STRESS, ANXIETY GIVE RISE TO DEPRESSION IN COLLEGE STUDENTS

by Amy Gillespie

Depression among college students is on the rise. Researchers say anxiety levels have climbed steadily between the 1950's and 1990's and is still increasing. And why not with all that college students experience these days? Academic demands and social pressures for college students is typical; however, these young adults are going through much more.

Academic demands are at all time high with the tight job market. The pressure to excel, to build the perfect resume, is enormous.

School costs are skyrocketing causing new financial responsibilities.

Students often are having to work at least one job, if not two, just to pay for college and other expenses.

New people, drugs, alcohol use, different ideas and lifestyles are introduced to the greatest frequency than at any other time in the lives of most.

Many students believe college is the time to meet your future mate; therefore, a greater awareness of sexual identity issues and relationships can cause a great deal of anxiety.

Adding all of these factors together can produce one stressed-out, over-extended, anxiety filled person. Depression easily follows leading to insomnia, loss of appetite or over eating, lack of motivation and lethargy, just to name a few of the typical symptoms.

These poor sleeping habits and eating habits can result in a weak immune system, the effects of which are apparent on everyday: frequent headaches, colds, flu, asthma, panic attacks, and of course, depression. These can be early warning signs of something far worse.

Suicide is now the third leading cause of death in the United States among 15 - 24 year olds. About 10,000 complete suicides are reported annually in that age group and about 200,000 attempt suicide each year. The per capita suicide rate is now up to about three times what it was in 1960.

It is estimated that 1.6 million college freshmen will experience a depressive episode this year. So what can be done to stop this epidemic and get these students some help?

Many experts believe the best option would be informing students what they should expect from college. Universities need to be in tune with kids who are having trouble: reach out to students before the problem develops. People are more likely to seek help if they understand what is happening to them. Right now the problem is that few know how to ask for help, or from whom. Students need to realize that depression is a treatable illness that need not control your destiny. Don’t let it ruin your life.
COMMUNITY HAPPENINGS

January Teacher of the Month
Sidney Morgan

January’s Teacher of the Month is Sidney Morgan of the Physical Therapy Assistant program.

Morgan joined NEO’s faculty in 1998. In addition to her instructional duties, she serves as co-sponsor of Phi Theta Kappa and as vice president of the Faculty Association.

Teacher of the Month Nomination Form

Date
Who would you like to nominate?
In which course does this instructor seem to be particularly effective?
Course Days Time Room
Please cite a specific example of at least one of the following: this instructor’s devotion to duty, care for students, professional advancement, or service to the college or community?

Honors Banquet Scheduled for March

The NEO A&M College President’s Community Advisory Council is the Chairman of the Board for J-M Farms, a member of the State Board of Agriculture, and a member of the Nebraska State Bar. Among American Junior Colleges 2003 will be introduced as well. Honorees can receive a complimentary ticket from the President’s Office, L/A 125 by March 5. Honorees may purchase tickets for $8 each.

NEO Instructor
Betty Schultz

Collapses in Class

by Amanda Jurik

On the first day back from Christmas break, Mrs. Betty Shultz of Chouteau, OK collapsed during her Spanish III class. Shultz was given medical aid promptly and an ambulance was soon dispatched.

Tuesday, January 14, reading teacher Glenda Bauchman received a phone call from Shultz’s husband explaining that she had experienced a small aneurysm, which is a blood-vessel that stretches and expands until it breaks and in some cases can be fatal.

Shultz flew to Kansas City the next day for what is called a coil procedure. The surgery took place the 16th and was very successful.

There will be no long-term damage because of the incident and she is very optimistic,” said Dean Brian Hauck. “Betty is very missed and we’ll be here when she comes back.”

Shultz says she’s “very thankful to have been around people at the time.” Her close friend Mrs. Bauchman said, “She is very dear and positive.” Bauchman said she talks with her almost everyday. Shultz is expected back seven to eight weeks after surgery.

“Dr. Henry Haynes of Vinita is to take her place until her return,” Hauck said.

Schultz says that the aneurysm has not slowed her down much and she’s anxious to return to work.
Meet Amanda Jurek,
Our New CH Editor

Recently, I was asked to edit the Community Happenings section. It struck me at first what would my first article be like? After all, what does community mean?

