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SPECTRUM

North Dakota Volume 83 Issue 44 Tuesday, March 27, 1979

Dave Bateman has been selected to receive John Lee Coulter award

Dave Bateman has been selected by the Agricultural Economics Club of SU to receive the John Lee Coulter award for outstanding service to agriculture. Bateman is North Dakota's Dean of Radio Broadcasting, national-known farm director and radio broadcaster.

Bateman was born July 17, 1911, to Mr. and Mrs. Chas. Thomas Bateman in Oil Springs, Arkansas. He received his Bachelor of Science Degree in agriculture from the University of Arkansas in 1937 and his Masters Degree in Agricultural Communications from Iowa State.

He first started serving farmers as a county agent in Arkansas from 1937-52. He was the agricultural editor at Iowa State from 1952-54 before moving to Fargo where he became the SU agricul-

tural editor from 1954-66.

It was while serving SU that Bateman started Better Agricultural Methods productions in May of 1960. Along with starting and operating BAM productions, he served as WDAY's farm consultant from 1954-66 and signed on as farm director in 1966 until this past year when he decided to take things a bit easier by retiring from WDAY.

Bateman is probably best noted for his program "This Business of Farming" which is one of the oldest broadcasts in the nation under one sponsorship. It was started Aug. 1, 1960, and has been sponsored by the Peavey Company, Minneapolis, Mn., since that date.

"This Business of Farming" is currently listened to by over 400,000 farmers, ranchers, and agriculturally minded people every day in a four-state and

two-province area.

Bateman also broadcasts other shows, including: "Agribusiness Hot-Line," "Assignment Agriculture," and Sunday morning "Farmers Forum," which he co-hosts with Howard Logan, National Association of Farm Broadcasters secretary-treasurer from Topeka, Kans. This program is heard throughout the midwestern United States.

Through the years Bateman has become a friend and close contact of many national figures, including Agricultural Secretaries, Earl Butz and Robert Bergland. He has had the honor of meeting four U.S. Presidents: Truman, Hoover, Eisenhower, and just recently was one of 30 farm directors from across the United States invited to discuss agricultural issues with Jimmy Carter.

Bateman has had the opportunity to make many trips on behalf of his work and American agriculture. In 1974 he was invited by the minister of agriculture of Israel to help appraise the agriculture methods and management there. He is the only American ever to receive an invitation of this type.

He has also traveled to Iceland to evaluate their sheep

Bateman to page three

Openings are still available for Skill Warehouse

Students can still sign up for many Skill Warehouse classes.

There are openings available in the three beginning guitar classes, folk guitar, classical guitar, harmonica and piano. Beginning ballroom dance and disco dance have openings in both sections.

Cornhusk dolls, beginning astrology, flower arranging, creative cooking, home gardening, and planning your wedding have openings. The recreation classes of beginning backgammon, billiards, camping, fly tying and lure making and soccer also have openings.

Students are admitted free to Skill Warehouse classes. There is a \$5 charge for spouses and faculty.

To sign up for a class, attend the first session next week. Class times and locations can be found in last Tuesday's Spectrum or at the Activities Desk in the Union.



A member of the South Carolina State team cuts down the net after winning the AIAW small college tournament, held last weekend at the Field House. See pages 6 and 7 for a story and more photos. (Photo by Don Pearson)

Spring Blast celebration to be April 30 to May 6

Maybe you didn't notice, but Spring officially began Wednesday (you remember spring—dandelion crops, epidemics of I-just-can't-end-another-minute-inside-osis, and when a young man's fancy turns...).

Tim VanderLaan and Steve Endwall of Campus Attractions have been busy preparing a celebration for the overwintered population of SU.

Spring Blast for 1979 starts Saturday, April 28, with "Battle of Beginnings," a debate sponsored by the lectures committee of CA. The discussion of evolution and the battle for the Earth will be held at 7 p.m. in the Old Field House.

Sunday, April 29, is the day of SU's own "Zany Olympics" at the New Field House. Teams will be working on a goal-point system in such events as car stuffing, pogo stick racing, kite and paper plane flying contests.

A Fine Arts Fair is scheduled for Monday and Tuesday from 10 a.m. to 4 p.m. on the Union mall.

Don't miss Jim Challas on the front lawn of the Union Monday afternoon. The Minneapolis area frisbee pro will be demonstrating his art and conducting a clinic and tournament for the student body beginning at 2 p.m.

That night, Michael Marlin, graduate of Ringling Clown College, will present his juggling act in Festival Hall at 8 p.m. Marlin has appeared on Kirschner's Rock Concert, performed with magician Doug Henning, and recently

opened a Las Vegas nightclub act for Connie Stevens.

The Eleo Pomare Dance Company will be in concert at 8:15, Tuesday, May 1, in Festival Hall as part of SU's Fine Arts Series.

In conjunction with Spring Blast, the "Y" of SU has planned "New Games" on Wednesday, from 2 to 4 on the mall. "New Games" is a non-competitive type of fun designed "to make the game more important than the score." Participants will make use of giant, inflatable balls, parachutes and more.

A street dance (and this one's a freebie!) featuring The Red Willow Band, is set for 7 p.m. the night of May 2. It will be held west of the Union, but in case of bad weather, head over to the Old Field House for the dance.

"Blazing Saddles," "Groove Tube," "Kentucky Fried Movie" and "The Front" headline Thursday night's film festival at the Starlite Drive-In, starting at dusk. Get a CA sticker and save some bucks at the gate. The stickers will be available at the Activities desk.

"Street Circus," Mike Stone and "Side Show" will be in the dining centers Thursday and Friday providing circus-type entertainment during the lunch hours. You'll see mimes, jugglers, comedians, face painters and (?) stilt walkers.

Friday, May 4, they all come together for one, big show to start a night of fun

March 31 is Alcohol and Drug Awareness day at SU

President Laurel D. Loftsgard has proclaimed March 31, 1979 as Alcohol and Drug Awareness Day at SU. Leslie Pavek will open the "Three R's Seminar,"—on Reality, Responsibility, and Rewards at 9:30 a.m. to welcome the college, high school students, and faculty from a tri-state area to the one day event to be held in the Ballroom of the Student Union on the SU campus. The alcohol and drug use and abuse program will feature outstanding professionals who are working in prevention, education, and effective awareness in current ongoing programs. "The alcohol and drug education and prevention program is being given top priority in all colleges, schools, and departments at the University," according to Loftsgard. "It involves students and faculty and we must responsibly address the issue to ourselves and the public."

The office of Les Pavek, Vice President for Student Affairs, is coordinating and scheduling the day's activities.

Dr. Gerald O'Connor, alcohol and drug advisor to former Governor Ronald Reagan will present the topic "Why People Drink." Following the movie "Booze and You" a panel consisting of Dr. Joy Query, on the

faculty of the UND Medical School will address the socio-cultural aspects of drinking with special emphasis on women.

