

Southerners' uniforms must be turned in the week of March 20-25.

All parts of the uniform must be cleaned and turned in in order to receive this semester's grades.

THE CHANTICLEER

Vol. 19—No. 58

Jacksonville (Alabama) State University

Tuesday, March 21, 1978



Gains charter

Taking part in ceremonies granting a national charter to the Jacksonville chapter of ODK, Van Hall, president; Dr. Christopher Horsfield, faculty advisor;

Dr. Ernest Stone, JSU president; Dr. Ban Beeman, national vice-president; and Gary Branch, province deputy.

ODK gains national charter

The Jacksonville chapter of Omicron Delta Kappa now holds a national charter. The charter was granted during ceremonies Feb. 28, culminating a four-year

drive to achieve the charter. ODK, recognized as one of the top four honor societies in the country, stresses academic excellence along with campus leadership.

This year's ODK officers are Van Hall, president; Jeff Parker, vice president; Lyndy Hewitt, secretary - treasurer; Charles Rowe, faculty secretary.

Greek Week plans final

Greek Week 1978, a time of competitive sports activities for sororities and fraternities, will begin Wednesday, March 22.

Sandra Parvin, president of the Panhellenic, and Raymond Low, administrative vice president of the Inter Fraternity Council, are in charge of Greek Week and have scheduled the events for the sorority competition and fraternity competition to take place within a two-week period.

Although the fraternities will begin their competition on Wednesday, March 22, the sororities will not start their competition until Monday, March 27.

The actual sport events are similar to those of the television series "Superstars." Sororities have scheduled eight events with the fraternities scheduling 18.

"Raymond Tow has done an outstanding job on Greek Week. Being head

of Greek Week is an extremely difficult position. Raymond has handled it very well," commented IFC president, Jeff Parker. He further stated, "The IFC is very appreciative to the Panhellenic Council and Sandra Parvin. The IFC and Panhellenic have had differences in the past but Sandra has certainly helped alleviate these problems."

Greek Week is a time of sports but also a time to party. BB's Deli will be the location of the Greek Week Kick-off Party on Wednesday, March 22, and Poor Richard's will conclude the week with an awards celebration party.

Sandra Parvin said, "I am pleased that fraternities and sororities are joining each other this year in Greek Week. I hope this Greek Week will be the best ever."

The Greeks on campus will participate in a wide variety of sports. These events will be filled with joy, laughter, victory and defeat for sororities and fraternities.

(See GREEK, Page 7)

SGA elections next Monday

Elections for officers of the Student Government Association have been set for

Monday, March 27. Voting booths will be set up in several campus buildings.

Three people are vying for SGA president, two for vice-president, and two for treasurer.

Keith Peinhardt, Jay Dill and Cedric Fuller will face each other in the race for president.

Incumbent vice-president Joe Mucciolo is being challenged by Marty Moore, while Brian Zauche and Gus Pantazis square off in the race for treasurer.

If a run-off is needed in the race for the presidency, it will be held Wednesday, March 29.

Senate and class representative elections are slated for the following week.

Candidates for SGA office may spend \$250 for a campaign and are limited to a week of active campaign work. New officers are installed during April.

Student leaders pick energy as country's number one problem

Student leaders say energy is the number one problem the nation faces, according to two surveys recently completed by National On-Campus Report.

While each of the two survey groups—student government presidents and student newspaper editors—rated the energy problem as the most serious, 37 percent of the student presidents (but less than five percent of the student editors) cited a variety of higher education concerns when asked the open-ended question, "What is the major problem you feel should be solved nationally in the next two years?"

Fully 18 percent of the student presidents did not answer the question. The editors were much more opinionated, with less than 5 percent leaving the answer blank.

Other national concerns of the student leaders (in order) were: unemployment, economy and inflation, and trust in government. Less than 3 percent mentioned racism, sexism, or welfare and poverty as major concerns.

When asked to name problems on their own college campus, both the editors and the student presidents cited "apathy" as

number one.

Among the presidents, the next highest concern was given to the problem of student representation in campus governance, followed by various answers concerning the physical plant of their campus, such as "inadequate facilities." Tied for the fourth place as a concern among student presidents was the category of financial problems and peeves about communication and cooperation among variance factions on campus.

