Activites highlight special homecoming observance

By Cindy Bear

The theme for the annual Family Day Homecoming activities is "75 Years of Excellence". The event will be held on Oct. 12, 1996, in the Carter Student Union Ballroom Lounge. The activities will begin at 7 p.m. in the Fine Arts Auditorium. The event will feature free entertainment and an auction of items donated by local businesses.

Small student loans available with valid identification card

By Tanya Shepherd

The small student loan program is available to students who are in good standing with their financial aid. The loan can be used for tuition, fees, books, and living expenses. The application process is simple and can be completed online. Students must provide a valid identification card and proof of their enrollment to qualify for the loan.

Tour guides

Officers and members of the Ambassadors Club are available to provide a tour of the campus. The tours are led by students who are knowledgeable about the history and activities of the college. The tours are offered daily and can be scheduled at any time.

What's Inside

Student Body Government president
Jennifer Buttram is a positive leader. See page 2.

Northeastern Oklahoma A&M College
Miami, Oklahoma 74354

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NEWS BRIEFS

BSU schedules annual revival

Featuring the talents of several students, a four-day revival will be conducted in the Baptist Student Union, a tradition that dates back to the early 1900s. The revival will begin on Sunday, Sept. 26, at 7 p.m. and continue through Wednesday, Sept. 29, at 9 p.m.

Contests require several judges

Next week several contests will be held in conjunction with Homecoming Week. The contests will be judged by students, staff, and faculty.

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Opinion

Student issues own response
Dear Editor:

When I was 17, my dad became very ill, so I quit school and went to work to help take care of my family's needs. I was married by the time I turned 19, and had my first child at age 20.

There always seemed to be something to prevent me from returning to school. The next thing I knew I was a divorced mother of three small children. I could not afford to quit work and return to school; however, the only work I could find was manual labor.

I once tried to return to school, but I was in college eight hours a day and worked eight hours a night. It was hard to work nights, go to school in the daytime, and rear children, so I quit school.

In December of 1992, I finally earned by GED. I opted to take classes at NEO on Jan. 25, 1993. I told my children that it was my turn to get my education.

My children are grown now, but proud that their mother has chosen to return to school. With the help of the Lord, and a lot of hard work, I will finally have the education I have always wanted.

Vonnie Hale

Editor seeks reader mail
Now that we have been in class for three weeks, I was wondering if people should be feeling settled in. And if not, how they feel about being somewhat feeling of being comfortable, we would like to encourage you to submit letters to the editor.

That is a great way for you to learn to speak up for yourself and at the same time let other people know how you feel. Please write.

Andrea Johnson

Norse Wind

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Tanya Shepherd, News Editor
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Opinions expressed in the Norse Wind are not necessarily those of the students, faculty, staff or administrators at Northeastern Oklahoma A&M College. All letters to the editor are approved by the editorial board.

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Prejudice continues growing

Weber's dictionary defines it as an irrational attitude of hostility directed against an individual, a group, a race, or their supposed characteristics.

Commentary

We are all guilty of being prejudiced toward something or someone at one time or another. Prejudice is not something that we are born with. It is something that is taught to us.

We are taught from an early age to hate things or someone because they are different. Some of our parents are the main teachers of prejudice to us.

Some parents think that it is okay to teach us to hate someone or something because they are different. Especially if they are the hand-me-down redneck Southerners, like my father is.

Some parents take their teaching as far as it will go, by joining such hate groups like the Ku Klux Klan and the other White Aryan Resistance groups. They are not only taught to hate other races and cultures, they are also taught that the Aryan race is the only superior race.

This kind of behavior is usually wrong. Parents and other officials should teach their children that we are all alike, regardless of culture or ethnic origin.

The parents should teach their children to be all alike because we all come from one superior creator, that being God.

Prejudice is not just one race being against another, it is also one sex against another.

Men are sometimes prejudiced against women because some men feel intimidated by women, especially in the workplace.

Some men feel threatened by some women who have higher positions than they do at work. They feel that some men do not like to take orders from women.

Does prejudice exist on the NEO campus? In some places, I am sure it does.

But if it does, we should all just try to get along with one another, because if we don't, it is gonna make for a long and very hard year.

Abby Beggerly

Campus safety continues as an important concern

Campus crime is a subject that every college student should be very aware of. There is a college that has seen some form of criminal activity take place on its campus.

But as with every problem there is a solution. The solution is the prevention. Every student should know what their college offers to students when confronted with a precarious situation.

According to NEO's head of campus safety, Mike Watson, the department of security is busy at work on improving the campus and making it safer for students.

Lights have been added to the last two years to increase the amount of lighting at night. And more lights are being added at this time.

