Large Family Day crowd expected

Activities designed for variety of visitors

By Carol Dugan
Managing Editor

Family and friends of Northeastern Oklahoma A&M College students are invited to help celebrate Family Day 1995 Saturday, October 7, according to Cheryl Butler, NEO coordinating sponsor and organizer of the event. Family Day is one of the biggest highlights of the school year at the college. This is a great opportunity for families and friends to come and visit the campus and see their student's dorms, instructors, and experience some of the college atmosphere," Butler said.

Registration for the event is scheduled to begin at 11 a.m. in the Student Union Building. Families can enjoy lunch in the cafeteria from 11 a.m. to 1 p.m. or take time to visit downtown Miami. Special guest speakers will be introduced, and groups will be used to draw for door prizes on campus throughout the afternoon. There are many different tours Miami provides that visitors can use to get a feel for college life. Tours of the Historic College Campus, located on the corner of Fox and Main streets, and Main campus area are given between the hours of 11 a.m. and 4 p.m.

Campus tours and activities will begin on the college mall area at 2 p.m. Family Day events will include musical entertainment, arts and crafts displays, student organization booths, children's activities, drawings for giveaways from Chamber of Commerce merchants, and refreshments.

"We have done an extensive amount of teams and events in the past," Butler said. "We especially want to encourage those who are community members to bring their families out for the activities." Beginning at 5 p.m., visitors are invited to attend a talent show with special guest performers and students. Ticket price is $5 for the football game will be $6 general admission, $8 reserved, or $10 for VIP groups under 12.

The Golden Norse football teams will take on Trinity Valley (Texas) Community College beginning at 7 p.m. on Wednesday, Oct. 5 at Alumni Field. Ticket prices for the football game will be $6 general admission, $8 reserved, or $10 for VIP groups under 12.

Shore assumes director of financial aid position

By Shelly Ng
News Editor

Jeanine Shore has been named the director of financial aid, according to Tom Post, Vice President for Fiscal Affairs. Shore, from Weatherford, replaces Sherry Clayton who left the position two weeks ago.

"I last worked at Southwestern Oklahoma State University at Weatherford as a Student Loan Coordinator for seven years," said Shore. "I believed that, she had also worked for four years as a director of financial aid at Weatherford College in Weatherford, Okla.

Because of her contacts with other college officials, Shore became interested in the job at NEO. "I've always been familiar with the campus and the area through friends and family, and I knew the college through its reputation for being a great place to work." Shore said.

Her enthusiasm in her job makes her a great fit to the campus community. "I'm always looking for new opportunities to help more students. I want to make higher education accessible to all students," Shore said. "I'm excited about this new position, and I can't wait to get started." Shore added.

Sock hop makes campus appearance

Oldies lovers check this out! NEO is planning a dance party next week! The 1960s and 1970s theme "Sock hop" will be held next Thursday, Oct. 5, from 7 p.m. to 11 p.m. in the Bogue Auditorium Union Ballroom. It will be a night of dancing and entertainment present in the form of an all-fun sock hop party. Sock hop will be performed and coordinated by the Messengersingers and Jazz Band. Dance will be performed live by the Messengersingers and Jazz Band. Dance tickets will be sold at the door for $3. Advanced tickets for the event will be $2.50 per person and $10 per couple, or $15 per person and $25 a couple at the door. All proceeds will go to benefit the NEO music department and the NEO Foundation.

This will be a great evening of fun and entertainment for people of all ages to come and dance, meet new people, and have some of the songs they grew up with," said Emily Yancey, director of the development foundation.

Part of the evening's festivities will include door contests for the winner. "I'm excited about this new position, and I can't wait to get started." Shore added.

Student Body Government

Members of the Student Body Government adopted the theme Battle on the High Seas for the annual Homecoming festivities scheduled for Nov. 4.

"This theme represents the power and the courage of the Norsemen as they crossed the seas," said Chris Davis, president of the Student Body Government.

