

Participants in the 13th annual SCOAG heard "all sides" from journalists and politicians. Besides the lead story on page 1, some of the "other sides" are covered on pages 2 and 3. A new course on campus is helping some people learn what "those fancy words" mean . . . and the result is practical, details page 5. Some students and faculty are making major achievements. Their stories are on pages 6 and 7.

THE CHANTICLEER

Vol. 19—No. 16

Jacksonville (Alabama) State University

Tuesday, May 16, 1978



Jacksonville State University has reorganized its academic curriculum, dividing the program into nine colleges. The change created two new academic deans. Shown on the left is Dean Thomas Allen Smith, new head of the College of Humanities and Social Sciences; Dean

Dan Marsengill, head of the College of Music and Fine Arts; Dr. Reuben Boozer will continue as dean of the College of Science and Mathematics; and Dr. Theron Montgomery, vice - president for academic affairs.

Candidates hit issues during 13th SCOAG

By LEN FITE
Staff Writer

The year of 1978 may well be a watershed year for Alabama politics. There are two Republicans running for governor in Alabama in the upcoming general election. In fact, there is an unusually large number of political offices which will be contested for in the coming months.

The two Republicans, who will meet in a Republican primary in August are Bert Hayes and Guy Hunt. Bert Hayes is a native of Georgia and has lived in Alabama since 1966. He has studied at a number of prestigious universities, including Hebrew Union College. He is presently professor of History and Humanities at Athens State College.

energy development and conservation," he said, "only when we put demands on ourselves. Consumption and waste are the trademarks of American philosophy, now. Our economy is based on a tradition of waste, but petroleum waste has at last caught up with us."

He went on to say that leadership much as education and legislation is necessary to control waste. "We have no positive philosophy," he explained, "if waste is tolerated. Conservation is needed by the citizens to preserve the economy." The idea of 'disposable' needs to be disposed of he believes. "Our one-way, disposable philosophy eventually includes people as well as

market farmers need to survive," Mr. Hunt continued by saying that politics need to be removed from the development office, and that Asia Minor and the Middle East would provide good markets for Alabama foodstuffs. "Farm prices," he said, "are depressed because the market is concentrated in U. S. Balance of trade can be equalized by food exports in exchange for imports."

He believes that overregulation stagnates economic development. "Government should stop telling business how to run business," he stated. Violent should be discouraged by improved compensation to victims and having repeat offenders taken off the streets.

Academics reorganized; two new deans added

Jacksonville State University has reorganized its academic program, now having nine colleges within its diversified program.

The most significant changes in the new organization are the creation of the College of Music and Fine Arts and the College of Humanities and Social Sciences. These two, coupled with the College of Science and Mathematics, come from a division of the School of Arts and Sciences.

The change creates two new academic deans at the university. Dr. Dan Marsengill is now dean of the college of Music and Fine Arts and Dr. Thomas Allen Smith is dean of the College of Humanities and Social Sciences. Dr. Reuben Boozer continues to head up the college of Science and Mathematics.

In making the announcement, Dr. Theron Montgomery, vice-president for academic affairs, said "it was concluded after much reflection that the university

encouraged the development of special emphasis that we should try to make areas more cohesive."

The growing emphasis in music and fine arts necessitates that all segments of this area be more directly involved in a more structured program around fine arts and in the case of humanities and social sciences it is clear that interdisciplinary offerings within these areas are needed.

A breakdown of the entire academic structure, including the dean and departments within a college are:

The College of Commerce and Business Administration. Dean Richard Shuford, DBA, directs the departments of Accounting, Business Education, General Business, Banking and Finance, Real Estate and Insurance, Computer Science, Management and Marketing. These departments offer undergraduate and master's programs.

The College of Criminal Justice is under Dean Thomas Barker, Ph.D. This college offers an associate degree in Law Enforcement and Corrections, the baccalaureate degree in Law Enforcement, Corrections and Forensic Science (Investigation), the M. S. in Criminal Justice and the M. P. A. with emphasis in Criminal Justice.

The College of Nursing is headed by Dean Mary Margaret Williams, Ph.D., and offers the baccalaureate in nursing, along with in-service programs for nurses in the profession.

The College of Library Science, Communications and Instructional Media, under the direction of Dean Alta Millican, E. D., offers both undergraduate and graduate work. The new area of communications is rapidly expanding, with courses to be offered in television and radio.

