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Maine Campus Staff

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Professors travel to Antarctica

by Daina Valentino
Staff writer

Two university professors will leave Saturday to conduct research in Antarctica on a project funded by the National Science Foundation and the National Aeronautics and Space Administration.

Dave Tyler, associate professor of Surveying Engineering, and Steve Norton, chairman of Geological Sciences, will study microorganisms growing in rock in the Dry Valleys, one of the few

areas in Antarctic not covered by ice.

The research project, directed by biologists from Florida State and the University of Cincinnati, will last about one month. It is an effort to understand the ecosystem or environment within rock exposed to severe conditions, Tyler said.

NASA is interested in the results of the project and plans to use the information to help determine if there is life on other planets.

Norton said, "The planets have unusual atmospheres,

including severe heat, cold and dampness. By studying microorganisms in Antarctica, we (the research team) may be able to obtain knowledge of how they could live on other planets, such as Mercury and Mars."

The research crew will also study the topography of the rock.

"We (the field crew) want to know how fast the surface of these rocks are withering away. By using close-range photogrammetry techniques, which is the process of making maps or scale drawing by photography, we can

photograph the rock from a distance of four meters from its surface. This will enable us to map and measure the topography (of the rock)," Tyler said.

Norton said the project is pure science, an examination of nature and the relationships in it.

The process will be repeated in two or three years to measure the volume of the rock and to calculate how fast the withering away process is occurring.

"The project is a search for an understanding of how life can exist in extreme conditions," Tyler said.

the daily

Maine Campus

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student newspaper
since 1875

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Thursday, Dec. 9, 1982

U.S. hostility threatens Nicaraguan recovery

by Michele Guilmette
Staff Writer

The biggest obstacle faced by the Sandanistan Liberation Front of Nicaragua (FSLN), is the implacable hostility of the U.S. government, Allan R. Greer, assistant professor of history said Wednesday as he addressed relations between the U.S. and Nicaragua.

"Nicaragua and the United States: Background to the Present Crisis" was the topic at the News of the World Forum where Greer lectured to about 30 people in Sutton Lounge at the Memorial Union.

Greer, a Central American expert in the UMO history department, said relations with the U.S. over the past 100 years have been very close.

"During the time of the Somoza regime Nicaragua was a staunch ally of the U.S.," he said.

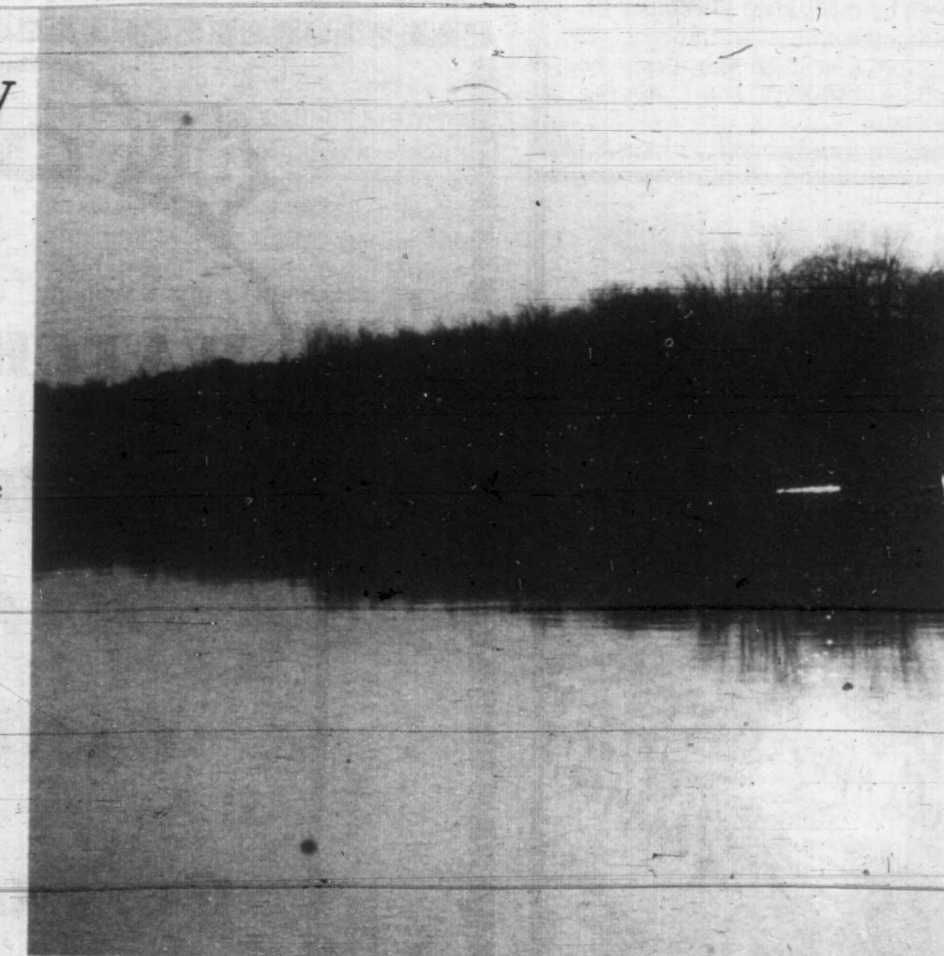
The Somozas were a rich Nicaraguan family who had dominated politics for the last four decades.

Following economic crisis in the 1970s, Sandanista guerrillas invaded Nicaragua in 1979, sparking a revolution that led to the exile of Anastasio Somoza Debayle II.

Greer said, "After the revolution can be best characterized as a regime of political pluralism of Sandanista hegemony."

"Despite their socialist ideals, they compromised enough to encourage and maintain private enterprise," Greer said.

But, he said, Nicaragua faced some



The early-winter sun sets on the Stillwater River.

enormous challenges and obstacles toward recovery after "one of the most devastating civil wars imaginable."

Other obstacles, he said, included: a huge foreign debt inherited from Somoza; a tremendous flood in May 1982; and a country trying to build a democracy with continuing political struggles.

Most of all, he said, the challenge is to reduce hostilities between the U.S. and Nicaragua.

"Even under the Carter administration and during the actual revolution, the U.S. did all it could to diffuse or sidetrack the revolution with compromises to keep Somoza in power," he said.

He said relations became worse

with the Reagan administration which advocated that the Sandanists were enemies of the U.S.

"We find suspension of previously allocated food aid and loans after the Reagan administration was in," he said.

Greer said the U.S. also issued several clearly provocative public statements threatening Nicaragua.

"Most recently in controversy there is evidence of an organization led ultimately by the U.S. ambassador (to Nicaragua) making use of the CIA and of exiled Nicaraguan counter revolutionaries to stage provocative movements along the Nicaraguan border and there has been talk of the distinct possibility of invasion," he said.

Fewer deer killed this season

by Matt Smith
Staff Writer

A hard winter and poor hunting conditions are responsible for this year's reduction of the deer kill.

Dr. Chester Banasiak, associate professor of wildlife research at UMO, attributed the reduction to poor hunting conditions this fall and a hard winter last year.

This year 28,769 deer were registered at home inspection stations compared to 32,769 taken last year.

Banasiak noted the season was plagued with record-breaking warm weather and rains that kept the deer from being as active as in previous seasons.

"Last year's hard winter took its toll on the deer herd," Banasiak noted.

"The fawns were smaller and the yearlings were less developed.

"Overall, the northern, south and western regions of the state experienced an 11 percent decrease in population from the long winter," Banasiak said.

Commissioner of Inland Fisheries and Wildlife, Glenn Manuel was surprised by the deer registrations for this year. "That's a good kill figure, more deer in fact than I honestly expected," said Manuel in an interview from the Bangor Daily News.

A "Bucks only" hunting restriction and special "Doe tags" are being considered by the state's wildlife division to improve the stability of the deer herd for some areas of the state for next year.

Students drop out for a variety of reasons

By Laurie Chesley
Guest Writer

Entering college is a big step for many students and their families, dropping out of college is an even bigger one.

"Out of high school you have to decide what to do, either go to college or in the service. You can't be a housewife, it's hard on people who are happy being a housewife," said Ann, a recent college dropout.

Ann was a sophomore majoring in journalism at the University of Maine at Orono when she dropped out. She had a 2.6 grade point average, lots of friends, and no financial worries. Everything was going just the way she planned, until the unexpected happened. Ann became pregnant.

Ann was scared stiff. She didn't know what to do.

"I had to tell my boyfriend first and see what he wanted to do. I didn't want him to feel he had to marry me,"

said Ann.

After she told him, they decided to get married, and she decided to quit school.

Ann was only one of the many students who dropped out of UMO last year.

"In each of the past four years an average of 242 students have formally withdrawn from UMO during the semester in which they were enrolled."

This is the opening statement printed on the cover of a handout printed by the office of testing and research which is a division of student affairs at the University of Maine at Orono.

Tom Skaggs and Dwight Rideout head this department whose aim is to help keep UMO students in school.

Skaggs divides dropout students into two categories, the formal withdrawals and the walkaways.

The walkaways are the students who just pick-up and leave without notifying the university. It is impossible to really understand why they leave. Usually it is a spur of the moment decision made without telling university officials and without leaving a forwarding address.

The formal withdrawals are the ones who fill out the forms and talk to people like Skaggs, Rideout, and other university officials. Most statistics come from this group of people.

These statistics show the five most common reasons, given in descending order, for leaving UMO are: temporary break from studies, anxiety

and/or stress, unsure about major choice, inadequate study habits and ineligibility for financial aid.

Results of national studies differ slightly from those done at UMO in that they show the cause for dropping out of college is academic in nature.

"They kept saying, 'You'll never go back. You'll never go back.'--but they'll just have to wait and see," said Mark, another recent UMO dropout.

