Cast auditions start for annual musical

Red Riding Hood with a twist

By Shelly Ng

Auditions for Little Riding Hood: the second theatrical production of the season, will be held Tuesday, in the Fine Arts Center from 4 p.m. to 7 p.m. Rules for two men and three women will be cast.

Students unable to attend the auditions should contact me in room 216 of the Fine Arts Center.

--Brian Hauck

Mid-term classes provide academic help

By Shelly Ng

Twenty-one mid-term classes are scheduled to begin Monday, according to B. B. Patterson, dean of admissions and records.

"We want to encourage students to enroll in a mid-term class if they think they might need it, as they have dropped a class at the beginning of the term," said Patterson.

Currently, enrolled students may enroll in mid-term classes by completing an "add slip" with their academic advisor and returning the add slip to the Admissions and Records Office located on the first floor of the Czech Library Administration building.

For persons who are not currently enrolled but who enroll in the mid-term classes, they need to contact the Admissions and Records Office for enrollment information.

Mid-term classes are as follows:

Natural Resources Field Application 101 1 credit hour, time arranged in Cunningham Hall

This class teaches field observation of environmental management and environmental problems related to public and private lands.

Pre-Accounting 103 3 credit hours, Monday through Thursday, 2 p.m. to 3 p.m. at Cooper Hall.

This class teaches the fundamentals of financial accounting principles of double entry bookkeeping as applied to service and retail entities.

Beginning Keyboarding I 101 3 credit hours, Monday, Wednesday, and Friday, 1 p.m. to 2 p.m. at Cooper Hall.

This class teaches the fundamentals of the keyboard and proper operatior techniques utilizing a computer software package.

Instruction is provided in basic skills including personal and business letters, themes, tabulae, outlines, and manuscript.

This course is required for all students who have completed one year of high school typing.

Personal Typing 101 1 credit hour, Monday and Wednesday, 1 p.m. to 2 p.m. at Cooper Hall.

A second class utilizing the micro-computer keyboard to develop business letters, memorandums, outlines, and narratives.

Mid-term classes are as follows:

Music Appreciation II 103 2 credit hours, Monday through Thursday, 10 a.m. to 11 a.m.

This course is a study in the further development of the music student's understanding of music through the study of music history and its influence on contemporary music.

Communication Principles II 103 3 credit hours, Monday through Thursday, 12 p.m. to 1 p.m.

This course is an introduction to the study of communication principles, including the communication process, the role of language in social interaction, and the effects of technology on communication.

Mid-term classes are as follows:

Fall Break campus closings set

All classes will be dismissed Thursday, Oct. 25, for the annual fall break observation, according to Dr. Jim Lockwood, vice president for academic affairs.

Classes will resume at their normal times on Monday, Oct. 29, at 9 a.m. All college offices, along with the Learning Resources Center, will be closed from 8 a.m. Monday until 8 a.m. Monday.

Classes will resume at 9 a.m. Monday, Oct. 29, at 9 a.m. Monday.

A schedule change will be made for the entire fall semester.凡是在10月25日之前提交的作业都将被考虑在内。
Drug abuse across campuses

Binge drinking causes problems

Editor's note: The following article was written by Dr. Theodore Hummer, Jr.

As new students arrive on campus this fall, alcohol and other drug abuse by new students as well as by returning ones can put them at physical and academic risk.

New students may not be aware that binge drinkers represent a minority of the student population, and they may be surprised to learn that students who abuse alcohol and other drugs are at risk for a number of problems. Students who abuse alcohol and other drugs may have a difficult time staying healthy, and they may have a difficult time staying healthy.

LIFE IN HELL

WHERE IS YOUR HOMELAND, WOODY?

IF I HAD THE COMFORT I HAD AT HOME, I WOULDN'T HAVE TO DRINK.

NOTHING ELSE, YOU HAD A DAY OFF?

I HAD A CONGRESS OF GOALS.

I WAS LOST IN TIME. UNABLE TO UNDERSTAND THE TIMES.

I POSTED MY OWN NEWS.

HELL'S FUTURE SELF. IT'S ME, YOUNG BONZO!

THE DOG ATE IT.

COMMENTARY

Ruling has effect on display after score

College football fans have already noticed the absence of end zone antics when a player scores a touchdown this year.

The NCAA, the governing body that sets the rules for collegiate sports, has instituted a new rule that mandates a change in behavior for players who score touchdowns. The new rule, known as the "no-celebration" rule, was implemented to address concerns about player safety and to reduce the risk of injury.

