Board of Regents visits campus
Meets with several different groups

Members of the Board of Regents for OSU and the A&M Colleges began a two-day meeting on campus yesterday and today, according to Dr. Jerry Carroll, NEO president.

The two-day meeting began yesterday with a two-hour meeting that included a visit to the university's new $40 million medical center, the John G. Carter Student Union, and the new $18 million academic building.

The meeting continued today with a tour of the campus and a meeting with university administrators and faculty.

State Regents propose tuition hike

Public hearing set for May 4 in state capital
By Tonya Crewe

The Oklahoma State Regents for Higher Education voted last Friday to recommend a tuition increase of $10 per credit hour for the 2018-19 academic year.

The increase would bring the state's overall tuition rates to $20 per credit hour, which is the same as the rates charged by neighboring states. The increase is expected to raise $2.5 million in additional revenue for the state's higher education system.

The increase is expected to go into effect in the fall of 2018. The state's higher education system will use the funds to support its core operations, including instruction, research, and student services.
Tuition increases remain way of life

Do you think that your tuition fee is high enough? Well, guess what, the Oklahoma State Regents for Higher Education doesn't.

The Regents voted last Friday for tuition increases ranging from 16 percent at the regional level to 18 percent for veterinary and dentistry schools.

The increase for Oklahoma University and Oklahoma State University will be 7.5 percent. For NIO, the increase in tuition will be 8.4 percent.

The thing that really makes these increases bad is the fact that increases might not cover costs for students who do not have the money to go to school.

I always thought that colleges, junior colleges especially, should be there for anyone who would like to continue their education. An increase will also burden parents who want to go back to school. These people have children to spend money on and usually do not have extra money.

This all corresponds with a decrease in appropriations given to state-supported colleges and universities. That means that less money is being given to the college by the state.

With less money being given to colleges, the current trend of raising tuitions will continue until many are left out of higher education due to money.

Doesn't this hinder the dreams of young people who are financially hurting who think that if they get good grades in school they will be able to go to college and make a better life for their children.

Dreams are very precious and should not be shot down because of financial reasons.

Chris Franks

Coke reverses back to old style bottles

Coca-Cola has decided that they will be serving their drink in the old green, curvy bottles that America's youth used to love.

The company announced that by the year 2000, all Coca-Colas will be available in the signature curvy bottle from single serving to jumbo 2-liters. Coca-Cola will be introducing America to the bottle that it once loved.

Coca is sending two million empty bottles, with coupons for free Coke, to teenagers to introduce them to the bottle that they may never have seen before.

Coca leads all soft drink market contenders by earning $49 billion a year.

Almost 70 percent of Coke products sold are in containers rather than as a soda fountain. More than half, 58 percent, is in cans and 42 percent is in bottles.

Coke began resurrecting the bottle two years ago when it began producing 8-ounce green glass bottles.

Six packs of the bottles are available nationally, but they are hard to find. Pepsi has countered by introducing a 20-ounce plastic bottle that will be out later this year.

Friendly fire costs lives

Last week, a great tragedy occurred in Northern Iraq. Two U.S. Army helicopters were shot down by two U.S. fighter jets.

What does this tragedy say about our overly aggressive stance in some country that isn't even ours? The military issued a report and said the helicopter passengers were killed by 'friendly fire.'

What kind of friendly fire kills 26 people?

When I was a young boy, I would play war games in my backyard. My friends and I would fight all manner of bad guys and we would shoot or blow up, but at the end of the day we could go inside and nobody would be hurt.

To me, that is friendly fire. Don't get me wrong, I am thankful that we have such a strong military force.

I just don't agree with the fact that we are aggressive in protecting foreign land.

We should send troops over to help those less fortunate, but not to attack them. We should take away the whole military presence for them. We should have to work harder to be as solvent as our own home land that we are working.

Another problem that is apparent is the lack of communication between our people.

There is no way that those helicopters should have been shot down by our jets.

Someone should have been in the position to tell those pilots that the helicopters were holding 21 military officers that were saving the U.S. humanitarian relief operation for the Kosovar minority.

I know that the military would have ordered the jets to attack, but if the communication chain had been broken or if the pilots would have had to work higher from a higher ranking officer, then maybe this tragedy could have been avoided altogether.

Whatever the cause of this terrible act, the U.S. military should learn from it and try to make it safer for pilots who are their own 'vile' airspace.

Chris Franks

Home remedies still work

A soothing and healing combination of honey and apple cider is said to help out with many medical disorders.

