Festivals set for next week

By Jon Owens
Managing Editor

Get ready for an "invasion" of music students on campus next Wednesday and Thursday, according to the annual music festival.

Junior high school instrumentalists and vocalists from Oklahoma, Kansas, Arkansas, and Missouri will perform in the festival.

The festival will feature student performances, orchestra, and bands. The festival will take place from 9 a.m. to 4 p.m. on both days.

The festival will be held in the Northrup Music Building.

Rally concerns tobacco issues

Students visit Oklahoma City

More than 300 teenagers from across the state of Oklahoma will come together Wednesday, April 4, in Oklahoma City for a rally concerning tobacco issues.

The St. A.R. rally is a project sponsored by the American Cancer Society, Heartland Division, Inc.

The American Cancer Society is a national, community-based, voluntary health organization dedicated to the elimination of cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

For more information call (800) 733-9888.

We encourage all students to come to the rally and to the auditorium as well as other festival sites to listen to music. It won’t cost them anything,” said Smith.

The following day begins with a visit to the state capitol.

Group slated talent show for everyone

Reservations are still being accepted for the campus-wide Talent Show scheduled for Wednesday, April 11, 7:30 p.m. in the Bruce G. Carter Student Union Ballroom.

Sponsored by the Young Democrats organization, the registration fee is $2 for a solo/duet or $5 for a group.

“We especially want to invite members of the faculty to participate,” said Joe Stier, organizer of the event. “We aren’t going to charge them, but a donation would be greatly appreciated.”

Sign-ups will continue on Monday, Tuesday, and Wednesday during lunch in the student union.

Anyone wanting further information can contact Stier in room 106 of Dyer Hall.

“We’re using these proceeds to attend the State and National Young Democrats Conventions this summer,” said Stier.

Teacher of the Week

Byron Fost, agriculture instructor, was recipient of the eighth Teacher of the Week award.

Dr. Jones received a certificate and a fine lunch in the college cafeteria from John Lomax, Dean of the School of Agriculture and Natural Sciences.

A member of the college faculty since 1981, Fost earned both a bachelor’s and master’s degrees from Oklahoma State University in Stillwater.
Maintaining good mental health important

By Jon Owens
Managing Editor

When you’re in good mental health, you expect the best out of life and you’re ready to make it happen.

What is mental health? In general it is having a positive attitude and looking forward to the challenges of life. Feeling good about yourself and others. Act responsibly in their work and in their relationships.

Mental health is like physical health in many ways. Most people feel “down in the dumps” now and then, just as most people get colds occasionally.

You can prevent emotional upset just as you can prevent illness. They are both vital to well-being.

Good mental health is no accident. It can be maintained with time and effort.

One aspect is self-esteem. When you have good self-esteem you find satisfaction in life. It helps you to establish strong relationships, set goals, and have confidence in yourself.

Low self-esteem makes you feel life is beyond your control and then you begin to feel overwhelmed by stress. Then you begin to avoid challenges and set yourself up for failure.

Self-esteem can be improved by being honest with yourself. Examine yourself and be willing to improve.

Always try to do your best and set goals. Don’t compare your ability to other people. Compare you to your own abilities.

Stress is a fact of life and is normal. The key thing is to make sure you do not get in over your head. Too much stress and cause physical harm such as health problems as well as psychological harm such as anxiety or depression.

Everyone needs to know how to cope with stress to remain healthy. This can be done by limiting stressful situations like avoiding things that upset you. Organize your time, talk about your problems to other people, and learn relaxation techniques.

Do not use alcohol and other drugs to escape your problems. They are only temporary relief and will cause physical harm in the long run.

Cut down on smoking, and exercise. When you feel physically good you feel mentally good. Eat the right foods and get plenty of rest. Try to control your weight.

When problems develop and you feel down. You may experience a lack of energy, changes in sleep and appetite patterns. Sexual problems, inability to make decisions, moodiness, confusion, and feelings of hopelessness are other symptoms.

Problems with mental health can be improved with support from peers, counseling and medication. Counseling centers and physicians are there to help through difficult times.

Common disorders include: Depression, Manic-depressive illness, schizophrenia, eating disorders, drug dependency and alcoholism, anxiety disorders.

This can be caused through psychological problems, genetics, excessive stress, unhealthy family environment, harmful learned behavior patterns, and past experiences such as child abuse suffered as a child.

Remember the key to staying in good mental health is to build self-esteem, learn how to deal with stress, take care of your body and seek help about any problems that should arise.

