NEO Theatre Student Accepted into Premiere Theater Program

Leavell Johnson looks forward to an exciting future in acting after a great start at NEO

NEO Press Release

Leavell Johnson did not step in front of an audience until he was a freshman at NEO A&M College in 2004. The thought of acting hadn't occurred to him until some months prior, when he saw a production of John Kander and Fred Ebb's 'Chicago.' Johnson said he walked out of that musical and realized that for those few hours, he had not thought of anything else but the story being played out in front of him. Everything else in his life had somehow dissipated, and his entire focus had been give to those actors.

Now that was storytelling. Some months later he himself was on stage at the NEO Fine Arts Center Auditorium performing the character Stanley Kowalski in Tennessee William's 'A Streetcar Named Desire,' hoping that maybe he, too, could have an impact on his audience.

Johnson, a resident of Tulsa, recently auditioned for and was accepted into the Department of Theater Arts at the Mason Gross School of Arts accepts between 20 and 30 students each year, said Mark Leonard, theatre instructor. Johnson was immediately offered acceptance after his audition.

To schedule an audition with Rutgers, students must submit an application and wait to be contacted by the school. During his audition, Johnson gave a one-minute monologue chosen from the original play 'Crossroad Blues' by Leonard.

"At his audition, the Rutgers faculty commented that he had a lot of poise for a 24-year-old," said Leonard, who traveled with Johnson to his audition. "I then pointed out to them that Leavell is only 19."

The Theater Arts Department at the Mason Gross School of Arts is ranked among the top five undergraduate actor training programs in the country according to information provided by the college. Students who are accepted into this program receive a concentrated study in acting and a background in theater arts that prepares them for careers on stage, in film and in television. The program focuses on acting, voice, speech and movement. Students' entire junior year in the program is spent studying in London at Rutgers Conservatory at Shakespeare's Globe in London.

Johnson said he plans to attend the Mason Gross School of Arts in the fall, following his graduation from NEO in May. Since his acceptance, he has been applying for scholarships to cover the cost of tuition, which will be approximately $27,000 per semester.

"This is such an honor," he said. "I don't really know how to feel about it. I think I feel shock more than anything."

Leonard said Johnson will excel in his profession because of the power he demands on stage.

"He has a passion that few can match," said Leonard. "He is disciplined and responsible with maturity well beyond his years."

Since his first semester at NEO, Johnson has performed in five Theatre NEO productions, including Mark Twain's 'Big River: The Adventures of Huckleberry Finn,' and Stephen Schwartz and Roger Hirson's 'Pippin.'

"I'm really grateful for the time I had at NEO," said Johnson. "My instructors really took the time to develop relationships with me. Just to know that they had confidence in me helped me to realize that I have this talent."

NEO theatre student Leavell Johnson has been a constant present on stage at NEO theatre productions during his time here. (Photo provided)
Turnbo to Give Address at 85th NEO Commencement

NEO Press Release

Northeastern Oklahoma A&M College will hold its 85th Annual Commencement Ceremony on Thursday, May 4 at 8 p.m. in the Student Activity Center. Steve Turnbo, NEO alumnus, will give the commencement address.

Turnbo is the Chairman and Chief Executive Officer of Schnable Turnbo Frank, Inc., a Tulsa-based public relations firm. He is a graduate of NEO from the class of 1965, when he received an Associate of Arts degree. In 1967, Turnbo graduated from the University of Tulsa, earning a bachelor's degree in English.

From 1970 to 1980, Turnbo was the Vice President of Public Relations for the Tulsa-based company Advertising Incorporated. Turnbo became Vice President of Marketing for Mid-America Federal Savings and Loan Association in 1981.

Turnbo has been the recipient of many merits and honors in his lifetime. He received the Interfaith Understanding Award in 2005, an award selected by the collaborative efforts of the Tulsa Metropolitan Ministry, Oklahoma Conference for Community and Justice, Tulsa Interfaith Alliance, Tulsa Jewish Federation and the Islamic Society of Tulsa. Turnbo was honored with the North Tulsa Heritage Foundation Community Service Award in 2004, as well as the National Conference for Community and Justice Humanitarian Award the previous year. In 2002 he was inducted into the Public Relations Society of America College of Fellows, and in 2001 Turnbo was named a University of Tulsa Distinguished Alumnus. He is a Distinguished Alumnus from NEO, awarded in 1998.