Dean of the College of Science and Mathematics is (See ACADEMIC, Page 2)

SCOAG . . . '78

Related stories pages 2 and 3

In his statement to the SCOAG delegates he said, "Politics are changing in Alabama, the nation, and the world. Politics must be freed from politics so that the state can change. A new kind of politics will give us the orderly development of Alabama's resources."

Mr. Hayes went on to say that solutions are now more necessary than answers. "Answers are more prevalent than solutions. Even if we can find a solution, we must try to find a complete solution."

The main emphasis that Mr. Hayes will concentrate on in his program is the elimination of waste. "Foreign countries will think that we are serious about

things. Recycling is necessary as both a minimal and maximal solution to unit the creative energies and pioneering spirit of our citizens."

The second Republican contender is Guy Hunt from Holly Pond. He is a former insurance salesman and probate judge for Marshall County. He and his wife presently have an Amyway distributorship.

"Alabama's potential is greater than her present prosperity. Alabama should be included in the world market. Alabama could become the bread basket of the world. Better markets and better prices will help the sale of commodities and create the viable export

Some of the Democratic candidates for governorship were unable to attend the workshops, however, two were able to give their stands to the delegates.

Lt. Gov. Jere Beasley is the first lieutenant governor elected for two consecutive terms. In his tenure of office his interests were in education and industrial development. He said in his oration that he is not an official candidate for governor.

"My philosophy of politics," he declared, "is that anyone who isolates himself from the people is not trustworthy material for public office."

(See SCOAG, Page 2)



Lt. Gov. Jere Beasley talking with, from left, Luvenia Mayfield of Handley, Kenneth Duke, Southside, and Brenda Barham of Boaz.



Guy Hunt shown with, from left, Tommi Glenn Cold Springs, Donna Holter of Guntersville and Rhonda Elliott of Emma Sanson.

SCOAG

(Continued From Page 1)

He said that a special session is necessary because most of the bills not acted on in the regular session are needed. "Filibustering has hurt vital legislation such as the education budget and property tax relief—the LID Bill. In the special session the abuse of filibuster must be countered by non-recognition of the person. Citizens in Alabama are getting tired of the abuse of the filibuster by special interests.

"It is a necessity to consolidate the functions of the autonomous boards. "These almost independent agencies have had a 150 percent increase in number and a 150 percent increase in appropriation over the past few years, according to Mr. Beasley.

A prime concern for Beasley has been the role of public education in Alabama. "There are 3.6 million people in the State of Alabama. There are about one million people without a high school education. Without this education people will become dependent on public assistance because they won't have a skill," he explained. He added that the total education community must get together to find a solution and work toward a common goal.

He said that highway

construction and improvement was the next most important and pressing problem. "Alabama has not had a major highway program since the administration of Jim Folsom, over 30 years ago," he said.

"Strong industrial development is needed, and it needs to be accelerated and controlled," he said. Beasley then cited the success of the industrial training program.

Baxley feels that changes are needed in the legislature because of the power of lobbyists and pressure groups. "Special interests," he stated, "can get control of five or six members and can seize control of the Senate and House of Representatives by dominating leadership positions." Filibustering ought to be restricted to government issues, he thinks. Improvements in education and other areas can come only from a reformed legislature.

The prison system, he believes, could be self-supporting if there was an advance capital outlay. "First time offenders will be sent to a rehabilitation center. If they become a repeater they will be sent to an old prison to be taken off the streets as long as possible. The prison system could be self-supporting because of the property and

potential labor pool held by the prison authority."

Baxley said that people are afraid to stand up for their beliefs because they are afraid of being criticized.

When Bill Baxley was elected in 1970 he was the youngest state attorney general in the United States. "Politics are at a crossroads in Alabama and America," he said. He made the office of attorney general influential and a model of efficiency and capability. Under his authority there was created the environmental division, new pollution laws, and an eight year war for clean air and war. "A clean environment and jobs can exist together if the laws are wisely enforced," Baxley stated.

In regard to his own province, the attorney general's office he explained that Alabama has a higher percentage of female attorney general assistants than in the nation as a whole. He stated that in his tenure in the attorney general's office, there has been a move away from political maneuvering and doubt towards ability and merit. "There has been so little done to exploit potential human and natural resources in Alabama, because of the inaction of an irresponsible legislature," he claimed.



