

Fall 11-29-1979

# Maine Campus November 29 1979

Maine Campus Staff

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all is in the offing.

# Marriage isn't like biting the dust

This is the first in a series of three stories on married life at UMO. The first and third are about personal experiences of married students. The second will look at married students in general.

by Glen Chase  
Staff writer

When a friend noticed the ring on my left hand, he asked, "You're not married, are you?"

"Yes, I am," I replied.

He shook his head slowly saying, "Too

bad, there's another man gone."

Reactions such as this tend to be the rule when people find out that I'm married and going to college.

Many students my age seem to think that getting married at ages 18 to 22 is like climbing into a grave and having the hole filled in after you.

This is one "myth" I'd like to dispell. I've wrestled, gone hunting, taken trips, studied for exams and even partied when I wanted.

In doing these things, this doesn't mean

I haven't had to neglect my wife or son in order to spend some time pursuing my own interests. My family comes first and I budget the majority of my time around them.

I'm often asked if the responsibilities that come with having a wife and family are as bad as they sound.

Actually, the responsibility is about the same as that of any other student. I've been married for two years and I would still have to pay for groceries, rent, medical expenses, various insurances and other

costs even if I wasn't married. The only extra expense is money for a babysitter every once in a while.

My wife, Christina, doesn't go to school or work. She stays home and takes care of our little boy, Matthew. There was a time when Chris did go to school and we had to pay \$30 a week for a babysitter. Over a period of time, this seemingly small amount of money tended to add up.

We did have a problem with scheduling classes when my wife went to school.

[see MARRIAGE back page]

# Maine Campus

vol. 85, no. 48

Thursday, Nov. 29, 1979



Students who passed this truck parked in front of the Union Wednesday afternoon were treated to samples of Youplait yogurt. The truck, part of a nationwide advertising plan will move on to Portland then Dallas next, to spread their "French culture." [photo by Lynn Wardwell]

## Students to pay more due to rising fuel costs

by Lynn Wardwell  
Staff writer

UMO students will not be faced with another energy surcharge next year, but in order to meet the rising cost of fuel and electricity, the trustees and chancellor are discussing another increase in tuition and room and board.

Francis Brown, chairman of the Board of Trustees said, "The chancellor indicated without question that we will have to adopt higher tuition and room and board for next fall."

With the high cost of education, Brown said the trustees have been "very reluctant to raise tuition." With the increased costs, "you're slamming the door in the face of some families," Brown said.

The energy surcharge was a "one-time thing" according to Brown. The administration faced with the doubling of the cost of oil from last year and the same budget, imposed a \$10 charge on full time students and \$3 on part-time.

Brown said the trustees are seeking funds from the federal government and the state legislature to "permit us to make energy alterations."

The trustees are asking the Legislature for an additional \$2 million added to next year's budget to be "devoted to energy improvements for the entire university system," Brown said. Brown added that UMO uses more than 40 percent of the total funds.

Dr. Henry Hooper, the chairman of the Energy Advisory Committee, said the "major efforts have been concentrated in the way we heat our buildings." He said the

outside controls have been lowered ten degrees so that the steam in a building shuts off when the outside temperature reaches 40 degrees instead of 50 degrees.

He said the additional money, "will enable us to make some modifications." The energy conservation measures now being used involve turning down thermostats in all buildings and maintenance measures.

With nearly a 20 percent rise in the cost of electricity and fuel oil price doubled, Hooper said the university's budget this fall is "short a half million dollars on this campus alone."

Hooper stressed that the university has "got to get off oil." He said they are studying the feasibility of a co-generation plant that would generate both electricity and steam. He said the plant would burn coal, wood and/or garbage.

To increase savings, the trustees have also discussed a change in the school calendar, shortening or perhaps eliminating the longer breaks altogether.

Hooper said the argument against elimination of the semester break is the amount of time needed to get grades out and to register students for the spring semester.

Another alternative Hooper discussed was "turning the steam plant down in the summer months." The plant burns an average of 2,000 barrels of oil each month in the summer just for hot water. The installation of hot water heaters in dorms would be initially expensive, but the cost would be small when compared to the cost of oil in the future.

## Search continues

### Applications for president increase as deadline nears

by Barbara Bousquet  
Staff writer

Thirty to 35 applications have been received for the position now being filled by acting-President Kenneth W. Allen, according to the chairman of the presidential search committee.

James Horan, a political science professor, said he expects the number of applications to rise as the deadline nears.

The deadline for applications is Dec. 21, and Horan said he has no plans to extend the deadline. The only condition the committee would feel deserved an extension would be if not enough qualified candidates applied, Horan said, adding "but I don't expect that to be the case."

"It's my personal opinion that there are some very qualified candidates" who have already applied, he said.

Horan said those who have already submitted their applications now hold

"varied jobs, with some in administrative positions at other institutions." He said the majority of the applicants have thus far been men.

According to Horan, the University has advertising nationwide in an effort to fill the position vacated by Howard R. Neville when he took a position at Alfred University in Alfred, N.Y. Acting-President Allen was appointed to fill the position until a permanent replacement was found.

Horan said the committee of nineteen has received a majority of their applications from people in the state of Maine, but he added they (the committee) "welcome applications... from outside the state."

The search committee will choose three to five finalists from those seeking the position, based on resumes, references and personal contacts, Horan said.

Horan, the chairman of the committee,

Let it snow,  
let it snow,  
let it snow

special skiing section, pages 8 and 9

said "It's the entire committee that will make the final decision," on which candidate to support.

The committee is seeking input from members of the campus community, and Horan said there will be "a series of interviews between the candidates and faculty and students."

Horan expects the committee will be able to recommend three to five individuals for the position to Chancellor Patrick E. McCarthy by mid-spring.

The chancellor will select one of the applicants and present that person to the Board of Trustees, who make the final decision.



A blood drawing held Wednesday in Hart Hall drew this large crowd of students. UMO is the largest single provider of blood in New England. [photo by Lynn Wardwell]

## Maine Events

Thursday, November 29, 1979

10 a.m. The Art of Black Dance and Music, lecture, dance, demonstration, Memorial Gym.

11:30 a.m. Open Forum: "Contemporary Issues in Labor" by John Hanson, director of the Bureau of Labor Education. Sutton Lounge, Union.

12:10 a.m. Sandwich Cinema, "Journey to the Outer Limits," North Lown Room, Union.

1 p.m. WMEH 90.9, "Number 57735."

4 p.m. Democratic Socialist Organizing Committee meeting, South Bangor Lounge, Union.

6:30 p.m. Women in Worship and the Bible, MCA Center  
7 and 9:15 p.m. IDB movies, "Planet of the Apes," and "Beneath the Planet of the Apes," 100 Nutting.

8 p.m. German Club, Slide Show on East Germany, Bangor Room, Union.  
10 p.m. WMEB, "Album Feature."  
Auditions for 20th Century Music Ensemble. Rhythm Section and Voice tryouts. 220 Lord Hall.

### CAMPUS CRIER

**HELP WANTED:** 3-11 charge nurse, both full and part-time positions available. A challenging and rewarding job with excellent conditions. For more info, call Orono Nursing Home, Inc. 866-4941.

**WORK-STUDY JOBS:** The Maine Publicity Bureau, Augusta, Maine, has work-study positions available at their Tourist Information Center to be opening Nov. 26 at the intersection of Stillwater Ave./I-95. For further details about this potential year round position, and for interview times, please contact Mary Boyington at 581-7751.

Recently divorced male, age 25, reasonably attractive, seeks female live-in companion, in exchange for room and board, live one mile from the university in Orono and am also interested in no commitment, contact Maine Campus

Alpine ski racing coach to be in charge of and coach Julir III-5 and Buddy Wenner league at the Camden Snow Bowl, Camden, ME, reply with resume and references to Peter Van Alstine Box 207, Camden, ME. 04843. Tel. (207) 236-4680

**FOR SALE** — Rossignol skis, ROC 550, 200 cm., Look Nevadas with heavy springs, bottoms in excellent condition. \$45.00 Nordica Pro Boots, size 10½, \$25.00 Call Dave, 866-4223.

Apartment wanted: Bangor area for Christmas break only. Leave message for David Prudden at 581-7531.

**WANTED:** English or Anglo Concertina. Chuck Robie, 5 Riverdale, Orono, Me.

1972 Pontiac Lemans Wagon, 62,000 miles, good running condition, some rust, best offer. Contact 827-5177, Rose Sturgeon 84 Highland Ave. Old Town.  
Apartment wanted in Bangor for Christmas break. (Will share). Please call David at 581-7531.

**FOR SALE:** Kneissl skis with Saloman step-in bindings and ski brakes, 175 cm., \$110. Nordica Pro Ski boots size 9, \$38., Hanson Esprit ski boots, size 8, \$58. Excellent condition. Call Sue, 866-4189.

Acadia Repertory Theatre presents David Mamet's: *American Buffalo* Nov. 28th. Tickets on sale at the door from 6:30 to curtain time at 8 p.m. Latecomers will not be admitted in the Pavilion past 8:00. Tickets \$2.50.

Poetry-Drama-Prose: An evening with Gary Merrill Nov. 30th at the Pavilion Theatre. Show at 7:30 tickets at the door. \$2.00-student, \$3.00-nonstudent.

Apt for rent in Stillwater, 1½ miles from UMO; large 4 room apt., fully equipped kitchen, heat and hot water included; \$295 a month. 827-6282.

"Paying \$10 men's, \$5 women's for class rings. Any condition. Will arrange pick-up. Phone toll-free 1-800-835-2246 anytime."

**LUXURY APARTMENT**—Located in Bradley, 1 bedroom unit with all new colored appliances, w-w carpeting, 6 miles to UMO, sliding glass doors to deck overlooking Penobscot River, heater. \$250 mo. NO PETS NO CHILDREN 947-3123.

**UMO Gymnastics Club is looking for an advisor for the upcoming season. Specific qualifications must be met. For more info, call Ken Gaymor at 581-2519.**

**FOR SALE** — VW Kharman Ghia 1971 — 80,000 miles rebuilt engine, call Allan Lobozzo 323 Oxford. 581-7789

**FOR SALE** — VW Super Beetle late 1974. Automatic stick shift. Sun roof. AM/FM radio. Radial tires. Call 866-4193.

## Young Democrats plan to debate on candidates

by Gail Clough  
Staff writer

UMO's Young Democrats will be presenting a semi-formal debate on the 1980 presidential candidates at 6:30 tonight in the Sutton Lounge of the Memorial Union.

John Diamond, chairman of the Penobscot County Democratic Committee, will speak for the "Carter '80" campaign, Rep. Dick Davies will represent the "Kennedy: An Alternative" campaign, and John Michaels will speak for the "Brown for President" campaign.

Each speaker will provide a brief outline on his candidate; then he'll state why his man is best qualified to be the next president. After the debate, the floor will be opened to questions.

William Fisher, a non-degree graduate student in speech communication, will be the moderator of the debate.

The debate, intended to provide information on the Democratic candidates for the 1980 election, is open to the public.

Students will also have an opportunity to register to vote on the debate night.

Charles Mercer, president of the Young Democrats, has been trying to give the group more recognition. Mercer said the group seemed slightly apathetic when he joined. Mercer, a sophomore education major, joined the Young Democrats last year and was elected president in September.

The Young Democrats have set tentative dates for several Maine politicians, includ-

ing Gov. Joseph Brennan and Secretary of State Rod Quinn, to visit the UMO campus.