With more than 40 campus clubs and organizations, the Student Body Government would like to remind freshmen to start thinking of ideas for floats or decorations for campus buildings that will appear during Homecoming Week, Oct. 30 through Nov. 4.

"We want everyone to be involved in promoting this theme around campus. It is never too early to start working on ideas that will help make this the most successful Homecoming we've ever had," Davis said.

Also during the meeting last Tuesday of the Student Body Government, the members voted to reduce funding by $10 percent to campus clubs and organizations.

Because enrollment has declined, resources which support the fund for campus organizations are down.

"With fewer students paying the activity fee, the Student Body Government is faced with a budget reduction for the 1995-96 school year. All campus clubs and organizations will be notified soon," Davis said.

Phi Theta Kappa regional trip

Ten members of the Mu Chapter of Phi Theta Kappa, national honor society, recently attended the Oklahoma-Arkansas Regional Conference as part of their study trip for the 1995-96 school year.

The group of eight students and two sponsors attended the conference in El Reno at Rodeo Community College.

The purpose of the meeting was to help sponsors, officers, and members of PTK chapters learn about developing projects that will work towards winning regional or national recognition.

"Each year PTK chapters develop activities and projects that center around scholarship, leadership, fellowship, and service," said co-sponsor Linda Gower. "The areas are called "Harkness" and each chapter competes against other chapters across the country or region to earn a top Five Star Award." At the regional conference, participants divided into several groups and worked on mock projects aimed at helping members learn how to establish Harkness activities on their own campuses. The Mu Chapter has been awarded the coveted Five Star Award in the past.

Members attending the regional conference were, Chris Davis, PTK president; Commerce; Don Richards, Quapaw; Amy Rhine, Woyden; Kenda Gower, Rodeo; Roy Phipps, Woodward; Emily Yancey, Miami; Alene McDonald, Miami, and sponsors: David Smith and Linda Gower.

Thought for the week...

Whatever the majority of people is doing, under any given circumstance, if you do the exact opposite, you will probably never make a mistake as long as you live.

- Earl Nightingale
Students deserve prompt payment for college work

Now that we are finishing the 20th week of classes, it seems appropriate to discuss the situation that causes the most hardship on some students concerning payment for work completed in the college work study program. There are many of us students employed by the college because we thought it would be a good and easy way to make money, because we're too busy with school and other activities to get a real job. We realized that we would be receiving small amounts of money. However, this money is a great necessity. This money allows us to put gas in our cars, so we can go home to clean clothes, eat real food and get a break from campus. The money also provides us with a social life. We have to have money for everything in the world. In class, you just sit in the dorms by yourself while everyone else is having fun. Why worry if the college won't pay us on time? The work is still Mom and Dad. And of course, just like when we were all little and needed anything that cost money, Mom and Dad will just give us out in the backpack and pull $50 off the money tree.

When my parents found out I was getting workstudy money they turned the money tree over to my brother. My parents have a household that costs money to maintain. Plus they are paying for my college and yes they do give me spending money, but my car costs it before I do. Needless to say the money tree in the backyard is getting pretty thin.

None of this would be a worry if the college would pay us on time. Here is where most of us are on the wrong end of the deals. Teachers expect us to turn in papers on time. It is a job to practice on scheduled practices plus come in on our own time, and the teachers that are overseeing our workstudy expect us to meet deadlines and be at work on time everyday.

That doesn't leave too many free hours left in the week. but we all make time to do our workstudy. because we know we're going to get some money. High hopes were soon dashed when we were given the run around about why we weren't receiving our rightful paycheck.

When we signed up for the workstudy program we didn't realize we were signing up to be NCO's over worked, not paid gunny pag.

Rule change protects quarterbacks

Greg Lloyd said it first — very loudly and very emphatically — Nobody, not even NFL officials, will dispute the fact that the Pittsburgh Steelers play defense.

