ANNUAL EVENT SET

High school math contest

The competition contains three divisions for small, medium and large size schools. Each school competes against one other to gain at overall average of their students’ scores, according to Berry.

“On an individual basis, there is a separate division for each category created by school sizes. Students take a test equivalent to the math they are taking in high school.”

The different tests include Algebra I, Algebra II, Geometry, Trigonometry, and Calculus.

“Our instructors in the math department work together in creating tests for the level of the students taking them. So it is a new and different test each year,” said Berry.

“The top person in each category of math in their division is awarded a $500 scholarship to come to NED providing they major in a math-related field. The top school in each division is awarded a plaque,” Berry said.

“We have the students fill out an interest form and then send them to the instructor with the major they want to take in college. This gives us an opportunity to attract the seniors to math day. I really believe this event helps benefit NED as a whole,” said Berry.

Students earn special academic honors

with selection to President’s Honor Roll

Students from 30 fun-size area high schools will gather on campus Thursday, Feb. 22, for the 12th annual Math Day.

“We use this as a recruiting tool for our school,” said Vickie Hurt, coordinator of the event.

Monday, February 19

Everyone is invited to Hot Topics & Cool Cut at the Christian Student Fellowship located at 106 H Northeast starting at 8:30 p.m.

All students are invited to swim in the college pool located in the north end of the Ned Fieldhouse from 3 p.m. to 7 p.m. and from 6 p.m. to 7 p.m., free of charge with a valid ID card.

Current members of the Student Body Government are invited to the bi-monthly meeting at 5:30 p.m. in the Bruce G. Carter Student Union Faculty Lounge.

All students are invited to participate in Noddy activities which start at 12:15 p.m. at the Baptist Collegiate Ministry located just north of the main campus.

The college pool is located just north of the north end of the Ned Fieldhouse. It is open from 2 p.m. to 6 p.m. for students to swim free of charge with a valid ID card.

Wednesday, February 21

All students are invited to the Feast No The Lordunch is noon sponsored by the Christian Student Fellowship located at 106 H Street Northeast.

Everyone is invited to the traditional Noddy activities at the Baptist Collegiate Ministry starting at 12:15 p.m. in the building just north of the main campus.

Free swim hours in the college pool located in the north end of the Ned Fieldhouse are from 3 p.m. to 7 p.m. with a valid ID card.

Thursday, February 22

Free swim hours in the college pool located in the north end of the Ned Fieldhouse are from 2 p.m. to 3:30 p.m. and from 6 p.m. to 7 p.m.

Friday, February 23

All faculty members are reminded that mid-semester grade reports are due by noon. If you have any questions contact Linda Oldham, dean of enrollment management and student records at 540-6212.

Students working on using the college work study of federal payroll programs are reminded that signed time cards are due to their supervisors by 3 p.m.

Anyone is invited to participate in “Happy Hour” during noon at the Christian Student Fellowship house located at 106 H Northeast.
State taxpayers should receive a pay raise

Editor's note: The following article was written by Brandon Dasher, research director for the Oklahoma Council of Public Affairs.

In the 2000 legislative session, teachers and public employees got their pay raise. This year it's the taxpayers turn.

Tax Foundation economist Scott Moody recently sent me a spreadsheet which illustrates why the hard-working Oklahomans need relief. Our tax burden is outweighing our income growth.

Between 1970 and 2000, Oklahoma's personal income increased 71 percent, but our state and local tax burden increased 111 percent. This must not be allowed to continue.

The recent census has reminded us that people vote with their feet, "moving to regions of the country where economic growth and low taxes are more likely to be found," as The Wall Street Journal recently put it.

It's time to cut taxes, and Lord knows there are plenty of them to choose from.

Every year the Oklahoma Tax Commission prepares a helpful chart called "Apportionment of Statutory Revenues by the Oklahoma Tax Commission." It's basically a confession of every tax they've committed that year.

How does the political class extract money from the productive sector?