The rule states that players who score touchdowns must remain on the field and cannot engage in any form of celebration, including exuberant gestures, gestures that could be construed as taunting, or gestures that could be perceived as showing off.

Under the new rule, players who engage in such behavior can be subject to penalties, including personal fouls and ejections from the game. The rule has been met with mixed reactions from players, coaches, and fans.

Some players have expressed frustration with the rule, arguing that it takes away from the excitement of scoring a touchdown and that it is unfair to punish them for expressions of joy.

On the other hand, many fans have praised the rule, citing the need to prioritize player safety and reduce the risk of injury on the field.

Overall, while the new rule has been met with mixed reactions, it is clear that it will have an impact on how players celebrate touchdowns and how fans view the game.
Breast cancer can be detected

Breast cancer is one of the most
found diseases among women.
In directed causes are unknown,
but researchers have found that
several lifestyle-related behaviors
are linked to an increased risk of
the disease.

"Interestingly, the factors that
appear to increase breast cancer also
create higher risks for a variety
of problems, including heart
disease, diabetes, stroke, and other
kinds of cancers," said Ria Beren-
Asse, author of Breast Cancer: What
Every Woman Should Know.
The book was written with the
help of physicians at the New York
University Medical Center, the
Kaplan Comprehensive Cancer
Center in New York City.

Breast-cancer risk seems to be
tied to the amount and activity
of estrogen in the body. Unhealthy
behaviors such as smoking, drink-
ing, and a sedentary lifestyle can
promote excessive estrogen pro-
duction or increase the hormone's
effects on the body. Avoiding these behaviors can help
reduce breast cancer.

"If you create a healthy environ-
ment for your body as a whole, you
create a healthy environment for
your breast," Beren-Asse says.

PREVENTIVE STEPS

These eight steps can reduce your
risk of breast cancer and impr
ove your overall health.
1. Avoid high-fat foods. Evi-
dence suggests that fat plays a role
in the development of breast cancer.

2. Maintain a healthy weight.

3. Drink two to three glasses
of water a day.

4. Eat at least five servings of
fruit and vegetables a day.

5. Exercise regularly. Physical
activity helps keep your heart
healthy and reduces your risk of
cancer.

6. Keep your weight within
a healthy range.

7. Use hormone therapy with
care. Some women use hormones
to treat symptoms of menopause,
but these hormones can increase
your risk of breast cancer.

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5. Small classes (10 to 20 students) with honors individual attention and interaction with professors.

For more information

We invite you to visit the TU Department of Petroleum Engineering and talk to our students and professors. To schedule a visit, call us at 918-619-2655.

We would like to e-mail you additional information. We can mail you a brochure, including a typical class schedule and a VHS video depicting the department's history and showing students and professors in class and in the lab. Just call us or send in the form below giving your requests.

The University's Admission Office can be reached toll-free at 1-800-331-9985, or at 918-619-2405.

The University of Tulsa is a public institution. Tuition and fees do not include any extra charges above the cost of in-state tuition and fees.
Walking provides valuable exercise for both body and mind

By Casey Adkins
Cooperative Editor

Walking can improve mental fitness as well as physical fitness. Using meditation techniques during your walk can help you reduce stress, tension and anxiety.

"Your mind is constantly bombarded with noise, crowds, traffic, telephones, television and a thousand other forms of mind pollution," said Len Snowdon, co-author of Walk Aerobics. "But when you walk and specifically when you use walking meditation exercises to calm the mind, you can let go of the clutter that is filling up your thoughts and you can see things more clearly."

If you become aware of the rhythm of your walking, "you will find that you become involved in a process: the flow of breath, the flow of the body, the flow of the air around you," Snowdon said.

"The action of walking itself then slows and stills your mind and spirit."

STRESS-REDUCING WALKS

Any kind of walk will reduce your physical stress, but the walking-meditation techniques described below will help you reduce your mental stress.

Try each of the techniques to see which ones work best for you. Slowly incorporate them into your walking workouts.

Start by doing them for five minutes, then do them for a few minutes more each time you walk until you are performing them for 15 to 20 minutes.

Focus on your surroundings. Instead of thinking about your problems, focus on the world around you. Pay attention to the different plants and trees along the path if you're walking in the country. Note the different architectural styles along your route if you're walking in the city. Pay attention to the clouds, the people you pass, the sounds and the smells.