Attorney General Bill Baxley pictured with, from left, Andrea Jolly of Hokes Bluff, John Quinlivan of Scottsboro and Steve Wakefield of Sylacauga.

Health Careers Club informs students

The newest club on the JSU campus is the Health Careers Club. It was organized and received SGA sanction during the 1977-78 school year. The purpose of the club is to inform you—the JSU student body—on the variety of career options available in the health field, from dentist to vet—physician's assistant to brain surgeon.

To achieve this goal, the Health Careers Club sponsored a number of meetings and question and answer sessions with members of different health professions from different parts of the

state. The speakers included Dr. Robert Lokey, Dr. Robert Alig, Dr. Neil Canup, Dr. Bill Neidermeyer, Dr. Ron Dashlett and Dr. Henry Laws. The club also sponsored visits by members of the admissions committees of the University of Alabama Medical School—Birmingham, Tuscaloosa and Huntsville campuses and the School of Optometry in Birmingham. (We, the members of the Health Careers Club, would like to take this opportunity to publicly thank these gentlemen for using their time to speak at our meetings, thank

you!)

The plans of the club for 1978-79 include meetings at least once a month with speakers from different health professions each time and another session with representatives of various professional schools. The meetings are informal, usually held on Tuesday and Thursday nights, and are open to anyone interested in a health career. For more information contact Dr. Fred Gant, Chemistry Department, or Dr. Frank Salter, Biology Department, or any club member.

Academic

(Continued From Page 1)

Dr. Reuben Boozer, Ph.D. This college includes the departments of Mathematics, Chemistry, General Science, Biology, Engineering and Computer Science, Physics, Geography, Medical Technology and Allied

Health.

The College of Music and Fine Arts, under Dean Dan Marsengill, D. M., includes Music, Art, Drama and Speech, Dance and Home Economics.

The College of Humanities and Social Sciences is under

Dean Thomas Allen Smith, Ph.D., and includes the departments of English, Foreign Languages, English (speech), History, Political Science, Sociology, Economics, Psychology and Philosophy.

The College of Education

is chaired by Dean Greene Y. Taylor, E. D. The school is comprised of the departments of Early Childhood Education and Elementary Education, Secondary Education, Special Education, Physical Education, Supervision and

Administration, Counseling and Guidance, and Educational Psychology.

The College of Graduate Studies, chaired by Dean James A. Reaves, E. D., coordinates all of the graduate offerings for the M. A., M. S., M. S., in Educa-

tion, M. B. A., and M. P. A. degrees.

In addition to the nine colleges is the Department of Military Science which offers a major and minor and is attached directly to the office of the vice president for academic affairs.

Network correspondent finds numerous blunders by Carter

By DAVID FORD
Editor

While speaking to the 13th annual Student Conference on American Government at Jacksonville May 5, NBC Diplomat Correspondent Richard Valeriani outlined the first year of President Jimmy Carter's administration as an on-the-job training period.

Valeriani said, "They learned how not to pull troops out of South Korea too quickly. They learned how not to have a Geneva peace conference on the Middle East reconvened. They learned how not to cut back on the sale of conventional arms, how not to be indifferent to growing communist influence in Europe."

He continued that the administration has "learned how to antagonize allies over nuclear policy, how to be nice to the Cubans and the Vietnamese without getting anything in return, and how to argue the merits of inconsistency on human rights." Valeriani pointed out that the so-called

diplomatic blunders of the Carter administration during its first year had taught administration officials that, "it was easier to pronounce policies than to implement them."

The veteran journalist had few kind remarks concerning Carter and his staff, and spent much of the evening discussing what he referred to as the "Carterization of American foreign policy." He stated that the President's foreign policy is one that is intended to make Americans "feel good" rather than one intended toward an "international feel-good."

Valeriani remarked that the list of priorities for the Carter Administration when it first took control consisted of human rights, nuclear non-proliferation, and a reduction in conventional arms sales. He went on to say that the Administration's inconsistency has the world confused as well as Americans.

