

THE CHANTICLEER

Jacksonville State University
Jacksonville, Alabama

100 AND GROWING
JSU

Vol. 28 No. 32

December 9, 1982



Cheerleaders show Gamecock spirit

Jax State cheerleaders take a few minutes before game time to hang spirit signs around the Southwest Texas stadium.

The Gamecocks, who came within inches of advancing to

the Division II championship game, have advanced to the playoffs five times in six years under head coach Jim Fuller.

Jacksonville boasts forty-two in Who's Who

Forty-eight Jacksonville State University students are to be listed in the 1983 edition of "Who's Who Among Students in American Universities and Colleges."

Campus nominating committees and editors of the annual directory have included the names of JSU students based on their academic achievement, service to the community, leadership in extracurricular activities and future potential.

The JSU students join an elite group of students selected from more than 1,300

institutions of higher learning in all 50 states, the District of Columbia and several foreign nations.

The directory was established in 1934.

The JSU students are: Marcus Enright Angle, Jr., of Anniston, a senior majoring in finance; Cynthia Ellen Brown of Jacksonville, a junior majoring in biology; Sheena Yee Lan Chan of Jacksonville, a junior majoring in management; Amelia Rochet Cole of Riverdale, Ga., a senior majoring in mathematics; Juanita Harrel

Cox of Anniston, a senior majoring in early childhood education; Kathy McDonald Crenshaw of Jacksonville, a senior majoring in mathematics.

James Delacy Decker of Oneonta, a senior majoring in law enforcement; Linda Louise Denson of Albertville, a senior majoring in history; Debra Vaughn Dlugolenski of Anniston, a junior majoring in accounting; Steven William Dunn of Rome, Ga., a senior majoring in music; Suzette Britta Ford of Gadsden, a senior majoring in physical

education; Bruce Lee Gordon of Moulton, a senior majoring in finance; Frances Adelle Harris of Lithonia, Ga., a senior majoring in biology.

Terri Lee Hayes of Midfield, a senior majoring in early childhood education; Patti Aaron Howard of Albertville, a senior majoring in elementary education; Rebecca Grace Ingle of Trion, Ga., a senior majoring in computer science; Robin Gail Jennings of Eastaboga, a senior majoring in elementary

(See WHO'S WHO, Page 12)

Aviation minor a possibility if students show enough interest

Jacksonville State University will launch an aviation program next spring if student demand and funding permit.

Robert MacRae, assistant professor of physics and a flight instructor, said the University first will offer a ground school course, "Principles of Flight," next spring. If demand is high and funding available, the physics department may later add courses culminating in a minor and a commercial pilot's license with instrument rating.

MacRae wants to hear from prospective flight students.

"I want people who're interested in learning how to fly to let me know. I'll be glad to talk to anyone who has serious

questions about our proposed program."

He said the program could draw scores of additional students to JSU because the Veteran's Administration no longer pays for veteran's to receive flight training at airports.

"And the quality of instruction would be a lot better here at Jacksonville State," he said. "Even if a student learns to fly at a good airport, flight instruction will still be one of many duties the instructor will have. Here, all we do is teach, so we can devote more time and effort."

MacRae, who has 13 years of experience as a pilot, would serve as the chief instructor

(See AVIATION, Page 2)

64 graduate with honors

By SUSIE IRWIN
Associate Editor

A total of 485 students will receive their diplomas on Dec. 17 at 6:00 p.m., 64 of whom are graduating with honors.

Three area students are the top three graduating seniors: Juanita Harrell Cox and Martha Hill Hamm, of Anniston and Dianne J. Nelson, of Gadsden.

At the Honors Banquet held recently to recognize those graduating with honor, Dr. Knox Ide, from Harvard Law School addressed the problems encountered by graduates in realizing their own potential by tracing his own struggles to become successful in the business and legal world.

Ninety-five candidates will receive the sixth year degree, Educational Specialist as first time recipients.

The Military Science department will commission eight ROTC students, who will become lieutenants in the U. S. Army, on Dec. 17, at 10:00 a.m., in Rowe Hall.

Those ROTC students are Walter Keith Angles, Jon Michael Byrom, Frederick Taylor Casey of Jacksonville; Gregory Horst Blair of Anniston; Earl Douglas Hicks, Jr., of Huntsville; Patrick Alexander Jones of Opelika; Carlton Lynn Gregory of New Castle, Delaware; and Dallas Lynn Robertson of Euless, Texas.

Honors recipients are: Marcus Angle, Jr., Suzanne Barry, Philip Bigelow, Donna Bundrick, Tammy Coffelt, Daniel Deyo, Robin Johnson, Donna Lawson, Lee Mogil, Tina Pope, Catherine Roberts, Janice Sanford, Gregory Stappenbeck, Rosemary Stewart, Denny Wimmer, Lisa

(See HONORS, Page 2)

SGA active in 1982

On behalf of the Student Government Association we would like to wish everyone a Merry Christmas and a Happy New Year. In recapping the Fall semester the SGA has provided for you, the students at JSU; a free concert in the Amphitheatre; a free concert in the quad behind Bibb Graves; a free concert on the Intramural Field; a free speaker in the Theron Montgomery Auditorium; a free speaker in the Leone Cole Auditorium; free shakers at home ballgames; a low cost bus trip to the NCAA playoffs; a low cost concert in the Pete Mathews Coliseum, along with many other services and functions which are often times overlooked. This semester has provided

only a preview of what is in store for the Spring in terms of SGA sponsored activities. Vice-President Tony Lundy and Lyceum Chairman Pat Barber have been hard at work lining up concerts and speakers for the upcoming semester. I'm sure you've heard of the old line, "The best is yet to come", well this is the case for the Spring semester. Much thought and consideration has been put into how we can better serve "you" the students at JSU. After all, our judgements and decisions are influenced only by those who in turn influence us.

Happy Holidays
Marc Angle
SGA President

3rd annual Jump Rope for Heart raises money for AHA

By LYNN LePINE
Associate Editor

The Health, Physical Education, Recreation, and Dance Club (HPER&D), formerly the P. E. Majors Club, sponsored JSU's third annual Jump Rope for Heart last Tuesday night at the coliseum.

Jump Rope for Heart is a fund-raising event held by schools and other organizations nationwide to raise money to aid the American Heart Association in the fight against cardiovascular disease. Jumping teams consist of six members who alternate with the ropes for two or three hours, depending on the time limit set for the event in advance. Participants go out and get pledges, usually from five to twenty-five cents per minute of jumping.

In addition to benefiting the research, education, and community services of the American Heart Association, participants also have the opportunity to demonstrate the effectiveness of jumping rope as a cardiovascular fitness exercise.

The funds raised by this year's Jump Rope for Heart totalled at \$810 plus about \$65 in as yet uncollected pledges. Ninety per cent of the money will be donated to the American Heart Association and ten per cent will go to the Alabama State



The Montgomery County JRFH exhibition team performed for JSU participants.

Association for HPER&D to enable the state to sponsor workshops in HPER&D.

The four organizations that participated in JSU's fund-raiser were ROTC, Phi Mu,

Sigma Nu, and the HPER&D Club. By raising the greatest number of dollars and cents, the ROTC jumping team won six Jump Rope for Heart warm-up suits. Sigma Nu raised only a few dollars less than ROTC, with Phi Mu and the HPER&D Club placing third and fourth respectively. Other prizes given to participants include Jump Rope for Heart Frisbees, T-shirts, athletic bags, and jackets.

Prior to the beginning of the event, those present were treated to a fifteen minute demonstration by an exhibition team from Morning View Elementary School in Montgomery. The team performs at many fund-raising functions to demonstrate variations in rope-jumping and the importance of maintaining a healthy heart.

The HPER&D Club organized the function under the direction of Coach Ronnie Akers, who is district coordinator for Jump Rope for Heart. "I'm really proud of the participation here at Jax State," said Akers. "The groups that participated, especially ROTC and Sigma Nu, deserve a lot of credit." Akers, who has organized Jump Rope for Heart at this university for the past three years, will become state coordinator next year as President-elect of the state Association for HPER&D.

For Hall of Fame Bowl

Holder selected hostess

By LYNN LePINE
Associate Editor

Ann Holder, a JSU coed has been selected as a hostess for the 1982 Hall of Fame Bowl to be held at Legion Field in Birmingham on the last day in December.

Miss Holder was selected from a field of approximately sixty applicants who were individually interviewed and judged on the basis of appearance, personality, and college accomplishments.

Miss Holder, a junior from Piedmont, is a Delta Zeta sister, a Kappa Alpha Southern Belle, and an R.O.T.C. sponsor. Majoring in personnel management, she works part-time as a secretary in the athletic department. In addition to her secretarial work, Miss Holder acts as a Gamecock hostess, talking to football prospects about JSU and accompanying them on campus tours.

Miss Holder is looking forward to getting into her role as a Hall of Fame Bowl hostess.

"I love football, anyway, so it will be exciting for me to get to meet the coaches and players," she says, "I feel it's an honor to have been selected as a hostess."

Miss Holder will travel to Birmingham on December 27 to begin her duties. That evening the thirty-five hostesses will go to the airport to meet the planes bearing the Air Force and Vanderbilt football teams.



ANN HOLDER

Beginning with a barbecue for the hostesses and players, Miss Holder will attend all the receptions and dinners to precede the December 31 ballgame.

During halftime at the Hall of Fame Bowl, Miss Holder will be presented with her fellow hostesses to the crowd of around 60,000 that is expected to fill the stands at Legion Field.

Aviation

(Con't from Page 1)

during the initial stages of the program. He would teach ground school courses and direct students in laboratory exercises.

"The average student solos within about ten to twelve hours," he said. "We may be able to cut that quite a bit."

He said beginners would learn to fly quickly, receiving their private pilot's license during the first six credit hours of instruction. The very first course in the proposed series would qualify students to become "fair-weather" pilots.

The next 12 credit hours will enable students to earn their commercial license (to carry passengers for pay) and receive instrument rating for flying in bad weather.

MacRae said students may elect to stop at any level of instruction.

"A large fraction of people may choose to stop when they get their private license. They will have all the privileges of flying anywhere they want as long as the weather is reasonably good. It's just that they can't carry passengers for hire," he said.

He said students may also elect to audit the courses (no credit awarded).

Private pilots may choose not to take the commercial course but receive instrument rating if they do not wish to carry passengers for hire.

The JSU training would be based on a single engine propeller-driven aircraft. MacRae said it is relatively easy to receive certification for twin-engine aircraft once a pilot has received his license.

Landaiche wins title

Winner of the 1982 Miss Lake Wedowee pageant on Saturday night, November 20 was Angelle Marie Landaiche, a 21 year old senior at Jacksonville State University. The pageant was held at the Randolph County High School Auditorium in Wedowee and is a preliminary pageant to the Miss Alabama competition.