The trees surrounding the walkways on campus have been cut back to allow more visibility.

Campus security is also working on adding a few of the new month contract officers to be incorporated into full-time or 16 month officers. So far, out of the five guards used on campus, four have been switched to year-round duty and are able to work in the evenings.

For the past 2.5 years there have been less crimes committed down at Watson.

By September of last year there had been 30 thefts from dorm rooms reported. But, to date, this school year there have been only three.

This is partly the result of the housing department eliminating students acting as advisors on such dorm floor.

Last year each of these advisors had master keys which were sometimes stolen causing the high rate of theft.

One program offered by NEO's students that allow them to feel an extra sense of security is the availability of officers who will escort them wherever they need to go.

All that is required for a student to take advantage of this special service is for them to call extension 75 at any time.

With all of NEO's new security programs every student or even visitors to campus should feel relatively safe.

As I said before, the solution to campus crime is in the prevention. And it looks like NEO is doing a great job at trying to prevent crime.

Abby Beggerly

HECK BILL — I KNOW THINGS CAN GET PRETTY BORING — AROUND HERE ON WEEKENDS BUT IT'S NOT THAT BAD!!
Buttrum finds enjoyment as student body president

By Leslie Ogier  
People Editor

Jennifer Buttrum was chosen the new Student Body Government president during elections last April. Buttrum has been involved with student government since attending Ogden High School. "I like the responsibility that I have to deal with and I love working with people," said Buttrum. Name recognition is one reason Buttrum believes she was chosen for the job. "I believe I am well-known around the community and I worked hard during the campaign." One thing that I have learned since being in office, is that you can't do everything by yourself. You have to have help," Buttrum said. The main responsibility of the Student Body Government is to work with the students and the administration. "We are here for the students and without them there wouldn't be a Student Body Government," said Buttrum. A Sophomore majoring in psychology, Buttrum is involved with the NDO Ambassadors, Young Democrats, Buckets, and Phi Beta Lambda. She would like to attend the University of Oklahoma and is interested in remaining active in politics. Buttrum encourages anyone with a problem, idea, or concern to stop by the office and see her or one of the other officers. "It makes you feel good when you have the chance to do something for other people," Buttrum said.

Madam President

Jennifer Buttrum studies some daily paperwork as she completes the function of president of the Student Body Government.

Photo by Andy Wink

Restful sleep can improve your health

Editor's note: The following article appeared in the August issue of Vitality magazine.

Nothing is more essential to a good day than a good night's sleep. But on any given night, one in three Americans has difficulty sleeping, and most of us get less sleep than we need.

Increasing your comfort while sleeping can be important in helping you get a good night's rest. And according to Andrea Herman, director of the Better Sleep Council in Alexandria, Va., "We sometimes sacrifice sleep because of our busy lifestyles. That makes the sleep we do get even more important. You can't expect a reasonable quality of sleep, it's important to go for quality."

Herman suggests you do the following to improve the quality of your sleep:

- Regular hours. To keep your biological clock in sync, try to get up at the same time every morning, regardless of how much or how little sleep you've had. If you get up early on Friday and sleep in on Saturday, you're likely to have trouble getting to sleep on Sunday night as your body clock struggles to regain equilibrium. Exercise regularly. Taking a 30-minute walk, jog, or swim three or four times a week will help you sleep better and deeper.
- Cut down on stimulants. Caffeine and alcohol can interfere with sleep. "Drink your last cup of coffee no later than six to eight hours before your usual bedtime," Herman says. Sleep on a good bed. It's difficult to get a good night's rest on a bed that's too small, too hard or too soft. It may be time to invest in a new mattress and box spring if your bed is more than 8 years old. Don't smoke. Studies have found that heavy smokers awaken more times during the night and spend less time in deep sleep than non-smokers.
- Drink only in moderation and skip the nightcap. Alcohol consumption can suppress sleep. Too much alcohol with dinner can make it harder to fall asleep, and too much close to bedtime can make it harder to stay asleep. Go for quality, not quantity. Six hours of sleep, solid sleep will make you feel more rested than eight hours of light, interrupted sleep.
- Set aside worry or planning time early in the evening. To keep from rehearsing your plans or problems while your head's on the pillow, make a list of things to do and of your concerns before you go to bed. Don't go to bed stuffed or starved. Heavy, high-fat meals may make you feel sluggish at first, but they can keep you tossing and turning all night as your digestive system struggles to undo the damage you've done. Likewise, your greasy stomach may prevent deep sleep if you go to bed hungry. Eating a light, low-fat snack or banana, crackers or bread before bedtime can calm your tummy and help you sleep if you haven't eaten anything in five or more hours. Develop a sleep ritual. Children often benefit from repeating a calming sleep ritual. Adults also can benefit from a ritual doing easy stretches, reading a book, taking a warm bath or listening to music. "A ritual that's restful and easy to repeat," Herman says, "will help you leave the distractions of the day behind and truly improve your health."