Dr. Alf Borge, VA Hospital alcohol and drug specialist, will detail the physiological aspects of alcohol and drugs and Dr. Alden Hvidston, Director of St. John's Treatment Center will cover the emotional and spiritual impact of drug abuse. This will be followed by a question and answer period with the panelists to complete the morning session.

Ms. Deb Eng's topic will be titled, "Responsibility Begins With You," and will open the afternoon program at 1:00 p.m. Ms. Eng has just returned from Iowa State University at Ames where she addressed a ten state upper-Midwest conference of campus housing directors. She is currently an assistant of the Director of Student Development at Moorhead State University.

Ted Austin, founder of Austin's Full Life Center of Minot, will discuss the helping professions. Austin was the first graduate of SU's masters program in addiction counseling and is a former director of the St. Joseph's Hospital Chemical Depen-

Alcohol to page three

Clips

campus

Slogan selected for promotion of Student Senate

"We can do it all for YOU" is the slogan that has been adopted by Student Government in a promotional campaign started by the Student Senate this week.

The Senate has had buttons printed with the slogan on them to be worn by the senators in an effort to make themselves more easily identifiable to other students.

"All too often people have a negative attitude toward the Senate," said Mardi Emde, commissioner of Governmental Relations and Student Services, the group that originated the idea for the buttons.

Emde called the buttons a "visible means" of publicizing Student Government on campus. "We want to make students on campus more aware of who their student senators are and who's supposed to be working for them."

She said she hopes the promotional campaign will increase input from constituents to their senators.

Emde said she also hopes the campaign will involve groups other than the Senate, such as Finance Commission, Student Court, and the Congress of Student Organizations.

IRHC Meeting

The Inter-Residency Hall Council will meet at 6 p.m. Wednesday, March 28, at Meinecke Lounge.

Association of Veterinary Science

Dr. John Reichert will be discussing the large animal veterinary practice at the Association of Veterinary Science meeting at 7:30 tonight in the Animal Health Building.

Horticulture Club

The Horticulture Club will have a Spring planning session at its next meeting at 7 p.m. Wednesday, March 28, in Horticulture 103.

Wildlife Society

Howard Postovit will speak on the "Nesting Birds of Prey in the North Dakota Badlands," at 4:30 tonight in Stevens Room 109.

Sociology-Anthropology Club

The attendance of the North Dakota Folklore Conference and Spring social activities will be discussed at the Sociology-Anthropology meeting at 7 p.m. Thursday, March 29, in Minard 220.

College Republican Meeting

Noreen Bunker, past President of the North Dakota Federation of Republican Women will speak on "Republican Women in Politics," at the regularly scheduled meeting of the SU College Republican's Club at 6 p.m. Wednesday, March 28, in the Roughrider Room of the Memorial Union. The public is invited to attend. For more information call Fran Brummund at 241-1856.

Mortar Board

Membership will be continued at the Mortar Board meeting at 6 tonight in the Roughrider Room of the Union. All members must attend this meeting or contact Jane Yseth at 280-0457.


Tenant-Landlord Seminar

A presentation concerning tenant-landlord problems will be given at 7:30 p.m. Wednesday, March 28, at the Fargo Public Library. Lawyers will be on hand to answer questions and give legal advice. Everyone is invited to attend.

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for meritorious work in the field of audio visual education. He has also received such distinctions as the Future Farmers of America Honorary State Farmer Degree and an appreciation plaque for outstanding work from the National FFA Association, a plaque for outstanding reporting of conservation news in North Dakota, not to mention dozens of other plaques and awards lining the walls of his office membership, including the Kentucky Colonels award and the Arizona Traveler award presented by the Governor of Arizona.

Bateman from page one. Industry, to Ecuador representing the National Association of Farm Broadcasters. He has even covered the war in England and land over their codding rights. Some of the awards bestowed on Bateman include the North Central Chapter of the National Agricultural Marketing Association man the year and best radio campaign awards, and the Farm Film Foundation award

Alcohol from page one

dency Unit at Minot. Closing the afternoon session will be Dr. Will Wells who is the Director of the internationally known Heartview Treatment Foundation at Mandan. Dr. Well's expertise in psychological and pastoral counseling will be directed at the "Rewards of Recovery." "This is a giant step forward for SU to have an opportunity to meet the challenges our young people

and society as a whole face in dealing with drug problems. We at SU, the entire community and our area, are indeed proud to be able to formulate a program which brings together such an experienced volunteer group of knowledgeable experts in their respective fields," Loftsgard stated. B.C. (Chuck) Bentson, Associate Dean of Students Office, is in charge of facilitators - Ms. Lynn Tucker, James Jerome, and Arlin Melgaard.

Two workshops to be held at Lutheran Center

Two workshops, CLOWNING - FOR FUN AND PROPHET and A DEGREE - NO JOB - NOW WHAT? are being offered spring quarter by the University Lutheran Center under their Growth Opportunities Program.

The workshop on clowning, scheduled for March 30 from 7:00 to 10:00 p.m. and March 31 from 11:00 a.m. to 5:00 p.m., will deal with various aspects of clowning plus its use as an expression of faith.

Roberta Johnson, Grand Forks, will conduct the workshop. Johnson, a commissioned lay minister in the area of education, fine arts and youth, has written, produced and directed over 50 church dramas and is the author of the booklet, "How to Use Drama in the Church." Lynn Hansen Prom, director of the gifted program for Moorhead Public Schools, will lead the workshop on A DEGREE - NO JOB - NOW WHAT? on April 21 from 1:00 to 5:00 p.m.

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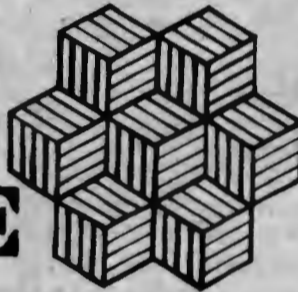
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Wednesday, April 4

Wednesday, April 11

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SPECTRUM EDITORIAL

It is unusual to get something for nothing and the last place it seems to happen is on a campus, but here it is.

Special Student Services, the Office of Student Affairs, the university president, and Arch Monroe are just a few who have combined their talents to pull in a fantastic program on drugs and alcohol, to be held Saturday in the Memorial Union Ballroom beginning at 9:30 a.m.

Monroe, an industrious bystander, who is heading this spearhead of talent, estimates Saturday's program will have \$500,000 in education, talent and experience there "free for the taking."

Leading off the 3Rs Workshop — Reality, Responsibility, and Rewards, Saturday morning will be Dr. Gerald O'Connor, who was Ronald Reagan's expert on teenage alcohol and drug problems.

Dr. Joy Query is currently a professor of Behavioral Sciences at UND. Dr. Alf Borge, former director of admissions at St. John's Hospital here in Fargo, is currently with the Veteran's Administration Hospital of Fargo. He is a top man in his field, say the experts.

