## National boycott - A dark cloud over Coors

By Bob Schlomann
A boycott against Coors beer, being advocated by the AFL-CIO, is not apected to have much effect on yles in this area, according to Jerry Helsen, vice president of Bergseth

Bros. Co., Inc., a wholesale beverage distributor.
"I don't expect any problem in the Fargo-Moorhead area," Nielsen said.
Most union activity relating to the
boycott has centered around Minneapolis-St. Paul, he said. AFL CIO members worked on an addition to the Bergeeth Bros. warehouse used for Coors products, and Teamsters union members have
been delivering the beer, he added.
Coors employees voted to decertify Brewery Workers Local 366 in a sacret ballot election in December, 1977.

The union charged Coors with forcing employees to submit to polygraph (lie detector) tests and with searching employees' lunch paile, personal clothing, vehicles and other personal items.
The union also alleges the company forces employees to submit to physical examinations, which can be used to oliminate older and disabled workers who are close to retirement The exams are conducted by Coors private doctors.
Joo Burkhartsmier, apprenticeship coordinator of the Fargo Iron Workers Local 793, supports the boycott because of Coors attitudes toward unions.
"Coors spent a lot of money to fight union and to support candidates for Congress and the Colorado State Legislature who would

Dana Wallock and Annette Dockter sit on the south steps of South Engineering studying for a physics exam. (Photo by Bob Nelson)

Coors to page 3

# Spectrum <br> North Dakota State University <br> Fargo, North Dakota 

 Finday, April 6, 1984
## NutraSweet still popular, despite recent controversy

By Kovin Cassella News Editor
Aspartame, or NutraSweet as it is called commercially, is rapidly challenging sugar as a food sweetener. With the exception of those having phenylketonuria, the low calorie sweetener is safe for consumption by the general public. according to Ken Crahen, associate professor of pharmacy practice at SU.

PKU is an inborn metabolic error, which can lead to irreveraible menid retardation if untreated. Damage

Moped owners must register their vehicles to comply with law
Motor Vehicle Registrar, Theron - Strinden, said all motorized bicycles (mopeds) that are used on the streets and highways are subject to registration.
For those used units being licensod for the first time, a bill of sale or proof of ownership must be presented at the time of registration. All new mopeds must have a Manufacturer's Certificate of Origin.
Registration fees are $\$ 10$ for license foe, $\$ 1$ unsatisfied judgments and $\$ 5$ for motorcycle safety educaHion fee, for a total of $\$ 16$.
The 13 branch offices are prepared to register mopeds.
can be avoided by adherence to phenylelnine-free diet. Phenylalnine, along with apartic, combine to form the sweetener that is about 200 times sweeter than sugar.
Crahan made his remarks March 28 during a seminar held in conjunction of the annual Health Fair.
Recent allegations claim aspartame decomposes into toxic levels of methyl alcohol in soft drinks stored at high temperatures.
"Methenol is present in nature and does not present a danger to consumers. The amount of methane


It's 7 p.m. on Tuesday night and Mark Foster and Jim Thomodson play cards while waiting for midnight when they can officially hang their Itzen/Flanagan campaign posters. (Photo by Jeff Wisnewski)


Sheila Wand of the Bison's women softball team stretches for second base
as Deb Hertwig attempts to tag Wand out. The ball was dropped and Wand was called safe. (Photo by Bob Nelson)

# Funding cuts responsible for CAP's ending <br> <br> By Beth Forkner <br> <br> By Beth Forkner <br> English; Barbara L'Heure 

After 12 years, SU's Concentrated Approach Program will be ending after spring quarter. Legislative funding cuts have hit SU at all levels and with only 50 students in the program, it is one that must be cut.

The feelings of those involved in the program were initially of anger but have moved to acceptance, according to CAP coordinator Dan Wanner.
"The biggest problem in the phase-out will be that math will be missed the most. Students will somehow find other ways to catch up on language skills," but that is harder to do with math, Wanner explained.

The students came from a tremendous mixture of backgrounds. Some of them larked salf-rnnfinence, some
Aspartarne trom pasel (produced) is of no consequence," Crahen said.

Other charges claim the sweetener causes altered brain chemistry and behavior. Some consumers have also complained of dizziness, headaches and menstrual irregularities after consuming NutraSweet, he said.
"But there is no credible scientific evidence it is harmful in any of its approved uses."
Aspartame had originally been approved for use in 1974, but the Food and Drug Administration approval was later rescinded because
were unsure of the direction they
wanted to take with school and a few were students older than average.
"What seemed to do the most for students was the support group," Wanner commented. The students got to know each other and they used each other to support and help themselves. Both emotional and academic help were readily available within the group.
"It is not true that the students couldn't do the work. All we did was provide an alternative to the freshman year and it seemed to work for most of them. These were students who elected to get some help and they got it one way or another."
Wanner has been with the program for four years. At first, he said he felt uncomfortable because he did
of claims it caused brain tumors in rats.
Those lesions occurred in rats that were extremely young and those who were sensitive to the compound. The rats were also fed a massive amount of the sweetener, he said.
Despite the past and current controversies concerning NutraSweet's use, the sweetener may prove to be a boon to the G.D. Searle Company, Crahan said.
"Financial analysts predict the product will be worth about $\$ 1$ billion by 1985."
not want people to think he was
"taking over" from professor Howard Peet, one of the founders of CAP. This was the first year he felt really comfortable with it and is disappointed it is ending.

