Financial aid procedures

College cost increase

By Sara Livingston
Managing Editor

The small student loan has been a great benefit to the students," said Shirley Paterson, staff assistant to the dean of student affairs and administrator of the loans. Students may borrow up to $30 which must be paid back within three weeks. A charge of 25 cents is added to the loan of $10 or less and a 50 cent charge is added to the loan of $1 or more.

The charges go to future scholarships for students. To get a small student loan students must see Shirley Paterson in Student Affairs on the first floor of Dyer Hall through the week or on Wednesdays and Fridays between 8 a.m. and noon and between 4 p.m. and 6 p.m. Students must show a valid ID and be a full time student carrying at least 12 hours or more.

They must sign a promissory note to be taken in the business office, and that is where they will get the money," said Paterson. The business office is located on the first floor of the Deane Library Administration Building.

It is important to remember to pay back these loans. Additional charges are added to the loans if they are not paid back on time, and grades can be withheld. "Students may obtain as many small loans as needed, but only one at a time, and another one may not be obtained until the existing one is paid back," said Paterson.

Applications due

The cost of college tuition continues to rise, the number of students needing financial aid to complete their education is also growing, according to the Oklahoma State Regents for Higher Education.

The regents say $247.4 million in financial aid was distributed to 106,225 college students for the 1997-98 school year. About one-third of students at Oklahoma colleges need financial aid and one of the forms of loans, scholarships and grants is the Federal Family Education Loan Program.

The amount sought in 1997-98 is more than double what it was at the beginning of the decade when $341 million was awarded to 76631 students.

The loan must be repaid and interest is charged on the unpaid balance.

Applications for Federal Student Aid for the 1998-1999 school year are due as soon as possible.

Several forms of free money are available: grants, scholarships and Federal Student Aid. Students are encouraged to complete the Free Application for Federal Student Aid by April 15.

A fixed amount of money is available for each student who completes the Free Application for Federal Student Aid.

Contact your financial aid office for more information.

LEADERSHIP DISCUSSION

An unidentified member of Phi Theta Kappa National Honor Society talks to a group of visiting Salt Lake Community College students during a recent Leadership Conference held in the Brut G. Carter Student Union Ballroom.
**OPINION**

Internet shopping tax unnecessary

By John Colby

Over the Christmas holidays, Americans bought over 36 million gift orders online shopping. E-commerce is a booming business helping America's economy. To me it does not make sense for the government to tax shopping on the Internet.

Online shopping has created new jobs and increased profits for American shareholders. I believe to keep the business profitable and fairly inexpensive, the government should keep their hands and taxes off of the Internet.

This year, people spent $3.35 billion online. That is four times greater than the 1998 season.

The National Governor's Association claims the states are losing money from the no-tax on the Internet. That is bending the truth a bit. Every state had a surplus in revenue of at least $11 million.

A Federal Advisory Commission is investigating the states' claims based on no taxes on the Net.

There were a few options proposed to Congress: Create a national sales tax, which I believe will cause more problems due to the fact that the states will not see any of the money from that tax. Another option is to charge a local and state tax; I believe that is unconstitutional because states are not allowed to have interstate taxes. If you look in a catalog, you may have to pay for shipping and handling, unless you live in the state where the company is located.

Having the local and state taxes will make shopping online too expensive and will turn shoppers away.

An online poll states 60% of online shoppers will not shop online anymore if there is an Internet tax. The Internet was designed to benefit all citizens, not greedy politicians. The Internet should not be manipulated or exploited to benefit politicians. Americans do not want an Internet tax.

Actually, Americans are sick of taxes, so why would politicians want to create a new tax? Obviously they are not worried about voter backlash.

The only good Internet tax is no Internet tax.

**New standards set by OSHA remain unfair**

By John Colby

Many people enjoy working full-time at home.

Most people do as telecommuters and people who work with computers.

Many employers also enjoy these arrangements, but there are many advantages to working at home.

It gives people who work at home more time to spend with their children and families, it cuts down on rush hour traffic, which also reduces pollution, and it causes more flexibility on an increasing hectic world.

A federal agency, the Occupational Safety & Health Administration (OSHA), set new standards about work hazards. OSHA is applying 30-year-old industrial safety standards to our new 21st century technology.

It is almost ridiculous on some of the standards they want.

OSHA has become very picky where the employers can get fined for safety violations in a household.

Employers can get fined for non-ergonomic furniture, improper lighting, lack of first aid kits, substandard air quality, and "unsathle" stairs leading to home office.

