Campus

Hours for the semester of the junior college at the swimming pool have been announced according to Carol Calicanto, swimming manager.

The pool will be open from 2:30 p.m. to 4:30 p.m. Monday and Tuesday and from 2:30 p.m. to 7 p.m. Monday through Thursday. College identifications will be required during these times. Use of the pool is free. The pool is located on the north end of the NEOS Fieldhouse.

Local

Snow, sleet and freezing temperatures have wreaked havoc in the Miami area. The forecast for the first half of the week. Eight inches of snow on Monday caused all area schools to be closed for two days while NEOS continued to hold classes.

Stomps also caused electrical problems for more than 1,000 homes in Miami and Delaware counties.

In the 74-year history of the college, classes have only been cancelled once because of floods and never because of adverse weather.

State

A bill aimed at repealing the requirement that a majority of those who govern NEOS and Oklahoma State University be farmers is expected to come up in the state senate.

Senator Bernie Shedrick, D-Durant, authored the bill which calls for a statewide vote to amend the Oklahoma Constitution. The proposal, Senate Bill 554, was approved by the Senate Education Committee.

National

President Bill Clinton addressed the nation Wednesday night with an economic plan that will impose higher taxes on individuals and families making more than $200,000 a year.

The hardest hit level of taxpayers will be the group of Americans earning more than $225,000 a year.

As a result of President Clinton’s announcement, stocks on Wall Street plummeted 83 points on fears higher taxes would stunt economic recovery.

American Brand Company sponsors fifth annual Math Day festivities on campus

More than 20 area junior high and high schools will participate in the fifth annual American Brand Math Day Thursday, Feb. 25 on the NEOS campus.

Approximately 350 students will compete in the half-day event.

With in mind budget cuts, this event is funded by outstanding alumnae Mr. William J. Alley, "John" Lonias, chairman math department.

Sponsors placed into three different divisions. Each division is based upon the size of the school.

Students will be allowed to compete in one of the following mathematics categories: algebra, algebra II and geometry, trigonometry, advanced math. Each participant will be required to take a 40-minute exam.

These exams are designed to test the participants’ mathematical skills. Lonias said.

Awards will be presented to the first, second and third place finishers in each category.

First place winners in each division will also receive a national scholarship to attend NEOS.

"We utilize this competition to help attract students that might consider attending NEOS in the future," said Lonias.

Competition is scheduled to begin at 9 a.m. in Shiple Hall.

UP A LADDER

Going through a scene from The 1940's Radio Hour are, from left, Billy Czech, freshman; brend Ford, sophomore; Sullivan, Andrew Miller, sophomore; Bartlesville; and David Tout and, freshman, Pryor. The production begins Wednesday with Student Sate in the Fine Arts Auditorium.

Students visit technology festival

Students from across the state of Oklahoma are scheduled to participate in the annual college technology festival held Thursday, Feb. 25 in the NEOS auditorium.

Supported by the NEOS technology department, the festival is expected to attract over 1,000 junior high and high school students to the all-day event.

We have this event so we can give the opportunity to the technology education students to take what they have learned in the classroom and compare it with other schools their size," said Ronald Clapp, technology instructor and coordinator of the event.

The festival contains 33 different competitive events for the students to participate in.

The events will be grouped in two categories, the first one will have students grades 10 through 12 and the second level will contain competition for students in grades 10 to 12.

Some of the events are as follows:

Aerospace Technology: Participants design, draw, and build model powered aircraft. "Safety Illustration: This contest is designed to direct students' attention to the promotion of safety and safety practices.

Aerodynamicists: Participants draw the airplane's profile, a model of the airplane, and a diagram of the airplane's engine.

Architectural Models: Participants must submit a floor plan and a three-dimensional model of the building they designed.

Environmental Science: Participants design and present a graphic or three-dimensional design which describes the theme of the Technology Student Association national conference.

Robotics: Participants design, draw, and build model powered electrical circuitry. "Intervisual Communication: Participants design and present a graphic or three-dimensional design which describes the theme of the Technology Student Association national conference.