Wanner was informed in late November that the program would be cut. He said he felt a sense of loss but has accepted it.
'II agree with Dean Jones' decision intellectually, but it is hard to deal with omotionally."
Wanner summed up his feelings about the program. "It's been a tremendous experience for me. I've learned a lot from the students and I think we've affected a lot of students. But everything has a natural lifespan, and the CAP program's life is complete, over, done.'

The CAP program was started 12 years ago by Dean Archer Jones and Peet.

It was set up to accommodate students with learning problems. These problems were not that they were unintelligent, but rather that they were unprepared to deal, academically, with the rigors of college.
The reason for this was that students were from smaller schools with limited curriculums or that they had decided late in high school to attend college and had not taken the necessary preparatory classes.
CAP had an enrollment of 50 students and was staffed by four teachers - Wanner, teaching
history; Carolyn Nelson, math Tim Sellnow, speech
Originally called "Project Ca up" (a name later changed to due to image problems), the prog was intended to be a oneremedial program for first-y students to mainstream them by second year.

## National Guard jobs awarded by lottery tc eligible applicants

Gov. Allen Olson has announ that the North Dakote Natio Guard will be hiring a limi number of young people to work Camp Grafton and at the Air tional Guard facility in Fargo summer.
Anyone currently enrolled in National Guard's tuition waiver gram is eligible to apply. Jobs will awarded in a lattery of eligible plicants.
The work will consist of gene maintenance, including paintis scraping, concrete work, grour maintenance and other physi labor. The term of employment run from May 15 through Aug. 3 Deadline for applications is $M$ 1. Those interested in further inf mation should contact the Office Adjutant General, P.O. Box 18 Bismarck, N.D.
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## EEDDI cuts down on drunk driving in state

months after the introduction si "Report Bvery Drunk Driver "diately" program, Lt. Gov. BrSands gave the people of North yota a "report card" on REDDI. Inds, who serves as chair of the mernor's Task Force on Drinking Driving, reported that 891 thens had used the toll-free REDDI the to report suspected drunken
piers.
"of these reports," Sands said, 4 drivers or 35 percent were 104 adre, with 151 being arrested and arged with Driving Under the Inares of alcohol."
While these 151 drunk drivers is not have been apprehended whout the REDDI program, Sands that 50 percent of those soted were not arrested.
"Law enforcement officers still Th to have reasonable cause to ap a suspected drunk driver," mads said. "In those cases where ind-reported drivers were not upped, the law enforcement officer id not have cause to detain tha
driver after observing the vehicle. "When we instituted this pro gram, we felt the people of North Dakota would act responsibly." Sands said. "We did not feel they would stoop to falsoly reporting their neighbor because of some other disagreement.
"In fact, the people have been most responsible," Sands said. "Of those calling the REDDI hotline, 73 percent volunteered their name, thought they are not required to do so. The REDDI program has not been abused."

Sands added that the REDDI program has contributed to a positive program to traffic safety in North Dakota.
According to figures recently released by Gov. Allen Olson, North Dakota led the nation last year with the largest percentage drop in traffic fatalities. When compared with 1982, North Dakota reduced the number of fatalities on its highways by 22 percent. In addition, North Dakota reduced the number of traf-
fic crashes by 1,200 .
"Prevention - not punishment is the thrust of the law," Sands said. "People are acting more responsibly when making that decision whether
to drive after drinking. REDDI deserves some of the credit, but the real credit must go to the people of North Dakota. Their attitudes on drinking and driving are changing."

## Successful campaign to recycle newspapers protects F-M landfill

Last year's campaign to recycle that the landfill is still in danger of newspapers and preaerve Fargo- filling up too quickly and efforts to Moorhead's landfill was a success. keep newspaper out of the landfill is Those who contributed by placing as important now as ever. their newepapers in the yellow their newspapers in the yellow dumpsters at many local supermarkets and shopping centers suc ceeded in keeping an average of 100 tons of newspaper out of out landfill each monthl This is three times what was collected prior to the 1983 campaign.

In conjunction with spring cleanup time, the citios are launching a follow-up campaign titled "Keep a Good Thing Goin'." The campaign is primarily designed to remind people

## Coors tronmeose

work to pass anti-union legislation and right-to-work laws," he said.
However, Nielsen said his dealings with Coors showed them to be very people-oriented.
"I think they're gatting criticism that's undeserved," he said.
People in this area won't be influenced by a national boycott. The beer has been very well-received so far, he added.
Coors is taking no chances with its


# Student Government 

 needs YOU to be a campus leader.Candidacy for all elective Student Government positions open March 28.

## Positions open in:

Student Senate
Board of Campus Attractions Board of Student Publications Student Body President Student Body Vice President

Appilcations are avallable in Room 204, OLD MAIN. public image however. Distributors are provided with ample public relations information to answer the Brewer's critics. The latest informa tion is a video cassette recording of an interview with Peter Coors, divisional vice president of sales, marketing and administration.
In the interview, Coors discusses the company's record of dealing with minorities in response to a flap which developed over remarks made by William Coors, chief executive officer of Coors, to a group of minority businessmen. At a luncheon speech, he emphasized the need for minorities to develop educational programs to make themselves more important members of their communities. A quote taken out of contest resulted in angry reactions and unfavorable publicity.

MOTHER'S RECORDS North Fargo<br>Huge Sale thru Saturday



Minny times our lighar edinantinn eystizn neeman to to rum lise a busineas with a bit of tyraming flever to lt:

Somewhers along the line, students and inetructars seom to have getten their whes crossed.

