Specialist discusses AIDS

By Tisha Tompkins

A seminar concerning the subject of acquired immune deficiency syndrome (AIDS) will be held at the recital hall in the old gym on Tuesday, March 30, at 3 p.m. According to Alana Helms, coordinator of the seminar, the purpose of the discussion is to educate the public about the issues concerning the disease.

On a more positive note, the State of Oklahoma is appointing an AIDS panel to better address the issues of prevention and treatment.

Blood, semen, and vaginal secretions are the primary body fluids that can transmit the virus. HIV can be transmitted when one of these fluids of an infected individual enters another person's body. HIV is spread most commonly through sexual intercourse, from infected mothers to infants, and by mixing infected blood with uninfected blood.

Sexual activities that are most dangerous:

The person on the other end of anal intercourse is most at risk. Vaginal intercourse is also dangerous, especially for women.

During oral sex, the receiving partner of either semen or vaginal secretions is in danger because the virus can be transmitted through very small pores in the mouth.

How can people reduce their risk?

Abstain from sex and be monogamous—this simply means that both partners have no other sexual contacts and commit to monogamy.

People can significantly protect themselves if they use latex condoms properly every time they have sex and do not share needles.

Should anyone be tested for HIV?

People who have shared drug needles or who have had sexual contact with men or women who were infected with HIV should be tested. Testing can be particularly important for pregnant women and for those who are living with or having children.

What does a positive or negative test mean?

A positive test result means that the individual is infected with HIV and can pass the virus on to other people through body fluids. A negative test result does not mean that the test has developed the virus. A negative test result does not mean that the virus can be transmitted through very small pores in the mouth.

College programming changes channels

By Rachel George

Several members of the NEO student body were interviewed recently at the Student Government Convention at Oklahoma University.

The main objective was to listen and pass on the views of the topics discussed.

The convention started off with a debate on the first resolution: "Impeachment procedures are standing up to persuade people to pass on the resolution. It took one hour and 40 minutes for all the resolutions." The resolution was passed by a majority of 20 students.

The seminar was held the night before the convention, and was attended by at least 50 students from the across the state.

"Karen will represent all junior colleges next year once a month in the capital at Oklahoma City," Harrison said.

The purpose of this visit was to communicate the State Regents the views and interests of all students attending Oklahoma colleges and universities.

Many people do not realize that here we are looking at the University of Oklahoma, Oklahoma State University, or any other educational institution. They are the people who are involved in the student viewpoint on the Board of Regents and A&M Colleges.

"If a student has a complaint or problem, they can go to the A&M Board of Regents and ask about the problem they are experiencing," the meeting was conducted on the first and third Tuesdays each month.

"The meetings are conducted on the first and third Tuesday of each month in room 2015 of the Student Life/Admissions building."
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 faculty body or facility at Northwestern Oklahoma State University. Students were asked the following question:

What did you do over Spring Break?

Justin Crittenden
Freshman, Jay

"I pulled calves and it was really muddy."

Barbara Murphy
Sophomore, Kansas

"I visited relatives and we shopped 'til we dropped."

Joey Hall
Freshman, Muskogee

"I worked every day and had to close up at night."

Barbara Larsen
Freshman, Enid

"I visited relatives and took care of kids and eight pets."

Joe Jefferson
Soph., Wauhopah, Texas

"I just puttered around the house."

Student group studies hike

The Oklahoma State Regents for Higher Education recently proposed a tuition increase to make up for budget shortfalls. The State Regents are trying to decide how much of a student's education should be paid for by the state. Their proposal would have students paying for one-fourth of their costs after two years. This doesn't sound like very much, but when you think about all of the costs involved with attending college, it adds up.

The Oklahoma Student Government Association recently went to Oklahoma City to express student concerns about the higher tuition.

