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Dry ice, bobby pins used Thermostats in lecture halls, dorms vandalized

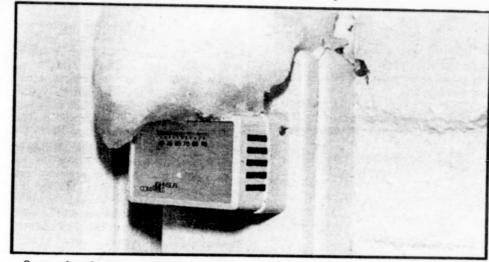
by Pamela Bemis

People are using bags of ice, bobby pins and paper clips to tamper with heating control systems in university buildings. "The major problem we are having,"

said James Treadwell, steamfitter supervisor in the temperature control shop, "are • people problems. People just don't like the 65 degree limit. We are having a serious problem all over campus. Some of the problem is student damage in dorms but a lot is happening in academic buildings."

People have been taping dry ice bags to thermostats to turn the heat on. Bobby pins and paper clips have been pushed into the thermostats, which not only turns the heat on but also damages the control units, Treadwell said.

Temperatures readings are being taken in buildings all over campus to determine how their control program is working. physical plant employees have been taking



Snow, placed on top of this thermostat is in Lord Hall, causes the thermometer to read 65 degrees, when the temperature had been measured at 78 degrees. This is one way to raise temperatures, wasting heating fuel. [Collins photo]

day readings this week, said Alan Lewis, director of physical plant.

Treadwell said some of the buildings have been above the temperature level, 6 degrees in the day and 55 degrees at night, and some have been below.

Lewis' record of temperatures for some buildings on Feb. 11 had 'Lord Hall, Boardman Hall and the library all above the 65 degree mark. The lowest temperature recorded in these three buildings was 68 degrees and temperatures of 78 degrees were recorded in both Lord and Boardman Halls.

Lewis said some of this could be due to outside temperatures. "Today is a warm day. Sometimes it takes a little time for the control systems to adjust due to residual heat in the buildings." He said the control system's calibration could be off also. The control systems were calibrated this past summer but Lewis thinks tampering is the major problem.

aine the daily The University of Maine at Orono student newspaper since 1875 vol.88, no. 24 Thursday, Feb. 12, 1981

Licensing rights for nuclear waste site questioned

by Brian Farley

In a continuing controversy concerning the Greenbush nuclear dump site, sources said there is some doubt as to whether the University of Maine was ever licensed to dump radioactive wastes at the site.

According to the Maine Department of Human Services, the university never obtained a license from the Nuclear Regulatory Commission (NRC) to dump nuclear wastes at Greenhush How wever, the university did obtain a license to handle a specified amount of radioactive materials used in research at UMO.

Candidates attack policies by Michael Finnegan

Candidates for president of student government attacked administrative policies dealing with alcohol problems

as too superficial. Last night in 110 Little Hall approximately 40 students attended the debate between Charlie Mercer, senator from Aroostook Hall, and Chris McEvoy, president of the Off-Campus Board.

"I think the administration goes to real superficial answers," McEvoy said. "People don't drink in and of itself, the people drink because certain aspects of life at UMO have deteriorated."

McEvoy cited tripling in dorm rooms

body' was one question.

"I would have to say the fault lies with the senate, student government people should take a hard look at themselves and instead of waiting for people to come to them with ideas, senators should reach out into the community," McEvoy said. Mercer said the student senate had

removed itself from students but



believed students are represented and the senate can further represent students by listening to what students have to say.

The candidates were asked if student senators as a whole were informed and acitve as senators and both agreed senator participation should be increased to strengthen student

government.

See candidates, page 2



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Walter Hinckley, a spokesman for the department, said regulations for obtaining licenses in the early sixties, when the dumping began, may not have required the university to obtain a license for dumping their radioactive waste. Hinckley explained that nuclear waste storage "was not a controversial issue at that time and may not have been closely scrutinized."

A spokesman for the NRC confirmed that no license for the Greenbush dump exists, but that "it sounds as if there should have been an agreement between the university and the state" allowing the dumpings.

"They (the university) could have conceivably gone out and dumped the wastes anywhere they wanted." NRC spokesman Gary Sanborn said. "The (NRC) guidelines aren't specific on where the waste can be dumped. That doesn't necessarily mean the university didn't enter into some agreement with the state."

Gordon Ramsdell, radiological safety officer for the university, said he knew of no records of any such agreement.

"I don't know of any records that exist," Ramsdell said. "We've looked around and nobody has been able to find anything."

Although the dump site is on state property, the state Department of Human Services has said responsibility for the maintenance and safety control of the dump belongs to the university. The university, on the other hand, feels the state should be responsible. Because no records exist to describe what actually happened when the dump was originally established, the matter remains open to debate.

as one example and urged the student senate to encourage students to care about themselves.

According to Mercer, the alcohol policies are superficial by not going to the root of the problem. A person is needed at UMO fulltime to counsel students with alcohol and drug abuse related problems, he said.

The administrative proposal to ban kegs creates a worse situation forcing students to drive to bars, he said.

Mercer has campaigned strongly against the banning of kegs and UMOPD's fight to carry guns. Mercer was asked how he intended to uphold the two pledges when the administration will make the final decision.

"The Problem lies in the area that administrators don't get enough student input. The problems at UMO are not bad enough to allow police to carry guns or the banning of kegs from dorms." Mercer said.

McEvoy said, "The student government has little power, the main thing is to educate students about this university, not just attending forums but going and talking to people at the top that make decisions.

Mercer added, "I think we are continuing to react to decisions because they (administration) do not listen. What we have to do as students is show the administration that we care."

Many of the questions asked of the candidates dealt with how student government could be strengthened and interact with the student body. To what did the candidates attribute the student senate's isolation from the student

Charles Mercer [1] and Chris McEvoy, student government presidential hopefuls, field some informal questions during a break in last nights candidate debate. [Collins photo]

Fatality increase cited Maine mandatory helmet law may reappear

Maine Campus • Thursday, Feb. 12, 1981

by Stephen Peterson

A bill reinstituting a mandatory helmet law in Maine is being drawn up by state representative John Tuttle of Sanford. The law would require all drivers and passengers to wear helmets.

The original helmet law, repealed in 1977, has become a source of concern for Tuttle and other state medical officials due to an increase in motorcycle fatalities in the past three years.

"The most recent statistics released by the transportation department show that 28

year	Fatal Motorcycle Accidents 1973-1979	Motorcycle Fatalities 1973-1979	
1973	4	12	
1974	5	11	
1975	11	16	
1976	4	19	
1977	13	25	
1978	15	27	
1979	12	30	
	Total 64	Total 140	

This table illustrates the jump in fatalities after the helmet law was repealed in 1977. Motorcycle fatalities signifies people killed in motorcycle accidents other than the cycle operations.

of the 29 people killed in motorcycle accidents in 1980 were not wearing helmets," Tuttle said,"Of those 28 killed, 27 died from head related injuries.

Tuttle referred to the recent study conducted by the United States Congress on motorcycle related fatalities in states that had no mandatory motorcycle helmet law. "The fatality rate has risen 300 to 400 percent in those states that have no mandatory helmet law," Tuttle said.

According to the latest accident and fatality figures released in Maine, the number of fatal motorcycle accidents in the state increased 60 percent since 1977. The number of motorcycle deaths has risen 20 percent since the repeal.