"Oklahoma is a leading technology education state. We are more advanced in technology than some of the states nearby," Clapp said.

Competition is scheduled to begin at 9 a.m. and will conclude at 4 p.m.

An awards assembly, in the Fine Arts Center will immediately following the event.

All classrooms in Allen Hall will be used along with the instrumental gym. The aerospace competition will be conducted in the NEOS Fieldhouse.
Reverend Jackson remains champion

By Angela Stroble

Luther King Jr. He would later call Dr. King his father figure and teacher. He helped expand King’s economic efforts to other cities and was present when King was assassinated at the Memphis Hotel.

In 1971, Jackson left the Southern Christian Leadership Conference and founded his own organization, Operation PUSH (People United to Save Humanity). He is an activist for social change, with a message for the American people and for Afro-Americans in particular. "For black folks," he said, "the crisis is doubly serious. The doors of opportunity that have been knocked open by the civil rights movement can’t be taken for granted. Because many of our young men are too drunk to stagger through them. Many of our young girls become pregnant prematurely.

"The crime rate where we live is too high that our businesses can’t flourish. Our women cannot walk the streets in safety and our homes have so many bars that they look like prisons. Hope is flowing through our schools and our young people are influenced by the movies that glorify fighting and violence. What I’ve seen in the schools — a breakdown in moral authority, discipline, and develop of youth. You’re looking for something, even if it’s something else. What is up to adults to make it right.

On Nov. 3, 1983, Jackson stood on the stage of the national Convention in Atlanta. He was once again a force to reckon with. He ran for the U.S. Senate, winning 56 percent of the vote. He carried 14 of 17 counties, gaining a mandate that was a strong support for the presidency of the United States. He gained enough delegates and support to go to the Democratic National Convention in 1984.

In 1989, responding to the white media on the new mainstream "black politics," he said: "The item I have struggled for is that for the majority of this country’s interest. You cannot name one that I am not in the center of the stream." He mentioned reporters’ questions about politics that many to mark the "black" label to him a liberal. Affirmative action? "That’s the law of the land; the one that you have. You can’t get any more mainstream than that.

In 1990, Jackson made his first run for an office other than president, and won the Democratic nomination. Then, he was defeated by "shadow senator" seats from the District of Columbia. In September, he traveled to Baghdad, Iraq, and returned with 500 freed hostages.

Norse Wind

Marti James

Chris Franka

Jerry Pendleton

Arlo Griggs

Permissions Editor

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The birth of John Ware of Hurl, New York, and of George Washington Carver, son of a slave, was celebrated.

The Afro-American Civil War, also known as the Civil War, and two volumes of love poems while working as a school janitor

Observances should be recognized

There are many occasions that are designated for observance, celebration, or honor, many of which do not participate.

Ways to celebrate our parents and grandparents, but also the birth of our children, is by celebrating as a family or with other family members.

The Afro-American Civil War, also known as the Civil War, and two volumes of love poems while working as a school janitor

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Sophomores earn Who's Who honor

Six sophomores have recently been named to Who's Who Among American Junior College Students.

Members of the selection committee for the academic honor were Sue Grover, chairman; Nancy Bishop; Carla Brunnet; Tim Inglum, Dr. George Largant; Mary Largant; Dr. Al Moffitt; Pete Smith; Lonnie Spencer, and Karen Wells.

Criteria for the selection was based on the students' outstanding academic achievements and their leadership contributions to clubs and organizations on campus.

Craig Davis, a business administration major, has a 3.77 grade point average. Davis is a member of Psi Beta Lambda, which he won second place at a conference in the national impromptu speaking contest.

He also holds membership with the Student Body Government, College Democrats, Baptist Student Union, and Phi Theta Kappa. Davis has represented NEO as the regional runner-up in the Student in Free Enterprise, the NEO Presidential Search Committee, and he is an ambassador with High School/College Relations.

Brenda George has a grade point average of 3.94 and is majoring in elementary education. She holds membership with Phi Theta Kappa, College Democrats, Phi Beta Lambda, and the Honor College. In representing NEC, George was awarded the Dobson Presidential Scholarship, runner-up in the E.J. Grieshaber Scholarship, and worked at Aggie Day.