Miss Landaiche's talent presentation was a vocal solo from the musical EVITA entitled "Don't Cry for Me, Argentina." Originally from Baton Rouge, she is a 5 foot 6½ inch blonde, with green eyes, and is interested in a career in vocal performance.

She has held lead roles in "The Music Man," "South Pacific," "A Funny Thing Happened On the Way to the Forum," and "Cinderella." Her parents are Mr. & Mrs. P. T. Landaiche, of Baton Rouge, La.

The pageant is named for the lake that is filling near Wedowee as a result of the newly completed Harris Dam. The pageant, in its second year, is directed by Mrs. Jimmy New of Wedowee.

Winners in the Friday night competition were Babs Turner, "Teen Miss Lake Wedowee," Mimi New, "Junior Miss Lake Wedowee," and Jenny McMurray, "Little Miss Lake Wedowee."

Announcements

SDFS

expresses thanks

We would like to thank Miss Debra Todd for coming and speaking to us on opportunities after graduation. She told us about graduate school, internships, and traineeships.

Representatives from UAB came and spoke to us about their graduate program, internships and

requirements for admission.

Thanks to all who ordered and purchased cookbooks. For all you who missed out see any member for extras.

We want to wish everyone good luck on your exams. Have a Safe and Happy Holiday!!

AXD alumnae to meet

The regular monthly meeting of Jacksonville-

Calhoun County Alumnae Chapter of Alpha Xi Delta will be held at the home of Mrs. Henry Saxon Willington, Dec. 13 at 7 p.m.

Applications available

Alumni Association Scholarship applications are available upon request at the Alumni house. For more information call university extension 404.

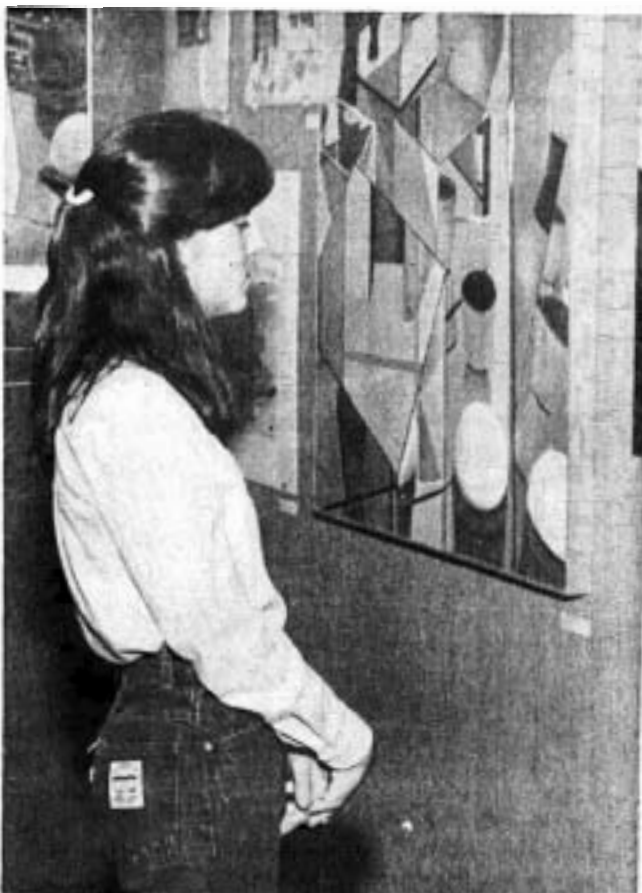
Int'l. students to meet

There will be a meeting for all JSU International Students on Dec. 10, Friday. The meeting will be held at 2 p.m. in the auditorium of Montgomery Building. The purpose of this meeting is to discuss the upcoming spring semester's events for International Students. Please bring your friends along.

Honors

(Con't from Page 1)

Gheen, Gwendalyn McGuffey, Gayle Barker, Gwendolyn Beck, Rebecca Bentley, Sabara Blackwell, Juanita Cox, Douglas Creel, Suzette Ford, Suzanne Gross, Martha Hamm, Terri Hayes, Marie Houston, Patti Howard, Lorie Howell, Donna Lesley, Carol McGinnis, Sharon Moore, Melissa Myers, Dianne Nelson, Martha Oden, Virginia Pearson, Rita Perkins, Sharon Pritchard, Edith Rowe, Elaine Schucha, Patti Shields, Donna Smith, Tatina Sterling, Elicia Williams, Alison Andrews, Sharon Burns, Joel Cobb, Linda Denson, Kathy Monn, Edith Morrow, Evelyn O'Connor, Susan Robertson, Lori Tate, Herbert Woolf, Jr., Marycatherine Link, Rebecca Henley, Camille Glasscock, Leesa Tatz, Donna Graham, Amelia Cole, Kathy Crenshaw, Bruce Faulkner and Laura Wood.



Art student Mary Kay Ballard views an acrylic painting by Tammy Rushing.



Patsy Hanvey displays her ceramic dish on exhibition with works by other students.



Debbie Lynn Harper and Darlene Powell Spencer, both senior artists, admire works by other student artists on display.

Senior art exhibit colorful, interesting

By R. STACY McCAIN

On Tuesday, November 30, a reception was held in the Hammond Hall gallery to open the exhibition of the works of JSU's graduating senior art students. A large crowd of parents, students, and local art enthusiasts attended the reception which featured the music of the Jax State Jazz Quartet. The exhibit, which is open to the public from 2-4 p.m., runs until December 17.

The show was remarkable for the variety of media represented. In fact, according to Art Department

Chairperson Dr. Emilie Burn, every art class taught at the university was represented in the exhibit. One such class was Lee Manner's minimester pottery course, which produced a number of ceramic items fired in the ancient Chinese raku method. These primitive-fired pieces, by Marycatherine Link and Paul Hutchinson, were the first of their kind exhibited here.

Another type of art unique to this show was the shaped-canvas paintings by Rebecca Threatt and Belinda Harper.

These acrylics, done in a hard-edge style, featured abstract, multi-colored, geometric patterns whose shapes were echoed by the outline of the canvas on which they were executed.

Other exhibitors and their works included: Tammy Rushing of Cedartown, GA—collage, acrylics, oils, prints, and drawings; Rhonda Cooper of Jacksonville—drawings, and commercial design; Debbie Harper of Anniston—drawings, pen & ink, and commercial design; Debra Dial of Gadsden—prints, watercolor, and

commercial design; Darlene Powell Spencer of Jacksonville—stitchery; Camille Glasscock of Alexandria—oils and acrylics; Benny Kimble of Lineville—drawings; Patsy Henvey of Gadsden—ceramics and commercial design; Susan Ferguson of Centre—drawings and ceramics; and Cynthia Cooper of Huntsville.

Weekend viewings of the exhibit are available by appointment only and anyone needing further information may call Dr. Emilie Burn at 435-9820, extension 626.



Many students attempted geometric designs in their works. Shown here is senior artist Belinda Harper.



Two senior art students, Benny Kimble and Susan Ferguson, exchange opinions of the exhibition.



Dr. Oakley Holmes and student artist Rebecca Threatt admire the many creations displayed.



The JSU Jazz Quartet entertained at the senior art exhibit. Members of the group are Dr. Ron Surace, Dr. Joel Zimmerman, Tracy Tyler and Ray Van Durr, a senior music major.

Points Of View

Campus offers much for independents

By SHERRE WATERS

Ever since I've been at JSU, I have heard many complaints from the independent students saying they feel left out of activities here on campus and that there is nothing for them to do. Being a commuter student for three years, I haven't been able to be involved. I was a complainer too until I looked into the matter.

To my amazement, there are many organizations on campus in which independent students may participate and are welcomed. Almost every department has a club for people interested in that field. Some examples are the following: Sociology, Geography, Home Economics, Math and English Clubs - these name only a few. Most require a student to be a major or minor in the field but some will allow students to join if they are taking only one class in the subject.

There are also civic organizations such as: the Young Democrats, Circle K, and Cinematic Arts Council. There are many Christian organizations on campus that welcome anyone to come to their meetings for fun, fellowship and Bible study. Some of these include: BCM, Wesley Foundation, University of Christian Student Fellowship and the Fellowship of Christian Athletes. There are many many more organizations in which students may participate.

The students on campus seem to show very little interest in these groups and organizations. Membership is very low for most of these groups. If students do not show a little interest in these activities soon, some of them may die.

The next time someone makes a statement like, "There isn't anything on this campus for independents," he needs to look at the yearbook or do some investigating to see if the statement is true.

This campus offers much that students do not take advantage of.

Int'l. relations degree?

By CORRADOS MAROLLAS

Jacksonville State University does not offer a major or minor in the field of International Relations, but the university offers courses associated with International studies. The only problem is that they are divided among different colleges. For example, International Marketing and Finance are in the College of Business. Some courses are divided among the different departments in the same college. For example, in the College of Humanities and Social Sciences, are the courses associated with International Economics in economics, and the courses offered by the political science department. I believe if somebody worked out a system by putting these courses together we could offer a major or at least a minor. Why not? Let's try it.

The Chanticleer

The Chanticleer, established as a student newspaper at Jacksonville State in 1934, is published each Thursday by students of the University. Signed columns represent the opinion of the writer while unsigned editorials represent the opinion of the Executive Editorial Committee. Editorials do not necessarily reflect the policy of the JSU administration.

Editor In Chief Tim Strickland
Associate Editor Susie Irwin
Associate Editor Lynn LePine
Sports Editor Alison Andrews
Secretary Pam Strickland
Feature Coordinator Liz Howle
University Photographer Opal R. Lovett
Business Manager Steve Foster

The Chanticleer offices are located on the bottom floor of Theron Montgomery Building, Room 102.

All correspondence should be directed to The Chanticleer, Box 56, Jacksonville State University, Jacksonville, Alabama, 36265.

Van Cleave misquoted

The Chanticleer regrets the mistake in Dr. Van Cleave's letter to the editor in the Dec. 2 issue.

It should have read:
 "...the mathematics department at the University of Alabama in Huntsville has twenty-one full time faculty (seventeen with Ph.D. degrees) and they are advertising for two more faculty for next year."

Hollis replies to Van Cleave

An open letter to Lifetime Associate Professor Van Cleave,

My good friend John, it is obvious that you do not appreciate all of the benefits of being associated with JSU. After all, where else could you find such a prestigious university with a nonpareil faculty and student body? What about your consistent remuneration for services which are after all less demanding than the blue-collar employees at Goodyear? Perhaps JSU could arrange to purchase Goodyear with our vast financial reserves and give you a chance to work on the assembly line, and then you would not have to worry with marking student papers.

