Five instructors join faculty

Five new faculty members and two counselors started the fall semester, according to Dr. Jim Lowell, vice president for academic affairs.

Joining the social science department as sociology instructor is Susan Commercial, professor of psychology and policy studies in the political science department.

Counseling was hired at the Counseling Center of Central Florida and will also be on the counseling staff as a counselor academic advisor.

She has recently been employed at the Counseling Center of Central Florida and will also be on the counseling staff as a counselor academic advisor.

The daughter of computer science professor Dr. Smith, she has recently served as an academic advisor at NSU for students in undergraduate programs.

Joining the counseling staff is also a counselor academic advisor.

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President issues annual greeting

Dear NEO Students:

Welcome to Northeastern Oklahoma A&M College. This fall semester is a very exciting time which I am pleased to share with each of you. As a student, you will have the opportunity to expand your horizons both academically and socially. I invite you to participate in activities that are scheduled throughout the school year.

We have maintained our commitment of meeting the educational needs of the students who enroll at this institution. This institution has a proud history of dedication to academic excellence that has resulted in opportunities for thousands of students. Campus life offers opportunities for a full experience in drama, music, sports, and a wide array of cultural developments for each individual.

Facilities at Northeastern Oklahoma A&M College allow students opportunities to enjoy a truly comprehensive college experience. It encourages you to observe changes in the various buildings and campus grounds that have occurred during the summer months. We feel that these changes will enhance our academic areas as well as improve the campus for all students in many other ways. The NEO campus is truly a beautiful educational facility.

As the semester progresses, I would encourage all of you to become involved in college activities and to reach out to your studies and all of your academic endeavors at NEO A&M College. I wish the best for each of you during the 1995-96 academic year.

Dr. Jerry B. Carroll
President

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Eric Iverson assumes ladies softball duties

By Byron Bees

Former assistant baseball coach Eric Iverson has been named the new head softball coach for the Lady Norse according to administration and coaching director Bob Maxwell.

During the past four years Iverson has served as hitting instructor and infield coach for Rick Ris欥’s Golden Norse. Iverson replaces Woody Meier who resigned recently to coach at the University of Denver.

“I see this as a new challenge,” Iverson said. “I know what I can do as a coach and that gives me the opportunity to try my own program,” said Iverson.

A graduate of Tulsa Rogers High School in 1983, Iverson earned an associate of arts degree from NEO in 1988. Iverson played second base for the Norse from 1987 and 1988. He is currently completing a degree at Northeastern State University in Tahlequah.

“We think Eric has excellent coaching skills and is ready to assume head coaching responsibilities,” said Maxwell.

“Even though we have a solid nucleus, my immediate task will be to find a couple of starting pitchers. We’ve got a solid fall schedule, but we need pitching before we start,” Iverson said.

Maxwell resigned recently to accept a position as assistant women’s basketball coach at the University of Denver. Colville.

Lady Norse softball team earned a national 52-5 record last season as they finished second in the nation.

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Lady Norse volleyball receives volunteer coach

With the volleyball season opening in September, athletic director Bob Maxwell has named Richard Lux to serve as head coach.

“We were really going down to the wire and needed to get someone to come in and help us get this program off the ground,” said Maxwell.

When Woody Meier left as head coach, Lady Norse volleyball suddenly found itself in need of a new leader. By getting involved, Lux said he hopes to make the difference.

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WHERE TO GO

The following is a list of campus offices and their locations for students that need help with any number of problems.

Academic Areas:

- Dr. Jerry Carroll, president.
- Library administration building, room 201, ext. 6201.
- Jim Lovell, vice president for academic affairs.
- Library administration building, room 202, ext. 6202.
- Dale Patterson, dean of admissions, records and recruitment.
- Library administration building, room 212, ext. 6203.
- Tom Poole, vice president for fiscal affairs.
- Library administration building, room 213, ext. 6203.
- Jerry Douglas, agriculture division chair.
- Library administration building, room 213, ext. 6203.
- Bob Maxwell, behavioral science chair.
- Library administration building, room 213, ext. 6203.

