Seven seminars highlight fitness

By Casey Adkins
Managing Editor

The Cardiac-Circuit Fitness program is offering seven seminars starting Thursday, March 27 through Thursday, April 22.

The seven seminars are free and open to any student, staff, or faculty that might want to attend.

The first seminar will be held on Thursday, March 27 at noon in the new gym. The seminar will be "Dress Headache Pain: Affect The Quality Of Your Life?" The seminar will be concentrating on how to reduce and manage the impact of a headache.

The second seminar will be held Tuesday, April 8 at 7:30 p.m. in the new gym. The seminar will be "Exercise and Pain Management." The seminar will be concentrating on how to reduce and manage the impact of pain.

The third seminar will be held Thursday, April 10 at 3 p.m. in the new gym. The seminar will be "Stress Management: For Your Health." The seminar will be concentrating on how to reduce and manage the impact of stress.

The fourth seminar will be held Monday, April 14 at 7:30 p.m. in the new gym. The seminar will be "Communication For Healthy Relationships." The seminar will be concentrating on how to reduce and manage the impact of communication breakdowns.

The fifth seminar will be held Thursday, April 17 at 3 p.m. in the new gym. The seminar will be "Finding Your Balance Between Spiritual, Physical and Emotional Wellness." The seminar will be concentrating on how to reduce and manage the impact of wellness breakdowns.

The sixth seminar will be held Thursday, April 21 at 3 p.m. in the new gym. The seminar will be "Goal Setting for the New You." The seminar will be concentrating on how to reduce and manage the impact of goal setting breakdowns.

The seventh seminar will be held Thursday, April 22 at 3 p.m. in the new gym. The seminar will be "Choosing the Right Doctor." The seminar will be concentrating on how to reduce and manage the impact of doctor selection breakdowns.

Computers enhance college Print Shop

By James O'Neal
Editorial Editor

Computers are becoming an immense tool in many areas of our lives, so in the case of the NEO print shop, which is managed by Kevin Effert.

Before the use of computers, a method called cut-and-paste was used in the print shop. Effert had been using this method for the last 15 years of being manager of the print shop.

The cut-and-paste method was to basically figure column spacing, advertisement placement, and photos for a page by cutting out the items and placing them on a graph before preparing them for print. The method was very time consuming and became somewhat permanent when finished.

This method was greatly reduced with the introduction of computers. Effert stated that "When we got computers last November, the job became much easier." The method of pasting that was previously used had to be done on location in the print shop. "When we got computers, we were able to do most of our work outside of the print shop," Effert stated.

"The Quark and Photoshop software are the most useful programs that we use here in the print shop," Effert stated. "These two basic programs are used to print a variety of items ranging from the Norse Wind to the Norse Stars Calendar," added Effert.

"We do all of the college printing except the catalogue and the class schedules," stated Effert.

With the introduction of computers, items which contain color are much easier and less costly to produce. "We are now able to print color brochures and recruiting booklets," added Effert.

OUTGOING OFFICERS

Serving as officers of Phi Theta Kappa for the 1996-97 year are, bottom row, from left, co-advisors Pat Crouch, Kendra Groves, and Carol Smith. Top row, Donna White, vice president for publications; John Papa, vice president for membership; Emily Tynan, secretary; Keith Lindermeier, president; and Kelly Garrett, treasurer.
Easter holiday Religion is important remains solemn part of Easter celebration

By James O'Neil

It is very evident that Easter has its good side; however there is the ever present shadow of commercialism.

I have come to the conclusion that in the event of the religious holidays given in the pagan side of the holiday, the pagan side is ever so increasingly taking over.

Easter was traditionally a pagan festival. It was combined with the religious aspects of Christ's resurrection because they happened to be during the same time.

Throughout the years, the candy, toy, and greeting card businesses have grabbed onto this like a fly on a1 cat's back.

Every year this is increasing (and the price of) popular items of the upcoming holiday.

I can recall that when we colored eggs at home we used simple food coloring. Now you have to buy an enjoyable Easter egg coloring kit with "egg holder included". Have you ever heard of anything like that before?

