Drop period ends soon

Students are reminded that Wednesday, April 5, is the last day to withdraw any class with a guaranteed "W." Anyone after Wednesday and up until Friday, May 5, the grade given will either be "F" or "W." Students being the last day to drop classes at all.

The grade received until Wednesday will be left up to the instructor's discretion.

To drop a class a student should return a drop/add slip from the Admissions and Records Office located in the Daily Creek Library Administration building.

The student should take the form to his/her academic advisor and teachers for signatures and return the slip to the Admissions and Records Office.

Failure to return the slip without proper signature will result in the grade that would have been received if the student would have stayed in class.

CONTEST ELVES
Sophomore Angela Schremmer, of Luther, Iowa, and Tammy Stott, of Southwest, put the finishing touches on some of the posters that will be handed out during Saturday's 44th annual Aggies Day competition for students. More than 1,000 contestants are expected to attend the day-long event.

Student Body Government filing begins Wednesday

By Tanya Shepherd

Students interested in running for Student Body Government office may begin filing with Shirley Patterson's office located in room 226 of the Daily Creek Library Administration building, Wednesday, April 5 through the April 12. From April 12 until April 19 students running for office must campaign. Elections for student officers will be conducted Saturday, April 15, in the NEOF Fieldhouse.

Presidential candidates will learn a dance routine during the morning session. Closed tryouts will begin at 1 p.m. and continue through Friday, April 7.

Tryouts for the Student Body Government will begin at 9 a.m., Saturday, April 8, in the NEOF Fieldhouse.

Entrants for pig kissing contest set

One of the seven entrants in the Pig Kissing Contest sponsored by Phi Beta Lambda business fraternity will get the chance to kiss the pig during the annual Spring Fling, scheduled for April 19. Competing for the special honors are: Dr. Jerry Carrol, president of NEOF; George Weaver, chair of the business division; James Weber, English instructor; and Dr. George Largent, chair of the social work division.

Snack Bar area to collect votes. Each vote is one penny. The person who receives the most votes will receive the pig."
**Opinion**

**FRANKLY SPEAKING... by phil frank**

**Bad News on the National Front: Federal Mediators Have Just Gone on Strike...**

**Saturday holds special meaning**

Students, faculty, staff, and administration members are in for a real treat with the scheduled arrival of President Bill Clinton, and his entire family, to the NEO campus on Saturday. President Clinton, his wife Hillary, daughter Chelsea, and the dogs are slated to arrive at the Miami Municipal Airport at 2 p.m. Saturday. The presidential entourage will motorcade to the NEO campus and receive a seven-minute tour of the campus and our facilities.

After having breakfast in the college cafeteria, the President will visit the home of Dr. and Mrs. Jerry Carroll where he will enjoy an egg McMuffin and a Coke.

While visiting with Dr. Carroll and other officials from the college, President Clinton will discuss issues affecting higher education and the burden it places on the young people of today.

**Commentary**

Following a six-minute, in-depth meeting with college officials, President Clinton will don his jogging clothes and proceed to jog from Robertson Field to the college farm and back. Since he has been in 3,000 yards of strenuous jogging workouts throughout his entire presidency, he is expected to make the round trip in less than five minutes.

Once back on the main campus, President Clinton will be shown in Russell Hall before resuming his whirlwind visit in Miami. President Clinton is scheduled to meet with Miami city officials from 2:20 p.m. to 2:25 a.m. at the Ellis Lodge. The President will discuss the possibility of building a nuclear-waste disposal center in the old Greenleaf facility.

The President will motorcade down Miami’s Main Street at 2:30 a.m. to Air Force One and fly to the Bahamas for a two-week seminar meeting with Fidel Castro.

**School prayer important issue for legislature**

“Our father, Who art in heaven...”

The sentence has been omitted from the text. It is about the importance of school prayer in the legislative process.

For more than 30 years, the United States Government has banned public prayer in public schools. Now the issue has filtered up to the state level and has become an important issue that is being considered by the Oklahoma legislature.

The issue of prayer in school has been an emotional issue for a long time and now the government is going to let individual communities decide for themselves.

I can still remember when I was little, and you got to pray in the morning. I used to think that was the coolest thing ever.

This is a big controversial issue and it might bring prayer back, because they are violating that government official’s right.

Jennifer Mosse

**Inhalants are deadly**

**By Sara Gann**

Inhalants are drugs. Inhalants are defined in many ways, the pharmacological definitions state any alteration or effect on the body resulting in a change of body function.