Adopted in the NFL's newly strengthened rules to protect the quarterback? Maybe. But after the blasting, attacking style that gets the Steelers to the AFC title game last season?

"No, no, no. we overreacted," Cowher said, displaying the same emotional passion he normally reserves for the sidelines.

"If we get a penalty, they get a first down and we just line up and try to stop them three more downs. But we IT NOT change the way we play football.

The Steelers cannot worry that officials are schizophrenic or not, might be overly protective of such stars as Dolphins quarterback Dan Marino, according to Lloyd.

The strangest combination of the AFC's best offense (Miami) against its best defense (Pittsburgh) was promoted as a possible preview of the AFC championship game.

"Dan Marino?" Cowher said, his eyes widening and brightness at the very mention of the name. "I don't think so. I think the officials are too professional for that.

Regardless, the Steelers clearly have found it difficult to tone down their aggressiveness to fit the expanded rules designed to protect quarterbacks.

Tied for the NFL lead in penalties (41) with the Lions and late, the Steelers drew eight defensive penalties in the second half against Houston. One was roughing the passer call on Lloyd, who was fined $2,000 for his punch hit on the Packers' Brett Favre.

The fine and penalty-happy seem to have subdued Lloyd's attack-first style, just as Cowher hoped it would be.

I will try to knock Mari now in next week," Lloyd said. "If the officials want to call a penalty, so be it. Are we going to go after Marino? What do you think?" We are not going to play passive defense.

"The league shows all those superstars of guys getting knocked around and knocked out of bounds and hitting in the air. They show that to the fans before the games. As soon as we do that, they throw a flag. That's very hypocritical. Until they get their act together, they can say anything to me they say to me or ask them to lay on me."

"Lloyd's attitude? If the penalties come, they come."

"Don't be surprised every week if there are penalties gone," he said: "Because we're not going to try to set back or play passive defense, let some quarterback just stand back there and never put pressure on him."

Cowher wants pressure, and he wants aggression, but said the Steelers have to be both and still not be overwhelmed with penalties.

"We're going to play the game the way we know how to play the game," he said. "We are not going to change the way we play football. It's like basketball, if the officials are calling hand-checking you have to adjust. In football, you have to be able to adjust... but we will not change the way we play football." Meanwhile, All-Pro cornerback Red Woodson underwent surgery to repair the torn anterior cruciate ligament in his right knee. Dr. B. Funston reported Woodson, who operated on John Elway last season, remained a piece of Woodson's right patella tendon to repair the ligament.

Woodson is not expected to play again this season, but, as his return has not been put on the injured reserve list. Woodson will return to his time with the team and the team and won't forget family day.

Stress tough to handle

To most of us the beginning of school sports up a whole new world of worries. During the summer we didn't think about having tests in our different classes on the same day, three different activity meetings at the same time, a part time job in the evening and all the while trying to maintain some kind of social life.

As we all get settled in and comfortable in our daily academic schedules the stress of those classes combined with our outside schedules begin to build up.

In a recent issue of Vanity magazine there is one tip on how to handle the 'activity overload' more effectively.

This helpful hint is that you should never attempt to take on more activities and responsibilities than you know you can handle. If you are to the type who can handle 38 hours as a student and four activities than go ahead and go for it. But, if you know your own capacity to be less than that then don't exceed that limit.

Although most of the time you can handle all that you get yourself involved with, there will be more than a likely a time when you feel those responsibilities creating stress on your nerves.

Through numerous magazine articles I have compiled my own three step program to decreasing the amount of stress you have on you.

For off all, I feel that everyone should invest in a planner that has the subdivisions of hourly, daily, and weekly schedules.

This will enable you to keep track of all activity meetings, social engagements, and every test that may soon be approaching.

Second, you should get a good night sleep prior to any important test or meeting you may have the following day. This factor will contribute to a better overall performance and therefore eliminate the stress a bad job could create.

