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BCC lacks full-time counselor

by Jo-Ann Parker
Staff Writer

Students at Bangor Community College are more in need of a counseling generalist than they are in need of a regular counselor, said BCC Dean Charles MacRoy. BCC has no full-time counselor.

"There is a need for a full-time

person and not necessarily a counselor in the way most people think of counseling," MacRoy said. He said BCC needs a person who will be able to do a variety of things, such as academic, financial aid and vocational work. "What BCC needs is a resource person," MacRoy said.

Dr. Charles Grant, head of Orono's Counseling Services, said, "There have been several reports showing that BCC needs a full-time person to handle the needs of those students. The last report came with a proposal, but that hasn't gone anywhere yet. In order to get someone it would cost \$12,000-\$15,000, and there is just no money in the budget for it."

Shelia Cyr, a staff nurse at BCC Health Center, said, "The students here have different needs than those at Orono. What looks like nothing for some at Orono seems like a major catastrophe for some of them down here (BCC). Many of the students did not do well in high school and need an extra hand in dealing with the college atmosphere."

Lydia Nagle, a dental hygiene student at BCC, said when students need someone to talk with, it is not necessarily a life or death matter. "Let's just say they need someone to bounce ideas off of before making a decision," she said. "Just because it is not a real emergency the person has to

wait up to two weeks before getting to talk to someone."

Cyr said, "Counseling is a hard step for some to admit that they need it, and with all the obstacles that stand in the way, of course the students get discouraged. If we had someone down here all the time, on a walk in basis, the students would use them. Sometimes you just need someone to talk with.

Let's say you just flunked a test or had a fight with a boyfriend--to some no big deal, but to a lot of kids it is. These are the kids who are looking for someone to listen to them and there is really no one here. What are they supposed to do, wait two weeks?"

the daily **Maine Campus**

The University of Maine at Orono
student newspaper
since 1875

vol. 89, no.62

Thursday, Dec. 3, 1981

\$750,000 donation boosts Performing Arts Center

by Dale McGarrigle
Staff Writer

A \$750,000 donation from a Medomak woman has raised the amount collected to build the Performing Arts Center to over \$3 million, two-thirds of the money needed to begin construction on the initial phase of the project, UMO President Paul H. Silverman announced Tuesday.

The money was given by Elizabeth Bottomley Noyce, a Saugus, Mass., native who lived in California and summered in Maine until becoming a Maine resident in 1974. The first \$250,000 will be presented to the university in June, 1982, with the remainder submitted in equal installments in the succeeding two years.

The \$4.5 million first phase will establish an 1,800-seat separate concert hall and a museum in the parking lot behind Hauck Auditorium. Silverman explained that the resolution by the board of trustees which enabled the university to raise funds for the project require the full amount to be pledged before construction could begin. "Hopefully by spring, we'll be in a position to break ground," the second-year president said.

Noyce is the former wife of Robert Noyce, who invented the modern integrated circuit and co-founded Intel, a computer manufacturing firm. She is a graduate of Dean Academy in Franklin, Mass., and Jackson College of Tufts University in 1952 with a

bachelor of arts degree in English.

Noyce's interest for the performing arts began when she was president of the honorary drama society and editor of the campus literary magazine while at Jackson.

The PAC fund raising drive is being coordinated by the Second Century Fund, which is headed by George Baughman, the director of the development office. Baughman said Noyce's contribution "provides timely encouragement for others to do likewise to improve the quality of life on the campus for the students and the community."

The drive is being led locally by the Penobscot Valley Business and Banking Committee, whose chairman is William C. Bullock, Jr. Baughman said the PVBBC has been "aggressively seeking and securing support in the immediate area."

On the national level, the Second Century Fund divided up the U.S. into seven regions for fund raising-- New England, the mid-Atlantic states, the southeast and Florida, the north central states, the south central states, the Rocky Mountain states, and the far west states.

The 10-year-old building proposal was revamped in 1980, when the Building Selection Committee chaired by Russell S. Bodwell recommended that a separate space be created for each major art form, which would be tailored to its specific requirements.

Among the other steps planned are



UMO President Paul Silverman (right) and Elizabeth Noyce (center), contributor of \$750,000 to the Performing Arts Center fund, look at a model of the PAC's concert hall (lower left).

a new facility for the University Bookstore and one or two small movie theaters, renovating Hauck Auditorium for theater, construction of a new educational art building containing

classroom and studio space, converting Carnegie Hall into a place for exhibitions and research, and building a connector between the new concert hall and Hauck Auditorium.

Exiled South African journalist urges divestments

by Andrea Saunders
and Andy Paul
Staff Writers

Dumisani Kumalo, a South African journalist visiting UMO, said Tuesday that economic pressure in the form of withdrawals of American investments in South Africa would be a way to urge a change in the apartheid policies of that country, while avoiding violence.

Kumalo, who was expelled from South Africa in 1977 because of his part in a black consciousness movement banned by the government, spoke as part of the Guest Lecture Series and was co-sponsored by the

Maine Peace Action Committee.

Kumalo said American corporations, by investing in South African interests, are supporting legalized racism. He said that corporations are not helping blacks in South Africa by doing business there, as only 20 percent of the jobs offered by these companies go to blacks, and that blacks earn a fraction of the hourly wage whites earn.

Members of the UMaine board of trustees, which holds investments in South Africa, attended the lecture. Trustee Dr. Stanley Evans said the university is looking into divestment,

but he said any action would have to be a decision by the entire board.

Kumalo, responding to a question, said he hoped the university would take action because he said their dollars are supporting a government led by people who he alleged were educated under the Hitler regime.

Kumalo said the government has an agency which decides the color of South Africans and divides them into four categories: white, black, non-white, and Indian. He said all four groups are kept separate and only the whites have all personal and political rights.

He said anyone not conforming to the separation policies is termed a "communist," a crime, Kumalo said, which is punishable by death.

Kumalo related several stories of blacks killed by the government during "questioning sessions," then hung in their cells to make the death look like suicide.

Kumalo stressed that although it is easy to theorize about solutions to the problems in South Africa, "lives are at stake here. Enough people have been killed; we must find a solution that puts an end to the killing."

Survival kits on the way

by Annette Higgins
Staff Writer

The Student Alumni Association is taking orders once again for their finals week survival kits.

"We sent letters to parents of on-campus students about five weeks ago," said Laurie Gordon, president of the Student Alumni Association. The program is in its fourth year, Gordon said.

Gordon said parents are charged \$8 for the kit which is delivered to their son or daughter.

"The kits contain M&M's, peanut butter cups, twinkies, crackers, Hawaiian Punch, corn chips, apples, oranges, and sunflower seeds," Gordon said.

Gordon said parents were given a Nov. 21 deadline to order. "But yesterday (Dec. 3)

we received 300 orders," she said. "We'll be accepting orders until Dec. 11."

The kits will be delivered on Saturday, Dec. 12. "Last year it took us four hours to put them together," Gordon said.

According to Gordon approximately 2,100 kits have been ordered so far. "Last year I think we had 2,300 kits ordered," she said. Gordon said that the quota for kits ordered is the same as last year.

"Gamma Sigma Sigma and Alpha Phi Omega, the service sorority and fraternity, help to put the kits together," Gordon said.

"We (the Student Alumni Association) make about \$1 on each kit," Gordon said. She said the survival kits are the association's major fund-raiser.

Gordon said the idea for the survival kits came from a SAA conference in Bowling Green, Ohio. "All campuses with Student Alumni Associations do this during finals week," she said.



Maine psychic Shirley Harrison recounts her experiences, including finding lost persons through psychic powers, to an audience of 120 in the Damn Yankee last night.

Lowdown
Thursday, Dec. 3

6:30 p.m. Christmas Party at MCA Building, College Avenue. All Welcome. Carol singing, tree decorating, refreshments.

8 p.m. S.E.A. Concert. The J. Giels Band with special guest David Johansen. Memorial Gym Admission.

8:15 p.m. UMO Band Concert. Fred Heath, conductor. Hauck. Admission.