Space does not permit me to count the ways. A mere sampling of the 49 different revenue sources will have to suffice: admission tax, aircraft excise, aircraft license, alcoholic beverage identification stamps, alcoholic beverage tax, alternative fuels surcharge, automobile operators license, beverage tax and license, bingo tax, charity tax, games tax, diesel fuel excise tax, documentary stamp tax, estate tax, farm implement tax stamp, firearms license, franchise tax, freight car tax, gasoline excise tax, gross production tax, income tax (individual and corporate), marginal well fee, motor vehicle collections, occupational health and safety tax, pari-mutuel tax, petroleum excise tax, pick six and pick seven tax, rural electric co-op license and tax, sales tax, sales tax on permit, sales tax vendor's lists, salvage dealers license, special fuel decal, special fuel use tax, telephone surcharge, tobacco tax and license, tourism gross receipts tax, tribal cigarette/tobacco payments, use tax, vehicle revenue tax stamps, waste tire recycling fee, workers comp.

And those are just some of the statutory revenues. Not included are things like hunting and fishing licenses, septic tank fees, private school licenses, hearing-aid dealers fees, barber licenses and fees, mobile home licenses.

Forgive me if I don't continue, but space does not permit it.

According to the Office of State Finance, the state collected revenue each year (taxes, fees, licenses, permits, federal funds, etc.) from about 463 different sources.

Legislators this year should concentrate on two of these revenue sources: the income tax (reduce the rate and eliminate the marriage penalty) and the death tax (kill it and become a "pick-up state").

The Oklahoma Council of Public Affairs (OCPA) has published research in each of these areas (available at www.ocpahq.org).

OCPA adjunct scholar Jim Hribar's "Strategic Economic Plan for Oklahoma" shows why lowering the income-tax rate will spur growth.

OCPA trustee Steve Berge, an accountant, has shown how the tax hits our poorest citizens. He was the first to point out that Oklahoma has its own marriage penalty, and has shown how to get rid of it. And in the OCPA report "Oklahoma's Death Tax: Not OK," law professor Ed McCaffrey, a liberal Democrat, shows why it's time to kill the tax and become a pick-up state (something Democrat state Rep. Clay Pope is advocating in a tax-cut package designed to "try to refuel this state's population").

State coffers are again hinges with excess money taken from the pockets of the people.

Yet when the people ask for tax relief, the reaction of high-spending legislators is like that of Superman to kryptonite.

Diet/exercise contribute to weight loss

By Jon Owens

Managing Editor

If you're trying to lose weight, (and who isn't these days?) what are the effective means to losing those extra pounds?

The first step is writing down what you eat daily. By doing this you will become aware of what is going into your mouth.

Unless under a physician's care and your morbidly obese diet pills are out of the question. If your body takes in more calories than it works off, it is stored as fat. There is no magic pill.

Diet and exercise is the old-age remedy for losing weight.

_CHANGE Williams, freshman

Tulsa, Oklahoma

"Yes, because African-American students at NEO need to know their heritage."

QUENTIN Callahan, sophomore

Duncan, Oklahoma

"Yes, so we can get more African-Americans to participate in things other than sports."

CHARI Chastain, freshman

Mount Vernon, Missouri

"Yes, because the African-American culture is so interesting."

TAVON Williams, freshman

Arcadia, Oklahoma

"Yes, so people of all races can learn more about the African-American culture."

ABBA Rutherford, freshman

Covina, Oklahoma

"Yes, because as students we need to experience every culture."
Dr. Wen enjoys multimedia job

By Jon Owens  Managing Editor

Coming from across the seas and making a home in Oklahoma, Dr. Roger Wen continues his first year as Multimedia Instructional Technologist.

Wen is native of Taiwan. As a term growing up, he did not get to participate in high school activities.

"The situation is different in Taiwan. Colleges and universities had the activities. The mentality for parents was to see that their children in high school gained hard work so they could get into college," said Wen.

"It was mandatory after high school in Taiwan to serve two years in the military. This is what I did," Wen said.

"I think the military is good for people. It gives you a perspective on the world. I just think it should be a little shorter than two years for mandatory service."

"So in that respect, it is sort of a waste of time."

"After the military, I went into the junior college to get my associate of science degree in international trade at Tamesi Oxford College," Wen said.

"In Taiwan, you pick your degree according to your school that you get accepted into which is done by a scoring system. So I had a high score and got into the school I wanted and then I picked my degree from the school in the hottest field."

"I started getting involved in college extracurricular activities. I was president of our singing club. I also was an administrative secretary and class officer."