How many times hava you bean in classes where the isstructar insista upon your attendance? II you are ill. out of town, busy or fust dseided to blow off the class. the tnstructor practically throws a fit.

I cen understand why some instrucfors may get upset. It cen be a hindrance to class progreas if he finde it necessary to repeat the information the student miased. Most of the time however, the class simply plods aloug at its regular spaed and the iadividual who chosa not to attend must simply catch up on his own.

Sometimes I wonder whether the fnstructors see the situstion from the view of some students. Many students feel that the instructor shouldn't be able to domand presence because the student is paying the lastructor, If the student wants to waste his money then meybe the instructors should let him.

Many students cen get A's and Bts by only taling the quizses and tests and never going to the lecture. Fine. But then I wonder why they ever took the class fbesidea an easy credit of course).

We are very fortunate in America. Anyone may obtain a higher educetion. All we need to do is have a high school diploma and have a means of finance. You don't need to be a whiz hid or a super genious, you can simply be the John or Jane Doe of Anytown, USA.

In many overseas countries higher education to quite coveted. Children decide at a very young age what they want to do as an adult. All of their aducation is directed toward that goal. After high school there is quite fierce competition to get into the colleges and universities.

Once in an upperlavel aducation system, they aren't given tests at the nid-term and end of each semestar, but are administored one comprehansiva test at the end of the year which covers this year's materials.

Think about that. Just one test a yaar. You can bet there is no avernifht cramming before that teet. Thay nesd all the reat they can get.

1 feel we are ell very fortumate in America enal maybe beth the studants and finitructors should take axother look at their atítude. Maybe we should all learn to give and take a litils more sud not ba so sell-centared.

Fadi Schircosder
Spectrum

## Staff

| The Spectrum is a student-run newepaper | Editors |
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## TODAY'S CROSSWORD PUZZLE



These fascinating facts are from David Louls' book titled "2201 Fascinating Facts."

A hippopotamus can run faster than a man

The top of the Empire State Building was originally intended (though never used) as a ${ }^{\circ}$ mooring place for dirigibies.

Human eyes are so sensitive on a clear night when there moon, a person sitting on a moun peak can see a match struck 50 m away.

Two out of three adults in the Un States war glasses at some time a
The average person's field vision is 180 degrees.

## 


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## It's your turn to do for others be a

Student Orientation Leader OUALIFICATIONS:HIgh energy, witgoing, good student, pood communicator, fun, responsible, badership, knowledgeable about campus.
COMMITMENT:Non-stop from noon Finday, July 6 thru noon thursday, July 12.
Tak: To be part of a close-knit group d 20 who help students become alented to NDSU.
Applications and job descriptions a maiable at the Music Listening Lounce handiline for application: Wednesday keril 11.

## ARMY ROTC

The road to a commission as an Army officer begins with a visit to the Department of Military Science.
It's as simple as that. And it costs nothing but a small amount of your time to sec if ROTC fits into your future.

The Military Science Department is located in the Old Fieldhouse, or call Cp:. Joe Legato at $237-7575$ for an appointment.

ARMY ROTC
BE ALL YOU CAN BE


# An Evening With CHUCK MANGIONE 



# NDSU OLD FIELD HOUS <br> TONIGHT, 8 p.m <br> All Seats General Admissio 

$\$ 6$ - NDSU students with Activity Ca
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Doors open at 7 p.m

Tickets available at the door an
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Any former Boys Staters interested in becoming a-Boys State Counselor contact Jackie Ressler. 204 Old Main - Phone 237-7350

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3 p.m. -7 p.m. $\square$

7 p.m.-Midnight $\square$ Midnight-6 a.m. $\square$ Weekends $\square$

Thank You!

## Looking Back

## October 16, 1959

Simplicity Important in Coed Styles

## By Mra. Mabel Engen

What shall I wear?
Many a college cood asks herself this question every morning before dressing for school or work, for play or a social function. After a quick glance out the window to check on the weather, she must choose a costume appropriate for the occasion and the temperature. What are other college girls wearing and are there any restrictions agains wearing slacks or shorts to class? What is the newest color and the latest style?

The theme for college apparel seems to be the simple and conservative. According to fashion analysts and college officials polled on the subject, shorts and slacks are not approved on the campus. Sheer blouses, extremely tight skirts, spike heels and such are also taboo.

The college coed is expected to dress with dignity and restraint in comfortable, casual clothes. Dyed-
to-match coordinates and shirtwaist style dresses are leading the field in style and wearability. "His" and "Hers" shirts or sweaters to match are invoking much interest among the steady-daters. Car coats remain in the lead for cold weather wear and the full length barnstormers are gaining in popularity. Jerkins and overblouses are seen in great numbers everywhere and are a campus favorite. Colors are more exciting than ever with a new "nocolor" called vodka. Special events call for a "dressy dress" or suit with high heels and a hat, and the many new interesting fabrics on the market have glamorized the date dresses.
If the college coed makes wise selections when she purchases her clothing, and chooses them with discrimination and good taste, she will have no difficulty in being well dressed.

## 'Keep Off the Grass'

Notice to all SU students:
Please stay off the areas of Johnson Park (south of T Lot)
that have been reseeded. Give the grass a chance to grow. Thank you


# Win' is leading word for SU's speech team <br> NB)-The SU speech team cap- <br> formative speaking: 

ned its seventh consecutive North atota Intercallegiate Speech wasue championship recently by diming nine out of 10 first-place mards.
The SU team scored 183 points, Howed by UND, 50 points, and Maville State College, 41 points. Iddividual NDSU winners were: parana Sellnow, Princeton, Minn., int prose interpratation, first, comantication analysis, second, inforpitive speaking;


## CAMPUS ATTRACTIONS PRESENTS



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## SU STUDENTS $1 ⁄ 2$ PRICE

For Sunday 7 PM performance only. Just present your student I.D.


