Regents change policy

By Rachel George
Managing Editor

The article that appeared in the Nov. 6 issue of The Norse Wind contained some erroneous information.

The Oklahoma State Regents for Higher Education, over the summer months, changed the withdrawal procedure for college courses across the state, according to Dale Patterson, dean of admissions and records.

"A student who withdraws from a class before the Nov. 13 deadline will automatically receive a "W." This does not affect the students' grade point average," said Patterson.

"If a student did not drop before Nov. 13, the student will receive either an "F" or an "W" on his transcript, which is left up to the discretion of the instructor," Patterson said.

"The "F" will affect the student's grade point average and will appear on the student's transcript. A student can withdraw from a class until the last day of classes of the Dec. II deadline. Students should also be aware that if they have any kind of financial aid, they will need to be aware of the requirements specified by the aid." said Patterson.

Students who have scholarships, financial aid, or grants, and are required to be enrolled in at least 12 credit hours per semester.

"In the event that a student drops under the required hours, they may be in danger of losing their aid," said Patterson.

If a student has any questions, contact Patterson at ext. 201, or stop by the registrar's office located in the first floor of the Drake Chapel Library Administration Building.

Course stresses personal image

By Angelia Sirolo
Associate News Editor

"The way you dress is the first impression that you make when you meet someone," said Mary Garret.

Professional Development RSU is being offered in the spring semester on Tuesdays and Thursdays at 7:00 p.m. in Coppen Hall 203.

The class will generally focus on etiquette for men and women.

"Many people are not hired just because they did not make a good impression. Sometimes before they even get a chance to open their mouth," said Garret.

Professional development begins with positive image. Then students learn to produce their resume for an effective job hunt.

"Interviewing is an important part of the job hunt. Role playing is used both in the classroom and in the formation of the business where the student hopes to get a job."

"We try to set up a mock interview with a similar business here on campus. We also plan to ask the students to role play in office situations," said Garret.

Goal setting is important to the students. Practical short term goals will close this set.

Planning for success is dependent upon the goals that the student sets.

"This gives the student an opportunity to look at the business and compare them with their goals. If they don't match you have to do what can be changed about short term goals," said Garret.

The class will produce a fashion show during the semester. Students will learn the techniques of modeling.

"Every student does not have to actually be a model, but he needs to know the techniques. Some students who are very uncomfortable about modeling will work backside. The fashion show is required for merchandising majors.

"I am aware that many times students do not have the clothing that they need to go to a job interview, so we are trying to get approval for a professional dress closet."

"If we get approval, we will ask if they have clothing that they have outgrown or that no longer fits that they donate the clothing and when students begin their job search they can borrow what they need.

"I would like to formally thank the students. The students present at this course," said Garret.

"There is a practical course that will enhance employability."

December draws another designation

By Tisha Tompkins

December has been selected as the National Drink and Drugged Driving Prevention month.

"For the months, let's take a stand, friends, don't let friends drive or walk home drunk."

The Oklahoma County Community Partnership (OCCP) is taking part in this national event.

The OCCP, an in-depth partnership involved with individuals and organizations dedicated to improving the quality of life for the people of Oklahoma County by encouraging healthy attitudes and behaviors among Oklahoma residents.

"We try to prevent substance abuse problems by giving the community involved with direct problems, and who provide education and information through workshops and seminars," said Nancy Nishaus, OCCP director.

Also during December, there will be a "Red Ribbon of Memories." This is a visual tribute to the many thousands of men, women, and children who have been killed or injured in alcohol-related traffic crashes.

"Family members, friends and neighbors are asked to create a special red ribbon for their loved one."

"The ribbons will be tied together in a gigantic "Red Ribbon of Memories" and that ribbon will be displayed in a prominent place in Washington D.C.)," said Nishaus.

Saffty advocates, government leaders, activity, and the media will be joined by others in honor of the victims of impaired driving.

"We would like to encourage people to join us in recognizing this great event," said Nishaus.

Anyone interested in joining the Oklahoma County Community Partnership can contact Nishaus at 542-4486.

Football team qualifies for bowl bid

After compiling their fifth undefeated season in school history, second-ranked Northeastern A&M qualifier for an invitation to play in the eighth annual Coca-Cola Mid-American Bowl game scheduled for Dec. 5 in Tulsa.

Coach Mike Lord's afternoon championship Normanville received their second in the last national Junior College Athletic Association weekly poll released Tuesday from Colorado Springs.

A press conference was scheduled for Thursday morning in Tulsa by the Mid-America bowl committee to announce that formal invitations had been extended to NEO and number one ranked Northwest Mississipi.

