Freshmen gain chance as members of Equine judging

By Kyla Hollister

Coach Clay Cavinder is optimistic about the upcoming season of new horse judging contests, but is still working hard to prepare his freshmen team.

"Sophomores on the previous team have completed their season, and now the freshmen are ready to take over," said Cavinder.

"With their initial contest less than three weeks away, the team is practicing twice a week and will soon begin traveling on the weekend to practice."

"We have workouts scheduled with horse breeders in Oklahoma and Kansas," Cavinder said.

"We need to work on halter judging, which is one of our weaknesses."

The team is also working hard to perfect giving reasons, explanations for placings, which is an important aspect of horse judging.

"Our practices focus a lot on reasons. We want to win this category at every contest," said Cavinder.

Freshmen members of the team include: Kara Wheaton, Monte City MO, Ashley House, South Coffeyville, and Amber Harrell, Rogers Ark.

Other freshmen members are: Justin Maes, Lengend, Lydia Lawler, Chandler, Lindsey Larson, Sheridan IL, Sadonia Arevalo, Arroyo Grande, Calif., and Justin McGee, Paducah.

The team will open the spring portion of the schedule Thursday by traveling to Wichita, Kan, to compete at the Equine Horse judging contest.

"The kids are working hard and seem to be ready to get their chance to show off their judging skills," Cavinder said.

First-Time Judges

Senior students will represent the college during the spring portion of the Equine judging competition. Under the direction of coach Clay Cavinder, the freshmen will participate in six intercollegiate judging contests.

Learning Resources Center sponsors writing contest

By Danielle Boyd

Managing Editor

Anyone with aspirations of becoming a published writer is invited to enter the annual Library Mystery Short Story Contest, according to SueAnn Brown, coordinator of the library services in the Learning Resources Center.

"We encourage students, faculty, staff and even members of the Miami community to put their thinking caps on and polish their magnifying glasses," said Brown.

Deadline for entering is March 25. Winners will be announced during the National Library Week, April 15-19.

The winner will receive a certificate for dinner for two at Montana Mike's in Miami.

"The theme for the contest is the story must be a mystery set in or centered around the college library," Brown said.

Each story must contain at least five of the following items: a bookshelf, the electronic card catalog, The Daily Oklahoman, a world map, microfilm, a librarian, the copy machine, a grapefruit tree, Rolling Stone Magazine.

Byline: Jennifer Davis

Norse Wind

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Miami, Oklahoma 74344

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Opinion

Rings create magic

By Jerry Williams

From the first scene of "Fellowship of the Ring," the initial installment of the movie version of J.R.R. Tolkien's trilogy "Lord of the Rings," you know you've entered a magical world. It's not the scenery, although there is an ethereal and timeless quality to that as well. It's almost as if you've been transported far from this earth to another world, another time; a world that we're somehow connected to.

If I were writing a review of "Fellowship of the Ring," the hook, I would probably say pretty much the same thing.

That is the genius of Tolkien, and I believe the director of the film, Peter Jackson, has captured that genius and given it as much more than a movie. He has given us a masterpiece.

The film, the home of the Hobbits, is the scene at the beginning of an epic quest, not to find something like the holy grail or the fountain of youth, but to destroy something.

The action starts, so, if you don't mean starts, it explodes from the first appearance of the Black Riders and continues almost unbroken to the battle with the orcs and the breaking of the fellowship. Between battles and alongside the quest itself, we are treated to a world of fantastic creatures, vile villains and fast friends.

The fellowship is composed of, in all, a dwarf, two men, one wizard and four diminutive hobbits.

One of the hobbits, Frodo Baggins, inherits a ring of power which his uncle, Bilbo Baggins, found many years previously in a cave.

He also inherits the responsibility to attempt to destroy the ring, so the nine members of the fellowship set against the nine Black Riders, set out from the home of Frodo's father in the Shire, to find the Crone of Doom and the fires in which the ring was forged, for only there can the ring be destroyed once and for all.

The scenes constantly shift and the battles rage from one side of middle earth to the other. Hobbits fight alongside elves and dwarves and wizards and men against the orcs and goblin and trolls and evil wizards and Saruman, the dark lord himself, who resides in his tower in Moria and waits for the ring to show itself.

