# SPECTRUM state university

North Dakota ne 97, Issue 29 January 23, 1981

## knamed top agriculturist

By Jerome Striegel
rmer North Dakota
rnor Arthur A. Link has
named North Dakota
rulturist of the year by
Saddle and Sirloin Club

will be honored at the of Fame Banquet, 6 p.m. rdsy, Feb. 13 in the orial Union Ballroom.

e banquet, sponsored by &S, is held annually with Little I to give recognite a person who has prod agriculture and the

has devoted his public ce career to the betterof North Dakota and cally agriculture, accorto the club.

1970 Link was elected to esent North Dakota's Se-District for the U.S. se of Representatives. e in Washington he serventhe House Agriculture mittee. He was also a ber of subcommittees on estock and Grains, estic Marketing and Congressions.

nk was elected governor 72 and re-elected in 1976. overnor he was in a positional influence the progress riculture.

nk feels his administrahas been responsible for promotion of-"responsiaccountable state ernment--government onsive to the needs and ctations of the people, sensitive to the basic inry of our state, agritre, while recognizing state responsibility in ording to the need for my development as a nacommitment."

the growing energy inties. He established for
first time in history a set
conditions energy comss must agree to before
ation in the state.
The state of the s

Regional Commission he established a mined land planning group to study problems and recommend policies in the area of mined land reclamation

Link also established a governor's energy task force with legislative assistance to study the impact of coal development in North Dakota.

Under his administration the office of Energy Management and the position of coordinator of natural resources were established.

Following through on problems with the Garrison Conservancy District, Link prevailed on the district to establish an ombudsman to hear land owners' complaints and a land acquisition or grievance committee to follow up on any complaints.

Link's actions went far beyond the industrial use of agricultural lands. His homestead farm in McKenzie County gave Link the background to serve as chairman of the vocational educational committee and also the first State Advisory Council for Voctional Education. He was chairman of the resolutions committee of the Farmer's Union Grain Terminal Association for three years. He has served as a board member of the Williston University Center Foundation since its inception and received the honorary National Future Farmer of America degree in 1974.

Even though his political work took him as far away as Japan, he has kept in contact with his home community. He is a past president of the Alexander Lions Club and of the Alexander Parent/Teacher Association and also has served as council president and Sunday school superintendent of the Alexander Trinity Lutheran Church.

## Watching your diet, nutrition important for good health

By Greg Soukup

Dieting and eating right has become a national obsession. The problem is that people don't stick with a diet, so even if they manage to lose, the weight is gained back as fast as it was lost.

According to Jill Eisele, of the food and nutrition department at SU the activity level of most college students entering their 20s is at a point where how much they eat doesn't really affect them.

But as one nears the 30year mark, both activity and metabolism rate drop off, and if one isn't careful, the waistline can grow rather rapidly.

During the bleak winter months, many people are affected by what Eisele calls "cabin fever." That is to say a lack of exercise, and therefore the tendency to gain more weight.

"A person's diet will change a lot during the winter," says Eisele. "This is because of the lack of fresh fruits and other foods that are available during the warm summer months."

Those who are "too busy" to eat a good breakfast in the morning, don't get around to eating until dinner and then eat enough to choke a horse, are not giving their body a fair shot, according to Eisele.

"The ideal thing to do is to eat several well-balanced meals a day, limiting them to small amounts of the basic food groups." Eisele said. "This gives your body a chance to digest the food you eat, instead of throwing everything in at once."

Not only is this better for you, but you will also feel better. "Remember to spread your meals out during the course of the day."

Eisele believes that one's

attitudes and general wellbeing are affected by what

they eat.

"There are a lot of eating disorders, but most of them are just psychological," said Eisele. "People will get ideas that certain foods are bad for them, they will overeat when depressed, and so on."

She said that people do different things when affected



M Electo

by these and other disorders, especially overeating. "When people overeat, some may take laxatives, while others induce vomiting, just to feel better."

Before final exams, one of the best things students can do to prepare is to eat something. Eisele couldn't site any particular studies, but did mention studies done with students on how eating habits affected their schoolwork.

It was found that those who ate breakfast before school seemed to do much better than those who ate little or nothing. "Just having eaten something will give your body what it needs to perform well."

Eisele also said that no certain food will make you more alert than others. "Different people react differently to not eating. Find what works best for you."

With all the fad diets and crash diets around today, one might wonder how to choose the right one. Forget these diets, says Eisele. "The best diet is really very boring. It consists of all the basic food groups, just in smaller amounts than normal."

"The main problem with these fad diets is that they limit a person to just one type of food, such as protein or carbohydrates."

Eisele continued, "This is not very healthy because you aren't learning to eat in a healthful manner, and once you break this diet, you gain back all the weight you had lost."

Eisele stressed that the main purpose of a diet is not just to lose weight.

"The real purpose of a diet is not only to lose weight but also to restrain your eating habits and to continue to maintain the weight that you

Dieting to page 3

## 'Don't Blame Me' ball inaugurates McLain

By Steve Sando

While President Reagan was in Washington enjoying his inaugural ball, an event of other sorts was going on in the Wooden Nickle Lounge in the Union at MSU.

The "Don't Blame Me" Inaugural Ball took place featuring folk music, poetry readings, a rock band, sing-alongs and, of course, a grand march.

Organizers said the event's purpose was not to condemn the Reagan administration, but more to "promote progressive ideas, and provide a place for those who are dissatisfied to come and exchange ideas."

Highlights included the inauguration of Harley J. McLain, candidate this fall for president and Senate. McLain voiced his displeasure with the electoral college. "The president is not elected by the people. They are elected by those who vote in the electoral college," McLain said. "I was the only candidate who

was both a candidate and an elector. So I was the only one elected by the people. I was elected president."

After receiving his oath, McLain then turned to the crowd and administered it to those in attendance. "I think we need to know that anyone can be president," he said. "Maybe that's what we need...just ordinary people to watch out for the needs of the people."

Organizers of the event said besides the main objective of the ball, the purpose was just to "have a good time, listen to some good music and meet some good people."

The event was sponsored by F-M Committee Against Registration and the Draft (CARD); The Praire Collective; The Prairie Campaign for Economic Democracy (PC-ED); the New American Movement (NAM); F-M Farmer Labor Association (FLA) and Red River National Organization for Women (NOW).