Even though Northwest Mississippi has one game remaining on their schedule, the Raiders were expected to be invited because they finished first in the final NCAA regular season poll.

Northwest Mississippi stands 11-0 for the season and has remained in the number one position since the pre-season poll.

The Raiders will face fifth-ranked Lansing in Bowls 11 on the season and then finished on the number one position since the pre-season poll.

The NASCAR regular season game will play last weekend with it as a road game.

Last year the Goldene Norsemen earned their fifth National Championship with a 49-21 victory over Northwest Mississippi in the Mid-America Bowl.

"It's good to be going back," said Lord. "We have a chance to make NCAAs history back-to-back national titles. That's never been accomplished since the NCAA started naming national titles in 1956."

NEO has won two NCAAs titles at the Mid-America Bowl. Along with the one from last year, the Goldene Norsemen named a national crown in the second annual Mid-America in 1996.

"We have a good team. Unlike the last season where we relied on one or two players to make a big play, look at them every week," said Lord.

"These young men have gone out and improved a team every week we've played," said Lord.
Day of Thanks has different perceptions

Thanksgiving brings to mind shots of different images. Washing parades on television, feasting with the family, and turkeys are all things that many people associate with Thanksgiving. Almost traditions have combined to form and change Thanksgiving. This holiday has a long history and shot of both. Since ancient history people have been celebrating the goodness of the earth and the excellence of the years harvest. Holidays that are similar to Thanksgiving can be found in almost every culture. In biblical times, the Hebrews had the Feast of the Tabernacles. The Greeks held festivals in honor of the gods of the harvest. The Romans celebrated an event called Cernis, in honor of Ceres, the goddess of grain.

When people from Europe came to America they brought with them the harvest festival. The most famous of which was the three-day feast celebrated by English settlers at Plymoutb, Massachusetts in the fall of 1621. These English settlers are called the Pilgrims. They landed at Plymouth in December 1620. Since it was winter they could not plant crops. Many of the settlers died, by the end of the winter, only 55 out of the original 102 Pilgrims were still living.

None of the Pilgrims would have survived if not for the help of the Massachuset Indians. The Indians showed the settlers how to plant corn and squash and how to fish and hunt in the unfamiliar area. The Pilgrims at Plymouth harvested their first crop in the autumn of 1621. To celebrate the harvest, Governor William Bradford proclaimed a three-day celebration and feast.

It was a happy occasion, featuring feasting, games, displays of arts, and a unity between Native Americans and the English settlers.

After the Pilgrims had many more years were celebrated in different ways for different reasons. Then in 1663 President Lincoln declared an annual nationwide Thanksgiving Day.

The national Thanksgiving brought elements of the past festivals together. From that point on Thanksgiving Day was a national institution.

The annual Macy's Thanksgiving Day Parade started in New York in 1924. Since then it has become a major tradition. In the late 1800s local baseball games dominated the holidays. By the 1900s football became the national Thanksgiving sport.

Now people all across the country watch football on television after their Thanksgiving feast. Thanksgiving is deeply rooted in the lives of almost all Americans and holds a wonderful place in the lives of all who celebrate and give thanks.
Thanksgiving requires good turkey selection

For some people, November means not only one thing: turkey time. In fact, it may be the only time of year most cooks are willing to wrestle with a whole turkey.

1. Turkey must fit right in with low-fat, low-cholesterol menu. A three-oneless skinless portion of turkey breast has 152 calories, 2.2 g of fat. A similar portion of bone-in breast packs 271 calories and 15 g of fat.

There are many forms of turkey now available. From boneless, skinless turkey breasts to turkey cutlets, turkey comes in a variety of cuts and pre-cut portions. Whole self-basting turkeys because they contain a greater proportion than plain ones.

If you must choose a self-basting, choose one made with sodium or one filled with highly saturated coconut oil.

You might even consider some of the cuts listed below for Thanksgiving dinner. If your guests don't want a whole bird.

- Like white meat? Opt for a whole or half turkey breast. Most are sold with the bone in. You can also find skinless, boneless turkey breast.

- Turkey tenderloins are cut from the fillets of the turkey breast. These are good for cutting up into pieces.

- Turkey cutlets are thin slices of lean meat that can be pounded even thinner. They cook in minutes and take to myriad sauces. Turkey steaks are a little thicker than cutlets.

- If dark meat is your thing, look for white turkey drumsticks, thighs, or wings. These generally work best for long, slow cooking. Be aware that dark meat has more calories and fat than white.

- Removing the skin can cut the fat considerably.

- Some ground turkey is lean that you might have to add a little fat to brown it. Different processors use different proportions of white to dark meat, and some add the skin.