Editorial

The OSUGA would support the tuition increase of from five to six percent for two years only if certain changes were made. The changes include an agreement that state appropriations to higher education next year will be reduced by no more than 5 percent, money collected under the Student Assignment Fee is transferred to E&G budgets, the program is discontinued, and the fee is not considered in the OSUGA's budget. The Oklahoma Student Government Association would request that funding for OSUGA be increased and other state funding be developed. They would also ask that limits on in-state tuition and enrollment fees be removed and that limitations be put on out-of-state tuition and enrollment fees. They also asked that money raised from any tuition increase and the Student Assignment Fee be spent only on student-oriented items such as class sections, computers, library resources, and student services.

Tuition rates in Oklahoma are less than in some states, but generally not that much different. All colleges are looking for ways to increase funding, while state governments are trying to meet overall budget needs.

The whole process of tuition and fees is like throwing a banana at a monkey. It continues on and on. If the state gets the tuition increase, it will mean that some students may no longer be able to afford college.

If the state does not get the increase, it won't be long until they find another fee to add to your bill. They will probably do that regardless of whether the increase is passed.

Students have enough to pay for without increasing tuition or adding fees, and should not be charged for things that they don't use.

Angela Stroble

Mrs. Gore leads campaign

Tipper Gore has plans to lose her status as "second lady" to campaign against porn rock, but she does not regret her battle for warning labels on albums.

"From the very beginning, I have always felt good about my involvement in that effort," the wife of Vice President Al Gore said in a recent interview. "The goal is to keep kids away from the problems of children, explain the dangers of going up with divorce or not and keep the children from people who might be going through less-than-perfect lives."

She met Gore at a high school prom. When he went to Harvard, she followed the next year, attending Brown University majoring in psychology.

"If I wanted to go for my own career and get somebody else to take care of the children, I would have done that," Mrs. Gore said. "I truly did not wish to."
Former student receives award

Selected Teacher-of-the-Year

Editor's note: The following article was written by Rebecca Mogili, associate editor of The Jenkins Journal, concerning a graduate of NROTC at Jenkins High School 1992 through 1995 and majored in agriculture. He earned a bachelor's degree at Oklahoma State University.

The influence of his parents is what has given Teacher-of-the-Year Roger Wright the motivation to serve in working hard and be the best that he can be.

Wright is the Jenkins High School Agriculture Science teacher. He received the award February 28 at the staff recognition banquet, with his parents seated in the audience.

"When I came to Jenkins High School in November of 1997, I brought with me many philosophies. For the most part, these came from my parents. My parents expected me to do all that I could to be successful in my work and my studies," said Wright in his essay for the nomination.

From his students, Wright expects the same. He wants each student to leave the program better prepared for college, a career, and life.

When he first came to Jenkins High School in 1997, agricultural education enrollment was way down and for the program was down.

Wright earned the turn-around in the program by first and foremost by making an advisory committee to identify reasons why the program wasn't meeting the needs of Jenkins students. Over the past six years the program was modernized to offer students greater career and university opportunities.

From teaching 4-H to currently teaching Agricultural Science, Conservation and Natural Resources, Horticulture 1 and 2, Equine Science, Veterinary Science and Biotechnology and Genetic Engineering.

"With the growth of the program, an additional teacher was added this year. The Conservation and Natural Resources and Biotechnology and Genetic Engineering courses were added this year also to help enhance the program," said Wright.

Plans are also underway to build a greenhouse for the horticultural program.

"Changing the FFA program was the biggest challenge," said Wright.

Emphasis was taken from production agriculture to activities that develop leadership, citizenship, and cooperation skills. By adding citizenship instruction into FFA, students have learned the importance of becoming involved in the community, state, and nation.

Through learning the work ethic from his parents, Wright also learned to balance a lot of different things, which is seen in all the activities he and his students are involved in.

Through the FFA program, students have planted more than 300 trees in Jenkins; purchased and installed park benches along main streets; conducted hunter safety courses; winterized homes for the elderly and needy citizens; adopted a section of Main Street for litter pick up; conducted free dog clips; collected and painted trash vessels and built new archways and gates for the Tuba City keyway; held petting zoos; built basketball goals for the city parks; participated in Toys for Tots and canned food drives; and adopted 20 acres in cooperation with the Oklahoma Fish and Wildlife Department to increase wildlife in the Jenkins area.