OOP, Gooty, J.D. and Ax of the Alpha Gamma Rho house enjoyed 36 degree

Theratures Thursday with a card game on their front lawn (photo by Kevin Kotz).

# campus

Deadlines for Campus Clips are 4:30 p.m. Tuesday and Friday in the Spectrum news office or at the Activities Desk in the Union. All forms must be authorized with a name and telephone number.

#### Molly Hatchet Concert

Concert time is 8 p.m. tonight in the New Field House.

**Campus Recreation Tourney** SU students can still register for weekend events: Chess, 9 a.m. Saturday, States Room; Video Games, 1 p.m. Saturday, Rec Center; Foosball, 6 p.m. Saturday, Rec Center; Billiards, 1 to 6 p.m. Sunday, Rec Center; Frisbee, 3:30 to7 p.m. Sunday, Old Field House.

Entry fee is \$2 per event. Contact the Rec Center, ext. 8911.

#### Student Senate

Anyone interested in visiting the N.D. Legislature Jan. 27 should attend the meeting at 4 p.m. Sunday in Meinecke Lounge of the Union.

#### Free Movie

"The Last Remake of Beau Geste" shows at 5 and 8 p.m.

Sunday in the Union Ballroom.

Fellowship of Christian Meeting at 8:30 p.m. Sunday in Meinecke Lounge.

**IEEE Meeting** Mel Nelson of Minn-Kota Electrical Co-op is the featured speaker at 7:30 p.m. Wednesday in EEE 219. The topic is "Minn-Kota's Pro-

gram of Load Management.' **PE** Swimming Test Proficiency tests are scheduled at 9:30 a.m. on Feb.

9 and 11 in the New Field House pool.

All interested persons are welcome to attend an organizational meeting at 9 p.m. Wednesday in the Wrestling Room of the New Field House.

#### Alpha Lambda Delta

Deadline for accepting initiation fee is Jan. 30 in Room 375 of the Union.

#### **EEE Preprogramming**

Freshmen: 3:30 to 4:30 p.m. Jan. 29 and Feb. 2 in EEE 219; (computer option) 3:30 p.m. Feb. 2 in EEE 213.

Sophomores: 5 to 6:30 p.m. Jan. 29 in CE 101.

Juniors: 9:30 to 11 a.m. Jan. 29 in CE 101.

Seniors: 1 to 2 p.m. Jan. 29 in EEE 213; (computer option) 4:30 p.m. Feb. 2 in EEE 213.

### Multiple Choice

1. Letters to the editor are a.the best read part of the paper, b.found on the opinion pages, c.due at 5 p.m. Wednesdays and Sundays, []d.either signed and include a phone number or chucked fle.all of the above.

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8:00 - ciosing 8:00 - 10:00 8:00 - ciosing 7:00 - 10:00

123 21st St. S Moorhead 233-3200 (Next to Eastgate Liquors) Dieting from page 1

Eisele added that if you are sick or are recovering from an illness, it is a good idea to consult a physician and he will recommend the proper diet

If you are one of many fastfood junkies, you're not as bad off as you might think. Eisele said people have misconceptions about the Big Mac and the Whopper. "Fast food is quality food, it's just that the selection is so limited." Eisele said. "A lot of it is fat and there is no variety, no fruits or vegetables."

She said an average meal at McDonald's is about 1,500 calories. "For some people that's almost half of a normal day's intake, for others that's more than they usually take in a whole day."

As for vitamins, Eisele says

Scored Lately
Cancer
Shoot-off
Illake dreams
come frue!
Feb. 6, 5:00

that anyone who eats several well-balanced meals a day has no real need to take vitamins to supplement their diet. This doesn't mean that it's wrong, but eating right will supply the recommended daily allowance of vitamins and minerals.

"It can get kind of expensive to use vitamins year in and year out, so why spend all that money when you really don't have too."

TV commercials promote

the use of pills to curb your appetite and help you lose weight fast. Eisele dismisses these as "crutches."

"Most of these pills are just temporary and again, are not healthful because they don't really train people how to eat."

Eisele said that their effect is mostly psychological. "Because they are temporary, the weight is usually gained back in a short time.

For those who would like more information on nutrition and health, Eisele will conduct a two-day seminar Jan. 22 and Jan. 24 in Room 219 of the SU department of food and nutrition, will explore such areas as fads and fallacies of eating, nutrition for athletes, vegetarianism and drugs.

Eisele said the seminar is geared to persons interested in nutrition for their own well-being.

Eisele, a registered dietician, has been at SU for five

years. She earned a bachelor's degree in food science at Iow'a State University, and a master's degree in food and nutrition at SU.

Other seminar instructors will be Susan Crockett, Linda Heller and Mavis Nymon of the SU faculty and Pat Beck and Karen Olson of the state home economics extension office.

The seminar is on a one credit pass/fail basis and those interested may register the first night of class.

For more information, contact the SU food and nutrition department at 237-7474.

### TCU job fair set

(NB)--More than representatives from Midwestern businesses and corporations will be on hand to interview students at Tri-College University's second annual Equal Opportunity Employment Career Fair Jan. 27 at Moorhead State University's Comstock Memorial Union ballroom.

The job fair, running from 1 to 4 p.m., and 6 to 8 p.m., is aimed at minority and handicapped students but all students, freshmen through seniors, may interview with the visiting company representatives.

Appointments are not necessary but minority and handicapped students are asked to bring resumes. Rooms surrounding the ballroom will be available for private interviews.

The fair is sponsored by the Tri-College minority council. For more information, contact Ray Martinez at MSU, 236-2227; Spencer Roberts at Concordia College, 299-3455 or Ann Winship at SU 237-8166.

### Weekend chess

(NB)-The ninth annual Bison Winter Open Chess Tournament will be held Saturday and Sunday, Jan. 24 and 25, in the Union at SU.

Registration will begin at 8:30 a.m. Saturday. Rounds are scheduled at 10:30 a.m., 3 p.m. and 8 p.m. on Saturday and at 10 a.m. and 3 p.m. Sunday.

Entry fees paid in advance in the three sections are \$14 or \$12 for students, open section; \$11 or \$9 for students, reserved section, for players under 1,600 points or unrated; or \$7 or \$5 for students, booster section, for players rated under 1,200 or unrated. These reduced fees are due by Friday, Jan. 23, with the F-M Chess Council, 714 18th Avenue South, Fargo, N.D. 58104. Entry fees will be higher if paid on Saturday.