Speaking on campus alcohol education will be Deb Eng, formerly of MSU and now with the Upper-Midwest Director's Workshop on campus alcohol and drug prevention at Ames, Iowa.

Alden Hvidston is the director of the Alcoholism and Drug Dependency Unit at St. John's. Ted Austin is the founder and director of the Austin Full Life Center in Minot. Will Wells is the director of the Heartview Foundation in

Mandan.

But the point is not to just throw around names — even though all these persons are the leaders in their fields. The point is that they are giving of their time to come to SU to share their education with many of them at a cost to themselves in lost work time and travel expenses.

What's happening here could turn out to be the best such program in the state. Both high school and college students have been encouraged to attend, with over 200 first class mail invitations being sent out to high schools.

Next year this program may be offered again with a cost and for graduate credit. A comparable program right now would cost — a lot. At the University of Minnesota, the normal expense of a workshop like this would be around \$5,000. Here it's free.

The important thing to understand is that this workshop isn't being sponsored to earn money or to give out several quick credits. It is for the student, faculty, or staff member who wants to improve himself. It is for the person who cares enough about the problems of our society to get some current information — this time from the experts who know this part of the country as well as their individual fields.

There is no excuse for not attending. There is no cost; there are no classes; there is no rule to stay the entire day. It is simply an opportunity for anyone to expand their education — for free.

Something for nothing — boy, that's unusual. Why not take advantage of it?

Upcoming Drug and Alcohol Workshop worth your time



The Spectrum is published Tuesdays and Fridays during the school year except holidays, vacations and examination periods. Opinions expressed herein are not necessarily those of the university administration, faculty or student body.

Editorial and business offices are located on the second floor, southside of the Memorial Union. Phone numbers are 237-8929 or 237-8995. The Spectrum is printed at Southeastern Printing in Casselton, N.D.

News stories or features for publication must be typewritten, double-spaced, with a 65-character line. Deadline is 5 p.m. two days before publication.

Letters to the editor are encouraged. They must be submitted typed, double-spaced and cannot be more than two pages in length. Letters must be signed but signatures will be withheld on request. The Spectrum, due to space limitations, reserves the right to edit letters for length, without destroying the writer's major thesis, and to correct spelling, style and grammatical errors.

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Final acts chosen for annual Bison Brevities production

Tryouts for Blue Key's annual production of Bison Brevities were held last Tuesday and Wednesday in the Memorial Union Ballroom.

A panel of four judges selected three 15-minute acts and 10 five-minute acts for the final production to be held Thursday and Friday, April 5 and 6, in Festival Hall.

Individuals and groups were scored on the basis of potentiality, originality, and

creativity of script, quality, effectiveness, expression and preparation of performance.

Chosen acts range from production acts involving 20-25 people with song and dance to individual stand-up comedy.

Tickets will go on sale this week and can be purchased from Blue Key members and all chosen Bison Brevity act members. For more information contact co-chairman Jim Roberts at 241-2679 or Jane Yseth at 280-0457.



Jim Roberts, co-chairman for Blue Key's Bison Brevities, gives the judges instructions before the tryouts.

Photo by Don Pearson

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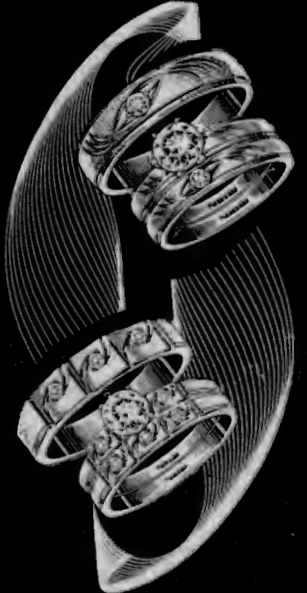


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Stories by Mike DeLuca
Photos by Don Pearson

South Carolina State wins AIAW tournament

South Carolina State won the AIAW national small college women's basketball tournament Saturday by defeating the University of Dayton, Ohio 73-68.

The Lady Bulldogs were led by Roberta Williams who had 27 points in the game.

Williams got off to a slow start, scoring only six points in the first half, before unloading in the second half for 21 points.

South Carolina opened up a 13 point lead in the second half before Dayton scored 10 unanswered points to bring the score to 49-46. The Flyers put on a last minute effort instrumented by Julie Johnson and all-tournament team member Bev Crusoe which fell short as Williams scored two baskets to give the national champions a 57-49 lead.

Again, Dayton came back, this time scoring nine straight points for a 58-57 lead on Meyers three-point play with a little over seven minutes to play in the game.

Williams came back to regain the lead for South Carolina with a pair of free throws just 11 seconds later.

Dayton put together another comeback and took the lead for the final time in the game at 64-59.

But, the Dayton defense could not stop Williams as she answered the Flyers' comeback with a jumpshot that sent South Carolina into a nine point spree. This gave the Lady Bulldogs a 68-59 lead with 2:26 remaining in the game.

Williams' field goal cut the Dayton lead to 64-61. Margaret English, also

selected for the all-tournament team, tied the game with a three-point play with 4:20 remaining in the game.

Williams then scored another jumper to put the Lady Bulldogs in the lead for good at 66-64.

For her performance in the final game and in the tournament, Williams was named the Most Valuable Player and was named to the all-tournament team.

To get into the finals of the national tournament, Dayton defeated Air Force in the first round 84-71. In the quarterfinals they upset defending national champions High Point 75-65. In the semi-finals Dayton beat Niagara 76-59.

South Carolina advanced to the finals with wins in the first round over Emporia 86-47, in the quarter-finals 91-53 over Seton Hall and in the semi-finals with a 85-70 victory over Tuskegee.

Both teams came into the tournament ranked in the national polls. Dayton was ranked second in the nation behind High Point, while South Carolina was ranked third.

South Carolina was seeded second in the tournament behind High Point. Dayton was seeded eighth.

In the third place game, Niagara outlasted Tuskegee, 71-55.

For fifth place in the tournament, Tougaloo downed defending national champion High Point 69-59. High Point seeded and ranked number one in the nation prior to the tournament, finished the year in sixth place.



The joy of victory



Roberta Williams brings the ball upcourt for S.C. State.



Dayton's standout, Ann Meyers, yanks down a rebound as the Flyers attempted to climb back into the game.

Bison Bounced from tournament action early

SU, the host team in the National Small College AIAW tournament, lost both in the first round, 93-40 to High Point, and in the consolation game 61-56 to Air Force eliminating themselves from further competition.

In Tuesday's first round, SU played defending national champions High Point. The Panthers showed they were a national champion team by totally dominating the game.

SU was never in the game as High Point led the game at half-time 41-23. The Panthers then went on to score the first 22 points of the second half. This built the Panther lead to 40 points at 63-23 and the Bison were clearly out of the game.

In that second half, the Bison were held scoreless for just under 10 minutes until Linda Tastad scored with 10:57 left in the game.

SU had only three field goal attempts in the 10 minute period. The Bison also committed several turnovers as the Panthers scored at will.