Health and nutrition journals have come up with many prescriptions using two of Mother Nature's easy-to-obtain antagonists.

The following are some inexpensive ways to help yourself.

1. For arthritis's love, apply one-tsp mixture of honey and apple cider to the infected area nightly for half an hour, then wash with water.

2. A glass of two apple cider daily is effective in killing off bacteria which can cause bladder infections. If you want to maintain a healthy immune system drink plenty of apple cider with honey. They're both rich in vitamins and minerals that protect cells from damage and they fight infections and disease.

Use honey and apple cider liberally. It's easy in your cooking. Euphoria says you can help fight boggles by starting the day with two tablespoons of honey in a glass of warm water. Repeat this at bedtime.

Hot apple cider is recognized by nutritionists as an appetite suppressant. Women also drink it to lose weight. Mixture to grow longer fingernails and have drier hair.

Gargle with apple cider, morning and night, followed by a teaspoon of honey.

Daily doses of apple cider with honey is said to promote good hearing and reduce memory loss. It's said to stimulate the brain cells.

One teaspoon of each with a warm glass of water, morning and evening, helps arthritis.

Another study found that a daily consumption of honey also lowers cholesterol.

For those who live in rural areas, there's just five parts honey to one part apple cider. Apply as needed to aching joints. Drink a quarter cup each of honey and apple cider for a sure cure for a sore throat.

Take a few tablespoons of honey every morning to provide some relief for an upset stomach.

Honey has a history of being an aphrodisiac. It was used by ancient physicians for birth clergies of some Eastern religions.

French researchers say honey is effective in stimulating hormonal secretions.

In the South Sea, men apply it externally to enhance sexual stamina.

Chris Franks
Abusive situations need attention
Relationships can change quickly

By Kathy Wyrick
Managing Editor
Do you know what it feels like to have the man you love, stand in front of you in a drunken rage, screaming obscenities at you? What if he hit you in the face or aציפי your head? What if he felt pain shooting up your back, because he shoved you in the floor? What if you came home from your evening job to find your two year old passed out from drinking beer with your dad or your six old with a huge bruise just under his butt cheek?

How would it feel to watch the man you love see a baseball bat on your TV, clear the coffee table with it, then put it around your throat with his knee in your back and your foot shoved into the couch cushion?

What if you, your six year old and your six month old had to run from your home in the wee hours of morning?
What if you had to sleep with your kids in a field all night, or outside family members for shelter and protection?
What if your kids had to leave behind precious pets so you could live in a family shelter until you felt it was safe to be on your own?
Do you know what fear is to fear that this drunk man is going to hurt you or one of your kids?
I pray none of you ever do, but I know too many of you already know the answers to some of these questions.
A lot of people don’t even realize these things are going on or how seriously it is. If it doesn’t happen to someone close to them, they don’t “get” it as much.
Well, it is happening. It happens a lot. It’s not only physical, but mental destruction also.
Perhaps the mental part of it is the worse part. Because leave eventually and home heal.
If you are in this type of situation, get yourself and any children out of it immediately.
I know it’s hard and most people can’t understand why you say, but I do. But no matter what your reasons are, it only gets worse until they’re professional help, or until you just pack up and leave.
If you’re not in this situation, do your best to stay out of it. Avoid men who drink excessively, whether it’s constant or a binge every six months. Why volunteer for such a situation?

Abusive alcoholic or abuser can be hard to live with. Literally. A man who is both is impossible to live with. There’s no sensible reason to put yourself through it.
Chances are, you won’t be only one who gets abused. What about any children, your parents, your siblings, or your friends? They get “dragged” into it too.

These alcoholic abusers probably are sorry when they say they are. They probably even love you when they say they do. But, he’s more than likely lying when he says, “I’ll never happen again.” A possessive, overbearing man is bad news. Don’t even bother with him. Don’t let him impress you if he’s lying. If he’s pushing with you once, he’ll be pushy with you again.

He’s who he is, and if he takes a lot of professional time to get these guys to think of someone besides themselves. Why waste your time? Look for someone decent so you can start right.

If you are an alcoholic or abuser, get help. Either seriously get help and stop it now, or learn to keep your hands to yourself.

Just because your bigger or stronger or don’t have any feelings for someone, doesn’t give you the right to cause bodily harm.

Get professional help or buy a membership to a “workout club” and gain your aggression instead of expressing it.