Dan Wanner, SU lecturer in English, is the tournament director. About 50 chess players are expected to compete.

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## EDITORIAL

## Finals overload

By Murray Wolf

When I was paging through the list of class offerings at SU last quarter, I noticed the schedule for winter finals was not included. I was annoyed at the time, but planned my schedule and hoped my finals would just fall into place in some semblance of order.

I went into the quarter not really realizing my instructors' syllabi seemed to list the times for the final tests on very similar dates. But the quarter was young and I have a tendency to put off repulsive things like finals until the last minute.

Last Tuesday, I happened to drop by the student affairs office where they had, in neatly typed little half-sheets of paper, the winter finals schedule. So I grabbed one and trudged back to the dorm.

Sitting down at my desk, I started looking the schedule over. Let's see now...my 9:30 Monday, Wednesday and Friday class final will be on Thursday, Feb. 26. My 11 a.m. Tuesday and Thursday class final is on (oh, no!) Thursday, also (oh, oh). My 2 p.m. Tuesday and Thursday class final meets on (oh, no!) Thursday, too!

As it turns out, I have no tests on the first day of finals and no tests the second day of finals. What I do have is four tests during the last two days of finals with three on one day and one at the last possible time on the last day. So much for an early start on spring break.

Certainly, no one plans their class schedule solely on the basis of when the final test for the class will be given. However, a little juggling can result in a good class schedule and a reasonable assortment of finals.

I don't know why the finals schedule was omitted from the winter class list, but I do know that students should be given that basic information without a second thought. I suppose students could have gone in to academic affairs or the registrar's office or wherever and asked for that information. But why should we have to? The answer is that we shouldn't.

The spring quarter class lists will be coming out today and early next week. Let's hope the spring quarter finals schedule is in there. I know that if it isn't, I am going to head right down to academic affairs and ask for a schedule so I won't have to be cursing the gods of fate next spring as I will be Feb. 26.

#### We should protect human life

Jan. 22 was the eighth anniversary of the Supreme Court decision legalizing

#### north dakota SPECTRUM state university

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The Spectrum welcomes letters to the editor. Those intended for publication should be typewritten, double-spaced and no longer than two pages. We reserve the right to edit all letters.

than two pages.

All letters.

Letters must be signed. Unsigned letters will not be published under any circumstances. A telephone number at which the

cluded.
Editorial and business offices are located on the second floor, south side of the Memorial Union. The main office number is 237-8929. The business manager can be reached at 237-8991; advertising manager, 237-7407; editor, 237-8629, and editorial staff, 237-7414. The Spectrum is printed at Southeastern Printing, Casselton, N.D.

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abortion in the United States. In the United States alone, between one and two million surgical abortions are performed evey year.

I believe that we as students of SU and citizens of this nation need, in fact, it's crucial that we be informed on and involved in this issue.

It is a fact that abortion kills human lives. As a "civilized" society in a nation which stands for justice can we tolerate this horrendous injustice, which terminates one of every three pregnan-

To be alive is the first and ingispensible condition human being on earth. Today the very existence of that right depends on the involvement and education of all people, otherwise abortion-ondemand will continue to snatch away life from millions of unborn lives. We need to start now. Every day thousands are killed by abortions.

In our society we have the knowledge and capability to literally suck human life from existence without a second thought. Contributions of time, effort and money are needed from people who respect human life in order to protect human life from fertilization to natural death.

Linda M. Carew

#### Sex education is vital...lanorance is not bliss

Gerry McDermott's opinions of Dr. Sol Gordon, (Jan. 9, 1981) suggesting that we should all conform to his moral standards, needs to be disputed.

Most of us would agree that values should be taught in the home, values concerning cheating, stealing, lying, selfdiscipline, sex, etc. Unfortunately we see that such values are not being taught in the home.

Confronting our society are teenage shoplifting, cheating, lying, drinking, using drugs, and promiscuity. Obviously these values need to be taught. Our young people need to know them, but from where and from whom? Well, as always, if the parents cannot or will not do it, the schools get the job.

Sex education in public schools is vital. McDermott implies that sex and everything related to sex is dirty. Sex is a celebration of the human body. It must not be seen as a dirty act. If a teenage couple's sexual urges become overwhelming, they had better know what happens when a penis is inserted in a vagina. Ignorance is NOT bliss. Ignorance about one's body causes pregnancy. Nothing under the sun is going to stop a couple if they have decided they are going to have sex.

Granted, McDermott and people like him wish teenagers had perfect control. So do I. But you cannot wish the sexual urges away. You cannot wish a baby away.

They are there.

We need to teach teenagers that there are decisions and choices, and that they must face the consequences of their actions. According to the people at Luther Hall in Fargo, around 90 percent of the unwed mothers are now keeping their children, rather than giving them up for adoption. I do not need to outline here what happens to the lives of 13-year-old mothers and their

McDermott also implies masturbation unhealthy. But the fact is, it is a healthy release. You will not go blind, nor will you lose your hair or the afflicting hand and your genitals will not fall off. There is nothing wrong with it sturbation. grow up thinking that it is bad, dirty and heinous is a cruel burden for a child to carry with him or her. I am not saying everyone must masturbate. That would be ridiculous. However, everyone needs to know about it and have the information.

McDermott thinks abortion is murder. That is not the issue. The issue is the RIGHT TO CHOOSE. If you believe abortion is murder, do not have an abortion. No one has the right to tell a woman what to do with her own body. She must decide what is right for

Making abortions illegal will not stop abortions. Witness prohibition. Did that stop people from drinking al-cohol? No, they simply went underground.

The same has happened when abortions were illegal. Thousands of women went to dark-cornered buildings where they had an illegal. abortion under unsanitary conditions by people who did not know what they were doing. Many became sterile; many died. This is a severe verdict for a woman who does not want a child.

The following short firstperson account from Rose Soma's "Women Speak Out About Abortion" is told by a teenage mother. "When I became pregnant at the age of 16 I arranged for an illegal abortion, became frightened after reading news reports of the death of a girl from a wealthy family at the hands of an abortionist, so I didn't go through with it. I married the 17-year-old boy instead. We both had no experience; he couldn't hold a job. And I became pregnant almost every year. He used condoms erratically, and my doctor never assisted me when I asked for birth control. I performed four abortions on myself when I was 18, 19, 20, and 21, each time inserting a knitting needle until the pain produced blood and a faint.... Twice I developed infections. If I had died, I would have left four children behind...." (Ms., May 1979)

Do you, Mr. McDermott, want thousands of women to reach this point of desperation? Again, I wish this were not so. But hiding our heads in the sand will not make the problem go away.