Most recently, FFA has adopted the city dog pound in giving some trees to elementary schools for planting and are helping to raise funds to purchase the laws Live rescue set for the city of Jenkins.

Wright is near completion of his thesis for a masters in agricultural education, agricultural science specialization. He has also been a firefighter with the Jenkins Fire Department since 1987.

"I'm truly honored," said Wright, about receiving the award.
Changes in lifestyle preserves heart

By Marti Jones
LIKEBASED EDITOR
Out of sight, out of mind is the attitude many of us have about our hearts. Because we can't see them, it's slowly damaged by an unhealthy lifestyle. Many of us avoid thinking about this possibility.

One of the best ways to help protect a healthy heart against cardiovascular disease is through exercise.

Although there are different kinds of exercise, only the aerobic variety will improve cardiovascular fitness.

Aerobic exercise, such as walking, swimming, jogging and bicycling, involves continuous rhythmic physical movements. Such activities can help you breathe in less oxygen than you would breathe while sitting.

Aerobic exercise helps you to maintain yourself at a steady rate; you can increase the intensity of your heart rate.

If you are at risk for heart disease, you are already taking a proactive step to reduce your risk factor. You are already doing something healthy.

Exercising can be very beneficial to your heart. It helps reduce stress, arterial stiffness, blood pressure, obesity, blood clotting, diabetes, and stress.

In addition to these health benefits, it can improve your self-image, increase your energy and decrease your mood.

Exercising is also great. It helps you look healthier and feel better about yourself.

Your exercise prescription can give you a new meaning to live. It will give you a positive outlook.

Common cold plagues students

By Marti Jones
LIKEBASED EDITOR
Soreness or irritation of the common cold occurs at the rate of 15 to 20 students a day.

This number fluctuates weekly, said Dr. Akison, staff physician.

A regular adult cold occurs when you have a sore throat and a runny nose.

In weather like Oklahoma has been having lately it is a good time to know how to dress.

Students have the option of dressing in layers and layer warmly since it is so cold.

In the afternoon the clothing that you wear is too hot but because the weather has warmed up this is a good way to help you get ready.

There isn't any medication specifically designed for the common cold. Any medication that you take is only to help you feel better.

The best advice is to take Vitamin C. They should start taking 500 milligrams and increase to 1000 or 2000.

Good Times are Here!

Come in for a 1950's special deal.
March 1 through May 15

MIMI Laungy & Dry Cleaning
Get Your Jeans Starched & Pressed For That True COWBOY LOOK
NEO Students will receive 20 percent discount with this coupon.
Offer expires March 31, 1996.
217 S. Main

Coupon

Spring Break
Is just around the corner.
So make your tanning appointments NOW!

We have:
- New Bulbs
- Private Rooms
- Radios
- Fans
- Wolf Beds

Come by and get started!
"We're your One-Stop Salon for haircuts, styles, perms, colors, nails and tanning"

APPEARANCE'S
Total Beauty Concept
20 East Steve Owens Blvd.
542-5539
Softball squad wins games in Pensacola

Opening their season with a double-header sweep over Cameron University 7-0 and 3-1, the Lady Norse softball team returned home following a 9-game road trip for a brief two-game stand with Southwest Iowa.

Mother Nature wiped out a makeup last Tuesday with Comer College on the NEO diamond. Coach Woody Morrison's Lady Norse stand 2-0 on the season and are ranked third by the NICCA. Traveling to Batavia on Monday and Saturday, the Lady Norse will compete in the Crusader Invitational Tournament.

The Lady Norse return home Monday for a 2 p.m. double-header with Lake County, Ill., in the college diamond.

NEO opens action in the IC Conference Tuesday by traveling to Williamstown for a 2 p.m. twinbill with Eastern Oklahoma College.

The Lady Norse return home next Thursday to host arch rival Comets State in a 2 p.m. conference double-header.

Four Norse cagers earn all-conference

Sophomore forward Calvin White earned first team honors for the All IC State East Conference team.