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Open: Monday through Friday 8:30 a.m. to 5:30 p.m.  
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New sandwich shop draws crowd

By Cindy Berr
Associate News Editor

Students were treated to a
diversion from the often talked
about caffeine food this year with
the installation of a Subway sand-
wich shop.

Subway is the second largest fast
food chain in the United States, and
can be found from the sunny
beaches of Florida to the rainy
shores of Washington.

Now the chain can be found in
the Dobson-Harrill lobby, located
on the south end of the campus.

Subway's menu includes hot and
cold subs, with the choice of
White Wheat or Italian (white)
bread, 6 inch or a full foot long
sub.

The subs come with many possi-
ble selections including, cheese,
tomato, pickles, peppers, and
many different sauces.

For the not so hungry Subway
customers, 4 inch round sand-
wiches and salads. Both come with
the same options as the larger subs.

Breakfast foods can be ordered.

Cinnamon rolls and a variety of
biscuits are served until 11 a.m.

Muffins are also available, along
with milk, coffee, or orange juice.

LOVE THOSE SUBS

Ray Bowen (left), a sophomore from Madison and J.J. Griffin, a
sophomore from Idaho, wait for their sandwiches and drinks at
the new Subway sandwich shop located in the lobby of Harrill/Dob-
son dorm.

GOOD COOKIES

J.J. Griffin (right), a sophomore from Idaho, gets the final few pieces of a couple of chocolate chip cookies
he purchased at the Subway sandwich shop. The facilities are open from 8 a.m. to 5 p.m. Monday through
Thursday and from 8 a.m. to 4 p.m. Friday and 8 p.m. to 10 p.m. Sunday.

AND I'LL HAVE!

Justin Wilson (left), a sophomore from Hershey and Shelby Bishop,
a sophomore from Tulsa, go to the window to place an order.

GIVE ME A SPICY ITALIAN

Miranda Noble (left), a sophomore from Morristown, and Angie
DeWey, a sophomore from Chicago, order sandwiches at Subway.

SANDWICH MAKER

Lucille Brown makes the final's for a Subway sandwich while students await her end product in the
shop located in the lobby of Harrill/Dobson dorm.
Blue Dragons entertain Norse

By Byron Beers
Sports Writer

With hopes of extending their 12-game winning streak at stake, the Golden Norse football team travels to Hutchinson, Kan., Saturday for a 7:30 p.m. game against the Blue Dragons.

The Norsemen defeated the Southwestern Kansas Mountaineers junior varsity, 41-2, in their home opener Monday night at Robertson Field. NEO is currently ranked second in the National Junior College Athletic Association weekly poll. They are 3-0 on the year.

The Hutchinson Blue Dragons are coming off a 31-21 win over Fort Scott. Kansas. Ranked third this week, the Blue Dragons are 3-0 on the year.

The Norsemen also defeated Colby College on last weekend goal post 18-15 in their season opener. The Golden Norsemen defeated the Red Raiders 34-0, as well.

Leading the defense for the Norse will be sophomore quarterback Ben Rutz. He has completed 25 of 44 passes for 257 yards. Rutz has rushed for two touchdowns.

Sophomore Lin Sexton will make his first start at tackle after rushing four times for 31 yards against Southwestern Kansas.

"Sexton will give us a different dimension at tackle. He has great acceleration," said Mike Loyd, NEO head coach.

"He has the ability to hit the seam and go all the way for a touchdown." Starting at the fullback spot will be either Jerome Burroughs or Zack Leonard. Leonard has 260 yards on 29 carries with three touchdowns while Burroughs has 33 carries for 94 yards and two TDs.

Serving in the Golden Norse receiving corps will be sophomore Chuck Askew and Harold Jones at wide receiver and Brandon Bader at tight end. Askew has seven receptions for 48 yards. Jones has caught five balls for 99 yards. Bader has three receptions for 38 yards.

Up front for the Golden Norse will be Jeremy Stedrick and Darre Jones at tackles with Sean McNamar and Jermaine Johnson at guards and Brent Young at center. The Golden Norse go into the game averaging 274 yards per game in total offense including 272 rushing yards per game and 102 yards through the air.

"Defensively, Hutch has the best defensive line I have seen since our 1991 national championship team," Loyd said.