If an anti-abortion constitutional amendment were to be passed, the following are a few of the ramifications. The so-called human-life amendment would declare the fertilized egg and a person to be equal under the law, mandating Congress to protect the fertilized egg by entitling it to due process and equal protection of the laws.

Rhonda Copelon, a staff lawyer with the Center for Constitutional Rights, outlines the potential impact of such a law on women's lives and health.

1. The principle of equality could require that abortion be treated as a first-degree (premeditated) murder, or at least as manslaug.iter.

2. Prosecution of these women could call for the death penalty.

3. Unless the amendment contained explicit exceptions, all abortions could be criminal.

4. If any exceptions were recognized, due process of law would probably require that the doctor seek a court order permitting abortion. The fetus would be represented by a lawyer who would argue in a hearing that the abortion should be déferred until the woman is on the brink of death. emergency intervention to

remove tubal pregu could be stalled.

5. Friends and other assist a woman in obt an illegal abortion or fail to report an int abortion could be prose 6. The illegal abo

death rate would be precedented. Few medical people would de tions for fear of prosecr

7. The amendment require that a woman rested where there bable cause to believe might try to obtain an tion. Suspicion of preg could justify forced en tion and result in inc tion to assure continual

8. Even willingly pre women would be suspen amendment could h women's exclusion from strenous activity and e ed places because of im risks of miscarriage liability for "wrongful de

9. All women of child ing age would be su even when seeking r care. Most experts b that at least 15 percent percent of all pregnancie in miscarriage or still Women will be afraid to emergency care becau the possibility of crimin vestigation.

10. This amendment also outlaw the manufacture sale, or use of common! of contraception, which vent implantation of a fe ed egg. Thus the w suspected of having an could be forcibly search evidence. (Ms., May 197)

McDermott states that family American deteriorating because university invites a sp who recommends mast tion, encourages emarital sex and promabortion."

I would like to ask McDermott, why then ar attending a university
you want to learn jus things you already know university must be allow present new and diffi ideas. This is how we lea think and make choices need to be exposed t alternatives of life.

University students s be adequately intellige make decisions based on cient, knowledge. If M mott and people like him want to hear and learn t they agree with, there many universities they attend that do censor.

Do not try to censor university. Freedom speech is essential to a education. Let me keep right to hear and learn divergent ideas. Let me my freedom to choose choose to listen to Dr. Go and yes, even Jerry Fal to choose to marry or no choose to have sex or no choose to worship as I p or not; to choose to has child or not. No one has right to take that away. Stacy Ellin

backspace

By Kevin Kotz
Tuesday, January 20,
52 Americans were
their freedom. Also on
monumental day, a
ge near and dear to me
eleased my car.

w, some of you may say, ta minute, isn't this the guy who collected 26 mg tickets and had his mpounded last quarter? mean he just got his car now?" Well, yes and no. u see, I've got a new car, pparently the same pro-

dded myself (literally) of orino in November and ly later I acquired a ang. Maybe it's because cars are silver and that pittler's absentmindedly ent army of parking dispensers can't tell the ence between the cars are still punishing the because of my last pace. None the less, my (programmed natically move when it s anything authoritative oaching) handedly apprehended e University Mobile tow

Monday morning.
tof nowhere sprang two
us cop kiddie scooters
volfishly began to circle
fustang like Indians surting a covered wagon.
The bewildered
ang knew what hit it, the
d pickup had the twostack end elevated and
off to the holding pen.

w, retaining this vehicle
the a little more difficult
the last. The Torino was
out after merely issucheck (that, however,
vertical jump Kareem
labbar would have adto the Fargone Police
rtment. But this time it
to be cold hard cash
e I could sit in the cold,

hard vinyl bucket seat again.
I pondered the idea of rely-

I pondered the idea of relying on my thumb for transportation like I did before my driving days. I scrapped the idea, however, for fear that an outdated 'North Dakotan would mistake my thumb for an obscene gesture and turn me into a hit and run victim. Another possibility would be to mastermind a break-in at the car jail and make a daring rescue. But, alas, my Sir Rodney suit was still at the cleaners so one more plan was aborted.

There was only one thing left to do-visit the local pawn shop and see if there was anything I could unload.

I picked up a clue to the establishment's esteem when, as I opened the door the recent winner of the Ratso Rizzo look-a-like contest stumbled out into the street and relocated in the Pink Pussycat. The man behind the counter looked like a Cecil B. DeMille movie extra, complete with green teeth, sagging eyes and wispy gray hair protruding from his 1930ish brown derby.

He peered up at me and croaked, "Yea, waddya

"I'd like to sell you some things to add up to \$80." He just nodded for me to continue. "For instance," I resumed, "I have a 12 inch color TV, an old stereo turntable, an autographed picture of Gary Cuozzo, several paper ba..." "Stop right there," he interrupted, "whattsat ya got tere on yer t-shirt?"

I looked down at the faded 'Win Twins' emblem on the shirt and looked back up into his hopeful eyes.

"I'll giv ye the dough fer the baseball pitcher and the shert." I quickly gave him the goods and took off with the loot before he realized that Gary Cuozzo didn't formally play for the Twins but for the Minneapolis Lakers.

I reached the police station in record time and headed for the traffic division. I told them who I was and the old woman behind the counter warned that I had better have cash. When I flashed the four twenties beneath her nose, she knew I meant business. She made all the necessary recordings in her 9,300 page traffic log and called for an officer to take me to my forlorn Ford.

I should have walked the five and a half miles, but much to my discovered dismay, I accepted the lift. I could tell right away that this crewcutted cop had been a top student in the Clint Eastwood school of small talk.

He lurched the car and squealed out of the parking lot (it's funny how everyone-even the cops-want to leave the station as fast as possible). We reenacted a favorite scene from the French Connection with a minimal speed of 50 miles per hour. Everything in our path rapidly darted to safety and if it didn't move, we helped it (like the 105 year old lady pushing the baby carriage).

