Enrollment figures reveal several changes

By Cindy Bear

Small loans are available for students who need the extra cash.

"The small student loan has been of great benefit to the students," said Shirley Patterson, staff assistant to the dean of student affairs and administrator of the loan.

The loans, which can be obtained for up to $2,000, must be paid back within a three-week period. To obtain the loan, students must fill out a validated identification card and see Patterson on the second floor of the Library Administration Building, room 208.

After seeing Patterson, the student must then go to the business office to get the money. A 25 percent charge is added to the loan of $100 or more. The charge goes toward future scholarships for students.

The loan is available on Wednesdays and Fridays between 8 a.m. and noon, and from 1 p.m. to 4 p.m.

It is extremely important to pay these loans back on time. Additional charges could be added to the total, as well as interest being charged.

Students may obtain as many loans as needed, but only one at a time, and another one may not be obtained until the preceding one has been paid back," said Patterson.

The money for these loans come from various memorial loan sources, including:

The Ed Lowry Student Loan Fund was set up by Mrs. W.H. Goodner and Mrs. W.R. Goodner in memory to their husbands.

The Don Dyer Student Loan Fund was set up by students, faculty, and friends in memory of Don Dyer,

The Joe Ables Student Loan Fund was also established by friends, students, and faculty in memory of Joe Ables, chairman of the Vocational-Technical Division for 28 years.

The Ed Lowry Student Loan Fund was established by the Alumni Association in memory of Ed Lowry, mathematics instructor for 25 years.

The Tom Tirnau Student Loan Fund was established in memory of Tom Tirnau, director of food services and Carter Student Union for 19 years.
Opinion

Tradition fuels national love day

Walt all you know, this is here again! That favorite holiday of all you hopeful romantics—Valentine's Day. Most of us are guilty of saying that we don't want anything, but in our hearts of hearts, we all hope that our special someone is giving us just that right surprise. Most of us know the story of cupid and would like to believe it, but many of us just don't care as long as we are remembered by someone other than our parents. For those of us who have no special someone, we think that it is the most silly holiday and wish that it were never created. Mainly because no one likes to feel deprived or left out. It is just like being a third wheel in your own world. You listen to all of your friends brag about all of their gifts and hope that you don't show up for anything. Not even from us.

Now that is when we should really feel bad because we spent all of our money on our special someone. Then there is always a delusion about what to get each other. We have to assume the questions of what they will give us or if it is going to be too much or not enough? We also have the dilemma of what to do? Should you go out or stay home and watch some Snoopy special on television? To save money on valentines cards, you could just go get the ones you need to give out to the whole class. Remember those times when you chased the person you like around the playground and tried so hard to not let everyone know that you liked that person. That is when, you really wanted to find out. Boy those were the good days.

Jennifer Moss

Month-long observance set

for Black History

Most of us have been educated in a system which slighted the growth and development of American society by teaching historical facts as seen through the Caucasian viewpoint. But February has been designated as Black History Month and we feel it is important for all cultures to be enhanced by exposure to the history of Afro-American's.

Not many of us know much about Black History. Since seven percent (13) of our student body are Afro-American, it is important for us to learn more about the cultural differences.

Members of the college Afro-American Society have planned several events throughout the month to try and increase awareness of Black History. The group will sponsor a Valentine's Dance, Friday, February 5 at 8 p.m. in the Bruce G. Carter Student Union Ballroom, host a formal banquet, display various videos in the audiovisual room of the Library/Administration Building, publish poems, essays, and articles in the newspaper, and hand out flyers and pass with information attached to them.

Commentary

"Black History Month gives Black Americans the chance to be everyone know how far they have come in the past few years," said Amontique Payton, president of the Afro-American Society.

"It also gives us a chance to look back and be proud of ourselves for the relationships that we have established between races. It also gives us a great motivation to keep these relationships up, and for people to realize how important it is to get more Black History into schools."

"We've come a long way. However, we still have a long way to go because there are people who still insist on being segregated. They must realize that everyone comes from the same place and that we should all be treated as such," Payton said. "There are many times we all want to wake up to a world that has no racial hatred, but as far as we're concerned, it is still there."