The editors saw their campus problems differently, however. Academic shortcomings (grade inflation, admissions standards, expanded academic programs) tied for the number two spot with physical plant problems. Financial problems were third, followed by a "poor student government" and finally communication and cooperation.

The survey will be used to set standards and design a continuing survey of student leader opinions which will be administered twice annually by National On-Campus Report. Readers are invited to make suggestions for questions to be included on future surveys.

Blood drive set

The annual SGA spring blood drive is set for next Monday, March 27, in the Student Commons Auditorium. Due to the large turnout last semester, the facilities have been increased to accommodate those persons wishing to donate blood.

Hours for the drive will be from 10 a.m. to 4 p.m.

Anyone wishing to volunteer to help with the drive should contact the SGA office or Jeff Brassart, 221 Logan Hall.

Weaver proud of heritage



Col. Worden Weaver

Who would travel all over the State of Alabama, take hundreds of pictures and collect hundreds of history books in order to teach Alabama history at Jacksonville State University? Col. Worden Weaver is this distinguished gentleman. He is quite proud of a certain ancestor of his who played an important role in Alabama history. Here's his story:

John L. Worder was the first Confederate prisoner. He stayed in confinement from April 13 to November 18, 1862 in Montgomery, the first capitol of the Confederacy. Finally after much under the table dealing, he was swapped for Sharp, a captured Confederate soldier.

The North could not conduct a prisoner of war

exchange because that would have been recognizing the South as a separate nation. Lincoln would not do this. So Worden spent nine miserable months in prison over a political issue.

He was quite peeved at both sides. In compensation, he was given command of the Monitor and was its captain when it fought with the Merrimac.

With an ancestor as famous as Worden, it is no wonder that Col. Worden Weaver would develop such an avid interest in history. Col. Weaver is a history professor at Jacksonville State University. He is a native of Mobile and lived in Mobile and Baldwin counties for 22 years. He then went into the service for another 22 years.

When Col. Weaver came back to Alabama, he had to reorient himself with his home state although he knew South Alabama quite extensively, he knew very little about north Alabama.

To remedy this, he began traveling throughout the state. He keeps a picture file

of all historical sites all the way from Moundsville to Huntsville; from the Indians to the Space Age.

Col. Weaver also keeps a bibliography of all Alabama state and county histories because he wishes to see who is writing these days. He sees the need for good authors and urges young people to write because it develops in a perspective of where they and their state are going. Col. Weaver thinks Alabama is going places.

He has searched through all family records trying to find one Alabama ancestor, but to no avail. All his ancestors were from Illinois. He jokingly refers to John L. Worden as a "temporary resident-nine months."

Col. Weaver, however, does feel that Alabama has not progressed as far as she should. He states that "Alabama is full of rich resources and this state should be much more ahead than it is, there is a need for more progressive thinking. We have probably one of the greatest river systems in the

Union and if developed carefully, Alabama should be in the top 10 percent in income."

Alabama has, however, progressed rapidly in historical preservations. Col. Weaver declares, "The state is especially well - organized to promote historical preservation." Alabama is the second highest to receive federal funds for restoration of historical sites.

Col. Weaver says that, "It is admitted freely that Alabama is one of the leading states in preserving its tradition in the National Register of Historical Places, a very prestigious society, Alabama ranks high with many recorded historical landmarks.

The State Department of History and Archives in Montgomery headed by Milo B. Howard and the Alabama Historical Commission headed by W. Warner Floyd are instrumental in collecting and preserving history.

Col. Weaver urges (See WEAVER, Page 8)

SAVE EVERY DAY THE WINN-DIXIE WAY

Welcome Jax State Students

| | | |
|---------------------------|-------------|-----------------|
| Chok | | |
| COLA | 28-OZ. | 5/\$1.00 |
| Arrow | | |
| BLEACH | GALLON | 39¢ |
| Baking | | |
| HENS | LB. | 49¢ |
| FRYER, BREAST, | | |
| THIGHS, DRUMSTICKS | FAMILY PACK | 89¢ |
| LETTUCE | LB. | 39¢ |

POOR RICHARDS

Jacksonville, Ala.

WELCOME BACK STUDENTS!!!