Not only are eggs colored, but specified in many different colored stickers and gifter. It almost makes it impossible to want to wear them open to the outside contents.

Everywhere you look, there seems to be cards, paper, place settings, posters, and many other things pertaining to the holiday, because basically put, it makes a profit.

For these actions, I would like to somewhat bring the most common of the pagan holiday; namely the Easter Bunny is a trial of sorts.

In a time of ridiculous trials held today, this should be the most ridiculous of all.

Imagine you will, a soft, loveable Easter Bunny sitting in the witness stand. What do you think he has done, however, that inside the trial

and suit is a poorly dressed man smoking a cigar. Kind of reminds you of Santa, doesn't it?

The following could be an excerpt from the trial:

Lawyer: Mr. Bunny, are you aware of the charges brought against you by the public?

Easter Bunny: You can call me Peter, as in Peter Cotton Tail.

Lawyer: That is irrelevant to the case, Peter. Please answer the question.

Peter: Ok, Ol, I am aware of the charges of exploitation of the people given to me.

Lawyer: Well what do you have to say about yourself?

Peter: I am a God's gift.

Lawyer: (after the murmur of the courtroom is heard the trial continues)

Lawyer: Can you tell us why you did it? In detail, please.

Peter: It was the eggs, man those colors made me crazy. Soon I wanted more and more. But they cost money. So I made the money the only way I knew how. I sold my image to numerous toy, candy, and novelty businesses to support my habit.

Lawyer: So let me get this straight. You are addicted to Easter eggs?

Peter: Yes, I suppose so.

Lawyer: How many dollars per person in the kindness of our hearts, we pray for the nation, in all fairness, will you join the EEA, or Easter Egg Anonymouse, as others know it.

Peter: That is so kind of you. From now on I will be a new bunny.

The only thing wrong with the following situation is that it could never be true. The Easter Rabbit is truly fictitious. It should be that if one wishes to celebrate the pagan festival, it should somehow be separated from the day that celebrates the resurrection of Christ.

Clean water essential to life

By James O'Neil

Many times in our lives, we tend to ignore a problem until it becomes out of our control. Such is the case of our current water supply contamination.

There is a way to prevent the dilemma, however, is very costly to alter and repair the current filtration system that exists.

The water supply is quickly becoming scarce as more and more pollution was being dumped into the water supplies for eastern Oklahoma and western Arkansas. The problem gets worse with time, such as with the toxic waste problems we had in the 50's and 60's. It is much easier to prevent a problem than to waste time and money cleaning up the spoiled waste.

The problem is simply too much poultry waste washing into the water supply system. There are more than 13 million chicken being produced annually at one time in area. The chicken population's waste output is about the same as that of nearly one and one-half million humans in terms of nitrogen and 3.8 million tons of phosphorus. That is the equivalent of 11 human persons living in facilities with no waste treatment.

Rainfall washes the chicken into the local water supplies, building extremely high levels of phosphorus and nitrogen. The process, known as nutrient enrichment, provides a large breeding place for unpleasant bacteria such as E. coli and coliforms.

This is evident at home, where there is a more frequent taste and odor problem in the tap water.

The water purification plants are now forced to resort to new measures. They add more chemicals to changing the filters more often, and aerating the current water supply more frequently. Drinking water is currently the most famous of the water contaminant problem. Many industries rely on good water quality to function their business properly.

The highest levels of nutrients occur during the growing season. They are highest during the winter months when most of the nutrient rich manure is spread on the land.

Land application of the fertilizer industry can become a problem. Those problems can be prevented with the development of better soil conservation.

The problem is actually not local, nor is it restricted to the waste from chickens, but other agriculturally related animals.

The second highest ranking waste deterioration of our water supply comes from the hog industry.

In 1994, nearly two-thirds of the nations hogs were produced by the E. coli 1 percent of pigs of all ages were from 2,000 animals.

In Illinois last year, a bro- chure group added 14,000 hog farm spilled 25,000 gallons of hog waste. This is the third highest of more than 3,200 fish along a 5.3 mile stretch of a creek water stream.