"When I graduated from junior college, my sister was at Pittsburgh (Kan.) State University as a student. I decided to come to the U.S. to do the same. I went to PSU to get my bachelor's in business administration since it was close to international trade," Wen said.

"A good majority of my time at the university I spent trying to learn the language and business. The expression and the language were so different, but my friend helped me adapt."

"It was not really shocking to come to the U.S. and see the difference in culture. We have democracy in Taiwan. We have McDonald's and a lot of other major fast food restaurants that they have here."

"I decided to stick with school at PSU and get my master's in human resources which I thought was the most interesting aspect of business. I worked in the department as a research assistant," said Wen.

"I figured if I have gone this far, what would be a little more time in school and I went for my educational specialist degree," Wen said.

"During my college years at PSU, I met a girl who I ended up marrying. We got married in Las Vegas, Nev., at one of their many chapels."

"I pushed myself a little further and decided I wanted my doctorate of philosophy in technology teaching at the University of Missouri in Columbia."

"After getting my doctorate, I started applying for jobs and NEO was near Pittsburgh where I had so many friends and they offered me a job and so I took it."

"NEO provides me with a lot of challenges and everyday is different. It is a comfortable place to work. I like it here a lot," Wen said.

"What I do in this campus is to take care of the website. I am a computer evaluator. I also do projects and faculty training. I also help students and instructors use internet courses."

"The lab where my office is, we are for faculty and students who have instructors permission."

"Our lab contains CD/ROM and scanners and all the more advanced programs. Our lab is also part of the program that allows us to broadcast to Voita and Grove campuses," said Wen.

"I think this is a good job. One day I hope to be able to be a professor part time and work as a business administrator part time. NEO provides a lot for my goals. I like the rural friendly town atmosphere here, too."

Nursing director accepts new professional challenges

By Jon Owens  Managing Editor

Working as the new interim director and chair of the department of nursing, Patricia Hempmeyer faces new challenges.

Hempmeyer is a native of Wichita, Kan., and a graduate of East High School.

"High school allowed me to explore a little into my future," said Hempmeyer.

"NEO provides me with a lot of challenges and everyday is different. It is a comfortable place to work. I like it here a lot," Wen said.

"What I do in this campus is to take care of the website. I am a computer evaluator. I also do projects and faculty training. I also help students and instructors use internet courses."

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"I think this is a good job. One day I hope to be able to be a professor part time and work as a business administrator part time. NEO provides a lot for my goals. I like the rural friendly town atmosphere here, too."

"Our goal is the students. Anything I can do to help the students is what I am about. I also try to provide the instructor with what they need to teach."
LIFESTYLES

Workout habits can impact person's overall health outlook

By Jon Owens  Managing Editor

By now you've heard your friends, physician or maybe even your employer talk about the importance of exercise. Everybody's talking about it or doing it, but why is exercise so important? What are the benefits and how do you start?

Exercise is one of the most important things you can do for your mind and your body. Exercise helps you feel better, look better and decreases the risk of some diseases. It affects how you feel physically and emotionally and vice versa. Exercise can impact how you feel. Have you ever noticed after a stressful day of work how taking a walk can make you feel more relaxed or how much better you sleep after you exercise?

In as little as few weeks after establishing a regular exercise routine, you may feel some of the following mental benefits:

Increased energy, stress reduction, increased ability to relax, improved ability to fall asleep and stay asleep, decrease in depression and anxiety, improved overall mood.

Exercise can change how you look. Exercise burns calories and helps you lose body fat. In an hour of walking or riding or swimming you can burn 200-300 calories. Increasing the intensity of the activity will increase the number of calories you burn.

You need to burn approximately 3,500 calories more than you consume to lose one pound. So exercise, along with a proper diet can help you lose weight.

Exercise also helps tone your muscles. Losing body fat and toning your muscles will change the shape of your body. Study after study has shown that exercise can reduce in some cases the risk of disease such as heart disease, diabetes and osteoporosis.

If you have any illness or injuries you should always consult with your physician before beginning an exercise program. Normally they can give you guidelines for work-outs that you can handle.

Lose to moderate intensity cardio-respiratory exercises such as walking, swimming, bicycling and hiking can, in many cases reduce the risk of heart disease by reducing or eliminating some risk factors such as high blood pressure, obesity, and high blood cholesterol.