Terri Chale, West Fargo, first, dramatic duo, first, after-dinner speaking:

Theresa Krier, Wadena, Minn., first, persuasive speaking, first, informative speaking, second, afterdinner speaking, second, communication analysis;
Jaime Meyer, Fargo, first, dramatic duo, first, poetry, second, prose interpretation, third, drama interpretation;

Tracy Tool, Fargo, first, extem-
poraneous speaking, second, impromptu speaking, fourth, prose interpretation:
Susan Nissen, Fargo, third, communication analysis, third, infor mative speaking, third, persuasive speaking;
Monte Koffler, Dickinson, second, dramatic duo, third, prose interpretation, fifth, impromptu speaking;

Al Olson, Palmer, AK., second, dramatic duo, fifth, prose interpretation;

Joan Braaten, Kindred, second, persuasive speaking;

Paul Kingsley, Casselton, fourth impromptu speaking, fourth, afterdinner speaking:

Pat Riestenberg, Perham, Minn. fourth, persuasive speaking, fifth, after-dinner speaking;
Doug Zinter, Monango, third, after-dinner speaking:
Scott Boles, Coon Rapids, Minn. fourth, informative spesking;
Chris Feller, Hettinger, fifth, in

Dave Johnson, Bismarck, fifth, extemporaneous speaking.
By placing first and second respectively in persuasive speaking. Krier and Braaten have earned the right to compete in the 111 th In terstate Oratory contest to be held May 5 to 6 at the University of Nebraska, Lincoln.
Last year, senior Deanna Sellnow won the Interstate contest, becoming the first North Dakotan to earn that title. Upon winning the event, she became ineligible to compete for the title a second year.
The SU Speech Team is coached by Dr. C.T. Hanson, associate professor of speech; Dr. Robert Littlefield, assistant professor of speech, and teaching assistants Tim Sellnow, Brainerd, Minn.; Heidi Lieder, Crookston, Minn.; Cordell Hanson, Detroit Lakes, Minn. Laurie Nielson, Mayville, and Amy Lassila, Park Rapids, Minn.

## Synstelien wins EEE contest to promote technical achievement <br> By Susan Warren

Each year the department of electrical and electronics engineering and the student branch of the Institute of Electrical and Electronics Engineering at SU sponsor a contest to promote technical achievement on a university undergraduate level.

Students in the department submit papers about their senior-year design project or other work. Three semi-finalists are chosen to give an oral presentation to be judged by SU faculty and an industrial representative of IEEE.

The semi-finalists compete for second- and third-place awards from the SU student branch and a first-
place award of a scientific calculator donated by the HewlettPackard Compeny.

The first-place winner will compete for cash awards in Minneapolis on April 26 against other local winners from Minnesota and Wisconsin universities. He or she will then compete in Chicago on April 28 against winners from Michigan and Illinois.

This year's local winner is Larry Synstelien with "A Microprocessor Based on Real Time Controller." Second-place winner is Eric Rudie with "Frequency Synthesized P-M Stereo Tuner," and the third-place winner is Scott Gerhold with "Selective Remote Control Dimmer."


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## African style show and tropical dessert offered

## By Terence Mulkern

Last Friday's "African Night" cultural program gave SU students, faculty and friends a glimpse of the diversity and color that characterizes African culture.

The African Students Union served tropical desserts, and a style show of African dress accompanied a documentary film. Also featured was guest speaker Tafataona Mahoso and students' slides.

The event succeeded in showing that most of Africa is not the animalinfested jungle many people believe. The slides ranged from city skyscrapers to sand dune deserts and from ancient Portuguese forts to the temporary villages of the seminomadic Masai.

## Dieticians, women,

 and elderly featured in research projects"Three research projects funded in part by the Home Economics Research and Development Fund will be presented to the faculty on Tuesday, April 17, at 3:30 p.m. In Room 370 of the Home Economics Building. Presenters and their topics will be:
Jill Eisele and VelRae Burkholder, Continuing Education Needs Perceived by Dietitians in North Dakota, South Dakota, western Minnesota and Montana;" Harriott Light, "North Dakota Farm Women: Their Work, Concerns and Emotions."

The public is invited to attend."

The style show, too, provided ample evidence of Africa's cultural diversity. The costumes shown ranged from a simple, blue, men's robe from Senegal to a purple and green two-piece dress of Nigerian origin. Also shown were elegant costumes from Kenya, Ethiopia and western Africa. Africen Students Union adviser Lew Lubka was himself resplendent in Yorubs dress, with short, light-brown patterned trousers under a wide-sleeved tunic and a high, soft, brimless cap.
The dessert, consisting of fruit salad, coconut pie and dried banana chips, displayed the wide variety of tropical fruits grown in Africa. The salad was made of strawberries, honeydew, cantaloupe, and watermelon. Although watermelon is a common American fruit today, it is of African origin.

Also part of the program was the film "Six Days in Soweto," a 1977 documentary of the riots which shook that South African city in June of 1976.

The film showed the injustice of South Africa's racial policies and presented an African view of the rioting that followed the government's brutal repression of a demonstration by African high school students. Perhaps one of the most important messages the film offered was the image of a ruined school with the words, "We are all involved" scrawled on one of the remaining walls.

About 160 people attended the event.