I found three main definitions for community: a) assemblage of populations interacting with one another within the same environment, b) group of individuals living in same area, and c) fellowship.

Benefit Breakfast for Mandi Morgan
Friday 2/17
Miami H. S.
7 - 9:30 $3

Library News & Views
by Kirk Kramer
Things to Be Before You’re 30

Recently the Times of London, the best newspaper in the world, published an article called “Things to Do Before You’re 30”, in which several writers offer advice on how to spend your twenties. Since most of you readers of “The Norse Wind” are under 30, some of their ideas may interest you.

Wrote Ben Macintyre: “For a man it is vital to attempt some form of facial hair before the 30th birthday. Otherwise you may spend the rest of your days wondering if life would have been different with mutton chops or a Karl Marx. Get it over and done with and the answer becomes clear without the risk of a midlife crisis: your life would be exactly the same, but itchier.”

Damaean Whitworth: “One important tip for twenty-somethings: make sure that you have decent photographs of yourself taken from above and behind. Your children will need proof that you once had hair.”

Righter: “Tips: don’t worry about being poor - time for that later. And always go to the top - top people are amazingly prepared to break the rules and give you a job.”

Libby Purves: “You should know what it is to be utterly alone, in a lonely landscape without television or radio or telephone: a hut up a mountain or on the edge of a distant lake, just you and books, your mind gently expanding in a mist. And you should have declared your love to someone, even if (especially if) it is plainly hopeless. Just as a gift.”

Ann Trenman: “When I was 18 I was driving along with my father and I asked him what he would want if he could have anything in the world: ‘To be young again’ was his unexpected answer. Two years later he was dead. Though I have always remembered his answer, I did not see then that he was saying that possibilities are not endless and that some things can be done only when you are young.”

And lastly, Joanne Harris: “Make peace with your parents. The older generation won’t live forever.”
Government Officials at Eggs 'n Issues

The Miami Area Chamber of Commerce is sponsoring Eggs 'n Issues, a breakfast to be held in the NEO Ballroom at 7:30 am on February 28, 2003. This is a chance for citizens to meet with state, local, and congressional legislators.

“This is an opportunity to voice our opinion, ask questions, and present any concerns you might have to our legislators,” said Carmen Couch, Committee Chairwoman. “This is the primary reason we hold Eggs 'n Issues twice a year, as that has been the most productive. Please do not miss this opportunity to gather as caring citizens of Miami.”

The Chamber has confirmed attendance with many government officials including Congressman Brad Carson, Mayor Harrell Post, Representative Larry Roberts, and Ottawa County Commissioner, James Leake. Jerry Morris, the Ottawa County representative from Senator Don Nickels’ office will also be present. In addition, the Chamber has also invited Senator Jim Inhof and Senator Rick Littlefield.

“Eggs 'n Issues is the time for citizens of Ottawa County and area businesses owners to ask questions and to learn about issues that may affect them in the coming year,” said Jennifer Smalley, Miami Area Chamber of Commerce Executive Director. “Only through participation can businesses and citizens control their own destinies. That is why it is so vital that we stay informed and active in the legislative process.”

Each legislator will be allotted approximately 10-15 minutes to give updates on activity in their area of government. A question and answer period from the audience will follow. The cost to attend is $7 per person and includes a buffet breakfast. Please RSVP to the Chamber Office by calling 542-4481 by February 21, 2003 to reserve your seat.

Miami Little Theatre presents
“When You Coming Back Red Rider”

February 20, 21 and 22 at 7:30pm
February 23 at 2pm
Tickets are $5 for Adults
$4 Seniors and Children
Tickets are available at the Coleman Theatre Box Office

Phi Theta Kappa Holds Induction

by Terri Fahnstock, Vice President for Leadership; Lindsay Larson, Vice President for Service; Zach George, Vice President International Honor Society inducted 85 new members February 11.

2003 new inductees of the Phi Theta Kappa National Honor Society (photo by Una McElhany)

Those eligible had a minimum cumulative grade point average of 3.5 and had completed at least 12 college credit hours at NEO.