Something needs to be done because everybody drinks water, and everybody, with the exception of vegetation, is dependent on a certain kind of food or another form.
Baseball squad wins tournament

By Josh Masson

Attempts to play 14 games in seven days, the Golden Norsemen are midway through the first-annual NED Round Robin Tournament.

Coach Rick Ritches' Norsemen had compiled 6-5 overall record while standing 2-1 in the week-long tournament.

The Golden Norse were scheduled to wrap up the tournament Thursday but rescheduled their game Saturday with a 1 p.m. double-header at Rose State in Midwest City.

NED remains in the lead for the 2-1 victory over St. Gregory's and Shawnee.

Norse 8-Carl Albert 6

A strong pitching performance by Tony Ferguson and timely hitting carried the Norse to an 8-6 win over Carl Albert College last Sunday at Home Thomas Field.

Ferguson struck out four and walked four while allowing six runs on six hits.

Matt Bell, Jason Kose, Dennis Roberts, Tyson Edelmen and John Chadwick each contributed two hits to the Norse loss.

Ferguson's 5-3-1, Fort Scott 3-4

Sophomore righthander Mike Buckingham limited the Norse to three runs on seven hits to earn the Norsemen a split.

Behind a sparkling outing by sophomore lefty Jared Hoerman, the Norsemen blanked the Norse 5-1.

Carl Albert 12 - Norse 11

Unable to hold on to a 10-3 lead the Golden Norse surrendered a six runs in the eighth and three more in the ninth.

The early Golden Norse offense came off the arm of sophomore Michael Wilson with two, Jeff Dorey and Zach Hoffman.

Norse 3-1, Fort Scott 4-9

A solo homerun by leadoff hitter Todd Graham, the Norsemen defeated the Fort Scott Rangers 3-1.

Jeff Graham added a double and a single while Todd Graham added two doubles and two RBIs.

Norse 2-6, Iola 1

Sophomore Riley Stephenson and Tony Ferguson combined on a one-hitter to help the Golden Norse to a 2-6 win.

One again Wilson provided the punch with a solo homerun and two singles.

Norsemen 3-1, Bocca 10-7

The Norsemen fell behind 4-3 with three runs batted in, but Tiffany Couldin added a single and a double to help the Norsemen.

Norse 3-0, Tonkawa 14-6

The Golden Norse pitchers combined for a one-hitter in the second game for a 14-6 win, after suffering a 10-3 loss in the first game.

Senior Tony Ferguson, Buckingham and John Timmins led the pitcher's attack, while Bell provided the offense with three doubles and a two-run homer.

Ladies construct major winning streak

By Billy Buoy

Spring Enter.

After winning two of their three regular-season games last week, the Lady Norse resume their regular-season schedule on Friday with a home double-header against Carthage.

Coach Eric Iverson's Lady Norse currently stand 32-2-1 and 16-1 in the conference.

The Lady Norse return home next Thursday to entertain Coastal Carolina, No. 16-1-2, in a double-header.

NED 3-0, Carthage 1

Behind a strong pitching performance by freshman pitcher Lisa, the Lady Norse defeated Johnson County, Kan., in the final game of the Tournament.

Lisa, a right-hander from Dewey, struck out 13 batters while allowing Johnson County one run on three hits.

NED - Todd Gramer

After a five-run fourth inning the Lady Norse held on to defeat host Cordova, Mo., in the semi-finals of the Tournament.

Building on an earlier run lead in the fourth inning NED used four walks and an error as well as singles by Shonna Kerr and Fish to put five runs on the board.

Kerr hit a two-out double to give the Norse a 5-0 lead.

NED - Todd Gramer

Five runs in the bottom of the seventh inning put the Lady Norse ahead of the Cordova.

In the final game NED Matt Beller led the Norse attack with a three- and two RBIs.

The second game saw Wilson pace the Norsemen going 3-4 with three runs batted in, Taylor Edeen added a single and two RBIs.

Norse 4-11, Bocca 10-7

The Golden Norse pitchers combined for a one-hitter in the second game for a 10-3 win, after suffering a 14-6 loss in the first game.

Vikings Tony Ferguson, Buckingham and John Timmins led the pitcher's attack, while Beller provided the offense with three doubles and a two-run homer.
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