...the club "has a split rank" concerning support for presidential candidates.

They will probably be coming to the university in mid-February.

Mercer said the club "has a split rank" concerning support for presidential candidates. Both Kennedy and Carter are receiving much support, while Brown is getting little support. But once a candidate is nominated, the entire group will support him, Mercer said.

Earlier this year, the Young Democrats unanimously supported the "Bottle Bill." Several club members attended the Mondale dinner in Portland, and a group went to that city when Kennedy made his campaign stop there. They also worked at the annual Jefferson Jackson Day dinner in Bangor two weeks ago, where the guest speaker was the national chairman of the Democratic party, John White.

Later this year, the Young Democrats would like to have a campus-wide voter registration drive to increase voter turnout for the 1980 election. Students aren't as apathetic as people think; they just aren't as well informed as they should be, Mercer said. The Young Democrats want to give students a place to air their political gripes and a chance to act, he added.

Self-storage rooms, \$15 monthly & up. U-keep key; Insurance available. Open daily. U-Haul moving and storage center. 945-9411.

**STOLEN**—Forest green nylon knap sack, taken between 11 p.m. Sunday, Nov. 4 and 8 a.m. Monday, Nov. 5 from the coat rack in the lobby of Lord Hall Music Dept.

The contents of the knap sack are *vitaly important*, and if isn't returned a course will have to be *dropped!!*

Contents: Black loose leaf (soft plastic cover) notebook  
Blue notebook with 20 hours worth of notes  
micro-tape recorder and tapes  
Reward offered!

No questions asked if returned as soon as possible to the coat rack in Lord Hall Music Dept. lobby.

Lost: Small leather clutchbag (purse). If found, please contact Madge Bost. 581-7521.

**FOR SALE: CONFLICT SIMULATION GAMES (Wargames).** I am selling my collection of used and unused historical & fictional games. For more info., contact: Jim, 222 Aroostook, 7156.

**LOST:** Nov. 18 between 4 & 9 p.m. from 2nd floor of library—a green nylon knapsack, containing 2 spiral notebooks. Please return at least the notebooks—thru campus mail, no questions asked.—Charlotte Bailey, 216 Oxford Hall, Campus.

Lost: 1 pair of glasses while hitchhiking on Park Stree near Discount Beverages. Gold rimmed in a hard black case. Gerry Breton 866-3341 about 4 days.

Summer rental: Winterport House. 3 br, 2 baths, den, laundry rm, kit, dr, lr, family rm. Fully furnished (includes dishwasher, washer/dryer). Available June 15-Aug. 29. \$250/month, plus utilities. Tel. 581-7586 or 223-5788, or write Box 15, Winterport, Me. 04496.

Blood drive. Dec. 4, 2-7 p.m. at Delta Tau Delta. Sponsored by DTD and Delta Delta Delta.

### RESIDENT ASSISTANT POSITIONS

**FOR FALL, 1980:** Information sessions for all students interested in applying for RA positions for fall, 1980, will be held in all residential complexes during the week of November 26-29. All applicants must attend a session in order to apply and to get an application. Watch for signs in your hall and dining commons for date and time of your complexes' information session.

**FOR SALE—Downhill skis, spaulding skis-66", tyrolia bindings, koflach boots-womens size 8, spaulding poles, call 8 a.m.-2 p.m. 581-2297. Price negotiable.**

**FOR SALE** — 1976 Jeep CJ-5. 6 CXL standard, soft top, low mileage, console, ps warner hublocks, regular gas. \$3900 firm. Call 945-3548 after 5:30 evenings.

Wow, here it is! The chance you've been waiting for! Time to clean out the back of that closet or empty out the car trunk of all that old gear you've been saving but no longer need. On Sat. December 8 the Outing Club will hold an outdoor equipment swap shop/sale. What this will be is a chance for people to unload old (or new) outdoor gear that is no longer useful to them. For instance, if you've got a pair of skis or a couple of books about Maine that you no longer want, bring 'em in! For a dollar we'll let you put them out for other folks to peek at whilst you peruse their stuff!! If you just want to come in and look around that's fine too—the only charge is a dollar if you want to display gear. This event will be held in the Lawn Rooms of the union on the 8th from 8:00 a.m. to 9:00 p.m., so come on down! Here's a few suggestions about what to bring in: outdoor photographs (8x10 type), ski equipment, boots, clothing, outdoor books and publications, climbing gear, boating gear, canoes/kayaks, snowshoes, sleeping bags, stoves, tents, axes/saws, old buckets, anything that's been outside for more than 10 minutes qualifies!

plan dates

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# Big Brothers, Sisters in need of UMO help

by Enid Logan  
Staff writer

The GSS cabinet met Wednesday night and heard from representatives from the Greater Bangor Area's Big Brother/Big Sister program who came before the cabinet to inform them of possible fund raising activities that the group may be involved in on campus.

According to Robin Aston-Jordan, executive director of the Big Brother/Big Sister program, is in a "financial crunch." If the program does not receive funding, they will "fold by the end of December," Aston-Jordan said.

The GSS has already allocated \$645 to the program while directing the representatives to service organizations on campus including fraternities and sororities.

GSS President Dick Hewes took suggestions from cabinet members as to what they considered the major areas of concern to students on campus would be. The Student Life Committee under the Board of Trustees is polling various group leaders, trying to come up with issues that need attention.

Among the concerns expressed by cabinet members were housing, both on and off campus, and a more thorough career orientation programs for students which would go to provide an awareness in academic programs that are marketable

upon graduation.

Other issues cabinet members expressed concern over were the lifting on the sports moratorium in 1980, along with attaining more handicapped facilities on campus.

These concerns will be sent to the committee, which will take all suggestions under consideration in improving facilities and policies at UMO.

In other cabinet, Pam Burch, Inter-Dormitory Board president, informed cabinet members of a walking tour she is taking with Allen Lewis director of the Grounds and Services department, to determine where on campus there is a lack of lighting at night.

Eric Ellis, Graduate Student Board president, suggested there be no lighting after 3 a.m. as it was "wasted" energy because so few students would be out at that hour. Burch, however, disagreed. She said there would be better protection at all times with the aid of lights.

Burch also questioned the resolution passed by the Senate at a previous senate meeting supporting a rebate for students moving off campus into a fraternity for the first 28 days of their dorm contract.

She said she felt the senate was not adequately informed on the situation and suggested representatives from Residential Life should have been invited before the Senate before the bill went to them for approval.



University Volunteer Ambulance Corps workers inspect the inside of their ambulance. Volunteers are on call 24 hours a day to staff the ambulance—a 1979 Ford model—every day that school is in session, including summer session.

## Recent grads pledge \$16,000

by Lisa Worcester

Over two-hundred members of the class of 1979 pledged donations to UMO last year totaling more than \$16,000. This was achieved through the "75 over 5" program put on by the General Alumni Association.

Under this program, a senior agrees to donate \$5 the first year after his graduation, \$10 the second, \$15 the third, and so on for five years. When the five years is up, his donation will total \$75.

Most of this money will be given as unrestricted gifts, for the Alumni Association to use as it sees fit. In the past it has gone for the Distinguished Professor Award, Off-to-Maine receptions for freshmen, the Merit Scholarship Program, and endowment policies that ensure quality faculty remain at UMO as well as attracting

new educators.

"Without private funding," explained Robert Holmes, Annual Fund Director for the Alumni Association, "the quality of a school will plateau. State funding provides the necessities and private funding assures that the school will continue to advance. It makes new developments possible."

Robert Donald Austin was one of the members of the class of 1979 to pledge money through the "75 over 5" program. Austin said he pledged because, "I didn't want to feel like I'd left the university completely, and I figured that my donation would be one tie that I'd still have. I wanted to help out." He said he felt the program was a "good idea...it isn't a lot of money, I hardly notice it." Austin said he first heard about the program from a student representative from his dorm.

## UVAC volunteers there to help

It's all a matter of perspective.

For some college students a decision such as whether to attend a weekend party or stay in and study can seem earth-shaking.

For others, like the 40 UMO students who make up the University Volunteer Ambulance Corps (UVAC), actual life-and-death decisions, such as how best to transport an accident victim, are regarded as "just part of the job."

"We're trained professionals," said David Jenkinson, a 21-year-old chemistry major and experienced EMT (Emergency Medical Technician). "We're trained to evaluate the situation and to act accordingly. Although we're gratified if our actions sometimes result in preventing a more serious injury, we're not in it for the glory," he said.

Volunteers on call 24 hours a day, respond to approximately 400 calls a year.

"When UVAC was created in 1973, the town of Orono had no ambulance of its own," said Dwayne Brasslett, assistant director of fire services at UMO and supervisor of the ambulance corps.

"Most of our people have already served on ambulance crews in their hometowns," Brasslett said. "For the less experienced we require a minimum of a first aid course toward state licensure."

"We're limited by our licenses as to what we can do medically," Jenkinson said, "but we still can get immediate gratification in knowing we can control the scene and calm a traumatic situation. Our main task isn't really diagnosis; it's to evaluate the situation and then to preserve the patient in viable form until he or she reaches the hospital."

## IDB goes to the students for energy suggestions

by Steve McGrath  
Staff writer

It's time for all the closet energy conservationists to be heard.

The Inter-Dormitory Board is sponsoring a campus-wide conservation suggestion contest to solicit student ideas for university energy savings.

Pam Burch, IDB president, said the contest is designed to raise student awareness in the area of energy conservation.

"I don't think people really understand how much more oil is costing the university (this year) than in past years," Burch said.

She believes once the weather turns colder, students will become more conscious of energy conservation.

"I don't think it's been cold enough yet," Burch said.

However, it is not in the direction of heating conservation that IDB is aiming its efforts.

"We don't have direct control over the heat," Burch said.

She hopes students will become more aware of electrical energy wastes.

Burch said the contest originally

suggested by a university energy task force, will begin today and continue through Dec. 12. Students are asked to write their suggestions in the clip-out form next to this article and mail them to the IDB office in the Memorial Union or drop them off at the information booth on the second floor of the Union.

Winners will be selected in two categories: best suggestion applicable to the entire community and best suggestion applicable to residence halls.

"We're looking for suggestions that are innovative, inexpensive to implement and that raise the public consciousness," Burch said.

Winners in each category will receive a \$15 gift certificate from the University Bookstore.

Burch hopes students will participate in the contest and really try to offer some good suggestions.

"There's a minority of dorms that are active and there's a majority that are not as conscious," she said.

"It (energy shortages and rising prices) is going to affect us in the long run. If we can conserve electricity, maybe room and board won't have to go up next semester."

### IDB Energy Conservation Suggestion Contest



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUGGESTION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Carl Pease**

**Letters for the  
circular file**

"To preserve the Land."  
"We control the lightning."  
If you read Science-Fantasy, the two phrases may seem familiar to you.  
"To preserve the Land" is from "The Chronicles of Thomas Covenant the Unbeliever."  
"We control the lightning," is the last words used in "Lucifer's Hammer."  
For some reason these books, which I read about a year ago, and the two phrases that I have quoted are the epitomes of the two world views that are trying to become the dominant world view of the future.

"The Chronicles" is a fantasy trilogy about a struggle between Lord Foul (a Satan figure) who wishes to destroy the Land and those who wish to preserve it. The central figure is Thomas Covenant, a leper from the 'real' world, twentieth century America, who cannot bring himself to believe in the Land but who, never the less, is seen as a saviour by those who wish to preserve the land.