Three other members of the Golden Norse basketball squad were recognized along with White, a 6-6 sophomore from Toledo, Ohio, led the Norse to a 23-8 season record. He averaged 17.4 points a game and 7.6 rebounds per game for the Norsemen.

Others joining White on the first team were Jermaine Lamb and Marcus Thompson. Both from Westabuck along with Frank Harris of Comets State and Keishon Hawkins from Bacon.

Freshman Shane Williams took second team honors for the Golden Norsemen.

Williams, 6-6 from Johnson City, Tenn., averaged 10.8 points with 6.3 assists and 4.8 steals.

Clyde Foss and Tyrone Riley, both of Comets, Bryce Ashley, Carl Albert and Anthony Brown, Bacon joined Williams on the second team.

Freshman center Ray Predipe and freshman guard Orlando "Tweety" Edwards, gathered in honorable mention recognition.

Predipe, 6-1 from Sapulpa, averaged 10.8 points and 3.3 rebounds per game for the Norse.

Edwards, 5-10 from Tulsa East Central, averaged 6.2 points with 3.1 assists and 6.8 steals.

Lunch/Dinner BUFFET

16 Varieties of Pizza $3.99
FULLY LOADED
4 Types of Pasta
Breadsticks
Salad Bar
and other items

Available for Lunch
MAIN STREET LOCATION ONLY
Pizza Hut Restaurant-1320 North Main
Phone: 918-542-8474

We're Not Just Your Mother's Store!
New Spring Fashions Have Arrived

Dance and Active Wear

From Mama's Kids' clothing for children and adults

Featuring Clothing from Cambridge Dry Goods, IZOD & J.C. Penney

Full-service beauty salon

Sally's

APPAREL & BEAUTY SHOP
18 South Main, Miami, OK
Phone: 405-541-542-7300

We're Not Just Your Mother's Store!
New Spring Fashions Have Arrived

Dance and Active Wear

From Mama's Kids' clothing for children and adults

Featuring Clothing from Cambridge Dry Goods, IZOD & J.C. Penney

Full-service beauty salon

Sally's

APPAREL & BEAUTY SHOP
18 South Main, Miami, OK
Phone: 405-541-542-7300
Ladies finish sixth in nationals

By Chris Franks
Sports Editor

"If we could have charged just one or two plays that we made, we could have won the national championship," said Lady Norse head coach Randy Gipson following the National Junior College Athletic Association National Tournament last week in Tyler, Texas. "We were good enough to win. We were just an eyelash away."

Gipson said instead the Lady Norse sustained losses to eventual National Champion Kilgore, Texas and Vincennes, Ind. to finish sixth in the tournament.

The Lady Norse concluded the year with a 32-4 overall record, Vincennes 76-Lady Norse 68. Marred by a controversial play, the Lady Norse lost to Vincennes, Ind., 70-68 in the final game of the day.

With the score tied 68-68, Vincennes guard Jessica Gunter drove the lane and her shot was blocked by sophomore guard Kenda White. Gipson grabbed the ball out of the air and turned up court. She was stripped by Vincennes guard Monique Walls. Walls turned around and hit an easy layup. Despite an apparent foul on the play, no official was in position to make the call.

To make matters worse, one official had to retrieve the loose ball allowing Valhalla time to run off the clock. While this was going on, Gipson and assistant Joy Herkelman frantically called for a time out but was not quickly awarded.

With the clock going from 12 seconds to 00.01 of a second, the Lady Norse tried to pull off a last shot.

Sophomore Anissa Lewis combined with Eddie Pierson who then turned and fired an open shot but no time ran off the clock. Instead of resting up the play, official signaled the end of the game.

Byers led all scorers with 30 total points and added 17 rebounds to complete her freshman season. Pierson was the only other Norse player to reach double figures with 12 points.

NEO 92-Kilgore-Walton 60

With four scoring in double figures and everyone playing the Lady Norse defeated Kilgore-Walton 92-60 in the third round of games.

With the Lady Norse leading 35-30 with 3:45 left in the first half, the Lady Norse went on a run and led 47-30 going into the half.

Lewis led the spark with four points. The Lady Norse came out hot and led 60-41 in the first six minutes of play.