Terry Harrison, an animal science major from McAlester, has a 3.54 grade point average. He is a member of the Student Body Government, in which he represented NEO as being president. Harrison is also a member of Phi Theta Kappa, Aggie Society, and Young Democrats.

Floyd McKibben, from Quapaw, is majoring in secondary education and holds a grade point average of 4.0. McKibben is a member of College Democrats, Phi Theta Kappa, Phi Beta Lambda, and the Honor College. In representing NEO, George was awarded the Dobson Presidential Scholarship, runner-up in the E.J. Grieshaber Scholarship, and worked at Aggie Day.

McKibben has also represented NEO with being an ambassador and the E.J. Grieshaber Social Science Scholarship.

Judge Saunders, an agriculture economics major from Gen- dry, Ark., has a 3.5 grade point average.

She holds membership with the Student Body Government, Phi Theta Kappa, the Aggie Society, Honors Program, and the Animal Science Club.

"I have represented NEO at livestock judging contests, including Ft. Smith, Ark., Tulsa, and Shreveport. I have attended the state Student Government meetings and represented Phi Theta Kappa at the full Regional Conference and will attend Nationals."

"Represented Phi Theta Kappa as homecoming queen attendant," said Saunders.

Saunders is also a Dobson Presidential Scholar.

Stacy Shneld is from Stillwater, majoring in agriculture economics with a grade point average of 3.84.

She is a member of Phi Theta Kappa, the Aggie Society, and Order of Freya.

Shneld has represented NEO with livestock judging, President Search for the Phi Theta Kappa Leadership Conference, Dobson Presidential Scholar. She also helped in the recruiting of students.

NEW SHIRTS
Modelling the shirts they received as members of the Nurse Wings aviation club are, front row, from left: Karen Burton, Charles Gragg, Brandon Reavis and Joshua Shepherd. Back row, Chris Donald, Marty Kerdian, Bob Sanders, Phillip Stephens, and Randall Watson.

Photo by Judy Gragg

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People
Baptist minister delivers campus revival message

By Sheri Jones
Lifestyles Editor

Members of the Baptist Student Union and The First Baptist Church of Miami will co-host a revival Sunday through Wednesday, Feb. 23-24.

Ken Freeman, from San Antonio, Texas, will be speaking daily at 5 p.m. and noon services starting at 12:35 p.m. at The BU and First Baptist Church located at First and A.

Freeman will minister every night at 7 o'clock at First Baptist Church located at First and A.

"Ken has a great understanding of what Paul is telling us in II Corinthians 5:7. That it is not enough to say "I am a Christian". He is a new creature, old things are passed away, behold, all things are become new," said Bobby Lipins, director of the BU.

Freeman grew up in a home with an alcoholic mother. He has had nine separations and went to 24 different schools. Eventually he began living on the streets to get away from the terror of a hard life.

At the age of 18, while at a local church revival, Freeman accepted God's gift of salvation and was saved from a life of almost complete devastation.

"It became Ken's desire to fulfill God's will and purpose in his life," Lipins said.

At the age of 40, Freeman began to sing in a Christian Band. He traveled three years sharing his talents by praising God through worship and song.

During the next 11 years, he served as a Youth and Music Minister in Southern Baptist Churches.

Freeman is currently in his 12th year of full-time Evangelism.

"The Lord has blessed his ministry by allowing Ken to see over 100,000 people. It's been a wonderful journey," said Lipins.

Freeman has preached and led worship services in Carolina, Louisiana, Tennessee, New York, and Texas.

Although Freeman is best known for his ministry with young people, he has a strong ministry with the family.

He is currently involved in leading Couple's Retreats and Family-Oriented Revivals as well as Youth Camps.

Have you been hesitant to try to break your bad health habits because you thought the task would be too difficult? Then get ready for some good news.

"Every day, new research indicates that Americans can take control of their own health by making simple and realistic lifestyle changes," says Lawrence Siffert, Ph.D., a behavioral psychologist and president of Health Management Resources in Boston, Massachusetts.

