Nursing students create posters for agency

Several students in the nursing program are learning firsthand about community service by giving something back to an organization that has been helpful in their training.

Each year, students in their second year of nursing classes must spend several hours outside of the classroom at clinical sites scattered around the four-state area.

One such site is the Cereal Palace of Tri-County Center located in Webb City. Missouri. According to Worcester, executive director for the CP Center, students were doing their clinics for the first time in Webb City were having a hard time finding the center.

"We've been in this building for about four years and for those years we have been trying to get some signs up. It's really hard to find our location," said Worcester.

Nearly every building received $1,000 or more and we feel the money could be better used to provide other services than signs. Worcester said that after several students had gotten low try to find the CP center, they suggested helping local someone who could make some affordable signs for the building.

A couple of members of the nursing class approached myself and our assistant director asking if they could contact some local sign painters. "We wanted to help them," said Worcester. "The students contacted one gentleman who painted the signs for nearly all of the original buildings and he turned out absolutely beautiful," said Worcester.

"I thought it was a very special gesture for the students to be so concerned for our operation that they would take time out of their already busy schedules to raise money for this project," she said.

One of the CP Center's goals is to raise $25,000 for a new building, which will be dedicated to the development of educational programs. The students have raised $1,000 so far and will continue to work on the project until the new building is complete.

The center offers services to children born to 21 years of age. The CP Center has helped more than 100 individuals receive in-kind support for the project.

Sherrill Maruhr, second-year nursing student from Sparta, said the project was just part of what they are taught in training.

"Part of the nursing process is looking at the needs of not just people, but also their community," she said.

The CP Center definitely has a need for some signs because so many people had trouble finding their locations.

Mahar and several other students in the nursing program set out to raise funds to pay for the center's signs by hosting a blood drive at local businesses for donations. In all, the group raised more than $500 to help with their project.

"We really wanted to help the center because we enjoy the kids and the experience we are receiving there," said Mahar. "The CP center does such a great job with the kids that come through," said Mahar.

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Business fraternity attends conference

Seven members of the Phi Beta Lambda National Business Fraternity recently competed in the Spring Leadership Conference in Oklahoma City.

Featuring chapters from across the state of Oklahoma, the two-day conference offered motivational training seminars and several workshops for participants.

"This was a very good opportunity for our students to meet with other students from around the state that were interested in some of the same things they were," said Phi Beta Lambda sponsor Paul Hart.

Individual competition featured a series of tests over such areas as accounting, computer concepts, economics, business-management, and marketing strategies.

Thomas Tugby, a freshman from Altus, won second place in the public speaking category. Eighty spoke on the topic of "Achieving Success."

Eighty qualified for the National Leadership Conference, July 1-5, in Orlando, Fla., because he won first place in public speaking.

Accompanying Hart and Tugby on the trip were: Lorenda Brown, freshman, Miami, president; Verna Ballard, sophomore, Miami, secretary; Angie Cole, freshman, Altus, chaplain; Laura Taylor, sophomore, Miami, Student Body Government representative; and Karen Stack, sophomore, Vinita, public relations representative.

Other members attending were: Nicole Crayton, sophomore, Talkeetna; Tim Martin, sophomore, Guymon, and Alene Moss, sophomore, Commerce.

New housing clerk assumes duties

By Andi Clark
People - Campus
A new clerk to assist the housing department has been selected, according to Tom Poole, housing director.

DeShonna Stone of Miami has assumed the position from Billie Butler, who resigned after only two months to enter private business in Altus.

DeShonna is the wife of Chad Stone, instructor of agriculture and biological science with the college.

"It's a good opportunity," said Stone.

As her duties with housing clerk, she is required to check-in people in and out of the dorms. Handle complaints, deal with dorm fines, and assigning rooms to students in all the dorms.

Another part of the job requires her to make decisions concerning the sphere of individual rooms.

"I have a student come down here saying her light bulbs were burned out, so I called the maintenance and asked them to replace them," Stone said.

This is one area where Stone has had to exhibit her authority.

"There are going to be some difficult problems from time to time.

But I like working with people and I don't mind the responsibility," said Stone.

Along with her responsibilities in the dorms, Stone is currently taking a consumer living course at Eighty.

"I would like for people to know that there are any questions or complaints to be made they can reach me at ext. 209," Stone said.

APPEARANCE'S

Total Beauty Concept
20 East Steve Owens Blvd.
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We offer 4 tanning beds, nails, manicures, pedicures, waxing, along with a full line of hair care products
Retail Biodage, Vaucom,
Matrix, Redken

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Dick's Place

"We feed you, Not fool you"

Come try our delicious Cheeseburgers and Steak Specials.

Try our new Breakfast Line.

Open: 9 a.m. to Midnight - Monday thru Thursday
9 a.m. to 4 a.m. Friday and Saturday
Call your order in ahead of time 540-1405
Maintaining a healthy heart can extend your life span

Look no further than the mirror if you’re searching for the secret to a healthy heart.

“Show the power to maintain your own cardiovascular health. It’s up to you to take that responsibility,” said James Ripp, M.D., a cardiologist and director of the Center for Clinical and Lifestyle Research at Tufts University School of Medicine, Stow, Mass.

“People are always looking for a scientific discovery that tells them they will be healthy for life if they take this pill,” Ripp said.

