NEWS BRIEFS

Swimming pool hours slated

All students with valid identification cards have the opportunity to use the college swimming pool facilities.

Located in the north end of the new gym, the pool will operate under the following hours, according to swimming instructor Carol Calaguas:

- Open from 2:15 p.m. to 3:45 p.m. on Monday.
- Open from 2:15 p.m. to 3:45 p.m. on Wednesday.
- Open from 2:15 p.m. to 3:45 p.m. on Thursday.
- Open from 2:15 p.m. to 4 p.m. on Friday.

A certified lifeguard will be on duty at these times.

Student Body Government sets office hours

The Student Body Government office located in the Bruce G. Carter Student Union is open.

The office will be open Monday, Wednesday, and Friday from 10 a.m. to 2 p.m. and Tuesdays and Thursdays from 10 a.m. to 4 p.m. until 2 p.m. Student Body President Jennifer Batten will be available at those times.

"The purpose of the office is that it is a central location and a way for students who have questions and complaints to come and talk to us about," said Batten.

"It is also a place where we keep records and minutes of the SGB meetings.

The responsibility of the president is to listen to students' complaints and report them to the head of that department.

The president also meets with her staff along with Brian Thompson, coordinator of student activities to plan the next activity.

"We have formed committees and are trying to accomplish our goals for the year while answering your questions and complaints," Batten said.

"So far the year has been busy, but great."

"I want to issue a special 'Thank you' to our student body for participating in the activities and helping us succeed on all levels," Batten said.

TELL MOTHER ALL ABOUT IT!

Note, played by Kara Clark, a freshman from Wynadote, discusses an important matter with her mother, Blanche, portrayed by Trisha George, a freshman from Welch, as her sister Laurie, played by Roy Palmer, looks on from Graysville. Interacting in a scene from Repulse Beach Memory, the Neil Simon production will conclude on a four-day run Sunday with a 2 p.m. matinee in the NEO Fine Arts Auditorium. Admission is free with a valid NEO identification card.

Photo by Tim Ingram

New program benefits Native Americans

By Tim Ingram

Native American students and the college are celebrating the recent approval of a new associate arts degree program that is designed to help preserve the heritage of Native Americans.

The Oklahoman State Regents for Higher Education approved the Native American Studies Program giving it degree status and providing a new curriculum for the college.

This is the first time in the history of our college that all Native American focused programs will be offered at the same time, according to Dr. Charles Cusick, director of the Native American Studies Program.

"We have worked hard to get this program off the ground," said Cusick.

"We are excited about the opportunity to offer this program and hope that it will attract many students to our college.

The program will offer courses in Native American history, culture, and language.

"Our instructors are people who have extensive backgrounds in tribal government and working within area tribes," said Cusick.

"They are all members of area tribes which I think shows we honor these people and we want them to share their knowledge with others," said Cusick.

"Most importantly, what this program offers is a chance for students to learn about their heritage and how it fits into the larger picture of American history.

The program will begin Fall 2010 and will offer courses in Native American history, culture, and language.

"We are looking forward to welcoming students to our college and providing them with a quality education in this important field," said Cusick.

Chiefs from the Cherokee, Eastern Shawnee, Miami, Mvskok, Osage, Pawnee, Quapaw, Seminole-Creek, and Wyandot Tribes wrote letters of support to the state regents, showing their desire for the program.

"This is a great day for us as we celebrate the importance of our Native American heritage and culture," said Cusick.

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Jug Wars fund raiser helps BSU

By Tara Shepherd

News Editor

Community

Everyone loves competition. Well the Baptist Student Union has it. It's called the Jug Wars. "It's a lot of friendly and fun competition between the girls and the guys, but at the same time it raises money for summer mission trips," said Toby Lipson, co-director of the BSU.

Every year the BSU sets a mission goal to reach and then combine it with the other 37 BSUs centers in the state for about a total of $800 to $900,000 to send students on mission trips all over the world.

This year the college BSU set a goal of $600.

"This is only one of the many fundraisers the organization will try to raise the money," said Lipson.

The way the jug wars work is simple: the girls and the guys try to collect as much pennies as possible in a water jug. "It sounds easy, but when's the competition part, the girls try to put nickels, dimes, quarters, and even dollar bills into the jug and the guys try to do the same. The nickels, dimes, quarters, and dollars cancel the pennies out."

"For example, if the girls have 1,000 pennies and the guys come along and put a 500 in their jug, then the cents cancel the pennies and the girls have nothing," said Lipson.

The competition runs from Oct. 1 to Oct. 27. The losers of the competition have to serve the winners hot dogs at the BSU hangout that night.

The BSU tries to send about 10 students a year to be missionaries all over the country.
Quiz Bowl competition starts

By Tanya Shephed

Several teams representing the college will compete in the Quiz Bowl, "the Varsity Sport of the Minds," scheduled to begin Tues.
Oct. 18

College Bowl is a game of academic knowledge—d Quick recall. Now in its 9th year, the College Bowl Campus Program is a popular tradition on American Campuses.

NEO is among over 300 institutions of higher education playing College Bowl 93.