When we arrived at the pen, my Mustang was smoking a cigarette off in one corner by itself, isolated from all the other bad cars.

Some inmates, like this big black Caddie, were locked up in solitary confinement so as not to give the others any ideas of escaping. Mr. Buzz dropped me off inside the gate and I gunned the happily responsive fourcylinder to its liberty.

Now that it's out, I'd like keep it that way-but how? I suppose we could exterminate all those clad in a cross between old Boy Scout and leftover explorer uniforms, but that wouldn't work. We could just protest and refuse to pay the tickets, but Spittler would find that enjoyment second only to taping worms to the sidewalk and watching the birds get hernias. Oh well, I might have to spring for five bucks and a sticker, but that would take the adventure out of moving my car every half hour.

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Dr. H. Ray Hoops

By Robin Rasmussen

Dr. H. Ray Hoops, vice president for academic affairs, is the newest vice president at SU.

He took this position in August 1980. Former vice president, Dr. David G. Worden, left the position in 1979.

Optimistic about SU, Hoops feels it is a "stable university" with a "bright future." As a land grant university, SU offers programs of study that are, and will continue, to be in demand.

According to Hoops, SU attracts a student body whose college entrance exam scores are above the national average.

As vice president for academic affairs, Hoops is responsible for all personnel and policy decisions relating to academic programs.

"My job is the management of the academic side of this institution," he said.

Hoops divides his job into three broad areas, being careful to note that President Loftsgard has final authority in all decisions.

Interaction with funding sources is Hoops' first job. Funds for running SU come mainly from state and public sources.

Each college submits budget proposals to his office. He, in turn, assists the president in presenting SU's needs to the budget committee of the state legislature.

Personnel, Hoops' second area of responsibility, involves administration of promotions and tenure tracts. He oversees the hiring process but each college organizes its own search committee to find a replacement.

who's who at NDSU

Hoops' last major area of responsibility is curriculum. After the faculty senate approves the curriculum, he submits it to the Board of Higher Education to get final approval.

Students don't usually need to see Hoops, although a few have stopped in. Problems discussed are usually departmental matters. If appropriate, he directs them to someone closer to the situation.

He's heard very few complaints about professors or the university in general. "The level of satisfaction with the university seems high."

"Administrating requires no special training," Hoops said. However, "to be a good administrator, you must be a good professor."

He would like to teach here when he gets settled in his position. His employment history and educational background reflect his abilities.

Prior to this position, Hoops was dean of the graduate college at the University of Northern Iowa, Cedar Falls.

In 1975, while on leave from the State University of New York, Buffalo, where he was chairman of the department of communicative disorders and sciences, he served as special consultant with the U.S. Department of Health, Education and Welfare.

In 1970, after teaching four years at Wayne State University, Detroit, Hoops became the director of the office of grants and contracts administration there.

Hoops graduated from Eastern Illinois University, Charleston, with a bachelor's degree in speech correction even though he'd intended to get a physical-education major. "I was planning to be a basketball coach." One of his professors suggested he take a class in speech correction, and he liked it.

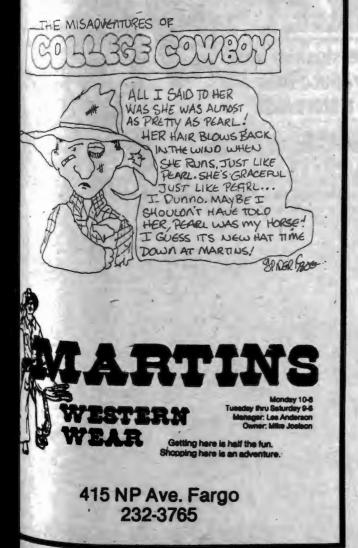
Hoops received his master's and doctorate from-Purdue University in audiology and speech sciences. He is the author or co-author of over 30 publications, has received 16 competitive grants totalling 1.7 million dollars and has received numerous honors including the Fulbright-Hays Senior Research Award in 1973.

His wife, Rosalinda is a professor at MSU, teaching classes in hotel, motel, restaurant management.

### CORRECTION

The story on campus legal services (Jan. 16) should have made clear that students with off-campus personal legal problems or questions should contact the Legal Assistance of North Dakota (237-4495) rather than Dick Crockett, the university attorney.

Crockett's role in advising students is limited oncampus legal problems.



## Children's viewing habits being studied

By Audrey Robinson

Sometime when you're watching television, try to count the number of times the word "pepper" is repeated in a Dr. Pepper commercial. You'll find the 30-second jingle has about-one "pepper" per second.

Combine that kind of repetition with a catchy tune, a little choreography and a dash of colorful costumes, and you have a commercial that not only entertains, but best of all, it sells.

Commercials sell to all viewers, and they especially appeal to the very young. They are so well put together many children pay more attention to them than to the

programming.
Dr. Ann Mullis, assistant professor of the SU Child Development-Family Relations department, is instructing a seminar aimed at studying the problems and strengths of childrens' television viewing.

Many people criticize television because the commercials are so well blended into the programming children aren't able to tell where the show stops and the commercial begins. Mullis said, "Young children have problems distinguishing between reality and fantasy, and they tend to accept television as the innate truth."

Everything they see on the screen becomes real to them. Captain Kangaroo's Mr. Moose, as well as other characters like him, receive fan letters from children that believe he is a real moose and not just a puppet.

Television is believed by young children, and the repetition found in commercial jingles becomes a part of their vocabulary and spelling background. Mullis said, "A lot of kids learn how to spell Oscar Mayer before their own

Children aren't able to be selective about what they watch, and this is the reason why parent interaction is so important. "Parents need to accept that television is here to stay," Mullis said. "They should work with it, and develop strategies, to optimize television viewing for children.

Mullis said parents need to offer more learning opportunities to children than just what is on television. In other words, kids need to listen to more people than Ernie, Bert and Big Bird.

Even such acclaimed educational series as "Sesame Street," "The Electric Com-pany" and "Zoom" have had some dubious effects. The quick show-biz-like teaching techniques are called "sugarcoated lessons" by some

The short flashy lessons don't challenge children to increase their attention span. Mullis said children may run into difficulties when they leave the entertaining programs like "Sesame Street"

and come into the slower pacatmosphere of a regimented kindergarten.