617 CENTER AVE., MOORHEAD


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A Campus Amactions Prevenlation

"Whire Thrifity Peoplo Always De Eofferi"



Before you purchase your bike, see the experts at The Bike Shop. They'll help you select the bike that best fits you and your bicycling needs. Each bike leaves The Bike Shop' fully assembled ... and fully adjusted. A new bike is a great beginning to summer.

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## MBIKE <br> 17th \& Main <br> 235-0666

## Break an unhealthylifestyle one habit at a time

By Julio Homelvig
If you lead an unhealthy lifestyle, poushould try to change at least one had habit.
This was the message of Susan crockett, director of Student Serrices of Food and Nutrition, during the Health Fair last week.
"If a change ian't important to jou, don't make it. You can't expect poople to change everything at once. pou have to make small, manageable hanges that can continue for a Histime." Lifestyle changes must be asde gradually, for example. Individuals who drink whole milk can pradually switch to skim; this is one rey to painlessly reduce animal fat and calories.
Grockett emphasized prevention dillness through good health habits. "North Dakota ranks No. 1 in bospitalizations per capita in the nation, but we don't know the reasons my. It is estimated that half of all happitalizations can be prevented.'
Fifty-four percent of the diseases we die from are related to lifestyle, crockett said. So more then half of the risks can be minimized.
"Lifestyle is something you can do something about. The choices are

## Clips

Consumer Interest Council
Election of officers will be held, all HMFE majors and minors are required to attend the meeting at 4 p.m. Tuesday in Home Economics 277G.
Pellowahip of Christian Athletes
Howard Dahl will speak on witnessing at 8 p.m. Sunday in FLC 319.

Pellowship of Lutheran Young Adults
Supper, Bible study and vespers will be held from 5 to 7 p.m. Sunday at Immanuel Lutheran Church bcated at 1258 Broadway.
IEEE

John Mclain, engineer for Otter Tail Power Company, will present "Modern Fault Analysis" at the regular meeting at 7 p.m. Wedneeday at the Engineering Center. Presentations will also be made to student paper contest winners. Don't forget to sign up for feculty/student bowling tournament.
gone for victims of heart attacks. arteriosclerosis and those who are really overweight."
Lifestyle includes how you relax and handle stress; what and how much you eat the extent to which you use drugs, alcohol and cigarettes; if you're staying in shape and how you avoid accidents.

Choices students make now can help prevent heart disease, some cancers, diabetes, stroke and hypertension, arteriosclerosis and cirrhosis of the liver.
Crockett said the government doesn't motivate people to prevent il. lness.
"If valium is tax-deductable, why isn't a jogging suit?
"Change is an uphill battle. It is desirable to have changes in the onvironment to help people improve thoir health."
Fargo helps people trying to change with the bike trails and the F-M Heart Heaith Project, she said.

People need to give themselves positive self-talk, especielly women. She told of the time she broke her own rule and went grocery shopping when she was hungry. She bought a package of doughnuts and ste three
of them.
"Susan, you dummy." I told myself. 'You know you aren't supposed to shop when you're hungry and now you've eaten three doughnuts.' Then I realized that that wasn't so bad, because what I reelly wanted to do was eat all $16 . "$

You have to reward yourself for making good decisions, she said.

The guilt you feel when losing and regaining weight becomes a habit worse than being a little heavy, she said.
"Moderation is the one word used to summarize good nutrition."
For example, hot doge are not very nutritious, but you can eat them occasionally. And milk alone does not make a healthy diet.
"Food is not magic; no combination will cause people to feel dramatically better. Basic nutrition doesn't sell well because it's too plain."

People can be deadly serious about nutrition, Crockatt said, and it's deadly boring.
"It takes away from wellness. Food isn't fun anymore.'

She said when setting goals, people have to be realistic and flexible. People have to decide for themselves what changes they are going to make, but the nation in general has several bad habits to kick, she said.

Too much sugar provides calories with no nutrition and contributes to dental problems.
"The average can of pop has nine to 12 teaspoons of sugar. If the whole nation quit drinking sugared pop tomorrow, sugar consumption would be cut in half."

People need to eat more complex carbohydrates, found in grains, vegetables, fruits and nuts. Whole grain is richer in fiber.
An orange has all the nutrients of orange juice plus fiber, and it's an easy change to make, she said.

Americans get 40 percent to 50 percent of thair calories from fat and this should be reduced to 25 per? cent to 30 percent, she said.

Switch to polyunseturated fats where possible. If it's soft at room temperature, it's probably a polyunsaturated fat. Look for margarino that lists liquid, rather than hydrogenated vegetable oll, as its first product, she said.

The method used in cooking will make a big difference. Three ounces of cod broiled has 4.5 grams of fat. The same amount breaded and fried has 25 grams of fat.
"This may be unnecessary for everybody, but most of us are better off with less fat."

Crockett said children should be taught to like skim milk.
"Habit is what influences eating patteras. What people have been taught is how they eat."

Americans should eat less meat, she said, and they should watch portion size.
"Always remove visible fat. Give it to your dog or whoever else will eat it."

She said 20 percent to 40 percent of the population will have hypertension, so reduciag the consumption of sait is also on the agenda. Take the shaker off the table.
"You don't miss it after you get usod to not having it."
Control your body weight now to prevent a problem as you grow older, Crockett said.
"Most people can do a good job at prevention, but a dismal job at a cure."

More than 90 percent of the people who lose weight regais it, she said.
"In America, the way we live, it's impossible to maintain weight without the combination of controlling eating and daily or semi-daily exercise." at the business meeting at 7 p.m. today in the Union Forum Room.