The conflict is an internal and spiritual one, the enemy is ultimately seen as not Lord Foul but the hates and fears within ourselves that feed Lord Foul and make him strong. The ultimate lesson is that to Preserve the Land we must control our selves and learn to live with the Land and not against it.

"Lucifer's Hammer" is about a not too distant future in which a comet, or rather a large piece of comet, bombards the Earth and brings an instant end to our civilization. We watch the struggle of a group of people in a California valley struggle against the weather, which has been warped by the catastrophe, against the lack of food and against a bunch of religious fanatics who try to destroy all remnants of the technological civilization which are perceived as having brought down the Wrath of God.

The final conflict of the novel is about a battle to preserve a fully operational nuclear power plant against these religious fanatics. In other words, to regain and retain control of the lightning.

The conflict is an external one against the forces of nature and 'wrong' thinking individuals. The enemy is the Universe and the answer lies in such control of our environment as we can wrest from that Universe, in Control of the Lightning, in technology.

The two world views and the ecological view and the technological view.  
The ecological view is that we must learn to live with and as a part of the incredibly delicate and intricate web that makes up our world.  
The technological view believes that we must control, bend and otherwise mold to our own uses the universe around.  
These two viewpoints are fighting it out in our culture right now. One of the battlefields was at Seabrook.  
Which side were you on?

*Carl Pease is a graduate student in public administration. His column appears here Thursdays.*

## Target practice

Hunting season is open again. But this time the huntee is not a deer. It is Senator Edward Kennedy.  
Yesterday a 38-year-old woman from Boston, armed with a hunting knife, tried to force her way into the senator's Washington office.

It can be ruled out that she burst into the office in order to help him cut the tuna fish sandwich he brought for lunch.

Susan Osgood, who has a known background of psychological problems, apparently had the intention of doing physical harm to Kennedy.

The only injury in the affray with secret service men and the woman, however, was a cut on the hand of an agent. Kennedy, who was in an inner office, learned of the assault after Osgood was subdued and taken away.

This assassination attempt is probably

## It's the yogurt truck

Years ago, you would hear the bells ringing and start to run.

In those days, there was only one truck that went from neighborhood-to-neighborhood.

It meant ice cream time.

The bell was ringing again, so to speak, Wednesday afternoon. And it was free yogurt that was on tap.

Yoplait, the yogurt of France, made its appearance at UMO. You know that yogurt. It's the one that changes ordinary men and women into smooth-talking French people. Just ask Jack Klugman.

For several hours, the yogurt truck parked outside the Memorial Union and dispensed the multi-flavored dairy product.

only the first of many. Kennedy is a natural target from the viewpoint of a mentally disturbed person.

After all, his two late brothers died at the hands of nuts.

And another nut could become a household word (just like Oswald and Sirhan) if he "got" the third political Kennedy brother.

Throwing oneself into the political limelight is not an easy thing to do whether your last name is Smith, Johnson or Kennedy.

In fact, a candidate must not be only a politician these days, but an expert in the martial arts in order to survive (literally) a presidential election.

But the frightening thing about surviving the election is instead of being a hunted candidate, the winner is a hunted president—a more coveted trophy.

A. L.

And for one of the few times in life, students got a chance to get something for free that was also good for them.

More than the filling of stomachs, perhaps this reflects a change in American thought. We are starting to be a little more suspect of what we eat. And how much of it we eat.

Americans are looking at labels to check if products contain red dye no. 2. They're concerned about nitrites in their bacon. And they're eating yogurt.

Why, in this office alone, a case of the stuff was consumed.

But we can justify this spoon-fed logic. After all, it's good for you.

And it was free.

S.M.

The University of Maine at Orono's student newspaper since 1875

**Maine  
Campus  
staff**

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**UP ON YOUR SOAPBOX**



**Mad at the world? Get up and shout about it!**

The Maine Campus welcomes letters to the editor. Please keep them brief and type them double-spaced. We may have to edit letters for space, clarity, taste, style, accuracy or libel. Send them to us at Suite 7A, Lord Hall, UMO, Orono, Maine 04469. Please include signature, phone number and address. Names withheld in special circumstances.

## Rubin is active again

To the Editor:

I'd like to revise my comment on Jerry Rubin in the *Campus* of Nov. 14. He has definitely gotten out of the "me generation" and it's great to see him politically active again.

About Barry Commoner—I was speaking with Barb Beem the other day, and she said that she had a paper with his agent and fee listed and said that she had contacted him. If this is true, wonderful, I apologize, but it is not the way I remember and Barry Commoner's secretary said she had not been contacted.

The reason given by most of the DLS Committee members for not bringing people like Barry Commoner, a leading

expert on nuclear energy, herbicides, pulp and paper and their effects on the environment; or Marlene Dixon who writes and speaks about women and oppression, women and work, and academic freedom out of the Institute for Political Research is a lack of student interest in these people. Unfortunately a speaker's worth is often judged by the estimated number of people who may attend a lecture, not how distinguished the speaker is.

Please let us know your interests, send us your suggestions—topics as well as names and we can bring you the people you would like to hear.

Thank you,  
Cheryl Hook

## What are we waiting for?

To the Editor:

With regards to Ingerson, Palleschi and Colby of Hancock Hall and their views on UMPD's weapons requests, allow me to speak of my experience on this matter.

Are the students of this campus

going to wait until someone is killed before they realize that this campus is not an island in the sea of reality. This question is rather close to me, not because I agree with everything UMPD says, but because I am alive today only because I had been in the right place at the right time when a man with a gun was looking for me, and not because any cop inspired respect in that s.o.b.

Such luck does not go on forever, and for the time being this person is serving 20 years in Thomaston. I've wondered what would have happened if that guy had found me. Maybe something like this happens once in a century, buy it left a lasting impression on me, and influenced my decision to move off-campus shortly afterwards.

Everyone living at Orono has probably lived in a town where the police were armed. Why doesn't anyone suggest the Bangor, Orono and/or State Police be disarmed.

I'm asking that neither my name or address be printed with this letter. While I stand behind what I say, I also value my privacy.

Name withheld

## Lambda Chi extends thanks

To the Editor:

We would like to thank the following sororities for their cooperation in our annual sorority kidnap: Alpha Chi Omega, Alpha Phi, Delta Zeta, Pi Beta Phi, Alpha Delta Pi, Chi Omega, Phi Mu and Sigma Kappa.

Thanks to each of their contributions of \$15.00, four needy families in Orono community have received food baskets for the Thanksgiving holiday.

Fraternally,  
The Brothers of Lambda Chi Alpha

## Commentary confused

To the Editor:

How can Michael J. Finnegan call the beating of an Iranian student senseless and also say that Iranians have rightfully called for the Shah's death. Does he really believe that violence is wrong in one instance and right in the next? Finnegan sounds more confused than the American protesters he refers to.

D.A. Sewall  
Bangor

## Fraternities no different than dorms

To the Editor:

This is in response to a letter in the *Maine Campus* (Thursday, Nov. 15) contributed by the UMO Counter-Culture.

The letter cynically cut down fraternities for showing "their massive intellectual capabilities by killing and publicly displaying huge beasts that threaten us everyday (i.e., a 125 pound cub and a "killer deer.")

The Counter-Culture suggested having a "Who can kill the largest frat contest," in which all fraternities would have one week to find, "gun down" and "field dress" the largest fraternity, based on combined weight and height. The "organization" then suggested that, at the end of the week, each fraternity would display its "trophy" on a meat hook outside the Memorial Union.

How absurd can you get? I suppose I could suggest a counter-proposal that someone initiate a hunt to "bag" the UMO Counter-Culture, but I wouldn't stoop that low.

As far as hunting goes, fraternity members are no different from dormitory members—it's just that it's not against any university codes to hang a deer outside the front of a fraternity.

## Volleyball facts

To the Editor:

I am very disturbed about the inaccuracy of the scoring taken from the campus co-ed volleyball championships. If you are going to print something, I suggest that you get the facts straight first. The scores were not 15-3, 15-4, and 16-4 (by the way, if you were really on the ball, 16-4 is an impossible score). The correct scores were quite different. They were 16-14, 15-8 and 15-12.

I can understand a misprint, but these figures are absolutely incorrect. Consequently, the Oxford O's are made to look like the underdogs when actually the match was extremely close and very well-matched!

Julie Stevens  
220 Oxford

However, I'm sure Mr. Moriarty would clamp down on anyone who tried to display such a "trophy" on the front steps of Stodder or Penobscot Halls. Try to tell me some dorm residents wouldn't attempt it if it was allowable or feasible.

I've lived in a dorm before, and I know that the residents there are by no means any "better" than the brothers of a fraternity.

The purpose of this letter is not to

declare war on dormitories, but to point out the stupidity of the proposed "war between the fraternities."

But I suppose I can't assume all the members of the UMO Counter-Culture are dormitory residents or even students. After all, they didn't even have the guts to sign their names or addresses along with the letter.

Andy Orcutt  
Sigma Chi fraternity

## At last...the hunt is on

To the Editor:

The hunters of the UMO fraternity system would like to offer their congratulations to the "UMO Counter Culture" for resolving the serious dilemma which confronted us this year. In the face of the exorbitant fees charged by the Maine Fish and Game Department for a chance to play hide-and-seek through the dripping November woods with Bambi and his sadistic forest friends, their suggestion, for a "frat hunt" came as a welcome alternative. Upon close examination, however, it proved impractical on two points, namely: (1) the fact that we know each other's ways fairly well, and this would preclude any element of "sport" in the competition, and (2) the Bangor representative of the Boone and Crockett Club assured us that we were unlikely to produce a statistically significant candidate from such a small group. However, our intellectual capabilities were sufficient to produce a modification of the original suggestion which is sure to meet with universal approval.

At 1 a.m. on the morning of Nov. 26, all 600 of us will assemble at Lambda Chi Alpha for a massive breakfast, which will be followed by a general briefing

and strategy session at TEP.

After this we will go to the secret fraternity arsenal alluded to by Tammy Eves, and draw a suitable selection of personal weaponry. We will then proceed to the military airfield at BIA, and board 200 fully prepared helicopter gunships which have been placed at our disposal by the Army Air Cavalry.

Precisely at dawn on Nov. 26, we will rise from the tarmac which a thudding roar which will break every window at BCC, and begin churning towards the low-lying districts of Bangor, Brewer, Veazie, Orono, Stillwater, and Old Town.

I daresay we shall have an enjoyable day's sport demolishing these slums in our search for the elusive "UMO Counter Culture."

When dusk falls, our magnificent men in their flying machines will wing their way back to Fraternity Row, where the day's bag will be prepared for judging.

In recognition of the unique and innovative nature of our contest, the Rules Committee of the Boone and Crockett Club has graciously agreed to waive their usual requirements. Instead, they will award a trophy to the specimen which best combines the following points: (1) smallest

weight to height ratio; (2) longest hair; (3) rankest body odor; (4) greatest number of needle marks on forearms; (5) greatest number and species variety of vermin; (6) greatest amount of clothing in worst possible condition, and (7) Canadian Naturalization papers.

Enough! Let's snap back to reality. A healthy game animal in its natural habitat has a far better chance of dying of old age than do millions of starving people worldwide. If such people were to imagine that every bite of hamburger, or steak, or bacon represented a loaf of bread (feedlot raised livestock need enormous amounts of grain and corn) snatched from the mouth of a starving child, they might develop a new idea of "murder." If such people were to consider the energy consumed in raising, transporting, slaughtering, freezing, packaging, and distribution of meat products as a function of America's current 35 percent demand of the world's energy production, they might develop a new idea of "sickening immorality."