TUESDAY NIGHT FRATERNITY-SORORITY TURN-OUT CONTEST
 The fraternity and sorority with the highest percentage of members present wins \$100 and a keg of beer. Fraternities and sororities compete separately. Please wear fraternity/sorority jerseys or jackets
50° Draft

WEDNESDAY NIGHT - LADIES NIGHT
 No cover for ladies & free beer for ladies

THURSDAY NIGHT
WELCOME BACK STUDENT NIGHT
 No cover with student I.D. **25° Draft**

Appearing Nightly - SMOKIN'
Special Appearance
Friday, March 24th JAN & DEAN

GO GAMECOCKS

WINN-DIXIE IS ALL BEHIND THE "THE RED" AND INVITE ALL JSU STUDENTS TO DROP BY AND SEE US.

PELHAM PLAZA JACKSONVILLE

CDCS tips ...

What can I do with a major in ...

In 1974, 805,000 people worked as accountants. Twenty percent of them were CPA's, 60 percent managerial accountants, the remaining 20 percent are employed as proprietors, partners, or employees of independent accounting firms. Some work for state, federal, and local government agencies.

There are three professional certifications available in accounting. They are: Certified Public Accountant, Certified Management Accountant (CMA) and Certified Internal Accountants (CIA). The salary for the beginning accountant is among the highest of the business professions.

Of course, accounting is not the only business occupation in the world. There are others that can be just as profitable, if not more profitable, as accounting. Marketing management, and computer science are just a few. But, alas, lack of space in this bulletin prevents an article on all of the business occupations. However, the space in the CDCS Library and the information that covers the business fields should be adequate enough for anyone to get lost in his field, be it business or otherwise. Don't let the information you get from this newsletter complete your resources. Use your own resources and make use of ours. (Resource, Occupational Outlook Handbook)

Employment symposiums

Spring is in the air, and baseball season is upon us. On the lips of almost every person will be such words as, "you're out," "safe", and

"double header", among others. We at the CDCS Center are giving you the opportunity not to be "out" of it and to be relatively "safe" in choosing a career if you make your plans to attend the "double header" symposium to be held March 21.

The first symposium entitled "Business Professions: Employment in the 80's", will include representatives from the fields of banking and finance, marketing, insurance and real estate, and science. The program will begin at 2 p.m. and will be held in the Merrill Hall Auditorium.

The second part of the double header symposium entitled "Black Employment Prospectives", will have panelists representing the legal, medical, business, and industrial professions. This symposium will be held at the Baptist Campus Ministry auditorium from 7-9 p.m.

Both symposiums will provide a time for those attending to meet and question the panelists on an informal basis.

All students interested in any one of the fields covered in the symposiums are urged to attend.

Short stuff

In case you haven't heard, the new word for "soothsayer" is "futurist." Futurists specialize in long-range planning. Their projections are the result of sophisticated work with trendlines and mathematic models. I thought that you

(See CDCS, Page 8)

Dial A Prayer
435-3454

Left handed people got no reason

Having been your basic north-paw all my life, I never really paid any attention to the problems faced by left-handed people until I talked to the assistants in Dr. Landers' office over in Ayers Hall. All four are lefties! It's one of the few places they constitute a majority, and they love it.

Did you ever notice that most of the desks here at JSU are built to accommodate the right-handed? Doubtless you have, if you are left-handed.

Back in grammar school, the lady on TV who taught us to write told us to tilt our paper to the left. This worked out fine for the majority of the class, but was disastrous to the penmanship of the left-handed minority.

How about the problem of eating at a table full of people? Just as lefty starts toward his mouth with a forkful of food, the person beside him starts to cut his meat. Elbows collide, and lefty's tonsils are pierced by the tines of his fork.

Then, there is the terror of the spiral notebook, and—the worst—the three-ring binder. No wonder so many left-handed people go through such contortions when they write, twisting their hand



Left handed people

Cheryl Curlee, Ashland; Dawn Bollinger, Jacksonville; Edythe Jones, Talladega and Anita Bynum, Anniston

around toward the top of the page.

The girls in Dr. Landers' office, however, are getting their revenge. When Cheryl Curlee, the first of the lefties, went to work for Dr. Landers, he mounted the pencil sharpener backwards to accommodate her as a joke. Edythe Jones, Anita Bynum and Dawn Bollinger—all left-handed—are also working there. When some unsuspecting right-handed person wanders in and asks to use the pencil sharpener,

they just point to the one on the wall and tell him it is left-handed. There are even directions posted on the wall above the sharpener. Almost invariably though, the handle is turned the wrong way, so that it falls off onto the floor. The girls love it.