"In theory, human rights is still the centerpiece of diplomacy," he said. He

emphasized that human rights is much like the flag and motherhood; no one can be against them. However, Valeriani stressed that the lack of organization and consistency in the administration concerning human rights has clouded the issue. "It's easy to get tough with Nicaragua, but what about Iran, South Korea, and the Philippines? Why is there no mention of human rights in China?" He pointed out that administration officials have found it embarrassing to try and explain "that while President Tito of Yugoslavia is supping at the White House, the issue of human rights is not on the plate." In its study on human rights, the State Department noted that Yugoslavia is one of the worst offenders of human rights. Valeriani said that although there are numerous inconsistencies in the policy, he feels that the human rights issue will remain a center plank in the Carter platform.

Another area which Valeriani feels offers the



From left to right, Kay Finch of Ashville, Diane Bearden of Ashville, NBC Diplomatic Correspondent Richard

Valeriani, Sandra Wood of Hayden, Lisa Lewis of Hayden and Robin Schultz of Bibb County.

same inconsistency as the human rights issue is that of the Strategic Arms Limitation Talks (SALT).

He commented that Carter has made several blunders in the area of arms limitations, specifically citing the B-1 bomber decision and the neutron bomb decision. He said that the Russians have for quite some time made the B-1 matter a big issue in negotiations. However, when Carter scratched the plane, "he did it in a vacuum. He didn't get anything in return for the B-1 decision," Valeriani labled the move as "not a very wise negotiating

tactic."

He went on to speak of the President's desire to eliminate nuclear weapons from the earth and called that "Euthopian rhetoric, not to say Euthopian nonsense." He concluded that Carter's many misteps in the negotiating have set the talks back as much as six months.

On the reduction of conventional arms, Valeriani spoke of the sales package now before the congress. That package calls for the sales of arms to Egypt, Israel, and Saudia Arabia. President Carter has told

congress that the package

will have to be an "all or nothing" deal. Valeriani called that a political mistake and said that he feels the President will have a difficult time getting the sale approved.

In summing up the evaluation of Carter's actions, Valeriani said that his programs "were not carefully thought through before an effort was made to implement them. When the Carter Administration arrived in Washington it was like wild horses let loose, racing off in every direction at once."



From left to right, Lisa Amberson of Scottsboro, Marlo Wilson of Albertville,

Dawn McGriff of Albertville and Les Whitten.

Whitten urges SCOAG delegates to "question"

By DAVID FORD
Editor

Organization for democracy and change was the theme as renowned columnist Les Whitten addressed delegates from across the state at the annual Student Conference On American Government at Jacksonville May 6. Whitten charged the group to become involved in numbers to effect positive changes in their respective communities.

He placed major emphasis on consumer action saying, "What I'm proposing is a course that be taught in the colleges, something in consumer action, or on organizing. Have a teacher who's got some tenure teach it to you and find a cause where you can change things." He went on to suggest that a minor cause be tackled first to give the group a victory and some strength before undertaking causes which would pit the group against much larger special interest groups.

Whitten pointed out, "You have a right to demand a course like this. The teachers, the administrators, the president

of your school, those are your employees. You pay tuition at this school. Your parents pay taxes that pay the salaries for your school administrators and you have rights which in my view are not being adequately exercised."

The subject of "rights", especially those dealing with the press, were implicit when Whitten leveled comments to those persons connected with student newspapers. He indicated that he had talked with some students privately before making his address and found that the student press is not performing its job adequately.

"Do you know who holds the franchises even in your own schools to sell food?" he asked. "Are those franchises held by people who are friends of the principal, friends of the local councilmen, friends of somebody in power, or are those lucrative contracts for serving food in your schools put out for fair bids?" He added that all student newspaper people should know such things about their schools.

Such information, ac-

ording to Whitten, should not stop with food franchises. He stressed that the same information should be gathered on contractors awarded the sometimes multi-million dollar building projects being carried out on a campus. In speaking of building contracts, Whitten referred to Sparkman Hall on this campus which was the subject of controversy last year when hundreds of thousands of dollars had to be spent for repairs on the modern structure.

That case was involved in a law suit with the University being awarded damages for the faulty construction. However, the award did not completely cover the total repair cost.

Throughout his speech, Whitten emphasized, in keeping with the theme of "Youth and Civic Responsibility," that the delegates must become involved in order to meet their responsibilities. He told the group that to be effective in their involvement, they must organize, adding that the lessons learned about the power of organization at this early time will carry over throughout life.