Mark was a journalism major at UMO with a 3.5 grade point average when he dropped out. Mark gave more than one reason for dropping out. He wanted to decide on a different course of study, get married, and he needed to get more money in order to continue.

"I worked full-time during high school and I just needed a break from all the work," said Mark.

Since dropping out, Mark has become the assistant manager at a fast food restaurant.

"I got the job through the Job Service at school," said Mark. "They've really been good about helping me."

Mark is now married and living in Brewer. He will be re-entering the university in the fall of '83. His wife will be working as she has no desire to go to school.

"She'll have to be able to support us," Mark said.

Mark has decided to study law and get a teaching certificate. He wants to teach history while going to law school.

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Rev. Jack Benson will be speaking in Drumend Chapel, 2nd floor of the Memorial Union, Friday Dec. 10, 7:30 p.m. All are welcome, it will be a time of singing, praising and worship. Please Come.



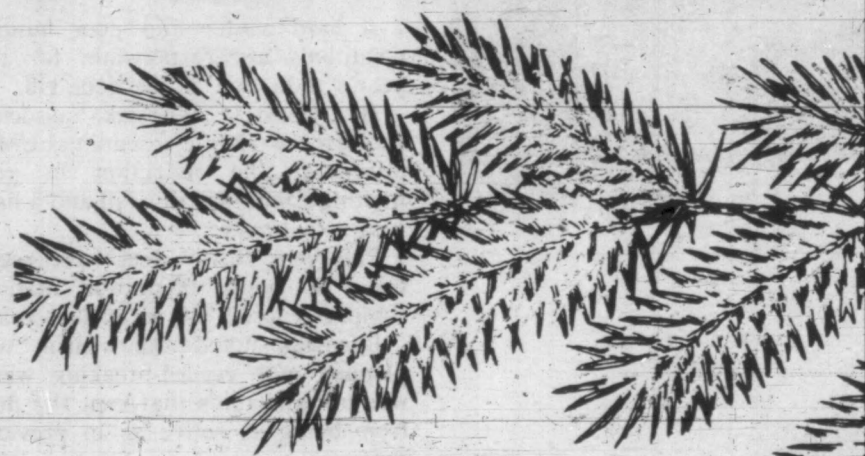
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WATCH FOR

THE

MAINE

CAMPUS

GIFT GUIDE

FRI.

DEC. 10

Bell

by Bob Daniels
Staff writer

Are you looking to send someone a birthday? How

Harriette Fairbrother's Desert Dancers, singing group, said grams to people to 100 years old

The group, Fairbrother's dance, rents out and up, depending time and the requested.

The Desert perform for all ages, be it at family reunion, athletic events,

New

by Steve Bullard
Staff Writer

Jeremy Bernstein, acclaimed science writer, *Yorker* magazine, *Snow's Two* Cu day at 8 p.m. a Bernstein's sp the Guest Lectu

Late

by Michael Dav
Staff writer

Late-night me anyone with a 1 next Tuesday, W day from 11 p. UMO and BCC

Food servi Residential life decide menus fo experimental di provides an asso dorm-students du

"Exam week students," said director for Dini it helps if stude



There are sev attractive: eye property, nat with built-in tied in with o mortgage, de Eves/wknds: DeGaribody



Belly-gram makes an arousing gift

by Bob Danielson
Staff writer

Are you looking for that special gift to send someone for Christmas or a birthday? How about a belly-gram?

Hariette Fairbrother, leader of the Desert Dancers, Bangor's belly-dancing group, said it has delivered belly-grams to people of all ages, from five to 100 years old.

The group, based at the Oasis, Fairbrother's studio of Mideastern dance, rents out dancers for \$12.50 and up, depending on the amount of time and the location of the dance requested.

The Desert Dancers not only perform for all ages, but at all kinds of places, be it at a kindergarten or a family reunion. They also perform at athletic events, hospitals, nursing

homes, private functions, bars and places of work.

One dancer, Audrey Swanton, dons her belly-dancing costume after instructing her French classes and studying here at the university. Once, a belly-gram sent her dancing to the eye doctor.

"I went to give a belly-gram for an optometrist. His staff smuggled me into the examining room, with my coat covering my costume. They gave the doctor a patient card, with my dancing name, Maraya (meaning 'the wind'), and under the family history section, we wrote that my father was living in the desert.

"He came in and said, 'What can I do for you?' I told him that it was not my eyesight that was bothering me. 'It's everyone else's. I get the wierdest looks from people.'

"With that, I jumped up and yelled, 'Surprise/ Belly-gram!' and I belly-grammed him.

"The clincher is that a month later my eye doctor sent me back to that optometrist for tests. He came in, said 'Good morning,' and I commented that he didn't recognize me with my clothes on.

"Then he said, 'Oh no! It's you!'" Fairbrother, who dances to the name Abira, said, "On the whole, our belly-grams are received very well." Sometimes people get nervous, thinking that we are going to do more than just dance. Nobody takes off their clothes, but in all the excitement, sometimes people get the impression that they saw more than they actually saw."

Swanton, in her few years as a belly-dancer, has never had any

problems with people grabbing or expecting more than just a dance. "I think people understand that it is a very professional organization," she said. "What we do is high-quality ethnic dancing not burlesque."

Fairbrother clarifies that belly-dancing is technically called raks-el sharke, meaning 'dance of the East' in Arabic. She teaches three classes of raks-el sharke at the Oasis, and one here at UMO through the Educational Exchange program.

Swanton says the dance is great exercise. "It gives me extremely good muscle tone, especially in the stomach, and gives me a general sense of well-being. Depending on your technique, it can be good for the heart and a great aerobic exercise."

New Yorker writer explains science to readers

by Steve Bullard
Staff Writer

Jeremy Bernstein, a nationally acclaimed science writer for the *New Yorker* magazine, will speak on "C.P. Snow's Two Cultures Updated" Friday at 8 p.m. at 137 Bennett Hall.

Bernstein's speech is sponsored by the Guest Lecture Series, a Student

Government committee which brings distinguished speakers to the university.

The author of eight books and a staff writer for the *New Yorker* since 1960, the 53-year-old Bernstein is noted for his ability to take complex scientific subjects and make them understandable to the average reader.

His goal is to convey the excitement of the scientific experience by describing scientist's goals and techniques, and what they think about their work as it relates to society.

The *New York Times* wrote that Bernstein "is able to write clearly and transparently about subjects as opaque as quantum theory and molecular biology. Bernstein's reporting on science is first rate."

Professor of Chemistry Paul Goodfriend said, "Bernstein's writing is interesting, exciting and full of insights. He is an excellent person to

come and explain science to the university community."

Goodfriend said that C.P. Snow's theory on two cultures is about the trouble of communication between the scientific and literary community. Bernstein will discuss the possible existence of such a gap between the "two cultures."

Professor of History Russell Fries said, "Many people are fascinated by science, yet are tremendously confused by it. Bernstein may help people appreciate problems scientists face and help bridge the gap."

Late night chow

by Michael Davis
Staff writer

Late-night meals will be available to anyone with a 14 or 21 day meal card next Tuesday, Wednesday and Thursday from 11 p.m. to 12:30 a.m. at UMO and BCC dining commons.

Food service managers of Residential life met Wednesday to decide menus for the night meals, an experimental dining schedule which provides an assortment of hot dishes to dorm-students during final exam week.

"Exam week is a stressful time for students," said Judy Olson, assistant director for Dining Services. "I think it helps if students take a break from

studying, go have a snack and interact, maybe, with other students."

Wells and Brewer Commons will be open all three nights. The other locations have a different schedule. York and Stewart Commons will serve night meals Tuesday and Thursday. Stodder Hilltop Commons will be open Tuesday and Wednesday.

Olson said the night menus will vary from hot dogs and chili on Tuesday to scrambled eggs and french fries on Wednesday, to corn chowder and make-your-own sandwich buffet the next night.

Students will need their Vali-Dine cards to get into the cafeterias.

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REALTOR

Opinion

15 weeks

It seems that the Council of Colleges has lost its perspective on a major point of the current debate over adding a week to UMO semesters.

Harry Batty, a member of the COC's Calendar Committee, told the General Student Senate Tuesday night that lobbying by the Maine tourism industry may heavily influence the COC's position on the issue of instituting 15-week semesters.

The tourism industry is apparently concerned about the possibility of UMO once more beginning classes before Labor Day. Many students take tourism-oriented summer jobs and their pre-holiday return to school disrupts the industry just before one of its busiest weekends. The employers therefore favor the proposed lengthened semester because it would start after Labor Day.

But there are problems with the 15-week term. It would delay the fall semester's last two weeks and final exams until after the Christmas break. Commencement would be held in late May. Only one week of vacation time would be lost, but Christmas break would be shortened to two weeks—a point of irritation not only to students, but their families also. May Term would apparently be eliminated.

However, the longer semesters do have their merits. The extra class meetings would allow instructors to cover material more fully. A longer semester could ease the pressure of students' workloads.

Perhaps the potential educational value of longer semesters outweighs its possible inconveniences. The COC obviously must consider this point. It should not, however, take into consideration the problems of the Maine tourism industry. The COC, after all, should be concerned with enhancing UMO's educational opportunities, not the profit-making potential of the state's summer employers.

Should the COC persist in worrying about the university schedule's impact on the tourism industry, they should take a look at their calendars. Perhaps they will notice the irony in the fact that a 14-week semester's chance of starting before the tourists leave on Labor Day is roughly equal to a 15-week system's chance of running past Memorial Day, when people come to Maine in droves to begin the tourist season.

F.A.H.

Liberal what?

There is argument—there is outrage—concerning the suggestion that UMaine majors in high-tech fields de-emphasize straight science and emphasize instead a liberal-arts education.