I first saw the trilogy in high school and have seen it many times over the years. I have never grown tired of it.

I have already seen the movie twice, and I'm planning to see it again next week.

The next two episodes are coming out in theaters in December of 2002 and December of 2003. I have only one complaint about it. I want to see the next two parts right now.

Norse Wind

Opinions expressed in the Norse Wind are not necessarily by 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-lined letter are those of the individual writer. All submitted letters must be signed. The staff reserves the right to edit all copies to conform professionally.

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Opinion

Do you believe in true love?

by Martha Field

Amy Harris, sophomore

Dallas, Texas

"Of course I do. I believe in true love because I think there is someone for everyone."  

Douglas Stoga, sophomore

Alberta, Canada

"Yes, because I think everyone has a soul mate somewhere." 

Jessica Turner, freshman

Miami, Oklahoma

"Yes, I definitely think that real true love exists for anyone willing to find it." 

Terrell Harris, sophomore

Kenes, Texas

"Yes. I believe it is that special thing sent from God." 

Kristy Wooton, sophomore

Miami, Oklahoma

"I think true love exists because it is something very special between two people."
Rooney family tied to college

Son makes music in Nashville

By Kateryna Bukay

Mr. Jo Rooney has been working at NEO for 17 years. First he worked as a secretary for the agriculture and music department for three years when those departments were joined together. Then he was transferred to the switchboard and is still working there.

Jo Rooney is responsible for all the incoming calls.

"I'm trying to help people to figure out the information they need. Sometimes teachers on campus would call and ask for office hours, phone numbers," said Jo.

Her husband, Windell, is retiring this May. He has been with NEO for 19 years as an electrician.

All the members of the Rooney family, including Mrs. Rooney and her husband, have graduated from NEO.

Wendell Rooney was in charge of making headliners for the country band, Mississippi Plastics.

Jo Rooney is a country band.

Jo Duno Rooney has been a singer for Rascal Flatts since the creation of the band in 1999.

"I was born in Miami and went to school here. My husband was raised in Arkansas, but moved to Commerce as a teenager.

"I was born in Miami and went to school here. My husband was raised in Arkansas, but moved to Commerce as a teenager.

"Thus, he went to school here as well. Wendell didn't want to live in Miami, and it turned out, didn't want to stay in Commerce.

"So we compromised and moved to Fauver. But 10 years later, we moved to Picher and have been living there ever since," said Mrs. Rooney.

"Our youngest son, Jo Don, is 26-years old. He went to Nashville in 1999 originally to be a guitar player for Shelly Wright, who is another country music artist. Her band leader was Jay DeMarcus, who is now one of Rascal Flatts.

"DeMarcus and his cousin, Gary LeVox, were playing at a club in Nashville looking for a record deal. And when they were not on a road with Shelly, the boys would play at that club.

"But one night their regular guitarists couldn't make it.

"So Jay asked Jo Don to come over and play with them, since all of the guys had been singing for Shelly Wright. As soon as three of them sang one song together, the boys knew they had a special sound," Mrs. Rooney said.

"That is how the three of them got together."

"It happened in March of 1999. By June the guys had a record deal and the band's name was Rascal Flatts.

"Almost 12,000 CD copies were sold and the release also had a sound scan that showed all the albums in the USA.

"To begin with, the boys put a single song out in first and in March. By June the song "Praying for Daylight" became number three on a radio chart. In over a year, Rascal Flatts went gold, which means they sold half a million copies," said Mrs. Rooney.

"This week, the guys shipped out 750,000 copies of their album all together. Therefore, they figured that before their new release comes out, this one will go "platinum" over a million copies. Rascal Flatts are currently working on the second album," Mrs. Rooney said.

"They've got all the music done, but the vocals have not been put yet.

"I have to admit that for the last six months the boys have been working hard writing and finding the songs for the new record. They are planning to put out one single song first in April so that the second album will be released in September.

"As a matter of fact, Rascal Flatts wrote some of the songs themselves including Jo Don. In Nashville, where most of the country music producers produce their albums, the song writing is separate from the record deal.

"This is the way it is done: they put new songwriters in the city with already established songwriters who have their songs out. Thus, these people become co-songwriters working on the new ideas together. Although, each songwriter has his own production company, which produces the demo albums.