William Prosser, assistant director of police services, agreed that Maine needs a mandatory helmet law. "Yes, most definitely I feel that Maine should have a helmet law," Prosser said, "Anytime your driving in an uncased machine, even a snowmobile, you should wear a helmet."

Student Government President David Spellman, said he feels that there should be a mandatory law also, but said,"I think there would be a lot more opposition to the bill than support for it." The Maine Bikers Association was instrumental in applying pressure in 1977 to get the helmet law repealed.

Paul Surabian, a member of Sigma Phi Epsilon and a motorcyclist, stressed the pros and cons of the issue. "I think people should wear helmets. If you get in an accident you may break a leg or arm but you won't split your head open," Surabian said. "It has drawbacks too. A helmet cuts down on your vision and it's hard to hear. It's sort of a nuisance," he said.

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Tuttle's proposal will be reviewed at a Transportation committee hearing on April one. "I am an E.M.T.(Emergency Medical Technician). Myself and other E.M.T.'s and hospital officials from around the state will be testifying in support of the



"The Moral Majority: The Rise of Religious and Political Conservatism." Coe Lounge, Union.

12:15 p.m. Sandwich Cinema. "Song of the Canary." No. Lown Room, Union

2-4 p.m. Introduction to ASAP Seminar. 4th Session. 131-133 Barrows

7 p.m. IDB movie. "The Groove Tube.' 101 EM.

7:30-9:30 p.m. Transitions: "Dealng with Depression." No. Bangor Lounge, Union.

9 p.m. IDB movie. "Kentucky Fried Movie." 101 EM.

11 p.m. Last Call. "Love and Relationships." WMEB Radio.



Herpes treatment pursued at Cutler

by Julie Griffin

Dr. Mary Dietrich of the health center is searching for a treatment of herpes, which has reached epidemic levels in the United States, and is spreading on campus.

Dietrich is conducting a study on the effects of lysine on herpes simplex virus type one and two.

Herpes type one is the medical term for a condition characterized by fever blisters or cold sores. Herpes type two is a form of sexually transmitted disease

Herpes simplex Virus type two is very painful especially in women. Dietrich said. 'There is no good treatment and they suffer. It is terribly frustrating not to be able to help someone.

Dietrich had heard about lysine and was interested in testing its success in a double blind control study, which is when both the patient and doctor do not know if the patient is getting a lysine tablet or a

Robert Soucy, a graduate student in microbiology, does the actual physical work in the study, under the supervision of Maryann Jerkofsky, assistant professor of microbiology.

"The cultures go over to the lab by number not by name. It is very confidential," Dietrich said.

"The lab processes the swabs sent over from the health center. Then they isolate

the virus and quantitate it," Jerkofsky said. The cultures are checked daily to see if the amount of virus produced is reduced.

The study began in September and will end in May. There are 28 people in the study. "We would like to have 100," Dietrich said. If anyone wanted to participate in the study, they should "come to the health center the first day of a cold sore, and do not use any other treatment such as blistex.



proposal," Tuttle said. 12 noon. Religious Issues.

control tablet

Dietrich attended the InternationalConference in Atlanta, Ga. in March 1980. "There were 400 people from 40 countries at the conference that's how baffling the disease is," Dietrich said. She met Dr. David Walsh, vice president of Research and Developement for General Nutrition Corporation, at the conference. He was also interested in the effects of lysine on Herpes

General Nutrition Corporation supplies lysine tablets and control tablets in identical bottles for the study. "The bottles are given out randomly, and I don't know which are lysine and which are not,"Dietrich said. Thus, the observations Dietrich records are objective and not influenced by the knowledge of who gets lysine.

Candidates

continued from page 1

"On the whole senators are uninformed, "McEvoy said, "there is always going to be dead wood in every tree.' But I think a lot of senators are there for different reasons. Some people get put on the back burners, and are not used on student committees, more senators just never get called on," he added

Mercer said, "In some instances the student senators are misinformed, but the senators have to have the initiative to get things done.

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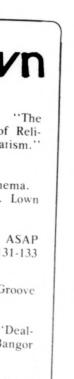
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Maine Campus • Thursday, Feb. 12, 1981 Maine Day may be absent from university calendar

by Brenda Bickford

Maine Day is not on the calendar this year, but if its sponsor. Alpha Phi Omega, has its way, it could be alive and well again at UMO.

President Silverman and his cabinet will discuss Alpha Phi Omega's recommendation signed by APO President Greg Phelps, to reinstate Maine Day. On Monday, Silverman received the recommendation last week.

"All I'm going to say is that we've asked to have Maine Day, because I haven't heard any confirmation from President Silverman," Phelps said.

Maine Day, usually held in late April, was originally intended as a "day for the university," said Vice President of Student Affairs Thomas Aceto. Classes would be cancelled, and the day would be set aside for students and faculty to beautify the campus, he said.

The president's cabinet consists of Vice-President Thomas Aceto; acting Vice-Presidents Philip Dufour, John Coupe, and Fred Hutchinson; Associate to the President James Horan; Executive to the President Joan Cambridge; and Director of the Budget Alden Stuart.

"I doubt that any of them (the cabinet) besides Dr. Aceto are aware of the recommendation," said Joan Cambridge, "I think the decision was made last year that they would not include Maine Day on the calendar.'

The recommendation to cancel Maine Day this year originated from the Calendar Committee when they drew up their energy calendar. Cambridge said.

The energy calendar recommendation to cancel Maine Day was sent last year to the President, Chancellor McCarthy, and the Board of Trustees, Cambridge said.

Student Government President David Spellman said he hopes Maine Day will go

Corrections

In Monday's Campus, a picture of the student government presidential and vice presidential candidates, Chris Mc Evoy and Jim Beaulieu, appeared on page 3. Beaulieu was on the right, not the left as reported.

on. "I've heard rumors about the recommendation, and I've been asking questions about it. I just heard a couple of days ago. It's nice of them to do things without consulting students. I think students would be upset if Maine Day is cancelled, especially since they were not consulted," Spellman said.

"There should be a public airing of it. I think that's a reasonable request," he added, "I would think the President would want to consult the students."

Catherine Schoenberger, administrative assistant, said the Registrar's Office is usually informed when Maine Day will be--usually in April. "I had heard that if they do have Maine Day, there will still be classes. I don't know if you could call it Maine Day if they still have classes," she commented.

President Silverman could not be reached for comment.

\star Police \star Blotter by Susan Allsop

UMO police responded to a call Tuesday night that a car was on fire in the Alfond Arena parking lot. When police arrived, Kenneth Miller, of Beta Theta Pi fraternity and owner of the car, had put out the fire with a fire extinguisher from the hockey rink. Miller apparently added oil to the engine and failed to secure the cap. Several wires were burned and a section of the engine hood was blistered.

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An Aroostook Hall resident reported that someone broke into his jeep last weekend and took eight cassette tapes and the case. Speakers in the jeep were ripped out, but not taken. The back window was open at the time of the \$50 theft.

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An antique wooden chair was taken from Balentine Hall's first



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Editorials

Dumping grounds

The people of Greenbush want some answers. For 20 years, the university has used the little hamlet north of Old Town as a dumping site for radioactive waste, without the knowledge of the citizens.

Suddenly, the citizens of Greenbush are painfully aware of the site, which is located adjacent to a tree nursery and near homes.

The site has been called "99 percent safe where it is" by Peter Dufour, superintendent of grounds and services, but with the increased awareness of radioactive leaks and their inherent dangers, 99 percent safe might not be safe enough for the people of Greenbush

The citizens of Greenbush want a study done, and they deserve it.