Turnbo is currently the chairman of the Tulsa Metro Chamber of Commerce, a member of the Board of Trustees for the University of Tulsa and vice chairman for the Will Rogers Memorial Commission. He also serves on the Board of Directors for the Thomas Gilcrease Museum Association and is on the Executive Committee for the Oklahoma Conference for Community and Justice.

Turnbo has been a resident of Tulsa since 1953, where he resides with his wife, Norma. They have three children and six grandchildren.

For Your Information...

NEW Topics:
The installation of a business incubator in Miami will allow NEO to provide free workshops on small business startup.

The establishment of this business incubator was made possible by a grant awarded to Rogers State University by the Oklahoma State Regents for Higher Education. NEO and RSU have joined resources in order to create this incubator and will guide local residents in starting new businesses and provide the tools that will enable businesses to grow and become financially successful.

Pre-registration is required for each workshop. To register, call (918) 540-6282, (918) 343-7533 or e-mail innovation@rsu.edu. The following workshops will be offered on the NEO campus:

Manage Your Inventory, Save Money: From 9 a.m. to 12 p.m. on: Thursday, April 27 in Room 211 of Copan Hall, Jeri Koehler, business development specialist with the RSU Innovation Center, will discuss the proper inventory management techniques to help create cash flow and increase inventory turnover rates. This hands-on workshop will offer ideas, formulas and expert examples on how to properly manage inventory.

Entrepreneur On-line Training: The Entrepreneur On-Line Training Program will allow individuals to receive on-line training detailing ten key elements to a successful business plan, including taxes, entity selection, financial statements and management. An orientation session has been scheduled for Saturday, April 15 from 10 a.m. to 12 p.m. in Room 211 of Copan Hall.

Under NOT-SO-NEW Topics:

People from the ages of 18 and 24 are eligible for scholarship money by volunteering time at the Owatonna County Boys and Girls Club. There is up to $8000.00 available to students who donate their time helping mentor children.

If you volunteer 1700 hours of service you can earn up to $4000.00. If you have 900 hours of service you can earn $2000.00 in scholarship money.

The scholarship is available both semesters while you are in college. You and a friend can also earn this while mentoring your time at the Boys and Girls Club. Not to mention there are a lot of colleges that look at your volunteer work in your community.

If you decide this would be something you would like to learn, you can start this summer. You will go on field trips and other party activities free. In the summer the club is open from 9am to 5pm and the school year hours are 3pm to 7pm. Remember you don’t have to volunteer the whole day. Your time is up to you.

If you would like to earn a scholarship, contact Peggy Biddle at the Boys and Girls Club of Owatonna County. 918-540-1641
Spring Fling Banquet/Dance a success

Story by Amber Harris

April 13 the Spring Fling was held at the Miami Civic Center. The Spring Fling was a big success. The theme was Mardi Gras and there were beautiful lights and hundreds of balloons that surrounded the room. On the tables were Mardi Gras masks and beads. The DJ played great music while we ate a candle lit dinner. The food was delicious we were served by the staff and faculty which was awesome.

The event was catered by Bussys Bar-B-Q. Although the Bar-B-Q was fantastic most people just couldn’t stay away from the table that had strawberries, cherries, Cinnamon Sticks, Pretzel and a center piece chocolate fountain which got everyone’s attention.

The Music was great and everyone seemed to get really into it. Three students from NEO voiced there opinion about the Spring Fling.

Crystal Farmer said “I liked the food and how we were served.” She also said she enjoyed the decorations the most and was excited about getting to dance.

Ashley Crockett said “The food was very good and it was well worth the dollar we had to pay. I really thought the music was beautiful. I love being able to have fun and dance.” Ashley also said the Spring Fling was decorated really well and she thought they did a great job.

Crystal Roden said she thought the Spring Fling was pretty neat and that the decorations were really pretty. She especially liked the masks. Over all we had all had a blast, something to remember before the end of the semester.

Students enjoy the Spring Fling banquet and dance.

Students Elect New SBG Officers

After some intense campaigning and a campus wide election, the 2006-2007 Student Body Government officers were elected this week. Those winning an office are as follows:

President:
Lee Ann Fleming - Parson, KS

Vice President:
Adam Roberts - Oklahoma City, OK

Secretary:
Amber Lynch - Bartonville, OK

Treasurer:
Kimberly Curl - Grove, OK

Senators-at-Large:
Katie Moore - Taylorsville, GA
Ashley Schunk - Clave, MI

Congratulations to all the new officers!