"Therefore, Rascal Flatts have five or six songs out of 11 they wrote this time. Of course, the guys want the best music. They even write music together on the bus," Mrs. Rooney said.

"The country band Rascal Flatts is a trio. Boys also have some band members who were hired to play behind them, though they are considered artists.

"Obviously, Rascal Flatts is a pretty unusual and original name for the group, but there is always a reason behind it.

"When the boys first discovered that they fit perfectly together, they knew they had to find a good name. Of Mr. Rooney, "My daughter Kelly is six years older than Jo Don. She is living in Virginia now because her husband is in the Navy. Kelly has just started to work for an optometrist. Though she wants to move to Nashville to be closer to her brother."

"Kelly has been always the singer in the family. Her and Jo Don used to sing in the NEO ballroom all the time entertaining students."

"Our eldest son is Mike who is six years older than Kelly. After graduating from NEO, he became an electrician like his father Mike works in Arkansas.

"Robin is our oldest. She is two years older than Mike. She is a school teacher in Kansas. Robin was first to NEO and then to Pittsburgh State."

"A couple of music students about Jo Don. His and his husband's hobby is golf. At the age of 11, Jo Don was a Junior Golf Champion at the golf club before he picked up a guitar. My son was 14 when he started to play the guitar. Then golf kind of went to the back seat."

"In his early age, Jo Don used to play the guitar with the jazz band here in Miami. I always believed in Jo Don because I knew he was talent-"

"After all, we have a musical family and I could see he was doing great as a guitarist. He also played at the country music in Georgia called the Grand Ole Opry."

"I am very proud of all my kids. In my opinion, they are enjoying their life, jobs, and making living out of it," said Jo Rooney.

"No other son is Mike who is six years older than Kelly. After graduating from NEO, he became an electrician like his father Mike works in Arkansas."

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"In his early age, Jo Don used to play the guitar with the jazz band here in Miami. I always believed in Jo Don because I knew he was talent-"
By Danielle Boyd
Managing Editor

Foods battle cancer

Carrots and tomatoes are loaded with the cancer-fight-
ing antioxidants carotene and lycopene, and eating them regularly may help you reduce your risk of ovarian cancer by up to 50 percent, according to Shape magazine.

A study was conducted at Brigham and Women's Hospital in Boston by doctors who compared 563 women who had ovarian cancer to 523 who didn't.

Researchers suggest aiming for two half-cup servings of tomato sauce, or other tomato products and five raw carrots weekly.

Other antioxidants-rich foods linked to the reduced risk of ovarian cancer are spinach, yams, cantaloupe, corn, broccoli and oranges.

The study is going to be published in the International Journal of Cancer.

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JOHN A. McFERRON, O.D.,
Doctor of Optometry

16 Second Street Northwest
Miami, Oklahoma

By Danielle Boyd
Managing Editor

Immune system requires help for battle during flu outbreak

By the time most ovarian cancers are diagnosed, they've progressed to the point that a cure is unlikely.

But a study published in Obstetrics and Gynecology, shows that 93 percent of women with the disease experienced at least one early symptom that was easy to dismiss or blame on something else.

Ovarian cancer is not silent. Though the symptoms may be subtle, they are there. Be sure to tell your doctor if you have a family history of ovarian or breast cancer or experience any of the following symptoms that persist and seem to be getting worse:

• Persistent bloating, "fullness" or pressure in the abdomen or pelvis, abdominal or lower back pain, lack of energy, frequent urination, or other less common symptoms like lack of appetite or nausea.

Your immune system likes it when you spend time with friends. There is phenomenal data showing the value of nurturing, social support and camaraderie.

The more time spent with family and friends, the more physical contact, the less likely you are to get sick.

Listen to Beethoven (or Britney).

Listening to music can boost your immunity, but it has to be something that you love.

Making music can help too. Scientists have found that listening to music stimulates the same "feel-good" parts of the brain that are activated by food and sex.

Turn down the volume.

Noise hurts more than your ears. Any unwanted and intrusive sound can trigger muscle tension, speed heart rate, contract blood vessels and cause digestive upsets - the same response your body has to being startled or stressed.

Look on the bright side.

The immune system takes many of its cues from our thoughts and feelings, so try to keep your outlook upbeat.