Problems arise because no one is ready to accept responsibility for conducting the study. University officials say they haven't the tools nor the manpower to handle such a delicate process, and they say the state should perform the study because the dump site, some of which is some 16 feet underground and encased by lead, vermaculite and plastic, is located on state land. The state, on the other hand, feels responsibility for the study should rest with the university because, alas, it is the university's waste.

Some people, such as Gorden Ramsdell, the radiological safety officer for the University of Maine, feel the study is unneccessary because most of the radioactive matter has decayed, and that which

remains will not leak out of their thick containers for a long time. He says that even if the waste leaks out later, the radioactivity would not move through the soil very quickly.

This raises an interesting question. Who will be responsible for possible leaks in the future? Just because the area is in no immediate danger should not suggest that the possibilities should not be studied and rectified in the present.

There is also no apparent record between the state and the university authorizing the dumping of radioactive wastes at the Greenbush site. While the Maine Department of Human Services considers the maintenance of the site to be the university's responsibility, they are condensing the use of Greenbush as a dumping site without an official statement of approval between the state and the university, speak nothing about the approval of Greenbush residents.

In the end, it is the university's problem. The university has been dumping waste on state land in Greenbush for nearly 20 years(the practice ended in 1978) with no record of an agreement between themselves and the state. The university failed to tell the inhabitants of Greenbush that the dumping was taking place.

More importantly, the dump site is located near living persons. These persons deserve to know the threat lying in their shadow, and if this threat is real, the site should be moved.

The university must clean up its mess.



Faculty viewpoint Prof. **Brooks W. Hamilton**

Right field

It's tough when you have to disagree strongly with someone whose end point you agree with, but I find myself in that unenviable position with my colleague Richard Blanke.

His "Faculty Viewpoint" last week took the position that it would be wise for us to allow the Air Force ROTC to be located on campus, and I come to the same conclusion but I cringe to read some of Prof. Blanke's reasoning. It's almost enough to turn me the other way!

Fact is, I feel that as a society we will be better off if as many as possible of our military officers are educated in civilian, liberal arts atmosphere, rather than at the military academies, the West Points. I feel they will be much more likely to become officers with a real feeling for the democratic traditions of our heritage, and much less likely to do things to subvert that tradition, as has happened on occassion in even the recent past.

Prof. Blanke touches on some of this idea, but then goes off in left field he perhaps thought he was in right field, but I would call it left) with such statements as:

"I have no trouble accepting a free society's need for armed forces, and thus the notion that its universities should cooperate in the training of its military officers.

Now standing alone this isn't too bad; although there are many good reasons why thinking and intelligent people might think universities in a free society should not help educate officers. I don't agree ; Prof. Blanke doesn't agree, but others do and he

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makes himself sound like the epitome of pomposity as he does when you put that remark in context with the rest of his column, with some statements like:

"A few opponents of ROTC may be true pacifists who simply don't like things military, and would rather accept slavery than resort to violence (a choice our military has spared them so far)."

Now really. Does the "true" pacifist (how about the untrue one?) accept slavery as easily as that sounds? History abounds with stories of those pacifists who did not ever accept that condition of servitude.

Then later he says,"But the thinking of the bulk of otherwise intelligent opponents remains difficult to comprehend."

Again, the height of pomposity to assume others are intelligent when they agree with us but lapse from that wonderful state the minute they disagree with us.

The kind of debate represented by Prof. Blanke's diatribe does nothing to enhance the academic atmosphere, which is supposed to be a place for rational debate. One expects more of an accomplished academic type like Prof. Blanke than the same kind of reflexive response from him--pro-military in his case he decries in others.

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Hutto keeps the blues flame burning

J.B. Hutto made a triumphant return to Orono last Monday and Tuesday nights, playing to a full house both nights at Barstan's Mill Street Pub. Dressed in a mexican vest

and a fez, Hutto played to enthusiastic crowds both nights, jamming away and singing the blues. By the second set of Tuesday's show, Hutto had the dance floor packed and the crowd was even dancing on the stage for some songs.

Hutto is probably one of



New Hawks drummer Leroy Pina

the most relaxed performers when it comes to the tunes. audience. More than once he walked out into the audience and played to individual people, shouting away the lyrics of a song without the help of microphone. The only way he could have become more involved would have been to have dragged up a chair and watched the show. Hutto's slide is undoubtedly his most unique trait. Few people on the blues circuit get as crisp and fresh a sound with a slide as Hutto does.

J.B. Hutto and the New Hawks as they jam during the

have been travelling all over the midwest and New England, as well as playing a lot in Chicago," said "Silvertone" Steve Coveny, rhythm guitarist for the band.

The band is based in the Boston area, although their roots are definitly in the Chicago blues scene. Both Hutto and drummer Leroy Pina are from Chicago. Guitarist Coveney and bass played Kenny Krumbholz are both from the Boston area.

Bass guitarist for the band, Krumbholz, has only been with the band for a very short while. "This is only my fourth show with everyone," he said.

But watching the band, it was not obvious that he had been with the band for such a short while. Krumbholz sang two songs, "How Much I Care," at the beginning of the first set and "Down the Road A Piece" at the start of the second set. Krumbholz's strong voice and thundering bass brought life to both the

Yet it was Hutto's show all along. Playing some of the blues' greatest songs comes easily to him. "We like to play a lot of Muddy Waters and Elmo James, he said. Along with these greats, Hutto and his band jammed through a number . of tunes, keeping the audience on its feet.



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He and his band the New Hawks have been together for about two years. "We

song "Honey Cup".

Many of the songs played at last night's show are featured on the band's new album, Keeper of the Flame, on Baron Records.

"Mojo Working" was one of the Hutto greats played during the show.

J.B. Hutto (left) and rhythm guitarist Steve Coveney playin' the blues last Tuesday night.

The whole audience was up on their feet as Hutto jammed away on the tune making his rounds in the audience. Coveney also added some tremendous riffs to the song, slipping into some rock 'n' roll leads that mixed well with Hutto's Bluesey slide guitar.

Another song which Coveney and Hutto complimented each other well was on the tune "Honey Cup." Hutto's slide wailed away with Coveney's rhythm and lead riffs mixed well in the song.

Probably the most rocking tune in the whole show was the Louis Jordan's "Caledonia", the second to last tune he played. Hutto had nearly the whole audience dan-

cing, and those who weren't dancing were at least tapping their foot.

Hutto tried to make "Caledonia" the last song of the show, but the audience wouldn't allow it. He and the band came on for one last jam that brought the audience back on its feet.

Hutto ended the show by reminding everyone that they would be playing at the BCC pub this Thursday and Benjamins in Bangor this Friday and Saturday. "God bless v'all and come back and see us the next time we're around." . he said.

5

-Paul Fillmore

What's inside Vic Runtz at 'The Hole in the Wall' **Review of Zevon's latest** Sci-fi review

The Incredible Shrinking Woman

gent pse ute

Glen Chase



Live Zevon album rocks

Warren Zevon is an enigma in the California rock scene.

While Jackson Browne, Linda Rondstadt, and the Eagles, the basic founders of contemporary L.A. rock, defined this type of music as lay-back on the beach, enjoy life as it is music, Zevon brings a refreshing look to this stereotyped rock scene, Warren Zevon is a rocker.