TEACHER OF THE MONTH
Nomination Form

Date_________________

Who would you like to nominate? ________________

Can you name a class in which this instructor is particularly effective?

Course ________________ Days ____ Time ____ Room ____

Can you 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?

______________________________________________________________

Your name __________________ Signature ________________

Bring this nomination to SH 3316 by Friday at 2:00 p.m or leave all of the above information on voice mail (540-6138) or e-mail (abbatt@neoam.edu).
Easter Egg Event at NEO Campus

Story by Julie Jones

NEO's First Annual Easter Egg Hunt proved to be a wonderful, fun filled day for children of all ages.

The event took place Saturday April 8 right here on the NEO campus and provided an exciting pre-Easter activity for community youth. Many families attended the event with children excited about filling their baskets with large amounts of eggs.

The event kicked off at 10 a.m. with relay races, face painting and pin the tail on the bunny.

The Easter Egg hunt was filled with real eggs and plastic eggs for all age groups.

Many prizes were awarded for the games as well as a drawing for three Easter baskets and a girls and boys bicycle.

The big winners of the bicycles were Matt Anderson and Olivia Fairbanks.

Easter Egg Hunt
A Success for Children and MDA

NEO Press Release

Northeastern Oklahoma A&M College would like to thank the Miami Wal-Mart and the community for their generous donations to the NEO fundraiser for the Muscular Dystrophy Association. During the NEO Easter Egg Hunt on Saturday, April 8, members of the community donated $400 to the MDA. Wal-Mart has agreed to match the donations raised by the event.

There was no cost to participate in the Egg Hunt, but donations were accepted for the Muscular Dystrophy Association. The MDA helps to fight neuromuscular diseases through research, medical and community services and public health education.

More than 160 children participated in this event.

"Not only did those in the community who came to campus have a great time at the Easter Egg Hunt, all of the NEO employees who participated had fun, as well," said Ashley Steel, coordinator for the Student Activity Center. "We are so pleased that this event was also a success for the MDA."

Please plan to join the NEO community next year for its Second Annual Easter Egg Hunt.
Graduate Reminders

Graduate survey. This survey can be picked up from the Testing Center, Fine Arts 203. This survey provides information concerning the effectiveness of this institution. This survey is also your key to receive your cap and gown for the graduation ceremony. Please turn it in when you pick up your cap and gown. If you are not participating in the ceremony please return the survey to the Registrar's Office.

Exit Assessment. This assessment will be given during the week of April 24th – April 28th in the Testing Center, Fine Arts 203. The dates and times for the assessment are as follows: Monday, April 24th at 12pm, and 2pm; Wednesday, April 26th at 3pm, Thursday, April 30th at 9am and 2pm; Friday, April 28th at 2pm. No appointment is necessary for the assessment. If your schedule does not allow you to attend one of the scheduled sessions please contact the Testing Center at 540-6140 to schedule an appointment.

Exit Interview. If you have had financial aid loans you must complete an exit interview. This can be completed in the Financial Aid Office in the Library Administration building, room 205. This must be done in order to receive an official transcript after graduation.

Graduation Fee. You must pay a $20.00 graduation fee to receive your diploma. Please contact the business office if you are not sure you have paid this fee.

Mandatory Commencement Practice. Practice for the Commencement Ceremony is on Thursday, April 27, 2006 at 3pm. Please meet at the Student Activity Center.

Pick up your cap and gown in Dyer Hall, Student Services Office April 28th through May 4th between 8am and 4:30pm.

Graduation Announcements. Announcements are available at the book store. You may purchase them now.

Graduation pictures and videos. Ervin Photography will be at the commencement ceremony to take pictures. The ceremony will also be recorded by NEO 13. You may purchase a copy on VHS or DVD.

Complete Access-Studio 13

Story by Sarah Hill

What is Studio 13? Studio 13 is a club where students can gather and produce their own television products... says S. Justin Poirt, the director and creator of Studio 13 since 2002. Poirt is an executive producer, writer, director, and editor for NEO Outlook whenever one of his students are not available to perform any of these tasks.

"NEO Outlook is a great place to find out information that you need to know," Poirt commented. NEO Outlook is taped in an on-campus TV studio which produces commercials and advertisements for various departments on campus, service projects, and random entertainment programs.

