Bowl tickets available on campus

Norsemen face Red Ravens in Red River Classic

Two teams that are within a 50-mile proximity of each other will collide in the second-round Red River Bowl Dec. 5 at Bedford.

Buses available

The department of athletic media is planning to have buses to and from the game. The buses will leave and return by the Red River Bowl Dec. 5. There will be no charge to the fans.

Anyone interested should contact Shirley Patterson in Dry Hall at 828-6547.

Santa Claus is coming to town

Signs are on, and the doors are open to the 50th annual Adopt A Child Christmas Party is Monday and Tuesday from 11 a.m. to 1 p.m. in the Bruce G. Carter Student Union Lobby.

Santa Claus will make his annual appearance at the party scheduled for Monday, Dec. 1, from 6 p.m. to 9 p.m. in the Carter Student Union Ballroom.

Elementary school students have provided the Student Body Government with the names of approximately 200 less fortunate children in grades kindergarten through the third grade.

Students that adopt a child will need to contact the child’s parents before the party and make necessary arrangements.

We advise the “adoptive parent” to locate the child’s home before the night of the party,” said Shirley Patterson, coordinator of the event.

The students should purchase a gift for the child in the $5 to $10 range, wrap it, and place it under the tree in the bathroom before the party begins.

“We ask that the gift be clearly marked with the child’s name on the bottom of the package,” said Patterson.

The “adoptive parent” should pick up the gift at his or her home on the evening of the party or make arrangements in advance to meet the parent’s and the child at a specific place.

For the festivities the child begins either with a ride around town or a walk around campus.

Then the “adoptive parent” takes the child to the cafeteria for a free dinner and dessert.

“The students enjoy the party as much as the child does,” said Patterson.

The party begins at 6 p.m. with the singing of Christmas carols and the serving of refreshments.

“We want to encourage everyone on campus to get involved,” said Patterson. “It’s a great way for students to create a bond that can last for years,” said Patterson.

Anyone wanting additional information should contact Patterson on the first floor of Dry Hall or by calling ext. 6547.

“As above, all students need to remember that once you make the commitment to be an “adoptive parent,” then they should follow through so the child won’t be disappointed.”

TEST SCHEDULE


Exams are to be taken at time and day outlined below. There are no exemptions from final examinations.

All one-hour courses and any other class times not listed below will hold the final examination to the last class period of the final exam week.

All other course examinations will be held as follows:

**Monday, Dec. 7**
- Exam Hour
- MW 9 a.m.
- MW 11 a.m.
- MW Noon
- MW 2 p.m.
- Monday evening classes at regular time

**Tuesday, Dec. 8**
- TT 9 a.m. or 9:30 a.m.
- TT 11 a.m. or 11:30 a.m.
- TT 1 p.m. or 1:30 p.m.
- TT 3 p.m. or 3:30 p.m.
- Tuesday evening classes at regular time

**Wednesday, Dec. 9**
- MW 8 a.m.
- LDWT 10 a.m.
- MW 10 a.m.
- MW Noon
- MW 1 p.m.
- TT 10 a.m. or 10:30 a.m.
- TT 1 p.m. or 1:30 p.m.
- TT 3 p.m. or 3:30 p.m.
- Wednesday evening classes at regular time

**Thursday, Dec. 10**
- TT 8 a.m. or 8:30 a.m.
- TT Noon or 12:30 p.m.
- TT Noon or 12:30 p.m.
- TT Noon or 12:30 p.m.
- Other Day Times (Prior to 5 p.m.)
- 1:30 p.m.
- Thursday evening classes at regular time
American Cancer Society holds annual Smokeout

American death toll is estimated at 419,000.

Health care is also greatly affected by the use of tobacco. It drains the economy of more than $100 billion in health care costs, half of which are paid by government funds.

In addition to being responsible for 476,000 deaths from lung cancer, smoking is also associated with risks of the mouth, pharynx, larynx, esophagus, pancreas, stomach, cervix, kidney and bladder.

Since 1967 more women have died of lung cancer than breast cancer, which was the most common cause of cancer deaths for women for over 40 years.

In addition, approximately 2,000 adult non-smokers die of lung cancer as a result of second-hand smoke.