Vocalist to perform on campus

Renowned vocalist Francis Crawford will appear in Mason Hall Sunday, May 21, at 3 p.m. for a concert and Master Class.

Ms. Crawford is noted for her performances in oratorio, concerts and opera, and is also well known as an excellent voice teacher. She was invited last year to perform in Sara Caldwell's

new production of Beethoven's "Fidelio," because of her tremendous vocal capabilities and performance of the concert version of the work.

Ms. Crawford is currently connected with the University of Illinois. One of her former students, Dian Lawler, is now a member of the JSU Music Department faculty.

Students can apply

Course takes new twist in vocabulary building

Juniors and seniors who are English majors with at least one semester of undergraduate work to do may apply for the Pauline and Edmund O'Brien Scholarship of \$150 for the 1978-79 academic year.

Applicants must have a 2.00 overall quality point average and submit a letter of application which includes three references from faculty or staff members and a transcript. The deadline is June 20.

The chairman of the English Department, Dr. Clyde Cox, will appoint a committee to review applications and select a winner.

The results will then be announced and the check will be awarded following fall registrations when the recipient presents a statement from the business office.

Jacksonville State has a new course being offered this semester dealing with building vocabulary. The course, according to Dr. Anne Johnson, the instructor, is designed to help the student increase his vocabulary but not by memorizing.

Dr. Johnson says that the main thrust of the course is on teaching the student how to develop the vocabulary, with a great deal of emphasis placed on habit as well as methodology. "I work primarily with studying roots, prefixes, and suffixes," Johnson said, "to help them learn how to guess at the meaning of a word from the composition of the world." She added that students are encouraged to guess at a word's meaning by context clues as well.

One technique used in the class is a requirement that the students read a minimum of 10 pages a day from some publication which

will push their vocabulary level. A notebook must be kept in which five words are entered that are unfamiliar to the student from the reading. Those words must be defined and then used in a sentence. Johnson says that although the student may recognize the meaning of a word in context, a major weakness shows in the ability of many students to use the same word in a sentence.

She says the practice, "gives you something to hang your knowledge onto . . . it helps you to remember it."

Of the 30 students participating in the course, most come from areas other than English pointing out the practicality of the course for all students. Johnson says that it is important for students to "realize that you don't come into the course knowing everything, but you must have the will and desire to learn."



Time

(Continued From Page 4)

The Chicago Symphony and other musical performances.

Meanwhile, back at the convention, people were everywhere—running here to hear this group, hurrying there to see this exhibit, and

crawling home to go to bed. The exhibits contained any and everything that a musician would ever want to see or even experience.

Finally, the one thing that all feared would happen. It came to an end. After three

short hours, one hundred tired vocalists rolled into the Jacksonville area to end a four day adventure. It's a real pity though. There were places to go, people to see and things to do, but no time to do them all.

99¢ WOW!



Don't miss these four, big mouth-watering meals with these four, big money-saving coupons!

WOW!
Big Jack[®] & Regular Fries
Menu Price: \$1.31

99¢ JACK'S

Note: Coupon Offer good through May 30, 1978.

WOW!
Hamburger, Regular Fries & Shake
Menu Price: \$1.25

99¢ JACK'S

Note: Coupon Offer good through May 30, 1978.

WOW!
Fish Sandwich, Regular Fries & Regular Soft Drink
Menu Price: \$1.30

99¢ JACK'S

Note: Coupon Offer good through May 30, 1978.

WOW!
Jack's[™] Club Burger & Shake
Menu Price: \$1.13

99¢ JACK'S

Note: Coupon Offer good through May 30, 1978.



Fite's work to be in nat'l publication

Lenhardt Fite, who earned a BA degree with a major in English and a minor in sociology, has had a poem accepted by the National Poetry Press to appear in the "College Poetry Review."

Len is known on campus as something of a loner, but he is respected for his mind and his dependability.