In late October, Trustee Thomas Monaghan admonished the seven presidents of the UMaine system for not initiating a core liberal-arts curricula for all university students. Then, his suggestion met with virtually no support, a relative barrage of criticism and a yawn from President Silverman.

The debate—whether majors in technically specialized fields owe it to themselves to become educated in the humanities and arts vs. whether such a curricula is out of the question for students pursuing a technical career—skirted an especially poignant point.

In "Science and the long view," (*Maine Campus Magazine*, 12/2) Marshall Cole drew attention to the "exponential growth curve" technological development has followed. He cites E.F. Schumacher's assertion that production of goods and technological development since World War II equals or exceeds that for all of human history. His point: that as we increase our technological capacity, we bring ourselves ever-closer to the brink of annihilation, and more importantly, that this increased capacity for destruction mandates a tremendous effort to educate the world's aspiring scientists and technicians in the sphere of ethical and moral dimensions of human action.

The stakes are now higher than ever and they are increasing everyday as our destructive capacity is evermore refined.

Along with all of this is occurring, of course, an information explosion. Figures vary, but it is a sound assertion that humanity's total knowledge is continually increasing at an astounding rate. Hence, the level of proficiency a graduate must reach in his or her field before being "marketable" surely increases at a profound rate also.

One hundred years ago a student could enter a university, and by studiously attending his studies, emerge adequately versed in the great works of literature, history, mathematics, science and foreign language. Today, this is quite different. Gaining a sound base for a career in any technical field requires an awesome intake of knowledge—so much that in-depth study of anything else is prohibited.

Hence humanity finds itself in a paradoxical dilemma. The university is most certainly a training ground in specialized fields. In fact, only two percent of students polled now seek a traditional liberal arts education. Career training requires at least four years of career-focused study. Yet the development of an educated and broad perspective in the humanities—so crucial for all involved in technological development and implementation today—also requires arduous study. And we can't be expected to finance our ways through eight to 10 years of college to achieve an adequate comprehension in both humanities and the sciences.

One thing is sure: more than ever, the need for scientists, technicians, engineers and chemists who have explored the ethical and moral dimensions of human action is paramount.

D.W.

Extraneous Verbiage

TOM BURRALL

Crime and punishment

It appeared on the front page of the *Missoulian*, a Montana daily. "One pinch leads to another" the headline read.

"FORT LAUDERDALE*Fla. (AP)—A 21-year-old woman landed in jail for four days after she approached a police officer in a crowded hotel lobby and pinched him on the buttocks, authorities said."

The officer charged the molester with a misdemeanor count of disorderly conduct and a felony count of battery on a police officer.

There is something grotesquely wrong here. And that is our law system.

For more than a decade, state and federal officials have been plagued with the skyrocketing problem of overcrowded prisons and jails. Although prisons and jails are two different types of facilities, the overcrowding problem remains the same in both. It is bad news.

To put this woman behind bars probably didn't teach her any more of a lesson than would have a stiff fine. Overcrowding in our prisons and jails today is a problem of matching the punishment with the crime.

To keep multivictim murderers and gangsters alive with triple life sentences in prisons is wasting billions of dollars of taxes. These lifers are making it difficult for officials to get other criminals in cells where they belong. We are putting four convicts in a cell made for one.

Why slam a 21-year-old derriere scooter in the pen when we don't have room for the big guys?

--the bank robbers, the murderers and all the hard core criminals.

The law works in mystical ways and it is often wrong. We must concentrate on fitting the punishment with the crime if we are to help solve our pathetic prison and jail system.

It may take raising the drinking age nationally to 20 or 21 to help combat drinking and driving violations. It may take gun control to help combat murder. It may take handcuffs to restrain buttock-pinchers.

To battle our overcrowding prison and jail problem, capital punishment must be practiced more. Capital punishment may be the answer.

Tom Burrall is a senior forestry major, minoring in journalism, from Geneva, N.Y.

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Maine
Campus
staff

The Maine Campus
Thursday, December 9, 1982 **Magazine**



Inside:

The Missionary
Hazardous Waste
Stress
Donald Fagen's *The Nightfly*
Dog du

SENIORS !!

The 1983 Prism will arrive by late October of 1983. If you will not be on campus at that time and would like your yearbook mailed, please send \$2.00 and a forwarding address to the Prism office, Memorial Union and it will be mailed upon publication. **YEARBOOKS ARE NOT AUTOMATICALLY MAILED !!**

Viewers' intelligence saved by *The Missionary*

by Tom St Amand

Finally, a comedy's arrived that blends an imagination story line, with an intelligent sense of humor to paint a masterpiece of mirth.

The Missionary is successful primarily because of the subtle, comedic talents of Monty Python regular Michael Palin.

Palin, who played Shelley Duvall's unlucky lover in *Time Bandits*, wears the hat of a not-so-faithful clergyman named Charles Fortesque. He is, as the title says, a missionary.

After spending more than 10 years in Africa, Charles returns to England to

marry his longtime fiancée, Debra, and to continue his mission of helping the world's underprivileged people.

His first stop in England is at Debra's home where the bride-to-be greets Charles with the news that she has successfully catalogued all of the missionary's letters into six general categories.

The pert young woman, it seems, has spent a great part of Charles' 10 year absence arranging, rearranging, and finally perfecting a filing system for his letters and postcards.

Charles finds out that his new assignment will be in England and that he's been given the task of saving the city's "fallen women."

When he tries to explain his new job to the naive, yet ever-inquiring Debra, her understanding of fallen women goes no further than to think of them as women with bruised knees.

Charles meets Lady Ames (Maggie Smith) in his trek to collect money for his home for fallen women. Because Lady Ames is married to an insensitive ex-general, and desires Charles' affection, she offers money for the home in exchange for Charles' attention.

Charles gives his attention and gets the home.

*he's been given
the task of saving
the city's
"fallen women."*

The *Missionary* is a welcome surprise to audiences because its brand of humor is not often seen in today's films. There are no big-name comedians here, nor any stupid antics or raunch-humor.

Instead, attention is given to the mannerisms of the film's comical characters. Emphasis is laid on their silly, often-irritating quirks, rather than ribald, unbelievable high jinx. A film that relies fully on the talents of its actors emerges.

All but Charles and Lady Ames display a certain eccentricity that evokes laughter and interest from the audience. And it's Charles' and Lady Ames' interactions with these habitual people that rounds out this unique comedic style.

Debra can talk only in terms of numbers and files, and her bedroom set has given way to the decor expected in an office building.

The Bishop of England is found in a gymnasium and seems knowledgeable only in sports matters. He can talk of other subjects; but not without having sporting terminologies creep into his speeches.

Lord Ames believes not enough people in England are in chains. How much he hates and whom he hates most are the only subjects of interest to him.

How can a comedy be unsuccessful with characters like these?

In summary, Michael Palin is an adorable, weak-willed missionary intent on preaching God's word but lax in obeying His law on adultery.

Maggie Smith is an admirable, promiscuous socialite who is out of place in the ranks of the nobility.

The Missionary is the most intelligent comedy since *Diner*.



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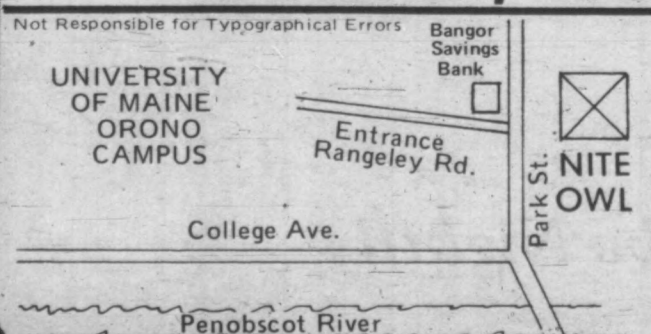
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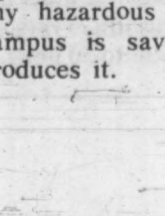
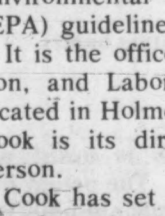
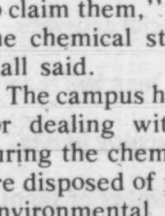
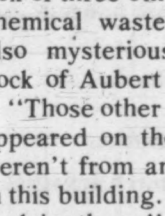
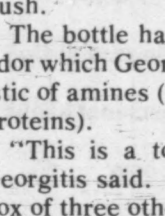
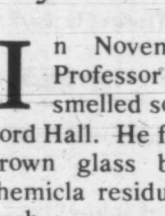
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Gasoline
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EVERYDAY PRICES

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Ha



Bottles cont

by Ann

In November Professor... smelled so... Lord Hall. He f... brown glass b... chemica residu... bush.

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Hazardous waste at UMO



Bottles containing hazardous waste await removal in the solvents room of Aubert Hall. (Brian Lamb photo)

by Ann T. McGuire

In November 10, Chemistry Professor William Georgitis smelled something fishy behind Lord Hall. He found an open two-liter brown glass bottle of unidentified chemical residue abandoned under a bush.

The bottle had a pungent dead fish odor which Georgitis said is characteristic of amines (components of natural proteins).

"This is a total mystery to me," Georgitis said. He later added it to a box of three other bottles of unlabeled chemical waste that had appeared, also mysteriously, on the garbage dock of Aubert Hall.

"Those other three bottles out there appeared on the back dock and they weren't from any of the departments in this building. I couldn't get anyone to claim them," Bob Kirk, manager of the chemical stock rooms in Aubert Hall said.

The campus has a legitimate system for dealing with these wastes, ensuring the chemicals used on campus are disposed of properly, according to Environmental Protection Agency (EPA) guidelines.