She said parents can help their children adjust to sit-ting in classrooms and increase their attention span by challenging their thought and

logic processes. Children learn from observing the behavior of others, and television can be a good tool, exposing them to things and places beyond their own home. Mullis said, "Some studies suggest television enhances knowledge and creativity in a child."

But other studies claim just the opposite. Some say children become passive viewers, responding to action and not initiating it.

"Television is viewed as a

displacer," Mullis said. "When children watch the screen, they are not involved in physical activity or developing their motor skills."

Television tends to decrease exercise and increase food intake, Mullis said, "There is a tremendous problem of child obesity and cavities today, and television seems to be taking most of the blame.'

She said we're bombarded with attractive food visuals, and during commercials, it seems to be a common habit to go into the kitchen and bring back a snack to have as you watch television.

Television is extremely value-laden, and parents need to make sure their values match those depicted in the

programs their this watch.

For example, kids ma the idea that cookies good breakfast food by ing commercials like for Mr. Cookie cereal.

Mullis said parents catch up with their chand tell them that it nutritious to sit down have half of a bag of Ore breakfast.

According to Mullis, a media-oriented societ some of the psychologists are in in ing." One of the most tive commercials ever was the American Association ad that use "like father, like son" th

The commercial show son mimicking his fath they washed the car and ped stones together. It with the son reaching for pack of sigarettes after father lit one for himsel

Mullis said this ad m some family relation children tried to stop parents from smol Parents told their children stop telling them what t





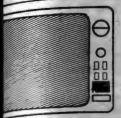
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## Please Stand By

By Dave Haakenson

less you live under a you know the hostages ably don't know is some le are blaming the televinews teams for the th of the ordeal.

has been said television ed too much emphasis on vent. In doing this critics this encouraged the Irato keep the hostages

disagree with this rism. Television devoted eat deal of airspace to the because it was an impor-

mething of this sort was w experience for this na-The public demanded information daily.

hen the networks stopgiving priority to the y, they were called anti-rican. So they started ring it again last spring; has been suggested if the vision networks hadn't nas much coverage to the as they did, the ordeal have not lasted as long as d. But who can say for

American public ld be congratulating the orks rather than criticizthem. This is the first in history a major event been brought live into es everywhere

any people paid hundreds. dollars to fly to hington to sit in a seat at' inauguration of Ronald an. The public could ly switch on the televi-

ose viewing at home had est seats of all. They saw whole thing at every ible angle at the same as those in Washington watched from one bad angle.

The same thing happened in the case of the released been freed. What you hostages. The American public saw the ex-hostages leave their plane in Algiers and again in Gemany.

> Not only did we see the events as they unfolded live, but an ABC newsman told Reagan the news of the release first as the new president left the inaugeration platform.

> Barbara Walters was the one to pass the information on to the hostage families in the State Department. Government officials were a little slow in relating the informa-

> Television gave the ex-hostage families their first glimpse at loved ones in freedom.

> These points are the advantages of television news on one day. Granted, it wasn't a typical news day, but it was significant.

> Before anyone criticizes television news she should look at the total scope. It was television news which showed the public what Vietnam really was like, thus changing public opinion of the war.

As with everything in this existence, nothing is perfect. Television news has its faults. But covering a major. American historical event as it happens is not one of them.



## LCT presents 'Animal Farm'



presented by the Department of Speech and Drama in conjunction with the Little Country Theater earlier this week. Seven readers, each of whom played several roles, comprised the cast of characters (photos by Bob Nelson).

## Can you pinch an inch?...Jazzercise!

By Kristie Bakke

The popularity of exercising the human body is sweeping the country. A new type called 'Jazzercize' will be ofthrough fered Skill Warehouse.

The person responsible for bringing it to the Fargo-Moorhead area is Melody Hansen, a YMCA camp and youth director. Her program consists of exercises done to Elvis Presley music, and is similar to the program originated by Judy Sheppard in Los Angeles.

Hansen started a pilot program to see what response she would get from this area. The response was highly favorable.

Hansen said one woman lost three inches off her hips in three weeks. She stated the program consists of warm-up exercises, with a build-up to peak performance and a cooling-down phase.

"The idea is to work on getting a maximum heart rate, with the goal being to get your heart rate back to normal as soon as possible," she

"You learn to take your own pulse rate so that you can pace yourself," Hansen said. Heart rate is determined by age. If one's pulse rate climbs too high the person just slows down by not kicking or jumping as high.

She feels one of the best Saturday at YMCA.

things about the program is it's fun. It's for all ages and participants don't have to be dancers since movements are basic enough to allow average

people to enjoy the program. Hansen said the F-M area has been very supportive of her program.

Marge Olson, director of Skill Warehouse said she felt SU could provide a Jazzercise program like MSU and Concordia. The arrangements have not yet been agreed

"Trying to reach out and touch as many lives as we can to make people healthier and get them in shape" was Hansen's reason for starting the program.

Hansen said a program would be offered to SU students Saturdays. The program would cost \$8 for six weeks with two sessions each

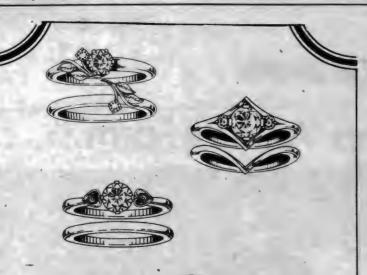
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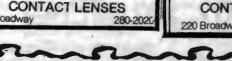
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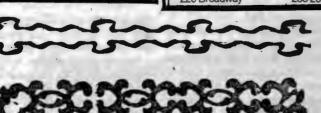
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SONS OF NORWAY OUTREACH PROGRAM

## The cut of the Hatchet!

Batten down the hatchets and get ready to rock. Molly Hatchet will be at the New Field House tonight

The boys from Jacksonville, Fla., will make their first stop in Fargo, and from the number of tickets sold, the stop seems long overdue.

Hatchet's following has come to

appreciate the clean, hard-driving sound that has finally become distinctly theirs. Having the misfortune of making it big at the time Lynard Skynard had its tragic plane crash, killing some of the band members, Hatchet has had to live in the shadows of Skynard as well as attracting

undeservingly.

With the latest release of "Beatin' the Odds," it's promised that most of the tracks from that album will be featured tonight. However, one has to hope that we'll be treated to Hatchet classics from the first two albums.