8:15 p.m. Maine Masque Theatre. "The Homecoming." Pavilion Theatre. Admission.

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Beggar's Banquet raises \$1,740 to operate station

by John Toole
Staff Writer

A musical feast was the key to a successful pre-Thanksgiving Beggar's Banquet fundraiser for WMEB-FM, with listeners pledging \$1,740 to the station during the week-long event, station manager Jeremy Prescott said.

The campus radio station broadcasted 24 hours a day and featured the music of the Beatles, Rolling Stones, Elvis Costello, Duke Ellington and other artists in an effort to raise money for expenses.

Although the amount of money pledged was below the station's goal of \$3,000, Prescott said he was "very happy" with the results.

Prescott said the station expects to receive 85 to 90 percent of the money that was pledged. He encouraged persons who had pledged money to support WMEB to bring or mail the money to the station.

The station manager said WMEB programmed the whole week to cover a wide style of listening preferences. The station used block programming in segments of one-half, one and two-hour time periods to feature performers.

"We tried to provide a cross-section of music," Prescott said.

Giveaways for the Beggar's Banquet were solicited from area merchants. The station gave away record albums, pizzas and even flowers to persons donating money to the station.

"This money we raised," he said, "is our promise to student government to hold up our end." Prescott said the station promises to raise a certain portion of its operating funds in order to get funding from student government.

The station manager said several plans are being considered for the funds, but added none of the ideas are definite.

Prescott said he would like to see the main studio of the station "sealed off acoustically." He said this could be accomplished through installing a lower ceiling and by carpeting the floor.

The station also needs a new patch panel. Prescott calls the panel the "brain of the radio station." Signals go through the panel, Prescott said, and they are "cleaned up" to eliminate static.

The panel the station management would like to purchase costs about \$500.

"One characteristic of broadcast equipment is that it is very expensive," he said.

"There are many things we need," Prescott said. He cited a more sound-proof studio and better back-up production equipment.

Prescott said the station has had to compete with broadcasting students for time on the back-up production equipment during the last couple of years.

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SENIORS

Philomena Baker of Baker Studios will be returning to U.M.O. for senior picture sittings in Feb. This will be the last opportunity to have a free sitting. Sign-ups will be available 2nd semester.

Control

WASHINGTON Reagan, lamenting "estranged from CIO leaders Wednesday and that he will rev air traffics control.

While the problem on the issue, the possibility that who were fired Aug. 3 might airport towers.

Deputy prime Minister Speakes quoted AFL-CIO leader would be estranged the years I put it.

"This would to consider consultations

Solidarity

WARSAW, Solidarity ordered and called its session Wednesday school, routed arrested nine union Solidarity chapters local chapters national leaders strike, and caught guard for other

Solidarity's considered a group 900,000 members would await Jaworski, one of the school.

No casualties minute raid commandos jumped the five-story helicopter, and level doors at 10

"I was non-resistant to said one of the a week-long occupation beat us, they just

Witnesses commandos, but police and army during the operation

The cadets' status so they new law on a

Form a New

Bring

"The Homecoming"

World News

Controllers' firing to be reviewed

WASHINGTON (AP)- President Reagan, lamenting that he has become "estranged from labor," asked AFL-CIO leaders for a fresh start Wednesday and promised, for his part, that he will review the mass firings of air traffic controllers.

While the president was not specific on the issue, he did not rule out the possibility that the 11,500 controllers who were fired after an illegal strike Aug. 3 might be allowed back in the airport towers.

Deputy press secretary Larry Speakes quoted Reagan as telling the AFL-CIO leadership in an hour-long meeting that "I never anticipated I would be estranged from labor with all the years I put in as a union member."

"This would be a good point for us to consider starting over. We need consultations to get this country

moving again," Reagan was quoted as saying.

A day earlier, Reagan told leaders of the Teamster union he was considering whether to lift a three-year ban on any federal employment for the fired controllers. On Wednesday, according to the AFL-CIO contingent, he went a step further and said he "will review" the entire issue, including, presumably, whether to reinstate the controllers.

Speakes sought at a midday briefing, however, to minimize the possibility the controllers will be returned to their old jobs.

"That has not been discussed. We haven't reached that point," he said. "There are no plans now to put them (the controllers) back in the towers."

Speakes agreed that Reagan did not rule that out, though the question "did not come up specifically."

Solidarity orders nationwide alert

WARSAW, POLAND (AP)- Solidarity ordered a nationwide alert and called its leaders into emergency session Wednesday after Polish commandos stormed a firefighter's school, routed protesting cadets and arrested nine unionists.

Solidarity chief Lech Walesa ordered local chapters to await word from national leaders before declaring a strike, and cautioned them to be on the guard for other police actions.

Solidarity's Warsaw chapter considered a general strike call for its 900,000 member region, but said it would await the release of Seweryn Jaworski, one of the unionists seized at the school.

No casualties resulted in the 90-minute raid begun when the commandos jumped onto the roof of the five-story building from a huge helicopter, and burst through street level doors at 10 a.m.

"I was non-violent and we offered no resistance to give them an excuse," said one of the 320 cadets ousted after a week-long occupation. "They didn't beat us, they just pushed a bit."

Witnesses said about 500 commandos, backed by 4,000 to 5,000 police and army troops, were on hand during the operation.

The cadets who had sought civilian status so they could be covered by a new law on academic reforms, were

told to go home. But many defied the order, and flocked to the Solidarity union offices.

The raid was conducted in full view of the residents of the northern Zoliborz district, suggesting that the authorities wanted their new "get tough" policy to be apparent to all.

As rumors spread through the city, several thousand people converged on the scene. When police took the cadets away, the crowd whistled and jeered derisively and shouted epithets at police.

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News briefs

JERUSALEM (AP)- Prime Minister Menachem Begin's coalition defeated four parliamentary motions of no-confidence Wednesday. The motions were introduced by opposition parties to protest the new U.S.-Israel strategic alliance with eight members of the 120-member Knesset absent. Begin's coalition defeated the measures by a 57-53 vote. There were two abstentions.

Begin, hospitalized with a broken hip joint, did not participate in the vote.

WASHINGTON (AP)- Senate opponents of President Reagan's proposed B-1 bomber fleet failed today to win approval of increased spending for soldiers, airmen and ammunition that they argued are needed more than new long-range bombers.

The Senate rejected amendments that would have added \$77 million for Army and Air Force manpower and \$148 million for Army ammunition to a \$208.5 billion military spending bill.

WASHINGTON (AP)- The Senate Intelligence Committee handed William J. Casey a tepid endorsement Wednesday to stay on as CIA director, but declared he had displayed "an insufficient appreciation" of his obligation to be open and truthful with Congress.

In a statement notable for its negative phrasing, the committee said its four-month investigation into the intelligence chief's past business dealings found "no basis...for concluding that Mr. Casey is unfit" to stay in office.

At the same time, the panel criticized Casey for being "at minimum inattentive to detail" and said his financial disclosures to Congress "were deficient in several respects."

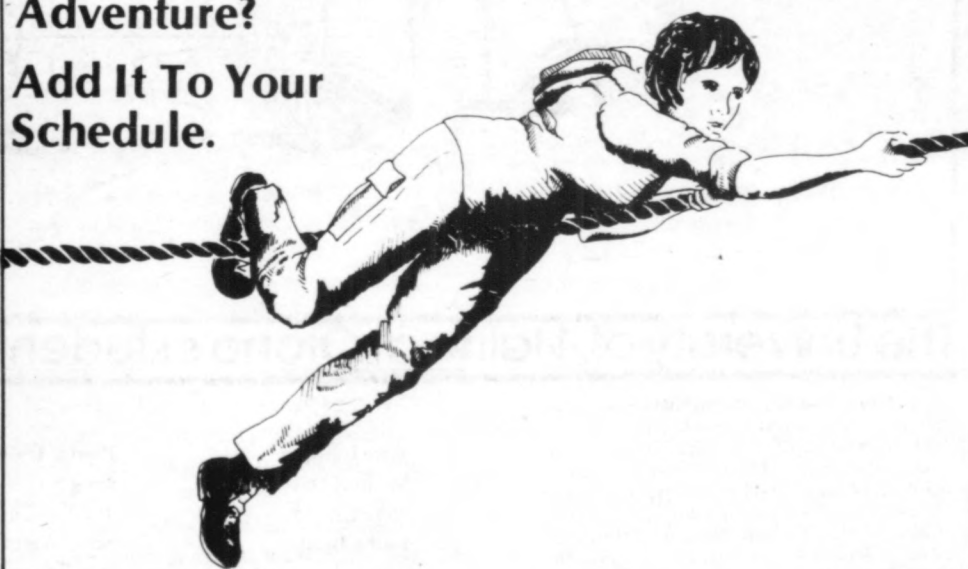
WASHINGTON (AP)- Most secretaries and other workers with access to employer's confidential records are entitled to join unions, the Supreme Court ruled Wednesday.

