New procedure developed

The college agricultural department has recently become one of only 21 sites across the country to be part of a new innovative procedure for sheep breeding.

Laparoscopic Artificial Insemination (LAI) is a procedure of breeding sheep that was perfected with the help of Dr. Denise Guerry, a veterinarian from Wausau, Iowa. Artificial Insemination is not new to the cattle company, but until 1989, the procedure could be done only on sheep.

"A ewe's cervical physiology is completely different from that of a cow, so the conventional artificial insemination procedures couldn't be used," said Dr. Pete Smith, NCEA's vice president.

"The NCEA instructors were recognized for their participation, service, and leadership in various Red Cross programs.

Local chapter board members, Grace Gundeagle and Chester Campbell, presented the awards and pins to the instructors.

"It is an honor to receive an award like this. It has been a lot of hard work," said Brian Athletic Director, Robert Maxwell, who received the award.

[The article continues with more content regarding events and developments related to the college and its community.]
FRANKLY SPEAKING ... by phil frank

WHAT DOES IT SAY TO DO WHEN YOU'RE SUPPOSED TO PENALIZE THEM back 15 YARDS AND THEY WON'T MOVE.

College students cover wide range

Most people picture college students as being high school graduates or young people in their early 20s. Some people don't know that there are a lot of people in college who have already raised families or still have young kids at home.

I do not see how you are able to do that. I think it is wonderful that you are able to return to college and still be able to raise a family and in many cases hold down a job where you work up to 40 hours a week or more.

It is about all that I can do. I can't get myself out of bed, and get my own self to class. I feel like I am about to drown in the overload of coursework and I look at the people who are older, and realize that they can do this and raise a family. I can certainly do schoolwork.

In the movie, "To Have and to Hold," Rebecca Bainton portrayed a woman who returned to school and still managed to raise a family. Now I'm saying that it is perfect and the easiest thing in the world to do, but there are problems with nearly everything.

I am saying that it is wonderful when older students can return to school and support themselves and get a better job to support their families. To me, it seems that the older students are more attractive than some of the younger students, because most of the older students were not out partying the night before.

The older students have a good heart. They have a great desire to better themselves in the student union, and it's a really nice place if you have never been there before.

A lot of these students are now living a dream that they weren't able to do when they were younger because they couldn't afford it and they had to work, or they were already married and had to work to support their families.

These students are more understanding of the concept of getting a good education because they know what it is like to have to work. For one, it is harder, because they have not been in school for many years and they have forgotten a lot of what they learned. Some are even going to the point of dropping out after only a short period of time.

These students are determined to go to college whereas some of the younger students were forced to go to college and don't care whether they make good grades or not.

Some of the bad points to this is that they never want to have time to spend with their families because they are always studying or working.

The biggest problem for some is that they feel that their families feel neglected. Some husbands feel that if their wives get an education, they are wanting to get away from their families.

I want to know what you think of this.

Audra Johnson

Several questions revolve around sex

You're at a party and you get a date for the next weekend with the person of your dreams.

Then, after a few months have passed, and you're spending every second together, the big question pops up. Should you or shouldn't you have sex together?

Well, according to a panel of experts put together by YM magazine (January 1991), if any of these are the same for you then you SHOULDN'T be getting sexually involved.

1. You're too embarrassed to ask him to wear a condom.
2. You're too embarrassed to ask for birth control from a trusted adult.
3. You're not sure how he feels about you.
4. You're only having sex to get over with or you're doing it because everyone else is.

Don't bepressured to go against your beliefs.

In the November 1991 issue of "FEMM" magazine a few girls told how they regretted becoming sexually active. Their comments included these: "Most of my friends were sexually active. Sometimes I felt like being on top of it, but I didn't feel like telling or when they talked about it." If you have been sexually active in the past, you can still stop until marriage. You now may want to think on your actions a little more before having sex.

When you get into a possible sexual situation, and statistics prove it must likely will happen, think on these things:
1. You might get pregnant or get someone else pregnant.
2. You could contract HIV or another form of venereal disease.
3. It's not likely going to happen and your girl's boyfriend doesn't think.
4. You may feel guilty or ashamed afterwards if you are going against your beliefs or if you don't know your partner well.
5. That partner may lose the respect for you that they initially had.

The only way to prevent these situations from happening to you, is to practice abstinence until you are married.

But please, if you choose to go through with it, then use protection and help to protect yourself and whoever it is that you become involved with.

Abby Seabrook

Love bug strikes

As the year progresses and the days fly by, I've noticed the amount of couples developing a relationship, from the holding hands to the nuzzle fight. That's where many problems begin and fewer end. Where does this whole love bug start anyway?

Is it really love or is it lust? I prefer to call it lust, simply because love can consist of much more than being a couple and spending time together.

Don't get me wrong, love is out there. But so many ways that it is really hard to believe. The getting caught up in the whole couple thing can be overwhelming.

As once quoted, love is patient, love is kind, love is enduring, love does not envy, and so on. This is the definition of love. That is where you should put your mode of thinking because I know where most of these feelings are coming from. Is it not the heart or any normal functioning brain.

Feeling like you are on top of the world and nobody is going to tear you down is the greatest feeling. But how far do you take that feeling?

There are the good points of being with that special someone. Things like knowing that they are there for you and getting that big smile that you've been waiting for all day.

There are things like talking about how they make you laugh and complaining about when they forget to put the dishes away. That is the simple stuff about being together. Everything is more complicated than it seems.