In regard to your obvious unhappiness with your academic rank, there will



YOU HEARD ME, DAN, I'VE GOT AN EXCLUSIVE INTERVIEW WITH A MAN WHO CLAIMS TO HAVE RECEIVED THE FIRST ARTIFICIAL HEART...

soon be an opening for "Chancellor of Television Productions" with a higher pay scale and even less of a work load. I will be glad to write a letter of recommendation.

In closing, please in the future try to conform to the "Jacksonville way." Otherwise, we can try to find you another position elsewhere.

Sincerely,
 Daniel W. Hollis, III
 Soon-to-be Full Professor

Chicks seek recognition

Dear Editor:
 This would probably be the reaction of several in-

dividuals asked at random about the Chicks.

We the Chicks, consist presently of fourteen young ladies who help the cheerleaders lift the team's spirit at almost every football and basketball game. The basic reason we are unknown is because we receive no recognition. Even at homecoming we were left unrecognized, but we were told that we were just as important as the cheerleaders. The sororities and fraternities get recognized by the

cheerleaders; therefore, not seeing us cannot be the reason our receiving so less attention. If we can't be seen, I know for sure we're heard. Because of our budget we have not been very out-going in activities, but we're looking forward to the spring semester because we have a lot of exciting activities planned. In the meantime all we ask for is for the cheerleaders and others to be considerate and show us some recognition. "We do exist!"

Peggy Moore and Tenell Chambers

Letters to Santa



Dear Santa Claus,
 I live in Sparkman Hall and I have been a good girl all year. All I want for Christmas is for the back door handles of Sparkman to be returned, a new elevator in Sparkman, and my own personal parking place in front of each building where I have classes.

Thank you very much,
 Your secret pal

Dear S. C.,
 Merry Christmas! I go to JSU. I am a boy. I live in Lutrell. Would you please bring me my own personal bathroom so the girls in Sparkman won't whistle at me while I am in the shower?
 Yours truly,
 Seymour Hiny

Dear Santa,
 I am in skool, but not in class. 'Cause I can't git in. Speaking of Christmas presents, my only won't is ta get a seat in Compooper Buildin' and pas 101 english, so's I gaduate in sprang.
 See ya'
 Jethro

Dear Kris K.,
 Did you have a nice Thanksgiving? Me too! Don't you just love those Dominos cars? Me too! Don't you think they're cute? Me too! Don't you want one in your stocking? Me too!
 Love and kisses,
 Dots R. Pretti

Everyone should believe in Santa

By SUSIE IRWIN

Believing in Santa Claus is not that ridiculous; I have done it all my life.

I remember lying under warm home-made quilts, alone in my cold bedroom on those long December 24th's and listening intently for the sound of sleigh bells or the clumping of reindeer hooves on the roof. Since I had always been told that Santa would not leave anything for little girls who were not asleep, I would lie very still, pretend sleep and stare out my window for hours with the curtains drawn far back and the window open slightly.

Many Christmas "scrooges" believe that telling a child the story of a magical man in a red suit who delivers presents to good children on Christmas Eve is nothing but a fantasy, an illusion, and consider the story of Santa nothing but a lie.

Maybe it was fantasy, but personally, I enjoyed believing that someone cared so much that he brought me presents in this mysterious, magical way.

And as long as there are children and Christmas Eves, I'll believe in Santa Claus.

Christmas symbols stem from varied backgrounds

By LIZ HOWLE

The Christmas season brings many symbols with its coming. These symbols originated in a variety of places and situations.

Use of fir trees was begun by St. Boniface, eighth century monk, in Northern Europe. The people in that particular area worshipped trees. When Boniface converted the pagans and convinced them to stop their human sacrifices to Odin's sacred oak, they decided to put fir trees in their houses as a tribute to the Christ child instead.

The sending of Christmas cards is a fairly new tradition. The first cards were printed in London in the year 1843. Four persons, including a 16 year old boy, have been credited with their beginning. They were introduced to the U.S. in 1873 by Louis Prang, a German immigrant in Roxbury, Mass. Prang is known as the "Father of the American Christmas Card." By 1881 he was turning out 5 million cards a year.

The use of greenery grew out of ancient Roman and Greek customs. The Romans used green boughs and garlands to honor Saturn, their god of agriculture. And, as many know, the Greeks used wreaths to honor their victorious athletes.

The star is used universally as a Christmas symbol. It

represents the Star in the East mentioned in the Bible, Matthew 2:1-2.

The exact birthdate of Christ is not known; therefore, his birthday was celebrated on various dates through the third century. Many church fathers withheld their blessing because they feared the occasion would be tied in with pagan festivals. In order to satisfy the growing desire of the Christians, Pope Julius I authorized an investigation to determine Christ's probable birthdate. December 25 was chosen as the date. On that date in the year of 353AD the feast of Nativity was first observed.

No one knows exactly how mistletoe came into the picture. Ancient Celtic priests (Druids) gave people sprigs as a charm with healing power. The Norse considered mistletoe a symbol of love. To the Romans it was a symbol of hope and peace. In Greek mythology, mistletoe was a charm against evil. Hundreds of years ago some people in Europe used it at religious ceremonies.

Jolly old Santa Claus is the favorite, of course, of the children. Today's Santa Claus was derived from St. Nicholas, a fourth century bishop, who was known for his great generosity. Legend has it that St. Nicholas secretly tossed bags of gold into the home of three dowryless girls

when they had reached a marriageable age. One time a bag happened to fall into a stocking hanging by the chimney to dry. So began the hanging of stockings on Christmas.

"St. Nick" became the patron saint of children in several countries. As his fame spread to Scandinavia, he picked up reindeer and a sleigh. The rosy cheeks and snowy beard were added by Dr. Clement Moore of New York who immortalized St. Nick in 1822 with his poem "A Visit From St. Nicholas." This popular poem begins, "Twas the night before Christmas. . ."

Martin Luther was supposedly the first to decorate his tree with lights. These were to represent the glory and beauty of the stars above Bethlehem on the night of Christ's birth.

The custom of burning the Juul (pronounced yool) came from the Norse and Anglo-Saxons. They burned a huge oak log once a year to honor Thor, their god of thunder. After the Norse became Christians, they made the yule log part of their Christmas ceremonies. Scandinavians adopted the word yule to mean Christmas. In Lithuania the word Christmas means log burning. This custom became equally important in England. They considered it good luck to keep an unburned part for next year.

Dr. Joel Poinsett of Charleston, S. C. introduced the poinsettia to the U. S. Originating probably in Mexico and Central America the flower was known as "Flower of the Holy Night."

One of the revered Christmas customs is the reenactment of Christ's birth with a creche or crib scene. Although started hundreds of years earlier, the custom wasn't popularized until the 13th century by St. Francis of Assisi. At the time few people had books and few knew how to read, so to give the people understanding of Christ's birth, St. Francis dramatized the Nativity in 1224 at Greccio, Italy. Villagers portrayed Mary, Joseph and shepherds, real animals were used and a life-size wax figure of Christ was laid in the manger. As people stood admiring, St. Francis led them in joyous songs. Thus was born Christmas caroling.



Smurfs visit CEC Christmas party

Left to right - Delisa Rutledge, Cathy Hammond, Santa, and Marie Rutherford, with (L to R) Wade, Adona, Atla and Shannon.

A special child's view of the CEC party

By LIZ HOWLE

I can't stop squirming in my seat from the anticipation of the CEC (Council for Exceptional Children) Christmas party waiting for us at Jax State. I know I'll get a present from Santa and lots of yummy food. I'm trying to imagine how that big room will be decorated.

Finally we're here. Wait a minute. Where are all these blue people coming from? Hey, don't touch me! My teacher just told me they are Smurfs. What a relief. I was fixin' to head out the door.

I'm shaking hands with the Smurfs so I can go on in for the party. Wow, there are blue people, I mean Smurfs, all over.

I'm walking around the room looking at the pictures of Smurfs building snowmen, skiing and having snowball fights. One of the real Smurfs just asked me if she can take my picture by one of the pictures. I'm smiling as big as I can.

What a tree! It reaches all the way to the ceiling. Wonder if my mommy will let us get one that big? Hey Mark, look at all these presents. I hope that big one is mine. I've

been a good boy all year so Santa should get me a big present.

All the Smurfs are going up on stage. I guess I better go sit down. Papa Smurf is even here. Um, the Smurfs are talking to him about some new kid in their school. They said they don't like him 'cause he's different. Boy, can I relate.

Now it's time for food. I already checked out the table and know exactly what I want. Those college students sure know how to cook good food! I'm stuffed.

Look Mark, here comes Santa. Hey Smurf, can I go sit in his lap? I want to tell him what I want for Christmas.

Santa, I've been real good. Do I get a big present? Santa gave me a small package. I don't understand. I've been such a good boy; I was sure I'd get a big present. I'm trying to look happy as I open my little present. Wow, it's a calculator. Hey Smurf, look what I got. I'm going to be a genius now.

My teacher just told us it's time to go home. Thank you, Smurfs. It was lots of fun. I'm going to show my mom and dad my calculator. See ya next year.



PASQUALES
PIZZA
& PASTA

On The Square

435-2291

A New Taste Sensation!

OUR ALL NEW

**Fresh Dough
Pizzas!!**

AVAILABLE IN ALL SIZES

6" - 10" - 12" - 15"

... AND TO INTRODUCE YOU TO THIS

REVOLUTIONARY NEW PIZZA

COUPON

\$2.00 OFF ANY 12" or 15" PIZZA

NEW FRESH DOUGH PIZZA

1 Per Customer--Not Good With Any Other Special Offer

Entertainment

A message from Pat & Bert



Long distance from Beirut

Sorry Gang, no column this week. We just got a call from the Screen Actor's Guild. Trouble on the Perry Como "Christmas in Beirut" set. Charo was kidnapped by terrorists, and Perry wants to know how much he'll have to pay to insure that the terrorists don't send her back.

Be sure and catch us on the show. We'll be in the background behind such fabulous guest stars as Phyllis Diller, Charles

Nelson Relly, and the Amazing Kreskin.

If we have this case wrapped up by next semester, we'll be back. Look forward(?) to our examining those topics dear to the hearts of us all, such as: "Howdy Doody, Man or Myth", "Greeks in Space", and "Invasion of the Bunheads."

In the meantime, Merry Christmas and Happy New Year.

Can you name that Christmas song?

Here is a Christmas parlor game. What is the real title for these exaggerated titles of very familiar Christmas tunes that you hear during the month of December? CAN YOU NAME THAT CHRISTMAS SONG?