Nothing but rock 'n' roll is evident on Zevon's latest release,



reporter has an in-bred hatred for live discs because of the lack of creativity involved, Zevon proves that an artist can create within such limitations as a single live

set brings across Zevon at his best. His sadistic lyrics are at their normal self on I'll Sleep When I'm Dead, The Sin, and Lawyers, Guns and Money. But even more pronounced than the expected lyrical mystery is the performance of guitarist David Landau. The guitar licks that have been most clearly noticed on studio versions of Johnny Strikes up the Band and Lawyers are evident throughout the disc, a refreshing sound for the true connoiseur of rock'n'roll.

Bo Diddley's a Gunslinger shows Zevon's ability to handle old-time rock with the ability of Chuck Berry. When Zevon

Discount fantasy a bargain

Something we all like to do (but it just never seems to pay off) is to spend time looking over the books on the discount table in a bookstore. There is something about the titles there that just never seem to merit any interest. For once I was surprised.

When I first picked up the Watchtower, a novel of fantasy by Elizabeth A. Lynn, I thought, "Oh well, this is better than nothing." But once I began to read the book, I was quite glad I had picked it up.

Lynn sets the scene in the faraway world of Arun, in a keep on its northern border where Tornor Keep (the watchtower of the title) has fallen to invaders of Col Istor from a neighboring keep.

In an attempt to save Young Errel, the surviving lord of the keep, the captain of the guard, Ryke, agrees to serve the conqueror. Neither Ryke nor Istor trust one another, but Istor must have Ryke's help in order to secure the keep as a springboard for further invasions.

But Ryke promises to himself that he will somehow escape and get Errel to a place of refuge. Eventually he succeeds with the help of the Green Clan, a folk who would act as messengers because of their neutral positions and their reputation for revenge if

dancing folk known as the "Chearis". Errel seems to fit well with the Chearis, but Ryke is unable to accept their way of life wihtout an internal struggle with himself. The leader of the Chearis himself must teach Ryke the way of the dance before the two travelers are ready to return to the tower in an attempt to win it back from the invaders.

Sci-fi Review

Lynn seems to take a new approach to the old antagonist-protagonist relationship found in many fantasies. In her work, Istor is portrayed, not so much as an evil man who just wants to be the overlord of others, but more as a man who is attempting to protect himself from fearful northern invaders.

In weaving the tale, Lynn uses much detail and quickly develops the characters for the reader. The book is fast reading and it is easy to decide not to put the book down until it is finished.

For once, browsing the clearance table in the Bookstore paid off. The Watchtower is a tale of fantasy well worth reading. How it wound up on the discount table I'll never know.



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his little now. O that he w chourus. The u been fea editorial the Bang didn't us accident. and I jok could pic picture, l Runtz.

Montrea staff cart Island ne spent 10 BDN.



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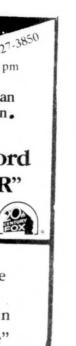
Review

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Bangor editorial cartoonist's works exhibited at gallery

From the arms race to Nixon and LBJ, Vic Runtz's exhibit in the "Hole in the Wall Gallery" of the Memorial Union has it all.

The exhibit is an overview of Runt'z work for the past 23 years as the editorial cartoonist for the Bangor Daily News

"Out of my 6,000 or so editorial cartoons, there were an awful lot I had to leave out,' Runtz said.

Probably Runtz's most distinguishing trait of all his cartoons is his little cat. "He is nearly 33 years old now. One editor of mine used to say that he was like a little Greek chourus," he said.

The unnamed feline character has been featured in all but one of Runtz's editorial cartoons since he arrived at the Bangor Daily. "The only time I didn't use him was for a cartoon on an accident. One reader wrote me about it and I jokingly wrote back that if they could pick up the hat that was in the picture, he would be there ," he said.

Runtz, after graduating from a Montreal art school, was hired as the staff cartoonist for a Prince Edward life, but my job with *The Guardian* was my first full-time job. I had done freelance stuff while I was at school and while I was in the near While I

while I was in the navy," he said. The cartoons in the gallery span Runtz's 23 year career at the BDN, but there is an emphasis on the last five years. "I thought that would interest students more," he said.

The 48 cartoons exhibited cover a wide number of topics, ranging from Vietnam to the ayatollah. Some of the older cartoons are as historical as they are artistic. Khrushchev and Eisenhower are portrayed not as most students of today see them.

The native of Ontario said drawing has always been the easiest part of his job. "I do a lot more reading then I do drawing. It takes a lot of time to try to make some little point as well as trying to be funny," Runtz said.

More than just art, the whole exhibit is a look at the past through Runtz's eyes.

The exhibit in the union was organized by Dean David Rand of the Memorial Union and Vincent Hartgen curator of the university art collection

Maine Campus • Thursday, Feb. 12, 1981

Shrinking Woman pokes fun at American society

They say many everyday household items cause cancer and genetic disease. What they don't say is that these same items can cause really serious problems too. Now someone has said it!

In "The Incredible Shrinking Woman" a silly, sarcastic and cynical portrayal of "average America," Lily Tomlin suggests that chemical consumer products may cause disorders as yet unimagined.

In her renowned and unique way Tomlin provides a hauntingly accurate spoof of today's housewife: a lemonpledging, air-freshening, fabric-softening bundle of feminine consumerism. Her hubby, Charles Grodin, is a successful double-knit advertising jock immersed in campaigns for "Sex-Pot" after shave and magnum-bong glue. Their two wiseacher kids seem born to R2D2 and "Captain Crunch" cereal, and the whole family is prefabricated happiness, made in USA and Japan.

The movie presents a very funny poke at middle-class America, but actually is full of some very serious considerations. Surely the countless gimmicks, gags and one-liners make for great entertainment and a well spent \$4. But one leaves the show sensing something more "real" than a couple hours of outrageous comedy.

What, asks Tomlin, are we really doing to ourselves with our deodorizers, detergents, Drano and drugs? What do preservatives actually do to a human body? How about nondairy creamers? Or oven cleaners and Kool-Aid?

In the movie, as you might guess, ______ these things cause Tomlin's body to shrink! After years of Lysol, Pringles and hair spray, her body reacts. With -in a few days she spills the family's dinner while pulling it from the table to the top of her head. Soon after that, she tumbles into the kitchen garbage disposal for a hilarious, suspensefully messy scene.

Everyone is miffed by her unprecedented condition. Only the ultraadvanced technological community can arrive at the explanation. She is a victim of her lifestyle. The evil barons of corporate America realize the dangers in this little lady seeking to awaken America's consumers, and move to destroy her. Finally it takes a literal gorilla to save her from her ordeal.

Such are the nutso contrivances of Tomlin's comic genius.

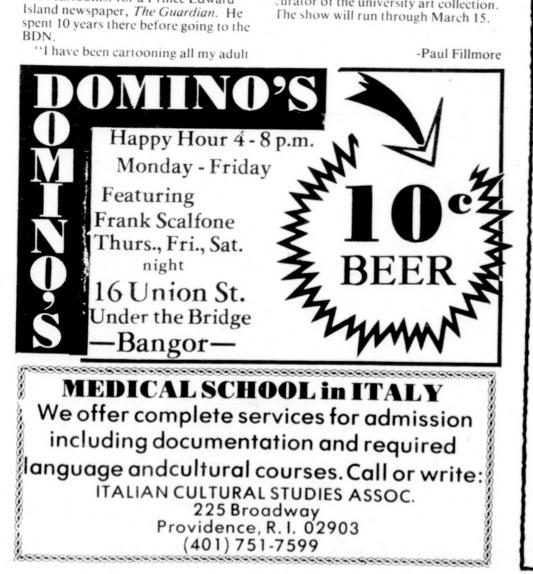
"Shrinking Woman" is a good entertaining laugher that poses some sobering questions. If you enjoyed your "Tang", "Poptarts" and "Coffee-Mated" de-caf at breakfast this morning, then you might not like this movie. You might leave feeling smaller than when you came in....and be sure to count your toes before retiring!