Dave Saunders  
Beta Theta Pi

ular file

Fantasy, the two familiar to you. "The Covenant the

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# Vegetarianism: Provides ecological



by Crilly Ritz  
Staff writer

"One farmer says to me, 'You cannot live on vegetable food solely, for it furnishes nothing to make bones with,' and so he religiously devotes a part of his day to supplying his system with the raw materials of bones; walking all the while he talks behind his oxen, which with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle."

The same misconception about vegetarianism that plagues the world today was also present, as chronicled by Henry David Thoreau in *Walden*, over 100 years ago.

**"Yet, it is scientifically proven that individuals can live well-nourished lives without ingesting animal flesh. All that is required is a balance of amino acids, the building blocks of protein. And indeed, many vegetarian diets are more well balanced than meat diets."**

Yet, it is scientifically proven that individuals can live well-nourished lives without ingesting animal flesh. All that is required is a balance of amino acids, the building blocks of protein. And indeed, many vegetarian diets are more well balanced than meat diets.

And indeed vegetarian diets have been proven to be more ecologically sound because we, as a herbivore, remain at a lower level in the food chain. Being at a higher level in the food chain, which is also termed a higher trophic level, requires a longer passage of food, because food begins as a plant at a lower trophic level. For instance, a plant is eaten by a cattle steer as grain which has been harvested solely for this purpose, so that the steer can be fattened for beef production.

The unfortunate thing occurring is that the cattle steer wastes this food which could feed people of the world. The steer is only 20 percent efficient in utilizing the food, thus waste due to America's gluttony for meat exists on a widespread basis in American stockyards. Such waste seems unethical in an age where world hunger kills millions of people each year. A shorter food-chain passage as would happen with widespread vegetarianism, could feed millions more people.

Vegetarianism comes in a variety of categories, ranging from lacto-vegetarians, lacto-ovo vegetarians and vegans. Lacto-ovo vegetarians include milk products in their diets as well as eggs. The lacto-vegetarian would exclude eggs and eat vegetable matter and milk products. On the extreme end of the spectrum lies the vegan who subsists solely on vegetable foods.

One must be more conscious in determining diet when further limiting the diet. Amino acid intake must be monitored to make sure that complementary amino acids are present in the diet. Certain mineral deficiencies, as well as vitamin deficiencies, have a higher probability of existing. This is especially so if the vegetarian takes a lackadaisical attitude toward dietary habits.

William H. Crosby, M.D., in the *Journal of the American Medical Association*, says:

"Both the quantity and quality of protein are of central concern in all diets. The quality of proteins in plant foods, notably cereal grains is generally lower than that of animal proteins. Protein quality is dependent on the amounts and the utilizability of eight of the 20 amino acids in nearly optimum amounts and in available form, and thus are said to be high-quality proteins."

Crosby adds, "On the other hand, cereal-grain proteins are relatively low in the essential amino acid lysine, which provides lower quality protein. Legumes, such as dried beans and peas, contain ample lysine, but are relatively low in methionine, so they also provide protein of marginal quality. When cereal and legume proteins are eaten together, the methionine provided by the cereal, and the mixture of proteins is of better quality than that provided by either alone. The worldwide practice of combining cereals and legumes in the food of man and farm animals provides evidence of the supplementary effect of one plant food on another. If this mixing of plant protein is done judiciously, combinations of lower quality can give mixtures of about the same nutritional value as high-quality animal foods."

Crosby also says, "Man's nutrient requirements, with the exception of Vitamin B-12, can be met by all-plant diets." Variety in diet, according to Crosby, is the key.

Lacto-ovo vegetarians don't have to be as concerned because eggs and milk, along with other foods such as yogurt and cheese, provide calcium, iron, riboflavin and Vitamin B-12, nutrients that are most likely to be deficient or absent in all-plant diets.

Lewis Barnes, M.D., chairman of the American Academy of Pediatrics, in a 1977 journal article in *Pediatrics*, said "Plant-based diets supplemented with milk and eggs tend to be nutritionally similar to diets containing meat."

Barnes continues, "The National Academy of Food and Nutrition has emphasized that even pure vegetarians can be well nourished if they select their diets to provide sufficient calories, a good balance of amino acids, and adequate sources of calcium, riboflavin, iron, Vitamin A, Vitamin D, and Vitamin B-12."

Barnes also says, "There are some nutritional benefits of a well-balanced vegetarian diet, such as the rarity of obesity and a tendency toward lower cholesterol levels."

So, backed with this scientific medical knowledge, a proposed switch to vegetarianism may be reinforced. The idea may seem more feasible or logical if apprehension due to medical reasons no longer provided a stumbling block.

**"Large corporations have invested vast sums of money in the meat industry. And indeed it is vicious. Grain that could feed cattle which are only 20 percent efficient in di-**

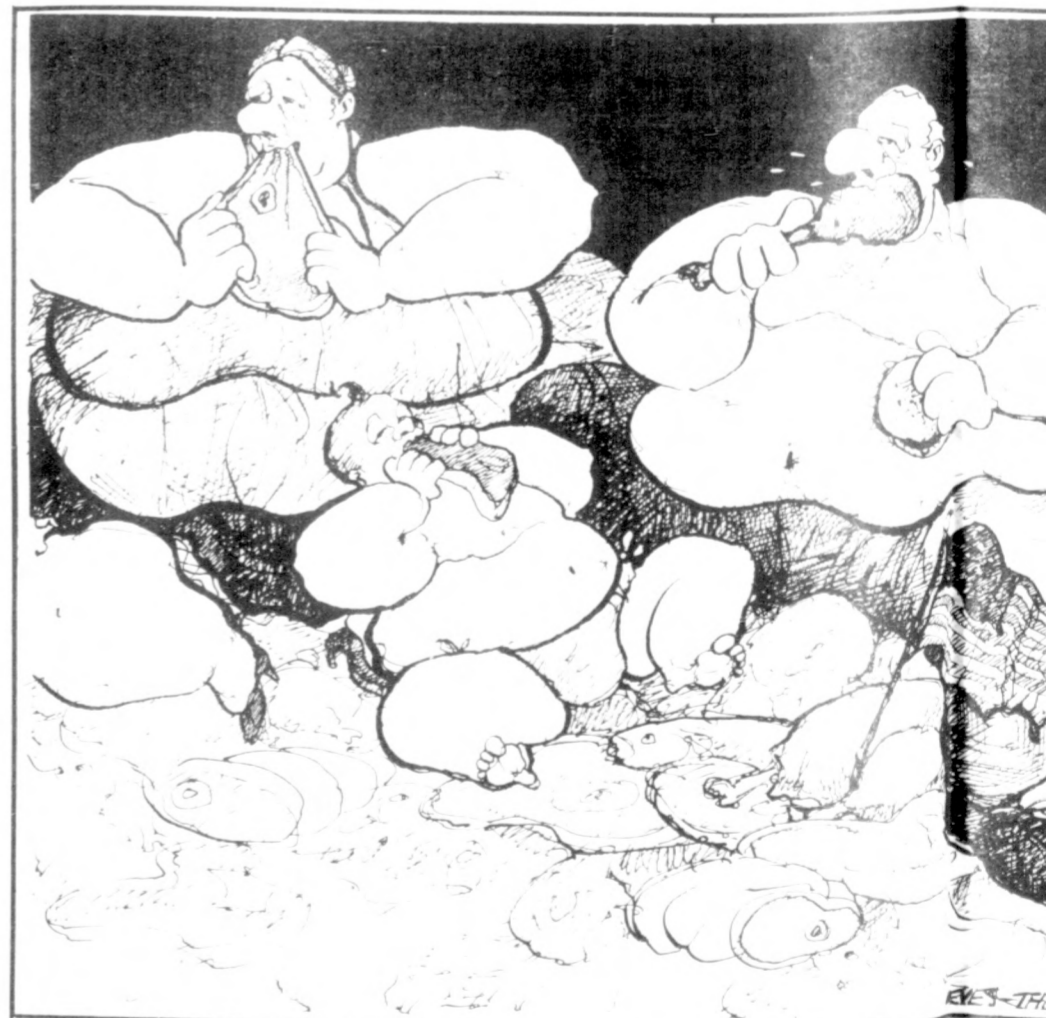
However, the dilemma whether to switch or not can still be disconcerting. Peer pressure can work two ways, one side tells you to switch and urge you to join their ranks. On the other hand, others may prod you to stick with a meat diet because it tastes "so good."

As a result, the change to vegetarianism may be adamantly defended by the convert. The new "veggie" may start to call fellow friends "carnivores" and associate only with fellow vegetarians. It is usually done "in good fun."

The high price of meat may seem to motivate the big switch; often-times a vegetarian diet may not be any less expensive, especially if much cheese or organically grown gourmet foods are purchased regularly.

However, if done intelligently and wisely, a vegetarian diet may be economically as well as more protein-and-nutrient efficient. A reliance on beans, of various assortment, balances costs, for beans are the best protein buy available.

Beans good for eating are numerous, but many have become popular favorites, among them pinto beans, kidney beans, lentils, black-eye peas, yellow-eye peas, split peas, and navy beans. These are most economical if purchased in the dry form in bulk. They are later soaked in water so they can be cooked.



Graphics by Cindy Eves

# an ecologically sound way to feed the world

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Vegetarians acquire a keener awareness of what should be eaten. Life, a constant learning experience of what is good and bad, means simple, un-prepackaged foods are sought. Often, sugar and sweets are given up. However, this often does not include natural sugars, such as are found in fruits and honey.

A universally wholesome food is wheat germ. What is wheat germ? It is the wheat embryo; and it provides all nutrients for the seed (kernel) to carry it over until it can photosynthesize (manufacture) its own food.

Wheat germ provides high-quality protein and has good quantities of polyunsaturated oils for healthy skin and circulation. It has nearly all the Vitamin B complex.

Robert Rodale, author of the "Prevention System" and practitioner of natural foods since the 1930's, in his publication says that Vitamin B has been proven by some scientists to have more than 30 forms. Rodale says that most of these are variations of the basic 11.

Vitamin B is crucial to maintaining a healthy heart, nerves, skin, blood, and mental health.

Wheat germ is also a good source of iron which prevents energy-robbing nutritional anemia. Wheat germ also contains a wealth of magnesium, zinc and plenty of natural fiber.

One can purchase wheat germ already toasted, as in most commercial brands, or raw, which is higher in nutrients because there is no loss due to heat processing.

In this century, American food processors have switched over to use of white flour which lacks the wheat germ and bran, the coating around the germ which is high in fiber content. The bulk is thus removed, making the flour easier to use in mass processing of foods. Nutrients are depleted when the bran and germ are taken out. This has, in the last century, caused a higher incidence of heart disease, diabetes and bowel problems. The rise in the use of white flour is accorded the villain role in this scenario.

And so the food revolution from pre-packaged foods, highly processed in nature, to simpler whole foods is no emotional plaything but a harsh reality that America must come to grips with.

Iron, often deficient in non-vegetarian diets and especially so in many women, can be found in dried fruits, beans, blackstrap molasses and leafy, dark vegetables such as spinach.