It is the office of Chemical Radiation, and Laboratory Safety. It is located in Holmes Hall and James R. Cook is its director and only staff person.

Cook has set up a system whereby any hazardous waste produced on campus is saved by the lab that produces it.

"They are collected regularly and taken to an explosion-proof chemical waste storage building just south of Androskoggin Hall," Cook said.

From there, Recycling Industries Inc. transports the wastes to its Braintree, Mass., plant where some is stored above ground, but most is recycled.

Cook is confident that most hazardous chemical wastes on campus are taken care of properly, and that incidents like the mysterious bottles appearing behind Aubert Hall are the exception rather than the rule.

"In fact," Cook said, "sometimes I think our program is used too well, and people give us materials to take care of which may not be hazardous."

Cook said the University produces between 300 and 500 gallons of hazardous chemical waste per year.

"It's hard to give an average figure because the amount we pick up gets smaller every year. This is because we've been picking up wastes that have accumulated for a long time. In fact, of all the material we pick up, probably half of it is old waste from people cleaning out labs," Cook said.

The amount of waste any institution produces determines which EPA guidelines it will have to obey. The guidelines are based on the Resource Conservation and Recovery Act (RCRA), which Congress passed in 1976.

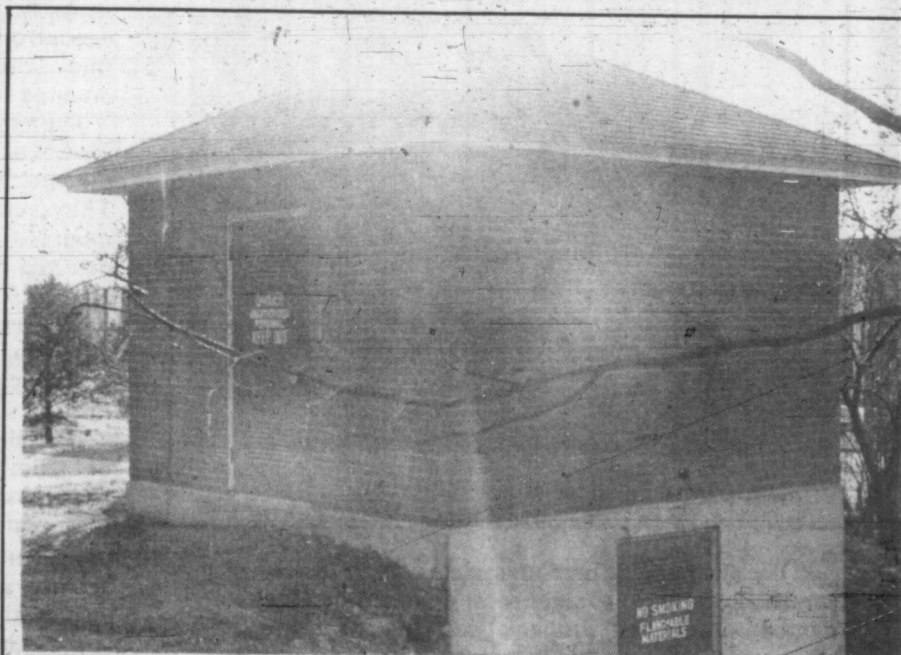
Assistant Professor of Botany and Quaternary Studies George Jacobson worked in Washington on the Committee of Resource and Protection of the

Common Environment and Public Works. The committee supervised the carrying-out of RCRA.

"By definition, if you generate less than 1,000 kilograms per month, you're not a large generator of hazardous waste," Jacobson said.

UMO, then, is not a large generator. "Large generators have to go through a reporting process which UMO would be exempt from," Jacobson said.

Maine environmental law requires licenses for generation, storage, transportation, and disposal of hazardous wastes.



Hazardous waste storage building west of Androskoggin Hall.

*Where does
all
the bad
stuff go?*

This system of licensing, Jacobson said, is important in preventing illegal dumping of hazardous waste.

According to Kirk, "The government this past year or so has gotten much more strict about waste disposal. It makes a lot of work, but I'm all for it."

This program of safe disposal of hazardous wastes is relatively new.

"In the past, nobody really was concerned about chemical dumping because our river were great big open sewers anyway. There were probably more virulent chemicals coming from human wastes going into the rivers than some of the chemical wastes used in the laboratory," Georgitis said.

"When I was a graduate student in the late 1960's I never knew anyone to worry about what went down the drains...just because no one ever thought about it," Kirk said.

Kirk noted changes in laboratory procedures since laws like the Recovery Act passed.

"We try to put little or nothing down the drains, except some of the acids and salts that occur in nature anyway."

"In the organic chemistry section we collect the waste solvents at the end of each lab and save them for Cook." And, Cook said, with seven or eight hundred students in the general chemistry courses, so much material is generated that they never use anything hazardous that they'd have to save.

Cook also thinks the EPA regulations are good. "The only objection I would have is Maine doesn't allow disposal of chemicals within the state. Instead we have to ship it out of state, which to me seems unfair."

"It's considerably more expensive. It costs us about \$20,000 a year just to ship the wastes out of here. It also means giving your problems to somebody else," Cook said.

Jacobson agreed: "There aren't enough facilities for handling these wastes properly. Nobody wants a hazardous waste landfill site in their town, but we need them."

Stress: Causes effects and cure

Learning to slow down could lengthen your life

by Victor R. Hathaway

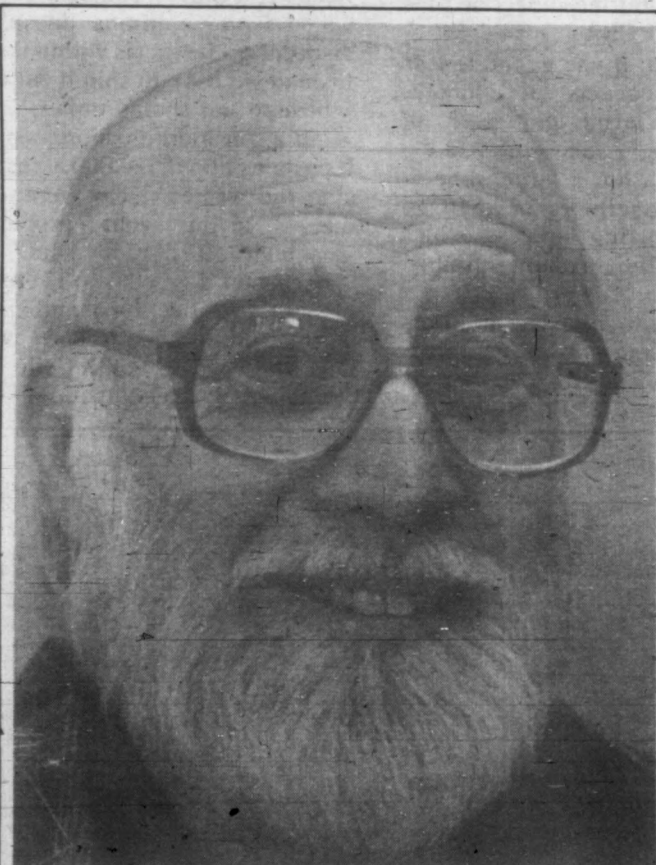
THE FIVE EVENTS THAT FOLLOW have one thing in common: their effect on the human body—a series of involuntary reactions commonly known as stress. The difference among them is only a matter of intensity and duration.

- 1) being attacked by a strange dog.
- 2) getting into an argument.
- 3) hearing a sudden, loud noise.
- 4) getting ready for a speech or job interview.
- 5) winning a very important contest, such as a race or game.

The reactions include increases in blood pressure, heart rate, respiration, blood flow to the muscles, metabolic rate, perspiration and level of blood sugar. The muscles will also tense, pupils dilate, the digestion process slows and in extreme cases the stomach will empty itself by vomiting.

These reactions are part of a primitive mechanism psychologists call the "fight-or-flight response". This response is activated in some degree every time a person feels he is threatened or must act quickly. It also shows up in athletes before a game or race.

Dr. Herbert Benson, in his book *The Relaxation Response*, explains how the fight-or-flight response works. When an emergency situation is perceived, the hypothalamus region of the brain evokes the response. The sympathetic nervous system—a part of the involuntary nervous system that controls everyday functions such as heartbeat and breathing—then becomes active.



Counselor Russ Whitman

"The sympathetic nervous system acts by secreting specific hormones: adrenaline or epinephrine and its related substances, bring about the physiologic changes of increased blood pressure, heart rate, and body metabolism."

The original purpose of the fight-or-flight response

was to automatically prepare early man to deal with wild animals (who also have the same mechanism) who coveted his kill or ventured into his cave. Modern man retains a great deal of the fight-or-flight response and evokes it when trying to cope with his own emergencies.

"Your body begins to work at a higher pitch to prepare you to meet that emergency," said Russ Whitman of the UMO Counseling Center. "And that's true not only of an emergency of defending yourself from an attacking animal, but as true of something that's more of a psychological nature. But the body responds the same way because the body can't make the distinction."

That's an important point to remember when considering stress. The sympathetic nervous system can't tell the difference between a man-eating lion and an irate boss. Nor can it even tell the difference between a real event and an imagined one. The anticipation of an emergency, such as "stage fright" before giving a speech or a job interview, can create the same physical reactions as being attacked by a strange dog.

But isolated events like those listed above compose only one source of stress, and their effects are usually temporary. The even occurs and passes and, within, the state of stress. A second source of stress is the period of adjustment to change.

Benson listed 43 examples of change events in order of their severity of impact (see box). Although all 43 can be traced to a single event, the stress that results can have a prolonged effect, particularly if the event is an emotional crisis like those at the top of the list.

Whitman said the length of time depends on how well the person deals with the crisis.