-Scott Milliken



Public Display

of Affection



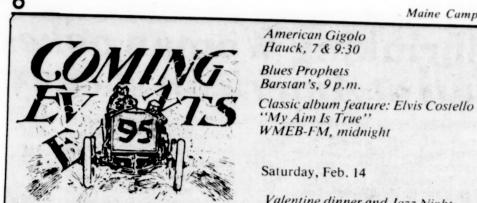
our Valentine Personals, an annual Maine Campus Classifieds Feature, to appear in our February 13th issue.

Win your Valentine's heart - use

Your message will be published for only ^s1.00 for the first 15 words, 10^c for each additional word. (Please prepay) Just stop by the Maine Campus office in the basement of Lord Hall during regular business hours, before 11:00, February 12

... and have a Happy Valentines Day,

with the Maine Campus



Entertainment

Thursday, Feb. 12

The Groove Tube Kentucky Fried Movie 101 English-Math, 7 p.m. Randy Hawkes' Overtones

Barstan's, 9 p.m. Album feature: Jim Carroll Band "Catholic Boy" WMEB-FM,, 10 p.m.

Friday, Feb. 13

New Birth-New Wave Showcase WMEB-FM, 6:30 p.m.

Maine Campus • Thursday. Feb. 12. 1981

Armenian Comedy Hours WMEB-FM, 11 p.m. Butterflies Are Free 101 English-Math, 7 p.m.

Monday, Feb. 16

Monday Night Jazz WMEB-FM, 8 p.m.

Tuesday, Feb. 17

One Last Swing Bear's Den, 8 p.m. Thirsty Ear Grace Slick WMEB-FM, 6:30 p.m.

Foreign Film Festival Luna

101 English-Math, 7:30 p.m.

Wednesday, Feb. 18

One Last Swing. Bear's Den, 8 p.m. Off the Beaten Track WMEN-FM, 8:30 p.m. **Teed Fox Springs** Barstan's, 9 p.m. The Man With Bogart's Face 130 Little Hall, 7 & 9 p.m.

WMEB top 10

1-Tongue Twister .- The Shoes 2-Zenyatta Mondatta--The Police 3-Chain Lightning--Don McClean 4-On the Rampage--Mark O'Connor River--Bruce Springsteen 5-The 6-Hotter Than July--Stevie Wonder 7-Radioland--Nicolette Larson 8-Dimestore Heroes--Bill Chinnock 9-Catholic Boy--Jim Carroll Band 10-Mondo Bongo--Boomtown Rats

Quick takes-

"Maine Panorama" is a one-hour multi-media slide show focusing on this question. Emphasizing Maine's beauty, exploring the state, and addressing difficult issues, the show is an upbeat, positive view of how to deal with the increased pressures on Maine's outdoors.

The show will be presented Friday, Feb. 13 in the North Lown Room of the Memorial Union.

If you're really in love... nothing's going to stand in your way.

"One of the best films of the year." -Andrew Sarris, VILLAGE VOICE movies of the year." -Pat Collins, GOOD MORNING AMERICA Irving is equally good." - Charles Champlin, LOS ANGELES TIMES "An out-and-out crowd pleaser and Amy Irving it has the most appealing of romantic teams ...

American Gigolo

Hauck, 7 & 9:30

Blues Prophets

Barstan's, 9 p.m.

'My Aim Is True'

Saturday, Feb. 14

Ran's Horn, 6:30 p.m.

The Onion Field

Hauck, 7 & 9:30

Blues Prophets

Barstan's, 9 p.m.

Midnight Special REO Speedwagon WMEB-FM, midnight

Sunday, Feb. 15

Robert Klein Hour

WMEB-FM, 10 p.m.

Talking Heads

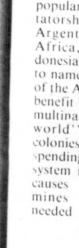
Jazz

Valentine dinner and Jazz Night

Featuring Steve Winwood and the

Melissa Hamilton and "Les Voix du





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a one-hour ocusing on ng Maine's e, and adhe show is an now to deal res on

nted Friday, n Room of

Let's oppose AFROTC

To the Editor:

My colleague Richard Blanke finds it difficult to comprehend why anti-military sentiment surfaces whenever ROTC is discussed in academia. Let me try to help him recall the sickening news stories of only a few years ago of napalmed children, B-52 bombs on hospitals in Hanoi, defoliations of whole provinces, the MyLai massacre, the daily toll of American dead and injured, and the massive resistance at home to such a deeply iromoral and illegal war.

The American military's goal in Vietnam was not the "realization of freedom." Nor is that its goal today unless, that is, we define freedom as the protection of a far-flung empire of trade and investments by U.S. controlled multinational corporations. If freedom be the objective of the "free world" why does the U.S. prop up such unpopular and repressive dictatorships in El Salvador. Argentina, Chile, South Africa, South Korea, Indonesia, and the Philippines, to name a few? The majority of the American people do not benefit from the profits to the multinationals that this "free world" impire without colonies allows. The military spending needed to sustain this system is one of the primary causes of inflation, undermines funding for badly needed educational, health,

Maine Campus • Thursday, Feb. 12. 1981

Letters

Lack of heat a problem in Wells Commons

To the Editor:

I am sure that there have been complaints aired about conditions in the University's dining commons on several occasions in the past. I, as well, wish to put in my two cents worth in regards to a specific problem at Wells Commons.

Because I doubt that any resident of Wells Complex could stomach any mention of the food, I will skip over those complaints and get right down to the heat of the problem, or in reality, the lack of heat. Evidently the outrageously high room and board charges we paid did not include the costs of heating the Wells dining hall because we students have been subjected to ridiculously frigid dining con-

Alcohol is bad

To the Editor:

In regards to the letter "Alcohol Not a Bad Thing," I find this very hard to believe: not all students feel as Wurzbug does.

Drinking alcohol to relieve pressure is an excuse to drink. If it takes a few beers to face a prelim, will it take several cases to face a new job?

It's not only damaging to our bodies but to our family and friends. Some of us have already been hurt by this. Two years ago one of my best friends was killed by a student drinking while driving. Yet some student tries to tell us its not bad.

Let's stop kidding ourselves. How many lives have to be destroyed by alcohol before we admit to ourselves that it can be a dangerous drug, that alcohol can control us if we don't control it.

> James M. Tardy Winslow Hall

Keep elections fair

ditions. After getting out of

bed on a cold winter morning I

do not think that anyone ap-

preciates eating breakfast

while wearing a down jacket.

This also applies to lunch and

dinner. Our University does

have to conserve energy,

hovever the students should be

allowed to dine in a comfor-

table atmosphere. Setting the

thermostats at 65 degrees

would be adequate and would

allow Wells complex residents

time to sit down before their

food gets cold. Every time I

sit down to eat my meal I hear

numerous complaints about

the temperature in the dining

hall. Something definitely has

to be done about this deep

freeze!

Dates are not part of a calendar.

Lead is not part of a pencil.

commentary

Pictures are not part of a photo album.

Books are not part of a library. A pie is not part of a pie

eating contest.