The ceremony was conducted by Mu Chapter officers Ashley Houser, President; Carrie Duncan, Vice President for Scholarship; Kara Wilkinson, for Fellowship; Terri Fahnstock, Vice President for Communication; and Jennifer Adams, Secretary/Treasurer.

New inductees include: Sammie Jo Allen, Michael David Allgood, Edna Mae Alsbury, Kendra Lynn Baehler, Celina Kay Ballard, Chris Dean Barbee, Regina Lynn Bays, Ashley Marie Brown, Tonya Marie Brown, Amy Sue Case, Casey Sean Clark, Keema Abdul Clay, Roy Gene Clik, Chelsie Nicole Cole, Sandra S. Davis, Lindsey Renee Donnell, Sheena Lea Dudley, Shelley Lanette Elam, Christopher Adam Elmer, JaNessa Cristiun Emberson, Ashley Denise Epperson, Tiffany Ann Flynn, Becky Marie Freader, Sami Jo Frisby, Blanca Inora Garza, Tara Jeanette Gering, Ryan Michael Gleich, Philip Ryan Goza, Jennifer Daniell Hart, Bryce Taylor Herman, Joella Caroline Horton, Rusty Edward Humphrey, John Jerome Irons, Cody Brandon Johnson, (see PTK on pg. 5)
MOVIE NIGHT

at the
Thunderbird Twin

DAREDEVIL

$1 w/ valid student ID
Tuesday the 25th
9:15 pm

NEO Student Activities presents


NORSEWIND
February 21, 2003

NEWS

(Destock from pg. 12) eight sets of oral reasons for a team total of 5,000 possible points.

The team, consisting of sophomores Jason Cory, Rusty Humphrey, and Amanda Stuart along with freshmen Casey Clark and Jered Jenett, placed third overall. The team competed against 18 teams representing 12 junior colleges from across the nation.

Humphrey placed 3rd on the overall individual competition with first in sheep, third in reasons, and fifth in swine.

Jenett finished 6th overall, placing third in sheep, and seventh in reasons.

Other NEO participants were freshmen Travis Schunk, Derick Potter, Tonya Brown, Becky Sainbrook, Andy Parks, and Jace Beardsly.

0asper Community College won the contest, outscoring Butler County Community College by 13 points. NEO was 40 points out of 2nd place.

On February 8, the team traveled south to Jackson, MS to compete in the Dixie National Beef Judging Contest. NEO finished 2nd behind Lakeland College out of eleven other colleges. Humphrey finished 6th overall individually.

NEO captured 1st in the market division. Stuart finished 2nd, Potter 6th, and Humphrey placed 8th individually.

In the Brahman division, NEO placed 5th as a team. Humphrey was 5th and Clark placed 6th individually. NEO finished 2nd in the continental division with Jennett finishing 9th high individual. The English division was the toughest with NEO placing 7th and no team members in the top ten individually.

The contest in Jackson was one of the best performances the team had placing classes.

"With more time and effort in the reasons room, the team should be in great shape next fall," stated Coach Jary Douglas.
SMILES!

Sunstar Maze

Q: What's the difference between pea soup and roast beef?
A: Anyone can roast beef.

Q: Why can't DJs play pool?
A: Because the always scratch.

Q: What do Alexander the Great and Kermit the Frog have in common?
A: Their middle names.

Q: If there's H2O on the inside of a fire hydrant, what's on the outside?
A: K9P

It's not the pace of life that concerns me, it's the sudden stop at the end.

Thunderbird Theatre
1501 E. Steve Owens Blvd.
Miami * 542-1315
February 21 - 27

DAREDEVIL, PG-13
Fri & Sat 7:00
Sun - Thurs 7:00

CHICAGO, PG-13
Fri & Sat 7:00
Sun - Thurs 7:00

ADULT $5.00
CHILD (12-under) $3.00

Cinema 4
1168 N. 3rd St. Grove OK 74344
February 21st through February 27th

DAREDEVIL, PG-13 11:00 7:00 10:00
Friday 4:00 7:10 9:00
Saturday 1:00 4:00 7:10 9:00
Sunday 1:00 4:00 7:10
Monday - Thursday 4:00 7:10

JUNGLE BOOK 2, G
Friday 1:00 3:00 5:00 6:55 8:45
Saturday 1:00 3:00 5:00 6:55 8:45
Sunday 1:00 3:00 5:00 6:55
Monday - Thursday 4:00 6:55