Tutors help in The Learning Center

Editor's note: This is part of a continuing series concerning The Learning Center that operates in Abes Hall, written by tutoring center technician.

Did you finish all of your math problems in your last assignment? Did you do as well on that chemistry exam as you wanted to? How about the history test that would determine a good part of your grade?

Was your English essay written just right?

If any of these questions were a problem for you, you need to come over to The Learning Center to see what is going on.

The Learning Center has tutors available every week, Monday through Thursday.

Students are coming to Abes Hall in greater numbers now and the staff is very excited about the success of the tutoring by Division program.

"I am very proud of the tutors we have this semester," said San do Bluvas, tutor coordinator. "They are a very good group to work with because they are very cooperative and dependable."

"Even the driving rain last week didn't keep them from coming to work," Bluvas said.

The tutors working in Abes Hall this semester are all sophomores and specially selected students from the academic divisions or of student counselors who are working part-time.

"If you need help in any class, the tutors are ready to help. They are very flexible and always have a positive attitude. They are really great people to work with."

- Congratulations to the tutoring staff for all their hard work and dedication to helping students.

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Honduran student establishes many lasting college friendships

By Michelle Brown

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Saturday 8:30 a.m. to 3 p.m.

Tutor for center enjoys working with all students

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Tutor for center enjoys working with all students

By Michelle Brown

Jeff Hughes, a sophomore from Muskogee, is working as the English tutor in The Learning Center located in Ables Hall, room 311.

Most of the time, I get people in here who basically need help writing their papers," said Hughes. "Hughes actually gives students ideas about their assignments. Sometimes teachers don't have time in the classroom, or I can offer a different point of view."

"It's also easier to talk to one of your peers than it is to a teacher," said Hughes.

Knowing that it takes some students more than one time to catch on to a certain lesson, Hughes doesn't get frustrated when things don't work out.

"I'm easy going, and I have a positive attitude. That's the only way I can be a successful tutor," Hughes said.

A definite advantage to serving as a tutor is that Hughes meets a lot of people. He's really helpful because I learn a lot from the people I tutor. I discover things that can help me with my assignments," said Hughes.

He is a two-way street for Hughes. He gets his own work done while visiting for people who need help.

"I do all of my work during the day so I have time for tutoring. It all evens out because they start coming in the evening."

Hughes is a physical therapy major carrying 20 hours, so he knows what it's like to need help. "I would recommend it for anyone having trouble in any area," said Hughes.

Although tutoring keeps him busy, the administrators in The Learning Center are very supportive.

"I work Monday and Wednesday night from 6 to 9 p.m. I also work on Thursdays from 2 to 5 p.m. in the computer room and then again from 6 to 9 p.m.," Hughes said.

Straight-A students offer suggestions

Editor's note: The following essay appeared in the November issue of the Tulsa World.

Call him the quarterback of academics. Straight-A students muscle their way through school using their intellect, intuition, guts, and English reports.

Tactics for making the grade vary from one player to the next, but one common bond unites them all: determination.

Straight-A students develop good study habits early in life that generally continue through their school years. These students aren't always the smartest, but they do work smarter. To make the grade, follow some of these tested tips:

Set priorities. Top students don't allow TV, phone calls, snacks or anything in the world to stop study time. Study is business, business comes before recreation.

Study anywhere or everywhere. For example, one student said he printed a vocabulary list by the medicine cabinet and learned a word daily while brushing his teeth.

Get organized. Keeping two folders, one for the day's assignments and another for completed and graded, helps keep notebooks clutter free. Filing papers in color-coded folders by subject also helps for easy review.

Learn how to read. A class in speed reading not only increases speed but also teaches students how to get a quick sense of the material and schedule your time. Some top students divide a long assignment into small pieces that aren't overwhelming. Others complete assignments early so they have time to polish it.

Take good notes. Teachers often test on what they emphasized in class, so good notes are crucial. Top students also take notes while reading assigned texts. Use time just before class ends to write a synopsis or three-sentence summary of the lesson's principal points. Scan before the next day's class.

Clean up your act. Neat papers are likely to get grades that slope down.

Speak up. Class participation pays off by asking questions to avoid the right questions-questions that lead to better understanding.

Study together. An experiment conducted at the University of California at Berkeley demonstrated the value of studying books together. Asian American students who discussed problems together and explained their solutions.
Three wrestlers place during open tourney at Central Missouri

By Jeremy Pendleton

During the Central Missouri State College Open Tournament last Saturday, three members of the Golden Norse wrestling squad placed in the top six of their class. The Golden Norse began an eight-day trip through Colorado and California Nov. 22 by competing in the Fort Lewis Open in Durango, Colo.