Sedatives and gases used in inhalation abuse fit the definition of a drug. Inhalants can be the common household cleaner. Inhalants can change or alter the mental state of the mind. They can also change the effects of drugs and cause damage at the cellular level.

Inhalant drugs offer the almost perfect delivery system, they are rapidly absorbed by the brain. The rapid onset of effect from inhalant chemicals to the inhalants of effects on the brain and reasoning centers.

Tears and blood also travel to all vital organs causing damage and death to cells, along the way.

The brain is very sensitive to inhalant chemicals because of the large amount of fatty substances which are within the brain. The various solvents and gases seem to be attracted to the brain because of the fatty substances.

The alteration of time is common and is usually caused by the use of inhalants. Time moves slowly, stops or moves rapidly under the influence of inhalants.

Rapid mood swings and violent or aggressive behaviors in while the person is inhaling.

Recovery and judgement are altered from the use of inhalants. The lasting effects from inhalant abuse show learning disabilities, slowed cognitive processes, and inability to reason.

People under the influence of inhalants commonly hallucinate and may think of themselves as anything, jumping out windows to fly or fly other action resulting in their death.

Inhalants disrupt sleep pattern by altering the normal sleep patterns of the body.

Inhalants cause sleep problems and are a major cause of depression, anxiety, and other mental disorders.

The number of potential agents that can be used for inhalant purposes number in excess of 1,400 common household items.

As these products represent a real convenience and have the legal status as consumer products. Education to the hazards of inhalants is essential to prevent tragic outcomes.

The most recent federal statistics suggest that thousands of children and young adults have died from inhalation of toxic chemicals substances. Furthermore inhalant substances cause organ and tissue damage than any other drug abuse substance.

In 1990 the household drug abuse study showed that 9 percent of the eighth grade population had used inhalants in their lifetime. Age of use for inhalants seem to peak around the eighth grade (12 year olds). This particular age group is very impressionable and seek information from peers as to the use of inhalants.

Looking at the age distribution a bell curve of the 18 year olds would be at the peak and bottom sides of the curve would decline use. Nimox Ovaltine seem to be very popular in the college aged group. Signs of Abuse: Signs and symptoms of inhalant abuse are varied. The obvious signs of use may include plastic bags, empty paint cans, or abitset container in the bedroom or other out of place objects.

Avoid any starting noise or movement with the person under the influence of inhalants due to the possibility of a catastrophe or release/alteration resulting in a catastrophic heart stoppage.

Prevention of abuse requires a multiple focus on the cause. Inhalant chemicals must be recognized as a form of drug abuse.

The scope of availability of inhalant chemicals is so pervasive, it leaves only the educational route open for prevention.

Inhalant abuse is a combined effort from teachers, parents, and children to combat this trend.
Lifestyles

Changing habits can affect life

Add years to your longevity

You can enjoy better health this year and all it takes is a willingness to adapt lifestyle habits proven to increase the quality and longevity of life. "Because 75 percent of diseases are related to unhealthy lifestyles, the way you live is the way you live. "Health is a natural way of life. You need to think about how you can do to improve your health," said Kenneth Cooper, M.D., M.P.H., founder of the Cooper Aerobics Center in Dallas.

Every year, Americans spend $100 billion on preventable health care costs caused by lifestyle factors such as smoking, being inactive and overeating. Cooper's suggestions for improving your health are outlined below. Eat more fresh fruits, vegetables and high-fiber foods and drink more water. "Studies have found naturally occurring compounds in vegetables and fruits help protect against cancer. "High-fiber foods help prevent constipation and colon disease, and adequate water intake aids digestion, regulates cell processes and aids in new tissue development," Cooper said.

Exercise regularly and get enough sleep. Moderate exercise can control weight and stress, increase HDL (good) cholesterol and protect against hypertension. In one study, we found that moderate exercise for thirty minutes three times per week resulted in a 55 percent reduction in death from most causes," said Cooper.

A study at the UCLA School of Public Health found that six to eight hours of sleep is required for good health. Maintain a ideal body weight. Keeping your weight within a healthy range can help prevent high blood pressure, stroke, heart disease and cancer.

Stop (illegal) drug use and abstain from or limit alcohol consumption. Block drug use causes approximately 200,000 deaths in the United States each year, and the misuse of alcohol causes a minimum of 100,000 deaths each year," Cooper said.

"Alcohol affects the liver, intestinal tract, central nervous system and heart. Those who drink should limit their intake to no more than two drinks per day.