"For just a moment," one girl says, "they go through what I've gone through all my life."

Dr. Landers has this to say. "Most left-handed people have adjusted to a right-handed world. When a

right-handed person is put in a position which is awkward to him, though, he is embarrassed and frustrated."



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Fly Marine.

If you're in college now and want to fly, we can get you off the ground. Our PLC Air Program guarantees flight school after basic training. If you qualify, we can put you in the air before college graduation with free civilian flying lessons. Contact us—now!

The Officer Selection Team from the United States Marine Corps will be on campus March 28, 29, and 30 to talk with and offer information to those men and women pursuing a four year degree in any major.

There are current openings as Fighter Pilots and Ground Officers. Come by and talk with Major Tony Gain and Sergeant Mike Turner in the Common's Building or call collect at (205) 254-1271, 254-1273, or 254-0100.

**** An added bonus: A Cobra, the Marine attack helicopter, will be flown in and placed on display. The helicopter will be located on the lawn in front of Bibb Graves. All students are invited to tour the COBRA, and stay for the air show to follow. The COBRA, will be available for touring, March 29 & 30.

Come over and learn the TRUE meaning of, "Marine Aviator".



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The Chanticleer

Opinions

Letters

Comments

Take time to vote

By DAVID FORD
Editor

Next Monday calls for certain decisions by students. The decision may take the form of action or inaction.

On that day, three candidates face each other in the race for SGA president, two for vice-president, and two for treasurer.

Making the decision of whether or not to pause for a moment at one of the campus polling stations marks the most important judgement call. In the past, only a handful of students, comparatively speaking, bothered with the task of casting a ballot as if it did not matter.

It does matter.

The Student Government Association exists for the students. Services or lack of services for those enrolled at Jacksonville can be determined by the quality of people elected to leadership positions within the SGA.

Voting for those qualified to head the SGA comes as the second decision.

Campus elections share characteristics of local, state, or national balloting. Special interest groups can and do display a more influential block than their numbers suggest.

If only a few hundred people bother to vote, it takes a small percentage to throw the election one way or the other. Such has been the case in previous elections, but the consequences carry about the same odds as Russian roulette.

Next Monday's "Chanticleer" will have information about all of the candidates in an effort to give the students the necessary knowledge to cast a vote.

Read the information. Then vote.

Letters to the editor

By HARTWELL LUTZ
House of Representatives

Ten other House members and myself have just introduced a bill, House Bill 576 that will greatly improve the quality of dental health care being delivered to people in Alabama.

Under the Alabama Dental Hygiene Program, dentists, upon written request to the Board of Dental Examiners, are given annual permits to train dental hygienists. I think everyone would agree that if the dentists in Alabama want to train hygienists then they ought to train them properly, thereby insuring the safety of their patients. For example, they should be in the room with the trainee if the trainee is expected to work on a patient. If some dentists are going to continue working as teachers and the trainees are in fact the students then we should expect the teacher to be with the student trainee at all times when a patient is involved. What this bill would do is just that.

I would insure the protection of the dental patient by requiring that the dentist be in the room with the student trainee and patient when the patient is receiving any dental hygiene treatment. In Alabama we require that anyone wishing to cut hair work for a long period of time under the immediate supervision of a licensed instructor before he or she can become licensed to cut hair. In fact I know of no other professional training program that requires so little immediate supervision as does the Alabama Dental Hygiene Program. What this bill would do is at least provide a sounder educational program for our future dental hygienists by creating better learning experiences for the student dental hygiene trainee.

Another feature of this bill requires that the dental patient sign a consent form before a dental hygienist trainee works on that patient.

I think that patients should know whether or not the person working in their mouth is a duly licensed dental hygienist or a trainee. Therefore, under this bill all dental hygiene trainees would be required by law to wear a name tag with the title "DH Trainee" appended to her name.

A final feature of this bill would allow a hygienist who has graduated from the state office - training program to wear a name tag with the title "dental hygienist" appended to his or her name. A person who has graduated from a two-year college program for dental hygienists accredited by the American Dental Association's Commission on Accreditation of Dental and Dental Auxiliary Educational Programs would be allowed to wear a name tag with the title "Registered Dental Hygienist" appended to her name.