To me, that sounds a little out of hand.

It shouldn't be the employer's responsibility for office work areas, it should be the employee's responsibility.

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**STREET TALK**

How much of a part do computers play in your daily life?

Marie Bowman, freshman

"I work with computers everyday at the video store that I work at."

Charles Haynes, freshman

"A computer helps me learn new things. It almost controls my life."

Jennifer Hughes, freshman

"When I use a computer, I'm either doing homework, or talking to my friends."

Derrick Higley, sophomore

"I hate those machines. I just use them to keep in touch with my friends."

Brooke Patterson, freshman

"Computers help with schoolwork like term papers and other assignments."
Academic dean selects students

By Sara Livingston
Managing Editor

One hundred and sixty-five students were named to the Dean’s honor roll for the fall semester, according to Dr. Barry Van, vice president for academic affairs.

In order to be selected for the Dean’s honor roll, a student must maintain a 3.5 grade point average while carrying no less than 12 credit hours.

Adrian, Ms. Andrew Bessman
Affton: Terri Gaveau, Ross Meyers, Robert Mills
Antlers: Brandi Smallwood
Ara, Mss. Justin Strong
Barberdale: Jennis Tinsman
Baxter Springs, Kan.: Sara Garris
Big Cabin: Stephanie Autry
Blackwell: Tyke Greer
Bluejacket: Carrie Biggerstaff, Kyle Denn, Michael Greeson, and Mitchell Hock
Broken Arrow: Jonathan Koont
Cahool, Ms. Janene Sorell
Cardin: Deirder Davis
Carl Junction, Ms. Laura Bets
Carrier: Cory Wolke
Carverville, Ms. Suetta Wyeth
Chehalis: Stephen Simmons and Chris Whinham
Chouteau: Eric Yoder
Cherokee: Melissa Erwin
Gina McDonald
Cahoba: Scott Wilcox
Comanche: Jonathan Anderson, Dustin Blazer, Mary Davis, and Angela Morgan
Cawson: Justin Small
Douglas, Ms. Stephen Snow
Donacon: Caiti Haller
Dewey: Casey Heron
Edinburgh Scotland: Charlene Wilson
Edmond: Tasha Macray
Fairland: Jennifer Boyd, Joseph Jones, Jesse Jones, and Michelle Redig
Fairview: Mss. Tonya Kenyon
Flinthaven, S.D.: Logan Schultze
Galena, Kan.: Cathy Tan
Gassville, Ariz.: Robert Benneker
Gater, Cody
Glasspool: Garrett King
Grunby, Ms. Zach Stockley
Greer: Jared Cash, Mark Laron, Charles Meyer, Angela Saakaloff, Brenda Smith, Michelle Sperandio, and Linda Thompson
Grove Beach, Calif.: Melissa Viera
Greer: Texas: Kathryn Soseh Breslow, Brenda Barnes
Houston, Texas: Kathy Barnes
Hobbs, Miss.: Annie
Isaacs: Jason Cook
Joplin, Ms. Heath Fogg
Bryan: Karl, Jared Lutman, and Kim Riedmann
Ketchum: Bethany Nicol and Tamara Suter
Kingfisher: Matthew Meyers
La Russell, Ms. Nathaniel Everts
Lawrence, Kan.: Jeremiah Kibler
Lehman, Ms. Kimberly Gauser, Nolan Gausso, and Terry Faison
Licking, Ms. Veronica Wade
Los Altos: Kris Johnson
Lowell, Ariz.: Johanna Mangel
Madison, Ind.: Mary Prater
Miami: Daryl Arnall, Aimee Arnold, Kyle Balderdyke, Jeremy Born, Joshua Bern, Kevin Beaud, Melissa Beazley, Kevin Brubaker, Isabella Burnell, Brenda Capes, Hsi Ling Cheng, Kaila Cole, Marley Collins, Priscilla Cruz, Michelle Dufek, Anne Grelage, Ronald Hinton, Steven Hodge, Amy Kibler, Katherine King, Sara Leonard, Roba Martin, Kristen Mas, Maria Moura, Mika Miller, Natasha Mietz, George Nockel, Matthew Naylor, Brent Ohe, Michael Perry, Daniel Powell, Carol Pyon, Tiffany Rasmussen, Gary Shadley, Alton Smith, Michael Sullivan, Maria Tamberino, Victoria Tietz, Jacob Walker, Katherine Williams, Kelly Wilson, Annie Wurtz, and Zachary Woodward
Midwest City, La.: Lauren Hendron
Monett, Ms.: Shawn Ragan
Montreal, Ms.: Brandon Whitt
Madigan: Prince Andersen
Newtonia, Ms.: Jennifer Rigg
Normo, Calif.: Michelle Bonnenstein
North Miami, Jeremy Glavas and Melissa Mahar
Noraska: Sue Karriner
Oklahoma: Brandon Miller
Oklahoma City: Clay Patterson
Owasso: Kevin Bell, Janna Neuman, and Stephanie Wood
Parsons, Kan.: Carla Daves
Pawhuska: Jessica Haffield and Jennifer Last
Pawnee, Ms.: Jason Higgins
Picher: Scarlet Myers, Jill Patterson, and Dustin Richardson
Penville, Ms.: Julie Worthen
Quapaw: Ashley Eber, Adrienne Gailey, Jared McKibben, Debra Tinsel, and Dustin Wall.
Quarton, Ms.: John Riley
Romney: Nathan Woodard
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Sand Springs, Zachary Connolly
Skagpwp: Jessica Wear
Saranac, Mss.: Randy Brink
Sonora, Ms.: Michelle Cox
Starkville: Rebecca Gray, and John Hoke.
Stowers: Eric Amsen
Stuart: Jackie McCurry
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**LIFESTYLES**