1. My Sole Desire for the Yuletide Season is Receipt of a Pair of Central Incisors.
2. From Dark 'til Dawn, Soundless and Sanctimonious
3. Celestial Messengers from Splendid Empires
4. The Antlered Quadruped with the Cerise Proboscis
5. The Event Occurred at One Minute After 11:59 P.M. with Visibility Unlimited
6. Ornament the Enclosure with Large Sprigs of a Berry-Bearing Evergreen
7. Personal Hallucinations of an Alabaster December 25th
8. Anticipation of This Noel's Mementos: Nil
9. Clappered Inverted Cups, Amalgamated
10. Testimony of Witness to Maternal

Parent's Infidelity with Kris Kringle

11. In a Distant Bovine Diner
12. Universal Elation
13. O Miniature Nazarene Village
14. The Approach of the Holiday Commemorating the Birth of Christ is Become Evident
15. May Jehovah Grant Unto you Hilarious Males Retirement
16. Those of you Who are True, Come Here!
17. Are you Detecting the Same Aural Sensations As I Am?
18. The Diminutive Male of Less Than Adult Age Who Plays a Percussion Instrument
19. Primary Yuletide
20. Heavenly Cherubs Announcing in Song - Listen!
21. Reigning Monarchs of the Far East
22. Who's the Mystery Kid?
23. Proclaim It to the Hills
24. Pastoral Woolies Nocturnally Observed in Vigilance by Herdsmen
25. Village Expectations of a Yuletide Emissary

Answers to Xmas Carol Quiz on Page 12

A time for family, a time for love

By DEBRA SHADDIX

The Christmas season is creeping up on us. Lights and trees are gradually being put up. The streets and stores are becoming busy with the hustle and bustle of shoppers.

Students are feeling the end of another semester. They are beginning to study for finals and pack to go home for the holidays. This is the time they can really express their feelings about Christmas.

What does Christmas mean to you?

"Being out of school, being lazy, and being with my family." Jeanene Gibbs.

"Being able to be with my family and working to make extra money. Most important, remembering how Christmas really began and what the true meaning of Christmas is. I hate to see "X-mas"

because that is leaving "Christ" out of it all. After all that is what Christmas is all about - Christ." Laura Brown.

"My family being together again and having a good time and enjoying the real meaning of Christmas." Donna Hendrix.

"To me, Christmas is a time of traveling, since every Christmas I'm off to Pennsylvania." Cindy Brewer.

"To me Christmas means getting together with my family from all over the U. S. and having a wonderful time." A JSU Student.

"To me, Christmas means getting out of school and getting together with family and friends. Christmas also brings a special kind of love to each of us." A JSU Student.

A review

'Bus Stop' suffers technical difficulties

On Wednesday, Dec. 1, a special preview of William Inge's "Bus Stop" was presented at the Lab Theatre of JSU, open only to invited guests and members of the press. The performance held a particular interest for local theatre-goers, as it represented the directorial debut of John Douglas STETZ, who acts as costume designer for the university's main-stage productions.

The show while entertaining, was rather uneven. Admittedly, most of the problems were of a minor nature and were probably worked out by the time a paying audience viewed the play. The most notable problem, which elicited the greatest number of complaints from the crowd, was the heat. Due to thermostat difficulties, the small theatre reached temperatures which were nearly unbearable, a condition which was aggravated, no doubt, by the stage lights. While this could not have been the fault of the production staff, it did make for moments of irony; the play

was set in a snowstorm and one could not help being amused when the actors made reference to the bitter cold.

Other technical problems, such as a clock whose hands did not turn, were noticeable only because of the audience's closeness to the set. However, it seemed that the updating of the play caused other problems—the presence of a very modern coffee-maker on the same set as a wood-burning stove and an antique refrigerator.

Stephanie Griffith as Cherie, along with the other characters, was able to deliver a satisfactory performance despite the visual handicaps.

Memorable scenes from the show include Lori Tate as a comedic "Juliet" that would have made Shakespeare himself laugh, Griffith's rendition of "Black Magic" and the continuous unspoken lines between Emily Tierney and Toby Crawford.



Merry Christmas

From The Staff of The Chanticleer



Dr. Rock

By R. Stacy McCain

As the year winds down, we find that our thoughts turn to Christmas and the New Year. I intend to enjoy my Christmas party with the Gap Band (thank you, Pat and Bert) immensely. And what of the New Year? As usual, the "National Enquirer" will have some two-bit psychic try to predict ("...President Reagan will leave Nancy for Jody Foster. ... Aliens in UFO's will attend a Gap Band party in Atlanta. ...") the events of the coming year. Not to be outdone, the good doctor has contacted his own, personal psychic, the Grand Rajah Abduhl Yaseem Jefferson of Pismo Beach (MasterCard and Visa accepted, no checks, please) and found out what will really happen in the New Year.

So we now present The Official Guide To Next Year In Music:

-George Jones will finally stop drinking. Funeral services will be held August 19, 1983.

-Rod Stewart, famous for his peroxidized hair style, will have his next tour underwritten by Clairol's Loving Care.

-Mick Jagger will announce that, due to his concern for the future of medicine, he has rewritten his will—leaving his lips to the Mayo Clinic.

-Rick James will shock the world by renouncing ganja in favor of Robitussin DM cough syrup.

-In the most spectacular news event of 1983, NO major rock star will be arrested for possession of cocaine.

-Rick Ocasek of the Cars will actually gain five pounds.

-Pat and Bert will release their long awaited LP, "Fear and Loathing at Rick's." This will feature the hit singles "Do the Mondo" and "I Hate Fratboys (Ooh I Do)".

-Kiss will finally remove their make-up. Thousands will scream, "Put it back on!"

-Meatloaf will marry Johnny Rotten's sister, Teeth. They will have a son, naming him Jerry Rotten Meat.

-Former Led Zeppelin guitarist Jimmy Page will release an easy listening album, "Stairway To The Second Floor".

-Paul McCartney will hit the best seller list with his book "How To Look Liberal and Make a Million Dollars by Recording Hit Songs With Famous Black Musicians". He will be mortified by the posthumous release of John Lennon's book "Look, Paul, If You REALLY Wanted To Do Something For Black People, You'd Record a Song With An UNKNOWN Black Musician".

-Moral Majority members will be shocked by the revelation that, when played backward at 78RPM, "Amazing Grace" sounds just like an AC-DC song.

-Elvis Costello will marry Bonnie Raitt.

-Luciano Pavarotti will have his first Top Forty hit, a disco tune called "Aida Boogie".

-Judas Priest, the Scorpions, Iron Maiden, Ted Nugent, and every other important heavy metal group will jame together at the 1983 Electric Noise Festival. Fortunately, this will render all the participants stone deaf (you mean they weren't already?) and they will retire.

-Adam Ant will become a devout Mormon and produce the Osmond's next LP "The Original Goody Shoes"

-Bruce "The Boss" Springsteen will astound his fans by releasing a song which contains NO REFERENCE WHATSOEVER to cars.

-The "VJs" on MTV will be replaced by faceless, obnoxious, android robots. No one will notice.

-The Marching Southerners will hit the charts with a medley of Walters-arranged tunes called "Hooked On Sousa".

-The Country Music Awards will be scandalized when Dolly Parton wins the "Duet of the Year" award.

-New Wavers Devo will be admitted to a mental ward after trying to think of some way to be wierder than they already are.

-A major rock magazine will ask (make that beg) Dr. Rock to write for them, only to be turned down because they refuse to print the "R." in front of his name.

So, now we know. Forewarned is forearmed, or something like that. You may laugh now, but he laughs loudest who laughs last. And remember: I TOLD YOU SO!!!

'Cry If You Want'— The Who says farewell

By MIKE LIVINGSTON

The English rock band "The Who" played before a sell out crowd in Birmingham Tuesday, Nov. 30. This concert was part of the Who's last tour through the U. S. The band claims it is not breaking up, but will no longer do any more extensive touring.

The Who gave their first Birmingham concert back in 1967, and the group played a 1967 hit "My Generation" to open this year's Birmingham appearance.

The group went on to play 25 songs in a 2½ hour set. The crowd reacted by chanting "Who" between the songs. The crowd gave standing ovations to such crowd pleasers as "Who Are You" and "Pin Ball Wizard". The group played four songs of its newest Lp "It's Hard". Of the four new songs, fans reacted strongest to "Cry If You Want", which according to leadsinger Roger Daltrey is about how he feels to be in his 30's still playing Rock'n Roll.

The concert had a fantastic light show and the "Who" played almost as well as if one were in the recording studio listening to the final mix.

The Who includes Pete Townsend, John Enwistle, Roger Daltrey, and Kenny Jones who replaced Keith Moon after his death back in 1979.

The group played the classic, "Twist and Shout" in the final and then ran off the stage to chants of fans screaming Who. Wednesday night the group played in Mississippi as they traveled through the south one last time.

CROSSWORD PUZZLER

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57

32 Kind of coat

33 Proceed

34 Soft food

36 Encomium

38 Speck

39 Not in use

41 German river

43 Stories

45 Cuttlefish

48 Pressed

50 Shallow pond

51 Rodents

52 Poem

54 "Do — others..."

55 Gaelic

56 Deity

57 Average DOWN

1 Free ticket

2 One opposed

3 Tailor's need

ACROSS

1 Shallow ves-

5 Grain

8 House, in

12 Dillseed

13 Baker's

14 King of com-

15 Spindled

horses

17 Declare

19 Move like

20 Weird

21 Ogle

23 Spar

24 Part of a foot

26 Takes the

28 Weaken

31 GI green

THE

Quality

Shophe

FORMALS

AND

FULL

CRINOLIN

SLIPS

On The Square

Jacksonville 435-5211

4 Engraved pillar

5 Harvest goddess

6 Three-toed sloth

7 Pekoe

8 Boxes

9 Puts one on guard

10 Hindu garment

11 Poker stake

16 Antlered animal

18 Yellow, Red and Dead

22 Gun

23 Join

24 Cover

25 Harem room

27 Couple

29 Time gone by

30 Vessel

35 Helmsmen

36 Otherwise

37 "Lohengrin" heroine

38 Testify

40 Thick

42 Indian prin-

43 Weary

44 Sandarac tree

46 Greek letter

47 Soon

49 Rover

50 Conducted

53 Note of scale

Modeling Association

Mac's

Alabama Model & Talent Agency

NOW OPEN

Booking Agency for Models & Talent

State Office in Anniston

(Branch Offices Opening Soon)

Deadline for listing December 30, 1982

Agency Fee & Listing \$25.00 for one headshot (2x5 glossy)

Travel & Talent - Bands, etc. accepted

Information Needed

Women - Height - Dress - Shoe - Hair - Eyes

Men - Height - Coat - Pants - Shoe - Hair - Eyes

Birthdate - Children - Preteens & Teens

Note: Graduates of a school not required. However, only Macy Models will be listed in our runway division.

Note: Both Tommy McConnell (our photographer) and I will be available for photographing and selection if you need us. Please call for appointment.

Our History

Established 1957

Member Chamber of Commerce Board Member Modeling Association of America International, Inc.