Stop smoking. Tobacco causes 100,000 deaths per year. About 85 percent of the deaths from lung cancer and 85 percent of all cancer deaths are directly attributable to tobacco use. Supplement your diet with calcium, vitamins C and E and beta carotene. Cooper recommends taking these supplements daily to protect against free radicals and help prevent certain illnesses.

Learn to make healthy choices. A high-fat diet increases your risk of heart disease, diabetes, obesity, high blood pressure and some cancers. cholesterol overload contributes to heart disease, and too much sodium is a factor in high blood pressure.

Wear your seat belt. People who wear lap and shoulder belts reduce their risk of death in accidents by 45 percent to 65 percent.

Schedule regular medical checkups and do appropriate self-exams. About 85 percent of individuals who receive an appraisal of their health risks from their doctor make significant lifestyle changes," Cooper said.

Keep immunizations up to date. Adults can protect their health with immunizations for influenza, pneumonia and tetanus. Obtain good prenatal care if you're pregnant. An expectant mother with no prenatal care is three times as likely to have a low-birthweight baby than one who receives adequate care.

Wear sunscreen and avoid excessive sun exposure. Limiting sun exposure and using sun block can greatly reduce your skin-cancer risk.

Yearbooks due in May

The 1995 edition of the Oklahoma yearbook is scheduled to arrive on campus by Friday, May 5, according to Money Frank, yearbook sponsor.

Anyone wanting to purchase a yearbook may do so by going to the business office and paying the $30 fee for the book.

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Why Petroleum Engineering?

- The average annual salary for petroleum engineers is more than $40,000. (See Journal of Petroleum Technology, October 1994.)
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- Simple opportunities to travel overseas and to work internationally.

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- For the past five years, 95 percent of our petroleum engineering students have found employment within six months after graduation, compared with 80 percent nationally.
- Substantial scholarships are available for qualified students.
- Small classes (10 to 15 student-to-teacher ratio) foster individualized 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) 631-3016.

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 labs. Just call us or send in the form indicating your request.

The university's Admission Office can be reached toll-free at 1-800-331-3030, or at (918) 631-2107, and E-mail at admission@utulsa.edu.

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Dr. Rogers assumes new role

By Audie Clark

Dr. Gary Rogers joined the NEO faculty as an adjunct English instructor, he knew he wasn't putting his education as a Certified Public Accountant to work.

But when long-time college business manager Jon Jones retired in December, Dr. Rogers found a chance to use his expertise. Not only does he get to use his accounting skills, but his PhD also comes in handy when dealing with this complex job.

"This allows me a chance to combine backgrounds," said Dr. Rogers.

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People

Forestry club takes a trip

Members of the Wildlife and Forestry Club took a natural resources trip recently to Oklahoma State University in Stillwater, according to Dr. Jim Gockel, club sponsor.

The students were able to look at the forestry and wildlife depart-

ent, talk to OSU students and instructors, and get a chance to see the facilities available.

The students received instruction on the use of various equipment used in forestry and wildlife management.

Earlier in the semester, the students made the same type of trip to the University of Minnesota. The students received a tour of the Superior Paper Factory and Superior National Forest. They were also introduced to forestry management.

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Spring drills feature uncertainty

By Chad Grelle

Sports Editor

Editor's Note: The following is the first of a six-part series concerning the spring drills of the Golden Norsemen football team.

Heading into the spring drills, freshman Scott Conduct is the man to beat in the race for starting quarterback.

The Norsemen will begin spring drills on Monday, April 3. Practice sessions will be Monday, Wednesday, and Friday before concluding May 4 with the annual Blue-White game at 6:30 p.m. on Robertson Field.

"There will be 15 total practice sessions with eight practices in shorts and seven practices in full pads. There will also be four scrimmages according to head coach Mike Loyd.

Conduct will battle Damon Harris, a freshman from Lawson, Missouri, and Greg Davis, a freshman from Madisonville.

"Right now, as we get set to begin practice, Scott is the number one guy. He's our coach's son and he's an intelligent player with a strong arm that's getting stronger," said Loyd.

"He's a good accurate passer with a lot of intelligence. He is also a threat on the option. He throws better out of sprint out and then five yard drops. But, he has the ability to run the option." Loyd said.

"Harris also has the ability to run the option and because of his athleticism, he will be available as well as others." Loyd said.

"I think Davis is too good of an athlete to not be on the field. He will see plenty of snaps at quarterback, but he will also see time at safety as well," Loyd said.

"He is a very good option type quarterback who is working hard on his passing game. If we were going to run about 80 percent option he would be the guy but right now we are going to try to be a balanced team." Loyd said.