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 editor are approved by the editorial board. Opinions expressed in the by-line letter are those of the individual writer. All submitted letters must be signed. The staff reserves the right to edit all copy to conform journalistically.

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Norse Wind is published by the student body of Northeastern Oklahoma A&M College.

By Jon Owens
Managing Editor

Trends on legends can be adapted by many nations.

In the Craig County area the exists a story called Connolly’s witch, according to many senior citizens of the area.

There was a man who lived out in the country, about seven miles outside of Vinita, as the crow flies. His name was Connolly, and he was sort of a different kind of fellow.

He was married and had several kids, which was typical back in those days. They didn’t have much money, but lived the best they could on the farm.

One day, Mr. Connolly went berserk, killing his wife and all his children, and hanged himself out in a tree in the front yard. Nobody has a clue to what really happened. Since then, the place is considered to be haunted by a ball of fire called “Connolly’s Witch.” This ball could be seen from a mile and a half radius as you walk through the country side.

It was said by different people riding horses down the road at night that they had been chased by a witch.

To this day it is hard to find the ball of fire as it only comes out at certain times to chase off those people wishing to settle in the area.

**SPRING CLEANING! IT CAN HIT THE MOST DEDICATED OF SLOBS - A PHENOMENA THAT DRIVES US TO RE-ARRANGE, SCRUB, AND THROW AWAY ALL THINGS IN OUR ROOMS - BUT SOMETIMES IT CAN GO JUST A LITTLE TOO FAR...**
Students selected to Who’s Who

By Jon Owens
Managing Editor

Twenty college students have been nominated for the 2001 edition of Who's Who Among Students in American Junior Colleges. Campus selection committees and editors of the annual Who's Who Directory have included the names of these students based on their academic achievements, service to the community, leadership, extracurricular activities, and potential for future success.

Now in its 35th year, the program has annually bestowed this honor on outstanding campus leaders representing over 1,200 institutions of higher learning in all 50 states, the District of Columbia, and several foreign countries.

Who's Who has fathered the aims of higher education by rewarding and recognizing individual academic excellence on a national level. With the support of prominent educational institutions in all sections of the country, this program today is a true reflection of the caliber of the American junior college student.

The students are as follows:

Jon Anderson of Commerce, a sport medicine major with a 3.9 grade point average. Anderson is active in several campus organizations including Phi Theta Kappa, Kappa, Kappa Psi, Fellowship of Christian Athletes, Honors Program, and the NEO band.

Delissa Ballard is a elementary education major with a 3.7 grade point average while participating in the Honors Program, and Phi Theta Kappa.

Melissa Barnes has earned a 3.3 grade point average while majoring in pre-med. Barnes is from Jones and is a member of Phi Theta Kappa, Honors Program, Student Body Government, the Engineers Club, Young Democrats, and the Psychology Club.

Queena Brunbaugh has maintained a 3.4 grade point average while attending NED as a computer science major. The native of Ketchum has been involved in several campus activities including the Phi Theta Kappa, the Honors Program, and the Computer Science Club.

Kelli Dixon is a general studies major with a 3.8 grade point average. The sophomore is from Jay and is a member of Phi Theta Kappa and the Honors Program.

Jennifer Fechner is an international marketing major from Ponca City, Ok. Fechner has earned a 3.2 grade point average while serving as a member of Phi Theta Kappa, the Honors Program, and the NEO Aggie Society.

Ann Gitonga has earned a 3.7 grade point average while majoring in marketing and management. The Nairobi, Kenya sophomore has been a member of Phi Theta Kappa, the Norseman International Club, and Christian Student Fellowship.

Amy Hanewich is an agriculture communication major from Norman. She has earned a 3.5 grade point average while serving as a member of Phi Theta Kappa, the Honors Program, and the NEO Chorale.

Emma Hohenberger is an agricultural economics major from Bucyrus, Wy. She has earned a 3.9 grade point average and has been a member of the Aggie Society, Phi Theta Kappa, the Honors Program, and the Student Body Government.

Penny King of Miami is a family consumer science major with a 3.5 grade point average. King has served a member of Phi Theta Kappa, the Honors Program and Christain Student Fellowship.

Erika Martin, and English major from Picher has earned a 3.9 grade point average. She has served as a member of Phi Theta Kappa and the Honors Program.

Lyndsey Henson of Tulsa is a music major with a 3.7 grade point average. Henson is a member of Phi Theta Kappa, the Honors Program, Musiciansingers, Baptist Collegiate Ministries, and Theatre NED.