The court said only those employees who handle sensitive documents dealing with labor relations are excluded from protection of federal labor law.

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Opinion

Writing on the wall

Students have been reminded recently that this university supports one of the most oppressive and racist regimes in the world.

The university's investments in the nation of South Africa are nothing to be proud about, yet the university seems unwilling to rethink matters on this issue. Currently, investment in companies that do business in this neo-fascist nation are approximately \$1.5 million.

Whether the administration wants to admit it or not, it is encouraging the system of apartheid in South Africa through these investments. The attitude in the administration seems to be that business is business, and to let racism and oppression interfere would be a mistake.

Yet this attitude is vaguely reminiscent of the one that prevailed among some corporations while Adolf Hitler was in power. While many people did not support the anti-semitism of that regime, they were not willing to stick their necks out because they had a vested interest in the system.

The investors and employees of these corporations ignored the long trains of cattle cars that rumbled

across central Germany during the dark nights, like the members of the administration are ignoring the reports of racial oppression coming out of South Africa today.

Business is business, and human rights should not interfere in the process.

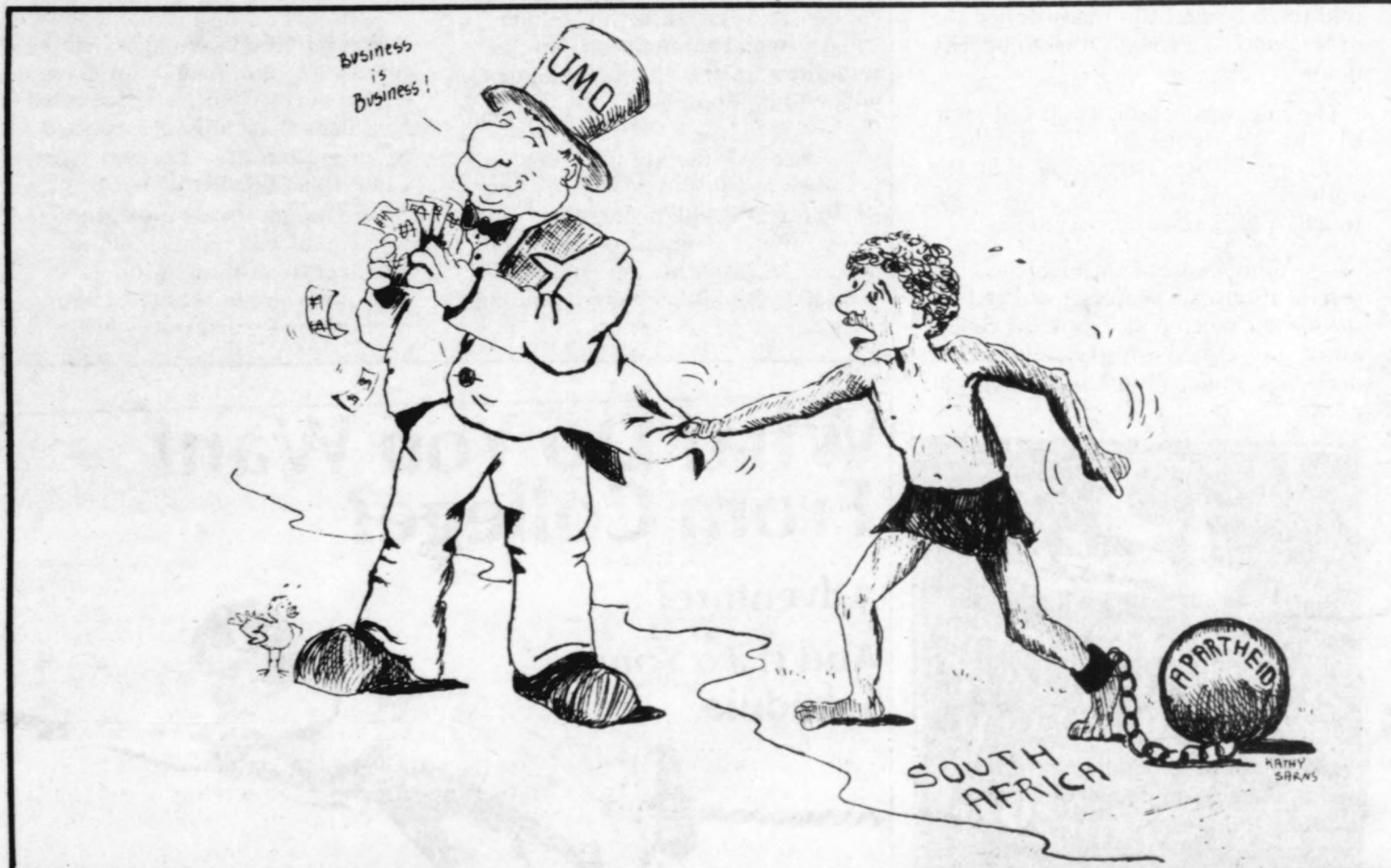
Yet this does not have to be the attitude. Many universities throughout the country, most notably Colby College in this state, have divested stock in companies currently doing business with the South African regime. Undoubtedly, there are other companies which do not do business in South Africa which this could invest in.

Why then does the university still continue with these investments?

This question remains unanswered. The university has, as of yet, refused to divest itself of these corporations. But they cannot ignore the problem for too long. Sooner or later, public outcry will become great enough to force this divestment.

The writing is on the wall; all that remains is for the university to read it.

P.F.



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Left turn on red

STEPHEN BETTS

Misused funds

Serious questions remain to be answered about the possible misuse of student's activity fee monies by past BCC student government officials and why the matter never came to light earlier.

During 1975-1980, one audit was done on the financial records of the BCC student government. That 1977 audit was not able to reach any conclusion on the state of the books due to a lack of records. The audit did note several instances of officials making loans to themselves with students' monies.

The attempted 1977 audit should have set off alarms in the minds of UMO administration officials responsible for overseeing the use of students' monies, but instead no further audits were conducted at BCC.

BCC student government was given control of about \$25,000 yearly, and of that amount, a lot of that came from Orono students living at BCC. For the period of 1975-1980, the BCC government was responsible for about \$100,000.

Administration officials responsible for the fiscal activities at the two universities and administration officials who were at BCC during that period had reason to suspect that money was being siphoned off for items such as stereos, aquariums, and maybe even rent for some student officials, but no action was taken.

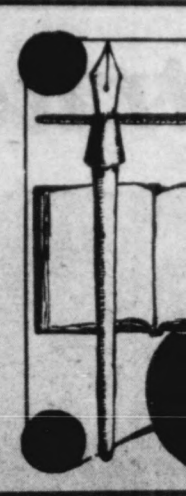
A stone wall seems to have been built around the issue by present officials. Many are hesitant to talk about the matter and become upset at the mention of the matter.

The reasons for this stonewalling are unknown. Maybe the administration doesn't want the reputation of the campus tarnished or maybe other reasons for the cover up are present.

The Chancellor's office and the trustees should have been made aware of the situation by Orono administrations of the past years. The trustees should hire an outside firm to investigate the matter and maybe propose stricter rules on student organizations in the area of regular audits and stricter accountability on student officials.