**Phi Theta Kappa develops program**

By Sara Livingston
Managing Editor

Phi Theta Kappa kicks off "Elementary My Dear," a school year's service project.

"Elementary My Dear" is a literacy program that was set up by Heath Bush and Washington Elementary School.

Phi Theta Kappa members go to the elementary school where they have free time and work with grades first through fifth.

"We basically help the children with their schoolwork, read to them, let them read to us, and help the teachers grade papers," said Heath Bush, Phi Theta Kappa officer.

Last semester in efforts to fight illiteracy, Phi Theta Kappa sponsored a book drive.

Washington Elementary students were able to get in first to a football game by bringing in a new book.

The books were given to the Community Crisis Center for the fortunate children.

"This year we hope to do another project, something along the lines as we did last semester to promote literacy," said Bush.

**Elementary My Dear...**

Sophomores Stacy Ingram from Ochenta, visit with students in Jane Clay's third grade class at Washington grade school in Miami.

**Excess worry can increase health risks**

By Mindy Fleming
Lifestyle Editor

"Worried about school? Worried about finances? Worried about everything? Worry can make you sick, even increase your risk of cancer, heart attack, and stress. Beat it before you worry yourself to death."

Chronic anxiety, worry that never seems to go away, it is a biologically based brain disease called generalized anxiety disorder (GAD) that is characterized by incessant worry, fatigue, sleep problems, muscle tension, a feeling of being on edge, and difficulty concentrating.

Four million people, mostly women, have it. Recent studies now suggest that it may triple one of the risk of heart attack.

GAD can be treated and controlled. The right type of counseling or medication may help. Or one might be able to keep in check with things as simple as exercise, prayer, or even what one eats for breakfast.

A little anxiety can be a good thing. It may keep one cracking the books in school, and it may encourage one to put a little of money back for an emergency. GAD is not a little anxiety. It is caused by a genetic glitch in brain chemistry that tells the body when it should and should not worry.

While many people worry about a problem until one comes up with a constructive solution, or decide to cut it out of one's mind until the person can, if one had GAD that can not be done. The brain chemistry will not allow that. Instead, once chemical messages are launched by even trivial concerns (Did I lock my car door?), chemicals keep flooding the brain cells that tell the body it should and should not worry.

4 Friday, January 28, 2000

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Norsemen enter divisional play

By John Pott
Sports Editor

After concluding a five-game road trip tomorrow in Altus against Western Oklahoma, the Norse return home for three straight games.

The Norse host Waynet at 8 p.m. Monday, Northpark on Thursday and Seminole next Saturday.

Norsemen 74-Murray 72

Withstanding a strong second half rally by Murray State College, the Golden Norsemen gained a 74-72 victory over the Aggies last week in Tishomingo.

Coach Mike St. John's Aggies built a 13-7 lead in the first six minutes of the opening half on six points by J. J. Tiley and a three-pointer by Byran Johnson and had it all but blown by Eric Halton and McFarlane Okoro.

Consensus 3-point field goals by Mike Van Wouderberg along with four points from Jason Low and field goals by David Aikin and Rickey Johnson created a 21-21 tie with 10:13 left in the first half.

Four points by freshman center Ben Bollay along with a 3-pointer by Rickey Johnson enabled the Norsemen to carry a 19-30 lead into the locker room at half.

