IN THE NEWS

Monday, January 24
Students with a valid ID card can swim free in the college pool located in the NEO Fieldhouse from 6 p.m. to 7 p.m. Everyone is invited to Hot Topics and Cold Cocktails along with the Neal Student Fellowship at 106 H Street Northeast.

Tuesday, January 25
All students are invited to participate in the weekly noon lecture at the Baptist College Ministry located just north of the main campus. Students with a valid ID card can swim free in the college pool from 6 p.m. to 7 p.m.

Wednesday, January 26
Officers of the Omicron Chapter of Phi Theta Kappa National Honor Society will hold a meeting at 12:15 p.m. in room 206 of Coop Hall. Everyone is invited to the Feast in the Word lunch sponsored by the Christian Student Fellowship located at the CFS building located at 106 H Street Northeast. Students are invited to the Baptist College Ministry on Saturday at 12:30 p.m. in the building located just north of the intramural gym. Any student with a valid college ID card can swim free in the college pool from 3:30 p.m. to 7 p.m. The Wesley Foundation invites students to a free lunch from noon to 12:30 p.m. in the building located just west of the Library Administration Building. Bible Study starts at 5 p.m.

Thursday, January 27
The Baptist College Ministry will host Noonday services in the building located just north of the main campus. A Homecooked meal will be the featured menu of Lunch/Place hosted by the Christian Student Fellowship starting at noon in the building located at 106 H Street Northeast. Students can swim free with a valid college ID card in the pool from 2:30 p.m. to 3:30 p.m. and from 6 p.m. to 7 p.m.

Friday, January 28
Students earning money on either state or federal payroll are reminded that tax cards are due by 5 p.m. Anyone wanting to see a movie may attend Movie Night at the Christian Student Fellowship located at 106 H Street Northeast. Students with a valid college ID can swim free in the pool from 2:30 p.m. to 3:30 p.m. and from 6 p.m. to 7 p.m. The GWU Older, Wiser Learning Students group will meet at noon in the GWU Center located in the Bruce Center Student Union.

Program receives accreditation

The college physical therapy assistant program has received notification recently it has earned complete accreditation status on behalf of the Commission on Accreditation in Physical Therapy Education of the American Physical Therapy Association. This occupational program in the Allied Health Department of the School of Human Environmental Sciences, has been a vital program in preparing students to enter employment in four state regional health care facilities as physical therapy assistants.

It has also provided the opportunity for those students wishing to continue on to finish their bachelor's degree to transfer colleges and universities.

James Compton, director of the NPTA program, and Sally Morgan, clinical education coordinator, prepared extensive documentation and program - - - - to meet the accreditation standards set forth by the APTA for this type of programs.

Students wanting information about this and other occupational programs in allied health should contact Kay Harris, department chairman at NEO.

Other allied health programs providing skills workers to the region include medical technology, medical assistant, and dental technology.

Marathon features art

Twelve new teams are among the 84 squads scheduled to participate in the 55th annual Northeastern A&M High School Invitational Basketball tournament that continues today and Saturday in seven Miami area gymnasiums. NEO students are admitted to all the games free of charge with a valid college ID.

Sponsored by the Texaco Oil Company and several Miami businesses, the three-day tournament begins at noon on Saturday at both the NEO Fieldhouse and the Miami Civic Center. The remainder of the second round games will start at 1:30 p.m. Other gyms scheduled to be used are the NEO intramural gym, Miami High School, Will Rogers Middle School, Commerce High School and Quapaw High School.

The finals for the boys bracket will be played at 2 p.m. on Saturday at both the NEO Fieldhouse and the Civic Center.

Ten tickets for either the day of the games still available. Tickets are $10 for adults and $5 for kids, $4 for NEO students.

Returning to the bracket titles in the boys section are the Miami Indians, Commerce, Clinton, Okmulgee, Chouteau, and Commerce. The boys brackets are also in the hands of the girls.