Years ago, the Mayo Clinic researchers found that people who were optimistic in their youth tended to live up to 12 years longer than pessimists.

The good news is that it is never too late to change.

Negativity is a personality trait that is difficult to change, but if wearing rose-colored glasses improve your immunity, why not try on a pair?

Eat right.

Any kind of nutritional deficiency may lead to more frequent and prolonged illnesses. If you starve yourself, your body will think it's under siege and pump out stress hormones.

Also, dropping more than two pounds a week is hard on the T cells that detect disease.

Laugh out loud.

While painful emotions like anger and grief can impair health, laughter does the opposite.

A real belly laugh increases infection-fighting antibodies and boosts natural killer cell activity.

Laughter also increases circulation, stimulates digestion, lowers blood pressure and reduces muscle tension.

Use your brain.

Certain kinds of thinking may boost immunity.

Any mental activity that uses one or a combination of intellectual faculties — like memory, judgement, initiative, planning and abstracting — might benefit immunity.

Move your body.

Regular, moderate exercise can boost several aspects of your body's self-defense system.

Physical activity not only strengthens your cardiovascular system, it improves your mood and reduces stress as well.

Many studies show that long-term training also elevates natural killer-cell activity.

Learn how to relax.

Stress jacks up your body's production of cortisol and adrenaline, hormones that lower immune response.

That's why college students are more likely to come down with a cold or the flu when faced with finals or relationship problems.

If practiced regularly, any of the well-known relaxation techniques - from aerobic exercise to meditation or prayer — help block release of stress hormones and increase immune function.

Douse the night light.

Only when it's really dark does your body produce melatonin, a hormone that helps prevent certain diseases.

Not sleeping enough, or being exposed to light during the night, decreases melatonin production and boosts estrogen levels in women, increasing breast cancer risk.
Ladies near record season

Entering the final two weeks of the regular season, the number one ranked Lady Norse continue to remain undefeated on the season. Prior to Monday night's home game with the Lady Lions of the University of Arkansas/Fort Smith, coach B.J. Smith's Lady Norse were perfect 25-0 on the season and 14-0 in the Bi-State Athletic Conference.

The Lady Norse will host the Lady Jets of Northern Oklahoma College-Enid on Thursday at 6 p.m. in the NEO Fieldhouse. After traveling to Seminole on Monday for a 6 p.m. match with Seminole State College, the Lady Norse will conclude the regular season, Thursday, Feb. 28, by hosting Northern Oklahoma College-Tonkawa at 6 p.m. in the NEO Fieldhouse.

Pairings for the Region II Tournament scheduled for March 7-10 at Oklahoma Baptist University in Shawnee will be determined, March 1, during a post-season coaches meeting.

**Lady Norse 72-Comets 48**

Sophomore forward Maria Villarreal scored 28 total points to lead the Lady Norse to a 72-48 win over the Comets State Cowgirls, 3rd Saturday before the large crowd in Warner. After a sluggish start the Lady Norse built a 16-27 lead at halftime.

Brandi Russin contributed 8 points for NEO.

Oscar Holmes paced the Cowgirls with 17 total points.

**Lady Norse 107-Murray 50**

Starting for a season-high 66 points in the first half, the Lady Norse cruised to a 117-50 rout over the Lady Aggies of Murray State College last week in the NEO Fieldhouse.

Villarreal continued her torrid scoring pace with 32 points while Sami Jo Cotton contributed 17 points and Carina Sosa added 16 points.

Jamie Steinhorn tallied 12 points to lead the Lady Aggies.

**Lady Norse 116-Carl Albert 71**

Connecting on 15 of 24 from the field, Villarreal scored a career high 39 total points to lead the Lady Norse to a 116-78 romp over the Carl Albert Lady Vikings last week in Ponca.

Veteran center Lucimara Silva converted 14 points while Russin added 13 and Vista Cooper chipped in 10.

Kim Lewis almost matched Villarreal's performance with 36 total points for the Lady Vikings. Lewis tallied 32 points in the second half.

**Lady Norse 90-Western 66**

“We had about 15 minutes where we really played sharp,” said Smith after the Lady Norse posted a 90-66 victory over the Western Oklahoma College Lady Pioneers recently in Altus.