High Point put five players into double figures with Andreia Blanchard leading the way with 21 points. Ethel White had 15, Marie Riley 11, Theresa Holt and Wendy Knight each added 10.

Laura Jacobson scored seven points with Carol Devich scoring five to lead the Bison.

Losers the first day played

Wednesday in the consolation round. SU played the Air Force after the Falcons fell to Dayton 84-71 in the opening round. After the first round disappointment, Coach Paul McKinnon's team came close to upsetting the Air Force, but fell short at 61-56.

The Bison led at half-time 30-26 but could not contain the Falcons' Michelle Johnson.

Johnson, a sophomore guard from Spencer, Iowa, scored 29 points, including 13 of 18 from the field.

SU fell behind in the second half, but rallied late in the game to pull within three points at 52-49.

Then, Johnson pulled the Air Force ahead for good with a seven point flurry to put the Falcons ahead 61-51 with just over one minute remaining in the game.

If Johnson's hot hand was not bad enough, the Bison shot a cold 33 percent from the field. They connected on 23 of 70 shots. In the second half, the Herd could only manage 25 percent from the field.

The Air Force, led by Johnson, hit 26 of 51 from the field for 51 percent.

Laura Jacobson led the Bison with 16 points and 12 rebounds in the last game of the season for the Herd.

The Bison finished the year with a 12-19 record.

Tournament results

High Point 93
SU 40
S.C. State 86
Emporia 47
Seton Hall 74
Texas Wesleyan 58
Dayton 84
Air Force 71
Morris Harvey 84
Southeastern La. 81
Tougaloo 69
Pepperdine 41
Niagara 56
San Francisco 52
Tuskegee 80
Eastern Washington 71

Wednesday Games Consolation

Southeastern La. 99
San Francisco 64
Pepperdine 83
Eastern Washington 65
Emporia State 93
Texas Wesleyan 74
Air Force 61
SU 56

Quarterfinals

Niagara 78
Morris Harvey 73
Tuskegee 75
Tougaloo 57
Dayton 75
High Point 65
South Carolina State 91
Seton Hall 53

Thursday Games Consolation

Tougaloo 66
Air Force 61
Southeastern La. 78
Seton Hall 74
High Point 77
Pepperdine 62
Morris Harvey 94
Emporia State 86

Friday Games Consolation

High Point 79
Morris Harvey 73
Tougaloo 64
Southeastern La. 63

Semifinals

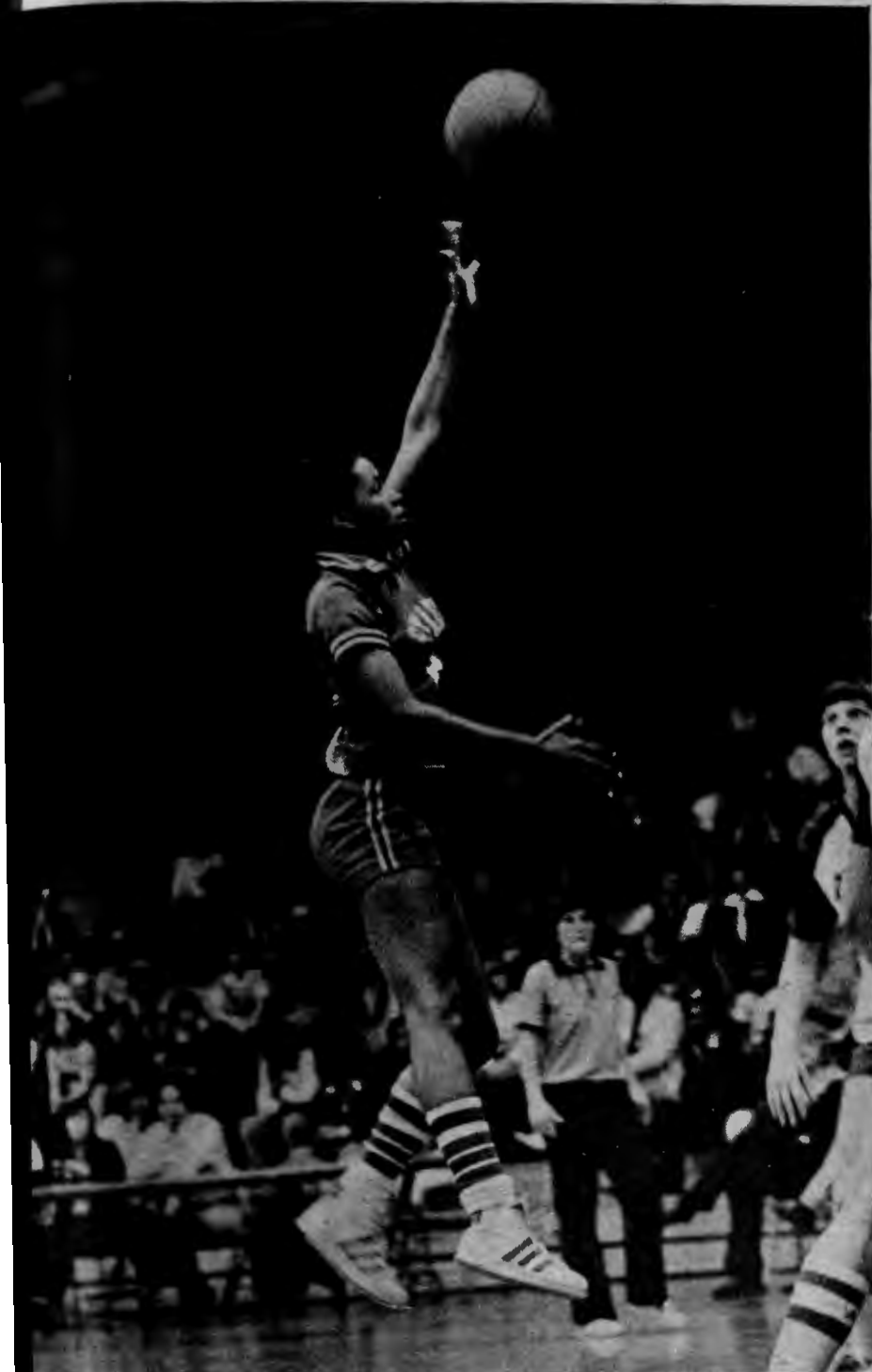
Dayton 76
Niagara 59
South Carolina State 85
Tuskegee

Saturday Games

South Carolina State 73
Dayton 68 (title)
Niagara 71
Tuskegee 66 (third)
Tougaloo 69
High Point 59 (fifth)



Dayton bench explodes after the Flyers gained the lead near the end of the game.



South Carolina State player lets a hook shot fly after driving across the lane.