Summer institute seeks help at Quartz Mountain retreat

The Oklahoma Arts Institute (OAI) at Quartz Mountain is accepting applications for short-term summer employment for the June 22-28 session.

In its 25th year, the OAI is a week-long residential fine arts school for Oklahomans 14 to 18 years old.

Candidates for counselor and staff positions must be at least 21 years old, have excellent interpersonal skills, enjoy teenagers, and have interest in the arts.

Counselors’ responsibilities include a daily job which is related to the applicant’s skill or interest in the arts, plus supervision of eight to 10 young artists who are accepted to attend the program through competitive auditions.

Staff positions include writers and people with desktop publishing experience for public relations assignments, theatre sound and lighting technicians or stage managers, bus drivers, office assistants, store managers, librarians, nurse or LPN and vitals crew members.

The Oklahoma Arts Institute provides intensive study in the arts for beginners in the areas of acting, ballet, choral music, drawing, modern dance, orchestral music, photography, and creative writing.

Students with nationally known faculty artists in a master class situation in the dramatic setting of Quartz Mountain near Lone Wolf, Okla.

The OAI is one of three programs administered by the Pennsylvania Arts Institute, a private, non-profit organization dedicated to providing fine arts education to Oklahomans.

The OAI also administers the Oklahoma Fall Arts Institute, a series of weekend workshops for students and professional artists and teachers held each fall.

The OK Arts Institute is encompassed by the State Arts Council of Oklahoma, the Oklahoma State Department of Education, the Oklahoma Regents for Higher Education and the Oklahoma Tourism and Recreation Department.

Send letters of inquiry or a resume and photograph to Director of Programs, Oklahoma Arts Institute, P.O. Box 8524, Oklahoma City, OK 73104.

Easy Does It!

With the help of assistant football coaches Jeff Alexander (left) and Brian Thompson (right), hypnotist Dr. R. E. Bello has stood on the stomach of sophomore Carrie Sanders of Tulsa as she is suspended between two chairs during a show presented by Dr. Bello on Monday night in the Fine Arts Auditorium.

Photo by Arts Colleage

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Car insurance remains an expensive necessity

By Kathy Wyrick
Managing Editor

You may think you are throwing money away if you buy car insurance, but you take a big risk and you are breaking the law (in most cases) if you don’t have it.

By reviewing your policy and making common sense, you can find ways to maintain adequate coverage and still save money for things you really want.

Applying these cost-cutting tips when shopping for car insurance could save time and money:

☐ Compare prices. Insurance rates vary from company to company depending on where you live, so shop around.

☐ Ask for price quotes from several companies recommended by friends or listed in the Yellow Pages.

☐ Check with your state insurance department in one of the states where there are a lot of people. Do not ask any question of the insurance company if you have a listing on one of the states. Do not consider buying a policy on a used car if you live in a state that requires it.

If you achieve a 30 percent cost reduction on a $1,000 policy, you save $300 if you have no claims. If you have just one claim, you break even by paying $300 more on the deductible.

Think about how much the insurance would cost you if you had two claims. You would break even by paying $300 more on the deductible.

Consider eliminating double coverage. You may be paying for duplicate medical coverage if another policy provides you with adequate health insurance. Eliminating this redundancy may lower the cost of personal injury protection by as much as 40 percent.

Buy a low-mileage car. Professional car thieves prefer certain makes and models that sell quickly on the black market. Insuring this high-risk vehicle can be more expensive. The same is true of cars that are costly to repair.

Compare insurance costs when planning a move. Like used and living expenses, insurance rates vary from state to state. They’re also usually higher in cities than in rural areas.

Consider low-mileage discounts. The less you drive, the less likely you are to have an accident.

Some insurance companies offer incentives for discounts based on how few miles they drive annually.

Consider safety when buying a car. Many new cars offer safety features such as automatic seat belts, airbags, anti-lock brakes and anti-theft devices.

Some insurers offer discounts for these features. In addition, some makes and models are eligible for discounts based on their safety history.

Ask about other discounts. Some insurers offer discounts if you cover more than one car, have had no accidents in three years, are over age 50 or take a defensive-driving course.

You may even get a price break if all or most of your students are on your policy and make good grades.

Having a history of moving violations or accidents will place you in a higher-risk category, meaning you’ll pay more for insurance.

Also, numerous traffic violations can cause you to pay higher monthly rates. So it makes sense to obey traffic laws and practice defensive driving.