This matter should not be left to die.

Stephen Betts is a senior journalism major from Stonington, Maine.



Tales

Years ago, men went in not to h... worked in lumber... housing up to 1... throughout nor... went in early w... made it easier f... sleds to make it... to the rivers.

In the spring... patiently been... edge were push... These logs wou... until they hit... sawmills.

Now things a... crosscut saws a... have been repla... chain saws and... no longer need... transportation.



trucks now stor... of Maine.

The life of the... stories of those... the lumberwoo... for places like... of Folklore and... Collections in... stories of logge... home cures, bl... ships along wit... and the Canadi... Brunswick, Nov... Edward Island).

The archives



These pi... men had. The



in tune

Tales of times gone by found in folklore archives

Years ago, many men headed into the woods this time of year. They went in not to hunt, but to log. They worked in lumber camps, capable of housing up to 100 men, situated all throughout northern Maine. They went in early winter because the snow made it easier for the horse-drawn sleds to make it out of the woods and to the rivers.

In the spring, the logs that had patiently been stacked by the river's edge were pushed into the water. These logs would travel downriver until they hit their destination--the sawmills.

Now things are different. The crosscut saws and horse-drawn sleds have been replaced by more efficient chain saws and skidders. The river is no longer needed as a means of transportation. Eighteen-wheeler

home being an orange crate under the desk of the present director, Edward D. "Sandy" Ives. From there, it has grown to two rooms in the basement of South Stevens Hall containing 1,500 collections, 2,500 hours of tape recordings, over 5,000 photographs, 1,000 slides, 40 video tapes and a reputation of being one of the best folklore and oral history archives in the U.S. and Canada.

"Folklore is important because it is the study of a process that is a part of all our lives. We study such things as traditional medicine in folklore, including everything from how to stop bleeding to hangover remedies," Ives said.

The first collection for the archives came from Ives' own interviews and student projects. As part of Ives' courses in folklore, the students were

of folklore to gather information on lifestyles through complete or partial life histories. The most extensive of these project deals with the lumberman's life. Included are detailed studies of how the job was done as told by the men who did the work. The emphasis shifted from one of folklore to one of oral history.

Some of this collection is being done by oral history and folklore students who go out and interview people, usually elderly, about their lives, their work, their hobbies and their memories of times gone by.

"An archives is supposed to be something that will be around for a long time. Things are deposited and filed there for what some call posterity," Ives said. For collections in the archives, special acid-free (pH neutral) paper and envelopes are

to the Maritimes, much of the folklore on the two areas is similar, Ives said.

Generally though, the cultural areas can best be described by drawing a line from Mt. Washington in New Hampshire to Calais, Maine, he said. There is more in common with traditional New England south of the line he said, while north of the line is a strong Canadian influence.

"I see the northern area--Maine and the Maritimes--as very much a unit. It is true culturally and seen within the folklore of the area," he said.

Because of the archives' reputation, requests for information from it are received frequently, Ives said. Most of its users are folklorists and historians from other colleges and universities but organizations such as the *Boston Globe*, *time/Life Inc.*, *People Magazine*, *the Today Show* and *Walt*



trucks now storm the backwoods roads of Maine.

The life of the logger, and many stories of those men and their lives in the lumberwoods would be lost if not for places like the Northeast Archives of Folklore and Oral History. Collections in the archives include: stories of loggers, fishermen, farmers, home cures, bloodstoppers, and ghost ships along with the legends of Maine and the Canadian Maritimes, (New Brunswick, Nova Scotia, and Prince Edward Island).

The archives began in 1958, its first

required to hand in individual items in any one of a dozen or more genres of folklore.

"Students were simply asked to accumulate individual items of folklore--jokes, tall tales, ghost stories and the like. In folklore, we talk about stories of this sort to show that people tell stories that they think may or may not be true," Ives said. "We talk about these stories, how they circulate and why they exist. Perhaps folklore is the humanistic of the social sciences."

Since then, the archives has moved away from collecting individual items

used. This ensures a shelf life of several hundred years for the entries, he said.

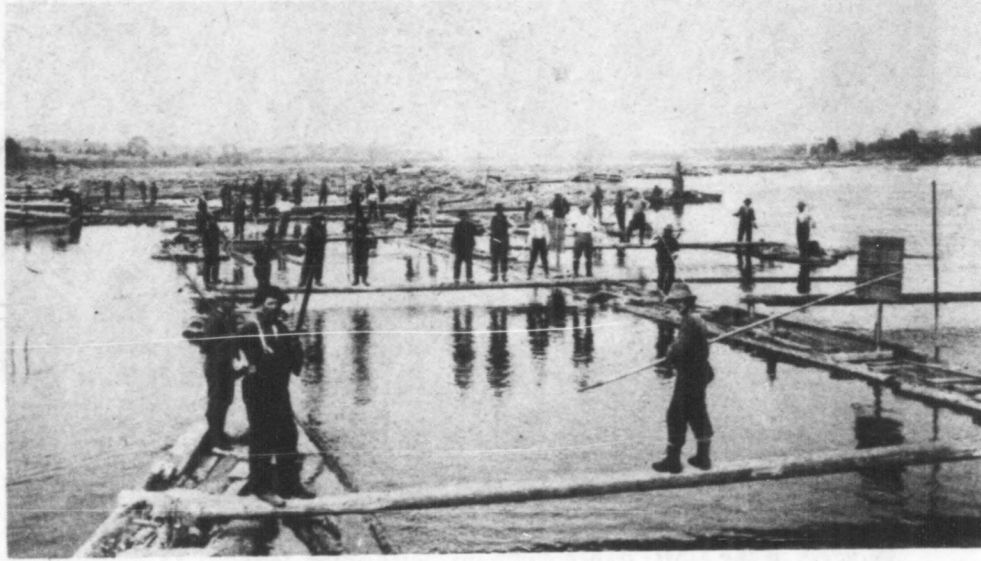
Besides being a repository for information, the archives is a research facility. Indexes are maintained on all personal and place names occurring in the collections. Other, more specialized indexes include woods work, folk songs, interviewees and motif.

The archives contain a fair amount of information about traditions, songs and stories of the Canadian Maritime provinces. With Maine being so close

Disney Studios, among others have also used the services of the archives, he said. Most individuals use the archives as a source for research they are doing, whether for an academic project, program, or exhibit.

"We have provided information for eminent scholars and inquiring schoolchildren, cultivated laymen and undergraduates curious about quilt-making, dulcimer-building, and the folklore of the seal-people," he said.

(see Archives on page 8)



These pictures are actual shots taken during the logging days in Maine and depict the lifestyle the men had. These photos and many more like them are in the Northeast Archives in Stevens Hall.

Coming Events

Thursday, Dec. 3;
Maine Masque: *The Homecoming*, The Pavilion Theatre, 8:15 curtain
Concert: J. Geils Band, 8 p.m. Memorial Gym
Reading: Canadian Authors Hugh Hood and John Metcalf, 102 Little Hall at 7:30 p.m.
Music: Band Concert, Hauck 8:15 p.m.
SEA Movie: *Happy Birthday Gemini*, 100 Nutting Hall 7 and 9 p.m.

Friday, Dec. 4;
Music: Faculty Recital, Lord Hall, 8:15 p.m.
Bear's Den: Jehova's Favorite Choir, 8 p.m.
SEA Movie: *Coal Miner's Daughter*, Hauck, 7 and 9:30 p.m.

Saturday and Sunday, Dec. 5-6;
Crafts Fair in Memorial Union, 11 a.m. to 5 p.m.

University dance instructors re

by Andrea Saunders

"it requires daily rehearsals for months and months and months, and to be a dancer is a calling. if it weren't a calling, you wouldn't put yourself through the constant physical torture, because life can be easier you know."

"You think dance, you eat dance, and everything you do is dance...you sell yourself, you sell your body, and your soul...and when you're up there on stage, i mean you don't fool around."