Breakfast is important so select a meal to fit your needs or activities

There is a breakfast for everyone! Whether you're little and want to stay that way, or big and want to get bigger. Your breakfast needs depend on body size, age and physical activity. A small older sedentary person needs little food for breakfast while a

Kid Comic to perform March 28

by Becky Jones

"I have to sell myself like you'd sell a pit spray," Alex Cole, comedian, said in a telephone interview Friday. "When I talk about Alex Cole, I'm really talking in the third person."

Cole, who will be appearing Wednesday, March 28 at 8 in the Ballroom, started his comedy career at the age of 15 with Clyde Diget and Family, a Christian comedy team. He later worked with some improvisation groups such as Acme Theatre Company and Dudley Riggs.

Originally from St. Cloud, he recently has been working out of Minneapolis.

He also tried his hand at being an actor with Hoboken New Jersey Street Theatre but found it hard to develop a character for two hours. "Being a comedian, I have the opportunity to switch back and forth from as many as ten characters."

Nicknamed "The Kid" since a young age (I was always the shortest one on the block"), he now bills himself as The Kid Comic. "Also, people in the business always call somebody starting out a kid."

Cole considers himself a "motor head" (somebody who lives and breathes cars) of comedy. "I work hard at it," he said. "Most comedians just tell a joke without any delivery."

Adding validity to his name is Cole's main goal in his attempt to break from the top of the minor leagues into the major leagues. "I took the hardest part of the business by being a stand-up comic and hopefully this will help me to move into other areas later."

He has just started Alex Cole Productions producing a television children's show and radio comedy spots.

Cole considers comedians the last of the old gunfighters in that they lay their ego on the line every night and try to "out-draw" the audience. "You have to be cocky."

For the last two years, he's been exclusively a stand-up comic playing private parties, night clubs, and the college scene. He now has his act honed down to what he thinks will probably be the material he'll use when he breaks into television and later this year he'll be heading for the big lights to try and do just that.

"You just tell them I'll be the best comedian they'll hear until I come back again," Cole said. "I'm gonna blow them away."

Pretty self-assured for a Kid.

large, young, growing, active person needs a great deal of food for breakfast, and the entire day.

From the sedentary office worker to the person in athletic training, breakfast provides the energy punch needed to keep going all morning.

Breakfast usually includes breads or cereals, milk products, fruits and a protein source. But how much should you include? What are your needs?

One fourth to one third of your daily calorie intake should be eaten for breakfast. What you need to know is how many calories you need per day. You can estimate your calorie needs by knowing your activity level.

Basically, there are three activity levels: a sedentary person sits most of the day and may walk to classes, a moderately active person exercises daily, athletes in training and construction workers doing heavy work are considered very active.

To find how many calories your body needs, multiply your desired body weight by 13 if you are sedentary, 15 if moderately active and 20 if you are very active. For top performance, your morning meal should supply one fourth to one third of these energy needs.

For example, if you are a 180 pound very active male, you would need 3600 calories a day (20 X 180). For breakfast 800 to 1200 calories could be eaten. A glass of orange juice, two fried eggs, two sausage links, an English muffin with butter, hash browns and a glass of chocolate milk would give you 1000 calories.

Sounds good. Now for a 120 pound sedentary female the calorie needs would be 1600 daily, leaving approximately 400 calories for breakfast.

How does a glass of tomato juice, one egg, skim milk and a blueberry muffin with butter sound?

Curious about low calorie breakfasts? Many suggestions are given in SU Food Service's Food Line and other pamphlets. Check with Ruth Krause, campus nutritionist or Residence Dining Center hall displays. You'll find "Brave New Breakfasts" and "Breakfasts: Weighing the Facts" complete with new recipes, and other items. Here is one low calorie breakfast suggestion you might like to try: 4 oz. orange juice, 1/2 cup Cream of Wheat, 1 tsp sugar, 1 cup skim milk, and 1/2 banana for 275 calories.

There is a breakfast to fit your needs. Choose wisely and enjoy.

COLLEGE OF HOME ECONOMICS

CAREER WORKSHOP

Thurs. March 29 "Letter/Resume Writing"

Charlene Lucken

3:30-4:30 p.m.
FLC 124

HARDWARES
SCHEELS
SPORT SHOPS

4 STORES
IN F-MALL STORES
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james goldman

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SUNDAYS - 7:15 P.M.
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COMMUNITY
THEATRE**



Rapunzel and the Witch

North Dakota State University
Askanase Hall 1:30 p.m.
April 3, 4, 5, 6, 7

Tickets on sale March 26
Box office 237-7969

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COUNTRY
THEATRE** 

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Phone 280-2020

DR. L.A. MARQUISEE
Optometrist
631 1st Ave. North
CONTACT LENSES
235-7445

RATIONALITY OF BIBLICAL CHRISTIANITY

Fri., March 30, 7:30 p.m.
Supernaturalism vs. Naturalism

Sat., March 31, 10 a.m., 1:30 & 8:30 p.m.
Biblical Absolutes vs. Humanism/Existentialism
Personal Implications of Biblical Christianity
Homosexuality—A Biblical Perspective
Question & Answer Forum

Speaker:
Mr. Mike Sala
International Bible Teacher
Youth With A Mission
Heidebeek, Holland

Place:
Daystar Christian Ministries
Gardner Ministry Center
650 First Ave. N.
Fargo 283-3500

F-M Symphony to perform chamber concert

Members of the Fargo-Moorhead Symphony will be performing a chamber concert at the Plains Art Museum at 2 p.m. Sunday, March 25.

Performers will be Robert Strava, violin; Amie Casey, violin; Mary King Osterfield, viola; James Reck, cello; Rim Running, flute; and Andrew Froellen, piano.

\$300 FIRST PRIZE

Talent Wanted for Variety Hour

TYPE OF ENTERTAINMENT WANTED:
Singers, Instrumentalists, Bands, Comedy Acts, Skits, etc.

FOR FURTHER INFORMATION PHONE 241-2800

The program consists of Quartet in D Major for Flute, Violin, Viola, and Violoncello, K. 285 by Mozart; String Quartet (1970) by Lo Presti; and Trio in D Major for Piano, Violin, and Violoncello, Op. 70, No. 1 by Beethoven.

The major sponsor of this special performance is Steiger Tractor, Inc.

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Sponsored by:
NDSU Campus Attractions
YMCA of NDSU
Lincoln Speech & Debate Society

7:30 PM, Saturday, March 31
Family Life Center room 124

Kid Comic Alex Cole



"Alex draws from real life situations that might have been embarrassing, but through his straight forward and honest interpretations, they become absolutely hilarious, tears in your eyes kind of laughter."

Wed., March 28, 8:00 PM, Ballroom

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The movie coming at you
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MICHAEL BRANDON EILEEN BRENNAN ALEX KARRAS CLEAVON LITTLE
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C.A. is now accepting applications for all positions for the 1979-80 school term.