I am certain, as are the co-sponsors of this bill, that

better dental care for all Alabamians will become a reality with the passage of House Bill 576.

++++

Dear Editor,

I have recently observed a problem which I feel should be brought to the attention of Dr. Millican. Even though we have the most useful library I've ever seen, one severe handicap exists.

Have you ever used the microfilm copier on 4th floor? Well, neither had I, until this past week. I was very pleased with the ability of this machine to "read." However, the copies were simply not useable. I realize copies cannot be as clear as the original; yet, it is impractical to spend money for unreadable copies.

I hope the Department of Library Science will view this constructive criticism in the correct way, for I remain,

Respectfully yours,
Byron McArthur

Chanticleer staff

The Chanticleer, established as a student newspaper at Jacksonville State University in 1934, is published weekly by students of the University. Editorial comments expressed herein are those of the students and do not necessarily reflect the policy of the JSU administration.

The Chanticleer office is located on the fourth floor of the Student Commons Building, phone 435-9820 ext. 233. All correspondence should be directed to The Chanticleer, Box 56, Jacksonville State University, Jacksonville, Alabama 36265.

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He gets impatient

Redford not part of movement

"I don't consider myself part of the environmental movement," Robert Redford says in an exclusive interview in the February-March "Mariah" magazine (on sale Jan. 31), because he says he gets just as impatient and exasperated with "so-called environmentalists" as he does with industry.

Redford thinks that as a group, environmentalists "are intractable in their positions."

He understands why environmentalists have this attitude. "They've had to fight an uphill battle for so long and they haven't won many victories. They don't think they've been treated very fairly. I understand how they feel," Redford says in the first interview he has granted any magazine in two years which is the cover

story in "Mariah," the Chicago-based "complete outdoor magazine's" second anniversary issue.

Redford, an outspoken opponent of hazards to our environment, wishes environmentalists would be "a little more political, and recognize that whether we like it or not, we live under a political system. I don't like it any more than anybody else . . . but we have to live under it, so we'd best work with it as well as we can. Very often there are compromises that have to be made in order to make larger overall gains. Strict environmentalists usually aren't prepared to make these compromises," he says.

"I happen to think there are a lot of good people in industry, and a lot of good corporations that are really

concerned about the environment and are willing to listen to the other side," he says.

"Unfortunately, a lot of the ones that are leading the pack, like some of the oil companies, are so spoiled and profit-oriented that they won't even hear another viewpoint."

Redford's personal belief is that technology and the environment can coexist in harmony, "but as long as the environmentalists are on one side saying, 'Stop, don't do this, shut this down, cease, halt,' and industry is on the other side saying, 'Produce, get fat, to hell with the little guy, let's just increase our pocketbooks,' we're never going to get anywhere. The answer is somewhere in the middle, in the moderate, rational approach."

"What has to be gotten

across," he states, "is that technology and environment can coexist if there is mutual respect. In time, I suspect that the radicalism on both sides will be reduced when it's clear that that's the only way we can move forward."

Robert Redford also reveals in the "Mariah" interview that he is working to establish a "National Academy of Resources" that would be funded by the Department of the Interior.

Redford, who has been meeting with Interior Secretary Cecil Andrus on the idea and says his proposal "has met with an awful lot of enthusiasm," he describes the proposed academy as "a specialized institution for the higher studies of our resources, and wouldn't specialize only in

(See REDFORD, Page 8)



Robert Redford



Spring Is Here!

**Tuesday Night
Zeta Welcome Back Party**

WEDNESDAY NIGHT FEVER DANCE CONTEST

**Prizes
\$125 Cash**

**Thursday
Greek Week Kick Off Party
Draft 25¢ All Night
With Greek Apparel**



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CAR PARTS
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**125 FULL TUI-
TION ARMY ROTC
SCHOLARSHIPS
WILL BE GIVEN
OUT THIS SUM-
MER, WILL ONE
OF THEM BE
YOURS?**

Greek

(Continued From Page 1)

SORORITIES

Sunday, 8:00 Cancer Drive

Monday, March 27

| | | |
|------|---------------|---------------------------------|
| 3:15 | Softball game | Delta Zeta-Alpha Alpha Xi Delta |
| | Softball | Phi Mu-Zeta Tau Alpha |
| 6:30 | Swimming | |
| 7:00 | Volleyball | round robin |