Last but not least, campaign buttons are not part of campaigning.

As a member of the UMO student senate and cabinet I found the last statement just as hard to swallow as any other of the hypothetical statements listed beforehand. A couple of weeks ago, then Fair Elections and Practices Committee Chairperson, Paula Madrazo, told the senate she decided that campaign buttons handed out by Student Government Presidential Candidate Charles Mercer and Vice Presidential Candidate Don Oakes were not considered campaigning. The buttons were handed out a week

before campaigning was to officially start.

Many senators, including myself, felt that a decision of interpretation should have been made by the FEPC in the form of official action, and not solely by the chairperson.

In addition to Madrazo's "button" decision another question arose as to if there were any spending limits on campaign spending for presidential and vice presidential candidates.

The more recent guidelines, without mention of spending limits, appear

At this point I have to nment President Dave Spellman for taking action quickly in this matter. It was becoming very apparent that Madrazo's statements to the Senate, the candidates and the press simply did not match up.

Spellman realized the importance of having an open and confusion free FEPC and sat down with Madrazo and both agreed a resignation would be best. Spellman has recommended

M. Daigle

dave caouette something nad to be done. commend Student Gover-

provided no such subsidy fact, the stipend and other aspects of AFROTC insidiously undermines the main purpose of a university, namely the development critical and reflective thought. For the sake of the university and the prospects for a more just and peaceful world, we should all oppose the introduction of AFROTC here.

EQUAL

Maine

welcomes letters to the editor.

Letters should be brief and

include a name and telephone

Names will be withheld only

"Anonymous" and open

letters, although welcome, will

The Maine Campus reserves the right to edit letters for libel,

clarity, taste and to fit available

and cultural programs, and

worst of all creates the con-

ditions for another Vietnam or

UMO students should have the

widest variety of academic op-

portunities available to them,

but AFROTC, in my view, is

not an academic program. Its

primary goal is to train studen-

ts as officers for a particular

employer, the Pentagon, not

to provide them with

knowledge and skills of a par-

ticular discipline or vocation.

The opportunities which

Blanke and student supporters

of AFROTC have in mind are

financial and careerist. If

students wish to make a career

out of the Air Force why

should they not sign up after

graduation? Students in all

other areas of the University

do that. I too sympathize with

students who need the \$100 a

month stipend the military

provides. But there are many

other students just as needy

and deserving in other majors

than military science who are

even a nuclear holocaust.

under special circumstances.

The

number

space.

not be published.

TIME

Campus

Sincerely, Howard Schonberger Associate Professor

to have never been approved by the senate. Therefore, the old guidelines should be in effect along with the spending limits.

At that same senate meeting two weeks ago, the senate adopted the new guidelines along with an amendment for a \$300 spending limit.

The resulting confusion meant FEPC was quickly losing credibility and

that S.E.A. President Robb Morton be confirmed as FEPC chairman.

In another week student government elections will be here and FEPC will be responsible for ballots, poll hours and vote counting. The less confusion involved, the better things will run.

Let's always remember that a fair and unbiased election is the goal of FEPC and student government.



World news

Cynthia Dwyer returns to US

10

NEW YORK (AP)- Declaring "I feel great," Cynthia Dwyer returned to the United States and her family's embraces Wednesday, after nine months' imprisonment in Tehran that she said made her unsympathetic toward the Iranian revolution.

Mrs. Dwyer, flanked by her husband, John, and their three children, said at a news conference at Kennedy International Airport that she changed her views after being accused of spying "because they put me in a position to see the worst aspect that they are doing.

"I need time to sort it out. I never thought I would be gone so long," the Amherst, N.Y., free-lance writer said when asked about leaving her family to go to Iran last April to write about that country's revolution. But then she added: "I feel great," as she held a bunch of yellow daffodils tied with a yellow ribbon, symbol of freedom for the 52 Americans held hostage in Tehran for 444 days.

Poland approves prime minister

WARSAW, POLAND (AP)- Army general Wojciech Jaruzelski was formally approved as prime minister by the Polish Parliament Wednesday to provide what party chief Stanislaw Kania called the best leadership at a time "when the black clouds of danger are over Poland."

Jaruzelski, who retains his post as minister of defense, immediately issued a communique to Poland's armed forces noting his dual roles and pledging that Poland's armed forces, "in brotherhood of arms with the Warsaw pact allies," would guarantee a Socialist Poland.

The appointment of Jaruzelski, who has been minister of defense for 12 years and appeared before Parliament in full uniform, was seen as a message of reassurance to the Soviets and other Warsaw pact allies. They have been sharply critical of the independent trade unions formed after last summer's strikes and have accused some union leaders and dissident advisors of staging a "frontal attack" on the Polish Communist party.

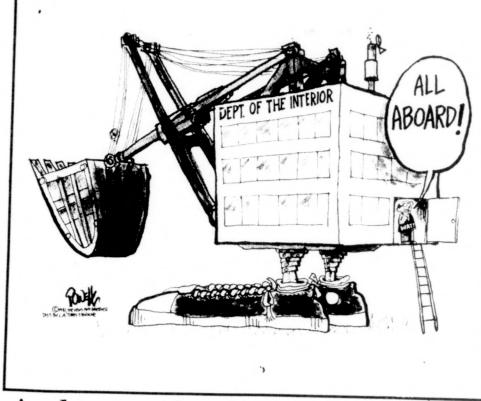
America's food wastes saved

KANSAS CITY, MO. (AP)- America, the land of plenty, wastes enough food to feed its hungry several times over- more than \$6 billion worth a year, by one government estimate.

Hoping to change that, a network of "food banks" has sprung up to save the nation's leftovers from the garbage dump and put them on the plates of those who need.

"If we recovered everything that goes to waste here, we couldn't consume 25 percent of it," said John Van Hengel, executive director of Second Harvest, the country's only national food recovery network.





And now—'Genuine Canned Love'

FREDERICK, MD. (AP)- Love, that elusive commodity, can now be had by the canful. For \$2.98, one can buy "Genuine Canned Love," a new product being marketed by Fran Rosenauer, a local floral designer, and Mitchell Demchuk, a photographer.

"Almost everything in America has finally, love.'

it is an emotion, not a tangible thing,"

She said the idea of canning love "was sort of an emotional inspiration.

Once the "love" has been released, the can could be used as a pencil holder or plant holder, Mrs. Rosenauer said.



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Hawkins, speaks Spanish fluently and has connections in Venezuela.

formed the board to operate under its guidance for two years with a \$32,000 grant from the U.S. Agriculture Department.

BOSTON (AP)- A complaint called "urban cowboy rhabdomyolsis" is the latest addition to a long list of aches, sprains and fractures that doctors say can result from bouncing up and down on the newest barroom craze- the mechanical bull.

Doctors who identified and named the ailment say it is usually mild and soon goes away, although it could be dangerous in severe cases. But its primary symptom, dark red urine, is apt to be a shocker on the morning after a hard night of battling the bucking bull.

The mechanical bulls, made popular by the movie "Urban Cowboy," have proliferated at nightclubs and amusement parks around the country over the past year or so. And the new ailment, which damages the muscles, is one of the more novel entries in a growing list of essentially minor miseries to befall weekend cowpokes.

OFFICE OF THE REGISTRAR WINGATE HALL

A reminder that Friday, February 13 is the date signifying the end of the first five week period for withdrawing from a course. During the first five week period you may drop courses without penalty. You should obtain an add-drop card from your academic advisor and report to your dean's office. Once proper approval has been obtained, all such courses are deleted from your permanent academic record. Your STUDENT HANDBOOK contains more detailed information.