Third, everyone needs a little time off from school. Thinking, reading, and learning torn will give you a little quiet time to relax. One leading cause of stress increase is the inability of people to find time to relax.

There are hundreds of ways to reduce stress in your life. We are all prone to have a little stress. Therefore, it is important for everyone to know how to control stress and not let it control you.
Simple changes can improve life

By Casey Atkins
Lifestyle Editor
What you eat and drink, how much you exercise and how well you cope with stress can have a major impact on your health and longevity.

"But even simple changes in your habits and lifestyles can provide longer health benefits," says Laura Lewis, author of 52 Ways to Live a Longer and Healthier Life. "Getting healthy doesn't have to be laborious. It's all about making better, more moderate choices."

Lewis offers the following tips to help you live a long and healthy life:

ANALYZE YOUR DIET

Keeping a food diary for at least seven days is the best way to analyze your diet; then you can take action.

Action tips:
- Write down every food item and beverage you consume. At the end of the week, calculate the number of calories and fat grams you eat.
- Nutrition and medical experts recommend that you get no more than 30 percent of your calorie intake from fat. If you consume 1,200 calories, you shouldn't eat more than 40 grams of fat, 1,800 calories 60 grams of fat, 2,400 calories, 80 grams of fat, or 2,500 calories, 85 grams of fat.
- Consider ways to modify your diet if you're eating too much fat.

MOVE IT

Regular physical activity can increase the efficiency of your heart and lungs, improve your circulation, lower your blood pressure and your cholesterol levels and reduce your risk of developing cancer, heart disease and osteoporosis.

Action tips:
- Get your doctor's OK before starting an exercise program if you smoke, have a chronic health problem, have been sedentary or are over 35.
- Begin by exercising for short periods of time. Build up your stamina by slowly increasing the length of your workouts.
- PUMP IT UP
  - Weight training can increase your metabolism and keep your heart, lungs, muscles and bones strong and healthy.
  - For every pound of muscle you gain, you increase your metabolic rate by 50 fat-burning calories per day, Lewis says.

LAUGH IT OFF

When you laugh, you lower your blood pressure and release endorphins, Lewis says. "Endorphins are the body's natural pain relievers."

LAUGH IT OFF

When you laugh, you lower your heart rate and reduce stress, Lewis says. "It is a stress reliever. Stress is a repressor of the immune system."

STRETCH IT OUT

Stretching lengthens your muscle fibres, increases your joint mobility and strength and improves blood flow and oxygen to your internal organs and tissues.

Small student loans now available

By Kelly Bland
Staff Writer
Small student loans are now available to enrolled students at NEO.

This money is provided to give the students an emergency loan. Students may borrow any amount up to $200. The interest added to these loans is 4 percent for $200 or more and 2.5 percent for less than $200 borrowed. This money is provided to give the students an emergency loan.

The only requirement for a student to obtain a loan is that their NEA (National Eligibility Index) be at least one. These loans must be paid back within three weeks.

Depotment

Check out these low prices:

- Quick Care 12 oz.
  - Finishing solution for contacts $2.86

- A O Sept. 12 oz.
  - Disinfectant for contacts $5.26

- Equate Saline Solution
  - For sensitive eyes
  - 12 oz. $1.27
Phi Theta Kappa starts baby food jar campaign

Organizing an effort to raise money for an Oklahoma charity, the Mu Chapter of Phi Theta Kappa will use the campaign as part of a community service project. The chapter is asking area people to bring in their empty baby food jars to several local day care centers.

The House Baby Food Company has offered to pay six cents for every label that the organization collects.

"We have chosen the Children's Hospital in Tulsa as the charity we want the money we collect to benefit," Amy Rhine, freshman from Miami and project coordinator, said.

"It is only a small contribution, but with enough people participating, we can make a huge difference in a little child's life."