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TACKLED FOR A LOSS
Linebacker Anthony Randel (35) and tackle Matt Parker put a hard hit on tailback Earned Louens (35) of Hutchinson, Kan., during the first home game of the 1993 season. Randel is expected to bolster the linebacking corps as a sophomore while Parker signed with the University of Alabama.

Byears receives All-America honor

Sophomore forward Latasha Byears became the first female basketball player in NIAA history to become an All-America selection. Byears was selected first-team by the National Intercollegiate Athletic Association as a sophomore and was chosen second-team as a freshman.

Byears compiled 50 points in 10 games.

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Long Stretch

Sophomore first baseman Cherri Fish does a stretch to catch the ball before Eastern's Jill Torres boots it out a ground ball to shortstop. Fish leads the Lady Norse in hitting with a .527 average while ranking fifth overall in the nation. The Lady Norse conclude the regular season this weekend in Tulsa.

Lady Norse end regular season

Allowing only two hits in two games, the Lady Norse softball team swept a doubleheader from Bi-State Conference foe Carl Albert last Thursday.

The game was played at Commerce High School due to flooding of the softball field.

Coach Woody Merewitz's third ranked Lady Norse improved to 36-6 on the season and 9-3 in the conference action. The Lady Nikes dropped to 10-20 and 2-10 in the league.

The Lady Norse conclude the regular season Saturday by playing in a round-robin at Tulsa. Action in the Region II Tournament will start Friday, Aug. 27 at Willmar.

In the first inning of the opening game with Carl Albert, the Lady Norse took advantage of five walks and four hits to score seven runs in the inning.

Cheri Fish, Sharon O'Brien, Nicki Boulanger, and Wendy Moore all singled in the inning. O'Brien's double in the sixth run second inning plated three Lady Norse baserunners. Boulanger had a two-run double.

Fish improved to 16-6 on the season with a eight strikeout performance.

In the second game Ginger Chan scored a no-hitter to move to 20-2 on the season with a 10-0 victory.

Chan struck out seven and walked only one batter.

O'Brien led the Lady Norse with an 18 strikeout performance.

Carl Albert's Becky Marshall had a two-run double and Heather Moore had two hits for NEO.

Cagers sign national letters

Two members of the Golden Norse basketball teams signed with Division 1 schools this past week.

Stacy Williams (6-1, Johnson City, Tenn.) has signed with the University of Tennessee in the Southeastern Conference.

Forward Kevin Lunsford (6-4, Columbus, Ohio) signed with Illinois State University.

Center Ray Poindexter has decided on the University of Tulsa. He had visited the University of Nebraska on Saturday, but feels he is more suited to Tulsa this week, according to head coach Lonnie Speck.

Orlando "Twist" Edwards (6-11, Tulsa Central) is considering the University of Toledo, Southwestern State University, or Oral Roberts University.

Guidr Chad Knowles (6-4, Springfield) has narrowed his choices between North Dakota State, Northeastern Louisiana, and the University of Oregon.

Aaron Bland (6-6, Wapakoneta) is considering Bethany, Kan., and Northeastern State in Tahlequah.

A first-team Bi-State East selection, Williams averaged 11.9 points per game for the Golden Norse. He also recorded 26 assists and had 62 steals.

Poindexter, a second team Bi-State East performer, averaged 11.1 points and 7.1 rebounds for coach Lonnie Speck's Norsemen.

He is also the all-time leading shot blocker in NEO history.

Lunsford, also a second team Bi-State East player, led the Golden Norse in scoring with 19.8 points per game. He also averaged 3.8 rebounds per game and had 95 assists.

Bess averaged 17 points and 2.4 rebounds while hitting 60 of 128 3-pointers for 47 percent. He also had 90 assists and 29 steals.

Bess averaged 5.2 points per game for the Norsemen. He also averaged 3.8 rebounds per game and had 95 assists.

Bess averaged 3.8 points per game with limited action. He handled 43 assists and had 28 steals. He also moved from 4.0 to 3.5 at 3-point range and averaged 1.5 rebounds per game.

Bess had 12 3-pointers, making 55 assists. He also averaged 2.2 rebounds and was 50 percent from the field.

Knowles averaged 3.8 points per game with limited action. He handled 43 assists and had 28 steals. He also moved from 4.0 to 3.5 at 3-point range and averaged 1.5 rebounds per game.

Bess had 12 3-pointers, making 55 assists. He also averaged 2.2 rebounds and was 50 percent from the field.

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