Jessica Hatfield is a music education major from Wynadotte. She has earned a 3.8 grade point average while serving as a member of Phi Theta Kappa, the Honors Program, Kappa Kappa Psi, Student Body Government, and the NEO Choir.

Angie Raus is an agriculture social sciences major from Shawnee. She has earned a 3.9 grade point average while majoring in animal science and agriculture. Raus has served as a member of Phi Theta Kappa, the Honors Program, and the NEO Chorale.

Jonas Vanhorne, an early childhood education major from Fairfield, has also maintained a perfect 4.0 grade point average while attending NED. Vanhorne is a member of the Honors Program, Phi Theta Kappa, and the NEO Chorale.

Rao Vanhorne, a sophomore from Atoka, Ala., has maintained a perfect 4.0 grade point average while attending NED. Rao is an accounting and economics major and is a member of Phi Theta Kappa and the Honors Program.

Angie Russell is an agriculture economics major from Atoka, Ala. She has maintained a perfect 4.0 grade point average while serving as a member of the Aggie Society and a member of the NEO Livestock Judging team.

Lisa Vann, an early childhood education major from Fairland, has also maintained a perfect 4.0 grade point average while attending NED. Lisa has served as a member of Phi Theta Kappa, the NEO Fire Crew, and Baptist Collegiate Ministries.

Jenny McCool is a sophomore from Miami, has maintained a perfect 4.0 grade point average while majoring in drafting and design. McCool has been a member of the technology Club, and the OWLS Club, Phi Thet Kappa, and the Honors Program.

Jonathan Owens is a music theory major with a 3.7 grade point average. The native of Moore, has served of Phi Theta Kappa, the NEO Chorale and Band, is managing editor for The Norse Wind newspaper, and a member of the Student Ambassadors.

Lijing Yao, a sophomore from Guangzhou, China, has maintained a perfect 4.0 grade point average while attending NED. Yao is an accounting and economics major and is a member of Phi Theta Kappa and the Honors Program.

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LIFESTYLES

Dr. Inbody enjoys pursuing goals

By Jon Owens
Managing Editor

A long term goal can lead to self-gratification, according to Dr. Brian Inbody, director of the campus television academic program. Dr. Inbody, recently named Teacher of the Week, received his doctorate in college administration and teaching from the University of Arkansas.

"Receiving my doctorate is something I have wanted to do since I was an undergraduate. It has been a life long goal that is now leading me to post-doctoral depression," said Dr. Inbody.

"For those of you who do not know what post-doctoral depression is, let me tell you. It is where you have been a student for too long. It feels weird because getting your doctorate makes education on the degree chart complete. You sort of look at yourself and say this is it? Is it over?"

"I chose to get my degree in administration because I would like to get into administration. It makes sense doesn't it?"

"Being in administration would allow me to make a bigger impact on a larger number of students. I want to be part of the solution on a grander scale," Dr. Inbody said.

Several things must come together for a person to earn a doctorate degree.

"Well, I was able to count my masters work and had to come up with a total of 96 hours of credits. There were two full days of testing. Then after that, I had to complete an oral exam. After you complete all the courses and the test, then you write the dissertation," said Dr. Inbody.

"Basically a dissertation is a book you write over original material. I wrote mine over NEO's distance education program."

"Getting a doctorate is really hard. It was extremely complicated driving 90 miles two times a week and spending weekends doing homework. One of my classes gave me a problem because I had to find a problem with the budget from Westark Community College."

"Another instance was when it was cold. I had a blow out and it was snowing and I was stuck in the middle of nowhere. Things did not want to go my way. I held tight to my goal though."

Away from work, Dr. Inbody is wrapped up in his family life. "I discussed with my wife when we got married that I did not want to have a kid before I received my doctorate. Well the baby ended up being born three days after I received my doctorate," said Dr. Inbody.

"My main focus on life is to be a good father to my newborn baby girl. Her name is Abrielle Jenee. The Abrielle has been in town for Brian and Jenise has Jen for my wife family."

"It is weird being a dad. There is a commercial that says 'Now you are responsible for someone else's life.' It really changes your perspective on life. You can't even watch television the same after having a kid."

"What does television have to do with the scheme of Dr. Inbody's life?"

"I love television and film. It is fun to teach the students all about the subject. I could not decide if I wanted to be a history teacher or work in film, so I thought teaching film was a great medium."

"The interacting with the students and watching them get excited is worth a million words. I see my students re-edit something just to impress me and that means a lot to me. It is quite a compliment to see them respect me in those regards."