The Afro-American Society meets at 7 p.m. every Tuesday in room 209 of the Library/Administration Building.

What If?

What if Black folks really did try to get it together.

Utilize all of our genius, abilities and talents. Exercise our Black Power and stop being self-hating and unite together and follow the lead of Malcolm X and other great souls who have gone before us.

What if we helped to support our Black business and institutions.

Thusly taking $200 billion out of the white market place it back into our hands and constructively build up our communities—to the max—so that black folks—especially our children

Can be proud and walk tall again.

What if the powers that be did more to end apartheid.

And for once Politicians would let their ACTIONS speak as loudly and eloquently as their shallow words.

What if we stopped arguing and bickering over petty issues that won't help us build a great tomorrow.

And concentrated on perfecting ourselves—striving for excellence. Accepting only the very best. Letting nothing or no one stand in our way.

And bridging the vision of the great civilization—a strong and unified Black nation.

That's destined to come if WE people...WHAT PEOPLE...are...Submitted by the Afro-American Society.

Commentary

Fredrick Douglas made a major impact on slavery issues.

When the Civil War broke out, Douglass returned to America to help President Abraham Lincoln. Douglass assisted the Northern army in recruiting the 54th and 55th Massachusetts Negro Regiment. Following the Civil War, in 1871 during the reconstruction, Douglass was appointed to the territorial legislature of the District of Columbia. By 1872 he served as one of the presidential electors at large for New York. He then became assistant secretary of the Santa Domingo Commission. Douglass was appointed marshal after his short term as police commissioner in New York.

Eight years later, in return for his support of Benjamin Harrison, he was appointed minister resident and counsel general to the Republic of Haiti. He later resigned.

Four years later, Douglas died at his home in Washington, DC.

Other such African American politicians were John Hope, who served as the first African American congressman of Representative for 8 years; Raymond W. Hood, the Democratic party leader in the Michigan House of Representatives; Howard Smith, the Michigan House member of the Michigan House; J.C. Watts, first African American congressman from the state of Oklahoma, and the Reverend Jesse Jackson.
New organization plays games

By Sara Gann

People

New organization plays games

Designed to increase awareness

By Sara Gann

Photography Editor

Membership in the college Student Body Government increased by one recently with the addition of representation from the RPG Gamers Club.

Victor Baldino, a sophomore from Miami, serves as president of the organization while Mike Mey, a sophomore from Dade, is vice president and Allen Gowwick, a freshman from Racine.

Purpose of the club is to offer people interested in strategic or tactical battle simulation games a chance meet and share experiences.

Topics discussed or played by the club covers a wide variety of games from chess to paintball.

“We welcome everyone,” said Baldino. “The club will give everyone a chance to participate.”

“Role playing games are not all violent. Basically, it is mind-challenging rather than physical,” Gowwick said.

“Our main purpose is to dispel the myths and beliefs that roll-playing games are essentially evil,” said Baldino.

“These games can advance your math and reading skills,” said Gowwick.

“Another advantage the club has is it’s a chance for the physically challenged to participate. A lot of these games can be used for stress relief,” Baldino said.

Members of the club will have an opportunity to attend several conventions. “Serious gaming has become a world-wide phenomenon,” said Baldino.

The RPG Gamers Club sponsored a bonus during senior day.

“Everyone should come to our meetings and ask questions,” said Baldino. Members of the club will post flyers around campus in the near future with meeting times and dates.

First aid courses offer experience for anyone

By Leslie Oger

Not many college courses are broad enough that they can offer every student something that they would use in their life. But the first aid class taught by Jay Herkelman fits into this category.

“First aid is a class in which you go to learn things that you will use the rest of your life,” Herkelman said.

Even if you’re not a part of student’s major, they should really consider taking the course,” said Herkelman.

Students learn how to take care of people that are having heart problems, such as cardiac arrest, breathing emergencies, and minor injuries such as cuts, scrapes, and bone breaks.

The whole purpose of the class is to teach you how to properly take care of an emergency and to stay in control.

“A lot of people who see blood, or an accident, immediately begin to panic, and don’t know what they are supposed to do,” Herkelman said.