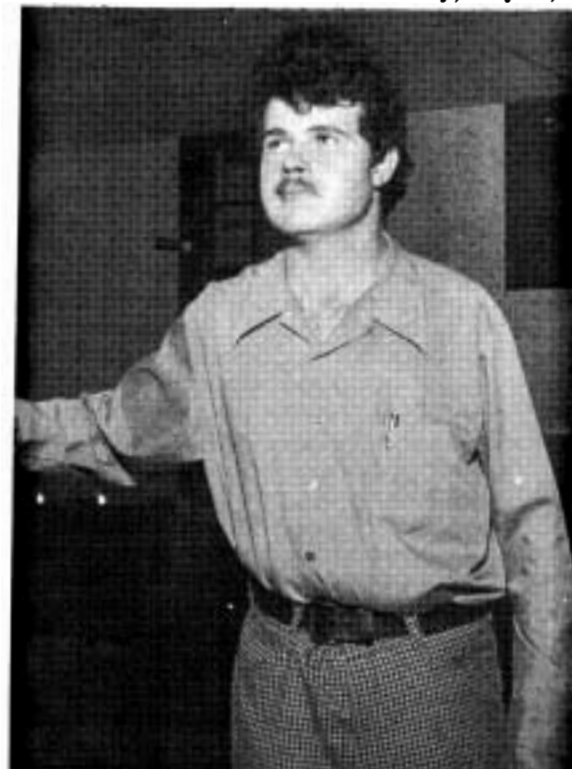
Methodical by nature, Len works at a task until it is complete, until he can be satisfied that he has done his best. Academic assignments always receive full attention, but Len doesn't stop there.

Knowledge fascinates him and he goes after it with a will. Included in the near continuous reading that he

does are the major daily papers published in this country, as well as books on politics, philosophy and social problems.

Interested in journalism, Len has worked two years as a staff member for the Chanticleer and taken journalism courses and advanced composition. He is well known for the personality sketches in the feature section and for critical articles of particular interest to him.

Currently Len is a graduate assistant in the English Department where he is working on a Master's degree in English.



Lenhardt Fite

Danny Martin Mince, a graduating senior at Jacksonville State University, has been accepted to the University of Alabama Medical School in Birmingham. A biology major at Jax State, Mince graduates with a perfect A average. A native of Fort Payne, Mince works parttime in the radiology department of DeKalb County General Hospital.

A pretty 19 - year - old Jacksonville State freshman is the new "Miss East Alabama" and will compete in the 1978 Miss Alabama contest later this year.

Jana Burroughs, daughter of Mr. and Mrs. James D. Burroughs, of Anniston, won the 1978 "Miss East

Coed is Miss East Alabama

Alabama" title recently in the seventh annual pageant staged by Southern Union State Junior College.

Jana is 5-6, weighs 114, has brown eyes and light brown hair. She was first runner-up in the 1977 Miss Talladega 500 pageant and also first runner-up in the 1977 Miss Calhoun County Fair.

An English major at Jacksonville State, Jana's

hobbies include dancing, cheerleading, gymnastics, water skiing and playing the piano. Her talent presentation was a modern jazz dance.

First runner-up was Debra Cofield of Ranburne, a junior at Birmingham - Southern College; second runner-up, Sandra Vice of Linden, freshman at Southern Union; third runner-up;

Donna Cotney of Birmingham, freshman at Auburn University; fourth runner-up, Cheryl Burgess of Alexandria, sophomore at Jacksonville State.

Winner of a scholarship to Southern Union was Kendall Callaway of Opelika, freshman at Southern Union. A modeling scholarship to Mannaquin's Inc., was won

POOR RICHARDS



Jacksonville Ala.

Minimester Specials

Tuesday - College Night
25¢ Draft

Wednesday - Ladies Night
Free BUD For Ladies

Thursday - Student Night
35¢ 8oz. Bud

APPEARING MAY 16 - 20 - POCKET FIRE

MAY 23 - 27 - PARADISE LOST

WATCH FOR SOMETHING NEW AND EXCITING AT
POOR RICHARD'S SOON!




These five girls were the finalists in the seventh annual Miss East Alabama pageant at Southern Union April 27. They are, left to right, Donna Cotney, Birmingham, third runner-up; Debra Cofield, Ranburne, first runner-up; Jana

Burroughs, Anniston, Miss East Alabama winner; Sandra Vice, Linden, second runner-up and Cheryl Burgess, Alexandria, fourth runner-up.

by Teresa Rollins of Wadley, a junior at Jacksonville State. Other contestants in the pageant were Peggy Golden, Opelika; Deborah Ann Banks, LaFayette; Juanita Mangram, LaFayette; Ann Morris, Roanoke; Rhonda Wadkins, Langdale; Emma Sue Green, LaFayette; Rhonda Kiser, Gadsden; and Jeanetta Minnifield, Roanoke.