Studio 13 also produces Area 13, which is a local cable program on Channel 13, that showcases NEO's students television projects. As a member of Studio 13, I have enjoyed completing certain projects and them actually being able to be viewed by the Miami community. Next semester, Studio 13 will be in conjunction with NEO's theatre department, to produce a five episode soap opera, written by Mark Leonard. This soap opera will be aired on Area 13.

Studio 13 offers students a TV studio, a cable access channel, annual short film festival, participation in Welcome Week and Senior Day Events, the ability to be yourself, creativeness, and also to be as original as you want.

Poirt commented, "All the games and random events you see take place on campus. Studio 13 is there to record them so if you can not attend a game at the scheduled time, you can view it on Channel 13."

One especially unique thing that this club also offers is internships. Internships offer class credit and can be completed at a local TV station or radio station. They usually consist of 3-6 hours of work to be done per week, and sometimes more. Internships also offer students the ability to see what they will really be doing when they complete their degree at NEO or another university.

As you can see, Studio 13 offers many unique opportunities to not only NEO's students, but to the public as well. To become a member of Studio 13, all you have to do is just show up to one of the scheduled meetings. If you have any questions or concerns about anything, contact Mr. Poirt at neo13@neo.edu.

The Norse Wind Newspaper is currently seeking interested students to add to our staff next semester

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* Enhancing your resume
* Developing your writing
* Gaining design skills

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Miss Ackerman
DH 218
542-6343

WANTED
Ask Crystal...

Advice by Crystal Riley

Dear Crystal,
I'm lost in a hopelessly difficult relationship. I've been dating a guy from back home for the past few months and I'm absolutely head over heels for him. He's all I think about and I just can't stand being apart. I really want this relationship to last, but we fight all the time about not getting to see each other and constantly blame one another for not caring enough to make life changes so we can be together. I know that we fight because we're in love and lonely and only talk on the phone or internet, but I don't know what to do to stop being so mean sometimes. The good days are great and I can't imagine life without him...although I am living it right now! Please help me to figure out my long distance issues!
Signed, Long Distance Love

Dear Long Distance Love,

Long-distance relationships are very tricky. You have to remember, above all else, that the person you are with is in the exact same situation you are, and the stress level only increases if you are pressuring the person.

Try not to keep saying things like "I wish I could see you," especially if you know the odds of this happening are slim to none at this time. You do not want to depress your significant other by saying things that will only make them sad because they cannot hold you in their arms this moment, this second.

Every minute spent in love with another person should be cherished and inscribed on the tablet of our lives...time should not be wasted focusing on negativity, because this only equals putting yourself through emotional situations no one should ever have to face. Just know if it is absolutely meant to be, you will spend the rest of your life with them, and they will spend the rest of their lives knowing it was worth the going to distance to get to where your heart truly feels home.

If you have a question or need advice, just Ask Crystal by sending an e-mail to norseenwindiream.edu

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SUDUKO

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

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7 6 3 1 5
3 9 4 2 8
6 4 7 2 3
5 8 5 2 6
4 3 7 9 5
3 6 5 1 4
6
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Poet's Corner

Trace

By Crystal Riley

How do I tell you I love you
When you are miles away?
What are the words I might be able to use
To show what I mean to convey?

My heart as black as useless ash
My soul burns in inner flame
And my mind keeps wandering, telling myself
You may not feel the same

I've given my heart to you truly
When no one could steal it from me
But I've delivered my love to you not
secondhand

What will it take for you to believe?

I've shown all my true colors to brighten your world
But nothing can lighten the miles we face
Our ties to each other will be severed before long
And our friendship massacred without much of a trace.
Roadside Littering a Serious Problem

Opinion by Crystal Riley

Delaware County is noted for its beautiful scenery. People come from all around to see the sights. Unfortunately if they take notice, as most of them do, litter along the roadsides greet them.

Where does it come from? Well, by talking to some local residents, they feel the problem is a combination of several things: increased traffic into the area, more people taking trash to the local trash dumpsters, not keeping their trash secured, and just careless people throwing trash out their windows. It’s time to stop and look and see what’s happening.

The problem was brought to my attention when I read an article about a teacher from Cleora who gathered some local students up on their Spring Break and to make a dent in it.

“It’s a never ending job,” said Steve Knox, a sixth grade teacher at Cleora.