## Mortar Board

Inform students, faculty and organizations of today's deadline for Outstanding Adviser Award nominations.

Pro-Law Club
Meet at 7:30 p.m. Wednesday in the Union Forum Room to discuss the Bismarck trip. Dues will also be collected at this meating.

Racquetball Club
All members are encouraged to attend for officer olections at 7 p.m. Tuesday in New Field House 108.

## Nationally-prominent Concordia Jazz Ensembles to give concert

## 

## $\odot)^{\circ}$ Don's ${ }_{14 \text { a ay }}$

 SELF SERVE CAR WASH 2537 S. Univ. Fargo.The Concordia College Jazz Ensembles will present their annual spring concert at 7:30 p.m. Saturday, at Concordia College.
The ensembles, under the direction of Gail R. Hall, will perform compositions by Dave Zoller, John Harmon, Carl Strommen, James Moore, Wayne Harrison, Glemn Martin and others.
Hall, assistent professor in Concordia's music department, received his bachelor's degree from Tarleton State University, Stephenville, Texas, and his master's degree in multiple woodwinds performance from East Texas State University, Commerce.
Hall joined the Concordia music faculty in 1973 as instructor of woodwinds and organized the jazz ensembles the same year.
Since coming to Concordia, Hall

## MOTHERS RECORDS <br> North Fargo <br> Huge Sale thru Saturday

has achieved international acclaim as a concert saxophonist. In addition, the jazz ensembles have gained national prominence performing at such events as the National Music Educators In-Service Convention.

The concert is free and open to the public.

Provance to perform in joint saxophone recital on Saturday
(NB)-David Provance, son of Mr. and Mrs. William Provence, Roseau, Minn., will join Ellen Swanson, Fairmount, N.D., in a joint music recital.
The performance is set for $8: 15$ p.m. Saturday in Beckwith Recital Hall of the Reineke Fine Arts Center. Provance and Swanson will present a vartety of classical and contemporary music for saxophone, including Antonio Vivaldd's "Sonsta No. 6 in G Minor," "Concerto for Alto Sexophone," "Concerto for Tenor Saxophone." and
"Pulcinella."
Provance is a junior in music education.

# What todo if you sight a Mountain Fresh Rainier 

If you see something that you cannot explain. what should you do?
Well. the Rainier Brewerys advice is first to use common sense. Think about it for awhile. Quite often you will shorlly realize that what you saw has a rational explanation.
If you are convinced that you have seen a Mountain Fresh Rainier. you can report it to the manager of any local grocery store or tavern. Each store has at least one employee who is assigned to such phenomena. If there is no grocery base in your near vicinity.
vou can give your report to any bartender or to a state law enforcement officer. Often such reports are investigated immediately. and if the MFR's cannot be tracked down. the information is passed on to the proper authorities.
Below is a reproduction of the official Questionnaire that is given to persons who report a sighting. If you see an MFR. fill out the form carefully and send it to: Rainier Sightings. Rainier Brewing Company. 3100 Airport Way S.. Seattle, WA 98134. Your cooperation is greatly appreciated.
lease prin


He has mught the answer for 34 the Mi. Pleasant Astrophysical


Solid-citizen. Arnold Morlo was the fint to report mysteriaus ohjects. "atace" rather than "machines."


He will try te find out Professor Pedro Chu. former head of the Birdseye (Utah) Bureau of Standards and recently named director of the civilian investigative oree of MFRs with headquafters


She ctaims that MFR's have lived in peace and harmont with the citizens of the Pacilic Northmest since 1878 Harriet R. Multrucker. of the
Bensalon Institute in Ragat. Wyo.



Hexis consinced Rainiers are intelligenth cuntrolled from Outer Space Kurl Rodney Morck. director of the National Investigations Committee on Carbonated Phenomena.


She is convinced that MI R 3 are smatll, fresh beiags. no more than seven inches high. numbering in Wie milmons in their hatave habitat shectecocip at Thistle binuprsits:


Mountaineer and lifelong wilderness experi B.L. T. Strathgerman syys he would have been "disloyal to my country" if he had not reported his ohservations of MFR's.


He believes that Rainiers are been. "I have lasted weveral of them. and without excegrom they were fresh. Ther wiant nothe and delicious. given a fair chance. Soraley M.L. Kloeppel of the Willard Masting. Hopping. Brewing and Drinking

## Classies

## ROOMMATES WANTED <br> GEMALE ROOMMATES to share Alicia Manor at for summer months of June, July, Aug. acteded 3 blocks E. of SU. Call 280-1309. FEWMLE ROOMMATE to share 2-borm. apt. 2 uls. from SU, June, July \& August (possibily 1984-85). 235-1621

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RTAACK deck and 8-tracks In good condilion. cheap. Call Chuck at 2800783. DORM FRIDGE for sale. Call 232-5696 after $5: 30 \mathrm{p} . \mathrm{m}$.
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OOSBALL TABLE, brown top million dollar model. Like new. \$250, negotiable. Call 2810444.