- Positions include:**
- President
 - Business Manager
 - Publicity Director
 - Equipment Manager
 - Films Chairman
 - Coffeehouse Chairman
 - Concerts Chairman
 - Lectures Chairman
 - Special Events Chairman
 - Spring Blast Chairman

Deadline for application:
April 6, 5:00 PM

Applications and job descriptions are available in the Music Listening Lounge.

Sunday 5 & 8 PM, Ballroom

CAREERS: WHERE TO GO

Home Ec Students act as own class advisors

Co-op Ed combines work and education for job experience

Looking for a job that will combine your classroom theory with career experience? Ceres Cooperative Education program is designed to do just that.

"We try to find professional-like placement that will offer the student the broadest range of experience," said Marcie DeGroot, assistant director of Ceres Co-op Ed.

There are usually 25 to 30 job openings at any one time, she said.

The jobs "span the nation," and she said, there are openings from Washington, D.C., to California. There are job openings available locally also, she added.

The jobs can be part-time, full-time or summer-time. Internships are also available, although students must apply for credits through the various departments.

There are a variety of jobs available in the fields of agriculture, business, communications, art, design, computer science, horticulture and more, she added.

"We've placed one student as an assistant jailer."

Another student, DeGroot said, is working with a local designer firm. Other students have been placed as loan officer trainees and U.S. custom inspectors, she added.

The program is designed to give more than one placement per student if possible, she said. "Each placement would be more and more complex." Ideally students would start out, for example, as a parts person the first year, be a supervisor the second year and be a manager-trainee the third year, she added.

"Our program is designed to combine theory and practice with credit and pay."

Most of the students presently involved in the program are sophomores, juniors and seniors but, she said, there are openings for freshmen also.

Career Exploration is a program designed for freshmen in cooperation with the counseling center, DeGroot said. It will allow freshmen to get part-time work experience.

The Co-op Ed program is in its second year.

"It works with all the career counseling agencies on campus and is a supplement to them."

The program differs as it deals mainly with internships and short-term work experiences but, she added, "we work very closely with the other agencies."

Students interested in participating in the program should come to Ceres 212, DeGroot said, and fill out an application. Students will be interviewed before discussing the job openings, she said.

"Sometimes we have an immediate match up." The employer makes the final decision, of course.

If there is no immediate opening, the student's name will be added to the filing system.

DeGroot added that a student must have at least a 2.3 GPA and a reference from a faculty member.

The program is for those students "who demonstrate ability and want to test out their skills in a work setting."

Students advising students. Not such an unusual idea. But the College of Home Economics has taken this idea, worked upon it and is now the only college on campus offering assistance to students by students in the form of advisers.

Juniors and seniors from the college serve as advisers. Rebecca Schmeichel, coordinator of student advisers, said the responsibility of the 25 advisers is to introduce prospective students to the college, help underclassmen become familiar with classes, to orientate students on campus so they become familiar with the college and university, and to answer any questions on a one-to-one basis.

"I think the best way to describe our program is to supplement and complement the faculty advisers," said Schmeichel. "But we are not to take the place of advisers."

She said student advisers have the advantage over faculty advisers of being nearer the age and sharing the interests of the students who come to them.

"But faculty advisers are professionals and are knowledgeable of the needs of the student."

Schmeichel said students often come with questions they need not ask advisers about, such as how to drop or add a course.

Other students come for special insights. "Students come to us because we have taken the same classes. They want to know about these classes so they can plan a comfortable schedule for the quarter."

Student advisers can also help the individual who is undecided on a major.

"First we talk to the student to find out her background and interests. Then we can suggest some possibilities and alternatives," Schmeichel said. She added that many times the student advisers refer students to faculty advisers.

A student having any questions can stop in the student advisers office in room 269 of the Home Economics Building between the hours of 9:30 and 2:30.

"We have an open door policy," Schmeichel said. "No appointments are needed."

This is an advantage for student advisers because the student can spend as much time with us as needed, she said.

Many times advising continues outside of office. "Students know and stop to ask us questions all the time."

Being a student adviser means having certain characteristics and going through training.

The individual should be friendly, have an interest in others, reserve the time to make a commitment.

"The most important essential for student advisers to obtain is communication skills."

Alexa Oxley, from the counseling center, conducts all-day workshops each quarter for the student advisers. Schmeichel said they cover such topics as listening skills and group cohesiveness.

Each department within the college holds meetings to inform the student advisers of options, courses and curriculum changes within that department.

Each of the advisers receives a handbook outlining the rules and regulations of the college.

Student advisers not only help students who are new to the college but also those who are prospective students giving tours throughout the college.

"We try to make the adviser a person comfortable with the idea of the college. We try to make it more personal."

Schmeichel said they point out to the student that many of the classrooms are small and that the students within the college are known by name and not just a number to the faculty.

She added that if a student is interested in a department within the college the adviser will emphasize that department during the tour.

Advising high school students is an added dimension to the program that began in the fall of 1978. "Two students and several faculty members came with the idea," Schmeichel said. "They foresaw student advisers as an asset."

As to how successful the program is, she said, "I can't see growth immediately but the program is becoming more visible. Most of this is through word of mouth."

For their time and assistance in making the program work, student advisers receive no credit money.

"What we get is a sense of self-fulfillment and worth."

Help available for Career Decisions

Every quarter, there are many SU students who have a vague idea about the area in which they wish to major.

One of the responsibilities of an adviser is to help these students make this decision, said Cecil Elliott, chairman of the architecture department. It is one that must be made very carefully, he added. Most of his advisees have a certain amount of professional awareness.

He spends time talking to students in terms of spelling out the options, both on this campus and elsewhere and also in terms of work experience.

"Most students don't realize that there are more than one or two set patterns they can follow," Elliott said. He feels there are many ways of getting employment and a lot depends on opportunities. Elliott advises students to "keep loose" and follow a general direction.

Pharmacy students, like those in architecture and engineering, usually have already made up their minds on career directions, said Dr.

Muriel Vincent, assistant dean in Pharmacy.

If she has a student who isn't sure, Vincent sends the student to the Counseling Center and has the student find out where his or her aptitudes lie. From there, the student is advised as to a major.

Dr. Edward Lana, chairman of the Horticulture department, said students must investigate the particular areas and see if they have a specific interest in a branch of the area.

"It is critical that students narrow the choice to three or four possible choices," said Dr. Jane Lillestol, Director of Academic Affairs in Home Economics.

The students must then plan their schedules so they take courses in each area. If the courses the students take are chosen carefully, every class can be used in any of the areas that the students have chosen. The key to this technique is good planning so that every course is usable, said Lillestol.

She also feels very strongly

about Cooperative Education. If students can get actual work experience in an area of interest, it helps clarify the situation for the students.

It is also very important that students get an opportunity to talk to people in the field. The College of Home Economics brings in people who the students can talk to, she said.

One other source that is available to students who are undecided about a major is a survey of graduates. By looking at this, they can get a better idea of the jobs available, the income, and the level of job satisfaction that graduates have in their present jobs.