Cigarette smoke contains over 4,500 chemical compounds, including carbon monoxide, formaldehyde, ammonia, nicotine, acetaldehyde, hydrocarbons and other toxins that can cause cancer.

Based on The Environmental Protection Agency standards, four chemicals in tobacco smoke are known carcinogens. Environmental tobacco smoke, once inhaled, can result in aggravating allergic conditions, impaired blood circulation, bronchitis and pneumonia.

There are no safe levels of secondhand smoke. Policies to protect people against secondhand smoke can be enacted at the local, state, or federal levels.

Smoking requires several choices that effect several people's lives.

DO NOT go it alone. Reach out to family members and try to recruit other smokers you know to join you in quitting. Enroll in a counseling support program, either from a smoking cessation organization or part of an over-the-counter nicotine replacement therapy.

Copies with cravings can be difficult. Practice for the first 4 days:
1. Take DEEP breaths. Slowly inhale and exhale.
2. Drink lots of water throughout the day especially during a craving.
3. Do something else to get your mind off of the craving. Go for a walk, call a friend, chew on a carrot stick.
4. Delay reaching for a cigarette.

The urge will pass.

Eat meals slowly and pause between bites. Leave the dinner table immediately after finishing to avoid the urge to light up.

Try your best to stay away from alcoholic beverages. This will cut the urge to light up. Try instead club soda or spicy drinks.

Eat three meals a day. This maintains constant blood sugar levels, thus lowering urge to smoke. Avoid sugar laden foods or spicy foods that often trigger a desire for a cigarette.

Working out can be a great way to suppress a craving. Swimming, running and racket sports help release tension and act as an added bonus, you will be able to enjoy holiday feasts without having to worry about dieting later.

Choose your body of nicotine. Drink fluids, and I mean lots of them. Try herbal teas, fruit juices, caffeine free soft drinks and water (8-8 glasses daily). Avoid coffee, caffeinated soft drinks and alcohol because they increase your desire to smoke.

Society is getting more toward a smokeless society. In some areas, entire towns have banned cigarette smoking in public areas. It is unlawful to smoke on a sidewalk. Nightclubs have even jumped on the bandwagon and banned smoking inside.

If this is not enough to convince you to quit smoking, just think, ashes to ashes, you will eventually have to quit, whether you want to or not.

Suds destroy beauty of restored fountain

A week ago something happened on campus that has not happened in five years.

At a cost of $15,000 our fountain has been repaired again. Being in existence since 1964, the fountain has been repaired at least four times. The last two times, the cause of the damage to the fountain has been soup.

That is correct, soup! Many students have complained that the repairs have taken too long. Less than a week after getting it running, someone chooses to spew an immature stunt. It was the problem! Why would someone want to ruin something that has been established for all to enjoy?

This was an incredible act of vandalism and I only wish the previous repair expenses would have come out of your pocket (you know who you are). Possibly you would rather the fountain be taken out and bulldozed over. I am sure this would take the fun out of spoiling a work of art for fun.

Frankly it proves me off that the deliberate, destructive, malicious behavior of a few is a reflection of the rest of us who chose to enjoy and not destroy.
Thanksgiving is special

By Christine Maylock
Editorial Editor

It is an intriguing story on how Thanksgiving came about.

Plymouth Rock on December 11, 1620 was the site of the Pilgrim's landing. Their first winter was devastating and at the beginning of the following fall, they had lost 40 out of the original 102 who had sailed on the Mayflower.

After their first bountiful harvest, the Pilgrims did have a feast in 1621. This day, people often refer to as the "First Thanksgiving." This feast, however, was never repeated, though, so it can be called the beginning of tradition. It was not even termed by the colonists or "Pilgrims" as a Thanksgiving Feast.

To the devout religious people, a day of thanksgiving was a day of prayer and fasting and would have been held at any time that they felt an extra day of thanks was called for.

There were 90 Indians present at the three-day feast. Food was plentiful and consisted of venison and an abundance of wild fruit which would have included ducks, geese, turkeys and even wild turkeys.

More than likely, the huge feast was eaten outside, based on the fact that the colonists did not have a building large enough to accommodate all that were present.

It was on June 17th that another Day of Thanksgiving was proclaimed. On June 20, 1676, the governing council of Charlestown, Massachusetts held a meeting to determine how best to express thanks for the good fortune that had met the community so far. The proclamation was then written.