Like the popular radio and television series of the '50s, '60s and '70s, the game features two teams of four players each competing to score points in toss-ups and bonus questions.

The topics cover every conceivable topic from literature, science, history, geography, religion, social sciences, multicultural topics and the arts in popular culture, sports and current events.

The College Bowl is organized and administered with the cooperation of the Association of College Unions-International (ACUI).

NEO's campus tournament is conducted by members of the honors program.

Competition at NEO begins with the campus tournament to select the varsity team. The campus tournament is scheduled for Tuesday, Oct. 18, from 4 p.m. to 6 p.m. in room 106 of Cunningham Hall.

The varsity team will advance to the Regional Championship Tournament, Feb. 24-25, at Kansas State University, Manhattan, Kan.

The National Championship Tournament, scheduled for April 21-22, will feature 20 regional champions and a 16th wildcard team.

Competing for a spot on the NEO college bowl team are sophomores Scott Burns, Eastola; Michael Mo, Jay, Jennifer Egan, Affion; Jennifer Egan, Miami; Chris Hane, Miami; Lance Manning, Miami; Tony McKibben, Quapaw, and Charles Packette, Colcord.

The competition will be free and open to the public.

Workout habits need some variety

By Leslie Ogee

Exercise Editor

Editor's note: None of the information is this article appeared in the July issue of Vitalus, the Campus magazine.

Even professional athletes get bored with training and become disinterested.

If you’re thinking of quitting your exercise routine, there are ways to fight the temptation.

"For starters, re-examine your goals. Many of us can't see for 5 months, 10 inches or 50 pounds down the road and with realistic goals, we shouldn't have to," says Kathleen Zachmeyer, Ph.D., a licensed psychotherapist specializing in sports psychology at Seal Beach, California, and an advisor to the American Running and Fitness Association.

"But your goals are monthly or weekly. Your minimum goal should be something you can get up and do right this minute. "Exercising three times a week for 20 minutes is a reasonable starting place."

"Once you've accomplished the minimum, increase it by no more than 10 percent each week.

"Your progress may not seem fast enough to suit your first, but it's better than overextending yourself in the beginning and risking injury as well as boredom," Zachmeyer says.

She also suggests the strategies that follow.

"Vary your routine. Incorporate small changes on a daily basis. Ride your bicycle or run on a different path, work out at a different time of day, try other machines at your health club or tune in to an exercise class on TV."

"Statistically, individuals who participate in multiple sports have a lower burnout rate than those who participate in only one sport."

"Bet on it. A study at Michigan State University found a 4 percent success rate among people who began a six-month exercise program with a goal of a friend or family member that they would stick with it."

"Or put a dollar in the jar every day you work out and buy yourself something special with the money after a certain period."

"Involving your family. Even single parents can find ways to exercise. Walk or jog next to your grade schoolers as they ride their bicycles or do stretching exercises while they play on the playground."

"Explain to children that exercise is a lifelong commitment," Zachmeyer says.

"It's a positive message they need to hear because childhood physical fitness levels are at an all-time low. If they're moody or stressed out, a workout will also help them."

"Work out at home. If you can't afford a health-club membership or if you feel uncomfortable exercising in front of other people, work out to videotapes or TV exercise programs at home. Find exercise equipment for rent if you're unsure what to purchase. Exercise in front of a mirror so you'll stay cool and work out longer."

"Seek encouragement. Find a buddy to exercise with and be accountable to on the days you'll rather make an excuse. Get a trainer to help you through a tough spot. Ask your friends or family to cheer you on."

"Chart your progress and reward yourself. Pantly log your running distances, your racquetball scores, your time in ambulances."

"Writing it down will give you an estimate. It says, 'I'm searching for something—struggling for something,'" Zachmeyer said.

"Don't be too hard on yourself. Every day is a new beginning.

"Knock yourself out Friday if you don't feel like showing up Saturday."

"The key to success is consistency. Take a week off if you need to."

"Even if you exercise only a few days a week, you're doing something for your health."

"Keep a week of your workout doesn't mean you've blown your whole plan."

Just start again with the determination you can muster the next week.

APPEARANCE'S

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Open Monday through Saturday
Color guard adds class

By Leslie Ogore
The newest edition to the Golden Norse Marching Band is the color guard.
The 11 member squad is under the direction of Robin Boyle.

"This is the first year for the program and I think these ladies are doing a really great job. They are working really hard and improving with each performance," said Boyle.
The color guard performs at Golden Norsemen football games and will perform in numerous parades, community concerts and high school games.

"I think this is our learning year. Next year we will get started on everything as soon as possible," Boyle said.

"This is the first year that I have had anyone really show interest in the program. I believe the color guard is a great addition to the Norse Band," said Boyle.
Members of the unit are Melissa Mitchou, freshman, Holdenville; Melissa Osborn, freshman, Farmington; Ark.; Shanta Porter, freshmen, Enid; Tamaia Banks, junior, Berry; Maria Thomas, sophomore, Haskell; Lattie Brown, freshman, Haskell; and Nicole Crawford, Brinone.
Others members are Jennifer Mos, freshman; Ryan, Angel; Walker, freshman; Haskell; Felicia Walker, freshmen; Haskell; Nanci Watson, freshmen; Paulmont; and Michelle Dusay, Oklahoma City.