"In the crisis situation," Whitman said, "it's going to take quite a bit of energy to work through it at the time it happens, but it's not going to be repeated. But we know that people will sometimes have tension and stress from a loss or death for a year to a year and a half afterwards because they haven't worked through a lot of feelings about that. Occasionally, it's much longer."

In this case, the stress is of a relatively low intensity endured over a long period of time, rather than a high-intensity stress of short duration. The distinction is important, because it is the former kind of stress that is ultimately the most devastating.

And that's related to the third and by far most common source of stress, a stress not caused by any specific event but rather by conditions to which a person is subjected on a day-to-day basis. Examples might include living with a disagreeable roommate, working for a cranky boss, the demands of a high-pressure job—even boredom.

"Boredom's another kind of stress," Whitman said. "Because nothing is going on for you and you get in a monotonous routine, and nothing's changing. So you get in a different way of feeling stress." This kind of stress, he said, is found typically among people who work in assembly-line jobs.

On the other hand are high-pressure jobs that involve dealing with people or with frequent deadlines. People-oriented jobs are prime sources of stress because people are both unpredictable and uncontrollable, two things in life the human brain finds almost intolerable. Whitman said people-oriented fields have the highest rate of job burnout.

The effects of low-intensity, high duration stress are not as dramatic as those cited at the beginning of the article—but they are much more destructive. They can persist unnoticed for weeks or months—even years—and by the time they are detected they may already have done extensive damage to the body.

The typical physical reaction to this kind of stress is tensing the muscles, the principle symptoms of which appear as headaches, backaches and stomach disorders.

As well as the particular area affected by the ache or pain, the whole body can suffer a general weakness: when a muscle is tensed, the blood flow to that region is constricted, causing fatigue which sooner or later can spread, thus lowering the body's defense against disease. Other long-term effects include high blood pressure and accelerated aging.

This kind of stress need not be brought on by any external cause. It may be the product of an attitudinal set, what some psychologists call a Type A personality.

TYPE A PEOPLE ARE EASILY recognized. They are always rushing around, never allowing themselves enough time to complete their agenda, thus constantly missing deadlines or arriving habitually late because their schedules are too tight. They get impatient if they have to wait around or stand in line, and are easily irritated by trivial matters. They are pushy and aggressive, often interrupting others or finishing their sentences for them, and dominating the conversation. They talk incessantly of moving up, measuring their successes in terms of quantities rather than qualities.

The type A person is seldom aware of the stress he is bringing upon himself.

"If you talk to that person," Whitman said, "often they're very happy doing what they're doing. But that stress eventually begins to accumulate. And it's those people who seem to be more susceptible to heart attacks."

The Stress of Adjusting to Change

(Condensed from Benson)

Events	Scale of Impact
Death of spouse	100
Divorce	73
Death of a close family member	63
Fired at work	47
Change in health of family member	44
Sex difficulties	39
Gain of a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Son or daughter leaving home	29
Outstanding personal achievement	29
Begin or end of school	26
Change in living conditions	26
Revision of personal habits	25
Trouble with boss	24
Change in work hours or conditions	23
Change in schools	20
Change in residence	20
Change in church activities	19
Change in social activities	18
Mortgage or loan less than \$10,000	17
Change in sleeping habits	16
Change in number of family get-togethers	15
Change in eating habits	15
Christmas	12

The scale is based on interviews with 394 individuals. The actual numerical rating was the average number of units these individuals assigned to the various life events after being told marriage was equivalent to 50 units.

nd cures

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Scale of Impact

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The prescription for Type A people is first a 180 degree departure from the attitudes and behavior described above. But everyone has to live with a certain amount of pressure and stress, even if he or she is not a Type A personality. It is, Whitman said, enough to learn how to relax once and awhile.

Whitman described two relaxation methods. The first involved a system of alternately tensing and relaxing various muscles.

"Start with the hands, then proceed into the arms, shoulders, and then from the feet, into the legs, and then up into the head, and down into the face, the mouth, and the chest, the back, and the stomach, in that order. Tense and relax. Try to feel the contrast between the two, and the focus on the relaxed feeling."

"He said that eventually people can do away with the tensing part because they will have learned how the relaxed muscles are supposed to feel. Relaxing the muscles has an inevitable effect of relaxing the mind.

"We are unable, in any way, to disconnect how that affects the head—your psychological aspect," he said. "We just know that the two go together. It's pretty clear that if we teach people how to relax the body, it helps to slow down the mind.

"Another technique I've used quite a bit, is Bemson's relaxation response. It's a method that's similar to transcendental meditation. Each time a person breathes out, they say the word 'one' in their head." He said this method helps a person to relax in

You reach a
semi-sleep stage,
a very relaxed stage
which is very much
like a trance
of self-hypnosis

two ways.

First, it makes a person aware of the rhythm of his breathing. This helps to slow the beathing, and, hence, the other functions of the body. Also, the rhythm is hypnotic and helps the person feel more relaxed.

"Second," he said, "one of the things that creates tension for us is the way we talk to ourselves. Everybody's got that little voice that talks to themselves all the time about what they didn't do or should do, etc. And that creates a lot of tension.

"And so the object of saying 'one' is to break up that voice, so it can't get more than a sentence or two in before you have to say 'one' again. It also establishes the routine of the rhythm. And so eventually what happens is the thoughts slow down and become much less persistent and may even fade away so that you're not even aware of thinking about anything. You reach a semi-sleep stage, a very relaxed stage which is very much like a trance of self-hypnosis where you may have a lot of thoughts going by but you're no longer getting any tension from them."

Each of these techniques takes no more than five to ten minutes to complete; the latter need be performed only a couple of times a day and the former as often as needed.

Not all stress is bad. Sometimes stress is appropriate, helping a person to perform assertively or compete aggressively. But it's important to maintain a balance between stress and relaxation as a part of a person's health program. Too much stress can not only shorten one's life, but can also make it life miserable in the process.

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Maine Campus magazine
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MERRY CHRISTMAS

Keyboards take charge



Fagen shines in solo effort

by Rich Miller

AT FIRST LISTENING, DONALD Fagen's *The Nightfly* sounds a lot like Steely Dan. But upon closer inspection the listener will find differences between Fagen's first solo effort and his past efforts with Steely Dan.

Most of the cynicism of Steely Dan's lyrics is gone. Fagen has retreated to remembrance of his adolescent years in a New Jersey suburb, and the lyrics of the album touch on what it was like and what Fagen's fantasies were.

Another noticeable difference is the absence of guitarist Walter Becker, Fagen's songwriting partner with Steely Dan. Gone with Becker are most of the powerful guitar solos that characterized Steely Dan albums like "Can't Buy A Thrill" and "Katy Lied".

The title cut is a driving piece about Fagen's fantasy to be a disc jockey

The Nightfly is a keyboard-oriented album, but it includes a lot of excellent, subtle guitar work supplied by many of the same studio, or session, musicians who performed with Steely Dan. Session musicians don't perform with one particular band; they are hired by many different artists to contribute their talents wherever they are needed. Larry Carlton, formerly the guitarist for the Crusaders and now one of the most demanded sessionmen in the business, steps into Becker's shoes to take most of the guitar leads on *The Nightfly*.

The first song on the album, *I.G.Y. (International Geophysical Year)*, is heavily keyboard and horn oriented. Guitar work is restricted to staccato picking and some rhythm by Hugh McCracken, a former sideman with George Benson and Bob James. A touch of cynicism creeps in: "Here at home we'll play in the city, powered by the sun... Perfect weather for a streamlined world, they'll be Spandex jackets one for everyone... What a beautiful world this will be, what a glorious time to be free." Excellent, tasteful horn playing by the Brecker Brothers (Michael on tenor sax and Randy on trumpet) provides a nice backdrop for a Fagen synthesizer solo at the end of the song.

"Green Flower Street," my favorite on the album, is a slippery funk number powered by the

bass playing of Chuck Rainey on the clarinet and piano playing of Greg Phillinganes. Carlton and Fagen intertwine guitar and synthesizer leads beautifully while Rainey, Phillinganes and drummer Jeff Porcaro supply the bopping rhythm.

"Ruby Baby" is unquestionably the most popular song on the album, and it has received heavy airplay on commercial radio. Fagen's version of this song is a cover remake of the original, which was done by the Drifters in 1956. The Brecker brothers contribute polished horn accompaniment, rising and falling behind Fagen's soothing vocal. Anthony Jackson, who has played

At 4:09 a.m., silence and darkness
have taken hold of the city.

The only sound is the voice of
The Nightfly.

Worth waiting up for, it's the new
solo album from Donald Fagen.
The Nightfly sees more than
daylight offers.

on Steely Dan's *Gaucho* album and with jazz-rock fusion guitarist Al DiMeola, adds depth and rich bass to the song. "Ruby Baby" is appealing, but it is so popular that it is destined to be overplayed. "Hey Nineteen" from *Gaucho* suffered the same fate.

Fagen's love ballad on the album is "Maxine," the last song on side one. The song laments Fagen's adolescent confusion with the world and his place in it with his young love Maxine. "While the world is sleeping, we meet at Lincoln Mall... Talk about life the meaning of it all... Try to make sense of the suburban sprawl, try to hand on Maxine."

Side two opens with "New Frontier," a catchy funk-pop number that jumps along playfully. Carlton's guitar solo flows gently on top of Fagen's keyboard and Ed Green's work. Abraham Laboriel anchors the song with intricate bass playing. Laboriel gained fame playing with jazz guitarist Lee Ritenour, and with Joe Sample of the Crusaders. "New Frontier" has also received heavy airplay, but it is a well crafted song that still satisfies after many listenings.