Noah, Delphian, Ponca City, and Pryor are just a few of the girls teams set to play this weekend. The girls titles are in the hands of the girls.

First-time entries for the girls include the Ponca City Indians, Miami Indians, and Commerce. The girls brackets are also in the hands of the girls.

The winners of this tournament will move on to the regional tournament in Stilwell.
A Student Newspaper Serving the Northeastern Oklahoma A&M Community

Feast stock judges earn honors...

The college livestock team finished as...
Students express various opinions concerning certain campus situations

By John Colby
Editorial Editor

This semester is turning out to be a good one.
For all of the freshmen, they
are finally adjusted to college life.
The first semester is always the
hardest because most people have
to adjust to the freedom of
not having parents nag them to do
homework, or wake up in the
morning, even the teachers don’t
care if you show up to class or not.
People had to learn what was
really important to them, which is
school.
Some students commented to
me on how nice the campus is.

Norse Wind

Sara Livingston
Managing Editor

Jon Owens
Features Editor

Mindy Fleming
News Editor

John Colby
Editorial Editor

Monty Franka
Advisor

Opinions expressed in the Norse Wind are not necessarily
those of the students, faculty, staff or administrators at
Northeastern Oklahoma A&M College. All letters to the edi-
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It is good for the learning
process if the students and faculty
are friendly, unlike some of the
larger colleges like UCLA,
Michigan, and numerous others
where the population are so high,
that it doesn’t feel like a family.
Not everything about this cam-
pus is perfect.
One student complained about
the many lines in the business
office and lunch room.
To solve the line problem, if
you have to go to the office or what
ever it is, it would be easier if
you could go to the office at around
eight o’clock.
When I need something at the
business office, I go very early or
right before it opens.
Lunch time is the busiest time
for the business office, so why go
during rush hour?
The lines at the lunch room
will never shorten.
So, when you are in line for
lunch, just be patient.
They are not going to run out
of food. Overall, this campus is a very
good one compared to others.
I have enjoyed every minute I
have been here.

I certainly appreciate
this chance to discuss
the problems I’m
having with your
anthropology course,
Professor...

Hey! Look, A
Squirrel!

I like squirrels!

Me, too. What’s
he doing?

He’s eating!

You know, I ate
a squirrel once!

Don’t say
that!

Hey there, He
goes up
that tree!
Students earn academic recognition with selection to president’s list

By Sara Livingston
Managing Editor

One hundred and nine students achieving academic recognition during the fall semester were named to the president’s honor roll according to Dr. Glenn Mayle.

In order to be selected to the president’s honor roll, a student must maintain a 4.0 grade point average while carrying no fewer than 12 hours.

The following students and their hometowns are:

Alfons: Rena Colinas, James Pyne
Alvon: Tyler Miller
Anderson: Mac: Jonathan Fetsch
Barlett: K.C. Dandice Minor
Bliektet: Patie Blieke- et, Kyle Winfrey
Brinley: Mathew Leudtke
Bryan: Mel: Emma, Hoh- ohnberger
Carthage: Mar: Grant
Kesor: Rex Pyle
Chebra: Billy Vicary
Chepatcha, Kan: Rhonda Scherber
Chickasha: Harri Bush
Columbus, Mo: Ryan Har- rington
Comanche: Shanna Ballard, Kent Boyd, Courtney Dooley, Jonathan Dubose, Amanda Georg, Katie Tippett, Donna Wells
Crete, Nebr: Travis Keller
Dunagan: Meisha Vann
El Dorado, Ark: Steven Lane
Fairland: Tana Jones, Kara
Turc, Lisa Vanhoose
Greeve: Doris Capps, Rebecca Dantis, Roberta Dell, Elizabeth Frack, Erin Kramer, Traci Larmer, Joshua Miller, Mary Morrow, Teresa Owens, Leslie Prather, Elissa Sanders, Matty Schacter, Susan Wagner, David Williams
Hollen, Mo: Pamela
Medina
Jesu: Crystal Clay, Melody
Demp, Alisa Phillips, Angela Solt
Kansas: Valerie Fields
Ketchum: Andrea Milton
La Junta, Co: Angie Russell
Lakeside, Conn: Jaime
Barron
Madison, Ind: Mathew
Schaefer
Miami: Jennifer Albaugh, Andrew Bertyman, Sarahnn Blandon, Jay Casy, Phillip Comdley, Carrie Corwin, Danielle Davis, Andrew Fattor, Jennifer Frizzell, Donna Gaudet, Matthew Hailey, Brian Han, Timothy Hopkins, Amanda Howard, Joyce Jenkins, Jared Keg, Heather Lee, Michelle Leonard, Cassy Lyons, Tara Mays, Beverly Mettis, Brenda Perry, Sandra Poe, Kevin Pinchak, Lindsey Saknien, Tonya Stephens, Russell Thain, and Anthony Voyles
Midwest City: Bradley
Culler
Novakas, Mac: Jordan Johnson
North Miami: Nichole Cibul
Ochobee: Scott Ingram
Okmulgee: Randy Avson

CLASSWORK

Sophomore Clint Babbitt of Delaware takes a break from doing homework on the computer in the lobby of Vann Hall.
Binge eating can become serious health problem

By Mindy Fleming
Editor Editor

Overindulgence is not generally the same as binge eating. Binge eating is defined as eating a large amount of food within a short period of time and not being able to control the amount consumed.

The amount of food eaten during a binge exceeds what most people would consume in the same time under similar circumstances. Holiday overeating, for example, would not meet this definition because it generally involves a conscious decision to overindulge and the amount consumed does not differ from that of the other meals.

Research on binge eating indicates that binges typically occur at times of stress, often in the evenings.

Binge eating was identified in 1959 but was not included in a medical diagnostic category until 1994, according to a recent study from "Focus on Health: Obesity, a common problem among people with BED, is associated with many health problems. On the other hand, dieting and weight loss tend to appear to contribute to binge eating, so most BED treatments prescribe no dieting. Many popular treatments for compulsive eating advise people to give up any goals to lose weight if they are to gain control over eating. Such treatments focus on helping individuals accept their current weight.

People with BED often feel helpless to make changes, several effective treatments are available.

Cognitive behavioral treatment of binge-eating disorder has certain treatments. Usually, it involves keeping a diary of food eaten, binge episodes and moods to identify patterns of events, situations or moods that trigger the binge-eating episodes. People are taught coping skills to help deal with stressors that contribute to binge eating.

Recent studies show that cognitive behavioral treatment can eliminate or greatly reduce binge eating in most people. Interpersonal psychotherapy, another short-term treatment typically used for BED, also has been used effectively to treat binge-eating disorder. Initial research indicates that such antidepressants may also be a result of overeating episodes are associated with at least three of the following: eating rapidly, eating until feeling uncomfortably full, eating when not hungry, eating alone, because of embarrassment, or feeling disgusted, depressed or guilty after overeating.
Ladies set record

After setting two school records and maintaining a third-place spot in the national rankings, the Lady Norse open play in the Bi-State Conference Eastern Division.

Following a trip to Batesville on Monday for a 6 p.m. game with Carl Albert, the Lady Norse visit Waterford on Tuesday to face arch-rival Comets State at 6 p.m.

Prior to last night’s game at Tahlahogga with Murry State, the Lady Norse stand 17-0 on the season.

Lady Norse 113-Western 72

Establishing an offensive juggernaut that set a new school single-game scoring record, the Lady Norse rolled to a 113-72 victory over the Western Oklahoma College Lady Pirates last Saturday afternoon, in the NEO Fieldhouse.