The office of the registrar is the caretaker of your permanent academic record We encourage you to visit with us to review your record and insure that it is correct. If you are a transfer student to UMO you may wish to check on the current status of your transfer credits which are to be added to your UMO course work. Please feel free to visit with us. We look forward to assisting you. JOHN F. COLLINS, JR. REGISTRAR

Sports

Gridiron coach confident in recruiting wars

by Scott Cole

Saying he was "thrilled beyond words to be here" and realizing he has "a tremendous amount of responsibilities and duties to jump into", UMO's new football coach Ron Rogerson officially introduced himself to the campus community at a Wednesday afternoon press conference in the Memorial Union.

Athletic Director Harold Westerman opened the proceedings by officially welcoming the 1966 UMO graduate back to Maine and calling Rogerson, "highly respected by college coaches and administrators.

Rogerson exuded enthusiasm and optimism during the conference and said he aimed to make Maine competitive throughout all of Div. IAA. The ten year assistant at Delaware has coached against Maine teams since the early 70's and said he noticed "tremendous improvement" in the football program over that time.

Rogerson said the Delaware coaching staff used to have a hard time getting the players up to play Maine, but in the past few years the staff and players have been very leary going into games with the Black Bears.

Rogerson hopes to continue that improvement now that he's running the show. "We've got some fine athletes here to work with. What we've got to do is develop depth and bring people along.

The new ringleader will be helped in his quest for steady improvement by the fact that the number of football scholarships will be increasing. "I've talked to Mr. Westerman about this, and gradually the scholarships will increase, we're gonna try to be competitive," said Rogerson.

When he does get down to his late start on the recruiting trail, Rogerson will have ten scholarships to work with. That figure will rise slowly over the next two to three years he indicated.

The national letter-of-intent signing

blue chippers to play ball in Orono. "I know for a fact that there will be outstanding prospects out there who won't be signing. We'll get some players up here and we'll develop them.

Rogerson vowed "to go out and do a great job of recruiting, we'll canvass and purge as many people as we can."

He listed running backs, linebackers, and "good athletes" as priority items for recruitment. About the players he already has

here, Rogerson indicated that it was paramount that they got to know him right away. "I'll meet with the team tomorrow afternoon, we've got a



group of players on this campus who must be made to feel comfortable with me and me with them.

Through officials on the campus and through films, Rogerson will gradually acclimate himself with the skills of his new players. "By the time spring football rolls around I'll have a pretty good idea of what's going on."

Rogerson will be introducing Delaware's famous Wing-T into the Maine offense, "to take advantage of

reason for the system's introduction at UMO is to protect record-breaking running back Lorenzo Bouier from the pounding he took last year when constantly carrying the ball. Bouier, who received a trophy symbolic of the ECAC's Div. IAA outstanding player Tuesday night in Newwark, N.J., will have the opportunity to carry the ball as much as possible, said Rogerson, "but through mis-direction and faking we hope to hide him a bit.

Commenting on being such a major part of a new offense next year Bouier said, "It will be a new experience, I'm looking forward to it. I know it can work just by looking at Delaware."

Though a new offensive system will be brought in, the defensive style will be left pretty much status quo. But Rogerson also emphasized that a big part of his coaching philosophy revolved around the kicking game. "If you can constantly punt the ball deep, play defense and force turnovers and get the ball around mid-field, you'll

Rogerson realizes that right now he is in a "honeymoon" type of situation where a new coach is given loads of support and an initial fair chance. Though this university is not exactly Ohio State, the pressure from within the athletic department, from the alumni, and from the fans can bury a coach if the losses begin to pile up. "I've thought about it (the pressure involving a head coach's job), but I'm gonna fight it and it's not gonna get to me," said Rogerson.

11

"What is success? I think success is winning more than we lose and watching these players go out into life happy. If you happen to win a couple of conference titles along the way then that's just great."

"I'm as fanatical a competitor as you'd ever want to see," stated the new head coach, " but you've gotta put it into perspective."

Thus begins the Ron Rogerson era at Maine.

BCC Jets drop heartbreaker to SMVTI 85-80 in overtime

by Cavanaugh Kelly

Southern Maine Vocational Technical Institute forward Walter Scrubbs sank two free throws with 12 seconds remaining in overtime to put Southern Maine up for good 81-80 over the BCC Jets Tuesday night at BCC. Scrubbs who led the game with 22 points, stole the inbound pass and put it in to finish off any BCC hopes. SMVTI won 85-80.

The Jets had come from eleven points down to send the game into overtime on a Mike Doirin jump shot with four

seconds remaining. It was one of the best efforts of the season for the Jets. "Everything came together totally for the first time this semester," said Jets coach Mike Methvin. Leading scorers for BCC were Dennis Martel with 18, Chuck Catjackis with 19 and John O'Donnell with 14, O'Donnell also added 14 rebounds.

As far as the playoffs go, the loss hurt the Jet's chances (now 4-6 on the year), but didn't eliminate them. "We have to win our next game," (to make the playoffs), said coach Methvin. The Jets take on the University of Maine at Augusta Thursday night.



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day for schoolboy football players to state their college destination is next week. Thus Rogerson has some hustling to do in that wild goose chase known as recruiting. Nonetheless he sounded confident of convincing some

the people we have here. "

[Collins photo]

Obviously the Wing-T is an offense Rogerson feels comfortable with after being at Delaware for ten years where the Blue Hens eat, sleep, and drink the Wing-T. However another very good

STEAK HOUSE **QUALITY FOR PEOPLE LIKE YOU MURPHY'S** Specializing IN QUALITY SEAFOOD WESTERN BEEF SALAD BAR Bar Harbor Rd., Brewer Tel. 989-1474 Serving Dinner 5:00 to 10:00 P.M. With Value -AAA and MOBILE GUIDE RECOMMENDED-Murphy's serves only Fresh USDA Choice Top Quality Western Beef Shipped directly to Murphy's from Colorado. Steaks Cut on the Premises.

Fidelity Union Life's Athlete Of The Week

Jeff Nord has been chosen as the initial recipient of Fidelity Union Life's Athlete of the Week. David L. Theriault, general agent of the Bangor Office, has established the weekly award to recognize outstanding UMO student athletes.



The Quincey, Mass. junior save 34 in Maine's overtime 5-4 win over Yale Friday before coming back Saturday night to save 45 in the Black Bears' 6-3 win over Lawrence. These two victories by the steady goaltender raised Maine's record to 10-5 in the ECAC and 20-6 overall

Nord commented after the Yale game that he doesn't feel any more tension in overtime than in regulation play. He also said the only altering he does to his style of goaltending is to cover the puck up more. UMO Coach Jack Semler said Nord played a "Strong game" against St. Lawrence in turning away 40 shots and keeping the Skating Saints off the goards early and giving his Maine teammates a chance to get started.

Nord is the winningest goalie in the ECAC with a 10-4 record (14-4 overall), with a 3.71 goals against averages(3.85 overall) and an overall save percentage of over .900. Earlier this season, Nord sets a Maine record by saving 59 in a 3-0 loss to BU.