The title cut is a driving piece about Fagen's fantasy to be a disc jockey on "An independent station—WJAZ—with jazz and conversation..." Carlton takes his best lead on the album here; it is vibrant and very stylish. This song reflects Fagen's interest in jazz. Rick Derringer (that's his hand reaching up over the console on the album cover of Steely Dan's *Countdown to Ecstasy*, by the way and Hugh McCracken support Carlton here with rhythm guitar.

"The Goodbye Look" features Latin rhythm led by Greg Phillinganes' synthesizer, which sounds similar to Victor Feldman's vibraphone work on Steely Dan's *Aja* album. Dean Parks, a guitarist who also performed with the Crusaders, accompanies Steve Khan's acoustic guitar solo with tasteful rhythm.

"Walk Between Raindrops" is an upbeat blues tune. Fagen steps out with one of his few organ solos on the album as Will Lee (bass) and Steve Jordan (drums) provide the rhythm. Lee and Jordan performed at UMO in 1979 with the 24th Street Band, which also featured Hiram Bullock on guitar. Lee and Jordan now play with the band on the *David Letterman Show*.

Although Fagen has oriented *The Nightfly* around the keyboard and has eliminated most of the cynicism in his lyrics, he hasn't changed a basic ingredient that helped make Steely Dan successful: the session musicians. Even though Fagen and Becker composed all of the music for Steely Dan, they relied heavily on session musicians and their jazz backgrounds to provide instrumental power. Their contributions help make Fagen's fantasies come to life on *The Nightfly*, and make the album a joy to listen to.



by Jim C

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A dog du, Di-Gel Christmas

by Jim Counihan

Last night Patty asked me what I want for Christmas. "How about not visiting your parents this year," brought me close to an-ultimely demise.

She said, "Think back to last year, you got some great gifts."

How many mothers-in-law give Di-gel as a stocking-stuffer? Mine does. She also gives tools. Unfortunately they are the kind only she and the man at Sears have ever seen before. My mother-in-law thinks I'll become "handy" someday. Fat chance.

My sister always comes up with original ideas. Last year she gave me a rubber "dog-du." In a family of practical jokers a fake dog-du is indispensable. I think I'll take it to Maryland this year and see if

'How many mothers-in-law give Di-gel as a stocking stuffer?'

my in-laws have a sense of humor.

My mother always gives practical gifts. Last year she gave me a flannel shirt. She was even kind enough to shrink it for me before I could sneak it out of Connecticut. If she can find one like it this year, I'll have her shrink that one, too. I can always use a new pair of gloves.

In spite of all my flip answers, my loving wife still wanted to know what I would really want for Christmas. If I could dip into

my wildest fantasies what would I ask for?

To start, how about a pair of "Charlies" (C's) from the Journalism Department? I'd like to graduate before I turn 40.

Another great gift would be the sudden disappearance of all nuclear weapons and those who would use them. I'd share this one.

How about the gift of freedom and dignity for the people of Ulster? What does Britain really need the Six Counties for?

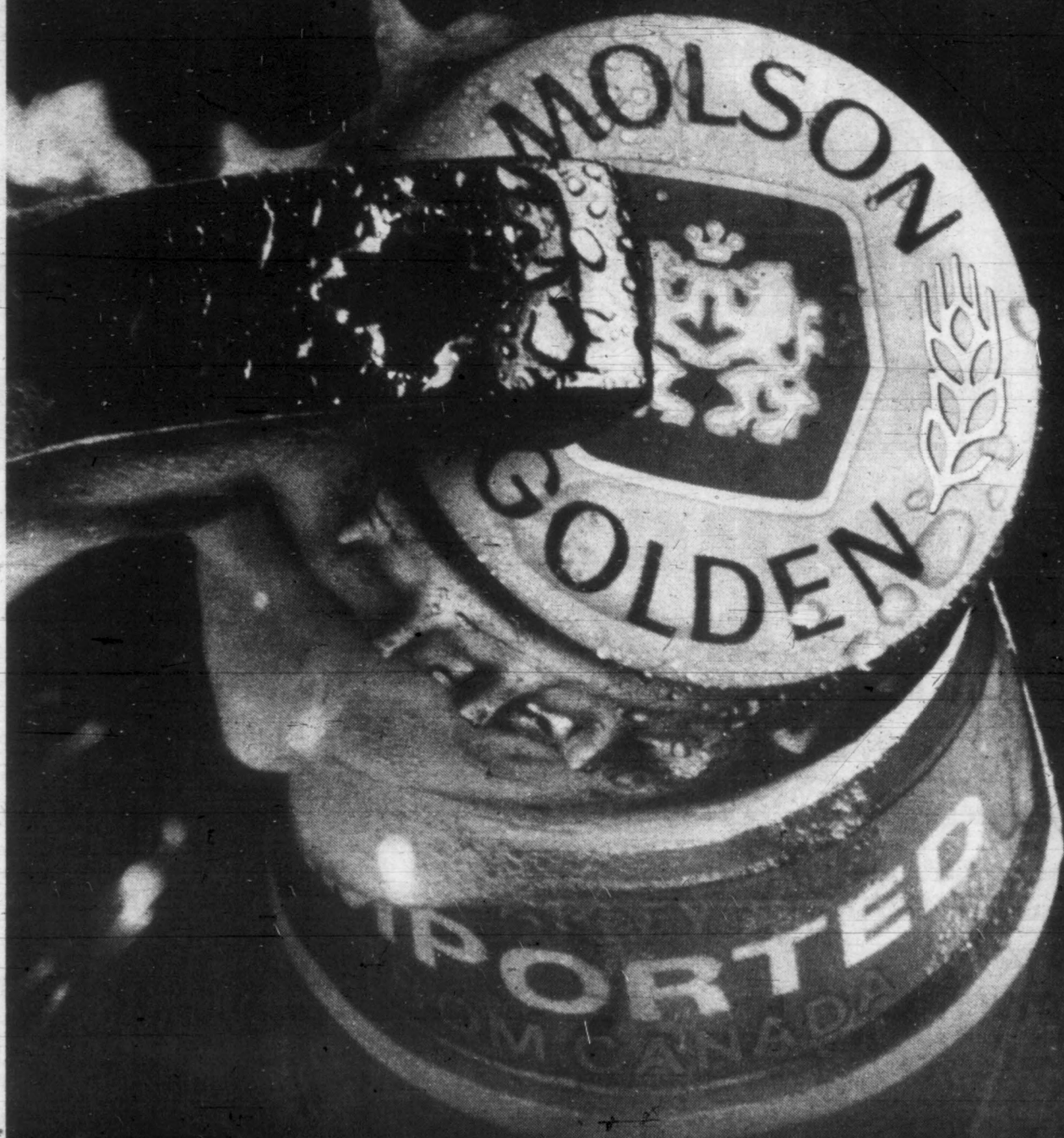
The Irish could make things work without Mrs. Thatcher's help.

One present sure to please is food. How about President Reagan giving a few tons of our surplus food to the 50,000 people who will starve to death on Christmas Day. He can say it came from me, I won't mind.

While the President is being so generous, how about awarding the Congressional Medal of Honor to spouses of journalism majors? God knows they deserve it.

Writing a humorous editorial about Christmas presents is probably pretty silly. However, when in doubt—write something absurd. You never know who will be reading.

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Response

EQUAL TIME

The *Maine Campus* welcomes letters to the editor. Letters should be brief (300 words or less) and include a name and telephone number. Names will be withheld only under special circumstances. "Anonymous" and open letters, although welcome, will not be published.

The *Maine Campus* reserves the right to edit letters.



New finals schedule causing problems

To the editor;

I would like to write in regards to the new finals schedule which about to take place. Because of this new schedule we have two days of classes before finals begin. As a result of this, most people are getting final prelims those two days instead of getting more time to study for finals. I hope, whatever the reason for this new finals schedule, we never have to do it again.

Scott Spurling
Beta Theta Pi

commentary lisa debrayckere

Gift of Life

The holiday season is upon us. Do you feel like giving a different gift this Christmas season? Are you tired of the commercial Christmas in which the only good gifts are the most expensive ones? I've got an idea for a Christmas gift that everyone can give. It doesn't cost anything. It'll take 45 minutes of your time. Once you give it, you'll experience giving the best Christmas gift anyone could ever give.

The gift is blood. Liquid life. Everyone needs it. You can feel it race and surge through your blood vessels when you run or are excited. You can feel your heart methodically pump it when you are at rest. Blood.

It's dynamic. It's vital.

The Red Cross needs more blood during the holiday seasons than most other times of the year. The Red Cross Blood Center on Stillwater Avenue in Bangor is open on Tuesdays and Thursdays from 10 a.m. to 7 p.m. If you give a pint, your body will replace the fluid in 24 hours and will replace the red blood cells in eight weeks.

If you haven't donated blood in the past eight weeks, take a study break and go with a group of people to the Red Cross Blood Center in Bangor. Do like the Red Cross says and "Give the Gift of Life." It'll be the best gift you could ever give this holiday season.

Engineers aren't zombies

To the editor;

Prof. Vaughn made some good points when he discussed the ability of engineering students to branch out into outside electives. I, too, believe more credit should be extended to Arts and Sciences, or at least non-engineering courses.

But when he attacked personal ethics of engineers, I hit the roof. Sir, my sense of morals has been developed from the day I was born, not since I became a student of engineering. I am disturbed you would believe that any courses you suggested could give me a better background for social and ethical awareness. Furthermore, just because one says their morals are correct doesn't make them right for me.

Of course, not all engineers,

or students of engineering, will be the ethical stanchion that society deserves, but neither will all historians, economists, psychologists, philosophers, etc. Take some time, and I think you will find some real, thinking, and moral people in my major, not technological zombies.