Student Affairs:

- Dennis Karp, dean of student affairs.
- Library administration building, room 204, ext. 6234.
- Cheryl Butler, coordinator of counseling.
- Library administration building, room 205, ext. 6236.
- Flo Atkinson, school nurse-Dobson Hall.
- Library administration building, room 205, ext. 6236.

- Mike Watson, campus safety.
- Library administration building, room 204, ext. 6234.
- Brian Thompson, student activities.
- Library administration building, room 205, ext. 6236.
- Chris Davis, Student Body President.
- Library administration building, room 205, ext. 6236.

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Norse Wind

Friday, August 25, 1995

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Cecil, Chris L. Davis

NBC President

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918-542-4127 918-542-1440

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Sincerely,

Chris L. Davis
NBC President
FORMAL GREETING

Dr. Jim Lowell, chairperson, vice president for academic affairs, and Bob Maxwell, chairman of the behavioral science division chat with a student during a dorm orientation session held last weekend on campus.

Campus organization sets semester agenda

Phi Theta Kappa is an international honor society which strives to promote leadership, scholarship, fellowship, and service not only to the college but also to the community.

Students have the opportunity to enter regional and international competitions in areas of visual arts, literary achievements, music composition, and science projects.

To be eligible for membership, students must have completed at least 12 credit hours and must have a 3.0 cumulative grade point average. Provisional members are students that may apply if they were members of national honors society at high school.

Selections to membership are made at the opening of each semester.

Phi Theta Kappa officers for this year met on Tuesday at academic advisor Carol Smith's house. The officers made plans for upcoming activities and fundraisers.

A chapter meeting is scheduled for Thursday, Aug. 31, at 12:30 p.m. in the Bruce G. Carter Student Union cafeteria. Recognition for the new school year will be discussed.

If you are interested in joining PTK, please contact Smith in room 305 of Shriver Hall.

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LIFESTYLES

Setting goals and priorities

By Shelly Ng

News Editor

All too soon the summer vacation has drawn to an end. Many of you are still refining the42ment that you have had, already impatient for the next holiday to come.

You may feel a little reluctant to return to school after such a long vacation, handing in a paper on time in the classroom. However, you can be assured that once the semester gets started, it will pick up speed so quickly that you will be too busy even to remember your exciting summer.

Starting a new semester at NEO is, in fact, exciting as having a new school year. Just the fact that you have the opportunity to get educated is enough to be thankful for.

The fringe benefits, of course, include knowing friends, and learning to be autonomous and independent.

You may ask, "How should I start the new school year?" What should I expect?"

To have a clear idea of what matters to pursue in a good start for any student.

A college student is expected to be mature enough to consider his/her future profession. Brian Hancock, a speech instructor, suggests that students are their goals high, as high as possible, but they ought to be realistic.

"I've never seen anybody who has achieved something did not have a goal in mind initially," said Hancock.

Therefore, if you have a goal, you are on step ahead in the new semester. For those of you who are undecided, the advice is to think about your personal interest.

There may be those times when parents and peers ridicule your pursuit of a hobby.

There may have been times when you underestimated your potential in achieving your dreams, but now is the time to regain your confidence and say, "I want to work hard."

Having a major or at least an idea of what you want to do with your life helps tremendously in selecting the courses you take.

It will be a waste of time and effort to be studying subjects that will not contribute to your future career. Should you have any problems regarding what major to pursue and what classes to take, your academic advisor is the person you must consult.

There are also orientation at the college, as well as those from the nearby campus ministers, who want to help you.

Do not live an aimless life. Set up your goals today and start a fruitful academic semester and year at NEO.
**SPORTS**

**New center created for health**

**Will serve entire college community**

By Byron Beers

**News Editor**

Designed to meet the needs of a variety of clientele, the college has created a Wellness Center for students, faculty, staff, area citizens and anyone interested in improving their health.

The center is one of only two cardiovascular programs in the state. Commons State College in Warner has the other.

"The purpose of the Wellness Center is to provide the students, faculty and community with a place to workout in a convenient manner," said director Nancy Bishop.

Anyone that is interested in participating must pay $99 per semester for a five-hour class set by the State Board of Regents.

The classes will be taught by members of the physical education department. All of which will take part in a special seminar orientation type class at the beginning of the semester.