HOW TO LOSE A GUY IN 10 DAYS, PG-13
Friday 1:35 4:00 7:00 9:00
Saturday 1:35 4:00 7:00 9:00
Sunday 1:35 4:00 7:00
Monday - Thursday 4:00 7:00

SHANGHAI KNIGHTS, PG-13 (Starring Jackie Chan)
Friday 1:36 4:00 7:00 9:00
Saturday 1:36 4:00 7:00 9:00
Sunday 1:36 4:00 7:00
Monday - Thursday 4:00 7:00

Center Theatre
Yuma, OK
February 21st through February 27th

OLD SCHOOL, R (Starring Will Ferrell)
Friday 1:30 4:00 7:00 9:00
Saturday 1:30 4:00 7:00 9:00
Sunday 1:30 4:00 7:00
Monday - Thursday 1:30 4:00 7:00

DAREDEVIL, PG-13 (Starring Ben Affleck)
Friday 1:30 4:00 7:00 9:00
Saturday 1:30 4:00 7:00 9:00
Sunday 1:30 4:00 7:00
Monday - Thursday 1:30 4:00 7:00

CHICAGO, PG-13 (Starring Catherine Zeta-Jones)
Friday 1:30 4:00 7:00 9:00
Saturday 1:30 4:00 7:00 9:00
Sunday 1:30 4:00 7:00
Monday - Thursday 1:30 4:00 7:00

KANGAROO JACK, PG
Friday 1:30 4:00 7:00
Saturday 1:30 4:00 7:00
Sunday 1:30 4:00

COMING SOON: OLD SCHOOL & CHICAGO
www.centershadem.com
Native American History

ACROSS
1. South American Indian of old
5. large pictures painted directly on the wall
11. Egyptian boy-king
14. unprejudiced
15. Trail (route used during the U.S. westward migrations)
16. unlock, in poetry
17. opponent of General Custer in 1876, 2 wds
19. preschooler
20. “Bravo, bullfighter!”
21. trick or ___
22. Attorney General Janet
23. sticky stuff
24. medicine man of certain Native American tribes
26. long, easy stride
29. female sheep
32. place where tents are set up
33. fragrance
35. book of maps
37. photo
39. (good opportunities for taking pictures)
40. “Wait a ___!”
41. Battle of the Little ___
43. permit
44. come ___ screeching hall, 2 wds
45. Indian ___ (large body of water)
46. “I’ll Be ___” (Mariah Carey hit)
48. possess
50. ping-pong partition
52. “The jig ___!” (It’s no use!) 2 wds
53. Native American buildings made from sun-dried brick
55. finish
57. Catholic school teachers, often
58. pace of a musical piece
61. Bic liquid
64. Sherlock Holmes’s title, abbr.
65. South Dakota village where 300 Oglala Sioux were massacred in 1890, 2 wds
68. Greek letter between zeta and theta
69. lure

DOWN
1. “Assuming that’s true...” 2 wds
2. A hammer may hit one
3. give a speeding ticket to
4. paintings, sculptures, etc...
5. president after Madison
6. craving
7. country star McEntire
8. bust ___ (laugh uproariously) 2 wds
9. “That’s funny!” in a chat room
10. long-running NBC variety show, for short
11. carved, symbolic posts found at Native American dwellings, 2 wds
12. “Once ___ time...” 2 wds
13. westernmost branch of the Dakota Indians
18. judge of the Simpson trial
22. 29-across’s mate
23. diamond, pearl, or sapphire
24. “The Lion King” villain
25. “___ he grown!” (phrase heard at a family reunion)
26. Custer’s ___ stand (41-across)
27. black-and-white cookie
28. Native American woman who supposedly saved Captain John Smith
30. minimum ___ (lowest legal pay rate)
31. Revolutionary Allen or actor Hawke
34. higher than
36. “The ___ Ranger”
38. 1-across’s native country
39. part of a flight of stairs
42. puts the finishing touch on cake
47. concealed
49. tummy muscles
51. cone-shaped Native American tents
53. mountain range inhabited by the 1-across
54. because of, 2 wds
56. say “yes” with body language
58. ballerina’s skirt
59. Barenaked Ladies song from “Gordon”
60. 1,601 in Roman numerals
61. concerning, 2 wds
62. tenant of the Pet Shop Boys
63. “__ your fingers crossed!”
65. “Scream” director Craven
66. out ___ limb (vulnerable), 2 wds
67. lock opener
LADIES BASKETBALL
TEAM KEEPING A
GREAT RECORD
by Andrea Willoughby