School nurse provides more than pills

By Merle Fleming
Assistant Editor

"The best medicine is to do for others, find someone to help," said Eloise Adkinson, school nurse.

Adkinson treats students and faculty with illnesses, cuts and scratches. She handles minor cuts and scratches and refers more serious injuries to a doctor. She handles minor illnesses like colds and the flu. She helps with other injuries such as sprains and broken bones.

"I have a budget that I spend on supplies," Adkinson said. "I spend their money better than mine," Adkinson said.

The supplies are given to the students free of charge with the exception of the flu shot. Working from 7:30 to noon in her office located in Founders Hall, Adkinson says she is always on call. She has had to go as far as DeLand or Daytona Beach for a sick student.

"I have a sick student that I had to go 100 miles to for. I have to make sure they get treated. I have to make sure they get to the doctor," Adkinson said.

Adkinson enjoys working with the students.

"I love working with the students. I love being a part of their lives," Adkinson said.

Adkinson graduated from Missouri University and earned her degree in nursing.

"I graduated when I was 18. I have 2 boys and a girl and grandchildren," said Adkinson.

Drinking enough fluids is one of the most important things Adkinson does. "My home phone number is in my office. I have had to call the hospital," Adkinson said.

"I have had to go to the hospital and had to call the doctor," Adkinson said.

Local doctors send medicine and record is kept with Adkinson in the nursing office.

"I have doctors back up. I can get a student a doctor's appointment that day," said Adkinson.

"Students are not to be left alone at home and are around many germs," Adkinson said.

DICK'S PLACE PIZZA
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SPORTS

Men cagers sweep three-games at home

By Billy Boy

Rebounding from a loss to Barton County, the Golden Norsemen used a three game home stand to improve to 5-1 on the young season. Coach Lonon Spencer’s Norsemen will be on the road Saturday for a 4 p.m. contest with Northern College in Topeka.

NEO 74-Semifinals 73

Playing fast and forth the whole game the Golden Norsemen held on for a 74-73 win last Monday at the NEO Fieldhouse.

Murray State led 31-26 before NEO used consecutive three’s from Shane Robinson and Antonio Anderson with four points from Marlon Green and a basket by Stephen Green to regain the lead 36-31. Four running out the half.

Seven points from Tigg and four from Robinson along with two from Anderson helped NEO extend the lead to 57-47 with 12:29 left in the game. Murray State cut the lead to 58-55 with 10:30 remaining with six straight points from Rondell Luster and two from Timmy Brice.

With 6:54 left on the clock Murray State cut the lead to five after field goals from Luster and Marvin Vehre and free throws from Brice.

NEO extended the lead to 72-71 after Robinson put back in a rebound and two free throws from Tigg after a 14-10 run.

Luster cut the lead to one after a jumper with 19 seconds left in the game.

NEO ran out the final seconds for a 74-73 victory.

Robinson led the Norsemen with 15 points while Tigg had 14, Marlon Green 13, and Wallace 12 points.

NEO 64-Coffeyville 54

Facing former NEO assassin Joe Hendrick’s Red Ravens, the Golden Norsemen defeated Coffeyville 66-54 last Wednesday in the NEO Fieldhouse.

The Golden Norsemen gained an early 6-4 lead behind field goals by Robinson, Atkinson and Stephen Green along with three points from Green with 14:40 left in the first half.

The lead extended to 15-4 after three points from Bell and free throws from Tigg along with a basket by Stephen Green.

Tigg three pointer and free throws along with Allen patrolback back the lead to 23-14 with 2:55 left in the first half.

Tigg led all scorers with 23 points while Robinson and Stephen green added 15 each.

The Golden Norsemen won by shooting a 75-56 victory to open a three game homestand last Tuesday at the NEO Fieldhouse.

NEO jumped out to a quick 9-0 lead in the first six minutes with six points from Stephen Green and a basket from Jager Allen with a free throw by Marlon Green.

Stephen Green led all scorers with 22 points while Tigg had 12 and Vennemann had 10.

Norse extend streak

By Billy Boy

Senior Guard

Using a four game home stand the Lady Norse defeated two ranked teams to remain perfect at 5-0 on the season.

