of Central Arkansas in 1987.

"Both of these coaches will be great additions to our staff," said Wolfe. "Not only are they both great additions to our staff, but they both make strong contributions to our faculty and community as well," said Wolfe.

Also serving as assistant coaches are Max Waters working with the receivers, Tommy Kidwell working with defensive ends and Kevin Grady working with defensive tackles.

Norse scuttle Pirates in early scrimmage

By Todd Nichols

Even though thoroughly dominating the Pirates of Independence (I) Community College, there were many areas that coaches admit is not being as strong as they would like.

With approximately 500-500 attendance at Roberterson Field, both teams ran seven 20-play series. The Golden Norse were able to reach the endzone nine times while the Pirates managed only a single field goal.

"There weren't any surprises after we looked at the film on Sunday," Wolfe said.

"We are doing what all teams go through during pre-season, we tighten up with our assignments on defense. Our defensive line isn't where it needs to be. They didn't move the defense off of the ball and control the line of scrimmage," said Wolfe.

"At the same time our running backs didn't perform to well. They failed to explode with the ball and run the way that they are capable of. We also did not get good play out of our receivers. They burnt a lot of routes and we weren't sure of where they were going," Wolfe said.

"Another problem we had is evaluating our performance because we aren't sure just how good Independence is. We were able to do anything we wanted to, anybody we wanted to." Wolfe said.

The Golden Norse offense was able to gain 525 yards on the ground, while four Norse quarter backs threw for 399 yards and no interceptions.

On the defensive side of the ball, the Golden Norse defense only allowed Independence past the 50-yard line twice and only yielded three points during the scrimmage. The Pirates offense was only able to gain 30 yards rushing and 51 yards passing.

"We had guys on defense that were really good after people and sticking them. And our secondary did a great job of covering all night," Wolfe said.

"The only way for us to get better is to work at erasing those mistakes before they become habits," said Wolfe.

The Golden Norse traveled to Hugo, Thursday, to complete the pre-season scrimmages by facing Trinity Valley Community College of Athens, Texas.
The Norsewind – the NEO A&M College Newspaper

Digital copies of The Norsewind, Northeastern Oklahoma A&M College's student newspaper, are available in .pdf format on the NEO website for non-commercial purposes only. Scans were created using the best available editions through the assistance of the Oklahoma Higher Education Historical Society from microfilmed images. Where stains, color-fading, contributed marks or ripped pages were visible on the original, they also appear in the digital copy. NEO newspaper editions that do not appear on the website are not part of the collection at present. If you would like to donate a missing, damaged or incomplete copy of The Norsewind, please contact the NEO Library.

© NEO A&M College

www.neo.edu