Activities highlight Homecoming Week

By Shelly Ng

Several campus-wide activities are on tap for the student body during Homecoming Week which officially starts Monday, according to Cheryl Butler, coordinator of the events.

"Homecoming is not just an athletic event. I would like to see our entire student body get involved and support our college and show their support," said Butler.

The week begins Monday with the queen candidates participating in a dinner at Dr. Jerry Carroll's home beginning at 6 p.m. All students are invited to a Wild Video Dance Party scheduled for Monday from 6 p.m. until 1 a.m. in the Carter Student Union Ballroom.

"We will have a big screen showing music videos. The party should be a lot of fun," Butler said.

An all-school bonfire will be held Tuesday at 7:30 p.m. in the area between the college baseball field and softball fields.

"This should be a fun event because we'll have the cheerleaders and Norse Stars there along with the pep band to try and generate some school spirit," Butler said.

"After all, Homecoming represents tradition, pride in your school, pride in yourself and pride in your ability as a person," Butler said.

Activities center around the queen candidates on Wednesday with a full dress rehearsal for the pageant scheduled to begin at 4 p.m. on the stage of the Fine Arts Auditorium. The candidates will go to Robertson Field at 5 p.m. to conduct the practice session.

"Our committee has tried to make the pageant as exciting and interesting event and not just a rush through for the candidates. We would like for all students and the community to come out and participate in viewing these candidates," said Butler.

The candidates will have lunch with the pageant judges on noon Thursday in the Carter Student Union Faculty Lounge. Following the luncheon, judges will conduct interviews at 1 p.m. in the Ballroom Lounge.

"This gives our judges a chance to have a more personal contact with the candidates," said Butler.

Selection of the 1995 Homecoming Queen will be announced during the annual pageant which begins at 7 p.m. Thursday in the Fine Arts Auditorium.

"Even though the queen is selected during the pageant, she and her court won't be identified until halftime of the NEO-Blinn, Texas football game on Saturday. Everyone on campus is invited to wear blue and gold clothing to show school spirit during Blue and Gold Day on Friday."

"We're going to give away prizes to the people that best display the NEO Spirit on Blue and Gold Day," said Butler.

Members of the Student Body Government will be handing out tickets to people wearing blue and gold.

An all-college cookout will begin at 4:30 p.m. Friday in the main mall area between the Couch Library, Administration building and the Fine Arts Center.

Following the meal, a pop rally and entertainment will be provided.

Activities center around alumni Saturday with a banquet scheduled for noon in the Carter Student Union Ballroom. Tickets are $22 per person or $20 per couple and the banquet is open to the general public.

During the banquet the Outstanding Alumni award will be presented.

The traditional Homecoming Parade will begin at 3 p.m. downtown Main Street. The parade will start at north main and proceed south.

Third-ranked Blinn Community College of Brenham, Texas, will square off against the Golden Norse at 7 p.m. on Friday.

During halftime activities the queen and her court will be recognized and the Outstanding Alumnus will be presented.

Following the game, a dance will be held in the Carter Student Union Ballroom.

Anyone wanting additional information should contact Butler in room 205 of the Library/Administration building.

REMEMBER!
Set your clocks back one hour Saturday night, October 28

Flu shots still available

With the flu season right around the corner, students are invited to receive the flu vaccine, according to school nurse Flu. Atkins.

The vaccination will be given at the new nurse's office located in former dorm parents' room of Harrill Hall.

The cost of the injection is $2. Payment for the shot is made at the business office in the Library/Administration building.

Atkins' office is located at 123 Harrill Hall. Office hours are from 8 a.m. to noon, Monday through Friday.
Halloween right time for Spooklight

By Jim Hooker

Every area has its folklore and traditional stories. Some even have claim to ghostly phenomena.

Eighteen miles from Miami is where the Spooklight is found. The Spooklight came to public attention around 1888, when residents near the little village of Coweta, Missouri, 11 miles from Joplin, became alarmed about a giant ball of light, bouncing over the hills and through the fields, scaring cattle and causing dogs to howl and a few to leave their homes.

The Spooklight has said to have been known to the Quapaw Indians long before 1888. In its maneuvers near the old reservation, traditionally at the Pecos River. Different people describe the Spooklight in different ways. Some say it is a cloud of gas, others say that it divides into two or three parts, and some say that it suddenly appears and enters their cars and then bounces down the road.

Some think that the damp, misty nights are the best time to view the eerie spectacle, however it can be seen in any kind of weather. Sometimes the light would seem to float toward the viewer up the road, other times it would dance through the trees on either side of the road.

There are some logical and not so logical explanations of the Spooklight. One is that a handsome young Indian brave fell in love with the beautiful Indian maiden of the Quapaw tribe. The old chief, father of the maiden, tried to take advantage of the situation by asking for an unusually large payment for his daughter's hand.

Unable to meet the Indian Chief's demands, the couple eloped. They had scarcely reached the outside of the camp when their absence was discovered.

The chief became angry and sent out a group of warriors to pursue the couple. Knowing they were going to be captured, the young couple committed suicide by leaping from a high rocky cliff overlooking Spring River. It is believed that the spirit of the young couple return nightly.