"A company untrained is like a painter's blank canvas, and as a choreographer you've really got to go to work to train those dancers in all the technique and discipline of the profession."

-Teresa Torkanowsky

Torkanowsky, UMO's jazz, spanish classical, and flamenco teacher, talked about what it is to be a dancer and a choreographer and showed that there's often more to a dance production and the profession that meets the eye.

The marriage of many different things, a dance production is not simply just undulating bodies on stage. It is a matter of lighting and costuming and

make-up and choreography and as every dancer will tell you, hours upon hours of work practicing.

But perhaps what is more important is that the end product of that work is often something as beautiful and deep and varied as life itself.

UMO's modern dance teacher, Jennifer Trowbridge, said that "making dances is like exploring outer space or sailing in a fog or flying in clouds. One knows where he is in time and space, but he hasn't seen the region before; he doesn't see the landscapes in their entirety, and there seems always to be an element of uncertainty as to the outcome." Her dances are always a symbol for some image or concept, she said.

Jeanne Marie Aubert, a ballet teacher at UMO, takes a more rigid approach to the choreography, however. "I start by finding the music first," Aubert said quietly in a heavy French accent. "Then I count the music out and plan in my head who I'm going to enter *here*, and *there*, and who's going to enter *there*, and how many counts to who and what...I try different things, and then I change them, and then I try them again...It's a lot of work. You count about two hours of rehearsal for every one minute of



Dancers in the UMO dance company performing Jennifer Trowbridge's piece *Shards* (left) and Theresa Torkanowsky's work *Soleares* (right) in last spring's show.



A moment from the dance piece *Pas de Deux* in last May's production.

choreography, and with any luck, it's one hour of work for every one minute of ballet."

Alex Cooke, another of the university's ballet teachers, thinks that his choreography depends on a lot of things. "Sometimes I'll pick a theme, I'll hear some music, or I'll have a story background. Sometimes I'll see a dancer who will inspire me to do a particular piece of work, but I try always to choreograph *to* and *for* the dancer," he said.

Once the steps have pretty much been established and worked out, the other elements like costuming make-up, and lighting must be taken care of before the group is ready for opening night. Here too each choreographer has his own particular style.

When a dancer goes on stage that's showbiz, and in dance showbiz is costumes, Torkanowsky feels.

"It's like when a painter paints a picture, a very beautiful picture, and he never puts a frame on it."

You don't go out on stage and tights when the audience transported to a fantasy world create the proper costume think in terms of how it's traditionally," she said.

Even the make-up is not determine how far away the audience so you don't end money," Torkanowsky said. of lighting is also needed. to create a mood, and what a dimmer board are so you your crew," Torkanowsky said.

However, Trowbridge keeps the costumes simple

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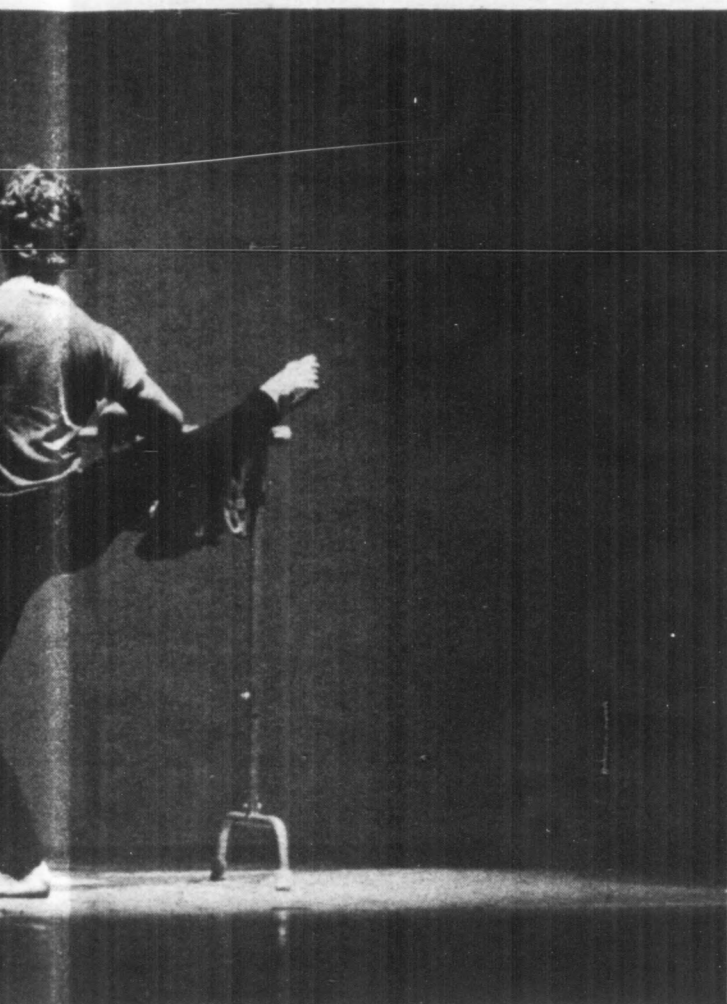
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tors reflect on their profession



as de Deux in last May's production.

You don't go out on stage and do a dance in leotards and tights when the audience expects to be transported to a fantasy world. You design and create the proper costume for that dance, and you think in terms of how it's going to flow traditionally," she said.

Even the make-up is not simple. "You have to determine how far away this dance piece is from the audience so you don't end up looking like a painted money," Torkanowsky said. A thorough knowledge of lighting is also needed. "You have to know how to create a mood, and what the technical runnings of a dimmer board are so you can talk intelligently to your crew," Torkanowsky said.

However, Trowbridge in her dances prefers to keep the costumes simple and clear, making

contributions in terms of color and with make-up always minimal.

"Simplicity is something I value," she said, "in my productions, my life, and my home. It's an aesthetic I carry with me and if I can approach some thing that way, I will. The light I experience is primarily the moon and the stars, and my lighting needs are to create an effect such as you would find in nature. The pulsating light of the seventies and the eighties with that neon quality is something I would rather not see on stage," she said.

Aubert doesn't like to "put too much" on her dancers either unless they are playing a character role.

"Basically, you don't want to overload them (with costumes and make-up) so you can't see their lines, and they can't move because they're too heavy," she said. "The presentation depends on what they are doing, however. If it's a very classical piece, I look for crispness in it, or if it's a soft piece, the softness in it. I look for more than I used to though because young people like and want more of the brilliant part of everything," she said.

Then, usually two weeks prior to the performance, all the publicity, news releases, and the programs

must be printed up and sent out, and if everything has gone well and there are no injuries, as Torkanowsky said "You should be ready to just press the button and ship it out."

As a dancer, dance teacher, and choreographer speaking on dance in general, Torkanowsky will admit that it's hard for her to say what it is like to be all three of these, because it has been a way of life for her as long as she can remember.

Aubert will also say that she has danced for twenty years, and that dance is an art that one can not simply teach by the book.

You may think once again that dance is one of the enigmas of the arts although its medium, the body, is closer to one's life experience than any of the other arts.

However, one can gain a little greater insight into what dance is when considering that it is a source of communication, an expression of emotions, and a reflection of a deeper side of life. Society looks to dancers to show the inner self which for a performer, can be often a great responsibility to live up to.

"You have been chosen to give a message, an emotional one and a visual one, and so it can become a very awesome experience," Torkanowsky said.



Teresa Torkanowsky



Jennifer Trowbridge



Jeanne Marie Aubert



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Included within the 54 exhibits will be such products as stained glass, pottery, jewelry, wood accessories and weaving pieces—all made by Maine craftsmen. The crafts fair will run throughout the weekend, from 11 a.m. to 5 p.m.

"We've always attempted to have quality and originality in the crafts fair," said Memorial Union's Assistant Program Coordinator, Barbara Ives. In the past, the craftsmen have been encouraged to demonstrate an aspect of their craft to interested crafts goers. Two tables on snowshoe and quilt making will solely be demonstrations.

"I think the fair can be educational as well as showing the sales aspect," Ives said. "I don't want it to be just a sales fair. There are too many of those."