Now lust is the complete opposite. It is always focused on the thing called love. Lust wants its own way at this time.

But as most things last fades, lust's not some weekend deal. There are certain rules to the game of love and lust. Rules like what you can and can't do. Other things like what you can't do or what you can't say.

Some say if you love me then you shall do this to or if you really cared you would do that. Sorry people love is not all that.

It is time we all learn that you do not have to do certain things. Stop, smell the roses and enjoy the woman. Don't jump into something that will be so soon forgotten.

Sure every girl wants to hear 'I Love You' once in her life. But is it from mom and dad? That is it not, it is.

This is the season to cuddle in those warm, cozy rooms. The time that can find you in any compromising positions.

Andy Clark
New reading program benefits students

By Audi Clark
People’s Editor
The college’s reading program has introduced a new program in the Micro Modular Lab, located on the second floor of the Crouch Library/Admission Department.

The program is designed to help students enrolled in any zero-level courses.

The new lab, located in room 321, has been converted to service all but two sections of the lab.

It is a common lab used for English, math, and other courses.

But medically significant changes often appear with no reason. If you feel a blood where you would not expect to see it, or at a time when it is not appropriate, you should consult a doctor if it persists.

Many changes appear so slowly that you may not notice them for some time. For this reason, establish a relationship with a family doctor who knows you well enough to spot changes in your health and behavior is important.

While some symptoms are subtle, others, such as chest pain can be sudden and dramatic. If you think it isn’t rising, call your doctor immediately.

In general, if you have any indication of disease or a new symptom, consult a doctor right away.

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Breathing important during workouts

By Leslie Oge
Lifestyles Editor
Breathing is an important aspect of any workout. It helps to oxygenate the muscles and allows for better performance.

In general, if you are a beginner, you should consult a doctor before starting any new fitness program.

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Veteran anchors defensive front

By Byron Beers

Senior Linebacker

Sophomore defensive tackle

Dennie Embra, who is 6-1 and weighs 275, has enjoyed a successful two-year career as far as the Golden Norse. Embra, from Alfie Elkus High School in Houston, Texas, originally signed with the University of Oklahoma before committing to NEO.

Out of high school, Embra was a Parade All-American, USA Today All-American, and second team Blue Chip Illustrated All-American.

"Moving from Houston to Miami was not a very big adjustment for me," said Embra.

"I was a leader on the team, and now I am a defensive leader for the Golden Norsemen."

"I'd consider myself a defensive leader on our team because I like to pick off the other guys up when things are going bad or the team gets down."

Last season Embra recorded 25 unassisted tackles along with 26.8 assists. He also had eight quarterback sacks for minus 47 yards. While Embra is happy with his play, he still feels that he can always do better.

"I always feel I can do a better job, but I am still happy with the way things have gone for me."

The defense, once again, has been the main reason the Golden Norse have done a great job this season as their 7-0 record shows. "I give the offense a lot of credit, but I don't think the defense has been the key so far this season for us," said Embra.

Currently tied for fourth on the team with 31 unassisted tackles and has 22 assists, Embra has also recorded four quarterback sacks for minus 49 yards.

"One goal for the remainder of the season is to win the national championship," said Embra.

Rally subsides high-flying Falcons

By Chad Grubbs

Senior Editor

Tailback Len Sexton carries two Air Force Junior Varsity defenders towards the goal line during a 59-yard touchdown run during a come-from-behind 32-10 victory by the Golden Norse last Saturday in Colorado Springs, Colo. Sexton scored three touchdowns including a 25-yard interception return in the fourth quarter by scoring 20 points to defeat Air Force Junior Varsity, 32-10, Saturday, in Colorado Springs, Colo.

The second ranked Golden Norse improved to 7-0 on the season. The Falcons dropped to 2-4 on the year.

Tailback Len Sexton gave the Golden Norse the advantage in the fourth quarter when he scored on a 59-yard touchdown run to cap a seven-play, 80-yard drive. Andy Manning added the extra point to give the Golden Norse a 19-16 lead with 12:04 to go in the game.

Sexton, playing both offense and defense, scored two more touchdowns in the quarter for the Golden Norse.

The first came on a two-yard run to cap a 99-yard drive. Ben Rutz connected with veteran Chuckie Aiken on a 26-yard pass to set up the score.

Manning drilled the PAT to give the Golden Norse a 26-16 lead. Due to an injury to safety Steve Ridley, Sexton was playing safety and on the Falcons next possession he intercepted a pass by Joe Shaffer and ran 25 yards for a TD. Rutz's conversion pass failed and the Golden Norse set up the final margin of victory at 32-16 with 3:17 to play.

"Our kids showed a lot of character the way they hung in there and didn't give up," said NEO head coach Mike Loidl.

"They just kept coming back and fighting hard against a very good team. We knew they wouldn't be easy to beat at home and it turned out to be true."

NEO jumped out to a quick lead as veteran Willie Hill picked up a fumble and returned 20 yards for a touchdown. However the Falcons put their wishbone attack to work and moved 71 yards in 15 plays to score a touchdown. Quarterback Andre Johnson did the honors on a 5-yard option run.

Chuckie Aiken capped a 56-yard drive with a 21-yard TD reception from Rutz.

A one-yard TD run by Johnson gave the Falcons all the at the end of the two half.
The Norsewind – the NEO A&M College Newspaper

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