Exercise and a proper diet can help regulate blood sugar levels, cholesterol and increase fat loss, which can help decrease the risk of Diabetes.

Resistance training usually involves the use of weights when performing exercises including your own body weight helps prevent Osteoporosis. This includes doing squats, leg curls, leg extensions and the use of dumbbells using your own body weight.

Start out with a 10 minute walk or park your car at the far end of the parking lot. Walk up and down the stairs. Little doses will help your health greatly and how you look. So get started today!

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POWER LIFT

Photo by Danielle Boyd

An unidentified student uses the weight room located in the NEF Fieldhouse.

Two president’s honored Monday

By Danielle Boyd  News Editor

The original version of President’s Day was in commemoration of George Washington’s birthday in 1796, which was the last full year of his presidency.

Washington, according to the calendar that has been used since at least the mid-18th century, was born on Feb. 11.

By the early 19th century, Washington’s Birthday had taken firm root in the American experience as a bona fide national holiday.

Its traditions included BIRTHRIGHT BALLS in various regions, speeches and receptions given by prominent public figures and a lot of revelry in towns throughout the land.

The tradition continued, and in 1976, the year after his assassination, when both houses of Congress gathered for a memorial address.

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MONEY TALKS AT Harvey’s
Lady Norse remain atop conference

By J. R. Ross

Prior to Thursday’s trip to Seminole for a Bi-State Athletic Conference game with the Seminole Belles, coach B. J. Smith’s Lady Norse were ranked second in the nation and leading the conference.

With two weeks left in the regular season, the Lady Norse host North Arkansas, Monday at 6 p.m., before traveling to Tontawa on Wednesday for a rematch with Northern Okla-

homa.

Before the game at Seminole last night, the Lady Norse were 24-1 on the season and a perfect 15-0 in the Bi-State.

Lady Norse R1-Westerns 46

Balanced scoring and overall team depth carried the second-ranked Lady Norse to an 81-46 victory over the Western State College Lady Pioneers, last Monday in the NEO Fieldhouse.

The loss dropped the Lady Pioneers to 2-13 in the conference and 11-14 overall.

During the first six minutes of the opening half the Lady Norse constructed a 15-4 lead on four points each by April Ponds and Charlotte Nelson. Brandi Ross added a 3-point field goal along with baskets by Raves Lee and Lucimars Silva.

Ross led all scorers with 15 total points while Silva scored 12 and Kerja White contributed 11 points.

Katrina Hall paced the Lady Norse with 13 points while Nikki Campbell added 12 points.

Souza and White each grabbed seven rebounds as the Lady Norse held a 32-26 edge on the boards. Hall collected eight rebounds to lead the Lady Pioneers.

STOPPING THE DRIBBLE

Photo by Danielle Beed

Lady Norse freshman guard Rachel Power (11) tries to force Western State College guard Sabre Parks to pick up her dribble during a game last Monday in the NEO Fieldhouse.

Men win two in a row

By J. R. Ross

With just two weeks left in the regular season, coach Lonnie Spencer’s Norsemen continue to battle for a spot in the Bi-State Athletic Conference playoffs.

Prior to a trip to Seminole last night, the Norse had won two games in a row and were 7-8 in the conference and 10-15 on the season.

The Norse return home Monday for a 6 p.m. contest with North Arkansas before traveling to Tontawa on Wednesday to face Northern.

Norsemen R1-Westerns 63

With four players scoring in double figures, the Golden Norsemen earned a 82-63 victory over Western State College, last Monday in the NEO Fieldhouse.

Sophomore forward Mark Elzner scored 12 of his game-high 21 total points in the first half to lead the Golden Norse in scoring. Veteran guard Jaymar Love and freshman center Brandon Queen combined for 17 points each while fresh-

men forward Shiloh Shores contributed 16 points.

Western’s only lead of the entire game occurred after a field goal by Carey Hughes to start the contest.

Jermichael Simon paced Western with 18 total points while Harry Williams contributed 11 and Dennis Guza added 10 points.

Love and Shores both grabbed eight rebounds each, even though Western held a 37-34 edge on the boards. Simon led Western with seven.
Baseball season starts Saturday on campus

There is definitely talent on our pitching staff. But it’s hard to win early and there will be a weakness. As they get time on the mound, they will get stronger and mature into a very versatile pitching staff,” said Ward.