“Believe the toughest part of my job is teaching the students the exact steps to take in case of an emergency. Although they may never know what to do, you never know how a person will react in an emergency situation,” said Herkelman.

The course begins with basic information such as checking the scene, calling for help, and caring for the victim.

As the class progresses, day-to-day injuries are discussed, and mannequins are used for demonstration and practice.

“Students seem to be very interested in first aid and eager to learn. Past students have remarked that the course was the most valuable class they have ever taken,” Herkelman said.

“I had one student who had over 80 hours at NCO, but he said that my first aid class was the most valuable to him,” he said.

“In fact, her father had a heart attack and she actually knew what to do without panicking,” said Herkelman.

For a student to be certified in first aid, they must pass a skills and written test with 80 percent or better.

The course is actually divided into two sections: adult Cardiopulmonary Resuscitation (CPR) and standard first aid.

After becoming certified, students receive a card that can be useful for many different jobs.

“If you are working part-time as a lifeguard at a pool or maybe an aerobics instructor, you will need to have this card,” Herkelman said.

“The biggest reward for me is hearing about students who have had an emergency and have taken care of it properly because of the things they learned in my class,” said Herkelman.

Many of us take for granted that we will be able to take care of someone where a situation arises, but without the proper instruction that is highly unlikely.

Other first aid classes are taught by Nancy Bishop and Mike Barlow. Each class teaches skills and knowledge that will remain with students for the rest of their lives.

“I enjoy teaching and I feel like the students get a lot out of the class,” Herkelman said.

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Lifestyles

Proper exercises necessary to avoid muscle soreness

No matter what your favorite activity, you must exercise the right way to avoid muscle soreness and injuries.

"The most common cause of injury is going too far, too fast, too soon," said Allan M. Levy, M.D., team physician for the New York Giants of the National Football League and co-author of The Sports Injury Handbook. "You have to bring the body along slowly.

You can do that by properly preparing for your sports activities. Your workouts should include a warm-up; stretching, conditioning or strengthening exercises; and a gradual cool-down, followed by more stretching.

During a warm-up, you gently warm muscle fibers by increasing your body temperature. This prepares your muscles and alleviates joint pain after your workout. Try walking, jogging or pedaling a stationary bike; anything that elevates your body temperature at least two degrees or causes you to break a sweat.

The following tips for your workouts will help you prevent injuries in specific sports.

Walking is one of the best exercises because it offers the fitness benefits of jogging without the wear and tear on knees and joints. But because of the sport's repetitive nature, walkers sometimes suffer lower-body overuse injuries such as arch and heel pain, stress fractures of the foot, abstraction and runner's knee.

To prevent injuries: Wear appropriate walking shoes. Add arch supports to your shoes. Don't increase the length or intensity of your workout by more than 10 percent a week.

One of three runners will be injured this year because of the high-impact nature of the sport. To prevent injuries: Warm up by jogging slowly until you break a sweat, then stop and stretch.

Do a total body stretch, but concentrate on the lower body through the lower back, quadriceps and stretching properly. Choose running shoes that absorb shock and stabilize the foot. Don't run through the pain.

"Most runners peak too hard and fail to listen to their bodies," Levy said. "Everybody feels bad the first mile. But if you feel worse during the second mile, it may be time to go home.

Aerobic are taught in classes, so choose shoes with lateral stabilizing strips, a heel stabilizer and rubber shoes with a smooth heel in front. Most ski injuries involve the knees and ligaments. To prevent injuries: Do strengthening exercises during the off-season.

Concentrate on the quadriceps, the leg muscles that absorb the shock ofhills and moguls.

Check your equipment every year to ensure your ski bindings are properly set. Start out easy on the slopes and ski within your limits. Just because the hard part is over doesn't mean your workout is complete. "When you exercise, muscles shorten from use," said Levy. "If you don't stretch them by doing stretches afterward, they are going to stay short.'

Love springs eternal for Valentines

Andi Clark

Poet Editor

The most romantic day of the year is approaching this coming Tuesday, Feb. 14.