In "Diet for Life," a publication by the Seventh-Day Adventists, the reason is spelled out: "When eaten in this form, sprouts provide more energy and productivity than in the original form. During sprouting, the starch contained in the grain is changed into simple sugar. This is why sprouts can be eaten raw, they digest very quickly. And since the whole natural Vitamin B complex is intact, this sugar turns into energy."

Many grains and seeds are used for sprouting. The most popular is alfalfa because of its crispiness which can add to the character of fresh salad. In addition, there are mung beans, garbanzos, sunflower seeds, lentils, peas and many more.

The answer to food problems must be a return to simpler foods, which are more readily available to digestion, full of vitamins, and provide a natural balance for the body.

The list is just about endless as to what can be eaten. There are nuts, soybeans, fruits and countless dishes to make. Being a vegetarian chef requires imagination and a tad of creativity to make meals good. It's not as easy as frying up a burger or broiling a steak. The satisfaction though can be greater when a good tasting, ecologically sound and nutritionally beneficial meal is made.

Even flavorings for foods can be important. Garlic and onion are proven antibiotics, and are an extremely valuable tool in the food preparation process. Herbs, and herbal teas, are also another way to stay healthy. Rose hip tea, for instance, is high in Vitamin C.

However, the myths, the misconceptions and the falsehoods of attitudes toward a vegetarian diet persist. "One must have meat" can be heard echoing in households all over America, and it is mostly an American phenomenon for America eats more meat than the rest of the world combined.

Large corporations have invested vast sums of money to keep the vicious cycle going. And indeed it is vicious. Grain that could feed the world is squandered to feed cattle which are only 20 percent efficient in digesting and utilizing the food.

Agriculture, which grows the meat, has ruined America's land in the process. Each year more than 3 billion tons of silt are lost to water systems; this is the result of monoculture, the growing of one crop on a piece of land and then removing all vegetative matter. The loss of nutrients from the soil through erosion greatly accelerates as a result. The results are horrifying. Ten percent of all agricultural land is now termed no longer tillable.

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y 20 percent efficient in digesting and utilizing the food."

Brewer's yeast, a type of bacteria, contains all the Vitamin B complex and has all the essential amino acids. It is a high-grade protein.

And then there are bean sprouts, often found in oriental cooking and salads. They are good for you! In fact, mostly anything eaten raw is good for you. This is because heat during cooking destroys many minerals and vitamins. In nuts, heat destroys enzymes that aid in digestion.

Rodale says, "Depending upon the method of cooking and preparation used, anywhere from about 10 percent to 100 percent of any given nutrient may be lost when vegetables are cooked."

He continues with, "Eating raw fruits and vegetables is not introducing a new element into your diet, but rather restoring important elements that were put there by Mother Nature."

And sprouts are just one good way to eat raw food. When the beans swell by imbibition, they become pleasantly plump and more crispy and more filling because of the added water. The vitamin content increases, and in some cases the amino acids change so that they are made more available.

Land-use, as well as dietary, changes will have to be implemented at a much greater rate than presently applied if the world wants to eat and survive ecologically. Research continues, for the impact man has had on the world is beyond man's scope, especially the long-term effects.

Large companies, slow to change, and Washington lobbyists must implement more integrated policies. Short-term benefits and economic considerations must be placed beside ecological soundness when policies are drawn up.

For vegetarians, their part in the whole drama is to eat ecologically sound as well as medically-proven sound diets. For vegetarians, their small part means a lot. For they know what they eat affects their bodies, and in turn their minds.

## Outlets

Orono has its share of vegetarians. The past several years has seen a steady increase in the vegetarian population at UMO. A cooperative housing unit has been established in which all members are vegetarians. Dining commons have instituted special vegetarian lines to cater to the different diet. Salad bars now carry more than the basic lettuce and tomatoes.

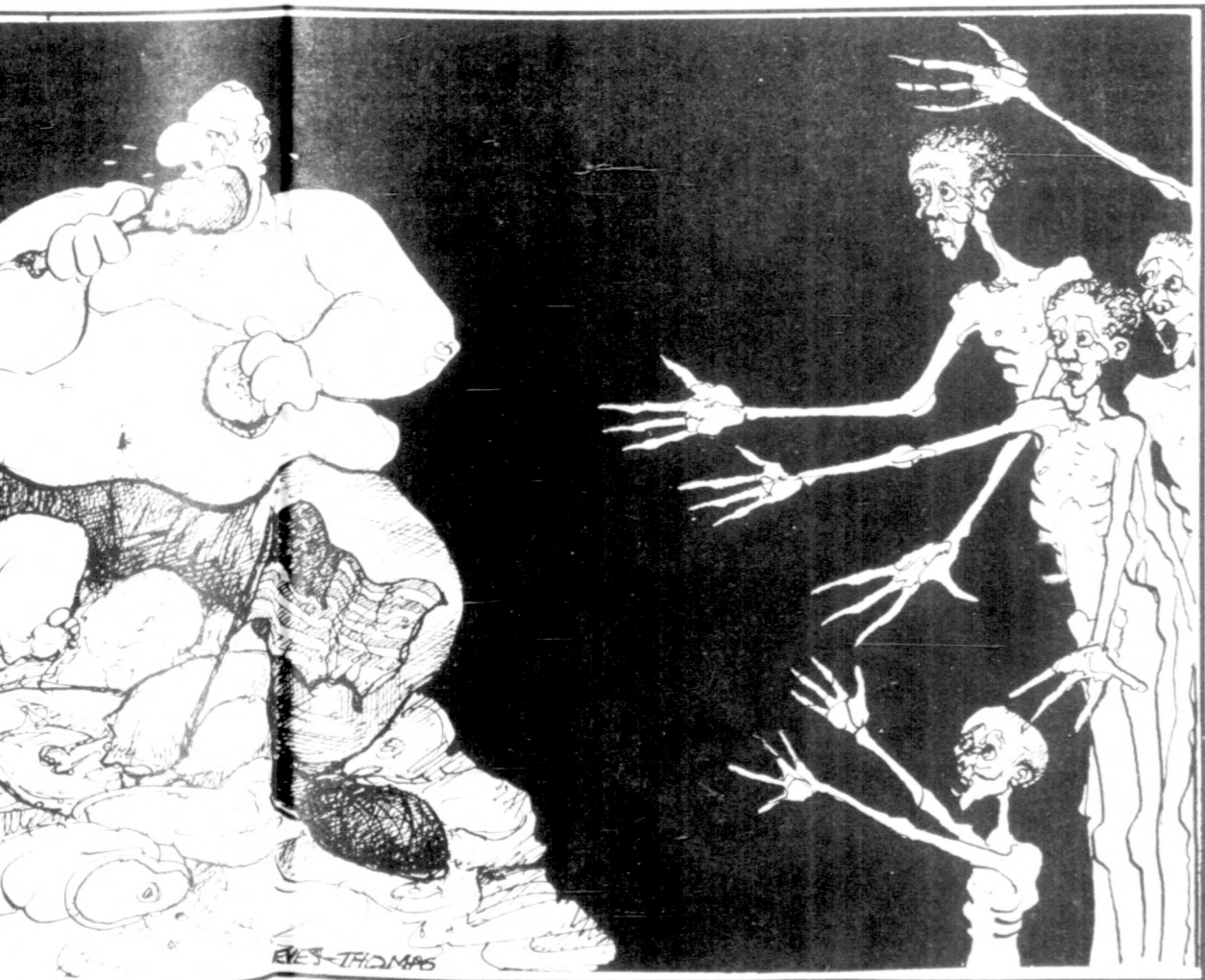
There are several resources in the local area that vegetarians can turn to for food and information concerning issues such as health and world hunger. The Maine Christian Association (MCA) every Wednesday has a potluck vegetarian meal. Afterwards, they discuss topics concerning

world hunger. Chaplain Gordy Svoboda urges all to come for the meal and discussion.

The Soup Kitchen in the Ram's Horn every Sunday and Wednesdays provides a nourishing good tasting meal for \$1.75.

As for purchasing foods...there are several choices. One can buy from one of the local food co-ops. For instance, there is the P-Nuts co-op run by the Off-Campus Board, or the Blue-Ox co-op in Bangor. Both have dried goods, dairy products, and produce.

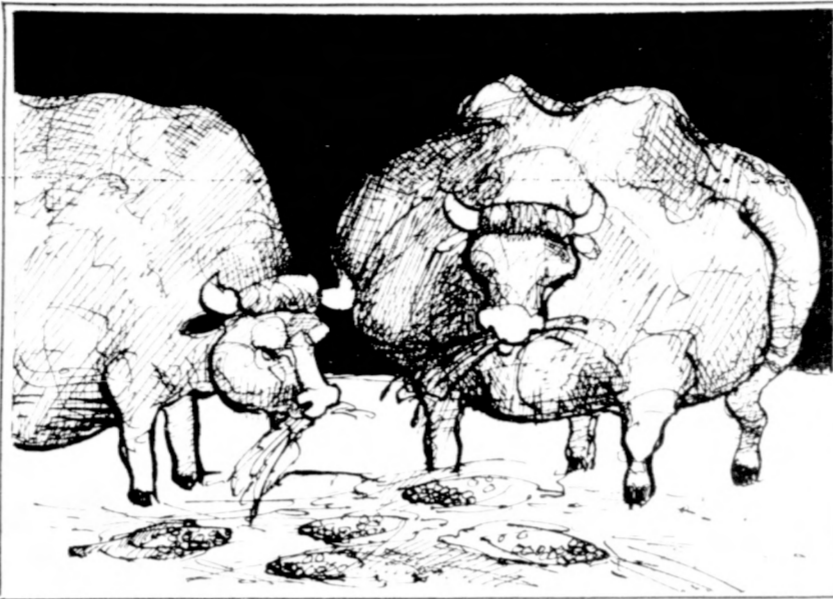
The local health food store, The Store, is the only store of any kind in downtown Orono that sells food. It carries a variety of organic and natural products.



Graphics by Cindy Eves-Thomas



# Vegetarianism: Provides ecologi



by Crilly Ritz  
Staff writer

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Barnes also says, "There are some nutritional benefits of a well-balanced vegetarian diet, such as the rarity of obesity and a tendency toward lower cholesterol levels."

So, backed with this scientific medical knowledge, a proposed switch to vegetarianism may be reinforced. The idea may seem more feasible or logical if apprehension due to medical reasons no longer provided a stumbling block.