Count your footsteps. "Counting your footsteps can help you take your mind off your problems," Snowdon said.

There are numerous ways to count. For example: from one to 10, 20 or 100; backward from 100, 20 or 10 to one; from one to eight, followed by one to nine, then one to 10, one to 11 and one to 12, etc.; or the number of steps you take per block or section of the trail.

Repeat a mantra. Repeat a simple word or sound with each step. This technique teaches you to focus your mind.

Count your breaths. This classic Zen meditation is usually done while sitting, but you can also do it as you walk. To perform the exercise, count one each time you exhale. You can count 10 breaths and start over or count your breaths per block or section of the trail.

Meditate on your movement. Concentrating on your body movement and the rhythm of your walking can help you stay in the moment. To do this: Feel the spring of your heels and toes as they make contact with the ground and propel you forward. Experience the pull of muscles in your feet, legs and hips. Note the rhythm of your arm and the movement of your head.

"Focus your attention on the relationship between your strides and your breathing," Snowdon said.

Let go of a problem. Use your daily work to sort out a stressful problem. Begin by focusing on it as you do your warm-ups and stretches. Then, let the problem go when you start to walk.

"Don't try to force a solution; let the problem germinate in your mind, and the problem-solving process will go on without your conscious interference. Often, the answer will come to you in a unexpected way."

Write down your thoughts. Keep a diary in which you note solutions to problems and flashes of insight that come to you while you walk. This way, you'll be sure to remember them.

"Walking meditation can help you relax, give you power over your mind and open up pathways to your better self," said Snowdon.

"If you practice it regularly, you can use the creative insights you gain while walking to improve your life, work and relationships."

Walking is a natural form of exercise. When meditation is incorporated into the walking event, then you benefit both through improving your physical fitness and your mental stability.
Opponents can’t pass this Buck

By David Burkham

For Norsemen sophomore William “Buck” Buxton, being a defensive leader is something in which he takes great pride.

The 6-3, 250-pound defensive end, who hails from Heflin, Ga., leads the Norse defense in quarterback sacks with six for minus 40 yards. He also has recorded 20 tackles and 38 minutes along with two fumbles caused and one recovered.

“I consider myself one of the leaders on the team. I feel I can come through in the clutch and make the big plays that help win ballgames,” said Buxton.

Although heavily recruited as an all-state out of high school by many top NCAA programs, Buxton decided he would be better off staying home to help run the junior college and improve on his skills.

He finally decided on NEO because of the great football tradition the school possesses.

Coach Travis Hill recruited me a lot. He said the NEO had a great football program, and that he felt like for me to come play for them I did.”

According to Buxton, his success on the field can be attributed to a strong offseason work ethic.

“I worked real hard over the summer to improve my skills and prepare myself for the season. My technique has improved and I am faster now than I was last year,” Buxton is currently being recruited by several schools, but he is most interested in Tennessee, Oklahoma, Alabama, and Georgia.

“I think I would fit in well with any of those schools and hopefully I can contribute to their program,” he said.

“Once my time as an NEO is up, I hope I can look back and say I helped them win a national championship.”

If the Golden Norsemen continue to get the job done on the field, Buxton may be able to reflect on his NEO days as championships.

Bulldogs entertain Golden Norse

By David Burkham

Returning to the road, the eighth-ranked Golden Norsemen take their act to Corsicana, Texas to battle Navarro Junior College Saturday in a 3 p.m. contest. Norse head coach Mike Lord considers Navarro one of the two best teams in the Texas Junior College Football Conference, along with fourth-ranked Blinn Community College.

“I see their first game of the season against College Station. They had good overall quickness. They did a good job recruiting this year,” said Lord.

Coming off a 28-0 win, the Bulldogs made a couple of key changes in the offense. Defensive coordinator Keith Thomas was promoted to head coaching position. They brought in a new offensive coordinator as well.

Navarro is coming off a 28-0 victory over Tyler Junior College, the team that handed NEO its only loss of the season two weeks ago.

The Bulldogs are actually 4-1 on the season, but because their first game was against a ranked team, they fell to their first two games and stand 3-0 on the year.

The Bulldogs are led offensively by quarterback Kerri Poole, who has thrown for over 900 yards in five games, running back John Balistreri, who averages almost six yards per carry, and wide receiver Lenny Fields, who leads the Texas Conference in receiving touchdowns with eight.