There will be entertainment at the crafts fair also, she said. On Saturday, at 1 and 4 p.m., Christmas songs will be sung by the band His Kids. They will sing in Peabody Lounge, found on the top floor of the Memorial Union. The group is being sponsored in part by the Intervarsity Christian Fellowship on campus.

Also on Saturday, at 2 and 3 p.m., will be the performance of the band, Antique Musique. The three women in the group play a variety of relatively uncommon instruments, such as recorders, viola de gamba, Celtic harp and harpsicord. The band will also play in Peabody Lounge.

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by Darcie McCann

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9. Ghost in the Machine.....Police
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Album Review

Bluegrass record mows over reviewer

When in the course of bluegrass events, it becomes necessary for one band to dissolve the bonds of obscurity which have connected them with the local bar circuit, and to assume among the powers of music, the separate and equal station to which the laws of business and of business' God entitle them, a decent respect to the opinions of critic-king requires that they should declare the causes which impel them to the music.

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Which brings us to what this diatribe is about, an upstate New York bluegrass band called Fiddle Fever, debuting on Flying Fish Records. Originally called the Hudson Valley Fiddle Band, they were renamed by an offspring of one member in the summer of 1979. Apparently the precocious child nearly caused her father to drive up a telephone pole.

Fiddle Fever is a quintet, with three fiddlers: Jay Unger, Matt Glaser, and Ean Stover; one guitarist, Russ Barenberg; and one bassist, Molly "Dominatrix without Mercy" Mason (or so she is called by one member of the group in the album notes). They are joined on their maiden outing titled Fiddle Fever by noted banjo picker Tony Trishka, who adds some quick picking on "Calling Jesse" and other tunes.

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Three fiddle harmony is a unique approach in the bluegrass field. Normally a band will have one, or at most two fiddlers, carrying the melody along with a mandolinist. Here the mandolin takes a back seat as Jay Unger plays the melody, Glaser the high harmony and Stover the low harmony creating a rich sound, full bodied, and very tasty. The best songs to hear this harmonizing on are "Scotland"

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by Jonathan Norburg

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Photos courtesy of the Northeast Archives from their collection of over 5,000 pictures.

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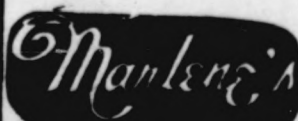
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Response



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 for libel, clarity, taste and to fit available space.

Something for nothing?

To the Editor:

I wonder how many of your readers noticed that the University of Maine's chancellor's office hiring yet another individual to work in labor relations. This staffing increase is done at a time when the university has been unable to reach collective bargaining agreements with clerical and professional staff. Both of these groups have had to request fact-finding to assist them in reaching an agreement with the university. Certainly it appears that the chancellor's office could use additional help with its labor relations.

During the past eight months while employee groups have been negotiating with the university the chancellor's office has repeatedly told employees that there is not enough money for a 9 or 10 percent salary increase; such a raise would merely keep up with inflation and do nothing to address the fact that all salaries at the University of Maine, faculty, professional and classified rank at the bottom of the 50 states. The university has finally offered the faculty a nine percent raise; professionals, however, have been without a contract since July 1, and are no where near a settlement.

Throughout all of the fall the news media has kept its readers somewhat informed about the faculty's status. Other groups have received little notice. In addition the media has not done a very good job informing its readers about the university. The chancellor's staff continues to expand while staff salaries

continue to be among the lowest in the 50 states.

Do the people of Maine know what condition their university is in? Do they want a university which is at the bottom of the 50 states? Let's stop thinking we can get something for nothing and start asking some hard questions of our university chancellor, board of trustees, the governor and state legislature. Let's be proud of our state university and give it the support it deserves.

Sharon Dendurent
University of Maine
Professional Staff Association

Thanks

To the editor:

I would like to thank the following people for their help with the Guest Lecture Series' presentation of Mel Blanc, creator and voice for the Warner Brothers' cartoon characters.

Peter Anderson, who did a superb job running the projector and slide show.

Sigma Phi Epsilon, for their help with the crowd control and as personal body guards for Mr. Blanc.

Erwin Wilder and the rest of the technical crew, for their assistance with sound and lighting. It was perfect, as usual.

Sargeant Dunton and the UMOPD.

David Fielder, UMO fire marshal.

Without these people, our lecture would not have been the success that it was. Thank you.

John R. Philbrick
Guest Lecture Series

False promise for nuclear future

To the editor:

On Thursday, Dec. 10, the General Public Utilities Corporation will be on campus to enlist students to fill future positions with them as fellow leaders to "the forefront of commercial nuclear power systems." It offers the chance to become professionals--it seems a once-in-a-lifetime opportunity to get up there with the Big Cats paving the pathway of "tomorrow" (sic) with "flawless alive nuclear reactors!"

Long in advance, the bait is cast--the hook auspiciously

dressed--to catch consciences made desperate, ironically, by Reaganomics and the opportunistic Private Sector--but that brings me to a recommendation as one puzzled student to another--when GPUC comes around to our door, if you do not wish to openly demonstrate your opinion, maybe because of a hungry conscience, the second best thing to do would be complete avoidance, just like any other company whose product you think is in bad taste.

I believe, standing off from the over-rated "challenge"

will give the University of Maine more integrity in the long run, with the many other colleges and universities who have spoken out against the marketing of an unreliable power and a proven poison to humanity than to uncharacteristically grovel under the stress of these dark times. Indeed. Some may well ask: What does it matter? Indifference is our number-one enemy. It is all in the thought of one individual's decision: healthy prosperity for the greatest number or a false promise for the future.

Richard Eaton

Scary residential problem is growing

To the editor:

This letter has been long in the coming. The problem that will be addressed is campus-wide, or maybe this certain floor is an exception, but it is doubtful. Because it is a large problem, "I" will not stand for any single person, but rather anyone or any group to whom the following applies or whomever holds the same beliefs or values.

The problem begins with Residential Life. The University Conduct Code states as its goal... "to promote the peaceful pursuit of intellectual and subsidiary activities...to ensure the safety of persons engaging in those pursuits...to protect the free and peaceful expression of ideas and to assure the integrity for various academic processes."

Each dorm has a Resident Director and numerous Resident Assistants. These people are hired to aid the accomplishments of this goal. Somewhere there has been a misunderstanding of these people's jobs. It seems that we now have a large number of RA/RD's that are becoming law enforcement officials. What has happened to the part of the code that is to aid students not only in academics but in residence's personal lives? There are a few exceptions. Some people in Residential Life still believe in obtaining true and deep friendships, helping with

academics and also releasing the tension that develops in any high-pressure academic situation. It's unfortunate and sad because these lone souls have been persecuted by Residential Life officials.

Each semester about this time, it seems that certain "good people are being faced with a disturbing problem. The possibility of being terminated from university housing or the termination of an academic career here at UMO. Unfortunately again, this usually happens to the floor that has not only excelled in academics, but become true friends that will always be remembered. What are some of the reasons? In university discipline language, "significant interference with the normal resident life of others, excessive noise, infraction of alcoholic beverage policy," and of course, the old standby, "continued infractions of this code," to name a few.

It is funny that to the persons that these people come in contact with, they represent no problem. As far as noise goes, music provides a relaxing and comforting atmosphere and again it doesn't interfere with our life, and when you can't have a party that doesn't produce any physical damage and still be bothered, I don't know what to think. On the alcohol subject, since the dorms are public and alcohol can't be consumed in the halls, then

why is it that when students go home and residential life staff must stay that they can roam around in a drunken stupor with alcohol in the halls?

It is realized that the university has an image to uphold and thus it is necessary to enforce rules to keep damage and vandalism down and allow studies to continue. This is the scary part of this growing problem. With no damage or vandalism being done, and an ability to excel in academics, Residential Life can still pick away, slowing but surely, at any section that is different from others (a section with no personal problems at all).

I (being plural) would appreciate all of Residential Life to look at their actions and change this "enforcer" image and once again pay attention to the goals of a college community. I'm not saying to allow all hell break loose, but rather to foster a good, fun, personal and academical atmosphere.