We sincerely feel it is past time for an agency in Alabama. Our Book will be distributed February 1983 to local, state, national and international businesses and agencies who hire Models & Talent.

20 East 12th Street - Anniston, AL 36201 - 205-236-3597

Our School is

Licensed by The Alabama State Department of Education

consider owning a masterpiece.

This Christmas, Give Her A Miracle

A Diamond Of A Carat Or More!

Oval Cut	Round Cut	Marquise Cut
1.01 ct. \$4995	1.07 ct. \$2695	1.29 ct. \$5990
1.52 ct. \$5995	1.11 ct. \$2995	Private Appointments Made
Emerald Cut	1.28 ct. \$2895	Just Under 1 ct.
1.00 ct. \$5900	1.09 ct. \$5995	.93 ct. \$1595
1.02 ct. \$5900	2.85 ct. \$8995	.96 ct. \$2800
	1.75 ct. \$15000	.96 ct. \$8500

Couch's Jewelers

1005 Noble

Anniston

237-4628

AGS

\$200,000

**SPECIAL PRICES IN EVERY DEPT. JUST
SAVE 30, 40, 50, 60, YES EVEN 70% OFF F**

ONE GROUP
• **VELVETEEN BLAZERS**
OUR REG. \$50 **\$29.99**

ONE GROUP
• **HANDBAGS**
• LEATHER
• CANVAS **1/2 OFF**

ENTIRE STOCK
• **DANCE WEAR**
20% OFF
GOOD SELECTION

ONE BIG RACK
• **SPORTSWEAR**
1/2 PRICE
OUR REG. \$15 to \$52

• **LEE WORK PANTS**
• RED & KHAKI
• OUR REG. \$28 **\$23.88**

ONE GROUP
• **FALL DRESSES**
\$5.88 to \$14.88
• OUR REG. \$20 to \$40
• SIZES 3-13

• **PALMENTO PANTS**
OUR REG. \$15 **\$10.99**

• **JR. WORK PANTS**
OUR REG. \$10 **\$8.88**

ONE GROUP
• **COTTON BLOUSES**
OUR REG. \$12 to \$15 **\$8.88**

• **FLANNEL SHIRTS**
OUR REG. \$9 ONLY **\$5.00**

• **PANAMA JACK
T-SHIRTS**
LIMITED TIME
REG. \$14 **\$9.88**

• **CHRISTIAN DIOR
WARM UPS**
OUR REG. \$35 **\$9.88**

• **ARCHDALE
UNDERWEAR**
20% OFF

ENTIRE
NIKE **20% OFF**

**OPEN FRIDAY SALE PRICES GOOD IN JAC
TIL 8:30 STORES ONLY**

DAYS!!!

**LAST IN TIME FOR CHRISTMAS GIVING!!!
FAMOUS MAKER SUGGESTED RETAIL!**



ENTIRE STOCK

- **LEATHER COATS**
OUR REG. \$190 to \$213 **\$119.99**

ENTIRE STOCK

- **WOOL SUITS**
OUR REG. \$120⁰⁰ **\$79.88**

SOFT TOUCH

- **V-NECK SWEATERS**
IF PERFECT \$20-\$22 **\$9.99**

AND UP

- **KNIT TIES**
\$4.99 or 3 for \$10

ENTIRE STOCK!!!

20% OFF

OUR REG. \$25 to \$42



JUST
REDUCED!!!

3 BIG GROUPS

- **LADIES' SPORTSWEAR**
OUR REG. \$13 to \$62
SIZES 8-18 **1/2 OFF**

OUR ALREADY
LOW PRICES!!!

COTTON/ACRYLIC

- **SWEATERS**
OUR REG. \$13 to \$15 **\$3.88**

QUEEN SIZE

- **SPORTSWEAR**
2 BIG GROUPS **1/2 OFF**
SIZES 36-48
OUR REG. \$9 to \$30

2 GROUPS

- **DRESSES**
ONLY **\$7.97 to \$11.97**
OUR REG. \$20 to \$35

LADIES'
GREAT GIFT IDEAS FOR MOM!!

ONE GROUP 1st QUALITY

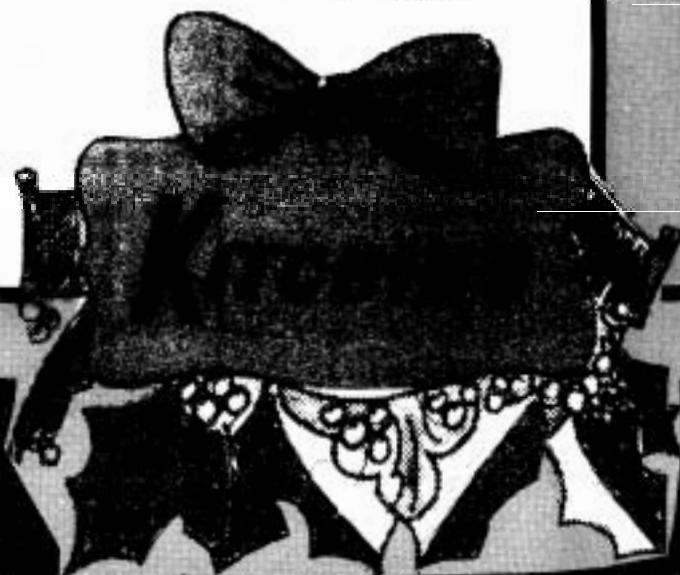
- **CORDUROY BLAZERS**
OUR REG. \$40 **\$19.88**

ONE GROUP

- **FALL DRESSES**
GREAT GROUP **1/2 OFF**
OUR REG. \$20 to \$80

ONE GROUP

- **FALL HANDBAGS**
VALUES TO \$46 **1/3 OFF**
GREAT SELECTION!!



**JACKSONVILLE
LY**

**NEXT TO
TG&Y**

Organizations



Phi Mu recently sponsored a Christmas party at the Jacksonville Day Care Center.

Refreshments and presents were distributed.



Delta Zeta

By AMY HUBBARD

As the end of the fall semester comes around, exams follow behind and the Delta Zetas would like to wish everyone good luck!

Monday, December 6, Pam Champion, Dennise McCullars, and Debbie Bishop are hosting the senior tea for our four graduating Actives: Vickie Page, Kim Sewell, Debbie Holt, and Donna Barber - Congratulations, girls - we'll miss you all!

The Lambda Gamma Chapter elected new executive officers. They are: president, Tina Grant; vice president of membership, Angela Evans; vice president of pledges, Lorrie Silvers; treasurer, Susan Driskell; recording secretary, Malinda Smith;

corresponding secretary, Regina Norris.

These young ladies have been helping out the athletic department of Jax State by serving as hostesses on Saturday afternoons. They are Ann Holder, Debbie Reaves, Monique Angerman, Michelle Hubsky, Tara Thompson, Lynn Lowe, Kathy Dempsey, Lorrie Silbers, and Arin Claridy.

Delta Zeta placed third in the Miller drive and won one of the thousand dollar prizes - Good work, girls! Last week a few girls road tripped to Sanford University to help recharter the Alpha Pi Chapter of Delta Zeta. Thanks for your support!

Merry Christmas and a Happy New Year from the Dee Zees.



Alpha Kappa Alpha

By WINIFRED WILSON

The AKA's would like to thank all of the Greeks and independents who helped to make our party, last Thursday, a success. In case anyone missed hearing who the raffle ticket winner was, she was Miss Janet Baker from Rome, Georgia. Congratulations, Miss Baker and thanks for supporting our organization.

The Lambda Pi chapter will be losing two great Sorors. They are Miss Katessa Porter and Miss Tonya Smith. Upon meeting the

requirements for their Education major, Miss Porter and Miss Smith have been student teaching at Tenth Street in Anniston, Alabama. The chapter surely will miss them when they graduate on December 17th, and wishes them luck in all they do.

The ladies of Alpha Kappa Alpha wish everyone a safe and pleasant holiday, and thanks to everyone who supported us this year and hope you will do so next year. Until next year. . . Keep the faith!

Phi Mu

Christmas parties, FINALS, volleyball games, (we're actually doing well), and other miscellaneous activities are all beginning to pile up, now that it's the end of the semester. Of course we're trying to do everything and keep our sanity at the same time, which is impossible. But, Phi Mu can't complain, because as a whole, we've had a fantastic semester. We had lots of fun mixers, we won the spirit competition (Yea

Phi's), we elected a great bunch of new officers, and we enjoyed just being a part of Jax State during its centennial birthday. We'd like to say thanks for helping us have such a good semester and we hope that everyone had one just as rewarding as we did.

Good Luck with finals and Happy Holidays to All! Sincerely,
The Sisters of Phi Mu

Association of American Geographers

The 37th annual meeting of the Southeastern Division of the AAG (Association of American Geographers) was held in Memphis, Tennessee, November 21st through the 23rd.

Numerous research papers were given, and several field trips were offered. Field trips included a trip to the Yazoo Basin; a three hour bus tour of urban patterns in

Memphis; a tour of the Federal Express air package terminal; and a walking tour along the bluff of the Mississippi River.

Those attending from J.S.U. were Dr. Howard Johnson, Dr. Thomas Baucom, Jesse Jay, Mark Johnson, Carol Thomas, Steve Campbell, Don Gross, Dan Weston, Mike Beckton, and Julie Heberling.



By NANCY SCHMITZ

Alpha Xi Delta is proud to announce our newly elected officers for 1982-1983: president, Kim Stephenson; vice president, Angela Strickland; membership, Gigi Payne; pledge trainer, Sherri Jo Spivey; recording secretary, Sheila Parker; corresponding secretary, Melanie West; treasurer, Nancy Turner; social chairman, Nicki Yow; panhellenic, Allison Brasher; quill chairman, Deborah Samples; chaplain, Carol King; journal correspondent, Nancy Schmitz; ritual, Elizabeth Bishop; historian, Lisa Mundy; and marshal, Kathy Triantos.

Apologies are extended to Joanie Williams and Terri Hayes, both of whom were recently listed in Who's Who Among Students in American Colleges and

Universities, but were omitted from last week's article. We love you.

Wedding bells are popular with the fuzzies lately. Monday night we honored bride-to-be Suzan Davis with a Christmas shower. Suzan will marry Randy Fortenberry Dec. 18. And congratulations to Carrie Klonowski and Frank Wester on their recent engagement.

Tuesday night Alpha Xis got the holiday spirit with our annual Christmas party. From the excitement of exchanging gifts to indulging in home baked goodies, it was the perfect way to wind down and prepare for finals.

Alpha Xi would like to wish everyone a safe and happy holiday and good luck on your finals.



Zeta Tau Alpha

By WENDY FEAD

Parent's Day was a huge success thanks to all the hard work of Page Travis. The special events showed our parents the special bond of sisterhood we share in Zeta Tau Alpha.