On Monday,
February 10, the
Lady Norse basket-
ballers played Eastern.
Sami Jo
Cotton led the Lady
Norse with 23 points,
followed by Emily
Eaves and Claudia
Peveira with 14
points a piece.
“We played one
of our best games
against Eastern,”
commented coach
Darin Grover. “We
had outstanding
offense and defense.”

On Thursday,
February 13, the Lady
Norse traveled to Fort
Smith, Arkansas to
play Westark, who
was undefeated until
the Lady Norse came
to town.
Vi Cooper
led the team with 25
points followed by
Pablana Lae with 11
points in the Lady
Norse 79-60 win over
Westark.
“It was one of the
best games that
everybody played,”
said sophomore Sami
Jo Cotton.

FIRST VICTORY ON THE DIAMOND

On February 12 the Norse baseball team traveled to
Neosho, MO to face Crowder College.
After nine innings
the boys claimed a
14 - 9 victory. They
struggled on offense
the first inning; how-
ever, the defense did
a good job taking the
first out, while start-
ing pitcher Karl
Gelinas struck out a
batter to make out
number two. The
defense came into
play again to finish
inning one.

In inning two
the Norsemen bats
started cracking with
Matt Bergeron
knocking out a
single and Nick Jones
adding a double.

With two runners on
base, Jerry Aldrete
hit a single bringing
in two RBIs.

In the third
inning Josh Gibson
homermed and the
Norsemen tallied
four hits all together,
generating three
more runs. Crowder
had no hits and no
runs the first three
innings.

The
Norsemen put
together eight more
hits in the fourth
inning adding seven
more runs; however,
Crowder was able to
score two unearned
runs off one hit and
one error. This
brought the score to
12 - 2 in the top of
the fifth.

The Norse
poked out two more
hits in the fifth
inning but were
unable to score leav-
ing three runners on
base.

NEO made a
pitching change in
the bottom of the
sixth. Lefty Chris
Gibson was entered.
Crowder managed to
scrape together two
hits and two runs.

In the sev-
enth, Nate Thurber
led off the inning
with a double and the
Norsemen banged
out three more hits
and scored another
run. Crowder came
to the plate swinging
and hit a bomb
bringing in two runs
for them.

The Norse
made another pitch-
ing change in the
bottom of the eighth,
bringing in Brandon
Laney. Crowder had
one hit and two runs.

In the ninth
it looked as if
Crowder just might
come back for a win
but with two outs,
NEO’s Nick Jones
stepped up to the
plate and homered,
driving in one last
run for NEO.
Crowder was able to
go one more hit and
one more run using
two defensive errors
by the Norsemen.
Thurber and Jones
both picked up four
hits a piece while
Jones had two RBIs.
Bergeron, Aldrete,
and Vance Barber
collected 3 hits each.

Daniel Stewart, and
Josh Gibson added
one hit each. Barber
led in RBIs with five,
followed by Aldrete
with four, and
Bergeron, Gallier,
and Josh Gibson
were credited with
one each. Starting
pitcher Karl Gelinas
threw five innings,
gave up two hits,
and struckout six of
the 22 batters he
faced. Chris Gibson
and Brandon Laney
split the remaining
four innings. Gibson
gave up four hits
and struck out two of
the 13 batters.
Laney gave up two
hits, and struck out
two of the 12 batters
faced.
NEO SOFTBALL
ON THE ROAD
by Andrea Willibey

The Lady Norse softballers kicked off their season with scrimmages in Tablequah and Stillwater.

On February 12, the team traveled to NSU to play the Lady Reds. The ladies played 15 innings with the Lady Norse scoring 9 runs, allowing no runs from the Lady Reds, and giving only 3 hits to the Lady Red hitters.

“We came out strong offensively and played a good game defensively to allow NSU not to score any runs,” said freshman pitcher, Kristi Marshall.