The Lady Norse will be on the road Saturday in Topeka to play Northern at 2 p.m.

“We’re very pleased with the home stand we just completed and we hope we’ve elevated our play to a high level because we’ve got a couple of crucial Big Six Athletic Conference games on the road to finish out the week,” said head coach Randy Gipson.

Lady Norse 56/Semifinals 62

Playing the final game of a four game homestand the Lady Norse took advantage of a second half scoring explosion to put away the Semifinals 56-62 last Monday in the NEO Field house.

“Our game with Semifinals was interesting because it was a game of sports. Actually, it boiled down to sports better than ours because Semifinals is a pretty good basketball team. We were happy to come away with a win,” Gipson said.

Ross led all scorers with 24 points while Thompson and Battle added 12 points each.

Battle lead NEO with 11 rebounds to help the Lady Norse to a 26-14 rebounding margin.

Lady Norse 67-Coffeyville 58

Playing the second ranked team in a week the Lady Norse defeated Coffeyville 67-58 in blowout fashion.

“Coffeyville has some good size, but I never really presented us with some problems. But our kids hung there and found a way to win. I hope they exhibited a trademark that they will have for the rest of the year and that is the ability to find a way to win against over-whelming odds,” Gipson said.

Downing led the Lady Norse with 16 points while Thompson had 10.

Ross and Wicke led all players with eight rebounds each.

Lady Norse 54/Semifinals 67

Rallying from a halftime deficit the Lady Norse defeated Murry State 54-42 last Monday in the NEO Field house.

Murry State grabbed an early 25-13 lead behind eight points from Jean Anderson, three from Andrea Bocker along with two each by Cindy Parnen and Shantika Scott.

NEO extended the lead when Ross connected on two free’s while Battle added two to stretch the score 44-39 with 4:35 left in the game.

Four points each by Ross and Battle along with a layup by Robinson closed out the scoring for the Lady Norse down the stretch.

Ross led all scorers with 10 points while Battle added nine.

Ladies extend streak

By Billy Boy

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QUARTERBACK SACK
Sophomore all-conference performers Ramon Richardson (82) and Jorge Thomas (91) close in on Navarro College quarterback Jim Bird on a 12-yard quarterback sack during the second quarter of NEO's 26-25 victory over Navarro last Sunday at Robertson Field.

That's A Winner

YOU'RE DOWN
Paul Jones (9) tackles Fred Sassa (42) on a fake punt try.

Photos by DeLena Mincher & Lacey Mangum

CELEBRATION
Freshman defensive back Tyshun Foster celebrates the victory over Navarro.

CUTTING CORNERS
Golden Norse linebacker Joel Koehly (44) looks for the endzone on a 15-yard touchdown rush as Navarro defensive end and Chris Price (99) and linebacker Kenneth Banks (30) try to prevent the score.

UPSIDE DOWN
NEO wide receiver Shawn Mills carries on a conversation with Navarro linebacker Warren Kildies as cornerback DeMarcus Figgins (20) recovers from the collision.
Players earn all-league honors

Fourteen members of the Southwest Junior College Football Conference champion Golden Norse squad were selected to the all-conference team released Sunday. Among the 14 players, Golden Norse head coach Dan Patterson was named Conference Coach of the Year after guiding the team to a 6-5-2 record.

Patterson’s Norsemen are 8-3 on the season and were named to the conference’s all-time team. The team’s high-scoring offense was led by quarterback Rick Lamp (5-13, 210, 23) and halfback Dave Williams (3-5, 185, 28, 5), who were named to the first team. Lamp’s quarterbacking skills were complemented by the running of Williams, who rushed for 1,067 yards and 10 touchdowns.

Other Norsemen selected to the team were: running back and wide receiver Scotty Wheeler (6-3, 240, 3, 100), left tackle Frank Hensley (6-6, 355), nose tackle Frank Miller (6-2, 345), defensive end Brian Blackwood (6-3, 245), and defensive tackle David Williams (6-4, 340). All five were named to the first team.

Defensive end Danny Thomas (6-3, 240, Houston, Texas) was a unanimous selection at end. His 41 tackles, 14 for loss, and 4.5 sacks led the conference. Thomas was named to the first team and was selected as the conference’s defensive player of the year.

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The Norsewind – the NEO A&M College Newspaper

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