Having an "outlaw" reputation, the band's members have appeared to be a bit rough on the surface to some. But one thing that is not denied, the boys from Florida can play up a storm and rock your shoes off. The talent in Hatchet includes three lead guitarists, two of whom can

bring out a slide and whine away. Hatchet has the premise of a lot of the opular southern bands, yet has no intention of being laid back. They will boogie without fancy haircuts, light shows or fiddles.

Warming up tonight will be New England, whose hit "Don't Ever Want to Lose You" will probably be the only familiar one to Red River Valley folks.

The group features John Fannon on guitar, who writes and arranges most of the material; Jimmy Waldo on keyboards and vocals; Hirsh Gardner on drums, and Gary Shey on bass.

## olly Hatchet: good

hen Molly Hatchet first eit, many accused it of atting to clone Leonard hard. The three-lead forand no-nonsense apch to southern rock prowas the main reason for ritics' assumption.

it with the newest offer-rom Hatchet, "Beatin' the "it should be clear that band has a clean sound all

fact, "Beatin' the Odds," nt be the best Hatchet has uced to date. From the tirack, which features the

driving force Hatchet fans have come to expect, to the slide guitar riffs on cuts like "The Rambler" and "Few and Far Between," the group proves you can be loud...and

The band has undergone one personnel change for this release, that of Jimmy Farrar as lead vocalist. Farrar replaced Danny Joe Brown who, when it was discovered he had diabetes, dropped from the group because he could not take the pressures of the road.

The second album, "Flirten

with Disaster," features the title track plus other great material like "Jukin' City," "One Man's Pleasure," and a great tune featuring the talents of the guitar ensemble in "Boogie No More."

Personnel include Duane Roland and Dave Hlubek on lead and slide guitars, Steve Holland on lead guitar, Bruce Crump on drums and Farrar handling lead vocals.

Actually, the difference between Brown and Farrar is hardly noticable except for the fact he seems more to sing instead of scream.

At any rate, Hatchet fans will be pleased to know he can hold the old tunes with the same energy and volume.

It has been reported that "Beatin' the Odds" could reach sales of two million, but success is no stranger to Hatchet. The first album peaked at 900,000 copies sold, and "Flirten with Disaster" sold 1.4 million.



and the Invisible Girls

By Dave Haakenson

When The Penetration disbanded last year group members went their own ways, some giving up music entirely.

The band had a loyal following. It's just that group members couldn't get along with each other.

Ex-Penetration lead-singer Pauline Murray has formed a band of her own, Pauline Murray and the Invisible Girls. Unlike The Penetration this band is going somewhere.

The Penetration was sort of a rock'n'roll band disguised as a punk band. It was interesting enough but far from being one of the best.

This is not the case with Murray's new group. The mode is art rocker and the music is strikingly unique.

Refreshing production by The Invisible Girls of which Martin Hannett, producer of other great bands, is a member lends a new feeling to this music.

The drums have been mixed up front. John Maher of Buzzcocks fame beat the bongos for this LP. The bass

BOB

GENE

WILDER

RICHARD

PRYOR

NEWHART

**FIRST FAMILY** 

R

Fargo 7:15

STIR

CRAZYR

9:15

is hidden but constructively

Robert Blamire followed Murray from The Penetration to add his creative talents on

bass and co-songwriting.
"Mr. X" is the best track and was released in a shortened form as the second single. The music is haunting, surrounding the story of a millionaire who waves his money under the noses of people who hope to become rich.

No two songs sound the same musically, but all contain the same production flaw. The tracks are mixed with too much treble and too little bass.

Pauline Murray and the Invisible Girls sounds exactly the opposite of Public Image Limited. PIL is total bass. The two groups should team up to complete a greater whole.

Penetration fans will enjoy Murray's new release. She is not a punk. She never was. She has a beautiful voice. She may be the Linda Ronstadt of art rock.

What's art rock? As with all other classifications of rock it is a sound and an im-

Art Rockers utilize original sounds from original or unoriginal instruments and unoriginal sounds used in original ways.

Art rock is always new and fresh material. Other art rockers include XTC, Ultravox, Visage, John Foxx and Gary Numan. The list is endless.

Most art rock bands hail from Europe, mainly England. The British have long been in control of innovative rock beginning with The Beatles.

Pauline Murray and The Invisible Girls is an English group. Its first self-titled LP is currently available only as an import, No. 2394227 on Illusive Records.

The band has released two singles, each containing a non-LP B-side of lesser quality than album tracks.

This group probably won't make it in America. No U.S. record company is ready to take a chance with it knowing the fickleness of the American public and its music

As usual one has to look hard to find the best music. It's nice to know some bands don't care to sound like Boston or Kansas all for the sake of bringing in the Midwestern dollar.

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# PORTS

## I's Rodeo team rides ack into action in S.D.

tion, the SU Rodeo team
the road again. Team
there travel to Sioux
S.D., Jan. 30 for an
A weekend hosted by
h Dakota State.

he Sioux Falls Rodeo' is of two Great Plains on rodeos that will be this quarter. The SU competes at East Lans-Mich., Feb. 20-22.

am Captain Owen Voigts next weekend's rodeo be the turning point for SU group. "We've had bers place in the events fferent rodeos, but never consistency," he said. In here on out we'll be ing on pretty much the stock. That way, at most of the cowboys have a chance to watch event and get a general of what action they it expect if they draw

animal."

the rodeo team includes

thy much the same bunch

the whoys this winter as it

ast fall. "We have one ad
n," Voigt said. "John

m will be adding some

the to our bareback com-

petition. Fred Helbling will try to make a comeback after he broke a wrist last fall riding a bull."

Randy Feist, Brad Brettin, Jack Dunn, Dave Paul and Craig Miller will compete in the bull riding event; Dave Taysom, Mark Roster, Keith Rockman, Feist and Voigt in saddle brone; Darren Schwagler and Grann in bareback; Jim Schaffer and Rockman in steer wrestling; William Hendrickx in calf roping, and Schaffer in team roping.

winter quarter is a little slow for SU cowboys, but spring brings a full schedule for the team. Eight college rodeos are planned beginning spring quarter.

Following the last competition, regional champs in each event will advance to the National College Finals which will be held in June at Bozeman, Mont.

Last year, three SU students attended the nationals. Voigt competed in the saddle bronc event, Fred Berger in bareback and bull riding, and Poncho Irwin in team roping and calf roping.

C[[888]]@2 .