Douglas H. Banks
Phi Gamma Delta

Education before tourism

To the editor;

I am thoroughly disgusted that the idea of having finals after Christmas in 1983 has entered the mind of the Council of Colleges. If there is anything that I have learned, it is that most everything boils down to money and shouldn't—at least not over education.

The very idea that the "Maine tourism industry" wants us to begin school late to benefit its wallet appalls me.

What about us, the students? Once finals are over in December, we will be able to have a relaxing break with no pressures of the university. This is actually the only true "break" we have (besides summer) in which we can be free of stress and tension. We need this time to be at ease.

If the Calendar Committee puts our finals after Christmas, we will have our stress provoked at a special time of year that we should truly experience peace of mind and heart. Why don't you give us a break!

Robert D. Eastman II
Aroostook Hall

BLOOM COUNTY



by Berke Breathed

BLOOM COUNTY



by Berke Breathed

BLOOM COUNTY



by Berke Breathed

Sports

Men's basketball

JMU outlasts Black Bears 58-53

by Peter Weed and Steve Bullard
Staff Writers

In a surprisingly tough battle at the Bangor Auditorium Wednesday night, Eastern basketball power James Madison edged the University of Maine Black Bears 58-53.

James Madison coach Lou Campanelli said, "Maine played a scrappy, aggressive defense."

The Black Bears started out slowly, trailing 10-2 seven minutes into the game. However, for most of the first half Maine's 2-1-2 defense kept James Madison away from the basket and the Dukes patient offense had to rely on mostly perimeter shooting.

Maine center Jeff Cross kept Maine in the game by scoring the Black Bears first seven points. Cross finished the game as the leading scorer for both teams with 19 points and tied for first with James Madison's Dan Ruland with 13 rebounds.

Campanelli said, "Jeff Cross is as good as most of the centers we are going to face on our schedule."

After Cross shrunk James Madison's lead to 12-7, Jeff Wheeler found his range to sink three straight deep jumpers to cut James Madison's lead to 14-13 at 6:16 to play in the half.

The score remained close throughout the rest of the half.

James Madison led 25-24 with one minute left to play in the half. They tried to stall for one more shot but were stripped of the ball by Maine with two seconds left to play in the half, leaving the score 25-24.

The second half opened with the Black Bears knotting the score at 25-25 on a Pickering foul shot, but several Maine turnovers allowed the Dukes to take a 32-25 lead in the first five minutes.

Baskets by Cross, Sturgeon and Wheeler kept Maine within striking distance until a scoring drought of 5:37 hit the Black Bears. The Dukes took advantage of Maine's inability to score by building their largest lead of the game, 43-31.

The Black Bears fought back with an inspired full court press defense that caused several turnovers. However, Maine had problems putting the ball in the basket and was unable to pull closer than eight points before the final minute of the game.

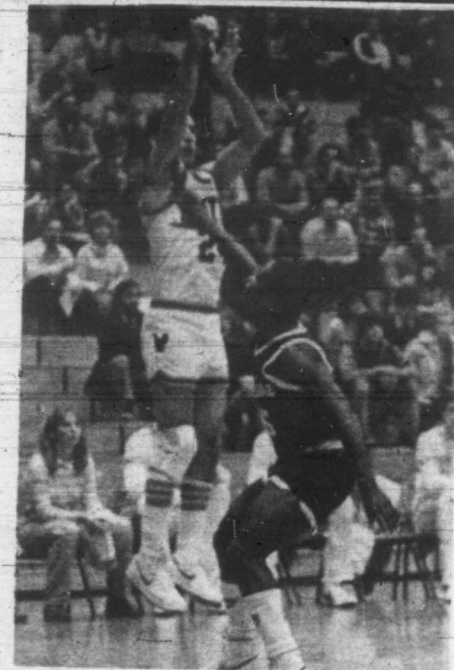
James Madison's lead dwindled to six points at 54-48 after a Cross tap-in, but the Dukes showed why they are considered a basketball power as they cracked the Maine press and Woody Boler (17 points and nine rebounds) hit an uncontested lay-up with 36 seconds left.

Kevin Green hit a jump shot and

Derek Steele two foul shots as the teams traded two points, then Pickering scored on a three-point play to make the final margin 58-53.

"We're better than last week, but we just don't have that good flow yet," Maine coach Skip Chappelle said. "James Madison has Division I muscle and rebounding. If not for Cross, we would have been killed under the basket."

Chappelle said Maine has always had an excellent outside shooting team, "but we're struggling with it this year. Teams are stacking the defense inside against Jeff, and we need the outside shot, like Jeff Wheeler did in the first half, to open the game up."



Guard Kevin Green puts up a jumper from the corner while being guarded

Athletes may need two years to earn "M" jacket

by Steve Bullard
Staff Writer

University of Maine athletes may have to compete for two years instead of one to earn their letter jackets if a recommendation by the letter jacket committee is passed by the Athletic Advisory Board.

The athletic department's letter jacket committee, consisting of coaches Janet Anderson, Skip Chappelle and Ron Rogerson, was formed to determine if changes were needed in the department's letter jacket policy.

Anderson said the committee has recommended a two-year standard of participation for receiving an "M" jacket. Exceptions will include an injury clause so players will not be penalized for missing a year due to injury, senior awards for players who only participate their senior year and coaches recommendation.

Coaches can recommend a freshman or first year player for a jacket if they have an outstanding year, such as achieving All-American status.

Each individual sport will set its own standard for amount of participation necessary during the two year period. Right now the golf team is the only team which requires two years of participation, with players having to

compete in 50 percent of the matches each year.

"We believe for a jacket to be given, it should be something earned," Anderson said. "A lot of people only play one year, then quit."

Another consideration was the cost of letter jackets. The jackets, which cost about \$46 apiece, cost the university close to \$10,000 a year.

Many schools, such as the University of New Hampshire, have stopped awarding jackets.

Interim Athletic Director Stuart Haskell said, "I think it's a good idea. If a student is committed to athletics and is willing to play ball for us for more than one year, he's going to get his jacket. It's also a way of reducing costs and making the award more meaningful."

The committee met and discussed different possibilities, then Anderson sent out requests to 20 UMO coaches for their opinions. Of the replies, 12 coaches said yes to the proposal, three no, two abstained and three failed to reply.

The Athletic Advisory Board will now make the final decision, possibly at their Dec. 13 meeting. If the board, which is a combination of university faculty and coaching staff, passes the proposal, it will become effective on Sept. 1, 1983.

ELECTIONS

Wed., Feb. 16, 1983

Pres. and VP

RUN FOR STUDENT GOVERNMENT

Sign up

Jan. 25-Feb. 1, 1983

Student Government
3rd Floor
Memorial Union

Open to all activity-fee paying students

MURPHY'S STEAKHOUSE

OUR FAMOUSE HOUSE

1lb. SIRLOIN IS BACK!

during Murphy's early dining special
5:00-6:00 pm daily

NOW BACK AT \$5.95

includes our fresh salad bar & potato
don't worry about being seated by 6. just be here.

Don't forget Murphy's dinners
get Murphy's Butcher Shop discounts

also 2 LOBSTERS \$11.95
for the price of one

Women's Basketball

McCoy

by Ken Waltz
Staff Writer

What appeared to be turned into an exciting game for the UMO women's basketball team who defeated the University of Brunswick at the P night, 60-56.

Forward Claire McCoy had a chance to put the game early when she missed a free throw situation, resulting in two seconds left on the clock hitting two free throws.

"I had to concentrate," said McCoy. "I knew the last shot was my chance to go in."

Captain Cathy Nasor with 12 points while McCoy and Lisa Cormier added apiece.

The Red Bloomers center Susan McMaster points and ripped down the rebound.

The game breezed through the first half, with the home team holding a commanding lead throughout most of the game.

Ortiz cop finish

ALL-N

FIRST TEAM OFFENSE

WR--John Schoen
TE--Scott Nizolek
T--Ken Kaplan
T--Greg Brown
G--Mike Corbat
G--Louis Ortiz
C--Jack Belcher
QB--Doug Flutie
RB--Garry Pearson
RB--Paul Lewis
RB--Andy Clivio

OTHER MAINE HONORABLE MENTION

TE--Bob Jowett

PLAYER OF THE YEAR

Doug Flutie Boston College

COACH OF THE YEAR

Jack Bicknell Boston College

MERRY

Visit us
location
College

Women's Basketball

McCoy's last second free throws hold off UNB

by Ken Waltz
Staff Writer

What appeared to be an easy victory turned into an exciting four-point win for the UMO women's basketball team who defeated the University of New Brunswick at the Pit Wednesday night, 60-56.

Forward Claire McCoy, who had a chance to put the game away seconds early when she missed a one and one free throw situation, redeemed herself with two seconds left on the clock by hitting two free throws to ice the game.

"I had to concentrate," McCoy said. "I knew the last one's had better go in."

Captain Cathy Nason led the Bears with 12 points while Julie Treadwell and Lisa Cormier added 10 points apiece.

The Red Bloomers were led by center Susan McMaster who scored 15 points and ripped down 13 rebounds.

The game breezed by with Maine holding a commanding 10-point lead throughout most of the first two

periods.

It was the Treadwell and Nason show early as they put on a basketball clinic hitting smooth jumpers and passing with finesse. But the Red Bloomers refused to give up as Laura Gillespie and McMaster combined for some fine outside shooting and inside maneuvers.

Officiating also provided New Brunswick the opportunity for many comebacks by sending them to the foul line time and time again. Maine went to the free throw line for the first time with 11:43 left in the game.

"They (the officials) let the game go," said Maine Coach Eilene Fox.

Freshman Annie Allen and Lauree Gott continued to impress Fox by their shooting and all-out play. "When freshmen can go in and contribute" it's a plus, she said.