**"Large corporations have invested vast sums of money in the meat industry, and indeed it is vicious. Grain that could feed 100 million people is used to feed cattle which are only 20 percent efficient in digesting it."**

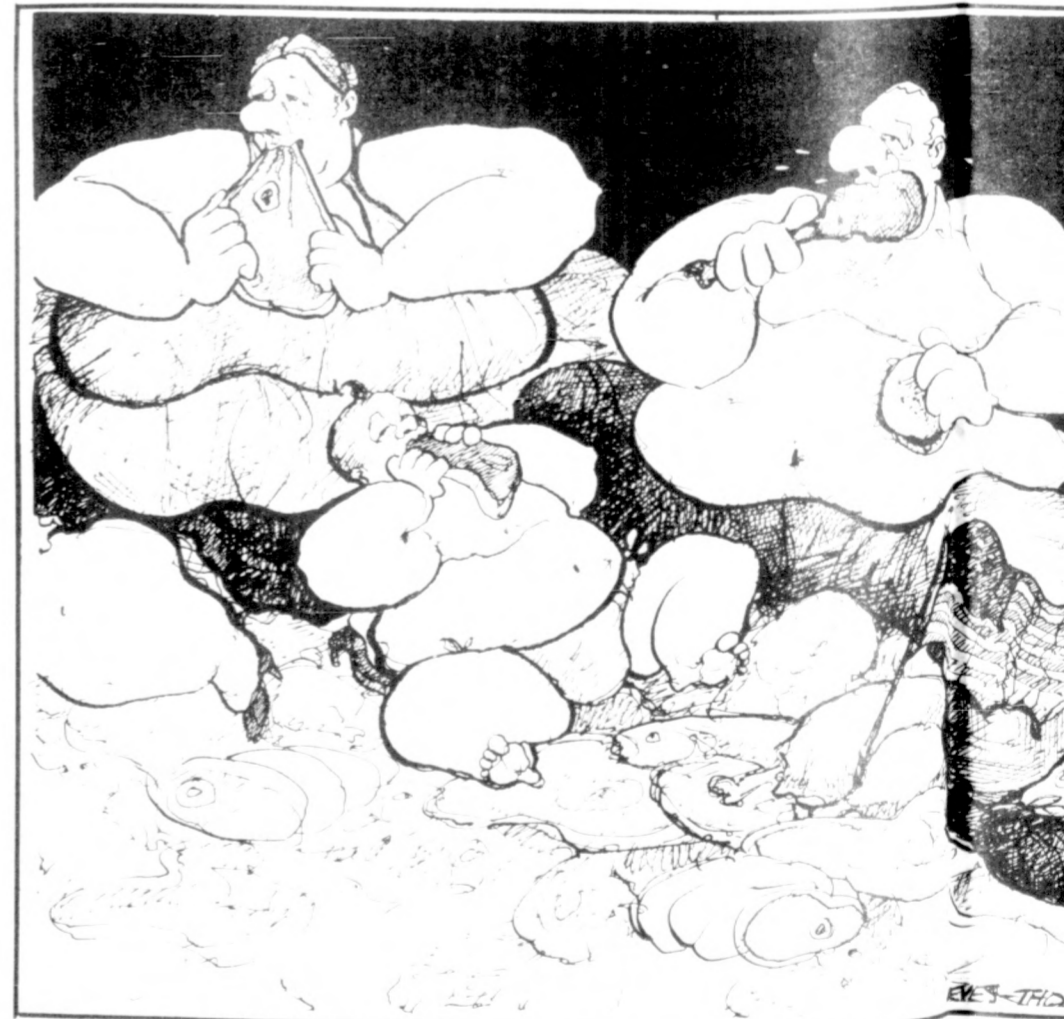
However, the dilemma whether to switch or not can still be disconcerting. Peer pressure can work two ways, one side tells you to switch and urge you to join their ranks. On the other hand, others may prod you to stick with a meat diet because it tastes "so good."

As a result, the change to vegetarianism may be adamantly defended by the convertee. The new "veggie" may start to call fellow friends "carnivores" and associate only with fellow vegetarians. It is usually done "in good fun."

The high price of meat may seem to motivate the big switch; oftentimes a vegetarian diet may not be any less expensive, especially if much cheese or organically grown gourmet foods are purchased regularly.

However, if done intelligently and wisely, a vegetarian diet may be economically as well as more protein-and-nutrient efficient. A reliance on beans, of various assortment, balances costs, for beans are the best protein buy available.

Beans good for eating are numerous, but many have become popular favorites, among them pinto beans, kidney beans, lentils, black-eye peas, yellow-eye peas, split peas, and navy beans. These are most economical if purchased in the dry form in bulk. They are later soaked in water so they can be cooked.



Graphics by Cindy Eve

# ecologically sound way to feed the world

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Vegetarians acquire a keener awareness of what should be eaten. Life, a constant learning experience of what is good and bad, means simple, un-prepackaged foods are sought. Often, sugar and sweets are given up. However, this often does not include natural sugars, such as are found in fruits and honey.

A universally wholesome food is wheat germ. What is wheat germ? It is the wheat embryo, and it provides all nutrients for the seed (kernel) to carry it over until it can photosynthesize (manufacture) its own food.

Wheat germ provides high-quality protein and has good quantities of polyunsaturated oils for healthy skin and circulation. It has nearly all the Vitamin B complex.

Robert Rodale, author of the "Prevention System" and practitioner of natural foods since the 1930's, in his publication says that Vitamin B has been proven by some scientists to have more than 30 forms. Rodale says that most of these are variations of the basic 11.

Vitamin B is crucial to maintaining a healthy heart, nerves, skin, blood, and mental health.

Wheat germ is also a good source of iron which prevents energy-robbing nutritional anemia. Wheat germ also contains a wealth of magnesium, zinc and plenty of natural fiber.

One can purchase wheat germ already toasted, as in most commercial brands, or raw, which is higher in nutrients because there is no loss due to heat processing.

In this century, American food processors have switched over to use of white flour which lacks the wheat germ and bran, the coating around the germ which is high in fiber content. The bulk is thus removed, making the flour easier to use in mass processing of foods. Nutrients are depleted when the bran and germ are taken out. This has, in the last century, caused a higher incidence of heart disease, diabetes and bowel problems. The rise in the use of white flour is accorded the villain role in this scenario.

And so the food revolution from pre-packaged foods, highly processed in nature, to simpler whole foods is no emotional plaything but a harsh reality that America must come to grips with.

Iron, often deficient in non-vegetarian diets and especially so in many women, can be found in dried fruits, beans, blackstrap molasses and leafy, dark vegetables such as spinach.

In "Diet for Life," a publication by the Seventh-Day Adventists, the reason is spelled out: "When eaten in this form, sprouts provide more energy and productivity than in the original form. During sprouting, the starch contained in the grain is changed into simple sugar. This is why sprouts can be eaten raw, they digest very quickly. And since the whole natural Vitamin B complex is intact, this sugar turns into energy."

Many grains and seeds are used for sprouting. The most popular is alfalfa because of its crispiness which can add to the character of fresh salad. In addition, there are mung beans, garbanzos, sunflower seeds, lentils, peas and many more.

The answer to food problems must be a return to simpler foods, which are more readily available to digestion, full of vitamins, and provide a natural balance for the body.

The list is just about endless as to what can be eaten. There are nuts, soybeans, fruits and countless dishes to make. Being a vegetarian chef requires imagination and a tad of creativity to make meals good. It's not as easy as frying up a burger or broiling a steak. The satisfaction though can be greater when a good tasting, ecologically sound and nutritionally beneficial meal is made.

Even flavorings for foods can be important. Garlic and onion are proven antibiotics, and are an extremely valuable tool in the food preparation process. Herbs, and herbal teas, are also another way to stay healthy. Rose hip tea, for instance, is high in Vitamin C.

However, the myths, the misconceptions and the falsehoods of attitudes toward a vegetarian diet persist. "One must have meat" can be heard echoing in households all over America, and it is mostly an American phenomenon for America eats more meat than the rest of the world combined.

Large corporations have invested vast sums of money to keep the vicious cycle going. And indeed it is vicious. Grain that could feed the world is squandered to feed cattle which are only 20 percent efficient in digesting and utilizing the food.

Agriculture, which grows the meat, has ruined America's land in the process. Each year more than 3 billion tons of silt are lost to water systems; this is the result of monoculture, the growing of one crop on a piece of land and then removing all vegetative matter. The loss of nutrients from the soil through erosion greatly accelerates as a result. The results are horrifying. Ten percent of all agricultural land is now termed no longer tillable.

Land-use, as well as dietary, changes will have to be implemented at a much greater rate than presently applied if the world wants to eat and survive ecologically. Research continues, for the impact man has had on the world is beyond man's scope, especially the long-term effects.

Large companies, slow to change, and Washington lobbyists must implement more integrated policies. Short-term benefits and economic considerations must be placed beside ecological soundness when policies are drawn up.

For vegetarians, their part in the whole drama is to eat ecologically sound as well as medically-proven sound diets. For vegetarians, their small part means a lot. For they know what they eat affects their bodies, and in turn their minds.

## Outlets

Orono has its share of vegetarians. The past several years has seen a steady increase in the vegetarian population at UMO. A cooperative housing unit has been established in which all members are vegetarians. Dining commons have instituted special vegetarian lines to cater to the different diet. Salad bars now carry more than the basic lettuce and tomatoes.

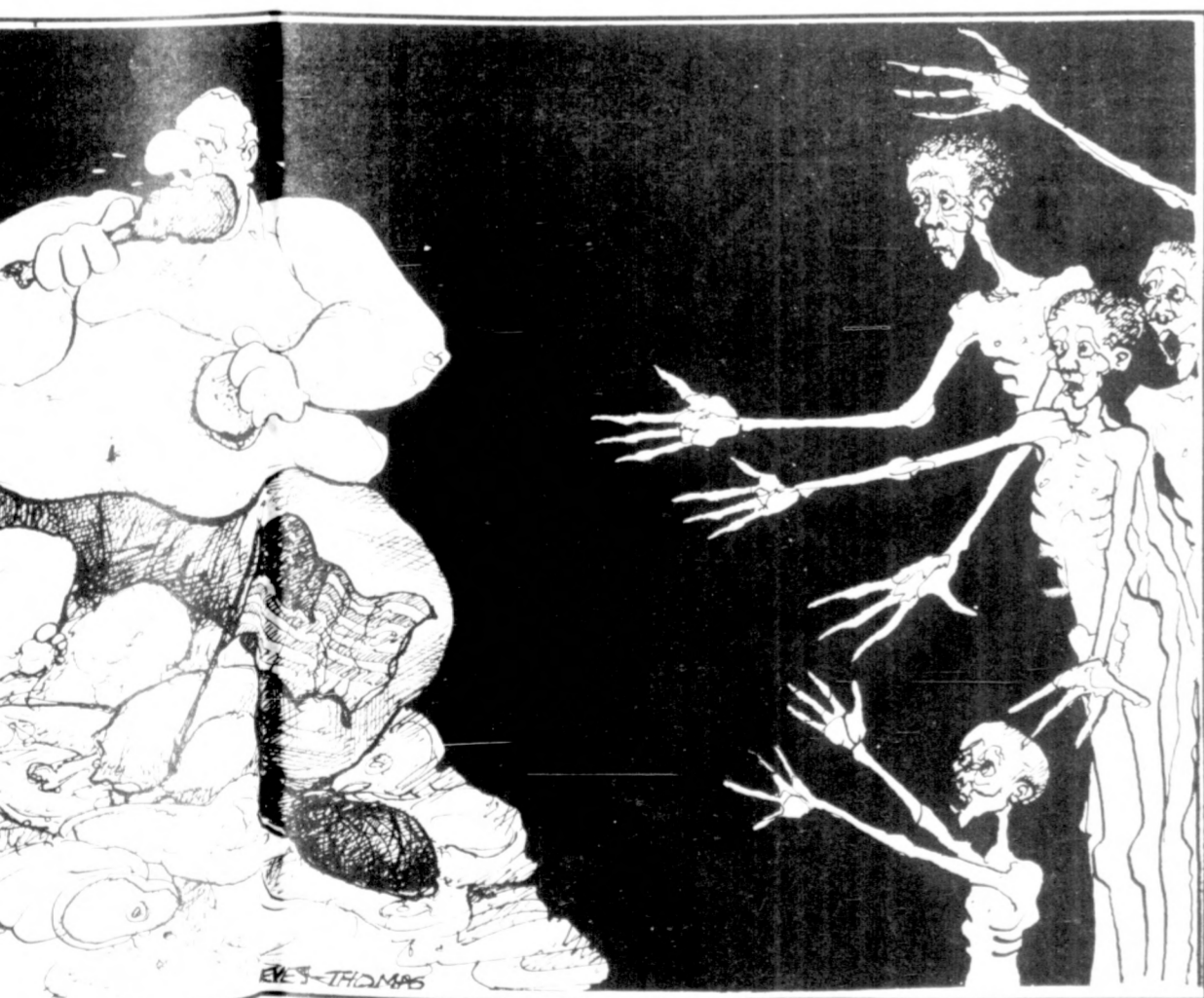
There are several resources in the local area that vegetarians can turn to for food and information concerning issues such as health and world hunger. The Maine Christian Association (MCA) every Wednesday has a potluck vegetarian meal. Afterwards, they discuss topics concerning

world hunger. Chaplain Gordy Svoboda urges all to come for the meal and discussion.