Byers and Lewis each contributed four points and Pierson and Eddie Pierson each added one basket.

Lewis had six and Lashema Marable and Katadria Bush had four down the stretch for the Lady Norse.

Byers led the Lady Norse with 24 points while Lewis added 15, Pierson 17, and sophomore forward Shondi Nova Decamp, Byers and Lady Norse 70-Kilgore 74

Despite having a three point lead going into the final two minutes of the half, the Lady Norse were defeated by Kilgore, Texas 74-70 in the second round.

With the Lady Norse holding a 70-67 lead, Byers missed two free throws and Summer Mclaren for Kilgore hit a jumper on the other end to cut the lead to 70-69 with 1:30 left in the game.

Byers again missed both ends of a two-shot foul and Sandra Roundtree sank a 15-shot jumper with 9.6 seconds left to give Kilgore a 70-70 lead.

Junior Jones hit a lay-up to give Kilgore a 73-70 lead on a turnover by White.

A three-point by Roundtree closed out the scoring.

Byers had all scorers with 32 points and Bush added 11 points for the Lady Norse.

NEO 93-Anoka-Ramsey 67

Byers, White, and Eddie Pierson each had 11 points to help the Lady Norse advance to the second round of the nationals.

Bush added 12 points and Lewis added 15 points to give the Lady Norse 54 percent from the field.

Another factor that contributed to our overall performance in the tournament was the fact that the Lady Norse were unselfish," said Gipson.

"It seems very interesting that a Texas school has won four of the five national championships in Tyler in 3 years."

Four women earn honors

Four members of the Lady Norse basketball team received All-State Eastern Conference all-conference team selections.

Freshman center Lataisha Byers, 5-10 from Millington, Tenn., was selected Most Valuable Player of the Bl-State Eastern after earning MVP honors in the Region II tournament.

Byers averaged 23.3 points and 97 rebounds while leading the Lady Norse to a 32-4 overall record.

Byers also was selected to the NJCAA All Tournament team while averaging 24.7 points and 91 rebounds on the four tournament games in Tyler, Texas.

Sophomore Anissa Lewis, also earned first team recognition in the Bl-State Eastern.

Lewis, 5-11 from Jeffersonville, Ind., averaged 12.4 points and 81 rebounds per game.

Pam Pecora and Tara Cosby from Comers State and Name Jackson from Westark joined the two Lady Norse on the first team.

Sophomore guard Eddie Peterson, 5-7 from Pine Bluff, Ark., earned second team all conference and averaged 16.8 points with 17 assists and 62 steals.

Namu Daniels and Nikki Holmes of Comers State and Isabella Brown from Eastern and Stacey Whithers from Carl Albert also received second team honors.

Kenda White, a sophomore from Lima, Ohio, was honorable mention with 16.8 scoring average.

Four women earn honors

Four members of the Lady Norse basketball team received All-State Eastern Conference all-conference team selections.

Freshman center Lataisha Byers, 5-10 from Millington, Tenn., was selected Most Valuable Player of the Bl-State Eastern after earning MVP honors in the Region II tournament.

Byers averaged 23.3 points and 97 rebounds while leading the Lady Norse to a 32-4 overall record.

Byers also was selected to the NJCAA All Tournament team while averaging 24.7 points and 91 rebounds on the four tournament games in Tyler, Texas.

Sophomore Anissa Lewis, also earned first team recognition in the Bl-State Eastern.

Lewis, 5-11 from Jeffersonville, Ind., averaged 12.4 points and 81 rebounds per game.

Pam Pecora and Tara Cosby from Comers State and Name Jackson from Westark joined the two Lady Norse on the first team.

Sophomore guard Eddie Peterson, 5-7 from Pine Bluff, Ark., earned second team all conference and averaged 16.8 points with 17 assists and 62 steals.

Namu Daniels and Nikki Holmes of Comers State and Isabella Brown from Eastern and Stacey Whithers from Carl Albert also received second team honors.

Kenda White, a sophomore from Lima, Ohio, was honorable mention with 16.8 scoring average.
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.