This is the day when it is common for people to give gifts such as cards expressing the feelings of love and appreciation, chocolates for the sweet tooth, and even expressing creativity to someone you love.

However, this celebration did not start as a romantic holiday.

St. Valentine was the name of a priest from Rome and a bishop of Interamna. Both suffered death which led to martyrdom.

This is otherwise known as death by torture.

There have been many tales regarding the origin of the holiday.

One other tale is the legend of the bird that found its mate.

In the 600's many customs were created from the thought that the first person of the opposite sex that one met on the morning of that day would become their one true love.

In order to get insight into that person's life, it was to spin five bay leaves on their pillow and dream of that certain person.

By the 7th century it was first celebrated by making handmade Valentine cards.

It was not until the 18th century that the first commercial valentines were produced.

In the 20th century, the parents made a day for showing their children their love by sending special roses.

Also, children would make "redboxes" and valentines for their classroom.

Leading up to the 14th, people have been known to flock to convenient stores such as Love, Miss., Darling, Pa., Romance, Ark., Etc., La., and Kansas.

It is an easy way to send their Valentine's to be put on the table for free.

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"Shop and save with the hometown folks"

We develop bright, beautiful memories for you.


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THE BEST GIFT

Senior Chico Jeane crawls, of Wyandotte, relaxes as Pat Picard, a nurse technologist from Taos, makes blood during the annual visit last Thursday of the Red Cross Bloodmobile. More than 300 donors participated in the day-long event held in the Bruce G. Carter Student Union Ballroom. The Bloodmobile makes two trips a year to the NDMO campus.

Photo by Andy Wysock
Golden Norse move closer to Texas football conference membership

Members of the Texas Junior College Football Conference have agreed to add the Golden Norsemen as the eighth member of the league as a probationary member in 1995 and as a full member in 1996.

“This will be the salvation of NEO football for a period of time,” said athletic director Bob Maxwell. “This will give us 10 real good ball games and possibly a bowl game.” The 1995 campaign for the Golden Norsemen will be a preview of the conference.

Senior schedule will feature four, and possibly five, home games. Defending national champion Trinity Valley will make their way to Oklahoma City on Oct. 7. Other games will be home dates with Kilgore and Blinn and road games against Ranger, Tyler Junior, and Cisco.

Non-conference games will be at home with Butler County, Kan., and annual Border Battle in Tulsa with Cowley College.

Intramural cage season tips off

Eight teams have signed up for the annual five-on-five intramural basketball competition. "We’re pleased with the turnout; it gives us an even number of teams,” said Brian Thompson, intramural director.

Teams will go through a seven-game bracket division, playing each team and the four teams with the best records advance to the semi-finals for a four-team tournament to determine the champion. The finals will be March 2 in the new gym at 7:30 p.m.

Team III has several players returning from last year’s championship team and could be the team to beat.

No Far

No Fair

The Norsemen can not fault their efforts as a team. "We’re like Alabama or Ohio State when the program was really competitive. They threw in down there with Kilgore, Trinity Valley, Blinn, and the others. That makes a pretty impressive league,” Loyd said.

“We’re very pleased to have them in the conference,” said Jim Campbell, athletic director at Kilgore Junior College.

“This is a tremendous plus because it gives NEO seven games against quality football teams. It’s so seldom you get a chance at a national championship and here we’ll have the nations No. 1 and No. 2 teams in the same league,” Campbell said.

“It’s going to enhance everybody’s schedule,” said Leon Spencer, athletic director at Trinity Valley. “Obviously this is a good league and NEO plays a high quality of football as well. It adds strength to the league as far as national attention goes.”
Seventh-ranked Lady Norse entertain top-rated Westark

By Byron Beers

Two of the nation’s top women’s junior college basketball teams will collide in the NEO Fieldhouse Monday at 8 p.m., as the seventh ranked Lady Norse host top rated and undefeated Wasken Community College in a homecoming game.

Coach Rana Gipson’s Lady Norse were 14-3 in the season and 5-1 in the Eastern Division of the Bi-State Conference before Thursday’s game at Comers State.

The defending Region III Champion Westark Lady Bears were 6-6 in the conference and 22-10 on the season which included a 99-85 win over the Lady Norse in Fort Smith, Ark.