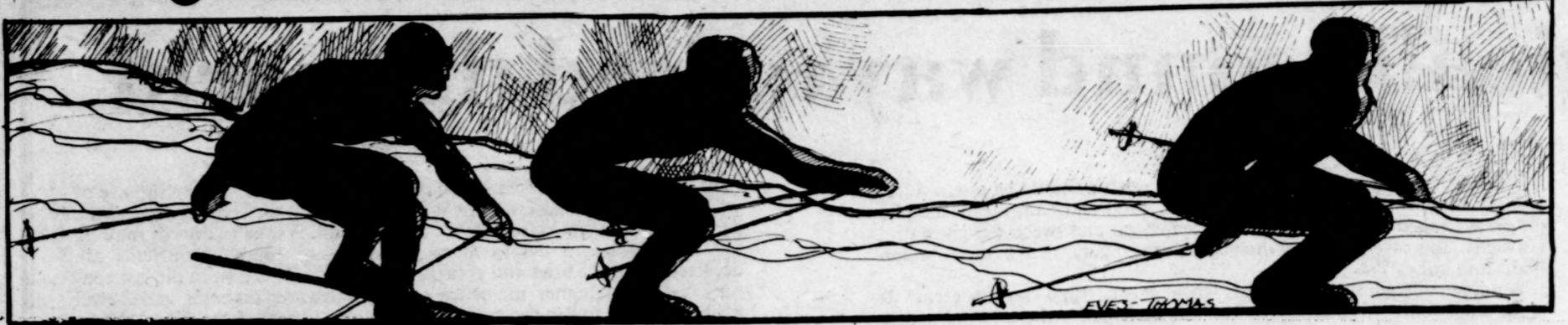
The Soup Kitchen in the Ram's Horn every Sunday and Wednesdays provides a nourishing good tasting meal for \$1.75.

As for purchasing foods...there are several choices. One can buy from one of the local food co-ops. For instance, there is the P-Nuts co-op run by the Off-Campus Board, or the Blue-Ox co-op in Bangor. Both have dried goods, dairy products, and produce.

The local health food store, The Store, is the only store of any kind in downtown Orono that sells food. It carries a variety of organic and natural products.



Graphics by Cindy Eves-Thomas



## Skiing

# Ski areas ready, as soon as it snows



It's all downhill from here

Squaw Mountain, located in Greenville, has an impressive array of slopes in a variety of difficulties — all pointing down.

by Gary Pearce  
Staff writer

Snow may not be coming fast, but season tickets and reservations at three Maine ski resorts are snowballing.

Reservations are "way up" over last year, said Larry Warren, manager of Sugarloaf Ski Resort, and Les Otten, general manager of Sunday River Ski Resort in Bethel.

"Season tickets," said Tim Cyr, manager of Pleasant Mountain Ski Resort in Bridgton, "are selling quite well this year."

"Fuel costs," said Warren, "may be causing people to come for a longer period of time, extending their winter vacations."

Both Sugarloaf and Sunday River, the only two of the three with snow-making machines, made renovations to their slopes and equipment.

Sugarloaf, with a vertical drop of 2,600 feet, has a new lodge and has cut a new novice trail west of Lower Narrow Gauge, said Warren.

Sunday River, with a 1,630-ft. vertical drop, will open a new novice trail cut last year and has installed a new lift, said Otten.

Pleasant Mountain, with a 1,256-foot vertical drop, widened its Appalachian trail by 300 feet and converted one and a half lodges to wood heat, said Cyr.

All three of the resorts plan on having racing contests and hosting top worldwide skiers and teams.

Sugarloaf and Sunday River will open as soon as it snows or is cold enough (20-30 degrees F) to operate their snow-making machines.

"The weather is supposed to get colder tomorrow night," said Warren. "Hopefully, it will stay cold."

Pleasant Mountain, which has no snow-making machine, will have an open house this Sunday (the last day season tickets can be bought). Their official opening, said Cyr, will be Dec. 15.

"It's going to be a great year!" exclaimed Warren.



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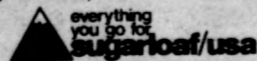
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## A bunny sloper's blues

by Liz Hale  
Staff writer

I have a confession to make. . . I don't ski. That is to say, I don't ski in the way most people consider the sport. Now, I realize that's sacrilegious, but before you hang me in effigy, let me try to explain. I've tried, I really have. Most of my attempts have come after friends and

### commentary

experts glide gracefully down the trails, avoiding moguls, improvising slalom and making jumps. I make the mistake of thinking it's easy. So, I borrow a pair of skis, (I already have the poles) and trudge out to look at the slope.

That's when panic sets in. I watch the streams of people disappear into tiny blurs as they go up on the lifts. Usually, I can't even see the top of the mountain. The

so-called "beginners slope" looks like Everest. And, to top it all off, I usually see a simply devastating wipe-out.

But, having already put on eighteen pairs of long underwear and sweaters and skis, I feel obligated to try. It takes me about 57 minutes to put on the skis. . . and an hour or so to trudge to the top of the smallest hill in sight. (Why is it that skis have a natural tendency to go the opposite way from where you want to?)

Finally getting high enough to attempt the great run, I'm stuck. If I try to snow plow, I end up on my butt with my skis crossed. If I try to go down with my skis parallel, I ended up on my butt just trying to slow down. Any way I try it, I lose. I've even had ski instructors give me free lessons out of pity.

I've finally given up trying to ski the accepted way.

So now I ski my own way. Occasionally I cross country, but usually by magazines, movies, and the comfort of the ski lodge. I know when it's time to stop. . . right before I begin.



This enthusiastic skier, enjoying some of last year's snow, uses her cross-country skis to take in some of the beautiful Maine coast.

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10 **World and national update**

Maine Campus • Thursday, Nov. 29, 1979

**Iran changes foreign minister mid stream**

NEW YORK—Doctors in New York announced yesterday that the deposed Shah of Iran's gallstone operation was a success and that he can leave the hospital whenever he wants. The Shah's public relations office in Mexico said he will return to his retreat in Cuernavaca.

The Iranian government has sued the Shah for \$76.5 million, claiming he embezzled huge sums of money from the country when he ruled.

Meanwhile, Iran's chief voice of conciliation during the 23-day-old U.S.—Iranian confrontation, Abolhassan Bani Sadr, has been replaced, and it's not known whether he was fired or quit.

Iran's Pars News Agency said Ayatollah Khomeini replaced Bani Sadr with Sadegh Ghotbzadeh, the director of Iranian radio and television.

The top-level change throws even more doubt on prospects for a United Nations Security Council debate on the crisis, scheduled for Saturday night. Bani Sadr was supposed to attend the meeting to plead Iran's case, but even before his replacement as acting Foreign Minister was made public, Khomeini declared Iran would not abide by any decision made by the 15-nation council.

Almost as important, Ghotbzadeh said yesterday no decision of whether to send any representative to the meeting has been made.

**Yankee applies for spent fuel storage**

WISCASSET—The Maine Yankee Nuclear Plant in Wiscasset is again stirring protests, this time over its application for a license amendment which would increase the plant's storage capability.

Former congressman Stanley Tupper of Boothbay Harbor said he has filed a formal petition for permission to intervene in the Maine Yankee application.

Tupper is legal counsel for Sensible Maine Power. He said the group hopes to delay and ultimately prevent action by the Nuclear Regulatory Commission on the plant's request. A Maine Yankee spokesman said the license amendment would allow the plant to increase its storage capacity by moving fuel assemblies closer together.

**Knife wielding woman draws assault charge**

WASHINGTON—A 38-year-old woman was charged with assault with a deadly weapon yesterday morning after she burst into the reception room of Sen. Edward Kennedy's Washington offices, yelling and wielding a knife.

Kennedy was in another room and said later he didn't know about the incident until after it was over.

The woman, identified by the Secret Service as Suzanne Osgood of Boston, cut a Secret Service man on the wrist with the knife in his struggle to subdue her.

Osgood was also arrested in 1978 and charged with criminal trespass at the Salvation Army building in Con-

cord, N.H., and her family said yesterday she has a long history of emotional problems.

A family statement read by the woman's brother said she had been hospitalized for a schizophrenic condition at McLean Hospital in Belmont, Mass. and various state hospitals in New York, New Jersey, and New Hampshire.

**Iran irks Mainers**

WASHINGTON—Like other Americans, Maine residents are angry and frustrated over the crisis in Iran, and they're letting elected officials know about it.

Congressman David Emery says everyone he met while back in Maine for the Thanksgiving holiday mentioned the Iranian situation to him.

One woman in South Windham wrote Emery that she was appalled that the United States is "taking such a slap sitting down." Sen. Edmund Muskie's office heard from a constituent who said he would use candlelight rather than Iranian oil.

Many of those who have written Muskie proposed their own strategies for dealing with the crisis, including shutting off food exports to Iran and cancelling all visas issued to Iranians.

**Carter visit still on**

WASHINGTON—President Carter said the crisis in Iran has kept him away from campaigning but he still plans to visit Maine and New Hampshire on Dec. 5.

Carter met Tuesday at the White House with about 150 Democratic party members from Maine, New Hampshire and Vermont.

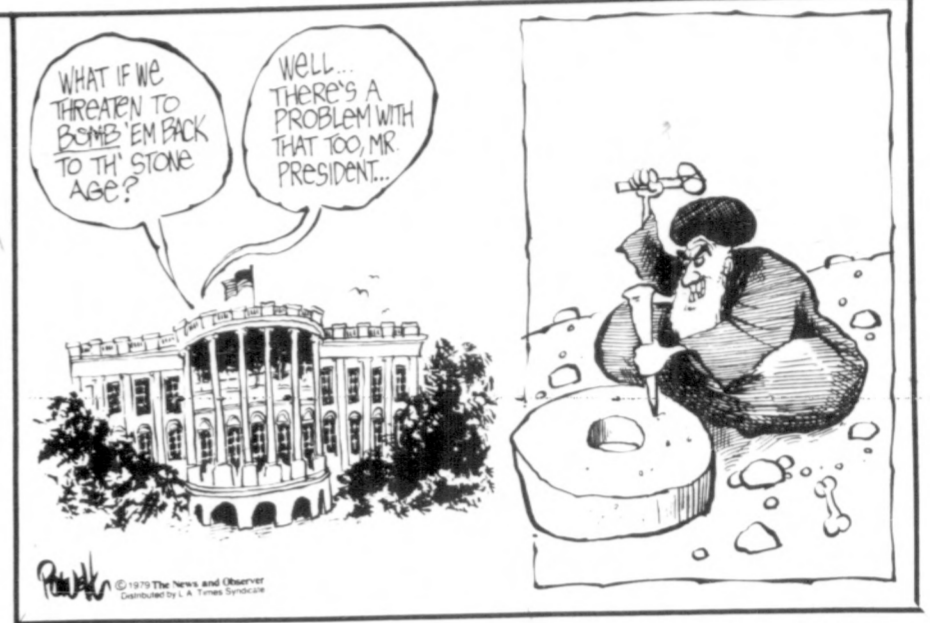
Most of the Mainers at the meeting were committed Carter supporters, such as Portland Mayor Lewellyn Smith. But Gov. Joseph Brennan, who had also been invited, was conspicuous by his absence. Brennan is backing Sen. Edward Kennedy.