Monday night our annual Christmas Party was held at alum Pam Hardison's home. We also had "Nan Jones Night" that evening. Nan is our only graduating senior this December, and we "honored" her at this party. Nan has been a great asset to our chapter, serving as membership chairman this past year. We wish you luck and happiness! We'll miss you!

Congratulations to member of the week, Julie Semones and Pledge of the Week Carla Bacon. We also congratulate Beth Owen for

being selected basketball cheerleader again this season.

During the year we all work hard and give 100 percent to ZTA. But, of course, there are the girls that give 110 percent. These girls were recognized at Parents Day and presented the following awards: Member of the Year, Susan Head; Pledge of the Year, Jill Peoples; Senior of the Year, Nan Jones; the Gloria Hice Award, Gina Talley and Dorothy Scalf; Most Influential, Linda Mollica; Best Big Sis, Joy Biles; and the President's Awards, Leigh Estes and Denise Hand. These nine ladies are the reason Zeta Tau Alpha is such a special organization to us. They show us that in ZTA we can find our dreams, not just today but for ever.

The Zetas wish everyone luck on their exams and a happy holiday season.



Lucky Jacksonville Senior, Josef Vice was the winner in last Thursday's drawing for a Mattel television and four cartridges valued at more than \$300. The event was sponsored by the Computer Science Club. On hand to draw the winning number was

Denise Peters, daughter of Dr. Doug Peters and his wife Mary Jane, who are both JSU faculty members. Assisting Denise is Andy Foster.

All proceeds will be used to fund the Rebecca Howell Scholarship.

SAA holds awards banquet

By MARGARET S. HIGGINS
SAA Reporter

The Student Accounting Association held their Annual Awards Banquet in conjunction with the Coosa Valley Chapter of the National Association of Accountants' monthly Technical meeting, following the JSU-UNA football game. Dr. Parker Granger, on behalf of the NAA and the Accounting department welcomed the guests. Also participating in the welcoming ceremonies were Dr. William Loftin on behalf of the University, and Jeff Tarvin on behalf of the Student Accounting Association. Guests included alumni, faculty, students, and area accountants.

The speaker for the evening was Dr. Ron Gray, an alumnus of JSU and of the University of Arkansas. Dr. Gray spoke at length about the CMA certification and preparation for the exam.

The NAA presented to five students student memberships in the NAA. Recipients were: Debra Colvin, Lynn McAnnally,

Paula Perkins, Debra Pieper, and Jeanine Tolbert. The Student Accounting Association initiated two honorary scholarships based on academic achievement and club involvement. The Hicks Scholarship, named in honor of Mrs. Hazel Hicks, was presented to Ann Hayes.

Mrs. Hicks was a great teaching influence at JSU for many years. The Collins Scholarship, named in honor of Mr. John Collins, was presented to Richard Lindsey. Mr. Collins, an area CPA, was the primary motivating force behind the organization of the Student Accounting Association on the JSU campus.

Mr. Bryan Hassler, President of the Alabama Society of AICPA's presented to Robert Seaman the AICPA Accounting Achievement Award. Mark Phillips and Vickie Murray each received a Certificate of Recognition from the AICPA.

Robert Seaman was awarded the SAA Outstanding Club Member Award, and Richard Lindsey was awarded the SAA Outstanding New Member Award.

A special Christmas list

By ANDY JONES

It is that time of year again to be jolly. That means happy, giving, no school, gifts, and a lot of parties. With all this fun there is a list of things to watch out for that we all need to keep in mind.

Ornamental plants are seen everywhere at this time. Two of the most popular are the MISTLETOE AND POINSETTIA. These two Christmas plants are highly toxic. Just last Friday night at a fraternity party I saw everyone holding their mistletoe. This is fine unless you suck your thumb, but several had it in their mouth. The biggest danger of the poinsettia is small children and pets who will "nibble" on anything.



Andy Jones
Health Columnist

Next on this list is food. We eat like there is no tomorrow and suffer later. Especially students like us, who are not used to "real good" food all the time. Watch out for those perishable items which must be kept cold. Potato salad and cold slaw are frequent contributors to stomach aches, diarrhea and other stomach ailments because it wasn't kept cold enough. A simple "smell" test will sometimes warn you. A rule of thumb is to watch out for anything with a lot of MAYONNAISE. Overeating is the other problem with food. This is self-inflicted and a little plop-plop, fiz fiz, is about all you can do except stop eating, of course.

Alcohol is consumed like never before during the holiday season. This is because school is out and Christmas parties are everywhere. Or maybe because you haven't told your

parents how you contributed to your GPA yet. DUI citations and car accidents will be the proof here that people don't know what is "their" limit.

As a Paramedic for eight years in Atlanta, I have seen plenty of drunks behind the wheel. This past weekend I worked a Saturday night shift. I was called to three accidents, one right after the other, all caused by drunk drivers. At two of the accidents, the drivers swore they had had only one drink. Later blood tests showed differently. They had no idea of their condition. At the third accident, no one had to tell the driver what she had done. It was a head-on collision with five people injured and both cars totalled. In the other car three young guys had just left a wedding reception in formal wear. They had seen a few drinks but none were drunk. The driver looked up and saw a car in his lane headed straight for him. We have all heard that alcohol slows down your reflexes. Both drivers had the odds against them.

LOOK OUT FOR THE OTHER GUY. You may be stone sober and still be a fatality from alcohol abuse.

DO YOUR FRIEND A FAVOR. If he has had his limit, don't let him 'try' to drive. You could save him a minimum \$250 fine, suspension of his license, an increased insurance premium, and even involuntary manslaughter.

The last thing on this Christmas list is to watch out for emotional or personal problems with your friends and family. I see more attempted suicides around Christmas Eve and New Year's Eve than at any other time of year. Lack of money, friends, or loved ones and many other reasons drive some into wanting to prevent another year from approaching. Take the person seriously when you hear suicide mentioned. Listen and ask questions. Explain that he or she can recover and enjoy life. Stay close by until the risk has passed or until other help is available. Beware of personality changes and mysterious long trips. Also, don't challenge them with replies like "Go ahead and do it."

Enjoy the Christmas season and school break, but be a friend to yourself and others—"Watch out for the other guy."

This is no cheap pizza.

Oh, sure, we could cut down on the size, use artificial cheese, skimp on the items and then sell it two for one. But we just don't believe in doing business that way.

At Domino's Pizza, we believe in large helpings and quality ingredients. Why, that's why people love pizza. And we think that's where the value is.

For over 20 years, we've been making the best pizza we know how, and we've been delivering it free, in 30 minutes or less. Call us, tonight.

Fast, Free Delivery
College Center
Phone: 435-8200

We use only 100% real dairy cheese.

Drivers carry under \$20
Limited delivery area.
©1982 Domino's Pizza, Inc.

Domino's Pizza Delivers.™



2 free cups of Pepsi

2 free cups of Pepsi with any 12" small pizza. One coupon per pizza. Expires: 12-11-82

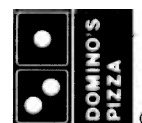
Fast, Free Delivery
College Center
Phone: 435-8200



\$.50

\$.50 off any size pizza. One coupon per pizza. Expires: 12-11-82

Fast, Free Delivery
College Center
Phone: 435-8200



ROTC offers commissions in Army Nurse Corps

The opportunity to be commissioned a second lieutenant in the Army Nurse Corps is just one of the professional and financial benefits available to young men and women combining nursing and Army ROTC, according to Colonel Archie A. Rider, Professor of Military Science at Jacksonville State University.

"Nursing students who graduate from the Army ROTC program at Jacksonville State University are given an extremely attractive package of benefits that will help them greatly in their careers," said Colonel Rider. "More immediately, they are eligible for scholarships and valuable training in Army hospitals while still in college."

Army ROTC offers nursing students who enroll in the Advanced Course up to \$1,000 in subsistence allowances for each of the last two years of the program. Students entering the Two-Year Program are paid for attending both Basic Camp and Advanced Camp and can take advantage of Army ROTC scholarships that pay for tuition, books and lab fees, as well as up to \$1,000 in subsistence allowance for each year the scholarship is in effect.

"In addition, nursing cadets have the option of attending an ROTC Nursing Ad-

vanced Camp where they can work in an Army hospital on a one-on-one basis with an Army Nurse Corps preceptor," said Colonel Rider. "This allows them to receive training in medical procedures and selected military skills as well as gain the leadership and management experience that is essential in reaching the top in any field."

After completion of either the four- or two-year Army ROTC program and a degree from an accredited nursing school, cadets in the Army Nurse Corps receive their commissions and are classified as Clinical Nurses.

Cadets in their senior year of college may apply for either the Psychiatric-Mental Health Nurse Course or the Operating Room Course for Army Nurse Officers, after completion of the Officer Basic Course. After a year of active duty, members of the Army Nurse Corps have the opportunity to apply for six months of study in pediatrics, obstetrics-gynecology, adult medical surgery, or intensive care nursing.

Those interested in finding out more about Army ROTC or the nursing program should call Major Hough or Captain Jenkins at 435-9820, Ext. 601.



Officials receive Urmoneit

Erich Urmoneit spoke on the topic, "United States, Europe and Soviet Relations in the 1980's," at a recent International House Dinner Forum. From left to right are

Dr. John Stewart, Glenn Huie, Charles Todd, Urmoneit, and Dr. Theron Montgomery.

German consulate speaks

By MARK MORRISON AND CORRADOS MAROLLAS

Members of the University's International House along with President Dr. Theron Montgomery and his wife, recently heard Erich Urmoneit, deputy consul general of the Federal Republic of Germany, reflect on issues concerning Western Europe and the United States at a banquet held at House.

Delivering his after dinner speech on Nov. 17, Urmoneit shared his viewpoints of the relations shared between the countries of Western Europe and the United States.

According to Urmoneit, this alliance is the basis of any successful relationship with the eastern countries, even that of the Soviet Union.

"This alliance between Western Europe and the U. S. has the ability to reason and

act to bring about the needed peace agreement," said Urmoneit.

Urmoneit, who was attached to the Consulate General of the Federal Republic of Germany in Atlanta in June of 1980, noted that although there is no real crisis in the Western Alliance, the disruptions created are by too much talk and no action.

"There are differences of opinions in the Western Alliance, but the problem which may lead to a crisis is created by too much talk," he said.

"We must once more become conscious of the spiritual and material things of the West, and realize that in the secular confrontation with the Soviet Union, our democracies are benefitted," revealed Urmoneit.

Who's Who

(Con't from Page 1)

education; Mary Murphy Johnson of Jacksonville, a senior majoring in history.