"By modifying a few of their unhealthy behaviors, people can actually lengthen and improve the quality of their lives. A small commitment of a few hours a week could add eight to ten quality years to a person's life."

Health behaviors - smoking, eating literally/healthy diet, fiber, fruit and vegetables; exercise; alcohol consumption; drug use; a sedentary lifestyle - can add or subtract years from your life.

Environmental conditions - exposure to second-hand smoke, failure to use seat belts, prolonged exposure to sun and radon - can add or subtract years from your life.

"No matter how many years you have practiced bad habits, you can still change your habits and improve your health. Here are important steps you can take to incorporate simple lifestyle changes into your daily routine."

1. Walk 20 minutes three times a week. Exercise is probably the single most important thing you can do for your heart. Regular physical activity can reduce your risk of heart disease, hypertension, obesity, stress and osteoporosis. If you don't like walking or running, consider bicycling, swimming or aerobic dancing.

2. Eat five servings of vegetables and fruit each day. Eating more fruits and vegetables displaces some of the fat in your diet and may lower your risk for heart disease, cancer, high blood pressure and diabetes.

Use seat belts. Wearing a seat belt reduces your risk of dying in an automobile accident by almost 50 percent. Protect your skin from the sun by wearing sunscreen or sun block and a hat. Over-exposure to the sun is a primary cause of skin cancer.

3. Quit smoking. Even if you can't kick the habit completely, you still can lower your health risk by reducing the number of cigarettes you smoke.

4. Reduce second-hand smoke. According to government figures, second-hand smoke accounts for 25,000 deaths in this country every year. Try eliminating it from your home and workplace - the two places you probably spend the most time.

5. Reduce the fat in your diet. Avoid fried foods and cook without added fat.

6. Eat fish twice a week. People who regularly consume fish or turbot are less likely to develop heart disease than people with no fish factors, and this likelihood increases by 13 times for smokers with high cholesterol and high blood pressure. Your risk is determined by how well you fall into these three categories:

Medical indicators: high cholesterol, elevated blood pressure, high blood sugar, previous or ongoing major medical problem, a family history of genetic or biological problem.

Lifestyle behaviors: smoking, a high fat, high cholesterol diet low in fiber and vegetables, exercise, alcohol consumption, drug use, a sedentary lifestyle.

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Modifying Lifestyle Habits: No matter how many years you have practiced bad habits, you can still change your habits and improve your health. Here are important steps you can take to incorporate simple lifestyle changes into your daily routine.

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Veterans bolster baseball pitching

By Jeremy Pendleton
Sports Editor
Returning a strong pitching staff, the Golden Norsemen baseball team opens the season Tuesday at Fort Scott, Kansas. After posting a dismal 27-29 overall record last season coach Rick Riechel's Norse out the year with nine returning sophomores.


"Pitching should be our strong point this year because we've got some experienced, hard-throwing players coming back," said Riechel.

Riechel, returning to the mound this year are veterans Jude Cantre, Dusty Spring, L. D., David Cobb, Tolar, John Darling, Sand, B. R., Brampton, Canada, and Ryan Duf- fy, Sombre, Ontario, Canada. Transfers Dusty Broile of Jay by way of LaBette Community Col- lege in Geary, Kansas, after one year at Allen, Minnesota, in Sano, Maria. Calif. provide depth on the mound.

Cantre, a lefthander, finished last year with a 6.08 earned run average and 35.2 innings of work. Cobb, a right-hander, worked 35.2 innings with a 4.12 ERA and two saves.

Darlington, a lefthander, posted a 2.00 earned run average last season with two saves and 21 innings. Duffy, a lefthander, led the Norsemen with a 7.44 overall record and a 4.02 ERA in 64 innings.

Freshmen batting for a shot at the starting rotation are Jason Dickson, New Brunswick, Can- ada, Brian Nichols, Edmond, Okla., and Bradley Sted from Burlington.

Handling the catching chores behind the plate are seniors Eric Linn, Tulsa, Brock Mares, Anchorage, Samuel Wippler, Lus- enworth, Kan., and Blaine Phillips from Sheridan, Wyo.