"We're going to run and set up the pass with the run, but we will also go through a few with roll-outs and play-actions and play like that," Loyd said.

"We will be able to break up the outside zone and we will really try to help our inside running game and also a deep threat himself!" Davis said.

Davis said he is trying to play football for the first time in two years, but he has a lot of ability.

"He has a very strong arm and a pretty good passer but he is still new to the game and we are going to try to keep him back in the groove after not playing for an extended period of time." Loyd said.

"He works real hard and we will get some reps throughout the spring." Loyd said.

Lady Norse extend home winning streak

Leanne Tyler's fifth-inning single of the season propelled the Lady Norse to a 6-0 victory over Carl Albert Junior College Thursday at the NEOS softball field.

The third-ranked Lady Norse improved to 4-0 in the conference and 17-3 overall. Carl Albert fell to 1-3 in the conference and 3-3 overall.

Coach Woody Morrow's Lady Norse are in the Johnson County Invitational Tournament today and tomorrow at Overland Park. Kansas. NEOS will travel to Eastern on Wednesday and Bacon on Friday. In 12 games this season, Tyler has hit .667 with 15 hits in those 12 games and has a .667 on-base percentage and a .931 slugging percentage.

Mandy Edwards led the Lady Norse with a triples and a double. Lady Norse 6-4, Bacon 3-2.

In the first inning the Lady Norse went on to score the first run on a single by Mary Edwards in a game against Carl Albert last week on the 2-3 diamond. The third-ranked Lady Norse beat the Thunderbirds 6-0 and 2-0 wins over the Lady Vikings.

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Baseball team concludes homestand
With brief two-game trip to Midwest City

Concluding a 25-game homestand, coach Rick Raechel's Golden Norsemen visit Midwest City tomorrow at 4 p.m. doubleheader with Rose State College.

The Norsemen enter the conference tournament with a 3-4 record in the Bi-State. Prior to Wednesday's doubleheader with Iowa Western and Thursday's twinbill with Austin, Minn., the Norse are 10-8 on the season.

Coach Raechel's Golden Norsemen return home to face Bacon Junior College. Tuesday at 2 p.m. for a nine-inning game before hosting arch-rival Comets State in a 1 p.m. twinbill on April 8.

Norse 6-4, Coffeyville 0-0

After being shut out in the first game, the Golden Norsemen were able to shut out Coffeyville 8-0 in the second game. Veteran designated hitter Jack Burnett led the Norsemen to an 8-0 victory in the second game with a four-inning grand slam homeran.

The Norsemen were Burnett's fifth of the year as he also leads the Norsemen with 22 runs batted in. David Dale picked up his first victory of the year in three starts for the Norsemen.

In the first game, the Ravens scored nine runs on ten hits to defeat the Norsemen 9-3.

Burnett's fourth homerun of the season came in the bottom of the seventh as he led the Norse hitting attack.

Norse 6-4, Eastern 2-9

Sophomore righthander John Nuesmen scored his second victory of the year to lead the Norsemen to a 6-2 first game win.

Norse struck out five and walked four and went the distance for the Norsemen.

Matt Smilie led the Norsemen with two singles while Jake Schumacher and Burnett hit doubles.

In the nightcap, the Norsemen jumped out to a 10-run lead in the first inning but Eastern scored nine unanswered runs to gain a 9-1 victory.

Singles by Nick McDowell, Snitte, Justin Baron, and Matt George along with doubles by Burnett and Wes Swope, accounted for the Norse offense.

Seminole 12, Norse 8

The Norsemen were limited to just three hits in the third-ranked Seminole Trojans scored 10 runs to pick up a shutout of NEO.

Burnett, Baron, and Eric Caron picked up the three Norse hits.

Paul Crawford, Jeff Geist, Kevin Nyflik, Cory Coughlin, and Marc Hale each had two hits to lead the 12-hit Trojans attack.

Seminole 12, Norse 3

The third-ranked Trojans cruised to a 12-3 victory over the Norsemen last week at Homa Thomas Field.

Two-hit batters led to a five-run outburst in the first inning for the Trojans.

Barrett led the Norse going 3-for-4 with three singles. Coughlin led the Trojans' attack with a single, double, and a homerun.

Norse 12, Kirkwood, Iowa 2

Scoring six runs in the bottom of the first inning, the Golden Norsemen were able to cruise to a 12-2 victory over Kirkwood, Iowa.

The Norse were also able to pick up four more runs in the second inning as NEO received a pair of two-run homerruns from Dale and Baron.

Smilie led the Norsemen hitting attack going 3-for-4 with a single, double, and triple.
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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