Knox also drives a bus route along the rural roads in Cleora and was sickened by the amount of trash that littered the highways.

When asked why he doesn’t just let the prisoners come in and pick it up, Knox simply said, “The prisoners didn’t put it there.”

Wake up Delaware County and the rest of the world! It is time to reclaim the scenery we are known for. If we do not clean up after ourselves and hold ourselves accountable for the litter that scars our streets and invades our lives. It is up to you to put an end to littering - it’s your world and your responsibility.

Norse Film Critics

Scrubbs

Review by Crystal Riley

Scrubbs is the hit sitcom by director and creator Bill Lawrence. This delightful medical comedy features stars such as Zach Braff, Donald Faison, and John C. McGinley. Recently named Entertainment Weekly’s Number One Comedy, this show features hilarious ridicule, sarcastic witty humor, and aside from all that, it has a very talented cast.

Braff stars as John “JD” Dorian, a nitwit doctor who has a rather outrageous feud with the hospital janitor.

John C. McGinley plays the overbearing, insensitive Dr. Perry Cox, who is constantly running rampant around the hospital, barking orders and calling JD girls’ names.

But the most important key element in this show, in my personal opinion, is not the humor portrayed in this show: it is the small moral at the end of every show. Anything that is humorous in the show immediately ties in to some sort of lesson to be learned for every character at the end of the thirty minute time span. It is not a traditional sitcom in this respect.

For those with a love of the offbeat and sometimes quirky, this show is a great mixture of the sarcastic and downright silly. The jokes aren’t always typical, and that’s what makes “Scrubbs” such a joy to watch. It’s unique and fresh - something rare in today’s television.

Scrubbs is in its fifth season on NBC, and you can catch it on Tuesdays at 7:30!

Fun With Dick & Jane

Review by Crystal Riley

Fun With Dick and Jane is the new film starring Jim Carrey and Tea Leon. Carrey stars as Dick, the overworked, tired and underpaid father of a family of three. Tea stars as Jane, Dick’s equally overworked wife.

The company that Dick works at tanks and Dick and Jane are both left unemployed and at a crossroads. Torn between providing for the family and finding new jobs, they resort to a variety of hilarious hijinks, made all the more amusing by Carrey’s crazy personality, that will keep you laughing nonstop until the very end.

Ice Age 2: The Meltdown

Review by Tarra VanOrsdol

The Meltdown is hilarious and a lot better than the original. Part of the problem with the first was the human element and with this one they stick with what works, only the animals! Although they were twice as funny, the film, once again, is stolen by the Saber-Toothed squirrel! All the original voice talent is back along with newbies Jay Leno as a quick-talking armadillo, Queen Latifah as a female mammoth, and Sean William Scott as one of a two-possum team. So if you’re ready for a laugh, this is your movie! Directed by Carlos Saldanha. Written by Peter Gaulke and Gerry Swallow.
Aggie Banquet Recognizes Outstanding Students

NEO agriculture students were recognized for various achievements at the annual Aggie Society Banquet April 17. Students honored as Graduates of Distinction were awarded plaques and are pictured above.

Story by Aggie News

NEO's Agriculture department has a lot to be proud of and the students that make the department so special were honored during the Aggie Society Banquet Monday, April 17.

The annual event, held at the NEO indoor arena, is sponsored by the Aggie Society with the help of the Agriculture Department. NEO Ag Faculty were on hand to cook a steak dinner for attending students and to recognize those students who have distinguished themselves through activities and academics during the past school year.

Aggie Society president, Tim Street, presided over the event. The coaches of advisors of each of the Ag clubs, judging teams, and rodeo team were each given the opportunity to introduce their teams/organizations and share their accomplishments with the crowd. This was also a time for those teachers to say goodbye and good luck to their graduating students.

After the team/club recognition portion of the program, Ag advisors presented awards to exceptional students within the department. A list of students with GPA's exceeding 3.5 was announced by Dr. Pete Smith. Cream of the Crop awards were given out to outstanding freshman and a select group of sophomores were honored as Graduates of Distinction for their combined academics and extracurricular excellence.

"We have a lot of great students in the department," instructor Tyler Galloway said. "This banquet gives us an opportunity to show them much we enjoy having them as students and to honor them for all they have accomplished."