Returning at first base is veteran Angel Anzalone, Baguette, Puerto Rico. Allade played in 21 games as a freshman with a .18 batting average.

Providing depth at first is freshmen Jeffrey Michaels, Don Mills, Canada.

Freshmen lead France from Dunnings, S. C., and Chad Kirkhart from Fort Gibson will try their hand at the second base position.

The third base position will be filled by freshmen Justin Oehler from Commerce and Jason Russell from Salina.

Challenging at shortstop are freshmen Darren Garrison from Tulsa and Todd Bots from Sear- boro, Ontario.

Returning to the outfield will be veteran ball players Armando Almendarez, Corpus Christi, Texas; Steven Johnson, Arlington, Texas; and Todd Schell from Oakville, Canada.

Alamie hit .333 in 29 games as a freshman with 15 runs batted in.

Johnson hit .298 in 54 games with seven doubles, one triple and two home runs.

Schell hit .255 in 88 games with six doubles and two home runs and 13 runs batted in.

Men cagers sweep three road games

By Chris Franks

Freshman point guard Shane Williams scored 23 to lead the Norse to an 80-63 victory over State Fair Community College last Saturday in Sedalia, Mo.

The victory gave coach Lonnie Spencer's 8-7-3 ranked Norsemen a 24-4 overall record.

The Golden Norsemen beat Carl Albert College, Monday at 6 p.m. before traveling to Warren Wednesday for a makeup game with Comets State. The Norse are 6-3 in the Eastern Division of the Big State Conference.

The Golden Norsemen are Cen- tral Arkansas Thursday at 7:30 p.m., single game before closing the regular season Saturday. Feb. 27 by hosting Northern Oklahoma College.

Norsemen 80-State Fair 65

The Norsemen jumped out early and held a slim lead in the first five minutes of the game. Shane Williams led the Norse with eight points during the stretch.

Two field goals by Rod Liv- ingston and free throws by Craig Wrick gave the Roadrunners a 20-18 lead with 8:35 left before halftime.

A basket by David Williams and a 3-pointer by Chad Knowles gave the Norse a 20-22 lead with 9:05 remaining in the half.

After Livingstons six points to give State Fair a 28-26 lead, Kevin Lunnicef hit a basket with 3:43 remaining to tie the ballgame.

State Fair finished the half on a 13-7 run to lead 40-35.

The Golden Norsemen jumped out to a 50-45 lead in the first five minutes of the second half. Shane Williams sparked the rally with six points while Lunnicef contributed five.

The Norse went on an 11-4 run behind four points each by Lunnicef and Ray Ponder due to lead 61-49 with 9:25 left in the game. Shane Williams led all scorers with 23 followed by Lunnicef with 13 and White with 12 points.

Livingston led the Roadrunners with 23 followed by Tyron Davis with 13 and Weaver with 10.

Norsemen 80-Eastern 74

Bouncing back from a 90-point halftime deficit, the Norsemen defeated Eastern Oklahoma Col- lege 80-74 in the NEO Fieldhouse.

After trailing 44-27 at halftime, the Golden Norsemen led the home crowd with a 20-19 run to grab a 54-52 cushion with 13:52 left on the clock. Mahan and Lunnicef scored six points each to fuel the rally.

Ray Ponder scored 16 points, Mahan 10, White 10, and Shane Williams 10 points.

Ray Ponder led the Mountaineers with 20 points while Ricardo Hamilton added 10, Andre Nismo 10 and Sam Lockhart 10 points.

Norsemen 88-Labette 76

Sophomore forward Kelvin Wines led the Golden Norsemen to an 88-76 victory over Labette Community College in Cardinal Fieldhouse.

During the first half the Norse struggled with poor shooting from 2-point range. The Norsemen hit only 41 of 72 for a mere 34 percent from 2-point range on the way to a 48-38 halftime lead.

Ponder due to the second half with 10 straight points to give the Golden Norse a 54-42 cushion with 14:36 left in the game.

White connected on 12 of 17 from 2-point range and 4 of 8 from the free throw line to score his 30 points.