Mark Anthony Jones of Guntersville, a graduate student in physical education; Angelle Marie Landaiche of Jacksonville, a senior majoring in music; Letitia Venell Landers of Jacksonville, a senior majoring in computer science; Donna Lynne Lawson of Trussville, Ga., a senior majoring in accounting; Richard O'Neal Lindsey, Jr., of Huntsville, a senior majoring in accounting; Susan Mary Morcomb of Ft. Walton Beach, Fla., a senior majoring in math; Edith Amorett Morrow of Horton, a senior majoring in history; Vicki Diane Murray of Weaver, a senior majoring in accounting; Melissa Joan Myers of Odenville, a senior majoring in elementary education.

Kelly Jean Reed of Jacksonville, a senior majoring in nursing; Melba Kay Roberts of Jacksonville, a senior majoring in economics; Robert Lee Seaman of Ft. McClellan, a senior majoring in accounting; Patrick James Sharon of Alexandria, a senior majoring in Forensic science; Patti Brittain Shields of Gadsden, a senior majoring in early childhood education;

Classified

Female roommate needed to share two bedroom house. Must enjoy pets. Call 435-7587 after 6 p.m.



Elwyn Berton Spence of Anniston, a senior majoring in English; Lori Ellen Tate of Kingsport, Tn., a senior majoring in English; Kim Marie Whitehead of Horton, Ga., a junior majoring in English; Dana Leigh Williams of Anniston, a senior majoring in accounting; Elicia Dawn Williams of Huntsville, a senior majoring in early childhood education; Joan Teresa Williams of Jacksonville, a senior majoring in nursing; Laura Gene Wood of Heflin, a senior majoring in biology; Wanda Strickland Yates of Delta, a senior majoring in business office education.

Porzucek of Jacksonville, a senior majoring in law enforcement; Sharon Jan Pritchard of Attalla; Colleen Rene Radcliff of Anniston, a senior majoring in nursing.

Kelly MacMillan Osterbind of Jacksonville, a junior majoring in marketing; Fleeta Beth Parker of Albertville, a senior majoring in nursing; Rita Lorraine Perkins of Glencoe, a senior majoring in elementary education; Mark Anthony Phillips of Oneonta, a senior majoring in accounting; Debra Berg Piéper of Anniston, a senior majoring in accounting; James Gregory

Foreign

Medical School

Saint Lucia Health Sciences University School of Medicine is located on the "picture postcard island" of the West Indies, Saint Lucia.

Offering M.D. degree program

Listed by the Word Health Organizatin. Our students are eligible to take the ECFMG.

Call or write:

Saint Lucia Health Sciences Univesity

School of Medicine, U.S. Office

1501 Sun Bowl Dr., El Paso, Texas 79902

(915) 532-5848

Answers to Christmas songs...

1. "All I Want for Christmas Are My Two Front Teeth"
2. "Silent Night"
3. "Angels We Have Heard on High"
4. "Rudolph the Red-Nosed Reindeer"
5. "It Came Upon the Midnight Clear"
6. "Deck the Halls"
7. "I'm Dreaming of a White Christmas"
8. "Twelve Days of Christmas"
9. "Silver Bells"
10. "I Saw Mommy Kissing Santa Claus"
11. "Away In a Manger"
12. "Joy to the World"
13. "O Little Town of Bethlehem"

14. "It's Beginning to Look a Lot Like Christmas"
15. "God Rest you Merry Gentlemen"
16. "O Come All Ye Faithful"
17. "Do You Hear What I Hear?"
18. "The Little Drummer Boy"
19. "The First Noel"
20. "Hark the Herald Angels Sing"
21. "We Three Kings of Orient Are"
22. "What Child Is Born?"
23. "Go Tell It On the Mountain"
24. "Shepherds Watch Their Flocks by Night"
25. "Santa Claus is Coming to Town"

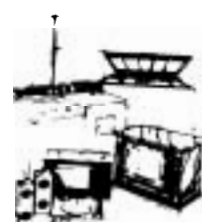
COLORTYME

TV • Video • Audio • Appliances

America's Convenient One-Call Rental System

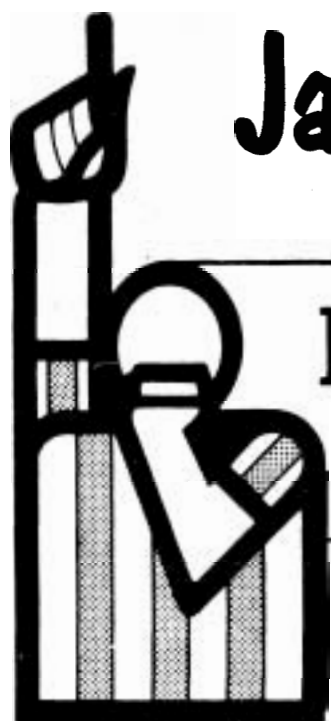
- No Creditors Checked
- Rent by Phone
- Rent-to-Own Plan
- No Security Deposit
- No Long Term Obligation
- Service & Immediate Delivery Included

BIG SELECTION of Major Brands (including RCA, Whirlpool, Sansui and Fisher)
TVs • Washers • Dryers • Stereos • Refrigerators
Freezers • Video Recorders • Microwave Ovens



To Get It Today, Visit or Call 236-6662

3104 McClellan Blvd. No. 11 Anniston Plaza (Next to Winn Dixie)
Mon - Fri 9-7 Sat 9-6



Jacksonville State University

INTRAMURAL SPORTS PAGE

WINNERS OF VOLLEYBALL TOURNAMENT

- Women-Weatherly Netburners ● Greeks-KA
- Overall Champs- B & S

ALPHA SISTERS DEFEAT WEATHERLY WONDERS

The Weatherly Wonders attempting to defend their IM Championship of last year to Alpha Sisters fell last Monday night.

Weatherly Wonder won the toss and was quickly forced to punt. Alpha Sister took the ball and went downfield as Callie Thurman ran it in from 11 yards out. The two point conversion was good. Alpha Sisters led 8 to 0. Weatherly Wonders offense then took the ball and drove the length of the field before safety Callie Thurman picked off a Simone Dupree pass and raced 109 yards for her second touchdown of the game. The two point conversion was again good. Alpha Sisters now led 16 to 0. Weatherly came back as they drove 70 yards. The drive ended on a 10 yard touchdown pass from Dupree to Susan Isles. The two point conversion was also good. Weatherly now trailed 16 to 8. With less than a minute before the half Alpha Sisters ran a water bucket play to Karen Norfleet for a 55-yard touchdown. The two point conversion failed. The first half ended with Alpha Sisters leading 22 to 8 over Weatherly Wonders.

Neither team was able to move the ball the second half until late in the fourth when LB Rhonda Kirkk intercepted Thurman's pass. Kirk was then moved to quarterback and led Weatherly to a score by passing to Susie Oliver for the score. The two point conversion failed and the score was Alpha Sisters 22, Weatherly Wonders 14. This is the way the score ended with Alpha Sisters the new IM Champs.

SAGE BANDITS DEFEATS KA

The Saga Bandits and KA played for the JSU IM Championship last Monday night. After a couple of punts the Saga Bandits QB, Pig Clark, took an option right and trotted eleven yards for the first score of the game. Bobby Watson made it 7-0 with the PAT.

Later in the second quarter Clark dropped back and hit Ralph Floyd on a 30 yard TD pass. The PAT was blocked by KA's QB Kirk Patterson, connected on a 55-yard TD pass to Dean Baldwin. The PAT was blocked by Saga's Joe Coyle and Ted Fuller. The Bandits made a valid attempt to get into the end zone, with 35 seconds left in the first half Clark pitched to the left halfback JD Williams going right and he threw back to Clark left and he threw down field 65 yards to Ralph Floyd, with time running out place kicker, Bobby Watson tried a 27 yard field goal that went wide left. The first half ended with Bandits. 13, KA 6.

The second half KA's offense took the ball and drove deep into Bandit's territory then the drive was stopped when Kirk Patterson threw an interception to safety Drew Pretzello. Late in the third quarter Earnest Morrow rambled 75 yards on a halfback draw for a touchdown. The PAT was good and Bandits led 20-6. KA came back with an impressive 70 yard drive that ended with Patterson throwing a 15 yard TB pass to Greg Middlebrooks. The extra point failed. KA now trailed 20-12.

At the start of the fourth quarter the Saga Bandit's offense wasn't able to move the ball and the punter Joel Coleman was forced to punt. KA took the ball and turned it back over to the Bandits when Bobby Watson picked off Patterson's pass, but the Bandit's offense was stopped once again. KA's offense then drove deep into Bandits' territory when their time Jeff Ramey intercepted Patterson's pass. With three minutes remaining in the game KA took the ball and marched down the field to cap it off with a 15 yard pass play to Dean Baldwin for the score. KA now trailed 20 to 18, with 50 seconds remaining in the game KA tried for a two point conversion. Patterson dropped back and just missed Middlebrooks across the middle. The Bandits took over as the seconds ticked off the clock and they were IM Champions for 1982.



COURTESY OF MILLER HIGH LIFE

Quality Beverage Company

1980 Beer Brewed by Miller Brewing Company Milwaukee, Wisconsin

The Sportspage

Season ends abruptly in San Marcos, Texas

"'Almost' only counts in horseshoes and hand grenades," so the saying goes. But it probably caused a lot of pain for the Jax State Gamecocks, who came so close to the national championship.



Alison Andrews

Sports Editor

The team fought their last battle together last Saturday in San Marcos, Texas, where they were defeated for the

second consecutive year by the Southwest Texas Bobcats. The "fur and feathers" flew for sixty minutes on the field, but when time ran out, the score read Southwest Texas 19; JSU 14. The Gamecocks left the field with broken dreams and a short, miserable flight homeward.

For seventeen seniors, Saturday's game marked the end of the road in college football. They are Ronald Cooper, Joe Hartsfield, Anthony Bush, Ed Lett, Chris Pepper, Eugene Roberts, Kenny Stokes, Benny Blair, Simon Shephard, Charles Harris, Jeff Miller, Jon Barefield, Jack Hall, Mark Hampton, Ted Watson, Gregg Lowery and Loughry Robinson.

Each of these men deserve special congratulations for the honors they have achieved and the leadership they provided. To the remaining team members, let's have chins up; a 12-2 season and conference championship title are nothing to hang heads over. And since winning is a tradition at JSU, there is next year to plan for.



(Photo by Mike Roberts)

A large crowd of fans supported the 'Cocks in San Marcos, Texas.

Sports spotlight

Williams reflects good season

By MIKE LIVINGSTON

Sheri Williams is a sophomore cross country runner from Mt. Brook, Al. During her high school years, Sheri was named to five all-state teams and holds the Alabama State indoor two mile record in time of 11:34.