At quarterback, Lord will look for freshman Charles Reed. At the tackle positions will be Blade Ritter and Malory Cady. They will be joined by seniors Joseph Richards and Steven Young, and center Keene Butler.

“Their best offensive team I’ve seen so far. A lot of their plays will be similar to what we’ve run in the past since their offensive coordinator was there last year. They like the motion offense with one back set and they like to throw the football.” Lord said.

Defensively, the Bulldogs look quick and strong, according to Lord.

“They have good size and they’re impressive up front. They look really well balanced on film,” he said.

They will start defensive ends Ricky Talavera and Chris Needham.

As the defensive tackle positions will be held by Onton Brown and Andrew Paradise. Stoney Garland will be the starting nose guard.

Rodney McCurry will be the strong safety and Angello Strong will start at free safety. The other starters will be James McDonald and Rodney Bradley.

Offensively for the Norsemen, sophomore Scott Datt will handle the quarterback duties.

Conduct has thrown for 285 yards on the season, with six touchdowns. Joining Conduct in the backfield will be freshman tailback Reggie Skerer and sophomore fullback John Smith.

Smith has carried the ball 99 times on the year for 501 yards and eight touchdowns. He is averaging 5.2 yards per game.

Freshman Rodney Smith will start at wide receiver for NEO, while sophomore 3-D Graham will be the starting fullback.

Smith has 11 catches and 165 yards with two touchdowns, while Graham leads the Norse with 22 catches for 299 yards with one touchdown.

Starting at right end for the Golden Norsemen will be freshman Mike Baldwin, who has caught three passes for 27 yards.

Sophomore Bradley Brown will start at center for the Norsemen. He will also be joined on the line by sophomores guards Darren Jones and Mike Holden.

Sophomore Scott McNattou, who showed promise last season for Lord in his performance in the Trinity Valley game, will be a starting tackle along with freshman Chad Farmer.

“We can just maintain Trinity Valley’s running game. That allowed us to get our weak side running game open,” said Lord.

Lord was impressed with the entire offensive line in last week’s game.

“Simer did a real good job, but he couldn’t have done it without the guys doing their jobs,” Lord said.

Defensively, the Norsemen go with sophomores Buck Buxton and Adam McKelvey at defensive ends. At defensive tackle will be sophomores Charles Little and Travis Jordan.

Starting at linebacker will be sophomore linebacker Fred Perry, who will be joined by freshman Clay Harris and sophomore Kelvin Underwood.

In the secondary the Norsemen will go with Steve Riddle and Damon Harris, while Remon Burcham and Jamar Jones will anchor the corners.

Lord also heaped a lot of praise on the defensive ability of both Riddle and Burcham in last week’s game with Trinity Valley.

“Riddle and Burcham really played well against Trinity Valley. They each had some good open field tackles and Remon caught two interceptions and almost had a third,” Lord said.

College students try to form soccer club

By Shelly

A group of six students wish to form a soccer club on campus. They have been organizing practices in their own time and hope that more students will join them.

Currently, they are seeking an advisor who will help them get into the Student Body Government.

“We need more students to join our club. As soon as we have an advisor, we will work on our constitution and seek recognition from the Student Body Government,” said Sebson Sacrza, spokesman of the group.

He is a sophomore from Bonneville, Ark. Other members of the group are Brian Nguyen, freshman from Tulsa, Megan Allen, freshman from Dallas, Reena Tekw, freshman from Dallas, Luis Perez, sophomore from Mexico, and Francisco Pinto, sophomore from Mexico.

“We really have a good soccer team since most of our current members are from countries strong in soccer,” said Sacrza.

“If you need more information, please don’t hesitate to contact me at 540-6755 or visit www. at Yamm Hall 234,” he added.

THROWN FOR A LOSS

Trinity Valley fullback Derrick Browning is hauled down from behind as a swarm of Golden Norse defense close in for the tackle.

Photo by Jim Fifita
Second half buries Cardinals
Skinner gains 238 yards

By Byron Beers
Sports Editor

With revenge on the line, head coach Mike Lou's eighth-ranked Golden Norsemen pounded defending national champion Trinity Valley Community College, 34-16, last weekend at Robertson Field. Playing before more than 2,000 family, fans and Norsemen extended their home winning streak to 34 games.

The Golden Norsemen improved to 5-1 on the year and erased memories of last year's loss to the Cardinals in the Texas Shrine Bowl national championship game. The loss dropped the Cardinals to 2-3 on the year.