This was one of the toughest tournaments we had ever been in," said Golden Norse coach Alan Laurence. "We took 16 wrestlers and we got started at 8 a.m. and wrestled straight through until 9 p.m."

"Not only was the tournament physically demanding but our kids were wrestling against top wrestlers from Division I and II schools. The University of Oklahoma had a full team while Division II defending champ University of Nebraska- Omaha was also there," Laurence said.

Freshman Greg Baldridge of Salltown finished fifth in the 118 weight class. While wrestling seven matches, Baldridge defeated Thomas Hughes of Iowa State 10-4 for fifth place.

Golden Norse freshman Warren Wand defeated Scott Neff of Metamore 9-6 to take fifth place.

Freshman John Johnson of Marlow finished sixth in the 134 weight class. Johnson wrestled in nine matches while dropping a 5-2 decision to Eric Denney of Nebraska-Omaha.

"We didn't take some of our athletes due to disciplinary reasons. But our freshmen got a true taste of the weight competion in wrestling like it is on college level," said Laurence.

"With some additional work we've got the potential to become a very competitive team.
Golden Norse demolish Tritons

By Chris Franks

After a slow start, the number two-ranked Golden Norsemen turned a close game with Iowa Central into a 25-12 rout on Saturday at Johnston Field in the regular season finale for both teams.

The victory gave the defending national champion Golden Norse a perfect 9-0 record on the season.

The win also equalled a 23 game home winning streak and was also the Norsemen's 17th consecutive victory.

Against Iowa Central the Golden Norse fell behind on the first play of the game as the Tritons scored on a 66-yard pass play. Quarterback Scott Kinney hit wide receiver Anthony Harris on a quick slant and Harris outran the defense to the endzone. The extra point was blocked.

The Norse responded on a five yard touchdown pass by Joe Jefferson and a 23-yard touchdown pass from Brent Scott to Ralph Strickland to grab a 14-6 lead. Iowa Central cut the margin to 14-12 on a 20-yard touchdown pass from quarterback Chad Taylor to Harris. Kinney was forced to leave the game earlier with a dislocated finger on his throwing hand.

The Norsemen responded with two long TD runs from Scott to hold a 28-12 halftime lead.

"When we went into the lockerroom at halftime, I just pointed out to them that they weren't playing up to their potential. I told them that they were thinking too much about themselves and not enough about our team success," said Lord.

"I told them that if they couldn't put the team first, then they should take uniform off and go check out of the dorms. They responded quite well," Lord added.

An indication of their focused effort in the second half was the fact that the Golden Norse defense allowed a total of 8 yards in offense by the Tritons.

The Norse held the Tritions to minus 13 yards rushing and 21 yards passing in the second half.

Linbackers Cleveland Everhart and Don Bray along with defensive end Darrious Cummings each recorded six solo tackles.

A 20-yard touchdown pass from Scott to flanker Joe Arnold and a 29-yard field goal by Eric Jackson accounted for NEO's points in the third quarter.

Reserve running backs Simon Tucker and Mike Mayfield added touchdown runs of 7 and 8 yards during the fourth quarter.

While the defense was living up to its billing as the number two defense in the country, the offense was generating 415 yards in total offense.

Quarterback Brent Scott came within seven yards of establishing a new school record. Scott completed 16 of 28 passes for 356 yards and two touchdowns without an interception.

Wide receiver Ralph Strickland set a career high with five catches for 138 yards and one touchdown. Strickland had only had six receptions in his previous games this year.

Vetrauln tackle Jefforson led the ground game with 326 yards on 20 carries and added one touchdown.

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Ladies capture own classic

By Chris Franks

Opening the home portion of their schedule the Lady Norse basketball squad won both games during the Lady Norse Classic over the weekend.

Coach Randy Gipson's Lady Norse are now 4-0 on the season and have a week off before they play in the Coffeyville Thanksgiving Classic, Nov. 26-28, in Coffeyville, Kan.

Under Gipson's four-year reign as coach, the Lady Norse have not lost a game in the NEC Fieldhouse. The team currently stands at 52 under Gipson and another six under coach Braga.

The Lady Norse lost a 73-68 overtime decision in Northern.

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GOING INSIDE

Freshtread center Lashua Byars (55) puts the ball on the floor in an attempt to drive past the defensive pressure of Johnson County's Lisa Mayo (14). Byars scored 26 points as the NEO defeated Johnston County. 85-69, in the finals of the Lady Norse Classic last weekend.
The Norsewind – the NEO A&M College Newspaper

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