Cormier, who had only two points and collected four fouls early in the first half, came back in the second half to pump in eight key points to help maintain the Bears 10-point edge.

"I felt very confident after sitting down," said Cormier. "I knew I had to



Sophomore guard Beth Cormier of Van Buren, passes the ball while being guarded by three New Brunswick players.

shoot because the game was close. I had to be aggressive, but not overly aggressive."

Fox says that she was pleased with the team's play and said, "When the perimeter shooting is on, we're going

to get our share (of points)."

The Bears are now 2-3 and will travel to UConn. and UNH this weekend in what might be their toughest tests of the season.

New Brunswick drops to 10-4.

Ortiz and McGrath cop first team honors

ALL-NEW ENGLAND FOOTBALL TEAM

FIRST TEAM OFFENSE

WR--John Schoen
TE--Scott Nizolek
T--Ken Kaplin
T--Greg Brown
G--Mike Corbat
G--Louis Ortiz
C--Jack Belcher
QB--Doug Flutie
RB--Garry Pearson
RB--Paul Lewis
RB--Andy Clivio

Boston College
Boston College
UNH
Harvard
Harvard
MAINE
Boston College
Boston College
UMass
BU
Holy Cross

FIRST TEAM DEFENSE

E--Russ Joyner
E--Pat Fleming
T--Frank Matiace
T--Junior Poles
MG--Scott Murrer
LB--Steve DeOssie
LB--John Dorsey
DB--John McGrath
DB--Rob Porter
DB--Arnold Garren
DB--Mike Genetti

Boston College
Harvard
Holy Cross
Boston College
Harvard
Boston College
UConn
MAINE
Holy Cross
UNH
Northeastern

OTHER MAINE HONORS
SECOND TEAM

RB--Lorenzo Bouier
TE--Bob Jowett

PLAYER OF THE YEAR

Doug Flutie Boston College

COACH OF THE YEAR

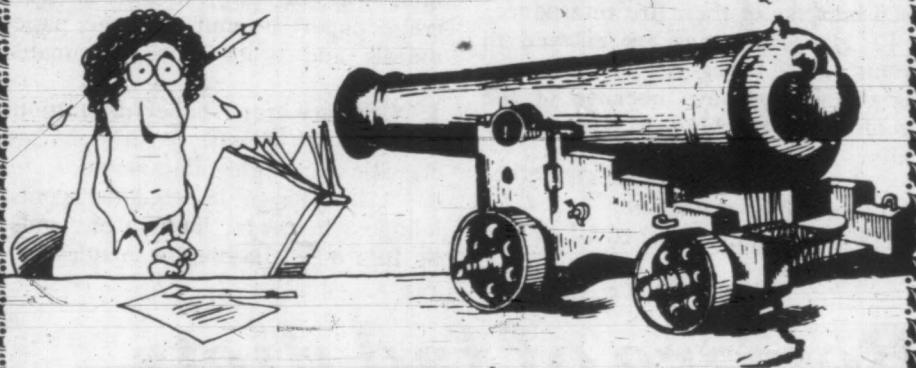
Jack Bicknell Boston College

HONORABLE MENTION

Defense
E--Dave Sanzaro
T--Ray Sullivan
DB--John Chisholm

Offense
T--Alan Peterson
QB--Rich LaBonte

ARE YOU UNDER THE GUN?



DON'T GET BLASTED

AWAY BY WORK!

GET OUT OF RANGE

AND READ THE

MAINE CAMPUS

JOKE ISSUE

FRI DEC 10

MERRY

Pepino's

mexican restaurant

Visit us at our new Close to Campus
location at the intersection of
College Avenue &
Stillwater Avenue

Look For The Bright Orange Awning

CHRISTMAS



RESIDENTIAL LIFE

EDITOR IRENE K. von HOFFMANN

Vol. III, Issue 14

NewsPage

Program deals with sex-related issues

The Peer Sexuality Program is an organization that runs workshops and a switchboard to provide students with information about sexuality and related issues. The goal of our program is to make people aware of the facts concerning birth control, rape, sexuality, sexually transmitted diseases, etc., so that they can make their own informed decisions. Sex and anything to do with it has long been an issue that "wasn't discussed." Myths still exist, and that is clearly illustrated when you look at the rising rates of unplanned pregnancy, and sexually

transmitted diseases. One of the worst feelings that people can experience is knowing that something has happened to them which could have been prevented, had they only known the facts. You owe it to yourself to make sure what you know is accurate. Don't put yourself in the position where you have to say, "If only I'd known."

We want to help.

The Peer Sexuality Program List Of Workshops:

Birth Control- types of birth control available, effectiveness

Rape- what to do if you are raped; who gest raped, who is a rapist, why Sexually Transmitted Diseases- types, causes, prevention, treatment, symptoms

Men Sharing- male panelists answer questions dealing with sexuality from the audience

Women Sharing- female panelists (same as above)

Anorexia Nervosa and Bulimia- discussion of cause, prevention and treatment of these two serious eating disorders

Self-Esteem- discussion of what self-

esteem is, how it effects you, and how to improve it

Women in Advertising- portrayal of women by the media, sex roles, stereotypes, harms

We want your input. If you have any thoughts, suggestions criticisms, etc...please let us know.

Call: 581-2147

or address an envelope to: Peer Sexuality Program
Hancock Hall
and drop it in the nearest campus mail box.

Deck the halls, but with caution

Now that the holiday time draws near, many people want to decorate their halls. Please follow the guidelines which David Fielder, Assistant Director of Fire Services has sent out to students and staff.

The following decorations may be used because of their fire retardance:

1. Artificial trees are allowed in rooms and lounges; but are not allowed in hallways because of the problem of blocking a pathway to exits.
2. Aluminum decorations and other non-flammable materials.
3. Lights with an attached UL or FM approved tag.

The following guidelines have been adopted for all decorations to insure the safety of students and staff against fire:

1. No natural greenery.
2. No paper decorations around doors, in hallways or lounges. This includes crepe paper streamers, large paper murals and other loose flammable materials.
3. Ordinary crepe paper decorations and pyroxylin plastic decorations are classified as highly flammable.
4. All ceilings in student rooms, lounges, hallways, lobbies, etc. must be free of all flammable materials.

Beware of fad diets

With an unwanted extra ten or twenty pounds sitting heavily on their minds, many of our students and staff start to mull the possibilities of various fad diets along about this time of the year.

We, as a nation, seemed preoccupied with solutions that are "instant".

We want instant cereal, instant meals, instant loveliness and instant weight loss. The Cambridge Diet has been brought to our attention as the latest in a long line of "instant" remedies for obesity. Unfortunately, this diet plan is no better than any other instant one. Developed by Dr. Alan Howard at Cambridge University in England, it involves drinking a flavored powder mixed with water three times a day. This amount of powder yields 330 calories a day, (31 grams of protein, 44 grams of carbohydrate and 2 grams of fat...1 gram of protein or carbohydrate=4 calories, 1 gram of fat=9 calories, hence, $75 \times 4 + 2 \times 9 = 318$ which apparently they round off to 330 calories). Dr. Howard also notes that this mix contains the RDA (Recommended Daily Allowance) for all known vitamins and minerals.

The American Dietetic Association has cautioned the public against using the diet, saying that it can "disrupt bodily function, and lead to nausea, dizziness and headaches."

Another warning against its use has come from Dr. George Blackburn of the Harvard Medical School, an authority on low calorie diets. He has asked that the FDA require a warning label on the Cambridge diet products which would caution against their use without supervision of a physician familiar with the problems generated by fasting diets.

Blackburn is concerned that the diet provides too little protein, leading to a loss of lean body mass (muscle tissue) which could cause a loss of physical fitness.

Fat is not put on instantly, therefore, there is no reason to try and remove it instantly. If you are concerned about your weight, try the following three simple steps: 1. Don't skip meals: eat three well balanced meals each day. 2. Don't take seconds or sweet desserts and watch the snacks. 3. Exercise daily!

Remember, Fad is Bad!

Stodder is concerned

A note to all Complex Residents. This is the time of semester of increased pressure, and emotions and a loss of sleep, exercise and proper nutrition habits. The staff extends its concerns to ALL residents to carefully

monitor these areas. We are available for your benefit for any issue of concern which may arise. We also hope that all goes well and that your semester ends in success. Good fortune to all.
Stodder Complex Staff

Help for final exams

It is time to start thinking about finals? Are you scared, nervous, or the least bit tense?? Relax! The LEARNING RESOURCE BROKER! AGE can help. Study sheets can help you with relaxation, or if you're ready to start preparing there are study hints on essay exams, objective exams or

just dealing with finals. Feel free to pick them up yourself and speak with our staff or just keep your eyes open for study sheets in your complex cafeteria or your residence hall. We're located on the second floor in the Fogler Library. Drop in and find out how final you finals will be!

Powerlifting meet

The Hilltop Health Club had its 2nd annual Powerlifting Meet, Saturday, Dec. 4. The event lasted from 9 a.m. to 2 p.m. Hundreds of spectators stopped in during the day to watch as 15 lifters competed for trophies in their weight class along with the Best Lifter trophies for the day.

Winners are: Norm Lecompt

Mark Sonderson

Randy LeCasse

Jamie Klein

Mark Sellinger

Jim Herlihy

Scott Wilkins

Jim Herlihy

Jean Herlihy
Division:
Flyweight
Featherweight
Lightweight
Middleweight
Light Heavy
Middle Heavy
Heavyweight
Best Lifter-male
Best Lifter-female

The two best lifters of the day were brother and sister. Their father works for the University and seemed very proud during the awards ceremony.

We wish all of you much success in completing this semester. Happy Holidays! We hope you have a wonderful and relaxing vacation. From all of us at Residential Life