Fidelity Union Life America's Largest Insurer of College Educated Young Adults Bangor office 417 Main St. 947-0782

NewsPage

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To draw Fall prospects **Open house scheduled**

The Residential Life Department will take part in the "See Maine in Action" program for prospective students to be sponsored by the Admissions Office next week. The "See Maine in Action" program, an annual presentation of the UMO Admissions Office, will bring several hundred prospective college students to the campus on Tuesday, Wednesday, and Thursday, February 17, 18, 19, 1981.

by Joyce B. Baker, Director

"Hi, Rodney. How are you

The young man just walked by

me, a glazed look in his eyes, his

face puffy from lack of sleep, his

red and blue clothes a striking

contrast against the snow. I tur-

ned quickly and grabbed at his

shirt. "This is a flannel pajama top!" I thought to myself. To my troubled friend I said, "Hey

Rodney! It's me, J.B. What's

happening? Why are you still in pajamas?"

this test," he mumbled.

"What test? When?"

"I know I'm going to flunk

120 Dunn Hall, 581-2595

Learning

doing?'

BROKERAGE

12

Residential Life presentations from which to choose, including tours of - Oxford Hall, the Hilltop Craft Center, the Knox Hall Language Center, the Living/Learning program in Cum-berland Hall, the Exploring Professions in the Health Sciences (EPHS) program in Corbett Hall, and the Colvin Hall Women's Cooperative. The schedule for the program follows, and all events will be presented each of the three days of the "See Maine in Action" program.

pajamas. And, what are you

doing with that flashlight in your

"I slept in Fogler Library.

Everyone else is so much smarter

than I am. I thought that maybe

if I stay and study in the

knowledge in all those wonderful

books would somehow soak into

that fine head of yours." I really

"You know, J.B., I should

"You're right, Rodney. That

have crammed more for this test.

Staying up all night was a

was a mistake; but, the really big

mistake is how often you tell

yourself that you are going to

wanted to say "thick skull."

"...that all that good

hand?"

library ...

mistake.

Program participants will have five

Resources

11:00 a.m. Tour of Living/Learning Program, Cumberland Hall

Residential Life

11:00 a.m.-1:00 p.m. Open House for Colvin Hall Women's Cooperative

2:00 p.m. Tour of Hilltop Craft Center and Oxford Hall

3:00 p.m. Open House for EPHS Program, Corbett Hall

3:00 p.m. Tour of Knox Hall

Fight obesity with fiber

STUDENT HEALTH ADVISORY COMMITTEE

Hey there all you weight conscious people (guys too) trudging around this campus! Want to hear about one of the latest developments which should help the cause of overweight people? You don't have to look far, but just back to the old diet that most of us have been following.

denatured, fiber-depleted food that we all consume it without thinking. Examples of fiber-depleted foods are cupcakes, cakes, pies, breads, and cereals that been made with refined flours and table sugar.

onset of obesity? Recent research indicates that dietary fiber seems to work in the following ways. Firstly, it reduces voluntary food intake via three methods - difficulty of consumption (more chewing), increased bulk and satiety (fullness), and displacement of other higher calorie (fat-containing) foods. Secondly, it reduces digestion and absorption of energy-yielding nutrients. Increasing the fiber content of one's diet can be easy, especially at a campus cafeteria with as much variety as ours have. The idea here is to offset the intake of calories that you are used to ingesting, such as sweets, by substituting fiber-rich foods from whole grains, fruit and vegetable sources for the usual cookies, cakes, and soda pop, and fatty meats, such as bacon, sausage, and hot dogs. Eating this way fools the body by creating a full feeling and one consumes fewer total calories. Substituting salads and apples for cookies and ice cream, or a three-bean salad and corn for meat, or even an orange for orange juice will significantly raise the amount of fiber eaten, and satisfy the appetite while providing a nutritious diet that is more bulky and contains fewer calories. By removing fiber from his diet, man has deprived his food intake controlling mechanism of one of its major cues, and created foods which yield artificially low feelings of fullness. Incorporation of high-fiber foods has been proven to reduce weight of obese adults in experiments and it provides the precious feeling of fullness that is necessary if a diet regimen is to be successful.

Speaking personally

NEWSPAGE EDITOR **BRUCE HUNTER DUNN HALL**

"Going to a workshop on childbirth (homosexuality, birth control, loneliness) is like telling everybody I'm pregnant (gay, sexually active, lonely)." Most people feel like this to some degree. Whether you feel this is a lot or a little depends on how you feel about the issue being discussed, and how you think everyone else feels about it. Unfortunately, some people miss out on needed information, or a chance to see how others feel and to work out their own feelings, on the very issues that are most unsettled for them.

Peer Counselors are people down the hall, next to you in class or in the cafeteria, who have chosen to make themselves available for people to talk with, sometimes in workshops, but also one-to-one. Each peer has been personally interviewed and screened before being accepted into the Peer Sexuality Program; each has gone through training in communication and counseling skills. They are willing to lend a caring ear and to offer either their own time and support to you and your concern, or to give you information on who could better help you.

One-to-one can mean personally or over the phone. For some people phone conversations offer the freedom to choose a degree of anonymity which lets them discuss personal issues. For others the feeling of privacy and individual attention possible in face-to-face talks is better. Workshops, face-to-face, or over the phone--there are not one, but three ways to talk out feelings and get information on issues related to sexuality. The Peer Sexuality Program hopes one of them is right for you. Call 581-2147 for information on Peer near you.

Language Center **Bad attitudes? Hate school?** Check with The Brokerage

By Dale A. Violette

Most of us are so exposed to the

How can dietary fiber prevent the

He ignored my questions and began to stamp up and down like a child having a tantrum. "I hate, hate, HATE tests. They make me so nervous," he whined.

"Rodney, cut that out!" i grabbed him by the flannel shoulders. "Tell me why you are wandering around in your

fail. You have to stop doing that. Being negative like that makes you do poorly. It's a selffulfilling prophecy. Perhaps you could check with The Brokerage, Rodney, for some ideas on taking a more positive approach toward your academic work. Rodney? Are you still awake?"

> A workshop on birth control will be presented in the basement of Kennebec Hall (York Complex) on Monday, February 16, at 7:30 p.m.

Auto clinic

The Wells Automotive Co-op will present a CAR CARE CLINIC on Saturday, February 14 at 1:00 pm in the Gannett Hall basement. Wells



Auto coordinators Ed Haas and Rick Belanger will be on hand to discuss basic auto mechanics and car care, and a question-and-answer period will follow the presentation.

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Ask Aunt Sal

Dear Aunt Sal,

Is there anything a girl should or should not eat if she's taking oral contraceptives?

K.E.

Dear K.E.,

Women taking oral contraceptives do not have to follow a special diet although some of these women may have low levels of vitamin B-6. For women who do use oral contraceptives it would be a good idea to include foods high in vitamin B-6 in their diets to ensure their body's level of B-6 doesn't drop. Foods high in this vitamin include: beef, chicken, liver, brown rice, soybeans, sunflower seeds, raisins, and whole-grain cereals. Aunt Sal

The Curriculum Committee of the Living/Learning Program in Cumberland Hall is organizing a series of non-credit mini-courses which will last for several weeks and will meet for one to two hours, depending on the course. The courses, taught by students, faculty, or staff will meet evenings and

Mini-courses

will begin shortly. Registration for the classes runs through Friday, February 13, and further information may be had by contacting Jim Violette, 581-7825, or Nancy Campbell, 581-7008.

COURSES READY

Moral Majority and the New Conservatism - Discussion Series

Restaurant Skills - Applying for Summer Jobs

Beginning Guitar

Beginning Swimming

Building Relationships

Teachers are also needed for various courses, such as auto mechanics and CPR.