Returning to the mound for the Golden Norsemen are right-handed Brandon McBride and left-hander Adam Risauna. McBride (5-11 from Gilson) worked 23.1 innings as a freshman and compiled a 1-1 record with two saves. McBride struck out 19 and walked nine while posting a 6.30 earned run average. Risauna (6-0 from Golden, Colo.) appeared in 17 innings with a 1-1 record as a freshman at New Mexico State University last season.

Senior Hal Bissel returns to handle the closer chores for the Norsemen. Bissett, a 6-4 right-hander from Lake Stevens, Wash., will also start at shortstop. Last year Bissett pitched in 11.1 innings with a 1-2 record and a 3.36 ERA. As a starting Bissett was 3-8 with 13 doubles, two home runs, 42 runs scored and 27 runs batted in. He also stole nine bases.

Freshman right-hander pitching prospects are Danny Bean (5-10 from Berryhill), Bury Coppinger (6-3 from British Columbia, Canada), Bobby Dolan (6-2 from Manhattan, Thomas Hall (5-11 from Manhattan), Dan Hilling (5-6 from Woodville, Wash.), Matt Mangels (6-6 from Kansas City, Mo.) and Derek Whitman (6-2 from Pawnee).

Left-handed freshmen pitchers are Mike Carpenter (6-6 from British Columbia, Canada), Michael Glenn (6-3 from Cabot, Ark.), H.C. Lett (5-5 from Dale City, Fl.), and Evan Neter (5-8 from Vilonia, Ark.).

Two freshmen, right-handed infielder Jeremy Beach (6-2 from Seattle, Wash.) and left-handed outfielder Greg Wintherhalter (5-2 from Columbus, Kans.) could also see action on the mound.

“We have the way our pitching staff is set up that our top four pitchers are our conference pitchers and then five and six are our spots that can develop into our rotation. Right now, we’re a little uncertain as to our specific rotation because we don’t know which freshman will perform better than the next,” Ward said.

“Nate is a Division I talent and has worked hard enough on his pitching mechanics. He is a great pitcher and thrower behind the plate and is very intelligent,” Ward said. “Beau will probably be our starting left fielder and he could also see some time at third, second or first. He is a very solid receiver and he’s the type of player that has to be in the line-up.”

As a freshman Blackens hit 299 with 13 doubles, seven home runs, 31 RBI and 20 runs scored.

Sophomore Justin Small (5-11 from Highland Ranch, Colo.) will start at first base. Vanbandl attended New Mexico State last year, but did not participate in baseball.

“Mike had an incredible fall as a left-handed hitter and he can be a very solid defensively up the middle,” Ward said.

Sophomore Danny Langdon (6-1 from Blackwood) and freshman Nick Masoun (5-8 from Miami) could also see considerable playing time at second base.

Langdon hit .286 with 11 runs scored and 10 RBI as a freshman. “Both Danny and Nick are very reliable defensive and they give us pitching they have on the field.”

Providing quality back up to Bissett at shortstop will be sophomore and freshman Jeremy Beach (6-2 from Seattle, Wash.)

“Beach is expected to share time at third base with sophomore Justin Wills (5-11 from Thornton, Colo.),” Ward said.

Junior Aaron Darien (5-9 from Tulsa), “We’re really deep defensively in the outfield. We’ve got several kids with good arms and better-than-average speed.”

Joining Blackens in left field will be freshmen Kevin Tumhill (6-1 from Chantilly, Kan.), Robert Cooke (5-9 from Tulsa), Winterhalter, and Glenn.

Sophomore Scott Stacey (5-10 from Mountain Home, Ark.) and freshmen Aaron Karowski (5-10 from Bix, Wash.) and Josh Gibbons should share time in center for the Norsemen.

Senior Sherry (5-10 from Mountain Home, Ark.) and freshmen Aaron Karowski (5-10 from Bix, Wash.) and Josh Gibbons should share time in center for the Norsemen. Sherry hit .280 with 11 runs scored and two RBI as a freshman.

“Our starter in right field will depend on what kind of pitcher, left or right, that we might be facing. We’ve got the kind of flexibility with our depth.”
The Norsewind – the NEO A&M College Newspaper

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