Shane Williams contributed 16 points for the Golden Norse while Ponder due to 14 points.

Sophomore forward Damien Nichols led the Cardinals with 21 total points.

Labette head coach Hank Harris resigned prior to the game because of a drug arrest.

DEFENSIVE STANCE

Freshman forward Kevin Lunnicef and Shrevez apply defensive pressure to Labette's Anthony Jackson as teammate Ray Ponder (4) guards the post position. NEO defeated the Cardinals 88-76 last Wednesday in Parsons, Kan.

Photo by: Andy Grigsby

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"Shop and save with the home folks."
Women enter stretch with eight-game skein

By Chris Franka

Limiting Eastern Kentucky to only 8 points in the first half, the Lady Norse won their 66th consecutive home game with a 92-56 win at the NOS Fieldhouse.

While winning their eighth straight game coach Randy Gibson's second ranked Lady Norse improved to 24-1 on the season. The Lady Norse sit atop the Big State East with a perfect 7-0 record.

Last Monday night's rematch between Conners State and the Lady Norse was postponed due to the snow. The game has been rescheduled for Wednesday, Feb. 24 in Conners.

The Lady Norse entertain Carl Albert College, Monday at 6 p.m. before closing out the regular season Wednesday in Warner. The loss dropped coach Andy McAn's Eastern Lady Mountaineers to 19-7 on the season and 4-3 in the conference.

"We probably played the best first half of basketball we've ever played all year," said Gibson. "Our offense was superb." Eastern jumped out to a 6-2 lead in the first four minutes of the game. Field goals by Jennifer Brown, Shawna Eggle, and Aubrey Morgan carried the Lady Mountaineers lead.

Unfazed, a 35-0 run in the next 11 minutes, the Lady Norse put the game away.

Center LaShana Bryant scored all of her 15 points during the excursion while freshman Lisa Gator contributed eight points. Aubrey Morgan added 10 points for each.

During the stretch which created a 76-20 Lady Norse lead, NOS converted on 36 of 42 from 2-point range to fuel the rally.

"Not only did we execute out of offense well, but we took high percentage shots and had only six turnovers during the half," said Gibson.

Four points each by Nikki Edwards and Allison Martin lifted the Lady Norse to a 15-83 advantage at halftime.

Sophomores sign letters

With spring football drills looming on the horizon, several key positions need to be filled as coach Mike Loyd's Norse seek for next season.

The Norsemen will be attempting to fill some key positions for next year's team.

All-American Pat Baker, offensive tackle, and Carl Kidd, a defensive end, have joined the University of Arkansas along with defensive end Darin Carrow. Offensive tackle Ramone Gail will join the Razorbacks later this month.

Running back Joe Jefferson has committed to Oklahoma State University along with linebacker Eric Hobbs and cornerback Devon Williams. Offensive line Justin Hinchee committed to Tulsa University. Free-Golden Norsemen will play at Northern State University in the Turtleback Minnesota offensive tackle Grant Kiffel on the offensive line and Missouri defensive end Morgan Seabolt and offensive back Robert O'Neal and punter Judie Lawson are playing for the Redmen.

Offensive guard Jermaine Howard has committed to Georgia University while offensive tackle Quintion Owens will attend Southern Arkansas.

Running back Matt Hosue will be attending the University of Arkansas. Tight end Jamie Henry will be attending Coos Junior College.

Other key offensive linemen are: Kennedy Steen (South Carolina), Brantley Myron (Tennessee), and wide receiver Randy Sims (Mississippi University).

Linebackers Daniel Smith will attend Southwest Missouri State. Cleveland footballer who attended the University of Maryland, and Melvin Monet will attend Louisiana Tech.

Quarterback Matt Scott signed with Northeast Louisiana while wide receiver Ralph Strickland will play at Northern Illinois. With 75 players signing in December, the 1992 edition of the Golden Norse sent 31 sophomores to NCAA Division I, I-AA or NAIA schools.

Last season the Golden Norsemen finished fourth with an 8-3 overall record after suffering a 35-0 loss to Northwest Mississippi in the NCAA National Championship game at Tuba.
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