Each participant will undergo several tests of work rate in an one-hour period. "The tests will be various aerobic and weightlifting methods to make the participant physically fit," Bishop said.

"The goal of the class is not only to help the people get physically fit aerobically, but also to build muscle strength and tone as well," Bishop said.

The hours of the center will be from 6 a.m. until 8 p.m. Monday through Friday. All workouts will have to begin before 7 p.m.

"The reason we set the hours is so we can have somebody come in before or after work and also faculty members can come in before or after work and get their workouts," said Beth Maxwell, chair of the behavioral science division.

A supervisor will be on hand at all times with several students helping and faculty to monitor the workouts. There are two types of classes available.

"Swing and classes will be instructed by faculty members for students that feel they need someone to advise them in what they are doing," Bishop said.

These classes will be offered at 9 a.m., 11 a.m., and 1 p.m. in the Wellness Center.

"The second type of class is one that will be on your leisure. You will just be required to come in and workout three times a week on your own leisure," said Bishop.

In other class there is an orientation session that you must go through to participate.

"There will be a series of physical exams that you must go through. A member of the faculty will visit you in areas of cardiovascular, muscular strength, body composition and flexibility," Bishop said.

"You will have to do all these tests then you will go through a test to see what your maximums are on the weight," Bishop said.

Included within the center are walker treadmills, recumbent bicycles, fixed machines, jogging pads, stationary bicycles, and circuit training weight machines.

A pre recorded course will indicate when station changes should be made and a musical background will keep exercisers moving.

The Cardio-aerobic room is located in the northwest corner of the NEO Fieldhouse.

The center also includes a body parts/free weight room which is equipped for the more advanced weight workouts.

Swimming classes and a free swim time are available for those wishing to enhance their cardiovascular workout.

The center is part of a new Associate of Arts degree in Wellness designed by Bishop and Maxwell. The two-year program is designed to fulfill requirements for a bachelor of science degree on the university level.

"It will give students who would like to teach weightlifting and aerobics in high schools or fitness centers a chance to get an associate degree and also some excellent hands-on training in a fitness center," Bishop said.

These students will be considered for scholarships and even job interviews as well as the work study positions that are available.

"The Cardio-Circuit Fitness Center will help the people of the community and NEO get in better shape physically which is the trend that the United States has been going for a healthier lifestyle," said Maxwell.

The goal for the first year of the program is between 200 to 300 people per semester. Then, if the program has the success that is projected, the new center may not be able to hold the number of participants.

"Hope that we can get this program promoted and get people involved in being physically fit," Maxwell said.

"Students will work out on a weight machine for 60 seconds then change to an aerobic machine, such as stairmaster or treadmill, for 60 seconds, and they will repeat the process until they have gone through all 12 weight machines."

"This is all done to keep your cardiovascular rate up during your entire workout."

Anyone wanting further information should contact Bishop at 540-4242.

**Nineteen players sign baseball letters**

By Byron Beers

**Sports Editor**

According to head baseball coach Rick Ritschel, 19 players from North Carolina high school have joined Golden Norse fall drills.

"We had a very good recruiting year this year and we were able to sign the type of players that should make an immediate impact on our program," said Ritschel.

"Graduation hit us pretty hard and so several of these kids will have to step in and make major contributions."

Local Miami products joining the team are pitcher Scott Rapier and infielder Brian House.

Ritschel signed six players from the Tulsa area school system. Signers were Tabor Nathan Bland, catcher Jeffrick Cran and Stant Don along with outfielders Jason Knox and outfielder David Harris.

Pitchers Michael Buckingham of East Central and Johnny Sawyer of Bishop Kelly also signed.

Four players from the Skiatook buildings signing with the Norse are pitcher Brandon Forp, catcher Aaron Lakey, and outfielders Joe Hole and Heath Zimmermann.

Three members of the Bishop Spartans joining the Norse team are pitcher Gary Stacy, catcher Chuck Bell, and infielder Matthew Beller.

Catcher Derrick Roberts of Pottawatomie signed along with pitcher.

Cash Chromer of Parnum City, infielder Damon Eldred of Edmond, and outfielder Ryan Edmund of Woodward.

"We have some kids that can hit the ball and have good speed," Ritschel said.

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The Norsewind – the NEO A&M College Newspaper

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