The Phi Theta Kappa organization has placed collection boxes in several locations across town. They include the NEO OWLS Center, the NEO Child Development Lab, Lyons Preschool and Daycare at 215th NE, Joyful Learning Center, 180 East Steve Owens Blvd., Little Angels Daycare, 150 A NE, and Tiny Tot Daycare in Wewa.

"We hope instead of throwing away their empty baby food jars, people will leave them when they take their child to daycare nursery. Another child could benefit from their little act of kindness," Rhine said.

Anyone wanting further information could contact Rhine in room 303 of Shapley Hall or in the PTK office in the Student Union. OWLS Center provides valuable assistance for older students

By Nikki Hay

The OWLS Center is a study area for the non-traditional student. The OWLS Center is located in the Student Union.

In the center, there is a computer, a kitchen facility and a lounge available for the students. Plus, there are many student groups to help members get through difficult classes.

"Last year there were 260 paid OWLS members. The OWLS organization meets every Friday at noon," said Dana Hurley, coordinator of the program.

"During our weekly meetings we have speakers from the campus to speak on issues of interest and we also bring in speakers from off campus from different agencies such as Intertribal Council.

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NORSE WIND
Friday, September 29, 1995

SPORTS

Apaches set trap for Norsemen in a Texas conference contest

By David Burkhart Special to The

Resuming one of the most physical series in the college history, the number one ranked Golden Norsemen and Llano are set to meet in a 15-0 win at Ranger last weekend.

Even though the two teams have not faced each other since 1993, the Norsemen are no strangers to the turf at Rose Bowl. Last December coach Mike Leach and the Nordmen lost in the state championship game.

The Golden Norsemen have scored 28 of 31 touchdowns this season and have scored 25 of 31 points in the conference.

Coach Delton Wright's Apaches are 3-3 on the season following a 37-0 loss to ninth-ranked Blinn College in Tyler. Last year the Apaches finished 6-4 on the season and 5-3 in the conference. During Wright's five years as head coach the Apaches are 26-19-1 overall.

After averaging more than 400 yards per game in total offense, the Norsemen offense is in the capable hands of senior quarterback Scott Condit.

Condit has completed 25 of 47 passes for 486 yards and four touchdowns with four interceptions.

Freshman Reggie Skinner and sophomore Joe Stille will have to focus on the running game.

Skinner, who played eight man football at White Oak last year, has scored four touchdowns in three games and has run for a total of 447 yards on 44 carries for an average of 10.1 yards per carry and 109 yards per game.

Stille has carried the ball seven times for 15 yards and one touchdown.

Freshman Rodney Smith will start at wide receiver. Smith has caught seven of twelve passes for 130 yards and two touchdowns.

Sophomore D.J. Graham will start at flanker and freshman Mike Baldwin will start at the tight end position.

Graham has six catches on the year for an average of 22.8 yards and one touchdown.

Baldwin has caught two passes for 14.1 yards on the season.

Sophomore Braden Brown will start at center for the Norsemen while sophomore Mike Hilden and freshman Chad Felts will handle the guard duties.

Linebacker for the Norsemen will be sophomores Darren Jones and Sean McNamara.

While the Golden Norse offense is averaging 473 yards per game, the defense is holding their opponents to an average of 148 yards per game.

NEO will go with sophomores Adam McKelips and William "Buck" Buxton at the defensive end positions.

McKelips has recorded seven tackles and eight assists with two quarterback sacks and two caused fumbles.

Buxton has 12 tackles and nine assists with four quarterback sacks and a caused fumble.

Vikings Travis Jordan and Charles Little will start at tackles. Jordan has 14 tackles and seven assists while Little has made 11 tackles and 9 assists.

Starting at the linebackers positions will be veterans Calvin Underwood and Fred Perry along with freshman Marvin Galloway. Perry has recorded 12 tackles and 1 assist to lead the team.

Vikings Ryan Varvath and James Jones will start at corners with Steve Riedley at strong safety and Daniel Harris at free safety.