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Married? Renting? Why not own your own home? SUNSET HOUSING has a 1983 3-bdrm., 2 bath mobila home in the SU court priced to
sell! $237-5587$ sell! 237-5587
79 KAW LTO 400: 6,000 miles, excellent


## FAMILY PLANNING SERVICES. Pregnancy

 testing, birth control, and abortions provided by a licensed physician. Fargo Women's Health Organization. 235-0999Professlonal Typing and Editing: theses, papers, resumes, call Noel 235-490.
theses, Pregnant? Don't face it alone. Call Birthright Pregnancy test. All services free and confldentlal. 237-9955

## Abortion

A right to choose. Advisory services. elternatives and counseling. Free pregnancy tents. Financial sasistance available. Confidential. Women's Help Clinic of Fargo. 701-232-2716, call cotlect.
TYPING, Colette after 5 p.m., 237-0237.

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SUMMEF JOES
Over 5000 avallable posittons throughout US. For listings send $\$ 3.75$ to: Summer Jobs, Rt. 4 Box 328, Bemid/l, MN 56601.

## THE COMMUNITY Resource Development

 (CRD) program needs Summer Youth Counselors to work one to a fown in locations throughout North Dakota. CRD provides an cpportunity to run your own program and practice decision-making responslbilities. It attempts to involve young people in worthwhile recreation and community projects. Colloge credit is avallable. Early application is required. For more information contect Pat Kannally, NDSU, 237-8381.WANT TO be a "Student helping Students Past, Present, Future?" Apply for Student Alumni Association positions in Memorial Union or the Alumni Assoclation Office across from Ceres. Forms due Aprll E . ME MANORS: Jr. or Sr. student to work summer
ME position at Nat'I Sun Ind. In Enderlin, ND. ME positton at Nat'I Sun Ind. In Enderlin, ND. Prefer GPA: 3.0
$316 / 237-8936$.
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MISCELLANEOUS
CLASSIES DEADLINES Noon Fri. for the next Tues.

## Noon Tues. for the next Fri. <br> WHERE? Acthittos Desk, Memorial Union

## LIFESAVINGI ADULT SWIM CLASSESI

 WATER EXERCISEISwim Into spring with your YMCA. The spring session of clesses starts Aprll 16th. Registration on Aprll 8 th and 9th. Be prepared for summer fun. Phone the YMCA 293-9622 nowI

SHRINE CIRCUS
Elephants, tigers and more. Sunday 7 p.m. ony. Student's admitted for \$2 with SU 10 cara-New Flold House.
We love our KD pledges. MOLLY \& MICHELLE Alpha Gamma Rho supports WADE ITZEN. MIKE FLANAGAN for Student Body PresidentWice Prestdent.
ATTNI CLARENCE LINDEMANN'S GRAND SON: I think of you morethan ever. Don't glve SON: I think of you morethan ever.
up on mo. to t'alme. The WHALE
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SSES NEED MONEY FOR NEXT YEART? The Society of Amerlcan Milltary Engineers has a $\$ 100$ Scholarship to award. Watch the Engineering Bullaings for more detalls or contact Greg Lutroll at 233-1908.
VOTE APRIL 25 - WADE ITZEN - MIKE flanagan: Student body Presidentivice President.
Welcome to SU Providence President. Glad to have you with us. KD
Sparky's Arcs meet at Nick's Place. See you therel
THE TOTAL TEAM. Wade Itzen - Mike Flanagan, Student Body PresidentVice Prest Fianag
dent.
Don't miss the sharing, adopt a grandparent. Call the village Family Service Center, 235-6433. Apply only if in town for the summer. SHELLEY G., Congratulations on being first runner-up in the Miss Dismarck PageantI The ALPHA GAMs
DADDY, Tell Merv, Mr. Ravenscroft, Pep and her Gentlemen(?) irlends to get ready for a great Easter. May the Easter bunny leave you more than raisins!

Erom Eyen

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How come? Because you only per for the pizza, not the partor Wo make if up Iresh and good and losod with great
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You take It mome. bake $h$, and cerve thot when yourre ruady Choove thin crust or deep diath, in juas about eny combunation. itres heat of both wortas. Great oertor arice. Onty if fit in lity at hall the pertor -

## BLOOM COUNTY

by Berike Breathed



Pro team could boost recruiting efforts by local college teams

## By Michaol Morey Sports Editor

The time is coming for a select few to put their money where their mouth is if a professional basketball team in Pargo is to become a reality.

May 1 is the date that the Cortinental Basketball Association will need a definite yes or no from four Fargo businessmen interssted in backing a possible franchise here, said Tom Mes hery, Director of Development for the CBA.

Meschery was in Pargo Wednesday to meet with the potential investors and the press to introduce the CBA and check out the facilities.

Some coaches had expressed concern about the competition with a CBA toam for the sports fans' dollars and time. Tuesday evening Meschery met with area college coaches to plead his case.
"If we were the NBA and came here, we would steal the show. We don't intend to steal the show. We want to be partners," Meschery said.
Meschery went on tc sey that having a team here could help recruiting at the colleges.
"All you have to du is call Denny Crum at Louisville and ask him about the Louisville Catbirds," said Meschery.
"If he is competing with another school for a player, having a CBA team in town is a tremendous edge because he'll have six NBA scouts at his game because of the Catbirds," Meschery said.
'If a player doesn't maka it in the NBA, he can play in the local CBA team for a couple years where the player can hone his skills until he can make it in the NBA." Meschery said.

As for local talent, Meschery said that Lance Berwald is being touted as a third- or fourth-round NBA draft pick, and after a couple of years in the CBA, a third- or fouthround talent can play in the NBA.
Currently, the avarage salary in the CBA is about $\$ 400$ a week and the players are full-time players. The NBA has a contract for services with the CBA and is looking for some franchises west of the Mississippi for the western NBA clubs.