“We tried to work on some different things. We get to work on our zone and some halfcourt motion stuff,” Smith said.

“When we play well, we’re pretty tough to play,” said Smith.

The Lady Norse used a 21-2 run midway through the first half to build a 46-19 lead at intermission. Villarreal led the Lady Norse with 19 points.

Silva contributed 15 points while Sosa and Team Sheffield scored 14 points each.

Lindy Peterson scored 16 points to lead the Western Oklahoma College Lady Pioneers in scoring.

**Lady Norse 92-Eastern 56**

Four players scored in double figures to lead the Lady Norse to a 92-56 win over the Lady Mountaineers of Eastern Oklahoma College recently in the NEO Fieldhouse.

Silva led NEO with 17 total points while Pubiakuac Luc contributed 16, Villarreal scored 15 and Russin 12 points.

Megan Houghton scored 12 points to lead Eastern in scoring while Jennifer Shaw added 11 and Elizabeths Gomes added 10 points.

“Eastern fought us and played hard. They did some good things defensively against us and we didn’t handle it very well early,” Smith said.

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Norsemen struggle towards playoffs

With four games remaining in the regular season the Golden Norsemen are locked in a battle for an automatic berth to the Region II post-season tournament.

The Golden Norsemen are 11-15 on the season and 6-8 in the Bi-State Athletic Conference prior to a league game with the University of Arkansas/Fort Smith last Monday in the NEO Fieldhouse.

Norse will host the Jets of Northern Oklahoma College-Enid on Thursday at 8 p.m. in the NEO Fieldhouse.

Following a trip to Seminole next Monday, the Golden Norsemen will conclude the regular season on Thursday, Feb. 28, by entertaining the Mavericks of Northern Oklahoma College-Tonkawa.

Parag for the Region II Tournament slated for March 8-10 at Arkansas Baptist University in Shawnee will be determined next Friday during a coaches meeting.

Conners 66-Norsemen 56

Unable to generate any offense from the 3-point arch, the Golden Norse suffered a 66-56 loss to arch-rival Connors State College last Saturday in Warner.

Connors center Shawn Davis emptied for 27 total points and 15 rebounds to lead the Cowboy offense. Craig Lewis added 11 points and 11 rebounds.

Jason Thompson scored 10 points for the Cowboys.

Sophomore center Brandon Queen was the only Norseman to score in double figures with 11 total points.

Norsemen 72-Murray 59

Reeling off a 14-2 run down the stretch, the Golden Norsemen snapped a four-game losing streak with a 72-59 win over the Murray State Aggies last week in the NEO Fieldhouse.

"We eliminated second shots and ran good offense," said Golden Norse head coach Lonnie Spencer. "They had to press a little and that gave us some easy baskets."

Veteran forward George West paced the Norse with 20 points while Queen and Rafael Franco added 11 points each.

Chris Zike tallied 16 points to lead the Aggies while Shannon Griffin added 14 and Sidney Carter scored 12 points.

Carl Albert 101-Norsemen 83

"It’s hard to win when you lose by 24 points," said Spencer following a 101-83 loss to Carl Albert State College last week in Poteau.

Five players scored in double figures for NEO with Brandon Daniels scoring 17, Queen, Rick Brune and Danell Hale each recording 16 points each and West 10 points.

"The positive side was that we hit 28 of 35 from the free throw line and had a 36-24 edge in rebounding," Spencer said.

"Those were signs of effort. We never could get consecutive stops all night long."

Western 83-Norsemen 74

Exploding for 48 points in the second half the Pioneers of Western Oklahoma College gained a 83-74 win over the Golden Norse recently in Altus.

Daniels scored 18 points to lead the Norsemen in scoring after the two teams battled to a 35-35 halftime draw. Queen tallied 17 points while Neale contributed 16 points.

Eastern 84-Norsemen 66

Three members of the Eastern Oklahoma College team combined for 54 points as the Mountaineers gained a 84-66 win over the Golden Norse recently in the NEO Fieldhouse.

James Williams scored a game-high 31 points while Brice Vannum scored 12 and Jerry Escheride added 11 points for the Mountaineers.

"They were a pretty good team. They are a legitimate Top 40 team in the nation. They have gotten better both offensively and defensively," said Spencer.
The Norsewind – the NEO A&M College Newspaper

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