Special entertainment was furnished by the Southern Union Chorus and band. Julie Houston, reigning Miss Alabama and a former Miss East Alabama winner, served as emcee and also provided entertainment.




• BAP GEON

Distributors

IMPORTED CAR PARTS

Anniston



237-6295
117 W. 18th St.



Members of the Drama Department have a busy schedule planned throughout the summer. The scene pictured was taken from a recent production, "13 Cent Break," which ended last week. New productions outlined in the story below get underway this week.

Drama by Claeren to be presented

"Work, Play and Saturday," a bizarre new comedy by Wayne Claeren, will be presented by the Jacksonville State University Drama Department on May 18, 19, 20. The show is a trilogy of one-act plays, each of which completes its own separate action while relating thematically and stylistically to the other two.

The themes concern the foolish and sometimes drastic exaggeration of petty problems—especially those which arise when work days begin to interfere with holidays. Each of the words "work," "play," and "Saturday," applies to all three of the plays. Together, the three plays add up to a unified and uproariously funny whole.

The style is, at first glance, simple and straightforward. Various characters appear against bright settings and in ridiculous yet strangely familiar situations. Things are complicated, however,

by some peculiar and even macabre games and disguises.

"Work, Play and Saturday" features a talented cast including Rick Tubbs and T. J. Campbell as two unusual businessmen (one a golfer and one a man of mystery), Mike Scoggins and Monica Snider as a tennis nut and his passionate wife, and Doug Moon, Mike Calvert and Cynthia Hubler as three outlandish characters who celebrate a hilarious afternoon in a haberdashery.

Anyone who has ever been driven crazy by a job, a sport, or just another person should visit "Work, Play and Saturday" to enjoy some refreshingly insane company.

The comedy will play at 8 p.m. sharp on Thursday through Saturday, May 18 through 20. It will be in Self Cafeteria which is located on Cole Drive near the corner of the Gadsden Highway on the JSU campus. Tickets are

\$1.50 for students and \$2 for adults and may be purchased at the door prior to each performance.

TRY AN ARMY ADVENTURE

"A lot of people come into the Army to find themselves. They want adventure, education and experience." Get all three.

JOIN THE PEOPLE WHO'VE JOINED THE ARMY

SEE YOUR ARMY REPRESENTATIVE SFC RAY PRICE

237-0021

1427 Miller Ave. Anniston, Alabama

Is your body being robbed of vitamins?

Here's a crucial question: are you getting enough vitamins?

The answer is vital if you fall into one of these groups: dieters, finicky eaters, smokers, drinkers, oral contraceptive users or people under stress. All may have special problems in getting the vitamins they need. And many of us fit into one group or another.

Vitamins have been in the spotlight for seven or eight years. Surrounded by controversy, they plunged onto the news scene in connection with currently unsubstantiated claims for vitamin C and colds and vitamin E and sex. Quickly, "C" and "E" became standard fare for Saturday night party chatter.

Yet these days, people are not only interested in vitamins C and E, but also in the other vitamins too—and for a variety of reasons.

A recent nationwide Department of Health, Education and Welfare survey on vitamins and nutrition, conducted by Hoffman - La Roche Inc. revealed noteworthy findings. For one, 69 percent of the respondents said they know vitamins are essential to life. Also, 64 percent said they find it hard to serve balanced meals. And, 80 percent said they think most people in the United States don't get all the vitamins they need through their diet.

Sadly, government studies show that large groups of the population are "at risk" for vitamin inadequacy. For instance, in 1965, a U. S. Department of Agriculture (USDA) study also found that in more than one-third of U. S. households with an income over \$10,000 diets were below the recommended allowances for one or more nutrients.

The 1968-70 "Ten State Nutrition Survey" for the

proved that a significant number of low income Americans were "malnourished or at high risk of developing nutritional problems." And, the 1971-72 U. S. Health and Nutrition Examination Survey showed that more than half of all Americans had poor diets regardless of socio-economic levels.

Although nutrition experts generally agree that a balanced diet will normally fulfill vitamin requirements there are extenuating circumstances. Research shows that certain everyday situations can put our bodies "at risk" for getting and using enough vitamins.