I hope this letter stirs a few people to write in and express their views both pro and con. For those people who have made a negative opinion on this letter already, I am depressed. I wish you would open your eyes and get in touch with the world around you. Again, I welcome any responses and would like to hear from any faculty, trustee, residential life official or student.

B. Spiller



New

by John Toole
Staff Writer

The University of Maine's Black Bears scored their opening minutes of the season and held off a first team for a 7-5 home victory over the Harvard Alford Spinnaker.

A crowd of 2,300 fans saw the Black Bears score on an explosive offensive.

Goals from Andy Forget and Chris Wildcats out front way to the victory.

Maine came out Jack Semler wanted period. Maine showed hesitation they displayed Princeton.

Senior David Ellis game at Alford Arena

The Black Bears Wildcats, they checked Wildcats and their every bit as good as the

Maine jumped out the period when Rob pass from Todd Bjork of the New Hampshire past goalie Todd Pe Black Bears the 1-0 lead.

New Hampshire the period 12-9. Three power play situations.

Jabbar

LOS ANGELES Kareem Abdul-Jabbar from the fourth-leading National Basketball Association history to No. 2 in the league. He's to reach the top take quite a while longer. "I'm very fortunate to have had the kind of career with so many highlights," Jabbar said after Robertson on the scoring list Tuesday is another. It's a record it's over."

The Los Angeles center entered Tuesday's game against the Lakers needing seven points to move into the No. 2 spot. He

Sports

New Hampshire defeats Bears, 7-5

by John Toole
Staff Writer

The University of New Hampshire Wildcats scored three goals in the opening minutes of the final period and held off a fired-up Black Bear team for a 7-5 hockey win at the Harold Alfond Sports Arena last night.

A crowd of 2,300 fans turned out to see the Black Bears and Wildcats put on an explosive offensive show.

Goals from Andy Brickley, Dan Forget and Chris Pryor put the Wildcats out front for good on their way to the victory.

Maine came out playing the way Jack Semler wanted them to in the first period. Maine showed none of the hesitation they displayed in their loss to Princeton.

unable to convert on any of their chances.

Maine had only one man-advantage situation.

The Black Bear defense took a vacation early in the second period, however, as UNH scored three times in less than three minutes.

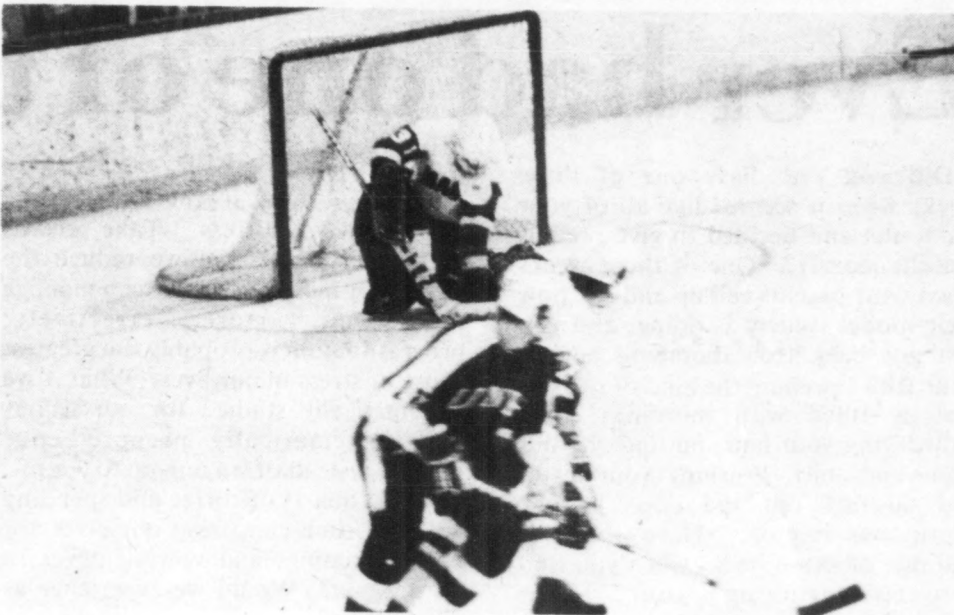
New Hampshire's Dan Potter carried the puck deep into the Maine corner and fired a shot toward the net where center Paul Barton got his stick on it and directed it past Loney to tie the score at 1-1.

Andy Brickley put the Wildcats ahead when he took the puck from George White at the top of the crease and flipped it over Loney into the upper part of the net.

Dan Forget put UNH up by two at 7:14 when he took a pass from Norm Lacombe and the defense was no where to be found.

UNH went up 5-3 after Forget was sent in by defenseman Ross Yantzi. Forget took a tough angle shot from

Wildcat Jay Miller shot the puck into an open net after Loney had been pulled for an extra skater. UNH



Sophomore Duffy Loney stops a shot in last night's action against UNH. Loney had 33 saves on the night, but Maine lost, 7-5.

the side of the net for the score.

Chris Pryor made it 6-3 on a centering pass from George White. Pryor took the puck in the slot and lifted it by Loney for the score.

Maine refused to quit, though, and Gaetan Bernier brought the Bears to within two by finishing off a goal set up by passes from Bruce Hegland and Ray Jacques.

Robert Lafleur cut the lead to one with his second goal of the night. Lafleur carried the puck in from the left circle to the front of the net and put it by Pearson for the score.

Maine was unable to catch the Wildcats and watched their hopes for a win disappear at the 19:34 mark of the period.

outshot Maine 39-31.

The loss dropped Maine to 2-4 overall and 0-2 in Division I. UNH is now 4-3 and 2-1 in Division I.



Senior David Ellis clears the puck out of the Maine zone in last night's hockey game at Alfond Arena. Maine lost to UNH, 7-5.

The Black Bears skated with the Wildcats, they checked as well as the Wildcats and their goaltending was every bit as good as the Wildcats.

Maine jumped out front at 17:05 of the period when Robert Lafleur took a pass from Todd Bjorkstrand in front of the New Hampshire net and poked it past goalie Todd Pearson to give the Black Bears the 1-0 lead.

New Hampshire outshot Maine in the period 12-9. The Wildcats had three power play situations, but were

Maine bounced back at 10:15 when Dwight Montgomery grabbed a loose puck off a face-off in the Wildcat zone and sent a shot through the legs of Pearson to cut the lead to 3-2.

Maine tied the score 3-3 when Rob Zamejc picked up his own rebound and fired it past Pearson on a power play goal.

Brickley started the fire works in the third period when he took a pass from Forget at the top of the crease and sent it past Loney.

Jabbar becomes second all-time scorer

LOS ANGELES (AP) - Kareem Abdul-Jabbar has gone from the fourth-leading scorer in National Basketball Association history to No. 2 in a hurry. But if he's to reach the top, it's going to take quite a while longer.

"I'm very fortunate to have had the kind of career I've had, with so many highlights," Abdul-Jabbar said after passing Oscar Robertson on the all-time NBA scoring list Tuesday night. "This is another. It's a relief now that it's over."

The Los Angeles Lakers' center entered Tuesday night's game against the Utah Jazz needing seven points to move into the No. 2 spot. He got his sixth

and seventh points on a short left-handed hook shot with 3:54 remaining in the first quarter.

The game then was stopped and the crowd of 11,284 at the Forum gave him a 45-second standing ovation.

The 13-year NBA veteran had 14 points in the game, won by the Lakers 117-86, giving him a total of 26,718 points. Robertson finished his outstanding career with 26,710 points in 14 seasons.

Earlier this season, Abdul-Jabbar passed John Havlicek to move into third place.

Wilt Chamberlain is the NBA's all-time leading scorer 31,419 points.

Fidelity Union Life's Athlete Of The Week



Charles Martin has been chosen as this week's Fidelity Life Athlete of the Week. Davild L. Theriault, general agent for the Bangor Office, has established the weekly award to recognize outstanding UMO athletes.