The 113 points eclipses the NEO school record of 110 points scored by the Lady Norse in a 110-62 victory over Otey, Ill. Nov. 26, in the Independent (Kan.) Thanksgiving Classic. The previous scoring record was a 109-64 Lady Norse victory in double overtime against arch-rival Comets State College in Miami during the 1995-96 season.

Rosand Ross led the Lady Norse with 22 total points which included 16 in the first half. Karen Lee contributed 19 points, Kenya White 16, Latina White 13, Charlotte Nelson 11 and April Pond 10 points.

The Lady Norse connected on 41 of 93, including 8 of 20 from 3-point range, for 44 per cent from the field. NEO shot 21 of 39 for 54 per cent at the free throw line. Tammy Sansom paced the Lady Pioneers with 17 points while Luxe Conwell and Hall combined for 14 points each.

Lady Norse 94-Cowderly 64

Aiming a record-setting performance by junior Rosand Ross, the third-ranked Lady Norse topped the 90-point plateau for the third consecutive game en route to a 95-66 victory over Cowderly Community College, last week, in the NEO Fieldhouse.

Ross, a 5-8 forward from Milwaukee, Wis., established a new NEO school record for most 3-point field goals in a career. She has connected on 108 of 289 from 3-point range during her career which eclipses the mark of 106 of 308 by Diane Pinson set during the 1989-91 seasons.

“Our girls did a great job the first half and really got after it defensively. We occasionally played really well because Cowderly is a good basketball team. Coach (Damni) Gower has really got us in here and we worked hard with our post people and it showed,” said Smith.

Ross led all scorers with 21 total points while Chesson contributed 15, Pond 14, Lee 11 and Crystal Bremer 10 points. Davis led the Lady Buccaneers with 14 points while Slinker scored 12 and Bivans added 10 points.

Lady Norse 85-Southwest 31-48

Taking advantage of this out-of-town team defeat, the Lady Norse crushed a 95-45 victory over the Southwest (Kan) College Junior Varsity, last week before a sparse crowd in the NEO Fieldhouse.

Freshman guard Kenya White scored 14 total points to lead the Lady Norse in scoring. Chesson, Latina White and Harris added 11 points each while Charlotte Nelson scored 10 points.

LADIES SET RECORD

Lady Norse sophomore center Latina White (5) grabs a rebound and goes back up for a basket in Steve Scott (44) of Western Oklahoma watches.

DESCRIPTION FOR IMAGE:

UP AND IN

Norse start league play

Opening play in the Eastern Division of the Bi-State, coach Donnie Spencer’s Norse face Carl Albert on Monday and Comets State on Thursday.

Both conference games tip off at 8 p.m. The Norse are 9-7 on the year.

Norsemen 79-Western 75

Clutch free throw shooting from David Arkin and Shon Robinson in the final 46 seconds enabled the Golden Norsemen to gain a 79-75 victory over Western Oklahoma College, last Saturday afternoon, in the NEO Fieldhouse.

Shon Robinson and Marlon Van Wormer scored 16 total points each to lead the Golden Norse in scoring.

Seth Adams led the Pioneers with 16 points while Mossman scored 13, Jones 12 and Howell 10 points.

West Plains 88-Norsemen 73

Unable to maintain a five-point halftime lead, the Norsemen dropped a 80-75 decision to fifth-ranked Southwest Missouri State University/West Plains, last week, in the NEO Fieldhouse.

Robinson led the Norse with 17 total points while Mitchell added 14, Arkin 11 and Anderson 10 points.

Mike Wallace paced the Griffon with 25 total points while Campbell scored 14 and Davis added 13 points.

Norsemen 90-Lake 68

Anthony Anderson scored 17 total points to lead the Norse to a 90-68 win over Lake, Texas, in the final round of the West Plains (Mo) Tournament.

Indian Hills 97-Norsemen 87

After making 47-77 at halftime the Norsemen suffered a 101-87 loss in three-time defending champ-

in Indian Hills in the first game.
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