"I have always been a performer and addicted to television as a child. I used to sit in a director's chair when I was little and yell at the TV as if I was direct." when I came to college I started out in computer science. I realized I did not enjoy it as much as I did film and so that is when I made the official decision to teach film."

"The true test to life is on a Monday morning. If you can get out of bed and want to go to work then you are in a good job."

"I don't think I currently am working hard to improve the television program at NEO."

"I just want students to know that having goals give you something to look forward to. Stick with them and you will achieve."
Golden Norsemen host Westark

Remaining at home for a Bi-State Athletic Conference double-header, the Golden Norsemen again met Westark Community College at 1:30 Saturday at Homa Thomas Field.

Coach Roger Ward's Norsemen stringed together six straight wins over spring break and entered Thursday's double-header with Northern Oklahoma College in Enid with a 13-13 overall record.

The Golden Norsemen are scheduled to travel to Enid on Sunday for a 1 p.m. double-header with the Northern Jets.

NED visits Kansas City, Mo., next Thursday for a 2 p.m. twin bill with Maplewood Community College.

Norse 1-4; Rose State 9-3

Norse fell in sustaining a 9-3 loss in the first game, the Norse earned a double-header split with a 4-3 win against Kingfisher on last Saturday at Raider Stadium in Midwest City.

NED's only run of the first game came in the top of the fifth inning on a lead-off home run by Robert Cook on a 1-0 pitch. Cooke's blast over the left field fence was his second homer of the year.

Michael Glenn paced the six-hit Norse attack with a single and double along with the home run by Cooke, a double by Hal Bissett and singles by Kevin Turnell and Dan Hillinger.

Trailing 2-0 going into the top of the third inning of the second game, the Golden Norsemen rallied to tie the score. Nick Mason reached on a two-base throwing error by pitcher Steve Riley.

Hillinger followed with a two-out single and was named the offensive player of the game. Bissett's single scored Hillinger with the tying run.

Rose State grabbed a 3-2 lead in the bottom of the fourth inning on a walk to Givens and a RBI double by Childers. The Golden Norse won the game in the top of the seventh inning after pinch-hitter Aaron Kamiski walked. Two outs pinch-hitter Mike Cox singled. After Blackmon singled to load the bases, Bonett singled to right-center scoring both Kamiski and Cox.

Singles by Cooke, Cox, Blackmon, Bonett, Nate Griffin, and Hillinger accounted for the Golden Norse offense.

Norse 13-17; Des Moines 6-13

Veteran left-hander Adam Ristau tossed a one-hitter as the Norsemen earned a 13-6 and 17-13 double-header sweep over Des Moines Area Community College last week at Homa Thomas Field.

Ristau, 6-0 from Golden, Colo., surrendered a two-out infield single to Chris Lambader in the top of the fifth inning for the only hit generated by the Bears in the Bears' two runs, and did not issue a walk while improving to 2-3 on the season.

Sending 10 batters to the plate in the bottom of the sixth inning, the Golden Norse scored eight runs to seal the game. Singles by Cooke, Nate Griffin, Beach and Blackmon along with a double by Bissett started the inning.

Punctuating the outburst was a grand-slam home run by Cooke.

Cooke led the Norsemen with three hits and six runs batted in. Bissett added two doubles and two RBIs.

"Adam pitched a masterful game. He was really on his game with his location and best speed," said Ward. "We also have started swinging the bats pretty well. We got the key hit when we needed it which we hadn't been able to do early on."

Against the Bears in the second game, the Golden Norse' fence was hit by a 4-0 lea in the bottom of the first inning after Cooke reached on an error. A sacrifice fly by Beach gave NED the lead.

Sending 14 batters to the plate in the bottom of the fourth inning, the Golden Norsemen exploded for 10 runs.

Seven walks, an RBI single by Hillinger, a RBI double by Griffin, a triple by Kevin Turnell and a grand-slam home by Bissett highlighted the marathon inning.

Four walks in the top of the fifth inning gave the Bears a run and cut the deficit to 12-8. Another seven-walk inning allowed the Norsemen to tally five runs in the bottom of the fifth inning.

A three-run home run by Tracy Geffe highlighted a fourteen-seventh inning for the Bears.

NED received 15 walks while Hillinger collected two of the five Golden Norse hits. Norse 9-12, Fort Scott 3-7

Sophomore Beau Blackmon continued his torrid hitting, collecting five hits in six trips to the plate to lead the Golden Norsemen to a 9-3 and 12-7 double-header sweep over Fort Scott Community College, last week in Fort Scott, Kan.