The Golden Norse secondary has registered eight interceptions in four games.

Tyler returns only two sophomores offensively as well two defensively in their starting lineup.

Led by freshman quarterback James Page (6-0, 255), the Apaches are a very young, inexperienced team which could explain their slow start.

Though coach Wright knows the caliber of the Norsemen's attack, he doesn't let the inexperience factor get his team down.

"This makes for a very interesting situation because our kids know what kind of program NEO has and they expect to do everything they've got just to stay in the game," said Coach Wright.

The Golden Norse return home Oct. 7, to host defending national champion Trinity Valley, Texas in a 7 p.m. Family Day contest at Robertson Field.

Condct provides offensive leadership

By Byron Beers Team Editor

Coming into the 1995 season sophomore quarterback Scott Condit had been cut from his previous school's coaching staff. Condit had been cut from his previous school's coaching staff.

Coach Mike Loyd talked to me about the tradition here, and one thing I did not get to do in school was win a championship and by coming to NEO I knew I would have that opportunity.

Condit is the first NEO quarterback in the past four years to not be a transfer coming in from a Division I school.

"I think that I'm out of the mold of what we are used to bringing in. We usually have a transfer quarterback," Condit said.

Coach Loyd told me that this is the first time in four years that we're not going to have a transfer come in and start," said Condit.

"It's good that the coaches had faith in me and I would do the job well and they wouldn't have to bring anybody in. That really helped my confidence.

Through four games Condit has filled his role perfectly. He has completed 25 of 47 passes for 513 yards with four touchdowns and four interceptions. He has thrown for 486 yards.

He did not start for the game with the Southeastern Kansas Junior Varsity because the Golden Norse traveled to Ranger, Texas four days later. In his first four games, Scott has played as well as any quarterback we have had here. Before the season started Loyd questioned whether or not he could get the job done, but he responded and played extremely well," Loyd said.

Considered a team leader by Loyd, Condit considers himself only an offensive team leader because of the sophmore leadership on defense.

"This year Condit must be a leader for the offensive backfield, but not for the team as a whole. We have a lot of sophomores on the offensive line that are team leaders," Condit said.

"We have had four quarterback backs in a row to Division I schools and I think Scott has played as well as any of those four. I have really been pleased with his progressions," said Loyd.

"Scott is a very intelligent player and offensive coordinator with great leadership and I think he will continue to improve. He gets a great attitude and is a very positive young man. He is a pleasure to be around as well as to coach," said Loyd.

With Condit's intelligence and his ability to continue to improve week in and week out, he could be well on his way to becoming an all-conference player and end the year as a Division I player.
Lady Norse experience brief fall scrimmages

By David Burkhart

Healing into his first year as head coach of the women’s softball team, coach Eric Henriksen, who was an assistant with the men’s program last year, is excited about the team’s prospects.

With eight returning sophomores and 18 incoming freshmen from last year’s 52-player roster up team, the Lady Norse expect to do some damage as the fall season rolls around.

An unexpected loss for the Lady Norse program was the depletion of All-American sophomore pitcher Leann Tyler in Oklahoma State. Tyler, who was from Melbourne, Australia, finished her freshman season with a 53-1 record and a 0.30 earned run average in 230.2 innings of work. Dianna Hubbard, a freshman right-hander from Preston, looks to be a solid contender for the top pitching slot on the staff.

Junior Cara Smith, from Commerce, will anchor the second position in the rotation.

"Our main strength this year will be our pitching," said Fors.

"Initially, we weren’t real sure whether our pitching would be strong, but a couple of freshmen have come in and shown they can throw the ball well."

Splitting time behind the plate this year will be sophomores Christy Britton and Dana Carlson.

"Eight players can catch and produce for runners in scoring position," Fors said.

"Definitely, our speed should be an asset in the outfield with our strong throwing arms. We should also be real solid up the middle and on the corners."
The Norsewind – the NEO A&M College Newspaper

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