"Our sophomores told our freshmen all week that Trinity Valley would come in here and try to intimidate us with their numbers. All they really did was fire our kids up and we took it to them," Loyd said.

"They came out during warm-ups and were talking trash and kept it up the entire game, even when we were down by 24 points. Our kids did a great job of keeping their composure and not letting their jibber-jabber get to us.

"After the Cardinals took an early 5-0 lead after a 28-yard field goal by Matt Bryan on the games opening drive. All-defense nose tackle Steve Riddley picked off a Cardinal pass to set up NEO's first touchdown of the game.

"Western quarterback Scott Condo went on to throw from one yard out to 2-0, left in the first quarter to give the Norse a 5-3 advantage.

"Sophomore placekicker Andy Maving increased the Golden Norse lead to 10-3 on a career long 42-yard field goal with 3:24 left before the half.

"Moving 52 yards in only four plays, the Cardinals tied the game when quarterback Jeff Whitely scored on a 15-yard run at the 10-0. The Norse then marched 90 yards in 11 plays to take a 17-0 lead into the lockerroom. Condo threw a perfect 24-yard touchdown strike to Riddley who moved to the wide receiver position for the designed play.

"According to Loyd, Riddley had worked on the fade pattern all week.

"Steve is a quality athlete and we felt like we needed a bigger target there for Scott to throw to and he ran the pattern perfectly and made a great one-handed catch."

By halftime, freshman tailback Reggie Skinner had already gained 412 of his 238 total yards rushing.

"Taking the second half kickoff, the Norse went 80 yards in only four plays to increase their lead to 24-10 with 10:28 left in the quarter. Skinner received the honors as he scored from 54 yards out.

"Skinner again scored, this time from nine yards out to give the Norse a 32-10 cushion midway through the third quarter as sophomore Ranon Burroughs set up the drive with his second interception of the game."

"Reggie is the best running back I've had in my six years at NEO. He can go inside or outside and he likes to punish people who try to tackle him. There is no telling how great he will become if he continues to improve the way he has his last three games," Loyd said.

"Freshman wide receiver Tom Wilson set up the final Norse touchdown of the game with a 75-yard reception from Condo at Manning booted a 22-yard field goal.

"We knew the game was over when we scored the third touchdown of the game with a 22-yard field goal with 3:20 remaining in the third quarter, Loyd said.

"Skinner finished the contest with 228 yards rushing on 23 carries for his third consecutive 200-plus-yard game.

"Riddley and Burroughs led the Norse defense as the Norse defensive line shut down Trinity Valley's passing game.

"Riddley recorded a career high 11 tackles and four assists with one interception. Riddley also scored a touchdown off the offense as a wide receiver.

"Burroughs added eight solo tackles to go along with his two interceptions. After a defense played inspired football. They came out and were very aggressive and held Trinity Valley to check," said Loyd.

NO YOU DON'T!

Golden Norse freshman tailback Reggie Skinner (5) eludes the sidelines and avoids several Trinity Valley, Texas defenders on the way to a 54-yard touchdown during the third quarter of a 34-16 victory by the Golden Norse last weekend at Robertson Field.

Photo by Joe Ellis

Rodeo teams start regular college circuit of NIRA-sanctioned events at Pratt Community College

By Dusty Glenn
Sports Editor

Members of the college rodeo teams at the 1997-98 season are solicited by competing in the National Intercollegiate Rodeo Association-sanctioned rodeo at Pratt (Kan.) Community College.

Under the direction of Lawton Poses, the college rodeo teams are competing in the Central Plains Region.

The teams will compete in Intercollegiate rodeos during both the fall and spring semesters.

A team is comprised of six cowboys and four cowgirls. Team members will be selected before each individual rodeo.

Cowboys compete in bull riding, calf roping, steer wrestling, bareback riding and team roping.

Cowgirls compete in barrel racing, break away roping, and team roping.

Both team and individual points are tabulated over the 10 rodeo schedule. The team and cowgirl of each region will represent the team in the National Finals Rodeo in Bismarck, Mont.

The remainder of the schedule is as follows:

Nov. 4-5: at Northwestern State University in Alba.
Feb. 23-25: at Kansas State University in Manhattan.
March 8-9: at Fort Scott (Kan.) Community College.
March 28-30: at Southeastern State University at Weatherford.
April 19-21: at Garden City (Kan.) Community College.
April 24-28: at Fort Hays (Kan.) State University.

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