Tuesday, March 28

| | | |
|------|----------|-------------------------------|
| 3:15 | Softball | Phi Mu-Delta Zeta |
| | Softball | Zeta Tau Alpha-Alpha Xi Delta |

Wednesday, March 29

| | | |
|------|-----------|---------------------------|
| 3:15 | Softball | Zeta Tau Alpha-Delta Zeta |
| 6:30 | Badminton | round robin |
| | | Alpha Xi Delta-Phi Mu |

Thursday, March 30

| | | |
|-----------|--------------|-----------------|
| 12 noon | Cancer Drive | Student Commons |
| 3:00-6:00 | Relays: | |

- 50 yd. dash
- 100 yd. dash
- Shuttle run
- 3 legged race
- Skin snake
- Tug of War
- Pie throwing
- Egg throwing
- Greek Party

8:00

Tennis will be played at the convenience of the four sororities.

(See GREEK, Page 8)

Alabama restaurant different

We've created a restaurant atmosphere right in the dorm for students who live in dorms and have no transportation," says U. of Alabama food service director Steve Radakovich of a new restaurant called "Corridor." An unused dormitory corridor has been transformed into a restaurant, complete with hostess, waitresses, china, linen service, music, hanging plants and special entrees.

Besides giving students a different choice in eating styles, Radakovich said the "Corridor" lets those dormitory students without cars "dine out" without going to the downtown areas six miles away.

Although the "Corridor" can seat about 66 people, Radakovich reports that only about 25 to 30 students are becoming regular customers. "We're not packing them in," said Radakovich, "but we haven't started any publicity or promotion for the restaurant yet."

The price for a meal at the "Corridor" for a student is

\$2.50 and one meal ticket offered each evening, punch, which is worth about \$1.30. Of the single entrees

offered each evening, Radakovich said, "Prime rib is the outstanding favorite."

Students fear failure

Students of the 70's have a great fear of failure, according to Dr. David Maitland, chaplain and professor of religion at Carlton College, and yet they also reject the "American Dream" of success.

Maitland contends that students today want to be successful, but strongly object to the means of achieving success as they see it. "Students equate success with money, power, authority and luxuries which can be gained only by achievement in the work world and with little regard for others," according to Maitland.

Students are more interested in friendship, romance, family life and community affairs which, they feel, successful people must ignore. Maitland says that those students who are becoming lawyers, businessmen, and doctors say they will "maintain a selfless pursuit of their goals" rather than a desire for money and power, and that they "will never let a

career or personal quest friends." In spite of their take priority over family and (See STUDENTS, Page 7)

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Kites - 49¢...89¢
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STUDENT COMMONS AUDITORIUM

"MATCHLESS!"
—Gene Shallit, WNBC-TV

THE TOWERING INFERNO

Tuesday
March 21
7:00 Only

**D.H. Lawrence's
Classic Tale
Of Passion**

March 22
7:00 & 9:30



What could be better than
The Three Musketeers?

THE 4 MUSKETEERS

March 23
7:00 & 9:30

Rocky Horror Returns Next Tuesday

**YOU'D
BETTER
BELIEVE**

**IS THERE IT
LIFE AFTER
COLLEGE?**

Big loan plan proposed

Students would pay the cost of their education through a massive long-term loan program under a proposal by Boston U. president John R. Silber.

Silber says he soon will propose to Congress the establishment of a \$4.6 billion trust fund from which students could borrow for education needs. Repayment would be made through payroll deductions administered by either the Internal Revenue Service or the Social Security Administration. Students would repay at the rate of 1.5 percent of their gross income and would repay the principal amount plus a surcharge.

Silber's plan is not likely to meet with much enthusiasm from student leaders, who tend to favor direct grants rather than loans as a form of student aid, but the plan might appeal to other segments of society. And, Silber points out, another selling point of his plan is that it would not be affected by a student's bankruptcy.

RECEIVE UP TO \$2,500 OVER THE NEXT TWO SCHOOL YEARS WITH ARMY ROTC.

Weight reduction not magical

There is nothing magical about weight reduction, despite promises implied in any given dietary regimen. The American public is obsessed with youthfulness and sexiness. People who seek these physical attributes often begin by searching for an easy way out, often falling victim to the diet con artists.