Schmeichel, Hagen named as directors of Home Ec student advisors

Cindy Hagen, a sophomore in Child Development and Family Relations, has been selected assistant coordinator for the Student Advisors Program.

As assistant coordinator, Cindy will work under Rebecca Schmeichel, coordinator and junior in home economics education, and will assume the duties of coordinator next fall. This training period gives continuity and strength to the program.

Cindy has a minor in Psychology, she is a Resident Assistant at Dinan Hall and a Little Sister for Sigma Nu Fraternity. Her interests are racquetball, volleyball and music.

Cindy was selected through an extensive interviewing session. Tami Luttmmer, Audri Robinson and Sandy Boettcher, all sophomores in Home Economics, were candidates for the position and have been asked to become student advisors. The interviewing team members were present student advisors and faculty

coordinating council members.

The Student Advisor Program began in the fall of 1976 to supplement and complement the existing faculty advisors in the College of Home Economics. Selected juniors and seniors serve as student advisors to help freshmen, sophomores and new students with scheduling and adjustment to SU. The duties of student advisors are to help orient students to campus, help in class schedule planning and aid in the understanding of degree requirements. The focus of the program has expanded to include helping prospective students become familiar with the college.

There are 25 student advisors in the program and they maintain office hours in room 269 of the home economics building. Monthly meetings and workshops are held to provide student advisors with information about departments within the college concerning their curriculum changes, courses and seminars.

Student advisors do not receive credits, money, grades, or solid reinforcements for their involvement.

The home economics faculty feel student advisors are helpful because during registration, the routine questions aren't asked as often and faculty advisors have referred students to the student advisors. The student advisors actively help with registration, also.

Cindy sees the most important job as the new coordinator to keep things running smoothly by being a go-between for the students and faculty. One of her main objectives for the coming year is to establish a more comfortable and relaxed atmosphere in the student advisor office. Monies have been designated for this and the design department is working on it.

Dr. Jane Lillestol, associate dean and director of Student Academic Affairs in the College of Home Economics, is advisor to the program.

Home Ec Student Advisor applications will be available March 26 through March 30 in the student advisors office, HE 269. Eligible applicants are those students who will be juniors or seniors during the 1979-80 school year. Applications must be completed and returned to room 269 by 5 p.m. on Friday, March 30.

Interviews for the applicants will be held Thursday, April 5.

Career Center links students with possible careers

But 80 percent of employed individuals dislike their jobs," said Lillian Cole, career counselor at SU. "That is why it is important for a student to spend some time thinking at all the options."

Cole said that some individuals go into a career without prior planning. Later they are afraid to change to a less pleasing occupation because they feel the support of a family and other economic reasons hinder them. "Other individuals do what they think is expected of them," Cole said.

Some women feel they should be homemakers. They go through what I call the "Terrella Syndrome," where they go from being dependent on their father to being dependent on their husband. "If a woman is needed, she adapts for those women who later go into the job market because of economic reasons."

Students sometimes go into a job because they are afraid of hurting their parents' feelings or expectations, Cole said.

But the individual should be good about himself and have enthusiasms for his own career."

Cole stressed the importance of counseling. "The time to

get assistance is when the person feels he needs it. It is like preventative medicine."

Cole feels the student should seek help when needed. This help can be provided in various manners.

"At the career center we try to get the individual to know himself," she said. "We do this by getting the student to verbalize his interests."

Cole and two graduate assistants work with students on a one-to-one basis. Time is spent talking to the student to get information about background and interests.

Another part of this verbalization is done through tests. The student gives the feeling responses—like, indifferent, dislike—to job titles, class subjects and activities. This is done to determine interests and expose attitudes, Cole said.

From these tests interests are categorized into six areas: realistic, investigative, artistic, social, enterprising, and conventional. These interest areas help determine the career direction of the student.

In choosing a career, more than just interests are considered, she added.

"The student should consider his lifestyle. Does he want to move around or stay in one place? Will he be able

to live where the jobs are available," she said.

The student should also look to the future. He must consider job outlooks after college.

"Because of the technology and economy new jobs are always created and other jobs are no longer around. We have to adjust."

Work experience plays an important part in career decisions.

"No job is unimportant. From every job you learn something, such as likes and dislikes, strengths and weaknesses, and skills."

All these areas help to draw a picture of the student, she said.

"We like to have a student explore all his options. We want him to be self-enhanced," she said.

We encourage the student to try areas and classes in areas he has not been exposed to. He should take risks."

Cole pointed out that if the student fails in an area he should not be discouraged. In this way he finds out what he is interested and not interested in.

Other resources are available to the student.

At the career library in room 201 Old Main, the student can find many books, catalogs, brochures and files pertaining to anything

related to college majors, career planning, and jobs.

The Computer Guidance Information Center is also very helpful. The computer, installed in September, gives such information as training, job titles, employment history and course work.

The career center also offers career planning courses. These one credit classes help the student understand himself, careers, and work. Other courses offered are improvement of reading, interpersonal relationships, and study skills. They are listed under Education 196.

In the career planning classes each student visits with someone who is working in the type of job the student would like.

"In this way the student learn the fringe benefits, strengths and weaknesses of the job. They find out if it is a dead-end job or if it has horizontal or vertical movement."

The students also learn how to prepare for job interviews, write resumes and fill out applications.

Cole also suggested that the student make use of professors and advisers.

Another possible resource is the cooperative education program.

"Here the student works in

an area of interest and also gets credit," she said. In this way the student gets an idea of what type of career he may have.

Some students choose the alternative of stopping-out.

"The students who decide to leave school for a while usually make that decision before coming to see us," said Cole. "These students need stimulation and motivation to make a decision to come back."

Many night classes are offered for those persons who would like to come back to college but must also hold full-time jobs.

"It is important to keep growing," Cole said. "Education doesn't stop upon graduation."

"The satisfied person is fulfilled and is more interesting."

Cole said there is no way to measure success through the career counseling program.

"But when the students leave, their frustration level is down. They have enthusiasm and a good feeling about themselves."

classified

FOR RENT

Furnished apt. for rent NDSU area, 2 or 3 people. Call 293-5140.

Available April 1st 3 bedroom unfurnished apt. Close to NDSU off street parking, laundry, \$240, heat paid. Phone 232-0834.

Apt. for rent near NDSU. 2 bedroom unfurnished in duplex. \$185, includes heat. Available April 1. Off street parking. Call for appointment: 293-1872.

Two bedroom apartment, furnished, 1 1/2 blocks from NDSU, off-street parking, car plug-ins, laundry. 232-7216 after 5:00.

Rooms for rent utilities paid and off street parking 1 block from campus. 293-3856.

Room for rent across the street from Churchill Hall. Phone 232-2402.

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1 pair JDR 1000 speakers floor standing, quality sound, 7 months old, \$150 each. Call 241-2555.

For Sale: Uni Com Model 1010P desk top calculator-10 digit with memory, tape, and paper print out. \$30-Call 232-1179.