“But we already know that lifestyle has the most profound impact on your heart’s health. The choices you make and your habits are much more powerful than anything we can do in medicine can provide,” Ripp suggests these steps for maintaining a healthy heart:

- Don’t smoke. Smoking triples your risk of cardiovascular disease.
- Be active. Regular physical activity will help you maintain your heart health, and you don’t have to go for hours a day or even for a marathon. “Aerobic activity is the key,” says Ripp. “A pleasant walk or bicycle ride for 30 minutes a day is sufficient.”
- Don’t get too fast or healthy. Anger has been identified as a major component in Type A behavior, and it’s often the cause of sudden heart attacks or chronic degenerative conditions.
- Control your weight and diet. “It’s not easy, and it takes work,” Ripp said. “But it’s worth it.”
- Control and high blood pressure helps you control your weight and diet. “It’s important to keep your blood pressure under control,” Ripp said. “It helps prevent high blood pressure in the first place.”
- Manage your cholesterol. “Your cholesterol levels should be 200 or less,” Ripp said. “And quitting smoking is the best way to keep your cholesterol levels under control.”
- Control your blood pressure. “High blood pressure increases your risk of heart attack and stroke,” Ripp said. “It also increases your risk of kidney disease. Your blood pressure should be checked regularly, and if it’s high, your doctor will prescribe medication.”
- Get a reasonable amount of rest. “Rest is when your body is doing its work,” Ripp said. “It’s important to get enough rest.”
- Enjoy a “heart-smart” diet. A low-fat and low-sodium diet is a great way to lower your risk of heart disease.
- Get regular medical care. As you grow older, medical checkups become even more important. “As you get older, the more frequent checkups are,” Ripp said. “It’s important to get regular medical care.”

Miami Mayor declares March as Red Cross awareness month

When disaster strikes, help can’t wait.

A water bottle can save a life.

The flood waters are rising and the Red Cross disaster volunteers are immediately on the scene with food and shelter.

Three states, affected every day, are some of the reasons Miami Mayor Alex Betancourt declared March as Red Cross Month. To coincide with the mayor’s proclamation, President Bill Clinton signed into law the Frank Keating Act.

In addition to providing relief, the Red Cross is also working to train and help people in need. The Red Cross provides training and education to people in need. The Red Cross is working to train and help people in need.

Fuel Your Future — Study Petroleum Engineering at TU

Why Petroleum Engineering?

- The average annual salary for petroleum engineers is more than $40,000 (see Journal of Petroleum Technology, October 1994).
- The profession offers exciting and diversified careers with the largest companies, the smallest independents and a myriad of service companies.
- Simple opportunity to travel overseas and to work internationally.

Why the University of Tulsa?

- We are ranked among the top three petroleum engineering departments in the country. (See The American Engineer, 1993.)
- Our students consistently obtain internships at major companies, working on projects and contacts that can lead to full-time employment.
- For the past 15 years, 40 percent of our petroleum engineering students have found employment within six months of graduation, compared to 8 percent nationally.
- A number of our students have received scholarships that are available for qualified students.
- We have a strong and diverse faculty.

For More Information

We invite you to visit the University of Tulsa, Department of Petroleum Engineering and talk to our students and professors. To schedule a visit, call us at (918) 631-2036. Let us know if you would like to receive 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 or send us the form indicating your request.

The university’s alumnae Office can be reached toll-free at 1-800-311-1091, or at (918) 631-2036, and via e-mail at admision@utulsa.edu.
Lady Lions snare Region II crown for second straight title

By Byron Beers

"I feel like we battled heart and soul the way we did. We had some trouble offensively in putting our ball movement and we put our effort in getting defensive rebounds," Gibson said.

Kim Williams led the Lady Lions in the early stages of the game scoring nine points. Alisha Burns, the tournament's Most Valuable Player, added six points. Led by five consecutive free throws by Jessica Burkholder, the Lady Norse cut the Lady Lion lead to 31-22 with 5:40 remaining until halftime.

Westark increased their lead to 48-28 at halftime as DeWayne McElyon connected on three of four free throws in the closing seconds of the first half.

Tracie Hickey, Veronica Reed, and Cheyanne Walter added the baskets to cut the Lady Lion lead to 50-35 with 15:45 left in the game. Eight points by McElyon along with six points each by Marie Scott, Barbrara Pledger, and Denea Williams created a 75-59 lead with 7:05 left and put the game away for the Lady Lions.

Jessica Burkholder led the Lady Norse with 30 points and was named to the all-tournament team along with Reed.

Kim Williams, Burns, and Scott made up the remaining five points for the Lady Lions.

With a 29-26 lead till halftime, the Lady Norse dominated the second half, outscoring Westark, 29-15 in the second half. The Lady Norse outscored the Lady Lions 64-35 advantage on the boards.

Lady Norse 72 Northark 49

The Lady Norse built an early 13-point lead on 3-point field goals by DeWayne McElyon and 3-pointer by Walter in the first half.

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The Norsewind – the NEO A&M College Newspaper

Digital copies of The Norsewind, Northeastern Oklahoma A&M College’s student newspaper, are available in .pdf format on the NEO website for non-commercial purposes only. Scans were created using the best available editions through the assistance of the Oklahoma Higher Education Historical Society from microfilmed images. Where stains, color-fading, contributed marks or ripped pages were visible on the original, they also appear in the digital copy. NEO newspaper editions that do not appear on the website are not part of the collection at present. If you would like to donate a missing, damaged or incomplete copy of The Norsewind, please contact the NEO Library.

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