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Call your order in advance of time 540-1405 or drive East on Highway 10 and stop and visit!
Norse head for the mountains

Heading into Saturday’s 1 p.m. (Mountain Daylight Time) game with Air Force Junior March, the Golden Norse will be playing their second game in five days.

The Norsemen travel to Colorado Springs, Colo., with a perfect 6-0 record and ranked number two in the weekly National Junior College Athletic Association poll.

The Falcons currently stand 2-2 on the year.

Nord defeated the Falcons, 48-45, last season on a Mike Higgins touchdown catch late in the fourth quarter.

"This will be a very close game. They have defeated two very good junior college teams in Scottsdale, Ariz. and Phoenix, Ariz. College. They also lost to the number one and two teams in the country in Trinity Valley and Roja, Idaho," said Norse head coach Mike Loyd.

Sophomore quarterback Ben Ratz will be at the Golden Norse control. Ratz has completed 68 of 124 passes for 868 yards and five touchdowns with five interceptions. He has scored four TD rushing.

Looking ahead, Ratz will be sophomores Carl Sanders at tailback and fullback Zach Arrington in the backfield.

Ratz passed the Norse ground game for 171 yards on 34 carries and four TDs. Sanders has rushed for 325 yards on 49 carries and two touchdowns. Checky Aiken and senior Stacy Mayes will be the starting wide receivers. Aiken leads the Norse with 28 catches for 330 yards and two touchdowns. Mayes has 12 receptions for 227 yards and two TDs.

Brandon Reder will start at end. Ratz has 10 catches for 203 yards and one touchdown. Starting at right tackle will be Jeremy Shadrick with Mike Hansen at left tackle.

At the right guard position is Darren Jones with Jeremiah Johnson at left guard.

Leading the way up front will be center Bronko Brown.

"I think Air Force will play some of their veer reserves because they have a off week and their varsity is playing. I think they will have the second or third teamers tonight," Loyd said.

The Norse run out of the wishbone and the broken wishbone attack.

Over the past three games the Golden Norse have held the opponent ground game to less than 70 total yards per game.

Nord’s defense is limiting opponents to 214 yards per game in total offenses for an average of 37 yards per game.

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Ratz scored on two consecutive 1-yard runs and freshman quarterback Connor Jones scored on a 67-yard touchdown pass.

Donnie Embre and freshman Adam McMillan at tackles.

Elgin Johnson leads the defense with 27 solo tackles and 14 assists. Johnson also leads the team with six quarterback sacks for 28

After gaining 133 yards in the first half, the Golden Norse cranked up for 202 points in the second half enroute to a 12-7 victory. Monday night, over the Pearsburg (Va.) State University senior passout.

Ratz up, 2, 5-10, the Norsemen won their 10th straight game at Robertson Field. The Norse improved 1-0 on the year with their 10th consecutive win.

"Our kids keep correcting and didn’t give up when they went down early," said Nord head coach Mike Loyd.

"I think we kind of underestimated Pitt State, but in coaches, we kept telling these kids that they would come to play. And during the first half, that’s exactly what they did."

Tackle advantage of an interception by strong safety Adam Bowers, Pitt State struck first. Quarterback Zach Sigrest found wide receiver Melvin Lawne on a 27-yard touchdown pass. Vince Dian kicked the extra point with 7:11 left in the first quarter to give the Golden Norse a 7-0 lead.

Twice midway through the second quarter Nord had long potential scoring drives killed by their own mistakes.

Utilizing 21 plays, the Golden Norse marched 84 yards only to have the drive come to an abrupt halt on a fumble by fullback Tommy Barrowh at the Pitt State 1 yard line. Defensive end Zach Frank recovered the loose ball and ended the drive.

After holding the Norsemen on three downs and a punt, the Norsemen gained a 53-yard drive with 2:32 before halftime. The drive was stopped after quarterback Ben Ratz fumbled at the Pitt State 5-yard line and linebacker Eric Hendrick recovered the ball.

Ratz’s second consecutive 1-yard run and freshman quarterback Connor Jones scored on a 67-yard TD pass just 15 seconds after the kickoff for a 22-7 Norse lead.

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"We were at halftime and half challenged our kids. I told them that if we were a good football team, we would find a way to win," said Loyd.

"We did a good job on coming out and raising their intensity level and taking it to Pitt State."

Golden Norse return specialist Peter Rudder aided a charge through the partisan crowd with a 50-yard punt return to give Nord the lead back to 53-42 halftime in the third quarter.

Ratz hit Brandon Reder for the two-point conversion and a 53-42 lead.

Rudder got into the action again, returning Pitt State punt returner Vince Dian out of the end zone for a two-point safety and a 53-42 Norse lead.

The Norsemen overcame quick-gain opportunities by starting trophy Chucky Aiken on a 46-yard touchdown pass. Placekicker Andy Manning missed the extra point as Nord trailed 7-6 at half.

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The Norsewind – the NEO A&M College Newspaper

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