Another legend consists of a miner whose cabin was raised by the Indians while he was out working in the mines. His children were kidnapped and never seen again. It is said that he set off with his lantern to go look for them, but was never seen again.

The light that is viewed down the dirt road is believed to be the miner returning right after right with the lantern in search for his lost children.

Another theory concerns an Indian couple who became involved in a heated dispute that ended with the wife slicing off her husband's head. Still angry, she then proceeded to hide the evidence.

Amy Hargrove
Weight loss takes time to happen

Nutrition and health experts agree that slow weight loss is more sustainable and leads to a healthier lifestyle.

**Simple Strategies**

- **Read and compare labels** when you shop.
- **Read and compare products** when you eat.
- **Eat lean meat** and fish instead of red meat.
- **Choose a high-protein snack** instead of a high-carbohydrate snack.
- **Limit added sugars** and sweetened drinks in your diet.
- **Stay active** and include walking or other low-impact exercises.

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**NORSE WIND**

Friday, October 27, 1995 3
Sleep techniques serve a purpose

By Casey Adams
Lifestyle Writer

You're not alone if you're not sleeping as well as you used to—one-third of Americans have insomnia.

But, "you can learn effective techniques to improve your nighttime sleep," said James Perl, Ph.D., a member of the Sleep Institute at Presbyterian-St. Luke Medical Center in Denver and author of Sleep Right in Five Nights.

PREPARE TO SLEEP

The following strategies can help you sleep more soundly:

Find ways to manage your stress, anxiety and depression. Meditation, sleep-recovery therapy, positive self-talk or professional help may offer relief.

Limit your use of caffeine, tobacco and alcohol before bedtime.

Caffeine and tobacco are stimulants; consuming them within six hours of bedtime can inhibit sleep.

Sequence the "right" during the day.

Cover your skin or apply sunscreen first. Exercise in the late afternoon or early evening. Exercise fosters easier and deeper sleep. It also counteracts depression, stress and anxiety and promotes a sense of well-being.

To improve your sleep, exercise vigorously for at least 20 to 30 minutes four to six hours before bedtime.

Wind down during the evening.

"Reserve the last part of the evening for enjoying a hobby, reading for pleasure, watching T.V. or spending quality time with your family. Do whatever helps you relax," said Perl.

Avoid worrying in bed.

Instead, schedule a daily worry session several hours before bedtime. During this period, write down your problems. Then write down a solution for each one.

"If one of your worries surfaces while you're in bed, you can put it out of your mind because you have already dealt with it," Perl said.

Eat a sleep-friendly diet.

You can improve your sleep by eating a light meal early in the evening and a light, high-carbohydrate snack closer to bedtime. Avoid large, high-fat meals in the evening. Stick to a bedtime routine. As you prepare for bed, try to focus on the moment. Good sleepers become more relaxed and drowsy as they walk the dog, turn out the lights, brush their teeth and complete their nightly bedtime routine.

"Watching the late news is a pleasant experience for some people, but it's not others," said Perl.

"Let your personal preferences guide you in establishing a ritual that helps you sleep."
Sports

Experience abounds as Lady Norse prepare for season

By David Burkholder
Sports Editor

Head coach Randy Gipson is hoping that his overall team experience and depth to be their main strength this year," said Gipson.

Returning a solid nucleus of six sophomores off of last year's 22-6 team, five of the six are at the guard position, along with one transfer.

Last year the Lady Norse advanced to the semi-finals of the Region II Tournament for the seventh consecutive year before being defeated by eventual National Champion Weatherford High School, 80-69. This year they are seeded fourth in the Eastern Division of the Bi-State Conference with a 7-3 record.

Traci Anderson, Jessica Burkholder, Nikki Hay, Kellie Bland, Chetress Waller, and Gina Pierce all have game experience and are expected to contribute at the guard position this season.

Anderson (5-5, Tulsa) averaged 5.3 points with 8 assists and 110 steals last season.

"Traci is a quick guard who, learning to control the offense. We expect her to be an emerging player," Gipson said.

Burkholder (5-7, Miami) averaged 4.8 points with 7 assists and 80 steals as a starter in 33 games as a freshman.

Waller (5-10, Richmond, Va.) averaged 7.8 points as a freshman with 38 rebounds.

Pierce (5-4, Claremore) is a transfer from the University of Oklahoma. She is a quick guard who is expected to contribute at the point guard position.

"The forward positions for the Lady Norse will be Victoria Reed, Tasha Barnett, Diana Hubbard, Amy Palenik, and Marsha Burdige," Gipson said.

Reed (5-9, Pine Bluff, Ark.) returns as last year's second leading rebounder. She averaged 7.6 rebounds per contest and was third in scoring with a 6.9 average.

Barnett (5-10, San Diego, Calif.) is a freshman who is expected to contribute this season.

Hubbard (5-10, Preston) is a quick forward who is also expected to see action this year.

Palenik (6-0, Tulsa) is also a freshman and a physical and expected to contribute.

"She is a strong, physical player with good hands and a nice shooting touch," said Gipson.