"This year was better all around and I trained a lot harder," said Sheri, when asked to compare her 2nd season to her 1st here at JSU. This fall Sheri trained by running 60 miles a week. She did this by running twice a day. Three times a week she works out with weights.

The Florida State Invitational was her best meet of the season, as she broke 18:00 for the first time at the 5K (3.1 miles) distance. Sheri was the overall winner at 3 Invitationals during this cross country season.

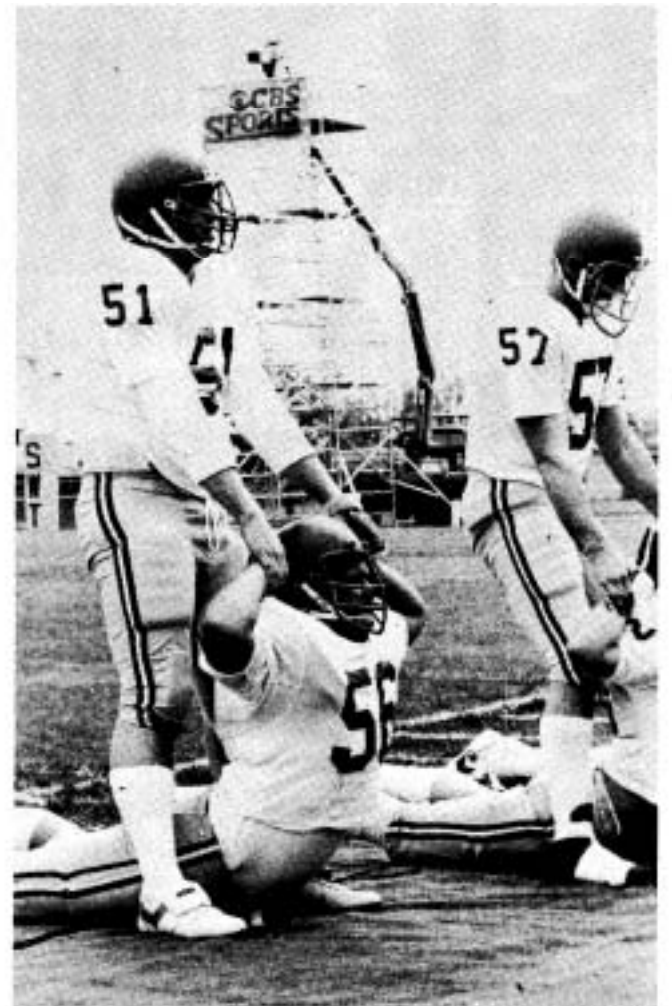
"This year I had more to run for in terms of wanting to do well at Nationals, and as representative of both a fraternity and a sorority on campus," said Sheri. Sheri also said, "People expect a lot and don't always understand when I don't place as high in races when I make it to the national finals."

This year was Sheri's 2nd time to go to nationals. In her freshman year, she was 108 out of 300. This year she knew what to expect at the race, but was slowed down by 5 min. in 1½ feet of snow.

"There was really no way to train for the snow, and I haven't had any experience racing in the snow," said Sheri. Despite all of the snow, she placed 72nd at Nationals this year. To keep warm at frigid St. Cloud, Minn., Sheri ran in tights, turtle-necks, gloves and her (See SPOTLIGHT, Page 15)



SHERI WILLIAMS



(Photo by Mike Roberts)

Gamecocks stretch out in front of CBS Sports cameras before Saturday's semifinal game against Southwest Texas.

Baseball preview

Coach Abbott looks forward to season

By MARK MORRISON

While many eyes were fixed upon head football coach Jim Fuller's Gamecocks as they captured another Gulf South Conference Championship and entered into the Division II National Championship semi-finals, very few were aware that head baseball coach Rudy Abbott's Gamecocks were busy this fall preparing for what Abbott hopes to be a productive spring.

The Gamecocks, although will not begin their 1983 season until February, have been playing against opponents on both the four year and junior college levels during what Abbott refers to as their "fall season."

"Football has what is known as their spring practice in March and April," said Abbott, "whereas baseball has their spring training in the fall."

"The weather is so bad in January and February that we do our training in the fall," explained Abbott.

According to Abbott, the Gamecocks work mostly on fundamentals the first two weeks of fall training and devote the next four weeks to playing games with various four year and junior college schools.

Although Abbott feels that his Gamecocks had a productive fall session, he was not altogether pleased with the team's performance.

"The fall session is not a season where you keep up with records and who beat who," said Abbott. "Although we won all our games against four year colleges, we didn't do very well against junior colleges."

(See BASEBALL, Page 15)

Baseball

(Con't from Page 14)

The main purpose of the fall session, says Abbott, is to give the players a chance to see what they can do and give the coach an idea of his team's capability.

"Baseball is a game which requires long hours of practice," said Abbott. "I like golf, it is a game of repetition. The more curve balls a batter sees then the better hitter he'll be."

Abbott noted that his players came out of fall practice with a feeling of enthusiasm. "I'm looking forward to this season," he said, "because I feel we've got an excellent chance to win."

Abbott believes that every coach has an idea about his team's capability, and the fall season gives the coach a better idea of how well the team will do.

"The fall season doesn't always indicate how your regular season will go," said Abbott. "Just because you win during the fall doesn't mean you'll win during the regular season, but it does mean you have a chance to win."

Abbott says he was pleased with the way many of the

players stood out. "We have a chance to have an outstanding pitching staff if we correct a few small problems," he said.

Defensively, although Abbott feels the biggest problem will be the lack of speed and quickness in the infield, the Gamecocks should be the best they've been in the last few years, he said.

"Although we have a few who can swing the bat," said Abbott, "we'll be working hard on our hitting."

An injury to pitcher Jim Forsgren will put him out for the entire regular season. "We lost one of our best pitchers in Jim," said Abbott.

Forsgren cut his arm earlier this year in a "freak accident", but Abbott feels sure Forsgren will work hard and pitch again for the Gamecocks in 1984.

Although the baseball season is almost four months away for the Gamecocks, they'll continue to work hard in order to be prepared when the time comes. "We have to work," says Abbott, "to be the best we can be."

Aerobics - new exercise craze

By CORRADOS MAROLLAS

Everyday Olivia Newton John, Diana Ross, Victoria Principal, Jane Fonda even Walt Disney with Mickey Mouse sell millions of dollars worth of tapes, records and books associated with aerobic exercises.

The last two years aerobics has influenced our lives in a lot of ways or if you wanted it, aerobics has become a way of life itself.

Let's see what this new exercise is that has taken the world over: men and women of every age and every class.

Aerobics is a simple idea or theory. When we run, ride a bicycle or swim, the movement of the leg muscles sends more blood to the heart which makes the heart move faster and more strenuously. The heart becomes stronger and with every stroke more oxidized blood is sent to other parts of the body. This oxydized blood means more energy for the person. With the continuous exercise, the body's arteries open bigger; this diastole means fewer possibilities for strokes and other heart diseases. To exercise the heart for this purpose, we have to make it work faster. The average heart strokes for individuals differ from age to age.

To find your average heart stroke, the simplest and easiest way is to subtract your age from the maximum heart strokes of 220 per minute. For example, to find my average heart strokes, I subtract my age 19 out of 220; that gives me 201 maximum strokes.

To do aerobic exercises correctly, the professionals say that you have to force your heart to work up to the 70-80 percent of your maximum stroke number, for 20 minutes without any stopping three times a week at least.

Please don't imagine that you can start exercising like that tomorrow. If you are not used to it, take it slow for a few weeks before reaching your maximum. Running, for sure, is the easiest and cheapest way to exercise but a lot of people do not feel like taking to the street every morning. For these people the recording companies have recorded pop music with aerobic exercise instructions. Music helps you to keep the rhythm and also makes your workout much more fun. So with just working-out three times a week, you can live a healthier and longer life. Try it, you will probably like it; it's fun.

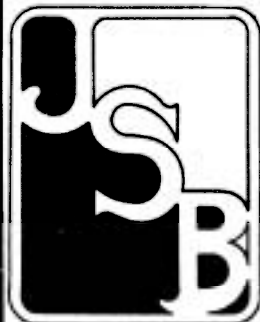
Spotlight

(Con't from Page 14)

JSU uniform.

Now that cross country season is over, Sheri is training for track season. During the track season, her events will be the 10k (6.2 mile) and the 5k (3.1 miles). To earn a trip to nationals in track, Sheri will have to run a 38:00 10k and 18:01 5k. Sheri has run a 37:45 10k at a road race and 17:54 5k,

during this past cross country season. Sheri has been coached by cross country coach Dick Bell during her two years here as a Lady Gamecock.



JACKSONVILLE
STATE
BANK

MEMBER
FDIC

Home Owned & Operated

DRIVE IN WINDOW: OPEN 8:30AM - 4PM, M-TH,
FRI. TILL 6PM

LOBBY 9AM - 2PM, M-TH, FRI. 9AM - 2PM & 4PM - 6PM

Main Office, 817 S. Pelham Rd, Jacksonville
435-7894

107 Main, Weaver
820-3500



2 Public Sq., J'ville

Follow The
Gamecocks
on:



1390 AM

100.5 FM
Stereo



(Photo by Mike Roberts)

Jill Stewart battles against West Georgia defense. Tonight the men face Tusculum College at 7:30 p.m. in Pete Mathews Coliseum. Take a break from studying and come out and support the Gamecocks!



PLAYER OF THE WEEK

Quality Beverage
Proudly Presents
the Miller High Life
Player of the Week-
For An Outstanding
Performance In The
JSU vs. SW Texas
Football Game



Congratulations SIMON SHEPHERD

Simon, senior All-America linebacker
for Jacksonville State's football team,
had 16 tackles against SW Texas last week.

PLAYER OF THE WEEK

SPONSORED BY THE MILLER BREWING COMPANY

Give The Gift That's Priceless- Health & Good Looks

It's the gift that will last a lifetime!!

Call Today For Our
Special Christmas Rates
& Gift Certificates

Gift Certificates Are
Now Available



435-6830 435-6871
28 Public Square



**NAUTILUS
HEALTH CLUB**
28 Public Square, Jacksonville
435-6830 435-9997



28 Public Square Phone 435-6871
435-6830

EXAM JAM 3 for 1 TONIGHT!!!



Chaps

"Book Your Party At Chaps!"

Dec. 13-16

Mon. 13th

**Monday Night
Football**

55¢ Beer
\$1.50 Mixed Drinks
Game Board And Prizes

Tues. 14th

**Beat The Clock!
Mixed Drinks**

7:00 to 8:00 \$1.00
8:00 to 9:00 \$1.50
9:00 to 10:00 \$2.00

Wed. 15th

Ladies' Night

8:00 to 9:00
all you can drink \$1.00
Men's Cover \$1.00

Thurs. 16th

3 for 1 Night

from
9:00 to 10:00