Blackmen, 6-2 from Everett, Wash., started behind the plate in the first game against Fort Scott and collected a single with three walks, two runs scored and one RBI.

Moving to third base in the second game, Blackmen had a single, double and two home runs with three runs scored and four runs batted in. The two homers give Blackman a total of nine for the season.

Left-hander Evan Neufer gained a complete-game victory for the Norsemen in the first game allowing three runs on five hits. Neufert struck out nine and walked four.

Kevin Turnell led the 11-hit Norse attack with two doubles.

Blackman and Robert Cooke both collected four hits each for the Norsemen in the second game against the Greyhounds. Hal Bissett added three hits.

Norse 4-6, Des Moines 2-5

Blackmen hit a 2-1 pitch over the left-field fence to give NED a thrilling 6-5 victory in eight innings and complete a double-header sweep over Des Moines (Iowa) Area Community College, during Spring Break at Homa Thomas Field.

Blackman hit his seventh home run of the season to snap a 5-5 tie after the lowsans had scored four runs in the top of the seventh inning to create overtime.

With the Norsemen leading 5-1 in the top of the seventh inning, Des Moines rallied after lead-off man Greg Duke was hit-by-a-pitch.

Denny Parsons followed with a single and, after Nick Bonnet struck out, Steve Geffe was hit-by-a-pitch to load the bases.

A double down the right field line by Tim Duda scored both Duke and Parsons. Justin Kirkman singled to left-center as both Geffe and Duda scored to give the Norsemen the inside the game.

Blackmen collected two of the six Norse hits along with singles by Bissett, Ray Vandervelde, Glenn and Griffin.

Glenn, a freshman left-hander from Cabot, Ark., allowed two runs on four hits in seven innings of work to pick up a 4-2 win in the first game.

Glenn struck out seven and walked two in going the distance.

Blackman and Scott Sherry had two hits each to pace the Norsemen along with singles by Cooke and Vandervelde.
Softball team sets mark

Despite suffering their first loss of the season, the Lady Norse opened the softball season on a record pace.

After a trip to Midwest City yesterday for a double-header with Rose State, the Lady Norse are scheduled to travel to Warner on Tuesday for a 2 p.m. twinbill with arch-rival Cameron State.

The Lady Norse start a six-game homestand Thursday, April 5, by hosting Eastern State College in a 2 p.m. double-header. Lady Norse 4-3, Seminole 0-8.

Coming within one pitch of maintaining a perfect season record, the Lady Norse dropped an 8-6 decision to Seminole State College after earning a 4-0 win in the first game of a double-header last Saturday on the NEO diamond.

The loss snapped a 24-game winning streak to start the season while coach Ed Brown's Lady Norse stand 11-1 in the NW Athletic Conference. Arkansas' Belles are 14-2 in the conference and 3/5 in the season.

"This just goes to show you how fragile the game of softball really is. You can make one bad pitch and lose the game, regardless of how hard you might be playing," said Brown.

The pitch Brown is referring to came in the top of the seventh inning of the second game with the Belles holding onto a 5-3 lead. Consecutive singles by Risti Reno and Kristina Scurtac and a RBI double by Monica Thompson gave Seminole a two-run lead.

Belle right fielder Rebecca Buckley hit the first pitch by NEO's Shea Ross over the center field fence to give Seminole an 8-3 margin.

"We had a two-run lead but until that pitch and we knew we couldn't throw to the spot with Buckley. But, we made a mistake and the opener for her is she is, jumped on it," Brown said.

"The thing about it was that we battled back in the bottom of the seventh, but it was too little, too late."

Ashley Thompson led the Belles' 13-hit attack with two doubles and a single while Scurtac and Reno added two singles each.

Shaylee Gipson and Jennifer Clemens collected two hits each to pace the seven-hit Lady Norse offense.

Against Seminole in the first game, freshman Ashley Patrick scattered seven hits over seven innings to lead NEO to a 1-0 shutout. Patrick struck out three without allowing a walk to improve her 14-0 record in the season.

NEO's only run came in the bottom of the third inning on a single by Harris, a sacrifice bunt by Gipson and a sacrifice fly by right by Clemens.

Harris collected two of the five Lady Norse hits while Sam Campbell, Sanders and Semple added singles.

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Back at Ya!
Lady Norse third baseman Leslie Prather (10) fires the ball back to pitcher Ashley Patrick (8) after Prather made a diving catch of a line drive in a game with Seminole State College.
The Norsewind – the NEO A&M College Newspaper

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