The President is scheduled to announce his candidacy Dec. 4, then fly to Lewiston the next day for his first official campaign stop.

**Search triggered by emergency signal**

SOUTH HARPSWELL—Authorities say a ground, sea and air search has so far failed to produce any sign of a plane reported down between Freeport and South Harpswell on the Maine coast.

The Cumberland County Sheriff's



Department said the plane—if it did go down—is believed to be a small, private aircraft.

The Coast Guard in South Portland said a signal from a plane's emergency landing transmitter was picked up in the Middle Bay area near South Harpswell late Tuesday night. The first signal had been heard shortly after 8 p.m.

The sheriff's department said it had also received several phone calls from persons in the area reporting that a plane had gone down. The coast guard sent three vessels to the area, and a helicopter was dispatched from the Brunswick Naval Air Station.

**Jet crash kills 257**

AUCKLAND—An Air New Zealand DC-10 jetliner, on a sightseeing flight from New Zealand to Antarctica, crashed yesterday, killing all 257 aboard, including 12 Americans.

A U.S. Navy plane spotted the wreckage about 2,500 feet up the slopes of Mt. Erebus, an active volcano on Ross Island, just off the Antarctic coast.

The airline said the jetliner had completed its sightseeing run and was returning when radio contact with the plane was lost.

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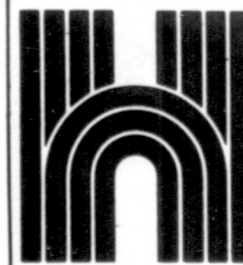
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## Rufus and co. roll past St. Mary's 93-70

by Scott Cole  
Staff writer

Maine hit St. Mary's with an 11-2 blitz to begin the second half and then easily held on the rest of the way for a 93-70 exhibition basketball win last night at Memorial Gym.

Rufus Harris, captain, showed the way as usual with his assortment of bulls-eye jumpers and twisting moves underneath for a game high 29 points. Skip Chappelle also received a pleasant surprise from his crop of rookies, especially Rick Carlisle and Champ Godbolt. Carlisle, with 10 points and three assists, showed he's the type of

floor leader the Bears lacked last year. "That kid is gonna be something," commented a satisfied Chappelle after the contest.

Godbolt also impressed the crowd with his floor generalship and Chappelle indicated he'd have no qualms about bringing him into the game Friday against Alabama.

Both teams were a little ragged at the game's start. This was understandable for the season-opening Bears but St. Mary's had eleven games under their belt. Nevertheless it was Maine jumping out to an early 11-2 lead. Rookie Carlisle contributed a long jumper and slick drive to the early advantage. Rick

Boucher canned a sideline jumper, Harris chipped in with three points and Clay Gunn had a bucket from underneath. Gunn's bucket was symptomatic of the sterling job he would turn in underneath all night while earning Chappelle's tag of the player he was most impressed with.

St. Mary's finally warmed up and got themselves back in the game, pulling as close as 18-16 thanks to John Dronsella and Rick Plato's popping. Scoring punch from Harris and from Jim Mercer off the bench tacked Maine's lead up to 11 again. The Bears clutched a 42-34 lead at intermission.

Maine did contract turnover fever at times in the game but Chappelle blamed most of the malady on opening-game tightness.

The Bears turned over the better shots in the second half starting with the telling 11-2 run. They were dropping shots home from in close while the Huskies were relying on the outside jumpers, particularly the ceiling-scraping pops from Lee Davis.

Maine's quick knockout blow in the second half allowed Chappelle to let some of the new kids strut their stuff and strut they did.

## UMO's SID is key man behind Black Bear sports

By Jon Prichard  
Staff writer

His social calendar is the UMO sports schedule, and Christmas and New Years breaks are the only times he has two days off in a row.

If it sounds like a lot of work, it is. Bob Creteau, who has worked as Sports Information Director for Public Information and Central Services for five years, said that although the job keeps him busy, he enjoys it.

Creteau is responsible for covering university athletic events and publicizing upcoming events. He also prepares game programs, compiles statistics during games and sends the results of a match to area media.

He said it's not so bad during the summer when he works 40-hour weeks. But the work "picks up around the second of August and doesn't let up until the first of March," he said. During this time he works 55 to 70 hours a week.

Working is fun, though Creteau claims it isn't really 'work' at all to him.

"If you lose your enthusiasm in a job like this you may as well quit," he said.

Of the seven years Creteau has worked with PICS, five have been spent in sports. Only this past year he said, has he been channeled 100 percent into sports work.

Creteau, who graduated from UMO with a degree in Business Administration in 1971, went to work as sports editor of the Sanford Tribune, a twice-weekly newspaper.

He came to UMO as a feature writer for PICS in 1973, and was editor of the Prism (yearbook) in 1975.

Creteau recalls his college days at UMO. "I was the kind of guy who by 5:30 would be at the first row of the balcony to get a good seat for the basketball game," he said.

Creteau's favorite sport, he said, is "the one that is in season." He noted, however, that he did lean toward baseball. Creteau coaches little league baseball in Old Town.

His experience with UMO athletes has been a good one he said.

"The athlete here is more down to earth, more sociable. He has fewer ego problems and is willing to work hard to be a good player. I like the mold," he said.

As to why women varsity sports receive less coverage than men's, Creteau said it is a matter of their "following."

"It took a great number of years for men's sports to get where they are today," he said. "Women's sports haven't been around as long as men's teams and haven't got as large a following."

He added that women varsity sports would someday get this following and especially praised the women's basketball program.

"Until they have a following," he said, "They aren't revenue-producing."

"It's important that we sell tickets. If we didn't sell them, we wouldn't have teams, and I wouldn't have a job," he said.



Bob Creteau is one of the key men behind the scenes of UMO sports. As the Black Bears sports information director Creteau often works 55 to 70 hours in a week keeping the public up to date about Maine sports teams. [photo by Andrea Magoon.]

Creteau said the upcoming hockey season looked good for UMO's team, but that while the team adapted well to Division II, the switch to Division I would be tougher.

He predicted while the team will surprise people it will take its share of lumps.

Predictions are hard to make, though, he noted, adding that "nothing surprises me up here. Good looking teams do bad sometimes, and often bad looking teams as well."

His most memorable games, Creteau said, include the hockey team's upset over RPI last year, in which Jim Tortorella made 56 saves in a 5-4 win. In football, he said it was the 21-18 upset over Lehigh, which knocked that team out of the national playoffs.

"My job is an interesting job, it doesn't get boring," he said. "Just when things start to be a grind, we go into a new season," he said.

Creteau, who travels to away games, often with the team, said one of the best things about his job is that it gets him out of the office.

"It gets me away from the damn desk," he said.

Sure it's a lot of work, Creteau said, but it's exciting and though it's time-consuming it is rewarding. He likes the job and plans on keeping it.

"If I stop getting excited before the first pitch of a baseball game, or before a football team kicks off, I'll know it's time to get out," he said.

## National Sports

Bud Wilkinson's refusal to use backup quarterback Steve Pisarkiewicz apparently led to his dismissal Wednesday as coach of the St. Louis Cardinals. Team owner Bill Bidwell called the Pisarkiewicz matter "the catalyst" in his decision to replace Wilkinson with interim coach Larry Wilson. The Cards, using veteran Jim Hart at quarterback, are 3-10 so far this season.

Los Angeles Dodger pitcher Rick Sutcliffe is the 1979 National League Rookie of the Year. Sutcliffe had a 17-and-10 record.

Here's a boost for "family" values—each full World Series share voted to members of the champion Pittsburgh Pirates will be worth more than \$28,000. The Pirates, you may remember, prided themselves on their unity and had as a theme song the disco hit "We are Family." As far as the American League champion Baltimore Orioles are concerned, a full share will be worth more than \$22,000.

(Urbana, Illinois—The drought is over for the University High School basketball team of Urbana, Illinois.

Senior Paul Parker scored 20 points Tuesday night to lead the Illineks to a 46-40 victory over Tri Valley High. The win snaps a 96-game losing streak that started in 1974.

Parker, who's started for three and a half years without seeing his team win, says he "couldn't believe" he'd finally played on a winner.

Coach Tom Ball, whose team lost its first three games this season, was elated and optimistic that his club can win some more games not that the losing streak is over.

Ball says he didn't start to feel confident and relaxed until his team led by seven points with three minutes to play.

A New York hospital spokesman says there's no change in the status of middleweight boxer Willie Classen. Classen remains in critical condition following brain surgery to relieve affects of a hemorrhage suffered in a fight last week.



The Black Bear hockey team swarms to the aid of UMO goalie Jim Tortorella during first period action against Brown University Tuesday night. Brown took a 3-2 lead after one period but Tortorella shut out the Bruins the rest of the way enabling Maine to rally to a 5-3 victory. [photo by Andrea Magoon.]

## ● Marriage

[continued from page 1]

Because of the high costs of child care, we wanted to arrange our schedules so that one or both of us spent as much time as possible with Matt. Easier said than done.

Affording college has been somewhat of a problem. We have solved it with the help of loans, grants, work study and scholarships from the university. Things have been tight, but easily handled with a little care.

As far as I know, there have been no serious complaints from Chris about my going to school. I try to spend as much time with them as possible and although I don't don't do the dishes or take out the garbage

often enough, I don't believe she'll throw me out.

It has been comforting to know that I can go home to my family at the end of a day and sit and relax with them.

Some people have suggested that we should have lived together and not bothered getting married. To me, this would not have been right. How can you just pack up leave someone you live closely with? That wouldn't be for me.

The benefits of being married have far outweighed any disadvantages that have arisen because I decided to get married.

## Judge rejects youth's juvenile code attack

PORTLAND—A federal judge has rejected a legal attack on Maine's juvenile code under which a 14-year-old youth had claimed he was illegally incarcerated.

The youth contended he could be incarcerated on an indeterminate sentence until his 18th birthday, plus a three-year extension, on a burglary charge for which an adult would face a maximum sentence of five years. He also said he was denied his right to a grand jury proceeding and a jury trial.

In rejecting the youth's arguments, Judge Edward Gignoux said Tuesday he agreed with the Maine Supreme

Court decision that the juvenile code creates a separate justice system designed primarily for the rehabilitation of the young offender.

## Fatal crash spurs Manslaughter charge

FARMINGTON—A Franklin County grand jury has indicted an 18-year-old Rangeley man in connection with the death of a companion in a fiery automobile crash earlier this year.

Robert Boutillier was indicted this week on a charge of manslaughter stemming from the May 17 death of Emery Scribner III, a 22-year-old Rangeley man who was a passenger in Boutillier's car, which ran off Rt. four and burst into flames. Boutillier and another passenger were badly burned in the crash.

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