On Valentine’s Day, the Lady Norse traveled to Stillwater to play the Oklahoma State Cowgirls. The Lady Norse played two 7-inning games against OSU.

“Our defense was great, however our offense wasn’t the best, but we were also facing Division I pitching,” said freshman catcher Samie Allen.

The Lady Norse allowed a total of 10 runs, scoring 2, but played two good defensive games.

The Lady Norse are looking forward to a successful and exciting spring.

“I think we will have a great season. We have a lot of depth that allows people to play in different positions, plus we have a lot of speed and great offensive power,” said sophomore Michelle Mantle.

Norse Football: Spring Training
by Dupree Jones

The Golden Norsemen Football team is just getting back in the swing of things.

The Norsemen started their off-season program on January 15 with two goals: to win another conference championship back to back, and to win the national championship.

Several players like Steve McHenry and Brandon Smith seem to think that the hard work they are doing is going to pay off.

The walk-ons got their first taste of the Norsemen tradition on February 12, at 6 am workouts. Now they know what it takes to be a Norseman.

The Norsemen have to go through five weeks of 6 am workouts before they get to strap on the helmet and shoulderpads. That day will be their reward because once you make it through an off-season at NEO, there’s nothing you can’t do.

“Once a Norseman always a Norseman.”

FCA EVERY TUESDAY AT 9PM IN THE NEO GYM

Jive In Java
Styrofoam Cups
Cappuccino. Mocha. Lattes.
Smoothies. Italian Sodas.
Freshly baked pastries.
335 E. State St.,
Miami, Oklahoma
918-833-4650
Jive Right Through!

Brandon Daniels (22) watches Alfred Neal (21) shoot from three feet up at the Redland game. (photo by Tony Lin)
NORSEWIND

AGGIE NEWS

Livestock Team Keeps Roads Warm

By Mike Mayfield

The NEO Livestock Judging team began the month of February by competing in the Sioux Empire Farm Show livestock judging contest in Sioux Falls, South Dakota. Eleven team members along with Coach Mayfield made the trek north on February 1. The contest included five classes of cattle, four classes of hogs, and three classes of sheep. Students were also required to present (see Livestock pg. 5).

Horses Donated to Reproduction Program

by Lydia C. Miller-Lawler

Four American Quarter Horse mares were donated to NEO last fall along with two breedings to American Quarter Horse stallion, Talk of the Party. These mares will be used in starting and advancing the equine reproduction program. One of the mares is currently in foal and is due in March. The two breedings to Talk of the Party will be for sale to the public. Talk of the Party is by Invitation Only and out of a mare by Zip's Chocolate Chip. He is standing at ExCel Performance Horses in Chandler, OK. This stallion has numerous Western Pleasure points as well as points in other classes. For more information contact Clay Cavender at 918-540-6262.

The Point

a column by

M.G. Mayfield

Equal?

The U.S. Equal Employment Opportunity Commission (EEOC) reports that charge filings are up 45% from last year. The EEOC enforces the following laws:


The American civil right of minority groups. What about basic civil rights of the majority? Let 1 in 100 white men protest the views of an African American group and they would be chastised for eternity. However, if someone organized a European American Society, the Reverends Al Sharpton and Jesse Jackson would be praised for their effort to shut down such a racist cult.

The Point:

Not everyone was created equal. We have inherent skills or talents, and we all have the ability to obtain more. We all come from different backgrounds and beliefs, and enjoy different activities. Protection of civil rights is a good thing up to a point where is starts to infringe on someone else’s rights. In some cases I feel minorities are given an easier road to success than the majority. Discrimination is wrong, but it seems to me like it could also be an easy excuse for failure.
The Norsewind – the NEO A&M College Newspaper

Digital copies of The Norsewind, Northeastern Oklahoma A&M College’s student newspaper, are available in .pdf format on the NEO website for non-commercial purposes only. Scans were created using the best available editions through the assistance of the Oklahoma Higher Education Historical Society from microfilmed images. Where stains, color-fading, contributed marks or ripped pages were visible on the original, they also appear in the digital copy. NEO newspaper editions that do not appear on the website are not part of the collection at present. If you would like to donate a missing, damaged or incomplete copy of The Norsewind, please contact the NEO Library.