Nutrition and diet related literature is the "hottest" item in the publishing industry and therefore will be printed, usually no matter what the source. In attempting to sort fact from fancy here are some helpful guidelines:

1. If promoters refer to scientific reports in Journals, you can check them yourself; if they make no reference to evidence sub-

stantiating their claims, you must suspect their word.

2. Every creditable institution seems to have a false counterpart. Watch out for "doctors" without an MD, "Universities" with only a post office box address, and "nutrition organizations" with no recognized standing.

3. Ask yourself who wrote it, who published it, and why it was published. Clearly in the case of many diets "who wrote it" and "who published it" were people or companies whose goal was not to further the advancement of science but to earn fame and fortune for themselves.

The one basic principle behind weight loss or weight gain is energy balance. Calories are not "burned up"

by certain foods and there are no magical combinations. Relatively few calories are lost in the excreta, few are used for keeping the body warm or to digest food, some are used to fuel the bodies vital organs, and many are used to move the body. If there are extra calories taken in and not spent on activities, they are stored as glycogen, ready for quick withdrawal. If there exists a larger number of calories than can be stored as glycogen, these extra calories are converted to fat and stored in adipose tissue. The deficit of calories is what causes the fat to be broken down and metabolized for energy, and not any magical food combinations.

Greek

(Continued From Page 7)

FRATERNITIES

| SPONSOR | GAME | PLACE | DATE |
|-----------------|----------------|-----------------|---------------------|
| Pi Kappa Phi | Tennis single | Gym | Wednesday, March 22 |
| Pi Kappa Phi | Tennis double | Gym | Wednesday, March 22 |
| Sigma Nu | Skit shooting | ? | Wednesday, March 22 |
| Kappa Alpha Phi | 40 yd. dash | Gym | Thursday, March 23 |
| Kappa Alpha Phi | 440 relay | Gym | Thursday, March 23 |
| Sigma Nu | Tug of war | Kappa Sig House | Thursday, March 23 |
| Delta Chi | Backgammon | BB's Deli | Thursday night |
| Alpha Tau Omega | Softball throw | ATO | Monday, March 27 |
| Alpha Tau Omega | Bike race | ATO | Monday, March 27 |
| Pi Si Phi | H-O-R-S-E | Gym | Monday, March 27 |
| Kappa Sig | Weight lifting | Gym | Monday, March 27 |
| Pi Si Phi | Dart throwing | BB's Deli | Tuesday, March 28 |
| Sigma Nu | Chess | BB's Deli | Tuesday, March 28 |
| Kappa Alpha | Billiards | Commons | Tuesday, March 28 |
| Kappa Alpha | Spades | Commons | Tuesday, March 28 |
| Delta Tau Delta | Arm wrestling | ATO | Wednesday, March 29 |
| Delta Tau Delta | Baseball | ATO | Wednesday, March 29 |
| Delta Chi | Shuffle board | Delta Chi | Wednesday night |

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Students

(Continued From Page 6)

objection to the stereotype success, Maitland said, "When asked what they feared most, nearly all the students said failure."

Maitland made these observations through a course he taught called "Success and the American Dream."



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MEMBER FDIC

Redford

(Continued From Page 5)

environmental preservation."

"It would be all-inclusive in respect to the various disciplines that guide our use of resources, including biology, zoology, oceanography, geomorphology, and environmental law," Redford says.

He thinks of it as "a defense academy of our resources, in much the same way that West Point, Annapolis and the Air Force Academy exist for our armed defense. The resource academy would be designed to educate people about the nature of our resources, and to establish guidelines for which resources should be preserved intact, and which resources should be developed in the safest, cleanest, most efficient way," he says.

Redford, also sees the academy as a "very positive thing in the sense that the kind of education it would offer would begin to fill in this chasm (lack of mutual respect and communication) that exists between industrial developers and environmentalists."

Weaver

(Continued From Page 2)

Alabamians to travel and see their own state. He states that, "The South has a lot to offer in tradition and history gives any place its distinct character."

Progress has been made in many areas, especially the restoration of old homes, churches and forts. The Gaineswood Home at Demopolis was totally restored at the cost of half a million dollars.