The Lady Norse will host Eastern Oklahoma College at 6 p.m. on Thursday.

Lady Norse 57-Carl Albert 54

Lea byvars tree Hickey’s 18 points, the Lady Norse were able to hold off a late rally by Carl Albert to defeat the Lady Vikings, 57-54, at John Self Fieldhouse on Monday in Ponca.

“Our kids did a great job of getting on early in the second half and then holding off their rally,” said Gipson.

Lila Meehan’s three point basket along with baskets by Stephanie Pulliam and Rachel Brown opened 7-0 lead for the Lady Vikings.

Four points from freshman Jessica Hickey and three points from Chevette Walter helped out the Carl Albert lead to 10-9 with 14:44 left in the first half.

The Lady Vikings went on top 24-19 with 7:05 left in the half as guard Melynda Allman hit a 3-pointer and a layup along with four points from Brown.

Four points by Nikki Hay along with field goals by Burkholder and Hickey led to 8-0 run to give the Lady Norse a 27-24 lead with 6:52 left until halftime.

Consistent baskets by Brown and Linda Hall gave Carl Albert a 28-27 halftime lead.

Baskets by Hickey, Burkholder, and Traci Anderson put the Lady Norse on top 38-33 with 13:51 left in the game.

Freshman Verena Reeds scored four points along with field goals by Hickey and Hay increased the lead to 49-33 with 9:34 left.

A jumper by Angie Maxwell along with a field goal and free throw by Brown cut the Lady Norse lead to one point, 49-48 with 13:35 left in the game.

Four throws put the Lady Vikings down the stretch as Walter and Hay each connected on two each.

To go along with 18 points from Hickey, Hay added 11 points for the Lady Norse.

Leading all scorers with 20 points was Brown for the Lady Norse. Walter scored 12 total points for Carl Albert.

Lady Norse 62-Benham 42

Playing a stronger team and at the NEO Fieldhouse, the Lady Norse were able to hold off the Lady Warriors, 62-42, last Thursday night.

“We didn’t play very well in the first half,” said Gipson.

“We were sluggish and focused on playing basketball,” said Gipson.

The game opening 10 minutes the score was only 8-8, but the Lady Norse increased their lead to 13-8 with 6:56 left in the first half as Nikki Hay scored four points and Chevette Walter added three free throws.

A basket by Becky Newton along with three straight free throws by Christ Rose cut the lead to 22-26 at halftime.

Reed led the Lady Norse with 14 points. Hay added 11 and both Burkholder and Walter scored 10 points.

Cobert led the Lady Warriors with 13 total points.

West Plains HS: Golden Norse 79

A non-conference trip to West Plains, Mo., proved costly as the Golden Norse struggled with turnovers and poor field goal shooting.

Cody Hopen led all scorers with 17 total points and Scott added 19 points for NEO.

Ben Avery and Brent Wilson led the Griffins with 19 total points each respectively.

Golden Norse 113-Bacoo 64

Breaking out of their four game conference slump, the Golden Norse routed Bacoo, 113-64, last Thursday in the Fieldhouse.

After trailing 11-40 with 2:40 to go in the opening half, the Golden Norse went on a 26-6 run in the second half, taking a 57-46 lead at the half.

Sophomores Sean Reed, Scott, and Hopen sparked the team with 20 of the 26 points. The entire Golden Norse team contributed to the onslaught in everyone scored.

Freshmen Damon Jones and Sean Hopen along with sophomore Jacob Smith came off the bench to score 26 points and hand down 25 rebounds as a group.

Rob Thompson hit 13 straight free throws for the Golden Norse and led all scorers with 27 points. Scott had 17 points, Hopen 15, and Reed 11 total points.

Bacoo was led by Rob Bell with 14 and Maurice Robinson with 10 total points.

Along with the game, at halftime Jeffery Jones, son of the athletic department secretary Meg Jones, sank a halfcourt shot to pocket $500 dollars in the Nugan’s Koku/KO/EOS softball halftime contest.
The Norsewind – the NEO A&M College Newspaper

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