The Blue Dragons go into the game giving up 204 total yards per contest. Hutchinson gives up only 63 yards rushing per game.

Harry Thomas and Maurice Harris help form one of the best defensive lines in the country.

"Thomas is the best defensive end I have coached against since I have been here. He is as talented an anyone in the country," said Loyd.

Offensively for Hutchinson, Matt Isbell has completed 40 of 59 passes for 659 yards and six touchdowns. He is the Kansas Jayhawk Conference Offensive Player of the Week.

Tailback Dion Marrion and fullback Darin Brink lead the ground game for the Blue Dragons. Marrion has 52 carries for 200 yards while Brink has 127 yards on 19 carries.

Wide receiver Marlon Phillips leads the Blue Dragons with 29 catches for 374 yards and four TDs. Hutchinson is averaging 294 yards on offense which includes 226 yards passing and 158 rushing yards per game.

Defensively for the Norsemen, defensive ends Willie Hill and Elgin Johnson lead the charge. Starting at defensive tackle are Donnie Embria and Adam McKeel. Linebackers for the Norse are Kevin Johnson, Anthony Rustic, and Daniel Oettle.

In the secondary, Angelo Coufal and Ramone Burroughs will start at corners. Kywin Sansom and Steve Ridley will start at safeties.
Offensive onslaught buries Moundbuilders

By Chad Grubbs

Scoring on their first five possessions, the Golden Norse football team rolled to a 47-0 victory over Southwestern College of Kansas junior varsity Monday night at Robertson Field.

The Golden Norse, ranked second in the nation, improved to 3-0 on the season and will travel to Hutchinson for a 7:30 p.m. contest against 10th-ranked Hutchinson.

The win was the 12th straight for the Golden Norse and the 28th consecutive on Robertson Field.

Freshman running back Brian McMammas scored on the first of his two touchdowns in the Norsemen's first drive.

McManus scrambled 46 yards for the score and junior Andy Manning added the PAT for a 7-0 Golden Norse lead with 10:35 to go in the first quarter.

Freshman Steve Rieders gave the Norsemen the all-important 440 yard drive with 3:46 to go in the first quarter.

Manning was on fire and the Golden Norse had scored their 16th point in the last 26 seconds.

After a Moundbuilder fumble, sophomore quarterback Scott Conderman had a successful idea that resulted in a 24-yard touchdown to give the Norsemen a 20-0 lead with 5:52 to go in the first quarter.

The Golden Norse defense forced a punt by the Moundbuilders and the Golden Norse led by freshman quarterback Damon Harris drove 80 yards in nine plays for a score.

Harris took the Norsemen 80 yards in 10 plays out. Conderman hit I.D. Goode with the conversion pass to set up a 28-0 lead for the Norsemen.

Fred Perry intercepted Moundbuilder quarterback Darrell Hornback to set up the Norsemen, 430 yard drive.

Freshman Darrell Pearson rushed for 47 yards on his first carry of the game for a touchdown. Manning's PAT gave the Norsemen a 25-0 lead at halftime.

"This game could not have come at a better time because we were unable to score our second and third team players," NEO head coach Mike Loyd said.

Southwestern took the opening drive of the second half and drove 80 yards in 11 plays. The drive took over eight minutes off the clock.

Tailback Heath Stanley did the honors with a 3-yard TD run. Brandon Sommer hit the PAS as the Norsemen would have one of 22 passes for 130 yards.

"Another area was pleased with was the spirit and enthusiasm that our offense played with. They did a good job of answering the ball and giving it all they had," Loyd said.

Rusty Snyder completed 8 of 22 passes for 130 yards.

Bob West had four receptions for 21 yards and Paul Jackson had three catches for 81 yards.

Mike Scallon led the Norse defense with five solo tackles.

Golden Norseman took the lead of 46-0.

The Golden Norse racked up 477 yards of total offense including 380 yards rushing.

McManus had 149 yards on six carries and Pearson had 99 yards on five carriers.

"I thought our backs played real well. Especially McMammas, Pearson and Lon Sexton," said Loyd.

Sexton carried the ball four times for 31 yards.

Conducted complete three of four passes for 37 yards and a TD.

"We didn't have that much yardage throwing the ball because we were having as much success with our running game," Loyd said.

Defensively the Golden Norse gave up 260 yards to the Moundbuilders. Balance was the key for Norse as they had 150 yards rushing and 130 yards rushing.

Sexton became the first back to rush for over 100 yards this season against the Norse defense. Sexton gained 88 yards on 16 carries.

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Bob West had four receptions for 21 yards and Paul Jackson had three catches for 81 yards.

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The Norsewind – the NEO A&M College Newspaper

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