The City of Mobile has gotten companies interested in using old homes as a place for their businesses. It is cheaper than building new buildings, and it gives Mobile a colonial flavor that is hard to find anywhere else in the state.

Montgomery offers the home of Jefferson Davis, the State Archives and History Building and the General Richard Montgomery, a steamboat. Fort after fort is being restored.

The most phenomenal city is Huntsville, which has grown from 16 thousand to 136 thousand people in 20 years due to the space industry.

Col. Weaver urges everyone to visit this state and see the many interesting sites. He feels that "Alabama truly has it all."

CDCS

(Continued From Page 3)

might be interested in what they predict would take place in the next 20 years.

—Economy will expand 3 percent a year from now to 2,000.

—Women will make up no less than 46 percent of U. S. workforce.

—Thirty-hour work week will be widespread.

—Computers and elec-

tronics will attain more dominance in business, medicine, professions, travel, homes. +

+CAM Report February 1978.

Quotable Quotes

Of all the words of mice and men, the saddest are... it might have been. —K. Vonnegut

Columbia Records giving away concert

Giving away free concert tickets is one thing but giving away an entire concert is a prize worth working for. At least that's how Columbia Records hopes college students will react to their latest promotion.

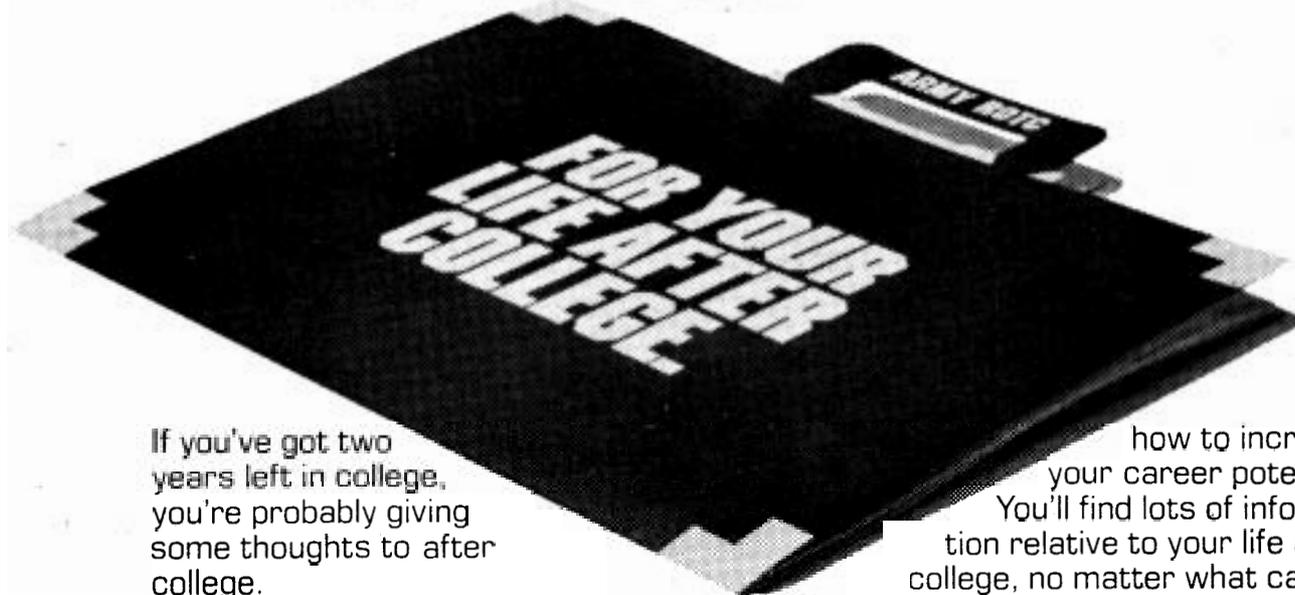
Columbia, in connection with the college newspaper supplement Ampersand, is

offering a free concert by the band "Journey" to the college that sponsors the best community service program. And the individual student who is most responsible for coordinating the project wins a week in the Caribbean for two.

To enter the contest, a

report outlining a community service project started sometime between January 1, 1978 and April 30, 1978, must be sent to Journey Contest, Columbia Records, 51 W. 52nd St., 9th Floor, New York, N. Y. 10019. Deadline for entries is May 31.

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