A treasure for photographers—a powerful (100-300 m.m.) zoom lens with macro. Take pictures from far away or extremely close. Is in excellent condition and includes lens caps and carrying case. Fits cannon mounts. \$260 or best offer. Call 645-2311 between 5 and 10 p.m.

For Sale: Lloyd's stereo. 8-track player-recorder, AM-FM, turntable. Excellent condition. \$85 or best offer. Call Pat at 237-5830.

For Sale: 35 mm camera and Kodak slide projector \$35 each; one pair of trick winter skis \$40. Call 232-4197.

For Sale: AKAI AA-1010 receiver excellent condition, still under warranty, reasonable price. Phone 280-2825.

1968 Pontiac Executive, new starter, power steering and brakes, V8. 241-2565.

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ROOMMATE WANTED

Roommate wanted for 2 bedroom apartment. \$110 per month.

Roommate wanted: Share 2 bedroom apt. 4 blocks from NDSU. Available April 1st. Call Larry at 235-5461 or 282-5210.

Female roommate (non-smoker) wanted to share 2 bedroom apt. near LaBelles with girl working on campus. 232-7512.

Female wanted to share 4 bedroom house 1 block from NDSU. \$110. April 1. Call 293-7388.

Female roommate wanted. Nice apt., near NDSU. Only \$62/mo! Available for summer months too! 237-0959.

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\$500.00 per week possible as home telephone receptionist for national advertising firm. No experience required—no obligation. A.C.P., Inc., P.O. Drawer 140069, Dallas TX 75214.

Sing with B.J. Thomas. Choir members needed for area-wide crusade services: April 29,30 and May 1. For information call 236-6383 after 5:00 p.m.

The Community Resource Development (CRD) program need Summer Youth Counselors to work one to a town in locations throughout North Dakota. CRD provides an opportunity to run your own program and practice decision making responsibilities. It attempts to involve young

people in recreation and community types of projects. College credit is available. Early application is required. For more information contact Pat Kennelly, NDSU. Phone 237-8381.

Business Majors. Interested in working as an administrative assistant at Standing Rock Indian Reservation? For more info. contact Co-op Ed. Ceres 212.

Communication Majors, challenging internship available in local medical facility. Contact Co-op in Ceres 212.

Seniors and Grad Students in Humanities. Administrative Internship available with state agency. Contact Co-op Ed. Ceres 212.

Summer Jobs available in Medora. Contact Co-op Ceres 212.

Computer Science majors with minor/background in business, a highly technical placement is available in local medical facility. Contact Co-op Ed.

Recreation majors, State institution needs you for summer recreation programs. Contact Co-op Ed in Ceres 212.

Juniors in Biology, Botany and Zoology, apply now for field technician placements with federal agency in Bismarck area. Application deadline is April 10, 1979. Contact Co-op Ed in Ceres 212.

Students in Ag. Ed., Agronomy, Entomology, Forestry, Hort., Plant Path., and Soils wanted for a pest

management program to help control insects, diseases and weeds in farm fields. For more info. contact Co-op Ed. Ceres 212.

Wanted: 4 or 5 men for softball team in F—M Monday Night League this summer. For details call 236-8749, evenings.

Summer House Rental. We are looking for responsible mature tenants. 4-bedroom, playroom, living room, dining room. Air conditioned. No smokers. 2 blocks from campus. \$400/mo. 293-1269.

Looking for a good paying summer job? If you're a hard working student—earn at least \$900 per month. Call 237-6472.

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Car insurance rates too high?? If you are 21 or married and have a good driving record we may be able to help. Call Wayne Johnson or Lyle Ellingson 237-9422. Equitable General Insurance Company. A subsidiary of the Equitable of New York.

Improve your grades! Send \$1.00 for 356-page, mail order catalog of Collegiate Research. 10,250 topics listed. Box 25097-B, Los Angeles, Calif. 90025. (213) 477-8226.

Learn Self-Hypnosis: Overcome bad habits, lose weight, quit smoking,

improve study skills, memory, comprehension, retention; Also improve concentration for athletes. For info call Midwest Clinic, 811 Black Bldg., Fargo, 232-2966.

Students! Need Housing? Professional assistance available. Current directory including all types (rooms, apartments, houses, prices (\$50-\$450) and locations on continuous basis.) Rental Housing, 293-6190 514 1/2 1st Ave. N., Fargo.

MISCELLANEOUS

Book your kind of concert. Put your 2-cents worth into what events take place. Stop by the music listening lounge and apply for a Campus Attraction position before April 16.

Phillip Dobbs passed cigars at SAE house and Linda Johnson passed a candle at KD. A pledge pin was exchanged!

Snapdragon: Keep your 2 lips shut and your matches in their box! Thanks for the lunch and laughs-Pussywillow.

Dance Marathon meeting 9:30 Thursday, March 29, Plains Room.

Josten Ring Days at the Varsity Mart. Wed., March 28-9:00-1:00; Tues. and Wed., April 3 and 4-9:30-3:30

Party Band would like to play for your group's get-together or money-making function. All types music-lots of rock. Call 235-3994 for song list etc. Ask for Gary.

Must we eat less? Beginning 28th.

Income tax service. Can I help? Call Todd Sandberg. 293-3503.

New members and regular members to attend our spring meeting (SOTA) Students-older-than-average at Festival Hall. 7:30 pm Th. March 29th. Use green door entrance.

Easter-breakaway Amtrak: to trip Minot \$27.50, Williston \$33. Twin Cities \$25.50. Dome, club, dining cars. Travel and Transport 237-0000.

The University Lutheran Center having Lenten services Wednesday evening. Serv. 7:30. Bring along your friends! Everyone welcome!

Help stop this senseless slaughter! Every morning millions of helpless fetuses are brutally murdered by cruel housewives and short order cooks. Send your tax deduction so Save the Eggs Foundation, Box 4002, Absaraka, N. Dak.

Blue Lou, Stagger Lee Stearns, Blue in the Blues Bob would like to thank Blue Key for the opportunity to bring Red River rhythm and blues to the SU Festival Hall stage.

LOST & FOUND

Found in Shepperd arena parking lot; was probably lost during "Little I": a men's 1975 Bollen high school ring. Call 235-7913.

Lost. H.P. 25 calculator, initials if found please call 280-1561.

EARN OVER \$650 A MONTH RIGHT THROUGH YOUR SENIOR YEAR.

If you're a junior or senior majoring in sciences like math, physics or engineering, the Navy has a program you should know about.

It's called the Nuclear Propulsion Officer Candidate-Collegiate Program (NUPOC-C for short) and if you qualify, you can earn as much as \$650 a month right through your senior year. Then after 16 weeks of Officer Candidate School, you'll get an additional year of advanced technical education. This would cost thousands in a civilian school, but in the Navy, we pay you.

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responsibility, a \$24,000 salary in four years, and gilt-edged qualifications for jobs both in the Navy and out.

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