Those are the situations mentioned earlier: dieting, finicky - eating, smoking, drinking, taking birth control pills, forms of stress (See VITAMINS, Page 8)

SAVE EVERY DAY THE WINN-DIXIE WAY

Welcome Jax State Students

Dixie Darling Bread	Natural Fiber	2/89¢
Bounty Towels		59¢
Cracklin Good Potato Chips	Twin Pack	69¢
Assorted Flavors Check Drinks	28-OZ.	4/\$1.00

GO GAMECOCKS

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

PELHAM PLAZA

JACKSONVILLE

Dial A Prayer
435-3454

JACKSONVILLE STATE BANK

"THINK YOUNG BANK YOUNG"

Weaver Branch Phone 820-3500
Main Office Phone 435-7894

MEMBER FDIC

Vitamins

(Continued From Page 7)

All may be robbing your body of precious vitamins. Nationwide, more than 40 million Americans fall into the category the medical

dictionary calls "obese." In an attempt to lose weight, thousands of Americans will go overboard this year with diets of kelp, bananas,

grapefruit, water, fasting, etc., or a number of other "sure cures."

What many forget is that any drastic shift from a balanced diet will severely cut their chances for getting an adequate supply of vitamins and other essential nutrients. For example, many dieters choose to limit their intake of saturated fats, and increase their intake of polyunsaturates—some margarines, corn oils, etc. Research now shows that people with diets high in polyunsaturates may need

additional amounts of vitamin F (Vitamin E is essential for healthy red blood cells and good circulation and to protect essential fatty acids.)

Another popular regimen—the total vegetarian diet—may greatly reduce your intake of vitamin B12. This essential vitamin helps prevent certain forms of anemia. It also contributes to the health of the nervous system and to proper growth in children.

Another approach of the self-diagnosing dieter is

simply to banish a particular food from the diet. Take milk for example. Unwittingly, the dieter has thereby eliminated a particularly good source of vitamin B2 (riboflavin), an essential nutrient which is necessary for healthy skin and tissue repair. Often, the average dieter does not have the nutritional knowledge to realize that to make up for vitamin B2 loss, he or she should include other riboflavin-containing foods, such as enriched bread and whole grain cereals, leafy green vegetables, lean meats, liver and eggs.

Overall, the traditional American diet comprising meat, eggs, vegetables, fruit and milk has recently undergone great change. The February 1976 issue of Medical Opinion and Review discussed the shift away from a balanced diet:

"Over the past two decades the national expenditure on convenience foods has doubled, while per capita expenditures on fruits and vegetables fell 50 percent. Expenditures for snack foods, cakes and pastries have increased by 60 percent and soft drinks by 80 percent. As a result, 50 percent of our food intake is now processed and packaged, and much of it is consumed outside the home, thereby severely limiting the average homemaker's control over her family's nutrition."

Next time, we'll talk about finicky eaters, smokers, drinkers, oral contraceptive users, and people under stress. A large number of people fall into one or more of these categories—people who may be robbing their bodies of important vitamins and other nutrients and not even know it.

Record Sale

1.98 AND UP

On Sale NOW!

J. S. U. CAMPUS BOOKSTORE

Come Early For Best Selection!

Limited Time · Limited Quantity

MUSICIANS NEEDED

A Miami cruise line will be in need of qualified musicians specifically for big band shipboard performance. This rare opportunity awaits those who are talented, experienced, and enthusiastic. Instruments needed are rhythm, saxes, trombones, trumpets. Interested musicians should contact Allen Humphrey at 404-256-9806 or write to 5320 Roswell Road, Atlanta GA 30342.

Red Cross is counting on you.

"WORK, PLAY, AND SATURDAY"

Written By Wayne Claeren

Will Be Presented By The JSU Drama Department

MAY 18, 19, 20

8:00 PM

SELF CAFETERIA

TICKETS

\$1.50 Student

\$2.00 Adult

22 MILLION AMERICANS DO IT



May 17

7:00 p.m. And 9:30 p.m.

May 18

7:00 p.m. And 9:30 p.m.



STARRING **RICHARD HARRIS** AND

CHARLOTTE RAMPLING

STUDENT COMMONS AUDITORIUM