With the end of the first half, Murray State coach Mike St. John charged the official crew complaining about several calls. The officials threw two technical fouls and ejected St. John from the game.

Sophomore guard Shon Robinson added seven points as the Mavericks pulled away to a 45-28 halftime lead.

Five straight points by Anderson along with field goals by David Aikern and Shon Robinson rallied the Norsemen to a 40-37 deficit with 16:27 remaining in the game.

Six consecutive points by Scott Price along with four each by Larry Reid and Josh Nichols gave Northern a 62-46 margin at the 10:39 juncture of the second half.

With 13 total points Rickey Johnson led the Golden Norse in scoring. Anderson contributed 12 points.

Newly led all scorers with 22 total points while Reid scored 14 and Robinson added 13 points.

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SPORTS

Lady Norse remain undefeated and ranked third in the nation

By Nadine Blakett

Following a trip to Western Oklahoma on Saturday for a 2 p.m. non-conference game, the third-ranked Lady Norse return home for a crucial three-game home stand.

Coach B. J. Smith's Lady Norse have won 19 straight games prior to a trip to Warner last night against Comanche State.

The Lady Norse maintain divisional foe Westark on Monday at 6 p.m. before hosting Northeast on Thursday and Seminole next Saturday.

Lady Norse 106-Murray 56

Unleashing an offensive barrage that generated over 100 points per half, the third-ranked Lady Norse crushed past the Murray State College Lady Aggies, 106-56, Thursday night in Topeka.

“We're playing pretty good team basketball right now. All 11 players are making major contributions each and every night. But, from here on we're going to be playing teams that are very good, so we'll need to get better every time we take the floor,” said Smith.

During the first 11 minutes of the opening half the Lady Norse built out to a 34-9 lead. Ten points by forwards forward Rosalind Rice along with five points by Lisa Song, four by Laura White and April Ponds three for Charlott Nelson and baskets by Stephanie Austin, Kellyaucken, Emma Ruffin.

And two free throws by Raven Lee accounted for the scoring onslaught.

Over the final seven minutes the Lady Norse received 14 points from Lee and seven points from Ponds to reach the 100-point plateau for the fourth time this season.

Lee scored a career-high 22 total points to lead the Lady Norse while Ross contributed 15, Ponds 15 and Austin 10 points.

Jeni Wilson led the Lady Aggies with 14 points while Andrea Booker and Kateri Wachal combined for 11 points.

Lady Norse 81-Northern 51

Overcoming a sluggish first 10 minutes, the Lady Norse gained a 10-5 lead late in the first quarter. The Lady Norse kicked into gear in the second half and outscored the Aggies, 31-10, in the third quarter.

The Lady Norse improved its season mark to 27-3 overall, 10-1 conference and ranked third in the nation.

In the game, Lady Norse forward Stephanie Austin (49) knocked down a three-point shot with 1:25 remaining in the game to push the Lady Norse up by 10 points, 80-70, to end the game.

Austin's three-pointer was one of seven she knocked down as she ended the game with a career-high 24 points. Austin was one of six players in double figures for the Lady Norse.

Lady Norse 101-Tarleton 72

The Lady Norse wrapped up their non-conference slate on Saturday with a win over Tarleton State, 101-72.

Alec Alley and Roberta White each scored 19 points, while Kari Ponds scored 13 points.

Two members of the Golden Norse football team named All-Americans

Two members of the Golden Norse football team were named All-Americans.

Sophomore linebacker Josh Scohey (4-1, 215, Del City) was selected to the NCAA second team all-American squad after setting several NCAA school records during his two-year career.

Scohey led the Southwest Junior College Football Conference with 1,134 yards on 214 carries and 15 touchdowns. He also caught 11 passes for 137 yards.

During his two-year career with the Golden Norsemen, Scohey became the first player in NEO history to rush for more than 2,000 yards with 2,306 yards on 439 carries.

He eclipsed the previous record of 1,928 yards on 347 carries set by Reggie Skinner for 1,928 yards on 347 carries set by Reggie Skinner in 1971-72.

Scohey also set a new school standard with 180 total points, 166 points scored on the ground with 164 points.

Two football players named All-Americans

Two football players named All-Americans.

Scohey also set a new school standard with 180 total points, 166 points scored on the ground with 164 points.

Two football players named All-Americans.

Running the offense

Favorek of the offense.

Two football players named All-Americans.

Two football players named All-Americans.

Two football players named All-Americans.

Two football players named All-Americans.
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