Gipson believes his team's main weakness is their lack of size, but is quick to point out that his team's experience and depth should overcome that.

"I think we should be very competitive on the court because we have coming back and by the way they all work hard," Gipson said.

Veteran Mike Jones anchors cage squad

By Byron Beers
Sports Writer

Entering the 1995-96 basketball season, head coach Lonnie Spencer looks for his Golden Norsemen to be a better team than he was a year ago, but with very little experience.

"This team has a good work ethic and good team chemistry. Our players play the game and like each other and when you have that it makes things easier," Spencer said.

The lone returning starter from a year ago is sophomore Mike Jones (6-3 from Oklahoma City). Jones is rated twelfth in the nation at the shooting guard position by Athlon's preseason basketball magazine.

"Mike is better than he was last year. He has really worked hard this summer on his game," Spencer said.

Jones averaged 8.9 points per game to go along with a rebound average of 5.2 a game. Jones also earned Bi-State Conference honorable mention last year.

At the point guard position, the Norse will have three freshmen battling for the starting spot.

Russh Turner (5-10, Hugo) comes to the Norsemen after averaging 15 points and seven assists at Hugo High School. Turner helped lead Hugo to the Class 3A State Championship his senior year.

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Sports

LISTEN UP

Sophomore quarterback Scott Condie (14) hurled a pass as the Golden Norse offensive unit stands deep in its end zone and awaits to execute the play. Condie completed 17 of 40 passes for 314 yards and one touchdown as NEO won a 34-game winning streak at Robertson Field on Saturday with a 20-20 loss to Kilgore. Texas.

Rangers snap winning streak with 30-20 win at Robertson

By Byron Beene

Sophomore quarterback Scott Condie kept on an option play and went 29 yards for a touchdown. Andy Manning's PAT converted a 2-0 NEO lead with 12:52 left in the first quarter.

Navarro answered right back, however, when Building itself Edwards, who appeared to be possibly for a safety went 98 yards for a touchdown.

But Thomas kicked the extra point to bring it to 37-0 with 12:03 left in the first quarter.

Freshman wide receiver Reggie Skinner carried the Norse into the end zone with the last carry going for a 12-yard touchdown pass. The Norse took the lead 37-37.

The Norse were unable to convert as Andy Manning missed a 23-yard field goal after a bad snap as he was tackled at the 34-yard line.

Kilgore quarterback Tom Zachrich hit banker Ricky Rafter on a 73-yard touchdown pass to give the Rangers a 6-0 advantage with 1:40 left in the first quarter.

After four series which resulted in a punt, the Golden Norse offense covered 74 yards in nine plays. Planker Tom Wilson scored from 21 yards out on a double reverse.

Manning's PAT gave the Golden Norse a 7-0 advantage with 12:30 left until halftime.

Both teams missed field goal attempts as the Norse maintained a 7-0 lead at the intermission.

A defensive stand by Kilgore stopped the Norsemen at the Ranger 17-yard line on NEO's opening possession to start the second half.

The Rangers moved 87 yards in seven plays before Terry Smith scored from one yard out with 10:31 left in the third quarter.

A two-point pass play from Shayne Shadrick to Alphonso Blake gave the Rangers a 9-0 advantage.

A fumble recovery by come-back Jeff Henderson gave the Rangers great field position and another scoring opportunity.

Kilgore moved 69 yards in seven plays with Smith scoring on a fourth-yard run. The extra point failed as Kilgore owned a 20-7 lead with 7:39 left in the third quarter.

Another fumble recovery on NEO's first play gave Kilgore the ball at their own 44-yard line.

A 41-yard touchdown run by tailback Eric Sundayly and the extra point by Danielsson gave Kilgore a 27-7 lead with 5:46 left in the fourth quarter. The PAT failed to convert.

The Norsemen responded with a 45-yard touchdown pass from Scott Condie to D.J. Graham with 13:32 left in the fourth quarter. The Norsemen's PAT failed to convert.

Kilgore led 37-10 at the end of the third quarter.

Condie then connected with Steve Riddley on a fourth-yard scoring pass with 12:30 left in the game. Manning's PAT-after the plunge of a 20-yard PAT made it 37-17.

Danielsson kicked a 23-yard field goal with 2:26 left to put the game out of reach.

"We're not doing the job in any phase of our game. Not only were we not consistent on offense, but we continue to miss tackles and give up big plays on defense," Loyd said.

Freshman tailback Reggie Skinner was held in check with 69 yards on 23 carries.

Condie passes for 314 yards completing 17 of 40 passes with one interception as the Norse also lost three of five fumbles.

Wilson led the receiving corps with six catches for 120 yards while Graham had five receptions for 126 yards.

Freshman tailback Eric Sundayly, making his first career start due to an injury to regular starter Chris Peterson, gained a career-high 203 yards on 24 carries.

Veteran linebacker Fred Perry led the Golden Norsemen defense with a career-high 15 unassisted tackles and seven assists.

The Norse were unable to convert as Andy Manning missed a 23-yard field goal after a bad snap as he was tackled at the 34-yard line.

The Norsemen offense was then held in check on their next possession as Condie was knocked out of bounds on a fourth down play.

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