Senior Charles Martin had a very strong meet in Main's 66-48 loss to Dartmouth Tuesday afternoon. Martin won the 1,000 meter freestyle in a 9:59.7 time as well as anchoring the winning 400 medley relay and winning the 500 meter freestyle with a 4:50.57 time.

The talented freestyle/backstroker will be a key to future success for the Maine Black Bear Swim team this season.

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Residential Life NewsPage

CO-EDITORS
IRENE K. von HOFFMANN
SUSAN MERRIFIELD
DUNN HALL

Ever had one of those days.....

Did you ever have one of those weeks when it seemed like all of your profs met and decided to give prelims simultaneously? One of those weeks when your parents call up and ask how their model student is doing, and you just got back from bombing out on your BIO I prelim: the kind of week that is filled with mornings spent blowdrying your hair, putting on your jeans and shirt, brushing your teeth, and rushing out the door in one continuous motion. Have you ever had one of those weeks when you find yourself grinding your teeth, grimacing, and saying "I can handle it...."? When you've had about seven of them this semester?

What we often take for granted as part of the college lifestyle—namely, stress, doesn't have to be. "Absurd," you say. "Not necessarily," sez I.

Let's look at what causes us stress in college. For starters, there are prelims, papers, parental expectations ("My son/daughter is going to be a doctor/lawyer, Mrs. Jones, what is Jimmy going to be?"), peer pressure, relationship problems, and loneliness,

to name a few.

Next, let's look at how we react to these sources of stress. Take prelims and papers, how can we reduce the stress they incur? First, we can manage our time more effectively; procrastination is probably the greatest cause of stress in our lives. What if we systematically studied for our exams and systematically prepared our papers; instead of staying up to 3 a.m., drinking quarts of coffee and spending half our time chastizing ourselves for procrastinating, and vowing never to do it again? Would we experience as much stress?

We have control over the stress in our life because...we cause it, not only by our procrastination, but in what we tell ourselves. For example, say Nicki and Becky both flunked an EC 10 course. Nicki says to herself, "How could I have been so stupid?!", "Now my GPA will be shot! This is terrible!" Becky says, "That's a bummer, but it's over, no use dwelling on it. Now what can I do so this won't happen again?" Who is going to feel more stressed? They both experienced the same external event, but their

internal reactions are far different from each other.

Now, for another example, say I am waiting in line at the credit union, and I say to myself, "This is terrible, they should be more competent! How could they do this to me?", and feel angry and stressed. Now what if I say, "Oh well, how can I make the best of this situation?", and read a book, think about the upcoming weekend, or strike up a conversation with someone. See the difference? We can control the level of stress we experience by our attitudes.

Are there specific areas in your life, which are stressful to you? Pinpointing these is helpful, because when we know what is bothering us, we can formulate a strategy to deal with it.

Let's say the area which causes me stress (or more accurately, an area that I allow to cause me stress) is peer pressure. Specific strategies I can use to deal with this would include developing assertive skills, finding friends who share my values, and removing myself from high pressure situations, for starters.

In addition to specific strategies, we

can use general stress reduction strategies. Two of the most effective stress reduction strategies are running and meditation. Maintaining a regular exercise program is a tremendous way to keep stress at a minimum. Remember, our ancestors spent their days running from cave bears and tigers; not sitting on their duffs reading books all day. We were built for movement. Meditation or some kind of relaxation technique is another excellent way to reduce stress. A regular program in either is a great preventive measure.

So there you have it. You can handle it! You can manage your time better (i.e. don't procrastinate); develop more rational, positive attitudes toward potentially stressful situations; formulate specific strategies to deal with specific sources of stress, maintain a regular exercise program, and learn a meditation or relaxation technique. Do these and you can reduce the stress in your life!

This is a brief summary of Stress Management for College Students, S.H.O.P. workshop. If you would like to attend the workshop in your residence hall, see your RA or contact Dave Lee, 581-2147.

Residential Life short takes

The Department of Police and Safety reminds all drivers that overnight parking in faculty and staff lots is prohibited from November 1 to April 1 of each year. This is to help plowing crews to have the lots clear by the start of each school day. If you have any special questions or problems with parking please call the Police Department parking office at extension 2115.

Reminder for all students moving into Brann House (formerly TKE) of a meeting Saturday, December 5 at 2 p.m. Meet at the house.

Saturday, Nov. 14 was a busy day for the residents of Hannibal Hamlin Multi-Cultural Exchange Center. It was Hannibal Hamlin Day, a day of activities designed to make those connected with the hall more familiar with its namesake. All the activities actually began the day before when Hannibalites got together and painted designs on the basement lounge walls. One was a collage of flags of the world in the shape of three H's and another was a traditional Maine Indian design. The residents wore new hall T-shirts designed by Karen Carr, a third floor resident. Saturday began with a scavenger hunt which led participants on a fast-paced race over campus hill

and dale (and also through the library!). The winners were given their prize at the final big event of the day, a banquet held in the newly-decorated lounge.

Professor Edward Schriver of the history department spoke on the life of Hannibal Hamlin to the assembled group of residents and advisory board members and their spouses.

The following are deadlines for those interested in becoming resident assistants for the Spring 1982 semester:
December 11—Application deadline
December 14-15—Group interviews
December 16-17—Individual interviews

R.A. perspective

Dunn on the Rocks

Dunn Hall has been busy the last few weeks conducting an Alcohol Program uniquely entitled "Dunn on the Rocks". This theme was selected to attract the attention of students who are usually hesitant to attend alcohol related programs due to peer pressure, fear, etc. The purpose of the program was not only to heighten students awareness of problems resulting from alcohol use and abuse, but also to present them to a number of sources located right here on campus that are specifically designed to help students, friends, families or alcoholics themselves in coping with alcoholism. The program consisted of two brief sessions—a movie entitled "Chalk Talk" and speakers representing AL ANON, AL ATEEN, AA and the substance abuse counselor, Dave Van

Doren.

The first session featured the movie "Chalk Talk" and drew a crowd of 42 students within the hall. This movie was an informal lecture delivered by a well-known priest concerning the chemical, physical and emotional problems of alcoholism in society to day. The film was entertaining, interesting and seemingly well-received by all. Afterwards, a brief discussion was conducted by the R.A.'s dealing with various aspects of the film.

The second session was comprised of speakers from AL ANON, AL ATEEN and AA. In addition, the substance abuse counselor on campus, Dave Van Doren, presented a brief speech on his facilities at the Cutler Health Center. The speakers each presented personal histories concerning

how they became involved in the various programs and how the programs have changed their lives. Students were given a number of pamphlets from each organization to aid them in understanding the purpose and goal each strives to achieve. Van Doren stressed that his role is mainly in dealing with counseling and education concerning drugs and alcohol. After the speakers completed their talks, questions from the floor were entertained and an interesting discussion ensued.

Overall, this program succeeded in reaching the goal of heightening students' awareness of alcohol and informing them of programs available to them on campus. Judging from the overall turnout at both sessions, our program was indeed a success.

Thinking about nutrition is important

Energy!...At this time in the semester we could all use more of that. Where does it come from? Everyone knows that starches, sugars, and fat are high-energy foods; but let's get in touch with how they make us feel.

Foods release energy at different rates. A meal or snack high in sugar quickly leaves a tired body dragging again. On the other hand, foods high in fat take so long to leave the stomach that instead of invigorating, they seem to slow us down. Doughnuts, chocolate, potato chips, and french fries are all high in fat. Meats, especially red meats, are up to 25 percent in hidden fat!

Cutting down on high sugar and high fat foods leaves lots of room for the not-too-fast, not-too-slow energy of breads, cereal, pasta, baked beans, popcorn, potatoes, bananas, rice and muffins...the starch (or "complex carbohydrate") foods. Watch the butter you put on these foods and fuel up, knowing you'll be ready to move afterwards.

Get in touch! Eat high fat foods for a day, fill up on high sugar foods the next, then try complex carbohydrates to satisfy you the next and compare how you feel...Thinking about nutrition can keep us going and feeling great through busy weeks ahead.