Bison to risk conference lead during weekend cage games

By Murray Wolf

Erv Inniger's Bison will put their 4-0 North Central Conference record on the line this weekend as they take on South Dakota State and Augustana on the road.

Defending champion SDSU comes into tonight's contest with a 9-8 overall record and a 3-2 mark in the NCC. The Jackrabbits are in fourth place in the conference behind SU, North Dakota and Morningside.

The cornerstone of head coach Gene Zulk's Jack offense is senior scoring sensation Steve Lingenfelter. The 6'9" center is in the top five of scoring in NCAA Division II and number one in the NCC with an average of 25.2 points per game. Lingenfelter is also number two in rebounding (10.8), first in field goal shooting (.671 percentage) and sixth in blocked shots in the conference.

The other end of the SDSU one-two punch is senior guard Paul McDonald. Averaging 18.4 points per game, the 6'5" McDonald is No. 3 in the conference in scoring

behind Lingenfelter and South Dakota's Tim Slabach. He is also third in the NCC in free throw shooting (.889 percentage) and fifth in assists (averaging four per game).

Other probable starters for the Jackrabbits include 6'8" freshman forward Jim Going, 6'9" junior forward Bob Winzenburg and 6' junior guard John Brown.

To beat SDSU, the Bison will have to overcome the tremendous height advantage of the Jackrabbit front line. SU will have to rely on aggressive play under the boards and superior quickness.

Although the Thundering Herd doesn't boast a scoring threat of Lingenfelter's stature, the more controlled Bison offense does have five players averaging 10 or more points per game in conference play. Junior forward Jeff Giersch (14.5), sophomoré guard Jeff Askew (13.0), senior forward Brady Lipp (11.5), sophomore forward Blaine Hampton (11.3) and senior guard Mike Driscoll

(10.0) lead a balanced attack that tops the league in scoring with an average of 82.2 points per contest.

Tomorrow night the Bison will take on Augustana in Sioux Falls. The Vikings have a cellar-dwelling 0-5 mark in the NCC but boast a 9-8 overall record.

Head coach John Thomas' Vikes possess the fourth best scorer in the conference in junior Mark Smed. The 6'8" forward is averaging 17.6 points per game and is eighth in rebounding with an average of seven boards per game.

Three other probable starters for Augustana include senior forward Carl Gondar, junior center Brian Langeland and senior guard Billy Carter. Each of the three is averaging between 10 and 12 points per game.

Starting at the other guard position will most likely be freshman Dan Freidel who is second in the conference in assists (5.2 per game) and third in steals (with 18).

The Viking team is more similar to the Bison than the SDSU squad. Augustana relies on a balanced scoring attack and uses quickness to cause opponent mistakes as Inniger's team does.

However, SU has the Vikes beaten in both categories. The Herd is averaging over a dozen more points per game than Augie and features superior team quickness. Hampton, Askew and Lipp constitute three of the top four leaders in the NCC for steals, combining for 8.8 rip-offs per game.

Inniger says he would be satisfied with winning one of this weekend's two games, while two wins would put the Bison almost out of reach of the rest of the NCC.

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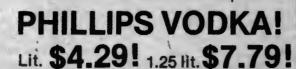
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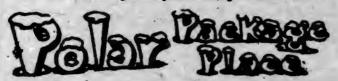
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## Ruley optimistic about slumping Bison's second half chances

By Kevin Kotz

Women's basketball coach Amy Ruley leaned back in her chair and assured, "You know, we're really better than our record indicates."

This is the best start a Ruley guided team has done in her three year stint. In fact, the 10-7 record is a complete turnaround from that of 7-10 last season at this time. However, she still isn't totally satisfied.

The slumping Bison have lost five of their last seven games. But four of those losses were by a total of just eight points.

Hoping to remedy the problem Ruley has just completed individual meetings with each of her 12 varsity

players.

"The general concensus of the meetings is that the play isn't determined by our physical abilities, but our mental concentration," said Ruley. "In a close game, we tend to let the opponent control the tempo of the game. We simply panic."

For instance, SU led the Sioux at halftime and could have easily blown them off the court. But when UND slipped ahead 53-49 with 3:30 left to play, the Bison accepted defeat early.

However, Ruley feels that these meetings could be a turning point for the remainder of the season. Part of the battle is already won now that we realize our problem."

"We just need to have a positive attitude throughout the entire game," she stress-

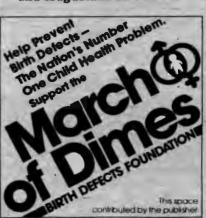
Ruley has five freshmen and just four players back from last year. She likes to employ as many players as possible, with the prime example being when everyone scored in a 97-77 recent romp over Bemidji State.

However, inconsistency, especially at the foul line has been a thorn in the Bison's side. Against Creighton (whom SU lost to 63-62 just last weekend) the women in green and gold hit just four of 18 freethrows.

"I'd bet money that every one of them could make more than four of 18 freethrows with their eyes closed if they'd really try. It's infectious when just one person goes to the foul line with a defeatist attitude."

Ruley believes, though, that the mental problem is over and that the Bison have a good chance to win the rest of their games this season. "It's all mental from here on."

The coach will have a good opportunity to observe her new strategy this weekend as her team travels to South Dakota to face SDSU tonight and Augustana tomorrow.



237-0561

Amy Ruley

## Swimmers on to

By Murray Wolf
The Bison men's swimt
will be in Brookings, SDM
to take on a pair of North
tral Conference foes.

Perched atop the ference standings with record after last week 63-62 thrashing of the Unsity of North Dakota State the University of North Colorado in today's deceased the University of North

The Bison can clinch conference title if they de both teams since today's ble dual is the last reg season NCC action SU

If the Bison do take the ference crown this week it will be the first one as swim team has ever won.

## Track hurting

By Murray Wolf Injuries and other trou have taken their toll on SU indoor track team.

Head coach Don Lan Bison will be minus the vices of nine team men for tomorrow's quadran meet against the Unive of North Dakota and University of Manitobal New Field House.

Injuries have kneed distance runners Jed hand Nick Gervino and distance runner Scott with son out of action, his distance man Brian Al has been spirited away by Canadian Olympic Teat train in Winnepeg for 1984 Games. Some members have left the because of personal read and others are academic ineligible at this time.

Action gets under tomorrow at 4 p.m. at NFH.

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