Graduates of Distinction
(Pictured left - right)

Front Row
Samantha Mayfield
Shannon Garretson
Wacey Reiff
Racheal Chillas
Julie Herman
Cally Cummings
Tye Shauck
Mary Wilson
Caroline Palmer
Holly DeGonia

Back Row
Ben Christiansen
Boone Clemens
Brian Lieby
Brody Gardner
Katie Smith
Alien Willis
Will Cabe
John Kirby
Colby Cunningham
Cream of the Crop Winners
(Pictured left - right)

Brian Finch
Galen Williams
Ashley Schunk
Seth Jones
Kelsey Holt
Ricky Wright
Katie Moore
John Henry
Coowesta Williams
Jeremy Dyer
Marty Barry
Dustin Boyette
Nathan Fent
Casey Hicks

Not Pictured:
Kimberly Curl

A number of freshman were honored with the "Cream of the Crop" award at the Aggie Society banquet based on their scholastic and extracurricular achievement during the past school year as voted on by the Ag Faculty.

Jary Douglas, Lawson Essex, Mike Neal, Tyler Galloway and other Ag faculty were in charge of food preparation for the evening. During the banquet, students and faculty recognized Lawson Essex for all the hard work and time he gives to the department - his work is truly appreciated by all.
A Simple Guide to Eating Healthier

Story by Sam Ackerman

There is a huge amount of confusing nutrition and diet information available. Therefore, it's very understandable when people become discouraged about selecting an eating plan for themselves. Even scientific studies often contradict each other: how can we figure out how best to eat for overall health or weight loss? I've learned that it's easiest when we can focus on the basics. Unless you're going to follow a strict diet that restricts or eliminates certain food groups (always talk to your doctor prior to starting), you can begin by striving for balance in your diet. Here are some "common-sense" guidelines that you can use to identify what kind of an eating plan works best for your lifestyle and your body.

1. **Start drinking more water.** Most experts recommend eight (8-ounce) glasses per day. The easiest way to do this is to spread out your water intake throughout the day and use containers that will help you keep track how much you drink. If you aren't drinking much water currently, try easing into it. Every time you crave a soda, reach for water instead. It can even fill you up, as its been proven that you may think you're hungry, but actually just thirsty. You can add one cup every few days until you reach 8 or more per day.

2. **Strive to eat 1-2 servings of fruits or vegetables at each meal or snack.** This will add up to several servings a day which is recommended for optimal nutrition.

3. **Switch to whole grains.** Go for the healthier whole grains in breads, pasta, tortillas, and cereals. Also eat brown rice instead of white. You'll be taking in more beneficial fiber and gaining all the other benefits of whole, rather than processed, grains.

4. **Get your sweet tooth under control.** Start to slowly reduce the portion sizes and frequency of your intake of any sugared treats. Try switching to unsweetened breakfast cereals. Go from full-sized candy bars to bite-size. If you think you are doing yourself a favor by drinking diet soda, think again. The acid in all soda can be detrimental to bone health and still not teeth. If you are accustomed to eating dessert after every meal, switch to fruit as a dessert a few times per week. The less you eat the sweets, the less you'll crave over time.

5. **Eat lots of lean meat!** Avoid highly marbled beef, and such foods as high fat pork ribs and chops. Make an effort to get your protein from lean ground beef and turkey, pork tenderloin and flank steak, along with fish and shellfish.

6. **Switch to lower fat dairy products.** You can really influence your calorie and fat daily totals by switching to lower fat milk, cottage cheese, cheese, sour cream and more if you enjoy fat-free. Work your way down to that. If you really don't enjoy the taste, then go to the lower fat varieties.

7. **Find a couple of lower fat salad dressings that you enjoy.** With all the vegetable you'll be eating as part of your new eating style, a couple healthier dressing options will go a long way toward making them more enjoyable. In addition to using on salads, you can use dressings for marinade, dips, sandwich spreads, and whenever you can use some extra flavor.

8. **Slowly reduce your portion sizes.** Most people who are carrying around some extra weight probably are eating too much food. By slowly reducing your portion sizes, you'll feel less deprived as you make your way down to a portion size you feel comfortable and satisfied eating.

9. **Learn how to read and compare nutrition label information.** This will help avoid common mistakes made by people experimenting with healthier foods, such as overeating low fat items even though they contain as many calories as the full-fat varieties. Look at things like fiber, protein and sugar content to help you understand what you're feeding your body and how it makes you feel.