The CBA is aiso trying to put franchises in Sioux Falls, S.D., and Des Moines, Lowa to create a regional rivalry between teams. The franchise fee for a team is $\$ 300,000$ and the league foels that in a few years it will be worth as much as a minor league baseball tram, currently about $\$ 1,000$, 10 .

Hope Lutheran Church

SUNDAY MORNING
Worksip at 8:45, 9:50, and 11:00e.m. Our bus will be at RDC at 10:30 and at Burgum at 10:40.
WEDNESDAY LENTEN SCHEDULE Charies R. Swindoll film 5:15, Supper $\$ 2.50$ at $5: 45$ Meditation and music at $6: 30$, film repeat at 7 pm

## Come Sail Away ... It's finally springtime!



## Bison lose close one, but win big on second attempt

## By Ray Maloney

Jamestown College scored in the top of the seventh inning Sundey as the Jimmies edged the Bison 4-3 in the first game of a doubleheader.

The Bison came back to capture the nightcap 19-2.

Mark Schereck of Jamestown led the seventh with a single and took second on another single by Matt Pederson. With two out in the inning, Ned Steinwand grounded into an apparent double play, but was called safe at first. On the play, Schereck rounded the bases and scored from second when the throw from first base got away from the catcher.

The Bison rallied in the bottom of the inning but the Jimmies got Mark Domek out on an infield fly ball to end the Bison comeback attempt.

The Bison also rallied in the bottom of the sixth when Brian Cossell
hit an apparent triple. An appeal of second base by Jamestown was suc cessful and Cossell was called out Chris Skrove followed with a double. Steve Larson allowed eight hits in the second game, and Cossell, Chad Sheets, and Jeff Levin each had three hits as the Bison pounded out 19 hits.

Sunday's split leaves the Bison with a $6-10$ record on the season.

The Bison play Minot State twice Thursday. Friday, the Bison play Minot State and Concordia and Sunday the Bison play Mayville State.
Due to the flooding of Jack Williams Stadium the games will be played at Concordia College.
Jamestown 01020014110 SU

Jamestown
0200000284
SU
0102000384

## Bison women's track team will

 try for another NCC title this yearBy Bamson Fadipe
Coach Sue Patterson and her women's track team have one more step to climb in order to complete their mission impossible just as the men's track team did last season winning three North Central Conference titles in one season.

The Bison men captured the cross country, indoor and outdoor track titles which made them the first team in the history of the NCC to have established that record.

South Dakata State University was surprised when the Bison women captured their first NCC title in cross country, defeating the SDSU Jackrabbits for the first time.

If the Bison women can win the outdoor title, it will be the first time in the history of SU and NCC women's competition that the same
team can win three titles in one season.
But will the Bison be able to win the outdoor title with the rivalry among them and the three other conference schools - SDSU, Mankato State and South Dakota?
"We've got nothing to lose except to $g o$ for it," Coach Patterson said.
"We have more depth in the high jump which we don't have indoors," she continued. But the team strength will come from the field events.
According to Patterson, the team dominated the shot put during the indoor conference and will be looking forward to doing the same outdoors.

The team will open its first outdoor season this Saturday at the University of Minnesota Invitational in Minneapolis.

# Intramural winners includ ATOs as overall champs 

## By Mark Krueger

A champion has been determined in the hard fought games of this winter's intramural activities.

The teams participating were split into several categories including fraternities and sororities, dorms and clubs. Bach category had an overall champion and individual champions in each sport.
To determine the overall cham pion, a point system was set up. Each team was given a certain amount of points for finishing with top honors in each sport (basketball, hockey, broomball) that they were involved in. The points gained from placing in each sport were then added together to determine a grand champion.

| Frat and Clube | Total Pointa |
| :--- | ---: |
| ATO | 1,345 |
| TKE | 440 |
| Coop | 350 |
| FarmHouse | end |
| Theta Chi | 300 |
| AGR | 175 |
| DU | 135 |
| SAE and ROTC | 100 |
| SPD | 85 |
| AGC | 75 |
| Sigme Nu and ASCB | 50 |
| NDSU Rugby | 35 |
| Kappa Pal | 0 |

There were also individual champions in the men's division.

Kirk Watt took first place in racquetball and Bill Michael came in second. In the water polo competition, TKEs took first and FarmHouse was second. The Tubes finished first in basketball and U-Guys were second.

Men's hockey turned out to be quite a popular sport this winter with 12 teams competing.

| Diviloan A | Divitioa 8 |
| :---: | :---: |
| Knighte | Jeto |
| Breese | Border Bandits |
| ATO | TKE |
| SodLid | Graver |
| Stones | We Don'tknow |
| St-703 | ReedJobnson |

Intramurals also sponsor wrestling tournament toward th of the winter season. Right w class championships were awe with two forfeits occurring i 167- and 177-pound weight clas


The overall winner in the won division was Sevrinson with se of the other teams close be

Serorith , Dorme and Clubs Totel pe

## Sevringon

Dinan
KD
West and Co-op
Weible
Burgum and SWE
Thompeon
Pht Mu
KAT
Team championships in women's division were award the OFHers for finishing first basketball league. Korky Heinen Laurie Worner took the racque championship in doubles. There no champion in singles.

In the co-rec division, Quic took the volleyball title. West Rise won the basketball cham ship and Co-op House took the br ball title.

The overall champion in the division was Reed-Johnson wit rest of the field quite far behind

[^0]Total pout


[^0]:    Dorms

    Reed-Johnson
    Churchill
    Sevrinson
    Stockbridge
    Graver Inn
    Weat
    Thompeon