10. **Although this isn't directly an eating issue, increase your activity!** Healthy eating is only half of the equation. For ideal health your body needs to move and move often. Again, start slowly and gradually increase your activity. This doesn't necessarily mean having a full-time job, exercise walking, housework; gardening and running around with your kids can lead to healthy changes in your fitness level. Many experts recommend 30 minutes of exercise three times a week as a minimum for overall health. Each person should talk with their doctor and determine what type and level of exercise will best suit them.

Even though you may determine you want to make additional lifestyle changes or reduce the number of healthy lifestyle tips you give yourself a great start toward improved health. Take it at your own pace and make changes that fit into your lifestyle. You don't need to eat foods you don't enjoy just because they are healthy. It would be better for you to experiment to find foods you do enjoy, so that you are motivated to keep eating them. Always keep in mind that you're making these changes to become a healthier person that will live a longer, more active life!

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NEO Cheerleaders Capture Third Place in National Competition

NEO Press Release

When facing off against cheer squads and dance teams from four-year universities across the nation, the NEO Cheerleaders and Norse Stars have proved they can hold their own.

Both teams traveled to Daytona Beach, Fla., to participate in the National Cheerleaders Association College Cheer and Dance Competition from April 4 through April 9. At this competition, the largest in the nation for colleges, the NEO Cheerleaders placed an outstanding third in their division. The Norse Stars finished a remarkable fifth in their division.

The NEO Cheerleaders elected to place themselves in a division that any college can enter into whether it is a four-year or two-year institution. The cheer squad, said Pat Heckscher, coach, rivaled teams from Division I schools and placed a mere four-tenths of a point behind the team who claimed the national victory for their division. The NEO Cheerleaders finished with a score of 7.97, following only the University of Texas, which had a score of 7.99, and Indiana State University with a score of 8.1.

“This is the largest collegiate competition in the nation, and NEO is recognized at it each year as being a school with great scholarships that offers a competitive program,” Heckscher said.

At the national competition, cheerleading squads are judged on a 45-second crowd involvement cheer, tumbling, partner students, pyramids, basket tosses and jumps, projections, choreography, degree of difficulty, overall effect and collegiate image.

The Norse Stars, NEO’s dance team, competed against teams that included the University of Georgia, Western Kentucky University and Eastern Oklahoma State College. The Norse Stars were judged on their routine execution, choreography, staging and collegiate image.

Both teams traveled to Daytona Beach after having spent months in preparation. In addition to regular practices, both teams conditioned each day. The cheer squad’s stunt partners practiced overtime with Justin Gelso, the team’s assistant coach. Gelso is a former NEO cheerleader who competed with the University of Oklahoma at nationals for three years. Gelso was responsible for the cheerleader’s choreography.

This trip marked the third year that NEO has participated in the National Cheerleaders Association College Cheer and Dance Competition.

“Our level of talent has increased each year,” Heckscher said. “I am extremely proud of both teams and the way they represented NEO at college nationals. We have an outstanding group of student athletes who have made a name for NEO.”
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Upcoming NEO Events

April 24
Norsemen Baseball @ Cowley County (Stillwater, Okla.) 2:00 p.m.

April 25
Norse Sense Think Tank - Handling Stress (Faculty Lounge) 1:00 p.m.
Norsemen Baseball vs. Labette 1:00 p.m.
Lady Norse Softball vs. Rose State 2:00 p.m.

April 27 - 29
NEO Rodeo Team @ Southeastern

April 27
Art Show - NEO Art Museum
Lady Norse Softball vs. Connors State 2:00 p.m.

April 28
Business Day
Classwork ends!

April 29
Norsemen Baseball vs. UAFS 1:00 p.m.
Spring Concert - Fine Arts Center 2:00 p.m.
Norsemen Baseball @ Crowder (Neosho, Mo.) 2:00 p.m.

May 1 - 4
Finals Week

May 2 - 4
Bookstore Buyback

May 3
SSS Power Lunch - Graduation Banquet 12:00 p.m.
Norsemen Baseball @ NOC Enid (Enid, Okla.) 1:00 p.m.

May 4
COMMENCEMENT (SAC) 8:00 p.m.
Norsemen Baseball @ Seminole (Seminole, Okla.) 1:00 p.m.

May 6
June 5
Summer School begins

HAVE A GREAT SUMMER!
The Norsewind – the NEO A&M College Newspaper

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